

The MESSENGER

Middle Tennessee Central Office Intergroup

\$ 1.00

AA FRIENDS

**SEPTEMBER
2016**

A man reflects on the death of a close friend in AA

I'm not quite sure how to write about the friend that I lost recently in Alcoholics Anonymous. He is the man mainly responsible for helping me come out of my shell. I loved him dearly, but I did not act like a friend should all of the time. He did act like a friend all of the time to me though. He tried to include me in some of the fellowship that is a part of AA, but I refused at first. It was easier to go home than to socialize and be a little uncomfortable.

One day, he invited me to go with him and a few of the old timers to dinner and a meeting one night, and I said yes. The drive in the car was no problem because I could look out the window while the other guys talked and joked. I would let out an occasional laugh or one word comment which would buy me some time. When we finally arrived, we sat down at the table and ordered glasses of ice tea and some soda. When mine arrived, I guzzled it down with a big sigh at the end. He looked at me and said, "Oh, you can hang out with us, I see you drank just like us." It was his way of making me feel comfortable when I was about as uncomfortable as I could get.

We spoke on a regular basis, often while we both drove to work in the morning. He knew me just as good as my sponsor knows me. There was no getting away with anything with him. Whether it was the tone in my voice, or the look on my face, he would know right away if I was

full of it or not. He also had no problem telling me either. The type of person you loved to be around when you felt good, but when you were a little under the weather and trying to hide it, he could be a real pain in the neck. This was how he treated most of his close friends.

There have been a number of deaths since I've been in AA. Some were close, some not so close. They all have an effect on me in one way or another. This happens to be the closest person to me that has died since I've been sober. The empty feeling that I hear people talk about when someone dies, has crept into my heart this time. All the other people who were close to me who died, died at a time when alcohol was the first thought that crossed my mind when I heard any kind of bad news. That empty feeling never had a chance to get me back then.

My last spree came at a time when a co-worker passed away from years of heavy drinking. He was getting bad toward the end and I stopped taking his drunken' phone calls. What a perfect excuse to go drown my guilt and remorse, "If I would have answered his phone calls, he would be alive today." How about that for being the center of the universe? My answering his phone call never stopped him from drinking before. But now I could run with the self-pity, and get hammered and no one could stop me. Well, I got stopped alright. Stopped and sent right to

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A SPIRITUAL SICKNESS

In order to get sober, this AA felt he had to develop a new conception of god

Religion seemed more about traditions and I never really had much interest in it.

Growing up in an Hispanic and Catholic home, religion was always more about traditions and family gatherings. I never really had much interest in any of it to begin with. I knew that Jesus was the son of God, that there was a Holy Spirit, and the big Jesus who hid behind the bright clouds.

It was all a joke to me. Coming to AA and finding a god

who I can worship, or believe in, was almost impossible for me to come to terms with. I'm the type of alcoholic who manages to stay sober for a little while and goes back out for another binge. In my experience, it is very hard to come back once you leave.

One of my sponsors use to say, "it's not a relapse if you

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**Written by Andy Rooney, a man who had the gift of saying so much with so few words.
Rooney has passed away but used to be on CBS's 60 Minutes TV show.**

<i>I've learned....</i>	
<i>That the best classroom in the world is at the feet of an elderly person.</i>	<i>That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.</i>
<i>That when you're in love, it shows.</i>	<i>That sometimes all a person needs is a hand to hold and a heart to understand.</i>
<i>That just one person saying to me, 'You've made my day!' makes my day.</i>	<i>That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.</i>
<i>That having a child or an animal fall asleep in your arms is one of the most peaceful feelings in the world.</i>	<i>That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.</i>
<i>That being kind is more important than being right.</i>	<i>That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.</i>
<i>That you should never say no to a gift from a child.</i>	<i>That money doesn't buy class.</i>
<i>That I can always pray for someone when I don't have the strength to help him in any other way.</i>	<i>That it's those small daily happenings that make life so spectacular.</i>
<i>That under everyone's hard shell is someone who wants to be appreciated and loved.</i>	<i>That to ignore the facts does not change the facts.</i>
<i>That when you plan to get even with someone, you are only letting that person continue to hurt you.</i>	<i>That love, not time, heals all wounds.</i>
<i>That the easiest way for me to grow as a person is to surround myself with people smarter than I am.</i>	<i>That everyone you meet deserves to be greeted with a smile.</i>
<i>That no one is perfect until you fall in love with them.</i>	<i>That life is tough, but I'm tougher.</i>
<i>That opportunities are never lost; someone will take the ones you miss.</i>	<i>That when you harbor bitterness, happiness will dock elsewhere.</i>
<i>That I wish I could have told my Mom that I love her one more time before she passed away</i>	<i>That one should keep his words both soft and tender, because tomorrow he may have to eat them.</i>
<i>That a smile is an inexpensive way to improve your looks.</i>	<i>That when your newly born grandchild holds your little finger in his little fist, you're hooked for life.</i>
<i>That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.</i>	<i>That the less time I have to work with, the more things I get done.</i>



