

The **MESSENGER**

Middle Tennessee Central Office Intergroup

\$ 1.00

LEARNING TO GIVE IT AWAY

M A Y 2017

After 10 years in and out of Alcoholics Anonymous, it was a sponsor who helped this AA member learn to help others in recovery.

Sponsorship was missing in my attempts at permanent recovery for more than 10 years in and out of A.A. When I came back almost nine years ago, I did not know what to do to stop drinking. I didn't know where to begin, except to ask for help. I didn't know how to work the Twelve Steps of A.A., moreover how to apply their underlying principles to my life. I did not know how to find that working relationship with God that the Big Book promised would solve all of my problems. I didn't even know what I didn't know, or that I didn't know!

I was given a sponsor in the recovery house that I spent six months in. The first thing he did was tell me I never had to drink again—and I believed him. He then gave me a list of things he wanted me to do every single day—and that would be the topic of our daily phone calls. I did those things, which included working the Steps as they are laid out in the first 164 pages of the Big Book—one sentence at a time.

I would call him daily, and usually the first thing out of my mouth was how horrible my life was, and how badly I was feeling, and how my wife and children hated me, and I would never find another job again, and, and. He would ask me what I read today, what meeting I went to, what I heard, and who I had helped. He wouldn't directly respond to my whining. He would ask questions that had no bearing on my situation, like "Have I considered if I was being selfish? Dishonest? Resentful? Fearful? Inconsiderate?"

I realized months later what he was doing—he was re-directing my attention away from what I thought was my problem, to what was the solution to my real problem.

I do not believe that sponsors are infallible—but nothing my sponsor has asked me to do have ever harmed me

(sometimes it hurt!). *What using a sponsor does is demonstrate to myself both surrender and faith; Surrendering the right to run my life all by myself, and the Faith that God will use this person to help me find His will. I used to tell my sponsor that he saved my life—and he would have none of that. One day after saying that to him he replied, "Bob, I have been sponsoring six men for the past year, and you are the only one staying sober."*

Let's look at the flip side of the sponsorship concept—sponsoring others. The first sentence in the chapter "Working With Others" says "*Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.*" The first sentence in Chapter 12 of the *Twelve and Twelve* says, "*The joy of living is the theme of AA's Twelfth Step and action is the key word.*"

After working the Fifth Step, the manager of the recovery house I was in assigned two guys new to the recovery house to me. I was to take them through the book just like my sponsor did with me. So with three months sobriety I was helping guys go through the book, and that I believe is the difference in my sobriety today.

I had been in Federal Way, Wash., only a few months, was divorced, living with my Dad, and had just started a new job. It was Christmas time I had a very bad case of the blues. I thought about drinking almost every Friday afternoon for a while. At a meeting, my sponsor Pat introduced me to a man from DuPont—he was in a wheelchair. He had been hit by a car carrying a Christmas tree across town while drunk. He lived in a tiny, bare bones apartment and his wife and children would have nothing to do with him. Working with this man lifted me up out of my self-manufactured misery and I had a good Christmas.

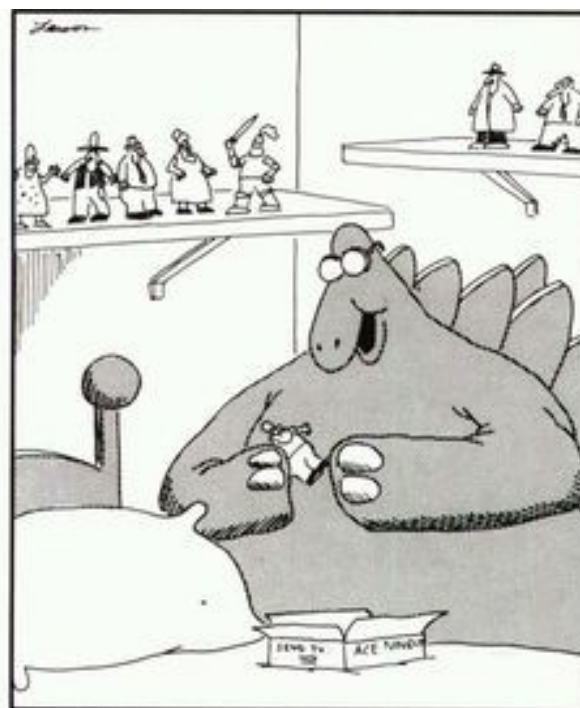
One of the best promises in the book is on page 100:

