

The **MESSENGER**

Middle Tennessee Central Office Intergroup

\$ 1.00

BRIDGING THE GAP

**JULY / AUGUST
2017**

FLEXIBLE & REWARDING SERVICE OPPORTUNITY

"The more I give it away...  ...the more I receive"

Bridging the Gap is a service program which provides AA members who serve as **Temporary Contacts (Bridgers)** to assist individuals "bridge the gap" from treatment facility to AA groups in the local community. The most important aspect of the BTG program is to provide patients an opportunity for success in their desire to stay sober and join the AA fellowship.

AA committees provide BTG information to local treatment program personnel on behalf of patients who indicate a desire to participate in the program following their release from treatment. In Williamson County, we also distribute BTG information directly to potential clients, who may then initiate contact.

The flexibility of this service opportunity allows **AA members** to volunteer according to preferred availability, territory and facilities. The BTG Coordinator notifies Bridgers of potential assignments, always same sex, and provides training and continued support for Bridger volunteers.

WHAT DO BRIDGERS DO?

- ✓ Make direct contact with assignee by phone or personal visit before release from treatment and establish a relaxed relationship, answer questions and help calm fears. You may be the first AA contact the newcomer meets; be friendly, understanding and supportive.
- ✓ On the day of the assignee's release from treatment, make every effort to accompany newcomer (provide ride or meet at location) to at least one AA meeting and provide "what to expect at AA" information.
- ✓ For at least two weeks, accompany the newcomer to a **variety** of AA meetings and make introductions to members with similar backgrounds or interests. Determine the number of meetings to attend together based upon your judgement of the newcomer's recovery status. Please be on time for all appointments. Following initial meetings, avoid serving as a routine taxi service.
- ✓ Focus on sharing the AA experience of staying away from one drink, one day at a time, through the program of Alcoholics Anonymous. Answer questions regarding the AA program of recovery and way of life. Keep conversation related to AA matters; avoid advice related to medical/psychological diagnosis, medication, treatment or confinement, etc.
- ✓ Familiarize the newcomers with AA materials, books, pamphlets, and meeting schedules.
- ✓ Explain sponsorship to the newcomer, emphasizing the importance of obtaining a sponsor without delay. Sponsorship information is available in the "Questions and Answers on Sponsorship" pamphlet.
- ✓ Provide a calming presence and a sense of hope, increasing a better chance for success in this all important aspect of recovery.

Contents

On the Cover	
BRIDING THE GAP	
REPITITIOUS PRAYER	Page 2
CORRECTIONS	
CONFERENCE	Page 4
INTEROFFICE /	
CENTRAL OFFICE INFO	Page 4
EVENTS	
	Page 6

MEETING CHANGES

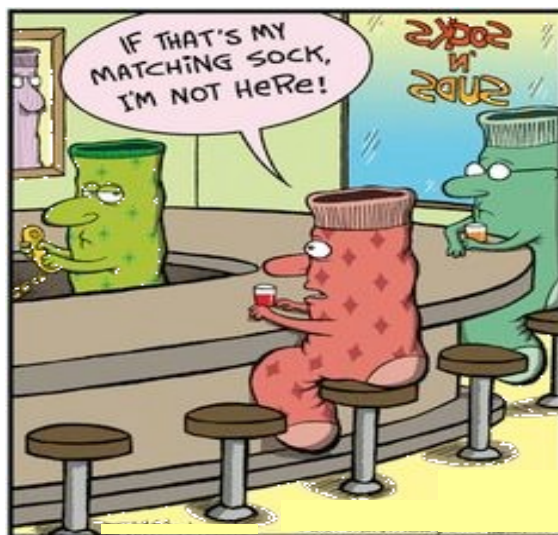
Page 7

SPIRIT OF THE	
UNIVERSE	Page 8

FINANCIALS	Page 9
------------	--------

CONTRIBUTIONS	Page 10 & 11
---------------	--------------

BIRTHDAYS	Page 12 & 13
-----------	--------------



Repetitious Prayer

Have you ever felt yourself thinking to God, “I bet you’re tired of hearing this same old line? Are ya sick of this repeated prayer?”

Thoughts like these trouble me at times and are probably why I struggle sometimes with capturing spirituality. I call it *capturing*, but I know it’s a given entity. Simply believing is sometimes not enough for many, me included. That’s why continuous prayer is so necessary. Through prayer, we stay connected to our God, even via simple and daily contacts. That spirituality is such a gift. You can’t just reach out and grasp God without many hours of thought and prayer ... and honest attempts to connect.

