

The MESSENGER

Middle Tennessee Central Office Intergroup

\$ 1.00

What It's Like Now

JUNE 2017

An old-timer tells why it's important to share what she's going through today.

My sobriety date is June 1, 1978, and I want to share with those new and old alike that being an old-timer does not make me well nor cured. For one thing, the only thing I have to offer today is my experience, strength and hope—as well as my failures. Not my knowledge, preaching, or having all the right answers for the newcomer or those behind me in sobriety. My sponsor once told me I was connected to a chain-link fence in AA's fellowship. He told me there would always be someone in front of me to hang onto and someone behind me to hang onto. Thus I would always be in the middle. A good place to be, not too well or not too sick but in the middle, just growing along with others on a daily basis.

At the end of How it Works in our Big Book it states this "Our description of the alcoholic, the chapter To the Agnostics, and our personal adventures before and after make three pertinent ideas. What has caught my eye these last few years is the part that says before and after. That is why I am writing this.

As I look back into my sobriety, I have found that the after was and still is at times the hardest to stay honest with and/or share with others. Oh what would they think if they knew I was still in need of support, love, and help? "Who cares to admit complete defeat? Practically no one." How much easier it was for me to admit I was a drunk. What was or is the hardest for me to do is admit complete defeat in those relations with family, friends, and foe alike. It gets in my way after all these years, yet not as bad as long ago. And then of course some people look up to me. My, oh my, what if they knew, I still have those struggles with relationships (ego)? I would then have to ask for help. That is hardest when I am all puffed out with my wellness. Even more so now.

I must never forget where I came from. For when I do, I

get into the mode of "I am better than you are." I know this, for it has happened to me off and on in my sobriety a few more times than I would like to admit. I usually know now when it is going on because I become focused on what others are doing or what page of the Big Book they should be on by proudly telling them so. Or what they should do or not do.

Oh yes, I can stand up and impress the best of you in AA with what I know about this program. I have read it all, and I speak it well. The question for me is this: How much of what I know or tell others to do, do I do myself? That for me is an honest question. If I could do all that I knew, I would be so well I would never ever have to come back to an AA meeting again. Nor would I have to continue on a daily basis to share the after in my life with those in AA and or my sponsors. You see, I still live in a world where life just shows up uninvited at times. Then I have to choose how I am going to act on it. Sometimes I just don't know what I am supposed to do. It is at these times that I struggle to ask for help.

I have found that the wisdom they talk about in the serenity prayer is not what I come to know. It is what I have experienced in my sobriety—both the negative and the positives. That is the wisdom I pass down to others today. Some experiences are very wonderful, some are not so wonderful. Yet I grow and mature a little more each time. My whole attitude and outlook upon life has changed many times in these many years. Because I have the experiences and found the wisdom for many NEW things in life.

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"There will always be someone in front of me to hang onto and someone behind me to hang onto."

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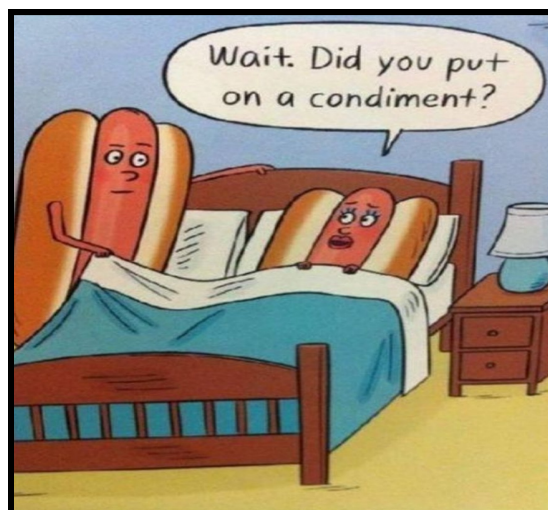
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PRAYING FOR SANITY

A bipolar alcoholic was able to use the Twelve Steps to stay on top of both his illnesses

The old joke is that alcoholics are just like other people, only more so. To me, bipolar alcoholics are just like other alcoholics, only more so, and if that sounds like a scary proposition, at times, it is.