(Continued on page 4)

Contents

On the Cover	MEETING CHANGES
LEARNING	Page 7
STEP FIVE	PUZZLES
Page 2	Page 8
5th TRADITION	CONTRIBUTIONS
Page 3	Page 9
VOLUNTEERING	FINANCIALS
Page 5	Page 10
EVENTS	BIRTHDAYS
Page 6	Page 11

**A "shortcoming"
is like a flat tire.
A "character
defect" is like
driving on it.**



"Oh, boy! The 'Nerd'! ... Now my collection's complete!"

STEP FIVE TIMETABLE

The information for Step Five began with a sincere session of spontaneous writing where I asked God to make clear my selfishness, dishonesty, resentment and fear. This awareness, plus my "official" Fourth Step inventory process (directly out of the Big Book), provided a new awareness of the lurking demons (grosser handicaps) that had kept me drunk year after year. These destructive fiends freely frolicked in my unapproachable subconscious. They were protected from the Sunlight- Of-The-Spirit of truth by a dense dark and distorted fog of falsehood and deceit. This Fourth Step awareness did not make them disappear, but, at least, I had found honest information for use in Step Five. Someone said, "The truth will set you free," but I have come to believe there is more to it than simple awareness. I have found that continued action is needed to face and be rid of my now-obvious shortcomings and defects. This was to take place in Step Five.

The Big Book tells me to do Step Five at "first opportunity," which turned out to be about five minutes after the Step Four session (I love the Big Book timetable!). I confided to my sponsor a detailed revelation of those little demons and devils of conceit, jealousy, carelessness, intolerance, ill temper, and all the rest of it—not only to my sponsor, but to GOD! My sponsor had not the power to relieve me of this new-found 'bondage of self,' but luckily the Big Book tells me that God could and would if he were sought! (p. 60) Those dangerous demons cannot survive in the sunlight of God's Truth! The Fifth Step promises, on page 75, tell us that we now begin to have a spiritual experience. Well, the realization that God is soon-to remove the very things that blocked me from seeing and acting on the truth- in-drink indeed speaks of a radical inner transformation! I believe the main goal of this vital step is to bring realization of what dominant inner forces have blocking the truth-in-drink.

Following Step Five I knew what imperfections to ask God to remove in Steps Six and Seven. It was very important that I acted before my mind decided to remember only what it wanted to remember. I believe that the Big Book timetable is very important here! We are told to do Step Four 'at once,' Step Five at 'First opportunity,' review for a short period and 'then' (not later) do Step Six, go right into Step Seven 'when ready.' My sponsor helped me via the Big Book time-table directions. I haven't had a drink of booze since! ~~ Bob S.

The Fifth Tradition

*Each group has but one primary purpose
...to carry its message to the alcoholic
who still suffers.*

No matter how different our own personal concerns, we are all bound together by one common **RESPONSIBILITY**...
to carry the message
to the suffering alcoholic.



Every newcomer learns (some of us the hard way) that the business of staying sober must have top priority. If we fail at that, we can't succeed at anything else. The Fifth Tradition tells us that groups should remember *their* "one primary purpose."

Often, unthinking enthusiasm puts a group off the main track. One, for instance, offered an "expanded A.A. program" that included helping newcomers to find jobs. Tradition Five doesn't frown on the individual A.A. who tells another about a good opening. But when the group turns itself into an employment agency, newcomers may get confused about *their* primary purpose. A.A.'s function is to help them get sober—then they can find work for themselves.

Using discretion, a member may lend a few dollars needed for a meal or a hotel room, or may even invite a broke alcoholic to be a temporary houseguest. But the A.A. group as a whole is not a friendly finance company, nor a welfare department, nor a housing bureau.

