

The **MESSENGER**

Middle Tennessee Central Office Intergroup

\$ 1.00	Educational Plan—1940's	JULY 2016
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The Wilson Club, one of the four St. Louis A.A. groups, is now using a very satisfactory method of "educating" prospects and new members. It has done much to reduce the number of slippers among new members. In brief, it is somewhat as follows: Each new prospect is asked to attend four successive Thursday night meetings, each one of which is devoted to helping the new man learn something about Alcoholics Anonymous, its founding, and the way it works. The new man is told something about the book, and how this particular group functions.



At the first meeting Bill's background is sketched--his drinking career and the various events which led to his drying up; his trip to Akron, his meeting with Bob, and the subsequent growth of A.A. up to the time it reached St. Louis. We give some of the local history on the formation of the Wilson Club. During a 15-minute recess, each man is asked to write in a few words just what he considers an alcoholic to be. Then a few answers are read, followed by the reading of an address made by one of our best doctors discussing what an alcoholic is from the medical angle.

The second Thursday covers the spiritual angle, trying to help clarify many of the 12 steps. This is followed by the reading of an address by a greatly revered Jesuit priest, Father Dowling, who really started the St. Louis groups.

At the third Thursday meeting, all chapters of the book proper are high-lighted and discussed, followed by the reading of a talk given us by a very prominent Protestant minister, who has read the book many times and has made Alcoholics Anonymous the subject of several of his sermons.

Then at the final meeting, the A.A. literature is reviewed, including our own pamphlets, and the Wilson Club operation is explained to them in detail; such as our method of revolving chairmen, the functions of the board of directors, how to hospitalize prospects. We finish with a serious talk on practicing the 12th step, closing with, "You have the tools and need not fear being unable to explain A.A. or reluctant to make calls."

Wilson Club members are not considered full, active members until they have attended these four educational meetings. They are then presented with a Wilson Club membership card--a white one. At the end of one year's sobriety this is replaced by a gold card, not exactly solid gold, but covered with gold paper.

*June 1945—Dick W. -St. Louis, Missouri
Reprinted with permission:
AAGrapevine.org*

A SIMPLE DIRECTION

How it Works," heard for the first time, is a lifeline

BEFORE I was assigned to the detox ward at a local hospital, the emergency room doctor told me that I had just made it there in time to stay alive. He explained that the potassium required for my heart muscles to function was depleted because of the amount of alcohol I drank daily without any nourishment; heart failure was inevitable.

Upon my release from the hospital, the staff advised me to get to an AA meeting as soon as possible and learn how to stay sober. I took this direction very seriously and went that same day.

I recall sitting in a corner seat, feeling loneliness to the depth of my soul unlike any that I had ever known. I was still "befogged," as the Big Book says--confused, disoriented and, worst of all, wanting the relief that had always been there with a few drinks. I did not want to have to be there, but was terrified to leave. I felt like an animal that had just been released after many years confined in a cage.

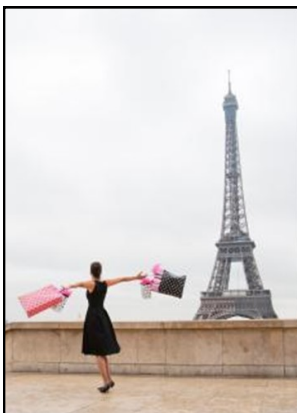
While looking through red and bleary eyes at those around me--who appeared to be so happy with sobriety--I was

(Continued on page 8)

White Wine Did the Job

From a childhood of fear to years of heavy drinking, she finally found AA in Paris

I was born into a French family, in Algeria, in a civil war. There was chaos, permanent anxiety, bombs, murder, corpses on the pavement for mothers to pretend they weren't there, as they walked by holding their children's hands. Denial for survival, for sanity.



Age 5½, I was one in a mass exodus of one million people across the Mediterranean, to France. My family was lucky to have a place to go to, but it was exile all the same. This home country wasn't home and the children at school made sure I did not forget that I was a stranger to these parts. I soon gave up trying to belong and pretended I didn't care, so that I didn't have to face rejection again. No one at home would speak of what had remained on the other side of the sea "over there." It was buried in their souls. Though living now in peaceful surroundings, my mother kept getting up at night to check that my brother and I had not been kidnapped, and that our throats were not cut. I pretended I was asleep. I still have a very light sleep, something keeps night-watch in me.

Forty years later, I could talk with my mother (an emotional accomplishment in itself with buckets of tears rolling on her face) about that period. I also learned that although both of my parents worked, she had a terrible fear we children would die of starvation, (my parents had suffered from hunger as children in World War II) but my father was unaware of her need for deep reassurance and reacted offended and angry, an attitude which created a lot of distress in her. As a matter of fact, sitting at the family table was not often a quiet nurturing time. Shouting was not rare, and saucers even flew on a few occasions. Being Southerners, it didn't seem anything special, just as being battered when rebellious wasn't perceived as abuse. All adults smacked and spanked children to make them obedient to the rules.

