

# *The* **MESSENGER**

*Middle Tennessee Central Office Intergroup*

\$ 1.00

NOVEMBER 2016

## *Annual Celebration of Sobriety Dinner*

*A Middle Tennessee Intergroup Potluck*

**Friday, November 18, 2016  
at Woodmont Hills Church**

**3710 Franklin Road @ Woodmont Boulevard**

**Reception 6:00 pm | Dinner 7:00 pm | Speakers 8:00 pm**

**Tickets \$ 10**

***Meat & Drinks will be provided***

Please bring one of the following in a covered dish:

**DESSERT | SALAD | BREAD | PASTA | CASSEROLE | SIDE ITEM**

*(Please have on site by 6:45 pm)*



***For reservations & tickets, please call Central Office @ (615) 831-1050***

## Mike the Plumber and Airplane Tim?

### Should AAs be less anonymous when we introduce ourselves to each other?

*TRADITION ELEVEN: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.*

I was prompted to write this after visiting a meeting in south Florida with my wife. While talking to some people before it started, someone mentioned "Emphysema Mike." My wife almost burst out laughing. Everywhere I've lived and traveled since getting sober in 1990, people in AA have had nicknames. But never had she heard someone identified by a malady.

In my home group we have such characters as Mike the Plumber, Airplane Tim, the Good Dave (self-proclaimed) and so forth. While these monikers are descriptive and sometimes amusing, I believe they do us a disservice. Besides sounding a little like an organized crime family, more importantly they highlight the fact that we might be taking the principle of anonymity beyond its original intention.

My sponsor has introduced himself at meetings by his first and last names since I've known him. One day he told me I should do the same. By way of explanation, he had me read several passages from the book Dr. Bob and the Good Oldtimers. John, my sponsor, said we are not anonymous among ourselves. What if for some reason I have to look up your phone number or come visit you in the hospital? I think they may have a hard time finding Airplane Tim.

Dr. Bob said we had taken this business of anonymity way too far.

In Dr. Bob and the Good Oldtimers there are several comments by Dr. Bob, or people recalling what he said, regarding anonymity. My favorite is a recollection by Warren C. of the doctor saying, "... there were two ways to break the anonymity Tradition: 1) by giving your name at the public level of press or radio; 2) by being so anonymous that you can't be reached by other drunks."

The next segment contains another quote attributed to Dr. Bob about the Eleventh Tradition: "Since our Tradition on anonymity designates the exact level where the line should be held, it must be obvious to everyone who can read and understand the English language that to maintain anonymity at any other level is definitely a violation of this Tradition." Several more quotes follow using equally adamant language in the next several paragraphs.

If my sponsor tells me to do something, I assume it's with good reason. When he goes out of his way to tell me where to find out why he told me to do it, I'm compelled to seek out his explanation. After having read the above quotes and discussing them with my sponsor and other members about eight years ago, I now always identify myself at meetings by my full name, as do several members of my home group and the men I sponsor. While I know there are no Traditions police, I try to do what I can today to help people who want to know our founders' intent when they wrote Tradition Eleven.

—Jim T., Longmont, Colo.

Reprinted with permission: AAGrapevine.org Web-Exclusive

## The Conscious Contact Group

### A member's story of starting a new group focused on the Eleventh Step

The result was a shared resolve to create our area's first Step Eleven study meeting. Two years ago an informal group of AAs gathered weekly for three months at the local library to read and study a book delineating practices similar to both Buddhism and the Twelve Steps of Alcoholics Anonymous. By book's end all of us felt charged to take action through service as recommended by both traditions. The result was a shared resolve to create our area's first Step Eleven study meeting.

Filled with purpose and never having been part of a formal religion, I approached our organizational meeting with firm ideas about the format, group name, day, time and location where and how the meeting might best serve our AA community. Fortunately for the group, my daily practice of prayer and meditation includes self-survey, surrender, acceptance and the appeal "to make me an instrument of Thy will."



Also I'd stumbled through the development and demise of other AA study groups during 26 years of sobriety, and knew well that group conscience always trumps my unaided will. So, when group conscience decided a format, group name, day, time and location different from any I suggested, I had a quiet chuckle at myself and thanked my Creator one more time for the life that I've been given rather than the one that plays out in my head.