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A FAMILY IN AA

A woman tells how she sobered up in the same home group as her mother and brother

"I had a good foundation and support due to my mother and brother being members of Alcoholics Anonymous."

I come from a long line of alcoholics from both sides of my family. Many never found the program of Alcoholics Anonymous and died drunk. At the time, I didn't realize they were suffering from alcoholism, I just thought they were mean people. I always told myself I would never be like them. Eventually I became one of those 'mean people' I pledged to never be. I became an alcoholic.

My parents worked hard, long hours with the family business but still made time for me and my three older brothers. I can honestly say I had a pretty normal childhood. Life was great until the day my mother sat me down and said, "Your daddy isn't coming home, we are getting a divorce."

At the time, I was only 10 years old, but I still remember that feeling of powerlessness, uselessness, self-pity, fear, anger, and selfishness. I was filled with hatred. I couldn't believe this was happening to me. How dare my mother split up my family? My mother's words caught me completely by surprise and cut me wide open. Looking back today, I believe that is my first remembrance of my character defects in action.

I continued on my journey through life hurting, blaming, and using people. I experimented with alcohol in high school but I didn't have the mental obsession yet. I graduated high school and enrolled in a community college.

I felt like no one could understand me. Alcohol became my relief. My alcoholism progressed to drinking a fifth of liquor every night. I lost my scholarship, spent thousands of dollars of my parents money trying to stay in college, but eventually flunked out. I was fired from nearly every job I obtained and the jobs I wasn't fired from I quit because I knew I was about to be fired. I stole, lied, and cheated my way

through life. This is the insanity the Big Book talks about. I tried over and over again to succeed but I couldn't. I couldn't because I had now met that "yet" I was talking about earlier. I could not leave the alcohol alone. It had become my best friend.

After several years of destroying my soul and the relationships with my family and friends, my higher power whom I like to call God, intervened. I went to treatment on October 21, 2009. After 38 days, I decided to come home. I believed I had a good foundation and support due to my mother and brother being members of Alcoholics Anonymous. My perception of returning home and learning how to function in society didn't seem to be to difficult.

I thought if I just did what my mother told me to and didn't drink then I would be fine. I expected all the harm I had done to be forgotten. However, it didn't work out according to my plan.

My mother recently celebrated 20 years of sobriety. She is very involved in service work and sponsors nearly every woman in our home group. I am very grateful for her and people like her who stick around the rooms of A.A. for the still suffering alcoholic, as well as themselves. Being a member of the same home group as my mother and brother has been difficult for me.

Finding a sponsor, sharing in meetings, and chairing meeting I found to be one of the hardest thing so far in sobriety because of the fear I had within myself as well as the fear I put in my mother and brother. In order to overcome that fear I knew I had to take action. I prayed, talked with other non-family A.A. members, listened, and went to meetings regardless of how I felt.

God placed a sponsor before me and she began taking me through the steps. My life began to change immediately. I experienced one of the most freeing times of my life when I completed my Fourth and Fifth Step.

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A Family in AA

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I am not afraid to express how I truly feel. I enjoy hearing others share their experience, strength, and hope. I am truly a grateful recovering alcoholic. I recently picked up my six month chip, and for that I am grateful too.