I remember when I was about 8, the acute fear when faced with my father's rage, and a sense of not being acceptable, and always pretending in my head that I didn't feel anything, and I didn't care. That laid foundations for my adult life, together with the idea that, whatever the situation, I could be taken advantage of if I showed any emotions, and suffer all the more. But I was nothing but a mess of emotions. A radical decision was needed. Silence and a "poker face" stated: "You can do and say what you want, I don't care." I can take credit for my acting, as that

was accepted at face value. I was tough and likely to hit anyone who bugged me. I proceeded to bury and ignore the part of me that did care a lot and was screaming for attention and consideration and friendship. It was familiar, echoing my mother as she repeated, "No, you are not sad" when I was crying or, "No, you don't hurt" when I arrived with blood streaming down my hands and knees after one of innumerable bicycle falls. She was inspired by the teachings of some ancient Greek stoicism, and it was meant to give me strength of character. The goal was missed and it produced great confusion.

There was something special about that small town where I grew up, a very unstable mixture of conservative morals and the display of most extravagant public behaviour, as it was a fashionable resort where many movies were shot in the '60s and '70s, and you could expect anything of stars. By the way, just imagine trying to feel OK in an ordinary teenager body when glamorous models and movie stars walk around by the dozen! I daydreamed I could be transparent, self-deprecation of body and mind became reflex. The baseline of my parents' idea of positive reinforcement was: "It's never good enough, don't you dare rest on your laurels!" So stimulating! I felt "less than" without comparison and hated myself for not being a genius. Low self-esteem and an out-of-proportion sense of pride are burdensome character traits that I later often heard mentioned and identified with in the rooms of AA.

My encounter with alcohol was not a great event. Alcohol consumption is a cultural thing in France. Wine is on the family table as a normal ingredient. A sip of wine is considered education. Nobody thinks anything of adult men having two glasses for lunch and the same for dinner, more on social occasions. My tolerance used to be quite high. In order to be considered an alcoholic, you had to be drunk on a daily basis for quite a few months or years, and then grossly misbehave. These are still the criteria for many people here. Women drinking was less acceptable, but if they behaved, nobody turned an eyelash.

In AA, I learned that alcoholism isn't a matter of how much alcohol I drink, but how I use it and what it does to me. As I didn't initially like the taste of alcohol, I hardly drank before I was 20, but I liked the atmosphere of the local Café (French bar-rooms are called Cafés) where a lot of the social life took place. I secured a boyfriend who did drink in excess and started a nice Al-Anon career there and then. Soon, I was drinking to numb my disgust of going to bed with him. I despised him and couldn't bring myself to leave him (of course no one would ever look at me again if I did). I had made chemical assessments for that purpose and found out that white wine did the job fastest and on small quantities. Strangely, I could take in a lot of strong

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White Wine Did the Job

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HAPPY
JULY 4TH

What are
you
thankful
for on this
Independence
Day?

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alcohol and retain a clear mind, which became useful after I moved to Paris and found a new boyfriend who passed out regularly and could hardly drive himself home. I later learned about blackouts. I could never believe that he actually remembered nothing, because it had never happened to me. I drank more and more to stay attune with him but simply fell asleep. I wished so much he would stop, which meant I would have no reason to compel myself to drink anymore. I didn't "want" to drink, I "had to." I felt helpless and desperate about his compulsive drinking. I didn't *like* to drink and used alcohol as an emotional painkiller and a way to abate the tremendous wrath in me, which also caused me a lot of fear. Pain, anger, fear, shame and guilt...what could I do with these feelings without alcohol? Physicians in France then often denied alcoholism in a patient if it wasn't obvious (shaking) and drastically damaging their health (cirrhosis).

Since pretending everything is normal was a survival matter for me, it took someone special to decipher the pain and symptoms which brought my (slightly inebriated) self to the American church in Paris on a Saturday afternoon in August 1991. I had gone to see a psychiatrist because I had started making myself throw up after drinking (and eating too) and thought I was going insane. She saw the abyss behind the 34-year-old baby face, and suggested I go to the AA meeting there, which I did.

I heard my feelings spoken by a New York theatre designer, Jewish, gay, HIV positive. Nothing in the facts of his life matched mine, but his heart spoke to mine directly and the radiant love and humour in his sharing still live long after he died. I came back, spoke to a few people, listened to stories in recognized my feelings in the most unlikely people. I felt at home with the cheerful expat crowd, being kind of a "nowhere" child myself. English (learned as a teenager in the UK) was to become my recovery language.

I was working a lot internationally. During the first year in AA, I hung onto

the international meeting directory, went to meetings in 13 different countries, never mind the strange local dialects. I often sat on the famous pink cloud. People smiled and said, "Welcome." People offered to pick me up from my hotel to take me to a meeting in Osaka or elsewhere. Checking out meetings in Stockholm, Budapest or Barcelona before the trip lowered the stress level and gave me a feeling of been taken care of. I always carried the small book "Living Sober" and tried most suggestions, even if I doubted it would work for me. I "acted as if" it would work.

My greatest difficulty in early sobriety was anger. When a person or situation "made" me angry, I smiled, said, "Will you excuse me please," went to the bathroom and said the Serenity Prayer three times, took a deep breath, came back and kept smiling. I cannot afford to be angry, nor can I afford to stuff down my feelings. The most important thing I have learned in sobriety is to *look* at feelings, considering them as I would if I had to describe a tree, acknowledge and recognise them and "call them by their true names" without judgment. Whenever I think, "I shouldn't be afraid," I learned to change the inner voice to: "I am actually afraid. So what? It's perfectly normal to be afraid." And then, "What's going on exactly? What is at stake?"