Much as I have enjoyed being part of this group, I've also had reason to repeat that prayer over the eighteen plus months "The Conscious Contact Group" has opened its doors to all who entered. For those new to the idea and/or contemplating their own Eleventh Step Study Group, here's our basic format:

- Open with a moment of silence followed by the Serenity Prayer and The AA Preamble.
- Invite all present to identify themselves to the group.

(Continued on page 6)

## Gratitude Month and the Birthday Plan

TRANSCENDENTAL HIDE AND SEEK.  
COUNT DOWN FROM 60 AND THEN  
TRY TO FIND YOURSELF.



### Contents

On the Cover

ANNUAL DINNER

MIKE THE PLUMBER  
Page 2

THE CONSCIOUS CONTACT  
Page 2

GRATITUDE & BIRTHDAY  
PLAN  
Page 3

INTERGROUP  
INFORMATION  
Page 4

PUZZLE  
Page 5

MEETING CHANGES  
Page 6

EVENTS  
Page 7

CONTRIBUTIONS  
Page 9

FINANCIALS  
Page 10

BIRTHDAYS  
Page 11

Gratitude sits in the middle of A.A. — gratitude for a release from active alcoholism and, as Bill W. points out in Step Ten in Twelve Steps and Twelve Traditions (p. 95), “a genuine gratitude for blessings received.”

There is no timeframe on an A.A. member’s gratitude, no expiration date, and A.A.s have long been focusing on Thanksgiving week (November in the U.S. and October in Canada) as a tangible time to highlight their gratitude for A.A. and recovery and to turn that gratitude into action.

“In order to stay sober, we have to get involved in our own sobriety”, says Steve T. of El Reno, Oklahoma, 1998 area delegate. “Alcoholics Anonymous is a program of action. I don’t believe that simply sitting in a meeting will make me sober, any more than sitting in a hen house will make me a hen. It is the action of working and living the Steps and Traditions that ensures sobriety.”

At the same time, Steve says he has found that “*involvement in my own sobriety is not enough*”, that “*more important is involvement in the sobriety of others*”: Twelfth Step calls, sponsorship, going to meetings — as much for others as for me — and service work. These are the things that make life meaningful in A.A. Furthermore, carrying the message means contributing money — something we dislike talking about, perhaps because we have difficulty connecting money to spirituality.”

During his years in A.A., Steve points out, “I’ve heard literally hundreds of these discussions, even though Bill W. has made it perfectly clear that ‘there was a place in A.A. where spirituality and money would mix, and that was in the hat.’ (Twelve Steps and Twelve Traditions, p. 163) Too seldom, it seems, we focus on the cash itself and not on the results of our contributions to service.”

Gratitude. It serves us best when it’s kept alive, in our individual lives and in our group conscience. Realizing this, countless A.A. groups over the years have used the months of October and November to open the door of gratitude

ever wider. It’s a powerful way of insuring a continued healthy sobriety, group unity, and to avoid complacency and stagnation. Many groups observe Gratitude Month by holding Traditions meetings and taking up special contributions to the General Service Board for A.A. services worldwide.

So “**what do our contributions provide?**” asks Steve, answering his own question: “They pay for services to A.A. groups and fund the preservation of the artifacts of A.A.’s history so we do not have to relive the mistakes of the past. They provide for involvement in the sobriety of those in correctional facilities, treatment centers and hospitals. They help carry the A.A. message to our friends in medicine, psychiatry, religion and the community — friends whom A.A. has needed to survive. They make translations of the Big Book and other A.A. literature possible so that people in distant lands can have a chance at sobriety. They provide the means for communication, so that Loners can connect with other alcoholics. In short, they offer a chance at sobriety for suffering alcoholics.”

Grateful for the sobriety they’ve been given and eager to pass it on, some A.A. groups hold topic meetings on the subject of gratitude, send money to the A.A. entity of their choice, or donate the A.A. Grapevine to someone homebound or in a treatment or correctional facility. Other groups may carry the message by preparing beginners kits — envelopes stuffed with a meeting book, a couple of pamphlets and perhaps a copy of Living Sober. Individual A.A.s may invite a sponsor or sponsee to lunch, or start a Step or Traditions meeting where there’s a need. Or they may make it a point to greet newcomers and out-of-towners who show up at their home group meetings.