Even when acting on their own, as individual members, A.A. lay people certainly shouldn't award themselves honorary medical degrees and hand out diagnoses and prescriptions and amateur analysis of other people's neuroses. Exactly because this personal failing is so common, the A.A. group in all its dealings should be extra careful to emphasize that it is not invading the medical field. Through the personal experiences of its members, it is qualified to carry only one message: how an alcoholic can recover in A.A. That's all.

Yet one group recently felt itself equipped to set up an "alcoholism information center." The temptation is understandable; it was even stronger at the time this Tradition was written, because public ignorance about alcoholism as an illness was more widespread than it is now. Since then, other agencies have sprung up to assume the task of educating the general public on alcoholism. That is not A.A.'s purpose, but these agencies also are trying to help the active alcoholic. They are our friends—and Tradition Six marks the boundaries of the relationship....



I am responsible.

**When anyone, anywhere,
reaches out for help, I want
the hand of AA always to be there.**

And for that: I am responsible.

LEARNING TO GIVE IT AWAY

(Continued from page 1)

“Both you and the new man must walk day by day in the path of spiritual progress. If you persist, remarkable things will happen. When we look back, we realize that the things *which came to us* when we put ourselves in God’s hands were better than anything we could have planned. Follow the dictates of a higher power and you will presently live in a new and wonderful world, *no matter what your present circumstances!*”

I am thrilled to watch guys I sponsor and many others come in to AA broken and hopeless, and in a few short years going out into the highways and bi-ways and bringing the good news of AA to suffering alcoholics. As a sponsor, I get my greatest joy in AA out of two things:

1. When a sponsee calls, and instead of running down their list of problems, they talk about their sponsees, and how to help them with their current problems—even though I know that my sponsee is going through a tough time—it has lost its hold on them while working with

others.

When a scared newcomer walks into the meeting, followed by your sponsee who has brought him in. It’s not the look of horror on the newcomer’s face that is amusing, but the look of sheer glee on the face of your sponsee who brought him in!! That is priceless.

It is in sponsorship that I have finally found the missing ingredient in my life: A sense of a well-defined purpose. We, as alcoholics, are uniquely fitted for this great work of mercy to our society. And we do it one soul at a time

Recently one my home groups founding members passed away—and what a testimony it was of a life well spent, working for the sake of others. For we all know, in the end, we won’t be remembered for our possessions, or job titles, or even our golf scores, but we will be remembered for how well we have loved. And that is at the heart of what sponsorship really is.

-- Bob T. – Washington - March 2011

Reprinted with permission: AAGrapevine Web-Exclusive

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	Stephen T	615.926.9467
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 Jul 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

There are a lot of reasons I like my time volunteering at Middle Tennessee Central Office. Most of all, it's helping people who call the office looking for a meeting. Sometimes I am able to help them connect with social services or other 12 step programs that may be more helpful than attending AA meetings only.

I have become aware of lots of other facets of AA here in middle Tennessee by being in Central Office. There are activities and service works I would not get exposure to if I were not spending time as a volunteer every week.

I get to meet people from many different groups when they come into the office. Spending time with other volunteers and the office staff is also rewarding. We discuss the 12 steps and practicing the principals quite a bit. Helping others ultimately helps me.

Bart

**WHY DO YOU LIKE
VOLUNTEERING AT THE
CENTRAL OFFICE?**

In 2009, very early in my recovery, I began working as a Volunteer at Central Office. This experience has been one of the most rewarding gifts of my sobriety. In the beginning it gave me a time and place to be every week and a sense of purpose. Over time it has given me the opportunity to be intensely involved in 12th Step Work. As a bonus, I have developed deep and meaningful friendships that have not only kept me sober, but have also enriched my life more than I could have ever imagined. There is no place I would rather be on a Wednesday morning! Kathy M.

Service work has always been part of my recovery. Volunteering at Central Office is fun , rewarding and allows me to experience the workings of AA in Middle TN. Billy B 9/15/78

**DISTRICT 31
FOUNDERS DAY PICNIC
TWO RIVERS
PARK**



2320 Two Rivers Parkway
Nashville, Tn 37214
Pavilion 3 & 4 (watch for the signs)

Rain or Shine

Saturday, June 10, 2017, 10:30 AM
Eat at 12:00 PM; Speaker at 1:30 PM

Speaker: Jon P.