AWARENESS is the secret of my emotional sobriety. To achieve a measure of it, I needed directions. I customized some from the Steps: Step Four showed me how to look at situations and people matter-of-factly, and to track down interpretations, mind reading and judgements. Steps Six and Seven gave me some props to recycle a few character traits such as obsession and put them to positive use, like continuity and persistence. I followed Eleventh Step suggestions, practiced Zen meditation, explored "ecology of the mind," NLP and whatever I could lay my ears, eyes and hands on. And during the first seven years, I went to many meetings and took wisdom and warnings for the road, until I decided to leave my job and the big city

(Continued on page 8)

AA MEETING FOR CORRECTIONS

CCA at 5115 Harding Place is bringing back AA meetings.

They need our help to make this happen.

In June we will be taking meetings into the RDAP program on Tuesday and/or Wednesday from 6:30—7:30.

The first class has 60 WOMEN and 130 MEN. We would like at least 10 men and 5 women to volunteer so they can each take a week of the month.

Call Charlie B with questions: 615.554.9085

Orientation Schedule:

- ◆ May 17, 2016
- ◆ July 12, 2016
- ◆ September 13, 2016
- ◆ November 1, 2016
- ◆

Reggie Hebron

Treatment Counselor

CCA Metro-Davidson County Detention Facility
5115 Harding Place

"I am still amazed at the aura
around AA meetings ...

No matter what our immediate
problems, fears, or resentments, we
come to a halt when the meeting
begins and focus on our primary
purpose."

A man and his wife are at a restaurant, and the husband keeps staring at an old drunken lady swigging her gin at a nearby table.

His wife asks, "Do you know her?"

"Yes," sighs the husband. "She's my ex-wife. She took to drinking right after we divorced seven years ago, and I hear she hasn't been sober since."

"My God!" says the wife. "Who would think a person could go on celebrating that long?"

<i>CENTRAL OFFICE OFFICERS</i>	<i>NAME</i>	<i>PHONE #</i>
Chairperson	Drew T	615.440.3991
Central Office Manager	Charles C	615.973.9898
Central Office Bookkeeper	Donna C	615.832..1136
Vice Chairperson	Travis D	615.642.1027
Secretary	Jennifer S	615.218.0883
Treasurer	Garrett D	615.957.7674
Public Information/Cooperation with the Professional Community	Al C	615.587.1616
Special Needs	Reanate M	615.625.8483
Corrections	Charlie B	615.554.9085
Treatment Facilities	Jennifer S	615.415.4177
Events Chair	Tina H	615.351.0501
Archives	John M	615.803.0211
Sobriety Dinner	Tina H	615.351.0501



*I was sober for 12 years...
and then I turned 13.*



The driver knew they were drunk. He turned the engine on and quickly turned it back off. He said "We've arrived."

The 1st drunk pays the driver, the 2nd drunk thanked him, and the 3rd drunk slapped him. He thought the 3rd drunk knew what he did, but he asked anyway "What was that for?"

"CONTROL YOUR SPEED NEXT TIME! You nearly killed us!"