And quite frankly, I’m not worthy of giving any sort of advice on how to achieve it because it will take me the rest of my life to try to understand it—if I’m lucky. But the one thing I’ve found is that it takes a sincere asking of the God “*as you’ve come to understand him*” to gain a twinkle of thought in your mind that stirs as an answer ... or a foggy inquisitive dream-like idea. Ever feel that? You know, that certain moment when you think, “I got it!!! What if?”

I’ve often thought of these spiritual times as a moment of inspiration of my own creation. “IT DAWNED ON ME”. Sometimes I thought it was just how brilliant I was. *How ridiculous!* But it didn’t take me long to remember the old saying, “*You know the difference between me and God? Well, God never thinks he’s me.*” J I’m pretty certain **ME** didn’t dawn on me.

So, the many great and powerful things (good and bad) that have happened to me in my life weren’t just me. I get that, and I understand that part big-time. He’s in charge. But some days I still ask God, “Are ya sure?”

Silly, huh?

Those day’s I don’t hear back from Him. Those days he just lets me crash myself and wait to see if I’ll come to my senses and come back again to my maker. Dang it! I hate those days! You know ... when I’m wrong.

But, there have been a few **precious** times when I have gotten inspired during a really meaningful prayer. As many of us know, those often come at times of need. Those times when you are really down and out ... well ... we usually get “right” with God (we hope and pray). It’s when we really get questioned, hurt, or just plain confused about life. Angry. Throwin’ stuff. Why this? Why that? Death, despair, or when we just can’t say no **OR** yes when we should.

For me, it usually takes a full, knock-down, drag-out mess in my head to force me to ask God for guidance. That sounds ridiculous, but it’s true on my behalf. After all, Shoot! I know what I need, right?!?!

Nope. I obviously don’t.

I’ve come to realize it. I’m sure God knew all about it, but it’s taken me a long stinkin’ time to come about realizing it. So, I’d just like to share with you one little story of mine about a simple prayer I offered to my God that seemed to measure a very large amount in my head. It was sort of a dream-like thing in my mind during a not-so-common prayer. It shook me, somehow.

Have you ever thought about dream-ish things in prayer? Did something ever interrupt during a thought, even when you were trying hard to meditate? It happened to me in one special prayer where I was telling God how I’d lost him that day. I’d lost track. To me, my prayers now seemed lackluster toward Him, now that I had no real current pressing problem (I sometimes think I don’t

(Continued on page 5)



Remember!

We all remember our first few AA meetings which may have included feelings of fear, uncertainty, procrastination, anxiety, self-pity, judgment, etc. In addition, questions of what do, the aspect of religion and personal expectations of the AA program may have been a concern. Think about how you would have felt if a member of AA would have walked you through those first few meetings -- someone who had the same doubts when starting, but ultimately found the program the lifeblood of recovery. Think of the percent of newcomers who would "keep coming back" if only they had an "AA Brother/Sister" BRIDGER providing support.

BRIDGING THE GAP

- **PROVIDES BASIC EDUCATION IN WHAT TO EXPECT FROM AN AA MEETING**
- Does Not try to control its members
- Does Not provide domestic or vocational counseling
- Does Not make medical or psychological diagnosis or prognosis
- Does Not provide letters of reference to parole boards, lawyers, court officials
- Does Not accept money for services or any contributions from non AA sources
- Does Not provide housing, food, clothing, jobs, money, or welfare/social services
- Does Not provide rehab/nursing/medical services, drugs, or psychiatric treatment

To learn more about becoming a BTG Bridger, send name, address, email & phone # to:
Williamson Co. GAP Coordinator, Coach Tom

Email: coachtom4gap@yahoo.com **Phone 918-633-3536**

I am privileged to serve others as they take the next step in recovery following their release from detox, hospital, jail or treatment facility. Thank you for considering this important service option; it will return back to you far more than you give.

Coach Tom ~ BRIDGING THE GAP Coordinator, Williamson Co.

**CHARLES AT THE CENTRAL OFFICE IS ALSO AVAILABLE TO ANSWER ANY QUESTIONS YOU MAY HAVE
ON BRIDGING THE GAP—PLEASE FEEL FREE TO REACH HIM AT 615.832.1136**

FIRST NATIONAL CORRECTIONS CONFERENCE

During the weekend of November 10-12, the St. Louis area hosts the very first National Corrections Conference which will see participants from all over Canada and the United States who are interested in carrying the message behind the walls. The various panels and speakers will share on all aspects of this invigorating vein of service.

Attendees will include not just those who are carrying the message into a wide range of facilities – prisons, local jails and probation/parole offices – but also many whose journey into long-term sobriety began at such facilities while incarcerated. Their recovery was made possible by outside volunteers who undertook the sometimes frustrating process of getting approved to carry the message to our fellow sufferers inside.