But there is a solution. At least, there has been for me. And it lies not outside the Twelve Steps and Twelve Traditions of Alcoholics Anonymous, but in a deeper and more desperate plunge into them. As "we found the Great Reality deep down within us," we can find a miraculous path to emotional sobriety there, as well. This is what I've experienced.

The third time I entered AA, both my wrists were bandaged and I had emptied an entire medicine cabinet down my throat. As I awakened from this attempt, my weary wife informed me one of the bottles I tossed back was full of a really potent anti-diarrhea medication.

"Honey," she said, "you're still alive, but you'll never have a bowel movement again."

Caught completely off guard, I laughed at myself and for an instant the Juggernaut crushing me under its weight vanished. For the first time in years I experienced relief from the bondage of self that wasn't due to alcohol or drugs. It was a revelation.

With no hope of anything besides the dark path down which I was spiraling, suicide seemed logical. But that moment of lightness showed me there might be another way, and it would be tragic to destroy myself without ever experiencing it. From this faint ember, my desire to live flared up again, but I had no idea how. The only thing I knew to do was go back to AA, because the alcohol and drugs I used as medicine had definitely become poison, and I had nowhere else to go.

So I crossed the threshold of a halfway house freshly bandaged, physically and emotionally broken, and out of my mind. The first 28 days, I shook and sweated almost nonstop as I was coming off a number of things. The voices in my head were also loud and insistent, with several claiming to be God, but this wasn't a god who wanted me to live. This God wanted me insane, in hell and then dead. But beneath the damning chorus there was a small, thoroughly terrified voice repeatedly saying, "God help me, God help me."

I knew this time without a doubt I was a drunk, I was powerless over alcohol, I was going psychotically insane: the kind you never return from, and I was praying. I had entered what William James called the salvation of self-despair. I also knew from previous encounters with AA that half, three-quarters or even ninety-ninth percentile efforts were insufficient for me to remain sober. Where the program of Alcoholics Anonymous was concerned, I was either all in, or I was out of the game forever. So I surrendered my meager stack of chips to AA and turned up my hand.

I got a sponsor and started dragging him out of meetings to tell him the coffee had been poisoned, the people on my bus were conspiring against me, and--on one special night--that I might be the Second Coming. This last claim rocked him back a bit, but he resumed his normal post four inches from my face and said "Well, that's mighty interesting, but you can't possibly be the Second Coming, you have to be the Third, you know why?"

"No, why?"

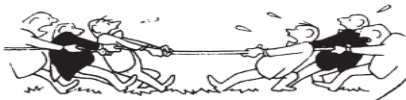
"Because I'm already here."

Then we had our pecking order straight: He was the Second Coming and I was the Third, so I should just mind. And I did. I also called him every day -- often many times --

(Continued on page 5)

The Sixth Tradition

An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.



We found that there are all kinds of goals, motives and ambitions...

...and the good name of A.A. could be smeared!



The “related facility” may be an outside group combating alcoholism—or an enterprise that A.A.’s want to start. It was the latter that most often confronted the young Fellowship. Outside agencies were pretty scarce in those days, and some members thought A.A. should cover the whole alcoholism field. Led by a “super-promoter” (as the “Twelve and Twelve” describes him), one group built an all-purpose center, including a section for drying-out treatment. Picture any group tackling such a project! Arguments over cost, architecture, staff, fees, medication, and rules might even make the local paper. (And pity the poor newcomer straying into the group—“We’ll get around to you in a minute.”)