And besides observing Gratitude Month, many members also use the ***Birthday Plan***, “to give back what’s been given to me,” writes one A.A. in a letter with an accompanying check.

In terms of its history, the Birthday Plan was conceived during a coffee break at the Oklahoma State Convention in 1954.

(Continued on page 4)



## Gratitude Month and the Birthday Plan

(Continued from page 3)

Delegate Ab A. was “inspired,” he later said, by fellow A.A. Ted R., who had “the great idea” that members might like to celebrate their sobriety by “giving it away to G.S.O.,” at the rate of a dollar a sober year, on their A.A. birthdays. Ab checked out the suggestion with members back home in Tulsa; the idea took hold and snowballed with spectacular results: Contributions nearly doubled inside the first year. The concept spread quickly across the U.S. and Canada, and in 1956 the General Service Conference approved the Anniversary Fund Plan, whereby older members would remind other A.A.s of their responsibility to G.S.O.

Speaking at the A.A. state meeting in Great Bend, Kansas, in 1956, Ab explained, “The way we approach these oldtimers is this: We ask them how they would like to do a little Twelfth Step work with money... We alcoholics are blessed with two birthdays: On the first birthday God gave us life and a soul, and we receive gifts. Along came old John Barleycorn and misjudgment, and we lost our soul; we lost it and we almost lost our life. Then this great

philosophy of A.A. came along and through it we eventually found our soul, and for that we should give of ourselves in gratitude.”

**Today, members still express gratitude for their sobriety with a Birthday Contribution. Some members contribute a dollar for each year of their sobriety, while others give a penny for each day of their sobriety — some give more, but the amount that the General Service Board can accept from an individual member is limited to \$3,000 for any year. Many A.A.s like to make birthday contributions to their local service entities as well.**

Birthday contribution envelopes are available at no charge from G.S.O. (FR-2 for group contributions, and FR-5 for individual members), or birthday and recurring contributions can be made on G.S.O.’s A.A. website at aa.org (click on the basket icon). Any and all contributions are welcomed, regardless of the size or frequency. The hope is that a future A.A. can one day say, as Ab did:

(Continued on page 8)

<b>CENTRAL OFFICE OFFICERS</b>	<b>NAME</b>	<b>PHONE #</b>
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

### **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 Jan 23rd  
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



“I’d like to spend the holidays with my loved ones, but after a day or two, they’re not loved ones anymore!”

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

Can you find the paragraph in the 12x12 Tradition Eleven that contains the words to the right and find the words above?

THERE	ACTUALLY	TIME	WHEN	PRESS
AMERICA	THOUGHT	ANONYMITY	BETTER	US
SOME	OUR	OWN	MEMBERS	POINT
HUNDRED	SOCIETY	WERE	BREAKING	PUBLIC
		LEVEL		

## CONSCIOUS CONTACT

*(Continued from page 2)*

- Have an invited speaker share 10-15 minutes of experience, strength and hope in regard to how prayer and meditation impacts recovery.

- Share "15 minutes of silence for prayer or meditation or to use as you wish," begun and ended by the ring of a bell.

- The remainder of the hour is open to group discussion, AA-related announcements, 7th Tradition.

- Close with the Serenity Prayer.

There's nothing innovative or unusual here. It is first and always an AA meeting. The focus is recovery from alcoholism. It is not a meeting where you learn how to meditate or pray. Hearing the nuts and bolts of how other AA's practice prayer and meditation, and the practical change these practices bring to every facet of life is one of the most uplifting rewards of all my years of AA participation. Even as a long-timer, I'm almost always surprised by what speakers share and how resonant the group response is with my own thoughts and feelings. That goes as well for the few newcomers who have ventured in without first knowing about the dreaded "fifteen minutes of silence." All who regularly attend agree the group experience has enriched and strengthened their individual daily practice.