**FIRST TUESDAY OF
EVERY MONTH:**
District 30 Meeting
When: 6:30pm – 7:30pm
Where: 5925 O'Brien

**SECOND MONDAY OF
EVERY MONTH:**
Intergroup Meeting
When: 5:45pm – 6:45pm
Where: Central Office 417
Welshwood

**STEERING
COMMITTEE**
When: Monday July 25th
5:45pm – 6:45pm
Where: Central Office
417 Welshwood

**FIRST TUESDAY OF
EVERY MONTH:**
District 32 Meeting
When: 6:30pm
Where: Club 62
329 Peachtree

V	C	M	G	Y	T	G	D	L	Z	Q	A	F	P	B	I	W	H	U	S	O	R	U	Y	U
G	R	V	Z	Q	D	X	P	G	Z	B	U	R	E	Z	X	T	K	B	A	Q	R	Z	Z	G
J	E	A	T	T	W	I	M	X	F	M	Y	R	B	Z	T	L	A	W	A	M	U	Q	A	D
C	J	F	Z	F	H	J	O	F	W	X	H	U	D	D	J	D	S	B	X	V	E	G	G	E
L	Z	I	C	P	S	P	N	Z	X	I	E	S	X	S	W	T	C	K	U	B	H	Q	B	U
M	B	T	A	T	R	L	E	U	S	K	U	A	U	Y	P	L	I	P	P	V	T	Q	A	W
K	F	I	R	Q	Z	Q	Y	C	R	C	U	B	H	G	J	Y	W	B	T	N	B	A	N	I
H	G	C	G	F	H	L	X	S	S	Q	K	L	X	T	S	O	J	P	O	E	E	H	Q	X
B	Q	H	S	U	F	E	N	I	X	X	S	M	Z	U	R	K	R	C	Z	S	R	M	A	B
P	C	D	L	B	P	M	T	T	M	Y	O	L	W	D	B	R	B	P	O	L	N	M	D	O
Y	N	R	F	G	Y	U	O	X	D	I	I	A	I	P	Z	Z	P	F	B	H	W	C	A	N
L	H	D	T	Q	F	X	H	X	P	E	J	N	B	P	A	N	H	D	G	B	P	B	L	P
Y	R	T	H	F	H	P	Z	U	Q	G	Z	O	P	C	P	M	T	R	R	Y	F	R	M	W
Q	Y	O	A	H	W	V	K	R	J	G	J	I	R	J	G	E	V	Z	T	B	L	U	G	B
Q	S	U	B	J	K	F	T	T	A	H	N	T	L	T	V	D	E	I	I	L	P	N	R	W
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L	F	I	V	V	I	Q	B	Y	E	J	L	S	D	Q	E	A	V	U	S	D	V	D	R	L
F	I	T	M	F	M	N	A	U	J	N	S	O	U	E	U	R	T	Z	O	V	I	U	U	W
F	O	G	A	I	I	B	Q	T	J	J	Q	P	D	T	E	V	T	O	G	W	P	U	C	O
J	I	R	F	G	A	R	I	X	K	R	V	O	I	S	I	F	U	Z	R	A	W	A	B	W
T	Q	V	O	L	M	H	K	V	V	C	U	R	H	F	V	K	T	X	T	E	W	B	H	F
X	X	Y	E	J	K	Q	A	T	K	N	I	P	E	T	G	V	H	P	G	I	F	T	C	X
F	G	B	P	E	Y	H	I	O	Y	P	D	G	I	Q	E	A	U	O	Z	U	A	K	D	L
M	N	K	C	Q	D	N	V	Y	S	Y	V	H	A	E	H	V	F	R	O	X	Y	P	H	S
B	K	A	X	O	T	F	P	X	L	M	P	Q	B	J	U	V	N	T	H	L	J	L	L	Y
Z	L	T	B	I	A	U	M	T	Y	J	U	P	K	Q	S	Q	H	S	W	F	I	G	D	H
P	Y	I	G	I	D	P	G	R	P	Z	N	S	Q	W	E	C	K	U	A	E	B	S	G	T
J	Z	B	F	E	L	A	B	M	Z	Y	E	S	V	R	O	H	U	A	B	I	B	H	G	A
V	O	J	F	S	J	F	H	U	T	F	Y	B	R	V	K	M	C	D	H	M	U	K	Y	D
J	G	A	U	P	G	U	I	R	S	T	R	X	Q	M	C	M	H	S	I	T	U	N	K	F

find the Tradition Seven CAPITALIZED words below.

I REALIZED that my FIVE-DOLLAR GIFT to the SLIPPEE was an EGO-FEEDING PROPOSITION, BAD for him, bad for me. There was a PLACE in A.A. where SPIRITUALITY and MONEY WOULD MIX, and that was IN THE HAT.



MEETING CHANGES

NEW / MOVES / CHANGES / ADDITIONS / CANCELLATIONS		
37013	New	Safe Place Antioch - Antioch United Methodist 41 Tusculum Rd Sat 5p
37013	Add	60 Minutes - Fri 8p OD & Sun 5p OD
37016	Cancel	Auburntown Alcoholics Anonymous
37040	Cancel	Road of Happy Destiny - 2p Sunday
37043	Add	Sango Solutions - Fri 6p OD
37046	Cancel	College Grove Morning Meeting
37064	Change	Church of the City - Meeting in the Small White House
37066	Change	Came to Believe - Tues now 5:30p
37067	Add	Recovery Road - Wed 6:30p OD
37069	Change / Move	Womans AA now Every Woman Has a Story - 1213 Country Rd.
37087	Cancel	Any Lengths - 10p Friday
37087	Cancel	New Day Meditation Sat 9a
37110	Change	Keep It Simple, McMinnville Mon 7p OD/LIT - Tu 7p CD/LIT
37115	Cancel	Serenity House - 8p Sunday
37122	Add	Key To Sobriety - Tues & Thurs Noon
37128	Move	Camels - Salem Creek Church of Christ - 2525 Salem Creek Dr
37160	Change	Shelbyville Keep it Simple - AP Bldg 206 Madison St
37172	Add	Robertson County Group Tu 7p OD/Wmn
37190	New	Woodbury Sunday Morning - Stone River Hospital - 324 Doolittle Rd.
37203	Change	Lifesavers Thu 6:30p now OD/BR
37206	Add	East Side Sunlighters - 7:30a Tues & Thurs
37206	Add	Spiritual Warfare - Woodland Pres Ch - 211 N. 11th St - Fri p OD - OS 1st half of mo.
37206	Change	East Nashville Women's Meeting Tu 6:30p Lit
37208	Add	Recovery of Hope - Sun 6:30p OD/Lit
37209	Move	West Nashville - All Saints Southern Episcopal 4513 Park Ave
37209	Cancel	West Nashville - Tues 8p
37209	Cancel	Next Right Thing
37209	Cancel	Design for Living
37209	Cancel	Made A Decision
37209	Cancel	WANGL - Mond
37210	Add	Young Timers - Thu 8p OD
37210	Cancel	Young Timers - Sat 8p
37210	Cancel	The Spiritual Giants
37210	Cancel	Unity Group - Wed & Sat
37211	Move	Every Night at 6 - moved from New Song Church to Last Stop Club 2122 Utopia
37211	Add	Every Night at 6 - Sun 6p OD
37211	New	Mid-Day Women's 3016 Nolensville Rd Noon OD
37214	Add	Shade Tree - Fri 7p OD/YP
37217	Cancel	Bradford Newcomer Group
37220	New	Hand in Hand - Crieveewood United Meth - 451 Hogan Rd - 6:30p OD/Wmn
37221	Add	Keep It Simple Mon 7p OD/LIT
37232	Move	Recovery Basement - Vanderbilt Medi Center 1211 21st Ave - Student Center Room 208
37355	Cancel	Manchester Noon Fellowship
37394	Move	Viola Serenity - 9586 Viola Road, Viola
38481	New	One Day at a Time First Baptist Church 3698 Hwy 43 S St. Joseph, TN - Tu & Th 6p OD