Though that ambitious center failed, some individual members have since founded successful clubhouses, rest farms, halfway houses, etc. The enterprises are run by these A.A.’s and patronized by other members or prospective members. But money and property *are* involved. Therefore, it has proved wise to keep the operation of the facility completely separate from that of any A.A. group, and to keep “A.A.” or terms like “Twelfth Step” out of the name.

Toward outside agencies dealing with alcoholism, the A.A. policy is “cooperation but not affiliation.” A group cooperates, for example, by welcoming referrals from clinics or by sponsoring A.A. groups in institutions. But in one area, money for a rehab was solicited *at an A.A. meeting*—implying affiliation. In another, A.A. was listed among beneficiaries of a United Fund drive....



A.A. members employed by outside agencies “wear two hats”—but Tradition Six cautions any such members against wearing both at once! On the job, they may be alcoholism counselors; they are *not* “A.A. counselors.” At meetings they’re just A.A.’s, not alcoholism experts.

There are two major danger areas. But our course has been charted and the hazards clearly marked. If we steer clear of *them*, we should have smooth sailing...



AFFILIATION OF A.A. GROUPS WITH ANYTHING OUTSIDE A.A.

ANY ACTIVITY THAT WOULD HARM A.A. AS A WHOLE

What It's Like Now

(Continued from page 1)

"What it was like, what happened, and what it is like now." Those are the things that have gone into making the person I am today. Nothing has gone to waste in my life. Yet I still find myself stubborn at times.

Like every drink I ever took, I had to surrender that I was an alcoholic. Most of the things I had to learn about the wisdom in my life had to come from the mistakes as well as the successes. I am becoming the acceptable, responsible, whole person today because of those experiences and my Higher Power.

I can only speak for myself. In our area, we have a "20 year and over" dinner each year. I could not wait to hit my 20th year so I could be invited. I went once. I felt separated and isolated from the rest of the AA-ers in the fellowship. I didn't like the feelings I had. When it was my turn to speak, I said something like this: "You know we ought to have these every year and invite all the others in AA. We ought to share honestly the mistakes and the learning tools that took us all to get here to 20 years or more. I said that we ought to share all of our

"afters" that we went through to grow up and mature in AA. Thus we could serve a good purpose in letting others know they don't have to arrive and be perfect because none of us are yet.

All I know is today I still need that hope. Those experiences shared so I can still identify not just with the young but with the old too. I need to know that the old-timers have not-so-good and positive days like me. I need to know I am not on this journey all by myself.

I pled with all those with "time" to share the now, the after with us/me I need that from you as much as I needed what you gave me when I first came in.

Thank you all for one more day of hope, love and learning about life. Without AA I would be dead today. I would of never of gotten this far. I also know I could have never written this without AA teaching me the importance of honesty.

-- Ginger — Evansdale, Iowa

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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	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

(Continued from page 2)

because I was sick and insane with fear and I had to, and he never refused my calls. I know bipolar people are tough to sponsor. We can be very tough. But there are people in AA who will do it and do it well. Constant prayer and the grace of God brought me to one of them.

While my first sponsor taught me the absolute necessity of rigorous self-honesty, my second sponsor introduced me to the adventure of Step Eleven. If bipolar alcoholics are just like other alcoholics only more so, that means we must pursue the spirituality of this program with greater vigor than the majority of our recovering brethren if we're to survive, and the Eleventh Step ignites and nurtures my spirituality. I cannot scrimp on any of the Steps, for I'm very sick and must squeeze out as much medicine as possible from each of them, but I short-change or ignore Step Eleven to my particular peril, because one of its fruits is emotional stability, and without some emotional stability the rest of the program is beyond my grasp. This stability appears to be the singular gift of meditation, of improving my ability to listen to and directly experience my Higher Power.

At first, the loud voices made inner listening impossible. But once I'd made progress on the first Nine Steps, the chatter decreased to a level where listening was at least imaginable. So, how best to listen? I was taught to begin in meetings, to listen for different levels of the message. From there, meditation was "an individual adventure." I auditioned methods for contacting my Higher Power and selected the ones that worked for me.