Alternate Delegate - Area 64



Cost: voluntary donation (basket passed)

Music: Anyone (Acoustic)

Bring a covered dish to
share; meat & drink pro-
vided by District 31



**OLD
TIMER'S
DINNER
@ P.O.P.**

WHEN

**May 12th
6:30pm – 9pm**

WHERE

**Brush Hill
Cumberland
Presbyterian Church**

3705 Brush Hill Rd, Nashville, TN 37216

**DINNER
SERVED @
6:30 –
SOBRIETY
COUNTDOWN
@ 8PM**

**BARBEQUE
AND DRINKS
PROVIDED:**
Please bring a
covered dish, side
item, or dessert.

SPONSORS

Principles Over
Personalities Group
of A.A. "The oldest A.A.
group in East
Nashville"

**FOOD,
FELLOWSHIP,
AND FUN!!**



HENDERSONVILLE BIG BOOK GROUP

presents
Summer Speakers and Potluck Picnics
2017



**MAY 28
JUNE 25
JULY 23
AUGUST 27**

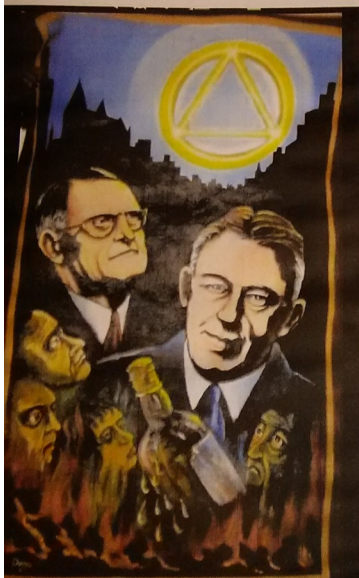
*Speakers to
be Announced*

Meat Will be Provided

Bring your family, friends and a dish to share!

**COME AT 5:30 FOR FELLOWSHIP & FOOD
SPEAKER BEGINS @ 7PM**

**INDIAN LAKE PENINSULA CHURCH PAVILION
235 INDIAN LAKE RD / HENDERSONVILLE**



Saturday, May 21, 2017
Murfreesboro Group
Old Timers Luncheon
1pm-?
Area 64 Archives
Building will be open.
Please come join us for
this wonderful
celebration.
Contact James G.
615-995-8721
for more info.

Drunks in the Park

5th Annual Family Picnic



SATURDAY
June
10
2017

2:00 PM - 6:00 PM

PINKERTON PARK
405 Murfreesboro Rd.
Franklin, Tennessee 37064



What to Bring:

- Your family
- Your instrument



Questions:
Jen M - 615.881.9456
Jenmock2005@gmail.com

MEETING CHANGES

NEW / MOVES / CHANGES / ADDITIONS / CANCELLATIONS

37013	Change	Higher Powered - Fri now 7:30p
37013	Cancel	60 Minutes - Sun 5p OD
37027	Add	Stragglers - Sat 8:30 am OD
37040	Change	Real Deal Men's - Sun now 5pm
37064	Add	Franklin Group - Thur Separate Men & Women Noon CD
37064	Add	Sober & Safe Wmn's Newcomer - Mon 6p CD/Wmn/BEG
37064	Cancel	Garden Variety
37064	Cancel	Saint Phillips Meeting
37064	Change	Kick-Off isn't until Noon - Sun 7a OD/Lit - 8a OD - in Classrooms A&B 1st Floor
37066	Change/Add	Gallatin AA 165 East Bledsoe - 615.483.3234 - Mon & Fri OD at Noon - Wed OD/Lit Noon - Thurs 7p OD/Wmn
37069	Change / Move	Womans AA now Every Woman Has a Story - 1213 Country Rd.
37087	Change	New Day - All meetings now 6:30p - Add Thurs Meeting - No Meeting on Mon or Fri
37087	Cancel	Sobriety First - Mon & Fri
37087	Add	Sobriety First - Sun 3:30 CD/Lit
37096	Change	Linden Group - Fri is CD/Lit - Cancel Tues
37129	Change	Serenity Group - 2nd Sat 6p Now Eat & Speaker - 8p Sat Canceled
37130	Change	New Beginnings - Mon CD/Lit - Tues CD (1st Tues CD/Trad) - Thurs CD/Lit
37172	Cancel	Robertson Cnty - Wed Noon Wmn - Sun 7p
37174	Change	RUTS - 1pm now Noon
37179	Change	RUSSE - Sun 7p now /cd
37188	Change	White House Group-B now White House Group and add Sunday 7pm OD
37203	New	Struck Gold Friendship House 202 23rd Avenue North 6p OD
37206	New	East Side Recovery - Woodland Pres Church 211 N 11th St - Mon - Wed - Fri - Noon OD
37206	New	Save Her A Seat - Woodland Pres Ch - 211 N. 11th St. Wed 7p OD/Lit