Sometimes I get nervous when I'm chairing or sharing but my sponsor told me something that worked for her and it has worked for me. Before I share or chair I pray that whatever comes from my mouth began at my heart and helps at least one alcoholic. I hope that what I have said will help someone who is struggling down the road of recovery. There is hope for the hopeless, strength for the weary, love for the broken, and I found it all through the program of Alcoholics Anonymous and my higher power, God. May you all live happy, joyous, and free.

—Deidra H., Bainbridge, Georgia
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CENTRAL OFFICE OFFICERS	NAME	PHONE #
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 ON MY WAY

A doctor at a detox gave him what he needed to get sober: hope

He told me that if I could make it through this, I would be of great value to somebody some day because I might be able to help them

Isn't it funny how you remember some things and forget others? I will be celebrating 19 years of continuous sobriety March 4 2008. I grew up in Alcoholics Anonymous. I was introduced to AA as a teenager and celebrated my first 90 days and spoke at my first meeting at the age of 15. I decided I was to young and went back to drinking only to receive the same results just as they had told me I would.

I returned at age 17 for another attempt at sobriety. After 10 months of continuous sobriety, a friend of the family knocked on my door and asked me to take her to her senior prom. Despite suggestions not to get involved in anything that was alcohol-related in early sobriety, I decided to go to the prom. I had ten months of sobriety and I thought I could handle anything. On the way to the prom I became nervous and felt out of place, and what does an alcoholic do but

reach for what I knew would make me feel a part of, or equal to others? I reached for a glass of wine. I drank two glasses of wine, didn't get drunk or make a fool of myself and thought, maybe I am not an alcoholic!

A close friend of mine in AA once told me the worst thing that can happen to an alcoholic is to drink and have nothing bad happen to them. Unfortunately that's what happened to me that night. And again I was off to make an attempt at drinking—thinking things would be different this time. I drank almost every day for the next seven years and became sick enough to forget all about the people I met in AA and the things I had learned.

The things they said would happen were happening to me on a daily basis. I awakened every day to the four horseman: Terror, Bewilderment, Frustration and Despair. I had somehow married and had a

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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 Oct 24th
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

SECOND SATURDAY OF EVERY MONTH
District 34 Meeting
When: 10am
Where: 200 E. Cedar St
Goodlettsville

Can you find the paragraph in the 12x12
Step Nine that contains the words below
and find them to the right?

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

ABOVE
 TRY
 DELAYING
 FOR
 CONSEQUENCES
 ACTS
 BEING
 TIME
 STEP

ALL
 ABSOLUTELY
 BECAUSE
 READINESS
 OUR
 RESPONSIBILITY
 OTHERS
 VERY
 NINE

SHOULD
 SURE
 AFRAID
 FULL
 PAST
 WELL
 SAME
 SPIRIT

I Was On My Way

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daughter. I was 23 years old and my life was completely unmanageable. The jobs I had did not last long, my bills never got paid and the only person I was interested in was me. I did not care about anyone or anything, just how and when I was going to get my next drink.

In my mind, I believed I was a good father, and a good husband. Another friend of mine once told me that reality has nothing to do with how we see ourselves but has everything to do with how other people see us. In September 1988, my house was raided by the 9-D and I was taken to jail, and facing some serious time. I did not see it at the time but my higher power was stepping in to take over despite my will. From this day forward I will be blessed with God's grace. For the first time since the night of the senior prom I had to look in the mirror and not have alcohol to take away the pain of what was looking back, me!

I felt hopeless and thought this was the end. My bail was set so high I was sure I would not get bailed out but God had a plan for me. After 89 days I was free on bail. My lawyer kept telling me to go to a rehab. But I wanted to go after the holidays. I was sitting on my coach watching TV, I was an emotional wreck, and preoccupied with a hurricane of thoughts. I could not concentrate on anything. Crying and scared to death, I felt a small hand touch mine and I looked up and it was my daughter. She looked me in the eyes and gave me a sense that things were going to be OK.