There have been a few quandaries, though none different from other groups I've been part of. The meeting has not grown the way I'd hoped. The formative core group shrunk by half, others took their place, and attendance runs

8-24 people weekly. Many exclaim on first coming how much they love the experience and how they would like to make it a regular meeting. Then, they don't come back. A few old timers who've been invited to the meeting don't show any interest. One former group member said her AA sponsor told her not to attend. Local AA gossip has us pegged as "the OM group."

And yet new people come, and some not so new people come. One old-timer with 30 or more years poked his head in while I was putting coffee on. He asked about the format, listened to my explanation, looked thoughtful for a moment, said, "I've always been more of a just -don't-drink-one-day-at-a-time kind of guy." Then, with a word about needing supper, slipped out.

The Conscious Contact Group has become part of my foundation in AA, a gathering of diverse individuals whose combined experience, strength and hope brings together what I hear, read and absorb in our literature-based meetings and open group discussions in regard to the practice of faith, service, action, kindness, tolerance and love as inseparable from recovery. I share these thoughts and experience in the same spirit, and encourage others to create similar opportunity in their communities. It is with this spirit too that I remain grateful for my small part in AA and the ten-fold rewards I receive in return. It is also in keeping with this spirit that I choose to remain:

—Anonymous  
Reprinted with permission:  
AAGraprevine.org  
Web-Exclusive

## MEETING CHANGES

NEW / MOVES / CHANGES / ADDITIONS / CANCELLATIONS		
37013	New	Safe Place Antioch - Antioch United Methodist 41 Tusculum Rd Sat 5p
37013	Change	Higher Powered - Fri now 7:30p
37013	Cancel	60 Minutes - 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
37064	Change	Kick-Off isn't until Noon - Sun 7a OD/Lit - 8a OD - in Classrooms A&B 1st Floor
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)+C36
37087	Add	New Day -Wed 8p CD
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
37172	Cancel	Robertson County - Wed Noon Wmn - Sun 7p
37174	New	Primetime Spring Hill Men's - Church of the City 4910 Main Street - Thu - 7p CD Men 1 hr 15min
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
37203	New	Struck Gold Friendship House 202 23rd Avenue North 6p OD
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

## MEETING CHANGES

NEW / MOVES / CHANGES / ADDITIONS / CANCELLATIONS		
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 Club 62
37210	Cancel	The Spiritual Giants
37210	Cancel	Unity Group - Wed & Sat
37210	Cancel	Late Night News
37211	Cancel	Ray of Hope
37214	Add	Shade Tree - Fri 7p OD/YP
37216	Add	Weekenders Thurs 8p OD/Lit - small bldg out back
37220	New	Hand in Hand - Crieveview 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
38401	New	AA Women's Basement Bunch - Thurs 5p OD/ Wmn Last Thurs is OS
38462	Move	Serenity of Surrender - First Pente Church 95
38481	Cancel	One Day at a Time First Baptist Church 3698 Hwy 43 S C22
38501	Cancel	Live & Let Live 10p Sat

DATE: SAT 12/17/2016

TIME: 5:30pm—8:30pm

# CHRISTMAS PARTY

ANNUAL DISTRICT 34  
CHRISTMAS PARTY hosted by  
New Life Group in Hendersonville

Contact: Barry G - 615.438.5221  
Marty M - 615.973.0840

St. Timothy Lutheran Church  
650 E Main St  
Hendersonville, TN 37075

Meats, coffee and soda provided by  
the district. Please bring a side  
item or dessert to share!

Speakers:  
Sobriety Countdown (3-5min each)

EAT : 6:00pm-7:00pm  
SPEAKERS : 7:00pm-8:00pm

## 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 volun-  
teer so they can each take a week of the month.

Call Charlie B with questions: 615.554.9085

Orientation Schedule:

♦ November 1, 2016

♦

Reggie Hebron  
Treatment Counselor  
CCA Metro-Davidson County Detention Facility  
5115 Harding Place

**Principles Over Personalities  
Christmas  
Dinner**

**Friday, December 09**

We will begin eating at 6:30pm and the  
speaker will start at 8:00pm

3705 Brush Hill Rd, Nashville, TN 37216

The Principles Over Personalities Group of Alcoholics  
Anonymous invites one and all to our Annual Christmas  
Dinner. Food and drinks will be provided. Please bring a  
side dish if you can.