ALCOHOLICS ANONYMOUS

Is there going to be a modern language version of the BIG BOOK????

Did we retire "Three Talks to Medical Societies"?

What happened with Area 64's Floor Action?

Get answers to these and more questions about what went down at the 2016 AA General Service Conference in New York.

DISTRICT 30 POST-CONFERENCE REPORT

Tuesday, July 5 at 6 p.m.

Led by Tony S., Area 64 Delegate

5925 O'Brien Ave., Nashville

ALL ARE WELCOME TO ATTEND!

More Info:

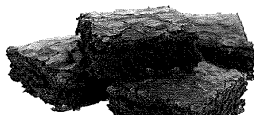
Tyler D., District 30 DCM
615-840-4608

PLUS:



Complimentary stuffed-crust PIZZA PIZZA & Soft Drinks

Feeling Frisky?
BRING DESSERT TO SHARE



FFTB: Free Food Tastes Better

2016 Conference Report

HOSTED BY DISTRICT 12



PRESENTED BY:

OUR AREA 64 DELEGATE

TONY SHELBY

July 16th

2pm-4pm

At Camels Group Location
Salem Creek Church of Christ
2525 Salem Creek Dr
Murfreesboro, TN 37128

Contact John N. 865-566-3181 or Daniel T. 931-478-0398

SUMMER TIME FELLOWSHIP

BACK TO THE BIG BOOK

NEW BEGINNINGS

EAT AND SPEAK

SATURDAY

JULY 16th, 2016

CENTRAL CHRISTIAN CHURCH

404 E. MAIN ST. MURFREESBORO

EAT AT 6:00 PM

GRILLED CHICKEN PROVIDED

SPEAK AT 7:00 PM

AREA DELEGATE: TONY S.

COVERED DISHES AND DESSERTS

ALWAYS WELCOMED



Area 64 3rd Quarter Assembly

July 22nd – July 24th, 2016

The Riverview Inn

50 College Street

Clarksville, TN 37040

www.theriverviewinn.com

931.552.3331 or 1.877.48.River

Call Dee M., Host Committee Chair for more info at: 281.682.4692

Room rate \$89 per night

Cut-off date June 22nd 2016 – Registration Code – Area 64

Please make reservations directly with Hotel for Block Room Rate

Limited number of pet friendly rooms \$10 extra

A SIMPLE DIRECTION*(Continued from page 1)*

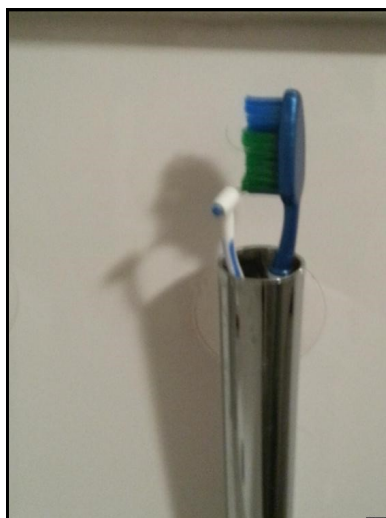
filled with doubt that I could or would be capable of acquiring what they had. I was still shaking so much that it was nearly impossible to hold my coffee cup steady and not slosh it on myself or others. All the while I was sweating profusely, with a constant itchy, crawly feeling that made it extremely difficult to stay seated and still. I couldn't concentrate on what was being shared. However, I strived to hear at least something of the experience, strength and hope that I so desperately needed. I knew that my solution to life's problems--my lover, my only friend--would have to be left behind forever. How depressing and sad it was to realize that I, who thought I could control alcohol, had now come to the "jumping-off place."

How precious the words I remember more than anything else from that meeting: "Rarely have we seen a person fail who has thoroughly followed our path." Ah, that was what I needed; a single simple path, a route, a direction to take and stay focused on! My recovery came with acceptance of those encouraging words, a single thread that developed into a lifeline.

Thank you, whoever you are, for reading that sentence of hope on that particular fall day.

May 2009—Robert H.—Nashville, TN
Reprinted with permission:
AAGrapevine.org

So, I'm at Wal-Mart buying a pregnancy test, there a huge line that is taking forever and everyone is studiously ignoring my purchase. When it's finally my turn the lady rings me through handling my test like she might get pregnant touching it. Then she asks 'Do you want your receipt?' I smile and say 'I don't know, can I return it if I don't get the result I want?' She gives me the most dead pan stare like she is actually thinking if I can or not! The lady behind me starts laughing so hard coffee came out her nose. I shrugged and walked away. At least she thinks I'm funny.