It was if the roles were reversed, she acting as the parent and me the child. I immediately picked up the phone and called a rehab in our area. I realized al-

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MEETING CHANGES

NEW / MOVES / CHANGES / ADDITIONS / CANCELLATIONS

		Safe Place Antioch - Antioch United Methodist 41 Tusculum Rd Sat 5p
37013	New	
37013	Add	60 Minutes - Fri 8p OD & Sun 5p OD
37016	Cancel	Auburntown Alcoholics Anonymous
37040	Cancel	Road of Happy Destiny - 2p Sunday
37040	Change	Real Deal now Sun 6:30p OD/Men
37046	Cancel	College Grove Morning Meeting
37058	Change	Dover now 6:30 Mon OD
37064	Change	Church of the City - Meeting in the Small White House
37064	Move	Franklin Fellowship - St Paul Episcopal Church 506 Fair St
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.
37075	Move	New Life - St Timothy's 650 E Main Street
37087	Cancel	Any Lengths - 10p Friday
37087	Change	New Day - All meeting now 6:60p (Mon is now OD/Lit)
37110	Change	Keep It Simple, McMinnville Tu 7p CD/LIT
37110	Add	McMinnville Serenity - Fri 5:30p OD/LIT
37122	Add	Key to Sobriety - Fri Noon OD/WMN/LIT
37115	Cancel	Serenity House - 8p Sunday
37160	Move	Shelbyville Keep it Simple - AP Bldg 206 Madison St
37122	Add	Key To Sobriety - Tues & Thurs Noon
37128	Move	Camels - Salem Creek Church of Christ - 2525 Salem Creek Dr
37135	Cancel	Right Direction - Mon 7p
37138	Change	Page 112 now Wed 6p
37174	Cancel	Ruts - Thurs C425p
37190	New	Woodbury Sunday Morning - Stone River Hospital - 324 Doolittle Rd.
37190	Change	Woodbury Group Meets are now at 7:30p
37204	Move	Sat Living by the Print - Glen Leven Pres Church - 3906 Franklin Pike
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
37210	Cancel	Late Night News
37211	Cancel	Ray of Hope - Sat 8p
37214	Add	Shade Tree - Fri 7p OD/YP
37216	Add	Weekenders Thurs 8p OD/Lit - small bldg out back
37220	New	Hand in Hand - Crieveewood United Meth - 451 Hogan Rd - 6:30p OD/Wmn
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
38462	Move	Serenity of Surrender - First Pente Church 95 Swan Ave
38481	Cancel	One Day at a Time First Baptist Church 3698 Hwy 43 S C22
38501	Cancel	Live & Let Live 10p Sat

When I get
a Headache.
I take 2
aspirins and
keep away
from children
just like it
says on the bottle!



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

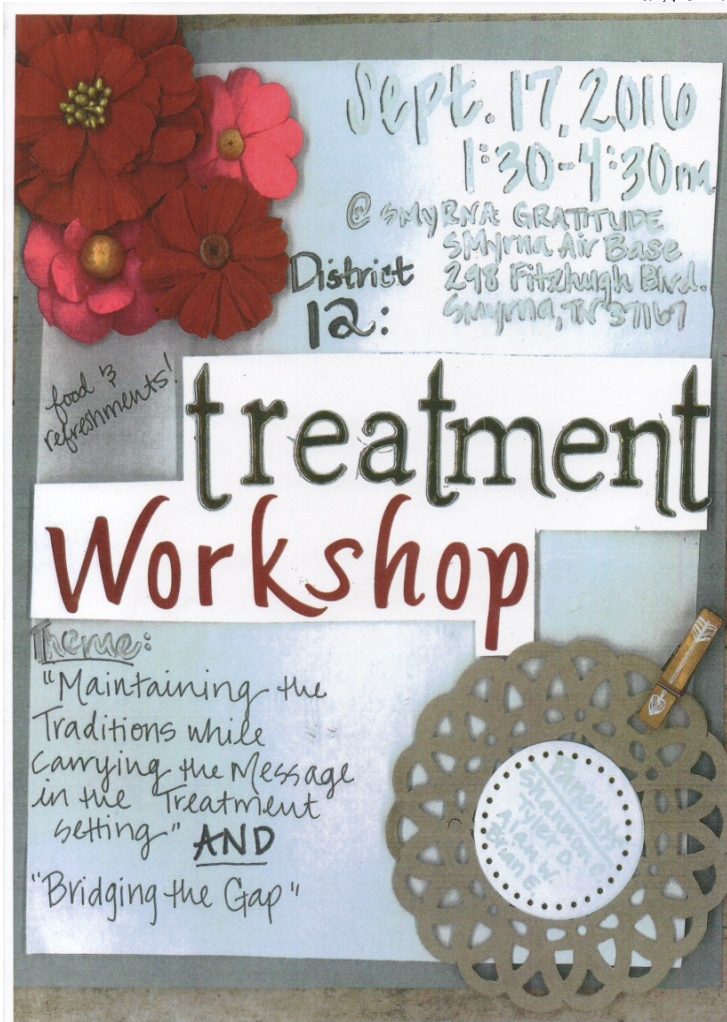
Orientation Schedule:

- ♦ September 13, 2016
- ♦ November 1, 2016

Reggie Hebron

Treatment Counselor

CCA Metro-Davidson County Detention Facility
5115 Harding Place



District 31 Traditions Workshop

1. Our common welfare should come first, AA unity.
2. For our group purpose there is one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for AA membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or AA as a whole.
5. Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.
6. An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every AA group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. AA, as such, ought never be drawn into controversy.
11. Our public relations policy is based on attraction rather than persuasion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Old Hickory Presbyterian Church
801 Jones Street, Old Hickory, TN

Lunch provided

Bring your favorite dessert

For additional information contact Darin M

615-423-2620

Saturday October 15

10 a.m. - 2 p.m.

Moderators:

Mary Jane R

(former AA Delegate)

"Chainsaw" Mike A



**THE 58TH ICYPAA
OPRYLAND HOTEL
NASHVILLE, TENNESSEE
SEPTEMBER 1-4, 2016**

**REGISTER AT
58TH.ICYPAA.ORG**

AA Friends

(Continued from page 1)

jail. I showed them.

Now there is something different. Me. I'm different, and the feelings that I stuffed in the past are at the surface. They come and go in waves.

A lot like the ups and downs of life in sobriety. There is a big difference in life when I look things square, as opposed to running and hiding. It's not easy at times, but coming out the other side of a difficult moment is very different from coming out the other end of a difficult day, or week, or month. That was the possibility when I was drinking. Life's ups and downs were always going to be there, and if I was drinking, there was no telling how long it could last. Now I trust that it will always get better. Sometimes quickly, sometimes slowly, but better they will be.

—Anonymous, Long Beach, N.Y.
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I Was On My Way

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though I stood at many turning points in my life this may be the last one and I asked for God's protection and care. After my interview at the rehab, I was sent me to a detox first. During that time they did a psychiatric evaluation on me. In my mind I thought all the sobriety in the world couldn't help me as I was nuts, and just may have done a little to much damage.

The doctor came into my room and sat on a stool in front of me and rested his hands on top of mine. I asked him if I were crazy, and would I be like this the rest of my life? He responded in a way I never expected, he told me that if I could make it through this, I would be of great value to somebody some day because I might be able to help them. That was my first experience with hope. Someone once told me hope is believing I could succeed tomorrow where I failed today.

I felt a sense of relief and became willing to listen as the dying could be. When you open your mind, your ears open to allow you to hear, your eyes open to allow you to see, and your heart opens so that you can feel. When you feel the words you hear and read in AA, you're on your way. I was on my way!

—Anonymous
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A Spiritual Sickness

(Continued from page 1)

never changed what you were doing to begin with." That was hard to listen to. This is my fourth time around in recovery and every time it gets worse and worse. I found this time around, I had to become completely powerless to surrender my life, my will, and every reservation left in me to a "power greater than myself."

The only time in the past that I ever prayed was when I felt suicidal and I asked God to take my life so I wouldn't feel so much pain. Now, when I do pray, I ask God to give me the strength to move forward. My conception of a god was has completely changed since my last relapse.

I learned that I had never really developed a conception of God until now. Therefore, I had nothing to depend on that was a sufficient replacement for drinking. I learned that my drinking was not only a symptom but a solution to spiritual sickness.

My friends in AA have come to know me very well. It still amazes me how they sometimes seem to predict my next move as if their reading my mind. They understand me more than I can understand myself at times. I used to pray that God would show himself to me.

I wanted to see something incredible, something impossible ... I wanted to see and feel something I had never experienced, and I did. I found a spiritual being inside me that I became aware of after finally "waking up."

My friends and sponsor help me live a conscious life today. I feel that I could finally see the world around me for once. Living consciously today helps me maintain that conscious contact with my higher power and that's how I came to believe that he could restore me to sanity.