“With people coming from as far away as Alaska and New Brunswick, we should be able to compare notes with each other with an eye towards enhancing our own programs”, says Program Chair Bob L.

Additionally, professionals from the judiciary, prison management and probation/parole departments will be

sharing on how they value AA as a part of their programs. This is not just open to those already performing such service but to anyone who might be in the least bit interested.

Middle Tennessee will be well represented. At least two panel members and Hendersonville’s Matt C., who has been given the keynote speaker slot following the dinner Saturday night, will be in attendance. There would be more attending from Area 64 if not for the conference falling on the same weekend as the 4th quarter voting assembly.

Registration and hotel reservations can be made at www.NationalCorrectionsConference.org.

Further info can be obtained from:

John S. Event Chair 314-413-5939

Jeff H. P.I. Chair 978-902-2680

Charlie B. MTCO Intergroup Corrections Chair
615-554-9085

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	Al C	615.587.1616
Accessibility Committee		
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 Oct 23rd
5:45pm – 6:45pm
Where: Central Office
417 Welshwood

FIRST TUESDAY OF EVERY MONTH:

District 32 Meeting
When: 6:30pm
Where: Last Stop Club
2122 Utopia

SECOND SATURDAY OF EVERY MONTH

District 34 Meeting
When: 10am
Where: 200 E. Cedar St
Goodlettsville

(Continued from page 2)

have pressing problems... ha, ha!). I remember telling him in prayer, "God, this is the Serenity Prayer. You hear this a billion times a day. Sorry, but here it is." I actually apologized for my upcoming prayer!

Nobody said I was a genius, well, 'cept me in my worst moments. J

I truly worried about the boredom of God. I did. I still do, to some extent. He's got the weight of the world on His shoulders to think about, and it seems to me that one more same-ol', same-ol' prayer might be a drag for him. I gotta think He's so tired of hearing "Hallowed be Thy name!". And what about, "Now I lay me down to sleep"?

I honestly felt that my prayers that day were mundane. The Serenity Prayer? Gosh, even I'm bored with it. But, I do still feel a little tingle in it. It's still there, but it seems so bland in the thousands and thousands of repetitions it receives by the hour by people across the globe.

This has been one of my downfalls in spiritual search. After countless puny prayers, which I know now are still necessary, I feel that the numbers of *any* prayer count. In one of my more spiritual moments, I gave up on trying not to bore God with my simplistic daily little nothingness prayers, and I told Him about my reason for quitting this bland sort of praying. I gave up pomp and circumstance and asked him his thoughts. I talked in my gender, in my ruffian tone, tender as my crude self could chump it up.

"God, I can't imagine how awful it must be to hear that constant chatter of blah-blah-blah. It's always the same thing. There are billions and quadrillions of them! Some are "*I wants*" and some are the quintazillions of the same thing of "Now I lay me down to sleep".

"How can you possibly hear the 'Lord's Prayer' again?"

What I received was a visual, even as I talked out loud to my God. I really did see this in my prayer. I had to pause mid-prayer and take it all in. This visual helps me and perhaps it could also paint a picture in your mind to help when you think negative thoughts about the simple prayers. It's an interesting prospective for those of us that think too much about what God is thinking. By now, I should know that what God thinks is Over My Head.

I've always pictured my prayers shooting up to the sky, and I hoped God would catch them. I always wondered how and if he actually did. How could he catch so many? I've thought about this for a very long time. Were all my bland accounts of remembered prayers an

annoying blaze' to Him? But some of it came to me via this prayer/dream I just mentioned. I'll give you the visual placed in my head that seemed to come out of the blue. I never-ever thought about it this way. Just—boom—into my head it came.

I doubt if it was one of my brilliant moments. J I think it was a much-needed sign for me from God. This mental picture came to me like it was my own idea, but I swear I don't think it was mine. I won't take credit. God might not either, but this is the best visual painting I can give via written or spoken word. It took about three seconds for me to "catch" this visual, and it sank in as if it had always been there. That's why I think it was my God that spoke to me.

When I asked about the Redundant Prayer, I saw this picture in my head:

I saw a beautiful and vast lake stretching way into the horizon. It was a pretty site. It was a desert lake, much like Tahoe, where the tall and scorched mountains loomed above gorgeous clear water. It was the Utopia of the dusty and parched mountainside terrain. Above this body of water was a brilliant sky with some patches of rainy clouds. Light rain fell onto the lake surface amid patches of sunshine and foggy rain clouds. The sky was full of energy of all types of weather.

I then thought about the picture. Maybe God doesn't "catch" certain prayers that are thrown to Him and toss them back somehow. Perhaps the tiniest of prayers fall into his enormous pool like precious drops of rain? Maybe no matter how small and redundant a prayer is, each one does its part to fill the reservoir to be used in the grand flow of answered prayers?