Sponsored by P.O.P

## Gratitude Month and the Birthday Plan

*(Continued from page 4)*

"I have outlived my real birthday and I am living from my first contact in A.A."

Similarly, in a letter written in 1959, Bill W. suggested that "Gratitude should go forward, rather than backward. In other words, if you carry the message to still others, you will be making the best possible repayment for the help given to you." (As Bill Sees It, p. 29)

Some thoughts on Self-Support and the Birthday Plan from AA Grapevine:

"We have heard it often — I have said it too often — and I know it is horribly trite, but say it I must. How much more than ten dollars has each of us thrown away on just one drunk? What did we receive for our ten dollars then?" (A. F. K., Little Rock, Arkansas, September 1956)

"We alcoholics take too literally the 'no dues, no fees' part of the program.... We are a small group, and our collections are necessarily low, but we find that by setting aside only one dollar from each collection, and placing it in the group's General Service Fund, which is not available for any other purpose, we will always have our group contribution to forward to the General Service Office. The dollar is never missed." (The Bleeding Deacon of Deer Creek D, Nevada City, California, October 1956)

"For the past three or four years now, I have had a growing feeling that the A.A. Birthday Plan isn't being used nearly as much as it would be if more of our

members knew of its existence.... To me, this seems most unfortunate, because lack of knowledge about this plan will keep many new members from ever knowing the feeling of satisfaction which comes from using it. There is real joy in earning the privilege of contributing to the work of the Fellowship." (M. R., Cordell, Oklahoma, April 1969)

"Working on the General Service Committee in this area, I am getting educated to the big picture. I am learning from experience how difficult it is to talk about, let alone get real interest in, the fact that we have a worldwide responsibility for the maintenance and growth of A.A. Ours is a program of shared responsibility, as well as shared experience, strength, and hope. I believe it's vital to our spiritual well-being for each of us to take on our part of that responsibility, in proportion with our individual means.... Let's all of us who owe our lives to A.A. give more as we grow more." (F. F., Bethesda, Maryland, October 1972)

"Think about what you could and should do, and remember that alcoholism is a family business: your children and grandchildren are stockholders and may not know it yet. What you invest today in this Fellowship will insure that the hand of A.A. will be there when and if a member of your family needs it."

*Stanley K., Temple, Texas, May 2000*

*Reprinted with Permission:*

*News and Notes from the General Service Office of A.A.*

*Fall 2016*

### TAKEN FROM READER'S DIGEST

#### **It's a Wrap**

A proud gentleman called to tell the Butterball staff how he wrapped his turkey in a towel and stomped on it several times, breaking the bones so it would fit in his pan.

#### **Carving the Turkey**

A gentleman called Butterball's Thanksgiving Turkey Talk-Line to tell the operator he cut his turkey in half with a chain saw and wanted to know if the oil from the chain would adversely affect the turkey.

#### **Upside Down Turkey Surprise**

A disappointed woman called Butterball's Thanksgiving Turkey Talk-Line wondering why her turkey had no breast meat. After a conversation with an operator, it became apparent that the woman's turkey was lying on the table upside down.

#### **Pour You Another Glass?**

"I come from a family where gravy is considered a beverage."—Erma Bombeck

#### **Tollbooth Timer**

I worked on a toll road, answering the phone, collecting money and issuing toll tickets. One Thanksgiving Day, a woman called to ask about road conditions on the turnpike. After I said everything was A-okay, she told me a friend was coming for dinner. Then came the stumper. "If my friend just left from exit twelve," she asked, "what time should I put the turkey in?"