—Eduardo C.S., San Jose, Calif.
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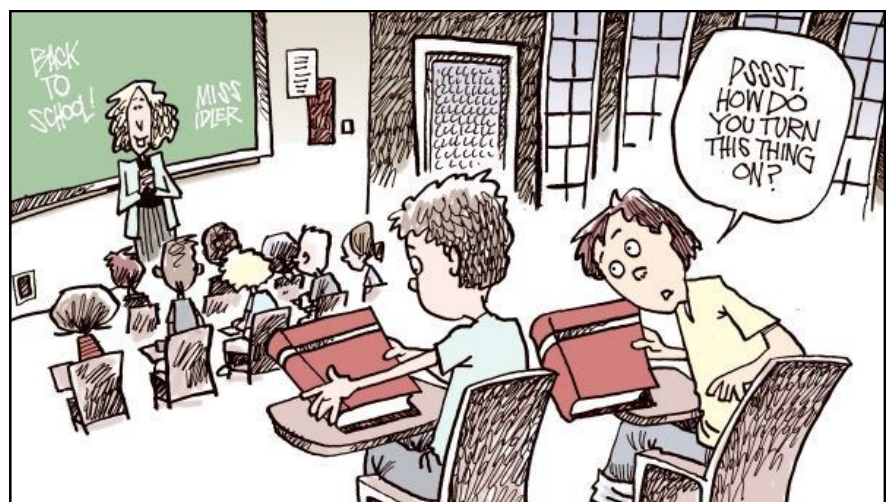
GROUP CONTRIBUTIONS—JULY 2016

GROUP/MEETING	Dist	JULY	YTD	GROUP/MEETING	Dist	JULY	YTD
21st AVENUE	30		109	LIFE SAVERS	30	100	100
24 HOUR	32		400	LINDEN	41	-	100
60 MINUTES	64		274	LIVE & LET LIVE	9	-	65
ANONYMOUS CONTRIBUTIONS	0	47	400	LIVING BY THE PRINT SAT	30	-	200
BACK ROOM	35		2,437	LIVING BY THE PRINCIPLES	30	-	488
BACK TO THE BIG BOOK	12		202	MADE A DECISION		-	119
BELLEVUE WINNERS & BEG	35	-	50	MADISON STREET		-	50
BRENTWOOD FULL MOON	33		985	MANCHESTER NOON		-	60
BY THE BOOK -DICKSON	15	35	117	MT JULIET FELLOWSHIP	31	-	200
CAME TO BELIEVE	33		387	MURFREESBORO	12		90
CLUB 62 UNITY	32	-	30	MUSIC ROW	30	25	55
COLUMBIA	40	20	140	MUSTARD SEED	32	200	400
COMMUNICATIONS	30	-	100	NEW BEGINNINGS(Dist 12)	12	20	90
COOKEVILLE		60	60	NEW LIFE H-VILLE	34	-	92
COOL SPRINGS NEWCOMERS	33	-	100	NORTHSIDE , CLARKSVILLE	14	50	150
DAVIDSON ROAD	30		3,300	ONE DAY AT A TIME	31	-	900
DICKSON AA	15	480	1400	ONE STEP CLOSER	33	635	635
DOWNTOWN LUNCH BUNCH	32		374	OUT TO BREAKFAST	30	-	143
DRUNKS IN THE PARK	33	-	682	P.O.P.	34	-	75
EAST NASHVILLE 86'ers	34	-	169	PORTLAND UNITY	13		35
E. NASHVILLE MEN'S STAG	34	200	700	PRIMARY PURPOSE	34	106	376
EAST SIDE SATURDAY		-	620	PRIMETIMERS	33	-	100
EVERY WOMAN HAS A STORY		10	10	PULASKI	40	15	105
FAIRFIELD GLADE	9	-	132	REBOS (SOBER)	34	-	434
FAIRVIEW	33	50	150	ROAD OF HAPPY DESTINY	14		40
FAYETTEVILLE	40	20	40	SAFE PLACE		-	53
FELLOWSHIP	32	-	100	SANGO SOLUTIONS		20	40
FIRST THINGS FIRST	34	163	454	SATURDAY NIGHT ALIVE	11	-	60
FIVE & FIVE	30	339	2,230	SEARCH FOR SERENITY	34	90	210
FRANKLIN	33	-	2,060	SEARCHERS	34	-	270
FRANKLIN ROAD WOMEN'S	33	-	100	SEEKING SANITY	31	426	1419
FREE TO BE	31	148	585	SERENITY (12)	12	50	350
G.O.D. (OF DRUNKS)	40	-	115	SHADE TREE	31	1320	1980
GALLATIN AA			50	SMYRNA GRATITUDE	12	426	1,676
GOODLETTSVILLE A.A.	34	-	150	SUNDAY NIGHT BUNCH			100
GRATEFULL ALIVE	33	172	172	THE STRAGGLERS	33	-	381
GRATITUDE	11	-	60	THE UNITED	13		550
HAPPY HOUR - LEWISBURG	40	5	35	THE WAY OUT	33	50	50
HARDING ROAD	30	-	350	TRINITY	11	-	50
HENDERSONVILLE BB	34	-	50	TRUDGING THE ROAD	33	-	80
HERMITAGE	31	-	200	WAVERLY	15	-	45
HERMITAGE WOMEN	31	-	250	WAVERLY-BELMONT	32	-	100
HIGH NOON	34	125	1,230	WEEKENDERS	34	-	100
HILLSBORO ROAD	32	-	200	WEST MEADE	30	-	40
HOPE PARK AA LIT STUDY	30	40	40	WEST NASHVILLE	35	33	69
JOELTON	34	-	50	WESTMINSTER	30	-	750
KEEP IT SIMPLE BELLEVUE d35	33		49	WINNERS	41	59	673
KEY TO SOBRIETY	31	-	250	WOMEN IN THE SOLUTION	11	50	310
LADIES NIGHT OUT	34	50	100	WOMEN'S FREEDOM	30	-	533
LET IT HAPPEN	35		40				
LEWISBURG UNITY	41		25				
				Grand total:		6,335	39,339