NEW / MOVES / CHANGES / ADDITIONS / CANCELLATIONS

37208	Add	Spiritual Living - Music City Center -1012 Buchanan Group Mon 7:30p OD
37208	Add	Together We Can - Mt. Carmel Baptist 1032 Monroe St - Fri 7pm OD
37209	Move	WANG - 6:30p Fri OD/OS Friendship House 202 23rd Ave 37203
37209	Cancel	Begin the Journey
		WIRED Women in Recovery Every Day -
37210	Add	Club 62 - 329 Peachtree - Sat 10:30a OD/Wmn
37210	Change	Young Guns - Cancel Friday
37211	Change	Woodbine - Last Friday of Month is Speaker
37216	Cancel	New Beginnings
37216	Change	P.O.P - Tues & Fri now 7pm
37217	Cancel	Love & Laughter - Tues 6:30pm
37232	Cancel	Basement Recover - Vanderbilt
		Recovery First - Craft Memorial Meth
38401	New	CH 907 Hatcher Lane 11am - M & F OD, 11am W - OD/Lit
38562	Add	Friday Night Live - Sat 7pm CD

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

CONCEPT FIVE— FIND THE WORDS BELOW:

CONCEPT	THROUGHOUT	WORLD
SERVICES	STRUCTURE	TRADITIONAL
RIGHT	APPEAL	OUGHT
PREVAIL	ASSURING	MINORITY
OPINION	WILL	HEARD
PETITIONS	REDRESS	PERSONAL
GRIEVANCES	CAREFULLY	CONSIDERED

GROUP/MEETING	Dist	Mar	YTD
ANONYMOUS	30	28	84
ANY LENGTHS	13	-	390
BACK TO THE BIG BOOK	12	60	92
BELLEVUE	35	-	100
BRENTWOOD FULL MOON	33	-	272
BY THE BOOK -DICKSON	15	-	97
CAME TO BELIEVE	33	-	258
COLUMBIA	40	23	63
COLUMBIA BASEMENT BUNCH	40	20	62
COMFORT ZONE	15	-	500
COOL SPRINGS NEWCOMERS	33	-	100
CROSSVILLE NON-SMK STEP	9	-	10
DAVIDSON RD	30	1,200	1,200
DICKSON AA	15	-	480
DISTRICT 9	9	150	150
DOWNTOWN LUNCH BUNCH	32	80	240
DROP THE ROCK		-	50
DRUNKS IN THE PARK	33	-	320
E. NASHVILLE MEN'S STAG	34	-	500
EAST SIDE SATURDAY	31	-	401
EVERY WOMAN HAS A STORY	33	-	75
FAIRVIEW	33	-	200
FAYETTEVILLE	40	20	20
FIRST THINGS FIRST	34	-	150
FIVE & FIVE	30	-	302
FRANKLIN	33	-	680
FRANKLIN MEN'S	33	125	125
FRANKLIN ROAD WOMEN'S	33	-	100
FREE TO BE	31	-	185
HAPPY HOUR - LEWISBURG	40	-	60
HARDING RD	30	200	200
HENDERSONVILLE BB	34	-	50
HOPE PARK AA LIT STUDY	30	-	59
KEEP IT SIMPLE BELLEVUE d35	33	79	175
KEY TO SOBRIETY	31	-	200
LADIES NIGHT OUT	34	-	25
LAFAYETTE NEW HOPE	13	50	50
LATE LUNCH BUNCH	33	-	400
LET IT HAPPEN	35	-	20
LINDEN	41	-	20
LIVE & LET LIVE	9	25	50
LIVING BY THE PRINT	32	-	100
LIVING THE PRINCIPLES	30	367	367
LIVINGSTON	9	-	25