## GROUP CONTRIBUTIONS—SEPTEMBER 2016

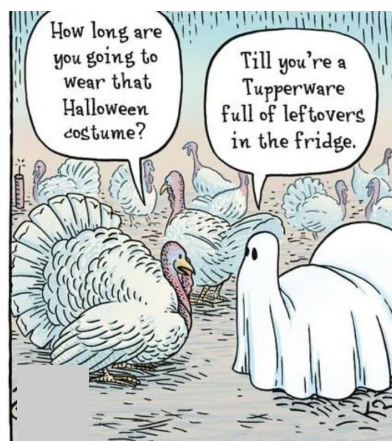
GROUP/MEETING	Dist	SEPT	YTD
21st AVENUE	30		110
24 HOUR	32		400
60 MINUTES	64		274
ANONYMOUS CONTRIBUTIONS	0	42	474
ANY LENGTHS	13		150
BACK ROOM	35		2,772
BACK TO THE BIG BOOK	12		202
BELLEVUE WINNERS & BEG	35	-	50
BRENTWOOD FULL MOON	33		985
BY THE BOOK -DICKSON	15		117
CAME TO BELIEVE	33	52	439
CLARK STREET	14		500
CLUB 62 UNITY	32	10	10
COLUMBIA BASEMENT BUNCH		50	50
COLUMBIA	40	20	180
COMMUNICATIONS	30	-	100
COOKEVILLE			60
COOL SPRINGS NEWCOMERS	33	-	100
CROSSVILLE NON-SMOKING STEP	9	33	33
CUMBERLAND UNITY	13		100
DAVIDSON ROAD	30		3,300
DICKSON AA	15		1400
DONELSON YET	31	100	100
DOWNTOWN LUNCH BUNCH	32		374
DRUNKS IN THE PARK	33	200	1182
EAST NASHVILLE 86'ers	34	201	370
EAST NASHVILLE	31		370
E. NASHVILLE MEN'S STAG	34		700
EAST SIDE SATURDAY		417	1037
EAST SIDE SUNLIGHTERS	31		750
EVERY WOMAN HAS A STORY			10
FAIRFIELD GLADE	9	-	132
FAIRVIEW	33		150
FAYETTEVILLE	40		40
FELLOWSHIP	32	-	100
FIRST THINGS FIRST	34		454
FIVE & FIVE	30		2,230
FRANKLIN 12&12	33		400
FRANKLIN	33	835	2,895
FRANKLIN ROAD WOMEN'S	33	-	100
FREE TO BE	31		585
FREEDOM FROM BONDAGE			10
G.O.D. ( OF DRUNKS)	40	-	115
GALLATIN AA		50	100
GOODLETTSVILLE A.A.	34	300	450
GRATEFULL ALIVE	33		172
GRATITUDE	11	-	60
HAPPY HOUR - LEWISBURG	40		35
HARDING ROAD	30	250	600
HENDERSONVILLE BB	34	-	50
HERMITAGE	31	-	200
HERMITAGE WOMEN	31	-	250
HIGH NOON	34		1,230
HILLSBORO ROAD	32	-	200
HOPE PARK AA LIT STUDY	30		40
JOELTON	34	-	50
KEEP IT SIMPLE BELLEVUE d35	33	143	201
KEY TO SOBRIETY	31	300	550
LADIES NIGHT OUT	34		100
LAFAYETTE NEW HOPE	13		50
LATE LUNCH BUNCH	33		1,500

GROUP/MEETING	Dist	SEPT	YTD
LET IT HAPPEN	35	20	80
LEWISBURG UNITY	41		25
LIFE SAVERS	30		100
LINDEN	41		150
LIVE & LET LIVE	9	-	65
LIVING BY THE PRINT SAT	30	150	350
LIVING BY THE PRINCIPLES	30	-	488
LIVINGSTON	9	100	100
MADE A DECISION		-	119
MADISON STREET		-	50
MANCHESTER NOON		-	60
MIDDAY BREAK	32	114	114
MT JULIET FELLOWSHIP	31	100	300
MURFREESBORO	12	15	120
MUSIC ROW	30		55
MUSTARD SEED	32		400
NEW BEGINNINGS( Dist 12)	12	20	110
NEW LIFE H-VILLE	34		175
NIPPERS CORNER	32		37
NON NONSENSE	32		30
NORTHSIDE , CLARKSVILLE	14		150
ONE DAY AT A TIME	31	-	900
ONE STEP CLOSER	33		635
OUT TO BREAKFAST	30	-	143
P.O.P.	34	40	115
PAYDAY	15		100
PORTLAND UNITY	13		35
PRIMARY PURPOSE	34		376
PRIMETIMERS	33	-	100
PULASKI	40	15	135
REBOS (SOBER)	34	-	434
ROAD OF HAPPY DESTINY	14		40
SAFE PLACE		138	191
SANGO SOLUTIONS			40
SATURDAY NIGHT ALIVE	11		90
SEARCH FOR SERENITY	34		210
SEARCHERS	34		370
SEEKING SANITY	31		1419
SERENITY (12)	12		350
SHADE TREE	31		3300
SMYRNA GRATITUDE	12	814	2,905
SUNDAY NIGHT BUNCH			200
THE HUT	14	50	50
THE STRAGGLERS	33	-	381
THE UNITED	13	500	1050
THE WAY OUT	33		50
TRINITY	11	-	50
TRUDGING THE ROAD	33	100	180
WAVERLY	15	-	45
WAVERLY-BELMONT	32	-	100
WEEKENDERS	34	-	100
WEST MEADE	30	-	40
WEST NASHVILLE	35		69
WESTMINSTER	30	-	750
WINNERS	41	137	886
WOMEN IN THE SOLUTION	11		410
WOMEN'S FREEDOM	30	-	533
WOMEN'S OPEN DOOR	30	-	288
WOMEN'S SPEAKER	30		198
YOUNG TIMERS	32	75	75
Grand total:		5,391	50,197