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

	July 2016			YTD 2016		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	3,660.22	3,539.42	120.80	19,853.48	24,775.94	(4,922.46)
Group Donations	5,990.33	5,000.00	990.33	40,801.28	35,000.00	5,801.28
Individual Donations	149.33	341.67	(192.34)	1,470.70	2,391.69	(920.99)
Messenger Donations	24.00	15.00	9.00	84.00	105.00	(21.00)
Website Donations	-	208.33	(208.33)	-	1,458.31	(1,458.31)
Special Events	-	500.00	(500.00)	280.00	3,500.00	(3,220.00)
Interest	2.99	1.75	1.24	20.85	12.25	8.60
Total Income	9,826.87	9,606.17	220.70	62,510.31	67,243.19	(4,732.88)
Expenses						
Casual Labor	200.00	200.00	-	1,400.00	1,400.00	-
Payroll	4,318.62	4,975.08	(656.46)	32,494.65	34,825.56	(2,330.91)
Bad Debts	-	-	-	-	-	-
Legal & Professional	730.00	350.00	380.00	5,005.00	2,450.00	2,555.00
Rent	946.00	1,000.00	(54.00)	6,859.50	7,000.00	(140.50)
Printing	-	166.67	(166.67)	54.00	1,166.69	(1,112.69)
Payroll Taxes	302.84	380.58	(77.74)	2,554.51	2,664.06	(109.55)
Repairs & Maintenance	-	83.34	(83.34)	200.00	583.38	(383.38)
Equipment Rental	108.00	103.34	4.66	753.27	723.38	29.89
Telephone & Fax	502.31	450.00	52.31	3,246.10	3,150.00	96.10
Answering Service	200.00	233.33	(33.33)	1,610.00	1,633.31	(23.31)
Postage	14.06	283.33	(269.27)	756.02	1,983.31	(1,227.29)
Office Supplies	69.22	208.33	(139.11)	811.44	1,458.31	(646.87)
Computer & Technology	43.65	258.83	(215.18)	533.48	1,811.81	(1,278.33)
Intergroup Expense	58.00	125.00	(67.00)	293.00	875.00	(582.00)
Insurance	-	166.67	(166.67)	1,244.00	1,166.69	77.31
Special Events	-	321.67	(321.67)	30.00	2,251.69	(2,221.69)
Travel	-	291.67	(291.67)	55.44	2,041.69	(1,986.25)
Depreciation	7.92	8.33	(0.41)	-	58.31	(58.31)
Total Expenses	7,500.62	9,606.17	(2,105.55)	57,900.41	67,243.19	(9,342.78)
Net Income	2,326.25	-	2,326.25	4,609.90	-	4,609.90