Perhaps if I do not do my part in filling the lake, then I'm not gaining any benefit from its flow? The ebb of Heaven's pool needs our prayers, no matter how small, to keep the harmonious balance of its whole. The mountains and streams of the "big picture" are nurtured by drops of prayer of all sizes.

So, even though I'll still offer some intimate prayers now and then, I'm going to do better to balance the scales up yonder and create a more constant flow of the ever-necessary redundant prayers instead of worrying about the repetition or redundancy of what I offer God. And maybe when "*I lay me down to sleep*", I will have gained "*the wisdom to know the difference*".

Reprinted with permission:

Darren Shell



Remind you of anyone?

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



AUGUST 26TH DISTRICT 34 ANNUAL PICNIC

Moss-Wright Park
745 Caldwell Drive
Goodlettsville, TN Shelter 3
11:00 - 3:00pm



For more information, please contact:
Barry G. at (615) 438-5221
Heather H. at (615) 804-7933

Middle Tennessee Grapevine Drive
Bring your old Grapevines for the District to distribute

BRING THE FAMILY
AND A SIDE DISH OR
DESSERT TO SHARE

MEAT AND DRINKS
PROVIDED BY THE
DISTRICT

CAKE WALK, SILENT
AUCTION, GAMES
AND MORE!

GUEST SPEAKER:
TONY S.
AREA 64
DELEGATE

COME OUT AND
SUPPORT YOUR
DISTRICT!

A DECLARATION OF UNITY

This we owe to A.A.'s future:
To place our common
welfare first;
To keep our Fellowship
united.
For on A.A. unity depends
our lives,
And the lives of those to
come.



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
37064	Move	Celebrate Serenity 4th Ave Ch of Christ 117 4th Ave N.
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.
37074	New	Cumberland Unity First Baptist 773 E McMurry Blvd 8p Thu OD
37076	Move	SSS Group now at Hermitage United Meth Ch 205 Belinda Dr.
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
37087	Add	Any Lengths Fri 10p OD
37096	Change	Linden Group - Fri is CD/Lit - Cancel Tues
37110	Change	Bar None now 7p Monday delete Sat meeting
37127	Cancel	Back to the Big Book Wed 7p
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 (this one replaces at 11a

NEW / MOVES / CHANGES / ADDITIONS / CANCELLATIONS		
37172	Cancel	Robertson Cnty - Wed Noon Wmn - Sun 7p
37174	Change	RUTS - 1pm now Noon
37174	Add	Spring Hill Group - Thurs 8p OD/Lit
37174	Cancel	Spring Hill Primetime SH meeting
37179	Change	RUSSH - 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
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
37211	New	Utopia Fellowship - Last Stop Club 2122 Utopia Wed Noon OD
37212	New	Recovery on the Row - 1619 17th Ave Wed 6pm OD (20 min Speaker then OD)
37216	Cancel	New Beginnings
37216	Change	P.O.P - Tues & Fri now 7pm
37216	New	New Beginnings Inglewood United Meth Ch 3511 Gallatin Pike Thu 7p OD/Lit
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

The Spirit of the Universe

The God Idea Works

In the meetings that I attend on a regular basis the topic of God comes up quite often and that's not surprising since there is such an emphasis on trusting in some form of a higher power in order to stay sober. Alcoholics who continue to show up at the doors of A.A. all come from differing cultures and it is a blessing that the founders of A.A. when forming the structure of the steps and traditions, had the insight to insure that no alcoholic was left out, regardless of where they stood on this topic. The question of whom or what God is may never be answered to everyone's satisfaction lest A.A. could be turned into a religious organization and the Oxford Group proved that it doesn't work. In A.A. we have members from many different religions with different versions of what God means to their members. We have Buddhism which doesn't worship any form of a God. We have athelsts that get sober in, A.A. and do just fine as long as they have a conscience and live by good moral standards.