GROUP/MEETING	Dist	Mar	YTD
MADISON STREET		-	100
MIDDAY BREAK	32	-	254
MT. JULIET FELLOWSHIP	31	100	100
MURFREESBORO	12	15	45
MUSIC ROW	30	-	45
MUSTARD SEED	32	-	200
NEW BEGINNINGS WOMEN	32	-	160
NEW BEGINNINGS	12	-	50
NEW LIFE H-VILLE	34	-	118
NORTHSIDE , CLARKSVILLE	14	-	50
ONE DAY AT A TIME	31	-	550
ONE STEP CLOSER	33	102	102
OUT TO BREAKFAST	30	-	145
PORTLAND UNITY	13	-	60
PRIMARY PURPOSE	34	-	87
PRIMETIMERS	33	100	100
PULASKI	40	5	15
RECOVERY ROAD	34	-	38
RUTS	40	-	250
SAFE HARBOR	14	-	50
SANGO	14	40	40
SATURDAY NIGHT ALIVE	11	10	30
SEARCHERS - HUNT CLUB	13	-	650
SEEKING SANITY	31	-	220
SERENITY (12)	12	25	75
SMITH COUNTY FRIENDSHIP	13	-	200
SMYRNA GRATITUDE	12	676	1,617
TCYPAA		865	865
THE HUT	14	50	50
THE STRAGGLERS	33	-	140
THE UNITED	13	300	300
TRUDGING THE ROAD	33	-	120
TURNING POINT	33	-	200
WANGL	30	-	125
WEST NASHVILLE	35	-	16
WHITE HOUSE	34	80	80
WINNERS & BEGINNERS	35	538	538
WINNERS	41	-	25
WOMEN IN THE SOLUTION	11	50	50
WOMEN'S OPEN DOOR	30	-	186
WOMENS FREEDOM	30	550	550
WOMENS WAY	33	-	100
WOODBINE	32	-	20
Grand total:		5,934	17,722

Middle Tennessee Intergroup Association
Statement of Activities - Actual and Budgeted - Schedule 1
For the Three Months and Year Ended March 31, 2017

	March 2017			YTD 2017		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	3,993.43	2,925.17	1,068.26	9,679.16	8,775.50	903.66
Group Donations	6,204.62	5,553.17	651.45	17,951.84	16,659.51	1,292.33
Individual Donations	220.90	308.33	(87.43)	735.68	924.99	(189.31)
Messenger Donations	-	9.25	(9.25)	27.00	27.75	(0.75)
Website Donations	-	-	-	331.92	-	331.92
Special Events	-	625.00	(625.00)	-	1,875.00	(1,875.00)
Interest	3.20	3.08	0.12	10.16	9.25	0.91
Total Income	10,422.15	9,424.00	998.15	28,735.76	28,272.00	463.76
Expenses						
Casual Labor	200.00	200.00	-	600.00	600.00	-
Payroll	6,601.26	5,080.08	1,521.18	16,152.34	15,240.25	912.09
Sales Tax Expense	-	-	-	-	-	-
Legal & Professional	350.00	350.00	-	1,050.00	1,050.00	-
Sales Tax Expense	-	-	-	1.61	-	1.61
Rent	996.00	1,006.00	(10.00)	2,983.50	3,018.00	(34.50)
Printing	-	50.00	(50.00)	-	150.00	(150.00)
Payroll Taxes	365.90	388.58	(22.68)	1,083.48	1,165.75	(82.27)
Repairs & Maintenance	-	33.33	(33.33)	-	100.00	(100.00)
Equipment Rental	222.99	116.67	106.32	438.99	350.00	88.99
Telephone & Fax	317.14	474.33	(157.19)	1,314.39	1,423.00	(108.61)
Answering Service	200.00	250.00	(50.00)	636.00	750.00	(114.00)
Postage	169.78	191.67	(21.89)	504.70	575.00	(70.30)
Office Supplies	236.70	183.33	53.37	519.13	550.00	(30.87)
Computer & Technology	43.65	125.00	(81.35)	1,033.71	375.00	658.71
Intergroup Expense	91.77	100.00	(8.23)	151.77	300.00	(148.23)
Insurance	-	200.00	(200.00)	1,244.00	600.00	644.00
Special Events	-	291.67	(291.67)	-	875.00	(875.00)
Travel	-	375.00	(375.00)	-	1,125.00	(1,125.00)
Depreciation	7.92	8.33	(0.41)	23.76	25.00	(1.24)
Miscellaneous	-	-	-	-	-	-
Total Expenses	9,803.11	9,424.00	379.11	27,737.38	28,272.00	(534.62)
Net Income	619.04	0.00	619.04	998.38	-	998.38