**Middle Tennessee Intergroup Association**  
**Statement of Activities - Actual and Budgeted - Schedule 1**  
**For the Nine Months and Year Ended September 30, 2016**

	September 2016			YTD 2016		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	2,688.37	3,539.42	(851.05)	26,406.54	31,854.78	(5,448.24)
Group Donations	6,120.54	5,000.00	1,120.54	53,203.02	45,000.00	8,203.02
Individual Donations	259.27	341.67	(82.40)	1,969.64	3,075.03	(1,105.39)
Messenger Donations	12.00	15.00	(3.00)	96.00	135.00	(39.00)
Website Donations	-	208.33	(208.33)	-	1,874.97	(1,874.97)
Special Events	-	500.00	(500.00)	280.00	4,500.00	(4,220.00)
Interest	2.80	1.75	1.05	26.64	15.75	10.89
Total Income	9,082.98	9,606.17	(523.19)	81,981.84	86,455.53	(4,473.69)
Expenses						
Casual Labor	200.00	200.00	-	1,800.00	1,800.00	-
Payroll	4,603.62	4,975.08	(371.46)	41,701.89	44,775.72	(3,073.83)
Bad Debts	-	-	-	-	-	-
Legal & Professional	380.00	350.00	30.00	5,783.00	3,150.00	2,633.00
Rent	993.50	1,000.00	(6.50)	8,846.50	9,000.00	(153.50)
Printing	-	166.67	(166.67)	54.00	1,500.03	(1,446.03)
Payroll Taxes	352.18	380.58	(28.40)	3,245.47	3,425.22	(179.75)
Repairs & Maintenance	-	83.34	(83.34)	200.00	750.06	(550.06)
Equipment Rental	108.00	103.34	4.66	969.27	930.06	39.21
Telephone & Fax	512.71	450.00	62.71	4,269.71	4,050.00	219.71
Answering Service	200.00	233.33	(33.33)	2,019.00	2,099.97	(80.97)
Postage	207.92	283.33	(75.41)	1,206.03	2,549.97	(1,343.94)
Office Supplies	143.24	208.33	(65.09)	1,092.13	1,874.97	(782.84)
Computer & Technology	43.65	258.83	(215.18)	620.78	2,329.47	(1,708.69)
Intergroup Expense	56.28	125.00	(68.72)	349.28	1,125.00	(775.72)
Insurance	-	166.67	(166.67)	1,244.00	1,500.03	(256.03)
Special Events	159.51	321.67	(162.16)	159.51	2,895.03	(2,735.52)
Travel	-	291.67	(291.67)	261.89	2,625.03	(2,363.14)
Depreciation	7.92	8.33	(0.41)	71.28	74.97	(3.69)
Total Expenses	7,968.53	9,606.17	(1,637.64)	73,893.74	86,455.53	(12,561.79)
Net Income	1,114.45	-	1,114.45	8,088.10	-	8,088.10