On page 52 in the Big Book it says "When we saw others solve their problems by a simple reliance on the

spirit of the universe, we had to stop doubting the power of God. Our ideas did not work. But the God idea did." When I first read this line it made me ponder. Is the Spirit of the universe God, or is God the spirit of the universe? Considering the fact I have never seen God in person (that I know of) It occurred to me that God resides in the Spiritual Realm. Most of my life troubles stem from my instincts gone astray and they are spiritual in nature. Fear, guilt, shame, dishonesty and above all, pride and selfishness all reside within my spiritual makeup. As the result, I cheat, steal and lie. As I progressed through the steps I was introduced to several prayers to help me to weather the storms that I faced as I took responsibility for my past failings and they helped me to get right with myself and the people I had harmed in the days when I had no scruples. Things changed dramatically for me when I addressed step nine with the faith that I acquired in the program up to that point. When I reached step eleven the word "ONLY" threw me a curve ball. It tells me that I should ONLY pray for knowledge and strength. I read that to mean, *God show me what to do and please give me the strength to do it.* I don't know if anybody hears my prayers, *but I hear my prayers and the right answers seem to come to me in time.*

Well meaning people sometimes talk about praying for people to get well from a somewhat hopeless physical illness and I have to question the "ONLY" Clause in step eleven. The conclusion comes to me that if praying for that to happen and it worked, the hospitals would be full of sinners and the people we pray for would be healthy and happy. I don't see any evidence that God works at that level. When someone I know is in a grave condition I ask for guidance and it usually ends up with me being quietly realistic and giving my best support to the family members around that person. I have heard of miracles happening in some cases but I have seen just as many or more tragedies.

We take the best that religion has to offer; as we do with all respected philosophies and hopefully we become better human beings and deep down inside every human being is the fundamental idea of God. We all have a consciences and an EGO. As my friend once said, *"you don't have to understand thermodynamics to enjoy the warmth of the sun"*. I say "don't let anything block you from the sunlight of the spirit".

By Rick R.

Verde Valley Buzz

Official Newsletter of the Central Mountain Intergroup
Serving the entire Verde Valley and Northern Arizona

Middle Tennessee Intergroup Association
Statement of Activities - Actual and Budgeted - Schedule 1
For the Six Months and Year Ended June 30, 2017

	June 2017			YTD 2017		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	3,845.06	2,925.17	919.89	18,628.35	17,551.02	1,077.33
Group Donations	3,649.89	5,553.17	(1,903.28)	33,025.84	33,319.02	(293.18)
Individual Donations	270.95	308.33	(37.38)	1,452.40	1,849.98	(397.58)
Messenger Donations	-	9.25	(9.25)	93.00	55.50	37.50
Website Donations	389.70	-	389.70	804.15	-	804.15
Special Events	-	625.00	(625.00)	-	3,750.00	(3,750.00)
Interest	3.31	3.08	0.23	20.54	18.50	2.04
Total Income	8,158.91	9,424.00	(1,265.09)	54,024.28	56,544.02	(2,519.74)
Expenses						
Casual Labor	200.00	200.00	-	1,200.00	1,200.00	-
Payroll	4,775.84	5,080.08	(304.24)	28,654.44	30,480.50	(1,826.06)
Sales Tax Expense	-	-	-	-	-	-
Legal & Professional	350.00	350.00	-	2,100.00	2,100.00	-
Sales Tax Expense	-	-	-	1.61	-	1.61
Rent	996.00	1,006.00	(10.00)	6,021.50	6,036.00	(14.50)
Printing	-	50.00	(50.00)	62.00	300.00	(238.00)
Payroll Taxes	365.90	388.58	(22.68)	2,283.62	2,331.50	(47.88)
Repairs & Maintenance	-	33.33	(33.33)	-	200.00	(200.00)
Equipment Rental	49.99	116.67	(66.68)	823.47	700.00	123.47
Telephone & Fax	401.44	474.33	(72.89)	2,516.92	2,846.00	(329.08)
Answering Service	200.00	250.00	(50.00)	1,236.00	1,500.00	(264.00)
Postage	137.95	191.67	(53.72)	628.12	1,150.00	(521.88)
Office Supplies	408.40	183.33	225.07	1,096.64	1,100.00	(3.36)
Computer & Technology	43.65	125.00	(81.35)	1,876.93	750.00	1,126.93
Intergroup Expense	130.00	100.00	30.00	411.77	600.00	(188.23)
Insurance	-	200.00	(200.00)	1,244.00	1,200.00	44.00
Special Events	-	291.67	(291.67)	-	1,750.00	(1,750.00)
Travel	-	375.00	(375.00)	247.02	2,250.00	(2,002.98)
Depreciation	7.92	8.33	(0.41)	47.52	50.00	(2.48)
Over/Under	-	-	-	(126.79)	-	(126.79)
Total Expenses	8,067.09	9,424.00	(1,356.91)	50,324.77	56,544.00	(6,219.23)
Net Income	91.82	0.00	91.82	3,699.51	0.02	3,699.49