For the next few years, I worked the program as hard as I could and by the grace of God didn't have to drink or drug. But I remained erratic and unstable in many areas of sober life. Romances and their inevitable breakup plummeted me into depressions from which it often took months to recover. Then a very promising relationship ended, and I fell down a dark well I could no more crawl out of than I could fly. Spurred by this disaster into serious reflection, I saw the depressions were progressing in spite of my growing experience with the program. If I failed to find a solution, they would eventually swamp my sobriety. So I sought professional help.

A friend recommended me to a psychiatrist who was more than 20 years sober in AA. After confirming a diagnosis of bipolar disorder, this doctor began medication treatments I followed the next six years. Although side effects and transitions between medications were often quite difficult, the medications were a godsend because they enabled me to work my program and work, things I would have been increasingly unable to do without them.

I developed a career pattern where I entered a job, did well, was promoted to a post of responsibility and then, one-to-

two years down the road, my mind would start malfunctioning and I'd resign from the position before I caused serious damage. Then I would do almost nothing for a few months until my ability to reason returned. This was an effect of accumulating stress, of taking on stress faster than I could successfully download it. Once my capacity for cumulative stress had been reached, I would begin to melt down mentally. And these meltdowns were, despite medication, becoming increasingly severe.

At this point, I could have applied for disability, but I was too prideful. And I could have tried working part-time and learning how to make ends meet, but I was too afraid. So I settled for the fanatic's response: if it's not working, don't change what you're doing, redouble your efforts. Consequently, my next full-time position had stress factors off the charts. I was all set to hit a full and complete bottom on bipolar disorder. My plane was flying into the side of a mountain and I was accelerating instead of taking evasive action.

I lasted seven months on that job. One day I phoned a friend who happened to be a psychiatric nurse and, apparently, I was so charming and intelligent she had to meet me right then at her hospital. So I walked off my job and onto a psych ward. My circuits were so fried I had no idea how sick I was. I remember putting my feet on the linoleum floor the next morning, and the surprise I felt when tears started streaming down my cheeks. That's how I went to therapy sessions those first days on the ward. The stress of being out of bed and moving was almost unbearable.

After two weeks of heavy medication, psychotherapy and fairly good behavior--AA taught me to make meetings and listen attentively--even when insane, I was released. But this time I was thoroughly disabled. Even the slightest stimulation, the slightest amount of stress, was devastating to me. I couldn't even apply for disability. I would bring up the website, stare at the instructions for a few minutes, and then crawl back to bed, utterly overwhelmed. No way could I appear at an office or endure a telephone interview.

Because of frequent periods of unemployment, I had learned to rat-hole money whenever possible. But the flimsy financial levee I'd constructed soon gave way, and I was awash in debt. A single credit card generated cash to pay my rent, food and a monthly minimum payment. However, the card's credit limit loomed and my financial doom seemed certain.

A story appeared in the papers of an actress who was found living and hiding in other people's backyards, even though she owned her own home. I knew exactly how that happened, for there were many days I remained in my

(Continued on page 10)

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 provided by District 31



SOBRIETY POEM

**I STAND BEFORE YOU ALIVE TODAY
BECAUSE I HUMBLY KNELT DOWN TO PRAY
YOU GOTTA HELP ME GOD HELP ME PLEASE
AND FREE ME FROM THIS DREADED DISEASE
LITTLE DID I KNOW HE WOULD BRING ME HERE
TO RELIEVE ME OF MY PAIN AND FEAR
NOT ONLY DID HE STOP THE DRINKING
BUT HE HELPED ME WITH MY STINKING THINKING
THE GOD OF MY UNDERSTANDING HAS GIVEN ME POWER
TO RESIST THE DRINK ANOTHER TWENTY FOUR HOURS
I HAVE THE TOOLS I NEED TO LIVE A BETTER LIFE
TO BE A BETTER MOTHER, FRIEND AND WIFE
YOU ASK ME HOW I DID IT AND TO THAT I WILL SAY
I HAVE A SPONSOR, I WORKED THE STEPS, AND I PRAY EVERYDAY
I SHARE AT MEETINGS AND I REACH OUT TO OTHERS
WHO I NOW CALL MY SISTERS AND BROTHERS
I AM HAPPY JOYOUS AND FREE TODAY
BY THE GRACE OF GOD AND THE PROGRAM OF A.A.**