FULL MOON

Angela H	04.04.07
Josh H	04.24.12
Laura W	04.26.08
Nate A	04.02.90
Tim K	04.04.06
Tom S	04.01.04
Turner J	04.07.13

HIGH NOON

Anya N	05.17.15
Ashley O	05.30.12
Bill H	05.03.79
Bob S	05.19.10
Charlie S	05.03.15
Chip J	05.01.16
Chris M	05.25.96
Darrell M	05.24.07
Duane H	05.24.87
Elaina C	05.10.11
James T	05.16.10
Jeff M	05.0.10
Jesse R	05.15.11
Julie K	05.26.11
Lee Ann W	05.31.10
Matt C	05.01.08
Scott K	05.17.98
Terry M	05.04.08
Tina M	05.06.97
Tom S	05.03.14

MID-DAY BREAK

Angie H	05.17.16
Cynthia S-W	05.22.16
Donna P	05.04.15
Dylan B	05.17.13
Katie G	05.11.16
Michael 'Fish' P	05.14.14
Penny F	05.01.16

PORTLAND UNITY

Bobby B	05.25.16
Cheryl F	05.08.16
Mildred W	05.22.11

PRIMARY PURPOSE

David H	05.23.06
Melvin B	05.01.07
Rik H	05.17.16

SEEKING SANITY

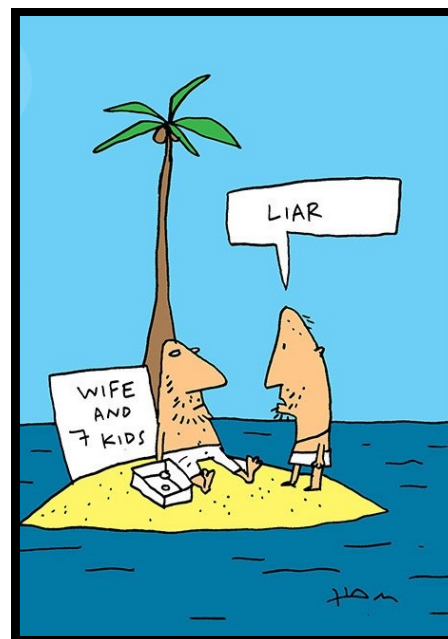
Anne J	05.07.13
Brenda S	05.02.09
Carol M	05.25.16
Chris W	05.16.13
Donna G	05.12.09
Donna V	05.01.07
Jacob B	05.19.16
Jeannie G	05.07.11
Jen F	05.26.13
Jeri T	05.10.07
Josh L	05.18.13
Panthea A	05.03.96
Ron C	05.04.09
Sheri C	05.07.13
Stephanie M	05.17.09

SMYRNA GRATITUDE

Elizabeth B	05.30.89
Fred C	05.09.14
Jessie M	05.14.01
Mykal L	05.01.15
Phillip K	05.23.16
Tony C	05.13.71
Trey A	05.27.06
Walter B	05.15.04

YET

Bruce W	05.12.06
Dave S	05.26.02



MAY
ANNIVERSARIES

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

Smile a smile!
While you smile
Another smiles,
And soon there are miles
And miles of smiles,
And life's worthwhile
If you but smile. --Anon.

Submitted by Kay Williams,
District 12.

**M i d d l e T e n n e s s e e
C e n t r a l I n t e r g r o u p
A s s o c i a t i o n**

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



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 _____