GROUP/MEETING	Dist	May	YTD
21st AVENUE		150	150
24 HOUR			200
ANONYMOUS	30	18	102
ANY LENGTHS	13		390
BACK TO THE BIG BOOK	12		92
BACKROOM		2,579	2,579
BASEMENT BUNCH		39	39
BELLEVUE	35		100
BRENTWOOD FULL MOON	33		272
BY THE BOOK -DICKSON	15		97
CAME TO BELIEVE	33		358
COLUMBIA	40	20	103
COLUMBIA BASEMENT BUNCH	40		71
COMFORT ZONE	15		500
COOL SPRINGS NEWCOMERS	33		100
CROSSVILLE	9		100
CROSSVILLE NON-SMK STEP	9		10
DAVIDSON RD	30	500	1,700
DICKSON AA	15		480
DISTRICT 9	9		150
DOWNTOWN LUNCH BUNCH	32	68	308
DROP THE ROCK			50
DRUNKS IN THE PARK	33		320
E. NASHVILLE MEN'S STAG	34	319	819
EAST SIDE SATURDAY	31		779
EVERY WOMAN HAS A STORY	33	67	142
FAIRFIELD GLADE			156
FAIRVIEW	33		200
FAYETTEVILLE	40		20
FELLOWSHIP			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		355
FREEDOM FROM BONDAGE		10	10
FRIDAY NIGHT PRIMETIME		25	25
GALLATIN AA		50	50
GOODLETTSVILLE			250
HAPPY HOUR - LEWISBURG	40		60
HARDING RD	30		200
HENDERSONVILLE BB	34		50
HIGH NOON			466
HOPE PARK AA LIT STUDY	30		89
ICYPAA		120	120
JOELTON			50
KEEP IT SIMPLE BELLEVUE	33		291
KEY TO SOBRIETY	31		200
LADIES NIGHT OUT	34		25
LAFAYETTE NEW HOPE	13		50
LATE LUNCH BUNCH	33		900
LET IT HAPPEN	35	87	107

GROUP/MEETING	Dist	May	YTD
LINDEN	41		20
LIVE & LET LIVE	9	25	75
LIVING BY THE PRINT	32		200
LIVING THE PRINCIPLES	30		367
LIVINGSTON	9		50
MADISON STREET			100
MIDDAY BREAK	32		254
MT. JULIET FELLOWSHIP	31		100
MURFREESBORO	12	15	75
MUSIC ROW	30	35	80
MUSTARD SEED	32		200
NASHVILLE N.O.W.		390	390
NEW BEGINNINGS WOMEN	32		160
NEW BEGINNINGS	12	50	125
NEW LIFE H-VILLE	34	184	302
NORTHSIDE , CLARKSVILLE	14		100
ONE DAY AT A TIME	31		550
ONE STEP CLOSER	33		102
OUT TO BREAKFAST	30	122	267
PORTLAND UNITY	13		60
PRIMARY PURPOSE	34		87
PRIMETIMERS	33		100
PULASKI	40	10	30
REBOS			387
RECOVERY ROAD	34		38
ROAD OF HAPPY DESTINY			30
RUTS	40	250	500
SAFE HARBOR	14		50
SANGO	14		40
SATURDAY NIGHT ALIVE	11	10	50
SEARCHERS - HUNT CLUB	13		650
SEEKING SANITY	31		652
SERENITY (12)	12		100
SMITH COUNTY FRIENDSHIP	13		200
SMYRNA GRATITUDE	12	517	2,640
TCYPAA			865
THE HUT	14		50
THE STRAGGLERS	33		140
THE UNITED	13		300
TRINITY		50	50
TRUDGING THE ROAD	33	63	183
TURNING POINT	33		200
WANGL	30		125
WEST NASHVILLE	35	41	57
WHITE HOUSE	34		80
WINNERS & BEGINNERS	35		538
WINNERS	41		25
WOMEN IN THE SOLUTION	11		100
WOMEN'S OPEN DOOR	30		186
WOMENS FREEDOM	30		550
WOMENS WAY	33		100
WOODBINE	32		20
Grand total:		5,814	27,541