The awkward moment when your toothbrush starts brushing its self.

White Wine did the Job*(Continued from page 3)*

for a simpler life.

I now live in "voluntary simplicity" in a remote rural area of southern France. The next meeting is 50 miles away and I haven't checked it. Am I a loner? It doesn't really matter, even if I can clearly see that if everybody was like me, there wouldn't have been rooms for me to come into. I make peace with that, and I am sharing my experience, strength and hope of living sober now. Some benevolent power sent me a sober alcoholic as a neighbour and friend and occasional others to share with. An old sponsee kept calling me for years, maintaining a bond with program, and a year ago I received a copy of the *Grapevine*. My old sponsor was behind the gift subscription. I owe her ACCEPTANCE of what is and of myself, one day at a time. I am writing to testify that the big book page 449 is a foundation of my sobriety.

I am not sure that I am free from obsessions or resentments, nor has it been an easy road. Two or three years ago, I had a fierce desire to be drunk, to remove the excruciating pain of been trapped in a love affair with a married man. I named the feeling, howled and cried, wrote, shared with a friend, trusted the part of me who knew it would get better. It did. Choosing a life companion is a skill I do not possess ... yet! would say my sponsor. Do I really want one? I don't know. Am I ready to risk beauty and pain? I don't know, but I hope that fear is not making the choice for me. I travel with fear and value its contribution to prudence and real courage. I travel with economic insecurity, and know the value of a rich and simple ecological life, faithful friends and a restored and harmonious relationship with my aging parents. I have not had a drink since that August day in Paris, 19 years ago, and if I still experience emotional turmoil, it's for the simple reason that I am alive and a human being. Awareness allows me to see the water in the waves!

Caroline C.- Web Exclusive
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GROUP CONTRIBUTIONS

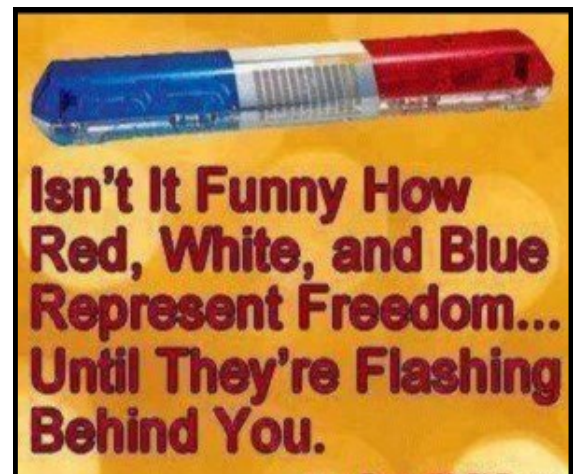
GROUP/MEETING	Dist	May	YTD
11TH STEP	30	-	-
21st AVENUE	30	-	49
24 HOUR	32	-	250
60 MINUTES	64	274	274
ANONYMOUS CONTRIBUTIONS	0	41	314
ANY LENGTHS	13	-	-
BACK ROOM	35	436	2,289
BACK TO THE BIG BOOK	12	80	122
BELLEVUE WINNERS & BEG	35	-	50
BRENTWOOD FULL MOON	33	-	-
BY THE BOOK -DICKSON	15	29	82
CAME TO BELIEVE	33	-	387
CAMELS		-	-
CELEBRATE SERENITY		-	-
CHICKEN PLUCKERS MEN'S	33	-	-
CLARKSVILLE	14	-	-
CLUB 62 UNITY	32	-	30
COLUMBIA	40	20	100
COMMUNICATIONS	30	-	100
COOL SPRINGS NEWCOMERS	33	-	100
CUMBERLAND UNITY	13	-	-
DAVIDSON ROAD	30	1,000	2,800
DICKSON AA	15	-	920
DISTRICT 11	11	-	-
DOWNTOWN LUNCH BUNCH	32	-	268
DRUNKS IN THE PARK	33	83	682
EAST NASHVILLE 86'ers	34	-	169
E. NASHVILLE MEN'S STAG	34	-	500
EAST NASHVILLE WOMENS	31	-	-
EAST SIDE SATURDAY		-	620
EASY DOES IT (MT JULIET)	31	-	-
FAIRFIELD GLADE	9	-	132
FAIRVIEW	33	-	100
FAYETTEVILLE	40	-	20
FELLOWSHIP	32	-	100
FIRST THINGS FIRST	34	-	291
FIVE & FIVE	30	-	1,891
FRANKLIN 12&12	33	-	-
FRANKLIN	33	860	2,060
FRANKLIN MEN'S	33	-	-
FRANKLIN ROAD WOMEN'S	33	-	100
FREE TO BE	31	-	436
G.O.D. (OF DRUNKS)	40	115	115
GALLATIN AA		-	-
GOODLETTSVILLE A.A.	34	-	150
GRATITUDE	11	-	60
GRATITUDE - MANCHESTER		-	-
HAPPY DESTINY	34	-	50
HAPPY HOUR - LEWISBURG	40	5	25
HARDING ROAD	30	200	350
HENDERSONVILLE BB	34	-	50
HERMITAGE	31	-	200
HERMITAGE WOMEN	31	250	250
HIGH NOON	34	-	1,105
HILLSBORO ROAD	32	-	200
HOPE PARK AA LIT STUDY	30	-	-
JOELTON	34	-	50
KEEP IT SIMPLE BELLEVUE d35	33	-	49
KEY TO SOBRIETY	31	250	250
LADIES NIGHT OUT	34	-	-
LAFAYETTE NEW HOPE	13	-	50
LATE LUNCH BUNCH	33	-	1,000
LAWRENCEBURG	41	-	-