Denise H. Nashville, TN—Seeking Sanity Group

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

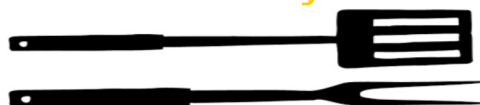
Bring your family, friends and a dish to share

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

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

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:

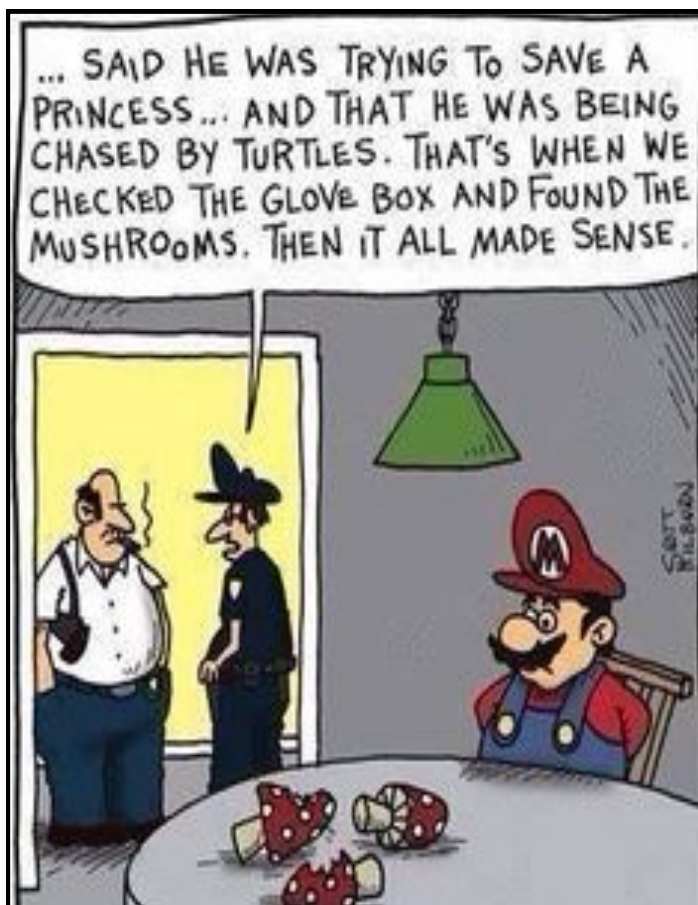
- Your family
- Your instrument



Food is provided!

**Questions:
Jen M - 615.881.9456
Jenmock2005@gmail.com**

MEETING CHANGES



NEW / MOVES / CHANGES / ADDITIONS / CANCELLATIONS

37013	Cancel	60 Minutes - Sun 5p OD
37013	Change	Higher Powered - Fri now 7:30p
37014	Cancel	Downtown Tirune Group
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	Cancel	Way out Group
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	Add	Sobriety First - Sun 3:30 CD/Lit
37087	Cancel	Sobriety First - Mon & Fri
37087	Change	New Day - All meetings now 6:30p - Add Thurs Meeting - No Meeting on Mon or Fri
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	WANGL - 6:30p Fri OD/OS Friendship House 202 23rd Ave 37203
37209	Cancel	Begin the Journey
37210	Add	WIRED Women in Recovery Every Day - 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
38401	New	Recovery First - Craft Memorial Meth CH 907 Hatcher Lane 11am - M & F OD, 11am W - OD/Lit
38562	Add	Friday Night Live - Sat 7pm CD