GROUP/MEETING	Dist	June	YTD
21st AVENUE			150
24 HOUR			200
ANONYMOUS	30	41	143
ANY LENGTHS	13	180	570
BACK TO THE BIG BOOK	12	40	132
BACKROOM		684	3,263
BASEMENT BUNCH		15	55
BELLEVUE	35		100
BRENTWOOD FULL MOON	33		272
BY THE BOOK -DICKSON	15	120	217
CAME TO BELIEVE	33		358
COLUMBIA	40		103
COLUMBIA BASEMENT BUNCH	40		71
COMFORT ZONE	15		500
COOL SPRINGS NEWCOMERS	33		100
CROSSVILLE	9		100
CROSSVILLE NON-SMK STEP	9		10
DAVIDSON RD	30	500	2,200
DICKSON AA	15		480
DISTRICT 9	9		150
DOWNTOWN LUNCH BUNCH	32		308
DROP THE ROCK			50
DRUNKS IN THE PARK	33		320
E. NASHVILLE MEN'S STAG	34		819
EAST SIDE SATURDAY	31		779
EVERY WOMAN HAS A STORY	33		142
FAIRFIELD GLADE		89	245
FAIRVIEW	33		200
FAYETTEVILLE	40	20	40
FELLOWSHIP			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		355
FREEDOM FROM BONDAGE			10
FRIDAY NIGHT LIVE		20	20
FRIDAY NIGHT PRIMETIME			25
GALLATIN AA			50
GOODLETTSVILLE			250
GRATEFUL ALIVE		8	8
HAPPY HOUR - LEWISBURG	40		60
HARDING RD	30		200
HENDERSONVILLE BB	34		50
HIGH NOON			466
HOPE PARK AA LIT STUDY	30		89
ICYPAA			120
JOELTON			50
KEEP IT SIMPLE BELLEVUE	33	89	380
KEY TO SOBRIETY	31		200
LADIES NIGHT OUT	34		25
LAFAYETTE NEW HOPE	13		50
LAMBDA		300	300
LATE LUNCH BUNCH	33		900
LET IT HAPPEN	35		107

GROUP/MEETING	Dist	June	YTD
LINDEN	41		20
LIVE & LET LIVE	9		75
LIVING BY THE PRINT	32		200
LIVING THE PRINCIPLES	30		367
LIVINGSTON	9		50
MADISON STREET			100
MIDDAY BREAK	32	107	361
MT. JULIET FELLOWSHIP	31		100
MURFREESBORO	12		75
MUSIC ROW	30		80
MUSTARD SEED	32		200
NASHVILLE N.O.W.			390
NEW BEGINNINGS WOMEN	32		160
NEW BEGINNINGS	12		125
NEW LIFE H-VILLE	34		302
NORTHSIDE , CLARKSVILLE	14		100
ONE DAY AT A TIME	31		550
ONE STEP CLOSER	33		102
OUT TO BREAKFAST	30		267
PORTLAND UNITY	13		60
PRIMARY PURPOSE	34		87
PRIMETIMERS	33		100
PULASKI	40	5	35
REBOS			387
RECOVERY ROAD	34		38
ROAD OF HAPPY DESTINY			30
RUTS	40		500
SAFE HARBOR	14		50
SANGO	14		40
SATURDAY NIGHT ALIVE	11	10	60
SEARCHERS - HUNT CLUB	13		650
SEEKING SANITY	31		652
SERENITY (12)	12	25	125
SMITH COUNTY FRIENDSHIP	13		200
SMYRNA GRATITUDE	12	573	3,213
SPRING HILL		204	204
TCYPAA			865
THE HUT	14		50
THE STRAGGLERS	33		140
THE UNITED	13		300
TRINITY			50
TRUDGING THE ROAD	33	181	364
TURNING POINT	33		200
TWELVE STEPS TO FREEDOM		45	45
WANGL	30		125
WEEKENDERS		300	300
WEST NASHVILLE	35		57
WHITE HOUSE	34		80
WINNERS & BEGINNERS	35		538
WINNERS	41		25
WOMEN IN THE SOLUTION	11	50	150
WOMEN'S OPEN DOOR	30		186
WOMENS FREEDOM	30		550
WOMENS WAY	33		100
WOODBINE	32		20
Grand total:		3,606	31,147

HIGH NOON

Joe H	07.19.14
John W	07.27.11
Lavergne T	07.16.94
Lucas A	07.06.14
Mike B	07.09.12
Ron F	07.15.13

KEEP IT SIMPLE

Bethany L	07.24.15
Bill M	07.15.02
Bob M	07.23.14
Chris C	07.01.10
Jerry B	07.04.13
Katie Y	07.19.14
Mark S	07.14.10
Matt W	07.11.11
Michael M	07.31.14
Roger B	07.04.02

LOVE & LAUGHTER

Kim M	07.21.96
Kristi R	07.17.11
Richard W	07.18.11

MIDDAY BREAK

Al S	07.06.91
Lynn R	07.09.16

P.O.P

Ron E	07.18.92
--------------	-----------------

PORTLAND UNITY

Barbara G	07.26.??
David N	07.01.16
Lynne S	07.09.89
Rikki E	07.01.15

SHADE TREE

Albert T	07.06.08
Amanda H	07.31.15
Beverly S	07.09.07
Cathy E	07.01.14
Dan O	07.14.10
David M	07.01.09
Frances P	07.19.08
Gary E	07.23.11
Gerry H	07.18.94
Guy M	07.22.13
Jack P	07.18.14
Jeff H	07.02.12
Jennifer P	07.28.16
Jeri D	07.13.05
Jose V	07.20.08
K C	07.27.09
Keith T	07.06.11
Kelly R	07.10.09
Larry B	07.02.00
Laurakate C	07.23.13
Lindsey M	07.17.15
Morgan D	07.17.15
Neil J	07.03.15
Patti H	07.04.15
Peggy L	07.02.07
Renee S	07.31.13
Sidney W	07.14.14
Tim F	07.25.07
Todd G	07.18.01