GROUP/MEETING	Dist	May	YTD
LET IT HAPPEN	35	20	20
LEWISBURG UNITY	41	-	25
LIFE SAVERS	30	-	-
LINDEN	41	-	100
LIVE & LET LIVE	9	-	65
LIVING BY THE PRINT SAT	30	100	200
LIVING BY THE PRINCIPLES	30	-	488
MADE A DECISION		317	317
MADISON STREET		-	50
MANCHESTER NOON		-	60
MIDDAY BREAK	32	-	-
MONDAY NIGHT		-	-
MT JULIET FELLOWSHIP	31	-	200
MURFREESBORO	12	15	60
MUSIC ROW	30	-	30
MUSTARD SEED	32	-	200
NOW	30	-	-
NEW BEGINNINGS(Dist 12)	12	20	60
NEW LIFE H-VILLE	34	47	92
NIPPERS CORNER	32	-	-
NORTHSIDE , CLARKSVILLE	14	-	100
ONE DAY AT A TIME	31	-	900
ONE STEP CLOSER	33	-	-
OUT TO BREAKFAST	30	-	143
PAGE 112	31	-	-
P.O.P.	34	-	75
PORTLAND UNITY	13	-	10
PRIMARY PURPOSE	34	112	270
PRIMETIMERS	33	100	100
PULASKI	40	15	75
REBOS (SOBER)	34	-	434
ROAD OF HAPPY DESTINY	14	-	20
ROBERTSON COUNTY	14	-	-
RUTS	40	-	-
SAFE HARBOR (D14)	14	-	-
SAFE PLACE		-	53
SANGO SOLUTIONS		-	20
SATURDAY NIGHT ALIVE	11	30	60
SEARCHERS	34	-	270
SEEKING SANITY	31	-	994
SERENITY (12)	12	50	250
SHADE TREE	31	-	660
SMITH COUNTY FRIENDSHIP	13	-	-
SMYRNA GRATITUDE	12	236	1,126
THE STRAGGLERS	33	381	381
THE UNITED	13	-	250
TRINITY	11	50	50
TRUDGING THE ROAD	33	80	80
VALLEYVIEW-ASHLAND CTY	15	-	-
WANGL	30	-	-
WAVERLY	15	-	45
WAVERLY-BELMONT	32	100	100
WEEKENDERS	34	-	100
WEST MEADE	30	-	40
WEST NASHVILLE	35	-	36
WESTMINSTER	30	-	750
WINNERS	41	102	486
WOMEN IN THE SOLUTION	11	50	260
WOMEN'S FREEDOM	30	-	533
WOMEN'S OPEN DOOR	30	-	288
WOMENS SPEAKER	30	-	-
Grand total:		5,461	30,115

Middle Tennessee Intergroup Association
Statement of Activities - Actual and Budgeted - Schedule 1
For the Five Month and Year Ended May 31, 2016

	May 2016			YTD 2016		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	2,527.30	3,539.42	(1,012.12)	13,571.28	17,697.10	(4,125.82)
Group Donations	5,595.46	5,000.00	595.46	31,395.08	25,000.00	6,395.08
Individual Donations	180.00	341.67	(161.67)	1,186.37	1,708.35	(521.98)
Messenger Donations	12.00	15.00	(3.00)	48.00	75.00	(27.00)
Website Donations	-	208.33	(208.33)	-	1,041.65	(1,041.65)
Special Events	280.00	500.00	(220.00)	280.00	2,500.00	(2,220.00)
Interest	2.97	1.75	1.22	14.97	8.75	6.22
Total Income	8,597.73	9,606.17	(1,008.44)	46,495.70	48,030.85	(1,535.15)
Expenses						
Casual Labor	200.00	200.00	-	1,000.00	1,000.00	-
Payroll	6,313.62	4,975.08	1,338.54	24,217.42	24,875.40	(657.98)
Bad Debts	-	-	-	-	-	-
Legal & Professional	860.00	350.00	510.00	4,275.00	1,750.00	2,525.00
Rent	946.00	1,000.00	(54.00)	4,872.50	5,000.00	(127.50)
Printing	-	166.67	(166.67)	54.00	833.35	(779.35)
Payroll Taxes	-	380.58	(380.58)	1,768.84	1,902.90	(134.06)
Repairs & Maintenance	399.18	83.34	315.84	200.00	416.70	(216.70)
Equipment Rental	108.00	103.34	4.66	537.27	516.70	20.57
Telephone & Fax	436.45	450.00	(13.55)	2,232.26	2,250.00	(17.74)
Answering Service	195.00	233.33	(38.33)	1,206.00	1,166.65	39.35
Postage	98.55	283.33	(184.78)	681.63	1,416.65	(735.02)
Office Supplies	156.86	208.33	(51.47)	630.72	1,041.65	(410.93)
Computer & Technology	43.65	258.83	(215.18)	293.24	1,294.15	(1,000.91)
Intergroup Expense	-	125.00	(125.00)	-	625.00	(625.00)
Insurance	-	166.67	(166.67)	1,244.00	833.35	410.65
Special Events	-	321.67	(321.67)	-	1,608.35	(1,608.35)
Travel	-	291.67	(291.67)	-	1,458.35	(1,458.35)
Depreciation	7.92	8.33	(0.41)	39.60	41.65	(2.05)
Total Expenses	9,765.23	9,606.17	159.06	43,252.48	48,030.85	(4,778.37)
Net Income	(1,167.50)	-	(1,167.50)	3,243.22	-	3,243.22