Concept VI On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

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

CONCEPT FIVE— FIND THE WORDS BELOW:

BEHALF	WHOLE	GENERAL	EXERCISED
SERVICE	CONFERENCE	PRINCIPAL	MEMBERS
RESPONSIBILITY	MAINTENANCE	WORLD	PRIMARILY
TRADITIONALLY	FINAL	DECISION	TRUSTEE
RESPECTING	MATTERS	POLICY	AMONG
FINANCE	THEMSELVES		

GROUP/MEETING	Dist	Apr	YTD
24 HOUR		200	200
ANONYMOUS	30	-	84
ANY LENGTHS	13		390
BACK TO THE BIG BOOK	12		92
BELLEVUE	35		100
BRENTWOOD FULL MOON	33		272
BY THE BOOK -DICKSON	15		97
CAME TO BELIEVE	33	100	358
COLUMBIA	40	20	83
COLUMBIA BASEMENT BUNCH	40	9	71
COMFORT ZONE	15		500
COOL SPRINGS NEWCOMERS	33		100
CROSSVILLE	9	100	100
CROSSVILLE NON-SMK STEP	9		10
DAVIDSON RD	30		1,200
DICKSON AA	15		480
DISTRICT 9	9		150
DOWNTOWN LUNCH BUNCH	32		240
DROP THE ROCK			50
DRUNKS IN THE PARK	33		320
E. NASHVILLE MEN'S STAG	34		500
EAST SIDE SATURDAY	31	378	779
EVERY WOMAN HAS A STORY	33		75
FAIRFIELD GLADE		156	156
FAIRVIEW	33		200
FAYETTEVILLE	40		20
FELLOWSHIP		150	150
FIRST THINGS FIRST	34		150
FIVE & FIVE	30		302
FRANKLIN	33		680
FRANKLIN MEN'S	33		125
FRANKLIN ROAD WOMEN'S	33		100
FREE TO BE	31	170	355
GOODLETTSVILLE		250	250
HAPPY HOUR - LEWISBURG	40		60
HARDING RD	30		200
HENDERSONVILLE BB	34		50
HIGH NOON		466	466
HOPE PARK AA LIT STUDY	30	30	89
JOELTON		50	50
KEEP IT SIMPLE BELLEVUE d35	33	116	291
KEY TO SOBRIETY	31		200
LADIES NIGHT OUT	34		25
LAFAYETTE NEW HOPE	13		50
LATE LUNCH BUNCH	33	500	900
LET IT HAPPEN	35		20
LINDEN	41		20
LIVE & LET LIVE	9		50

GROUP/MEETING	Dist	Apr	YTD
LIVING BY THE PRINT	32	100	200
LIVING THE PRINCIPLES	30		367
LIVINGSTON	9	25	50
MADISON STREET			100
MIDDAY BREAK	32		254
MT. JULIET FELLOWSHIP	31		100
MURFREESBORO	12	15	60
MUSIC ROW	30		45
MUSTARD SEED	32		200
NEW BEGINNINGS WOMEN	32		160
NEW BEGINNINGS	12	25	75
NEW LIFE H-VILLE	34		118
NORTHSIDE , CLARKSVILLE	14	50	100
ONE DAY AT A TIME	31		550
ONE STEP CLOSER	33		102
OUT TO BREAKFAST	30		145
PORTLAND UNITY	13		60
PRIMARY PURPOSE	34		87
PRIMETIMERS	33		100
PULASKI	40	5	20
REBOS		387	387
RECOVERY ROAD	34		38
ROAD OF HAPPY DESTINY		30	30
RUTS	40		250
SAFE HARBOR	14		50
SANGO	14		40
SATURDAY NIGHT ALIVE	11	10	40
SEARCHERS - HUNT CLUB	13		650
SEEKING SANITY	31	432	652
SERENITY (12)	12	25	100
SMITH COUNTY FRIENDSHIP	13		200
SMYRNA GRATITUDE	12	505	2,123
TCYPAA			865
THE HUT	14		50
THE STRAGGLERS	33		140
THE UNITED	13		300
TRUDGING THE ROAD	33		120
TURNING POINT	33		200
WANGL	30		125
WEST NASHVILLE	35		16
WHITE HOUSE	34		80
WINNERS & BEGINNERS	35		538
WINNERS	41		25
WOMEN IN THE SOLUTION	11	50	100
WOMEN'S OPEN DOOR	30		186
WOMENS FREEDOM	30		550
WOMENS WAY	33		100
WOODBINE	32		20
Grand total:		4,354	21,877