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



**"Leave the shaker."**

**BACKROOM**

<b>Chuck P</b>	<b>11.30.86</b>
Diane E	11.26.07
<b>Gina C</b>	<b>11.23.95</b>
Jen H	11.05.05
Jessica G	11.23.00
John G	11.18.01
<b>Leon L</b>	<b>11.19.81</b>
Linda P	11.01.11
Maygan C	11.03.02
Mindy B	11.24.07
<b>Paul S</b>	<b>11.26.87</b>
Sara V	11.15.06
<b>Sonia L</b>	<b>11.02.95</b>

**EASY DOES IT**

Barb T	11.01.10
Brandi F	11.08.15
Gail F	11.14.14
Jeremy S	11.06.15
<b>Mike H</b>	<b>11.12.88</b>
<b>Steve B</b>	<b>11.03.93</b>

**FELLOWSHIP**

Aleka S	11.25.15
Bryan M	11.18.15
<b>Eilk C</b>	<b>11.07.88</b>
Gayle L	11.10.15
Jessica K	11.15.10
Karen Y	11.17.14
<b>Kevin M</b>	<b>11.04.94</b>
Lindsay G	11.21.10
Stephany R	11.26.04

**FULL MOON**

<b>Boyd S</b>	<b>11.14.95</b>
Dale S	11.10.14
Darlene H	11.05.05
Paul B	11.14.14
Ryan D	11.12.12
Sandy R	11.10.00
Tony O	11.04.00
Tony T	11.22.00

**LOVE & LAUGHTER**

Andrew H	11.22.08
Lindsey S	11.08.13
Renate M	11.30.12
Ted F	11.22.10

**P.O.P**

<b>Tom A</b>	<b>11.29.88</b>
--------------	-----------------

**SEEKING SANITY**

Brenda N	11.24.15
Danny C	11.19.15
David M	11.13.14
Joanie R	11.24.10
Joe C	11.29.14
Ken H	11.23.13
Laura F	11.22.10
Michelle R	11.10.08
Reuben P	11.19.13
Theron (JR)	11.20.06

**SHADE TREE**

Anthony S	11.19.02
Barbara M	11.11.03
Benjamin O	11.27.15
Brian E	11.08.00
Butch P	11.22.12
Charles L	11.15.08
Danny C	11.19.15
<b>Jean M</b>	<b>11.01.80</b>
Jim J	11.02.13
Kelly J	11.19.14
Kimberly S	11.14.13
Melanie C	11.26.10
Phillip K	11.30.13
Scott R	11.23.89
Shawn O	11.05.14
Teri B	11.28.14
Tim H	11.13.99
Tyler B	11.12.15

**SMYRNA GRATITUDE**

Delores T	11.12.15
<b>Ernie D</b>	<b>11.20.87</b>
Joel C	11.16.14
<b>Mark F</b>	<b>11.12.87</b>
Mike W	11.11.10
Sonny P	11.01.04

**WEEKENDERS**

Jamar P	11.29.15
Katrina C	11.02.09
Tim O	11.06.13
<b>Tom A</b>	<b>11.29.88</b>

**WOMEN IN THE SOLUTION**

Debbie H	11.24.04
M.K.P	11.28.13
<b>Sandi Z</b>	<b>11.18.83</b>
Sherry S	11.21.09



**Middle Tennessee  
Central Intergroup  
Association**

417 Welshwood Drive  
Suite 207  
Nashville, TN 37211

615.832.1136  
800.559.2252

NON PROFIT  
ORGANIZATION  
U.S. Postage Paid  
Nashville, TN  
Permit No. 517

## RETURN SERVICE REQUESTED

Middle TN Central Intergroup Association  
417 Welshwood Drive, Suite 207  
Nashville, TN 37211

ph. 615.832.1136  
Ph. 800.559.2252  
fax. 615.834.5982  
or e-mail address changes to:  
[mtcoaa@aol.com](mailto:mtcoaa@aol.com)



### Time to Change?

- ☐ New / Renewal Subscription
- ☐ Address Change

*The Messenger* is available at an annual subscription price of \$12.00. A limited number of free subscriptions are available upon request by writing or calling the office at the address/phone number listed in this issue.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

PHONE \_\_\_\_\_ ZIP \_\_\_\_\_