**If you read
The Messenger
on-line, a
contribution to
The Middle
Tennessee
Central Office would help
and be appreciated.**



SEPTEMBER**DONELSON YET**

Ed C	09.16.92
JJ T	09.27.01
Joe V	09.27.96
Nat T	09.11.10

FELLOWSHIP

Andrew S	09.11.15
Becky N	09.24.95
Charley Y	09.23.91
Curt C	09.07.11
Geary M	09.01.06
Lindsey T	09.20.14
Mathew A	09.25.16
Melissa S	09.21.02

FULL MOON

Beth T	09.03.84
Charles G	09.01.15
Christy P	09.11.13
Jim M	09.23.07
Kelly C	09.15.97
Kris C	09.08.15
Steve K	09.24.94

LOVE & LAUGHTER

Jen GS	09.09.05
Mike McM	09.02.96
Penny P	09.25.94

P.O.P

Brady M	09.13.00
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PORTLAND

Curtis S	09.30.13
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SEARCH FOR SERENITY

Sue Anne M	09.21.03
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SEEKING SANITY

Bob M	09.29.09
Brian G	09.16.09
Chris W	09.26.14
Jim H	09.18.15
Lee M	09.01.12
Monroe C	09.11.05
Pam W	09.03.12
Rusty B	09.20.10
Stephanie C	09.25.15

SHADE TREE

Amanda K	09.17.06
Beth D	09.22.13
Betty S	09.03.14
Bill W	09.14.13
Bob H	09.07.07
Brandy P	09.15.14
Brian B	09.09.15
Chris H	09.13.14
Darin M	09.29.08
Elaine W	09.16.15
Gabe H	09.28.01
James C	09.02.06
Jessica H	09.22.14
Jill D	09.15.13
John-Paul	09.15.15
Lindsey W	09.24.13
Mary S	09.28.93
Nancy H	09.21.05
Peter P	09.13.02
Tracy T	09.28.15
Walt D	09.15.13
Whitney J	09.30.12

SMYRNA GRATITUDE

Dutch H	09.26.87
Frank H	09.15.12
Mike P	09.24.95
Rachel S	09.20.05
Sherry B	09.10.12
Whitney A	09.25.14

WOMEN IN THE SOLUTION

Kayla M	09.20.15
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WOMEN'S SPEAKER

Amy H	09.27.14
Lyn M	09.19.84
Susan B	09.18.97
Yvonne W	09.28.15

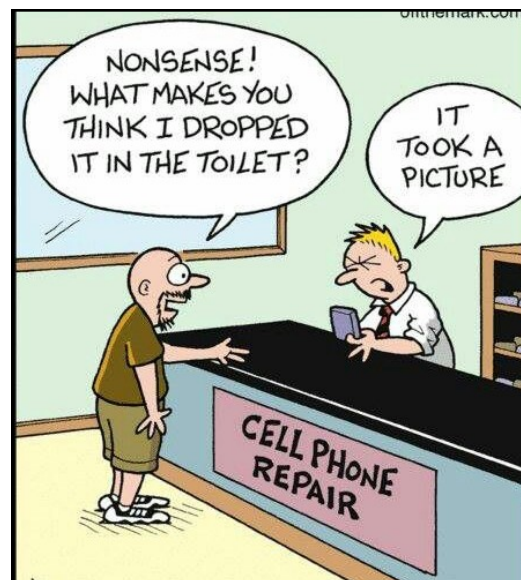
SEPTEMBER
BIRTHDAYS

MISSED IN AUGUST**NEW DAY**

Eric G	08.13.12
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PORTLAND

Benny L	08.20.11
Tom P	08.20.15



THE PRIMARY REASON THAT CATS WILL NEVER DEVELOP A SYSTEM OF ORGANIZED RELIGION.



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