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

	April 2017			YTD 2017		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	2,464.11	2,925.17	(461.06)	12,176.67	11,700.67	476.00
Group Donations	5,498.14	5,553.17	(55.03)	23,449.98	22,212.68	1,237.30
Individual Donations	157.18	308.33	(151.15)	892.86	1,233.32	(340.46)
Messenger Donations	54.00	9.25	44.75	81.00	37.00	44.00
Website Donations	82.53	-	82.53	414.45	-	414.45
Special Events	-	625.00	(625.00)	-	2,500.00	(2,500.00)
Interest	3.65	3.08	0.57	13.81	12.33	1.48
Total Income	8,259.61	9,424.00	(1,164.39)	37,028.77	37,696.00	(667.23)
Expenses						
Casual Labor	200.00	200.00	-	800.00	800.00	-
Payroll	4,775.84	5,080.08	(304.24)	20,928.18	20,320.33	607.85
Sales Tax Expense	-	-	-	1.61	-	1.61
Legal & Professional	350.00	350.00	-	1,400.00	1,400.00	-
Sales Tax Expense	-	-	-	-	-	-
Rent	996.00	1,006.00	(10.00)	3,979.50	4,024.00	(44.50)
Printing	-	50.00	(50.00)	62.00	200.00	(138.00)
Payroll Taxes	458.48	388.58	69.90	1,541.96	1,554.33	(12.37)
Repairs & Maintenance	-	33.33	(33.33)	-	133.33	(133.33)
Equipment Rental	284.50	116.67	167.83	723.49	466.67	256.82
Telephone & Fax	400.09	474.33	(74.24)	1,714.48	1,897.33	(182.85)
Answering Service	200.00	250.00	(50.00)	836.00	1,000.00	(164.00)
Postage	(134.49)	191.67	(326.16)	377.38	766.67	(389.29)
Office Supplies	166.80	183.33	(16.53)	623.93	733.33	(109.40)
Computer & Technology	657.61	125.00	532.61	1,691.32	500.00	1,191.32
Intergroup Expense	-	100.00	(100.00)	151.77	400.00	(248.23)
Insurance	-	200.00	(200.00)	1,244.00	800.00	444.00
Special Events	-	291.67	(291.67)	-	1,166.67	(1,166.67)
Travel	247.03	375.00	(127.97)	247.03	1,500.00	(1,252.97)
Depreciation	7.92	8.33	(0.41)	31.68	33.33	(1.65)
Miscellaneous	(126.79)	-	(126.79)	(126.79)	-	(126.79)
Total Expenses	8,482.99	9,424.00	(941.01)	36,227.54	37,696.00	(1,468.46)
Net Income	(223.38)	0.00	(223.38)	801.23	0.00	801.23

PRAYING FOR SANITY

(Continued from page 5)

apartment because if I stepped outside, I might not be able to find my way back. Then I would be on the streets, lost and sober even before the money ran out.

I began to pray and meditate unceasingly. Not since the earliest days of sobriety had I practiced Step Eleven with such intensity, and back then I was incapable of meditation. But I wasn't incapable of it now. Now it was only a matter of willingness, patience and labor and I certainly had the time.