**If you read
The Messenger
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be appreciated.**



JULY

DONELSON YET

Beth C	07.14.95
Cecil B	07.15.14
Ellen W	07.24.14
Jeff P	07.10.99
Jim F	07.11.85

FULL MOON

Barbara R	07.31.04
-----------	----------

KEEP IT SIMPLE

Bethany L	07.24.15
Bill M	07.15.02
Bob M	07.23.14
Cal T	07.31.06
Chad Y	07.25.14
Chris C	07.01.10
Jerry B	07.04.13
Katie Y	07.19.14
Kevin B	07.29.12
Mark S	07.14.10
Matt W	07.11.11
Michael M	07.31.14
Roger B	07.04.02
Victor S	07.14.01

LOVE & LAUGHTER

Candice G	07.17.10
Kim M	07.21.96
Kristi R	07.17.11
Richard W	07.18.11
Teresa N	07.30.15
Trisha L	07.27.10

NIPPERS CORNER

Scott M	07.01.15
---------	----------

P O P

Lee A	07.18.12
Ron E	07.18.92

PORTLAND UNITY

Lynne S	07.09.89
Rikki E	07.01.15

SEARCH FOR SERENITY

Lisa U	07.23.15
Mandy S	07.23.98
Sara C	07.04.14

SEEKING SANITY

Barry E	07.19.04
Becca M	07.06.08
Brenda M	07.21.12
John M	07.01.03
Lisa T	07.02.06
Patricia W	07.20.07
Tim F	07.25.07
Tina H	07.05.??
Tom M	07.07.11

SHADE TREE

Albert T	07.06.08
Amanda H	07.31.15
Beverly S	07.09.07
Bob O	07.19.09
Cathy E	07.01.14
Dan O	07.14.10
David M	07.01.09
Frances P	07.19.08
Gary E	07.23.11
Gerry H	07.18.94
Guy M	07.22.13
Jack P	07.18.14
Jeff H	07.02.12
Jeri D	07.13.05
John M	07.01.03
Jose V	07.20.08
K C	07.27.09
Keith T	07.06.11
Kelly R	07.10.09
Larry B	07.02.00
Laurakate C	07.23.13
Morgan D	07.17.15
Neil J	07.03.15
Patti H	07.04.15
Peggy L	07.02.07
Renee S	07.31.13
Sidney W	07.14.14
Tim F	07.25.07
Todd G	07.18.04
Tom H	07.01.03
Wirt P	07.24.06

SMYRNA GRATITUDE

Brian D	07.02.09
Chuck F	07.04.09
Greg S	07.10.09
Jamie f	07.05.09
Joanna S	07.30.09
Jodi W	07.10.95
John R	07.01.00
Johnathan R	07.12.10
Lynn F	07.31.02
Mary D	07.31.15
Steve M	07.13.94
Tammy B	07.26.12



Joe: My brother swallowed a box of firecrackers.

Moe: Is he all right now?

Joe: I don't know. I haven't heard the last report.

Pedro: What was the patriots' favorite food in the Revolutionary War?

Jose: I don't know. What?

Pedro: Chicken Catch-a-Tory!

Harry: What do you call an American drawing?

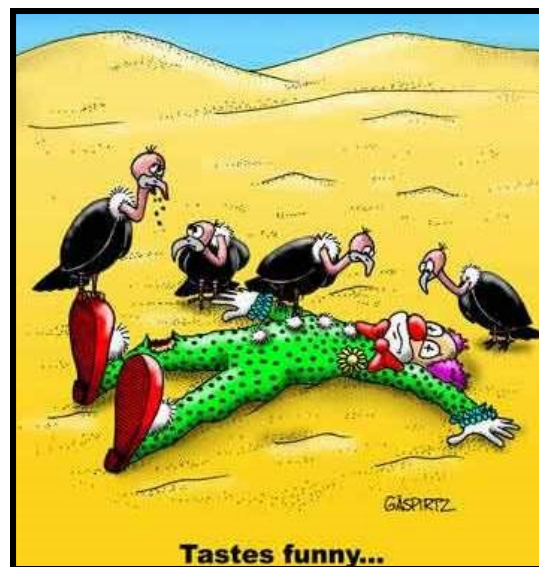
John: What?

Harry: Yankee doodle!

Fred: What famous person do you get when you make a wreath out of \$100 bills?

Joe: This one is a toughie.

Fred: Aretha Franklin!



JULY
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