SEARCH FOR SERENITY

Mandy S	07.23.98
---------	----------

SEEKING SANITY

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

SOBRIETY FIRST

Cat F	07.02.15
-------	----------

SMYRNA GRATITUDE

Brian D	07.02.09
Janice L	07.29.11
Joanna S	07.30.09
John R	07.01.00
Lynn F	07.31.02
Mary SD	07.31.15
Mike W	07.26.10
Steve M	07.13.94
Tammy B	07.26.12
Tina V	07.19.10
Tyler D	07.09.16

WEEKENDERS

Andrew C	07.13.15
Caroline L	07.27.11
Claude H	07.31.95
David F	07.08.97
John K	07.14.05
Kelly M	07.11.11
Kent A	07.14.10

YET

Beth C	07.14.95
Jeff P	07.10.99
Jim F	07.11.85

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

**JULY
ANNIVERSARIES**

FULL MOON

Al F	08.18.02
Bill O	08.03.90
David T	08.01.09
Diann W	08.13.07
Jarrett S	08.14.13
Neal B	08.05.15

HIGH NOON

Debbie W	08.04.09
Derek M	08.18.14
Janis M	08.01.89
Jim M	08.01.89
Joe M	08.10.15
John M	08.07.16
Teresa J	08.06.01
Tim R	08.27.08

KEEP IT SIMPLE

Beth E	08.10.80
Bill H	08.31.15
Bo W	08.27.01
Chris C	08.01.07
Courtney M	08.14.04
Heather S	08.07.15
Jason J	08.18.14
Jessie R	08.01.15
Katie S	08.20.14
Kevin W	08.30.11
Leanne K	08.12.15
Linda F	08.19.08
Maria C	08.25.16
Rachel W	08.31.13
Ray V	08.14.06
Trevor B	08.19.08

LOVE & LAUGHTER

Brooks K	08.11.87
Lee M	02.17.78
Paul McC	08.10.04
Ricky H	08.24.14
Stephanie S	08.07.07

PORTLAND UNITY

Benny L	08.??.11
Tom P	08.??.16

MIDDAY

Avery McC	08.27.16
Jessica S	08.20.16
Katrina R	08.18.16
Mary J	08.12.10

OUT TO BREAKFAST BUNCH

Brianna D	08.12.13
Michael R	08.21.08

SHADE TREE

Becky H	08.17.04
Beth D	08.22.14
Beverly P	08.27.10
Brian V	08.15.16
Charletta G	08.01.08
Chena	08.25.06
Dean K	08.01.06
Gary H	08.18.14
James B	08.23.10
Jason T	08.14.15
Jim W	08.13.12
Joel H	08.08.93
Josh W	08.08.07
Karen V	08.09.86
Keith A	08.12.03
Keith H	08.24.15
Linda T	08.10.86
Mandy R	08.11.14
Mark P	08.20.98
Mike B	08.01.07
Missy B	08.28.07
Patrick B	08.14.87
Paul H	08.30.14
Paul R	08.17.15
Renee T	08.17.12
Stephanie K	08.17.14
Steve A	08.02.12
Terry "Doc" M	08.14.05

SEEKING SANITY

Angela R	08.09.14
Becky H	08.17.04
Beth S	08.02.05
Bruce K	08.18.15
Christy V	08.10.07
James W	08.14.05
Janice M	08.08.09
Ree M	08.03.14
Shonda W	08.10.06
Tim B	08.17.91

SOBRIETY FIRST

Alycia R	08.27.16
Bernie W	08.23.13
Randall S	08.26.98
Stan W	08.25.16

SMYRNA GRATITUDE

Billy C	08.06.13
Cathy Y	08.04.09
Chris S	08.08.14
Cody H	08.14.16
Hannah T	08.08.16
Hollie C	08.04.09
James J	08.09.88
Sarah D	08.25.04
Shannon S	08.14.12
Tabitha G	08.01.12

WOMEN'S SPEAKER

Judy R	08.31.86
Leah W	08.11.15

**AUGUST
ANNIVERSARIES**



"I'VE HAD THIS STUPID SONG
STUCK IN MY HEAD ALL WEEK."

**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



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 _____