After a fair amount of this labor, a miracle began to happen. Despite dire circumstances, I began to feel peace and an assurance that everything was not only going to be all right, it already was. And although some time passed before my situation changed, these feelings of well being grew until they were better than anything I had ever experienced.

It's been seven years since I've slept on a psych ward. I'm

sober and clean. I'm self-supporting and debt-free, even though I only work part-time. I eat healthy, exercise, practice yoga and meditate - a lot. I'm a contributing member of AA and continue to practice the Steps and Traditions. Where bipolar disorder is concerned, I remain a vigilant and willing student. I watch my cumulative stress levels like a hawk, and when my body and brain say to stop, I've learned to obey them. Once I fully accepted the limitations bipolar disorder entails, I began to learn a way of life that works for me. This process continues, and it's a fascinating adventure.

Above all, I have a reliable method for consciously contacting my Higher Power, and I continually seek to improve my practice of it. The emotional stability, sure power and safe guidance that flow from conscious contact are essential to my life as a sober, bipolar alcoholic.

Anonymous

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EASY DOES IT

Lynn M	06.09.90
Susie	06.07.89
Zack J	06.08.15

FELLOWSHIP

Ann C	06.07.86
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KEEP IT SIMPLE

Amanda P	05.06.12
Amy M	05.03.13
Brett G	05.28.94
Chad C	05.22.12
Dave H	05.23.09
Ed D	05.24.09
Jack T	05.23.16
Jerry C	05.22.14
Jim A	05.07.12
John B	05.25.12
Karen P	05.02.92
Kirk J	05.03.09
Matt S	05.24.12
Sean G	05.01.14
Shirley F	05.31.11
Tom W	05.31.14

KEEP IT SIMPLE

Daniel O	06.01.86
Jake H	06.01.92
Kristen M	06.15.12
Kristyn H	06.17.11
Liz H	06.08.01
Liz W	06.10.13
Pat S	06.04.82

LOVE & LAUGHTER

Barry S	06.03.66
Butch Q	06.03.83
Gary P	06.01.89

NEW DAY

Jahne Z	06.16.10
Russel D	06.28.00

PRIMARY PURPOSE

Ricky C	06.23.13
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SHADE TREE

Al C.	06.25.86
Angel R.	06.21.13
Angie P.	06.20.09
Caroline W.	06.28.99
Clorinda S.	06.14.80
George W.	06.14.13
Karen V.	06.14.14
Kelly R.	06.01.15
Kurt S.	06.06.04
Laura D.	06.02.07
Linda E.R.	06.25.86
Lyly B.	06.01.12
Mary T.	06.09.15
Sharon C.	06.03.87
Sherry W.	06.10.06

SEEKING SANITY

Alason	06.20.11
Betty S	06.20.07
Clorinda S	06.14.80
Dave H	06.30.14
Gary C	06.20.07
Jeff B	06.27.13
John W	06.11.08
Kelly R	06.01.15
Kirsten K	06.17.15
Lisa W	06.04.89
Lynn M	06.08.06
Tony B	06.08.94

SMYRNA GRATITUDE

Brian E	06.05.14
Charlotte W	06.08.91
Dawn L	06.28.08
Jack H	06.14.91
Jerry G	06.01.12
Kristi S	06.21.09
Marilyn S	06.27.03
Mark H	06.12.87
Melissa C	06.17.13
Michael M	06.03.96
Nathan S	06.04.09
Shannon S.B	06.24.10

WEEKENDERS

Christy L	06.23.15
Harry S	06.25.14
Jay R	06.24.13
Laura B	06.21.15
Mike L	06.29.13

WOMEN IN THE SOLUTION

Courtney P	06.17.16
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WOMENS SPEAKER

Jennifer S	06.25.11
Jennifer W	06.26.12

YET

Sue P	06.27.94
--------------	-----------------



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