

The MESSENGER

Middle Tennessee Central Office Intergroup

\$ 1.00

OPEN YOUR TOOLKIT

**SEPTEMBER
2017**

When I entered the program of Alcoholics Anonymous, ending my relationship with King Alcohol, I discovered I had a serious problem. I now had to deal with all the difficulties of the real world, and I had no practical set of tools to get by on a daily basis. The prospect of being happy, joyous, and free was not yet a reality. It appeared, and I accepted, that life without the numbing effects of alcohol was going to be scary and miserable. At least, I wasn't gagging in the morning and peeing in my pants. As difficult as early recovery was for me, it was clear that the tornado of my alcoholism had ended and new damage inflicted on others had stopped.

What I realize now, and what I think is so very important for newcomers to understand, is that the whole world of



Alcoholics Anonymous--meaning the Twelve Step program, the fellowship, the service work, and the path to a personal higher power--provides us with a full set of tools that allows us to go through life without finding it necessary to take a drink. Think about that. To be able to get through all of life's realities without finding it necessary to take a drink! Births, deaths, weddings, funerals, getting a job, losing a job, promotions, demotions, hurt feelings, good feelings, going on vacation, staying home sick, making a friend, losing a friend, arguments, nice long talks on the beach, Cubs games, business trips. . . That's a lot of reality for me to feel in its fullest without escaping through artificial numbing. So what are these new tools I was given as a free gift in the program of Alcoholics Anonymous? This is what I've learned.

1. **Share your feelings.** When things hurt on the inside (fear, frustration, anger, etc.) pick up the

phone and call someone and honestly tell them what the problem is. When you're confused and trying to figure something out by yourself for hours or days, do yourself a favor and call someone and ask them for help. If you start to consider the pluses and minuses of taking a drink, act with the same sense of urgency that you would if your house was burning down--i.e., go immediately to a meeting or call anyone in AA, and tell these people what you're thinking. The 911 attitude is called for.

2. **Remember, it's progress not perfection.** One day I was struggling with something I knew I needed to do but couldn't get the courage to take action on. I beat myself up continually for not doing it and had a miserable day. I called my sponsor, Lenny, and he started telling me about something that he couldn't do that day but was likely he would get to tomorrow. There was acceptance and peace in his voice on this subject and I knew I'd found a powerful tool. Maybe I can't do it today but maybe I'll be able to tomorrow. I'm a human being who's going to make a lot of mistakes; the sooner I realize and accept this, the better my life will become.
3. **Make new friends.** It became very clear to me, after some pain and learning, that if I'm going to travel this new path of recovery, it will be much easier and more enjoyable if I'm in the company of a bunch of people going down the same road. We need people who understand what we're talking about and who want to live a life that is happy, joyous, and free--and are willing to take the necessary steps to get there. I have to get rid of my old ways and ideas, and it will be much harder if I continue to hang around my old gang. We need to find new friends and do things with them that celebrate our road to freedom.

(Continued on page 4)

Contents

On the Cover	A LETTER
OPEN YOUR TOOLKIT	Page 7
NICK OF TIME	MEETING CHANGES
Page 2	Page 8
MENDING PROCESS	CONTRIBUTIONS
Page 3	Page 9
INTEROFFICE /	FINANCIALS
CENTRAL OFFICE INFO	Page 10
Page 4	
PUZZLE	BIRTHDAYS
Page 5	Page 11



An Amends in the Nick of Time

If he had waited only one more day, he would have lost the opportunity to make amends

When I was about 51 years old and sober almost 30 years, I found myself with enough time on my hands to do another extensive written Tenth Step. In the course of that, I discovered that I still had some amends to make that were long overdue. The most prominent were in a Midwestern town some 1,000 miles from where I now live. It looked like a road trip was in order.

I used to shoplift jeans from a clothing store when I was 16 years old. My mother gave me the money to buy them, but I stole them and spent the money on cheap wine and drugs. The store was a family-owned business and the son now ran the store. He was perplexed but gracious when I paid him back. The rest of the stores were long gone, so taking my sponsor's suggestion I contacted the local Crime Victims Advocate to make a donation. I met with them and explained who I was and my purpose. I was well received by these kind and gracious ladies. During my visit with them I asked about a certain detective that I had some close calls with as a youth. It seems he had become the police chief of a nearby town some years back and lost that job due to drinking, but now he was sober. I asked them to say hello for me, but they suggested I do that myself and gave me his phone number. We had a great conversation—two AAs sharing with each other—and he vaguely remembered me but he definitely recognized the names of some of my known associates.

The next amends on my list would not be so simple. I had to find the person who owned the apartment I trashed over 30 years ago. When I found the building, I couldn't help but remember being in the apartment late at night, alone and frightened at the phantom footsteps I would hear coming down the hallway over the warped linoleum floor. Many times I would quickly open the door to see who it was only to see an empty hallway. Not only was I afraid of the phantoms, but the landlady as well, since I had a hard time making the 60 dollar monthly rent. I was tempted to say the heck with it and just give the money to the Crime Victims Fund and be on my way, but a tenant came along so I took the next step and asked where I could find the manager. He informed me that the owner of the beauty parlor up front was in the process of buying the building and he gave me her name. So I would have to take that next step before I could take the easy way out.



The receptionist gave me the phone number of the owner's brother who was to be a part-owner of the building. I went

back to my room thinking it would be a dead end and I would soon be on my way. The brother gave me the number of the agent who was selling the property, and she gave me the name of the person I was trying to

(Continued on page 6)

The Mending Process

During my first month in Alcoholics Anonymous I did what so many have done before me--I decided, without benefit of sponsor or sanity, to immediately make amends. For years I had been attending church every time the doors opened, hoping something would help me (it never occurred to me to quit drinking). In my prayer group was a woman who irritated the bejabbers out of me. How I tried to help that woman learn to pray! I behaved very badly. Upon getting dry she was the very first person I decided to make amends to. I called and said something like, "Dora, I just wanted to tell you that I love you," and she promptly replied, "Thanks one whole heckuva lot" and hung up on me. I was crushed!

Each of the Twelve Steps has required, for me, a new surrender. And Step Nine was no different. For a long time I agonized because nothing seemed to be happening as I wandered through Steps Eight and Nine. There was no comfort, no sense of having "taken" Step Nine. I walked around for a time saying, "I'm sorry." But that didn't feel right. That had been one of the favorite responses after every drunk and overdose. Those who had heard it over and over during those awful years were more than a little skeptical of this repeat phrase.

Finally it seemed to me the only choice I had was one more surrender, one more throwing in the towel. I can't, he can, we will.

I never surrender gracefully. After being told by one of those quiet, serene old-timers to pray for willingness, I went home, stormed, ranted and raved, and generally behaved like five years old instead of fifty. Finally a sponsor's admonition to "read the Big Book" dawned. I read. I cried. I finally fell to my knees and said to old HP, "You already know my needs and wants, so from now on I'll do my best--just please help me." No more bargains, or threats, or drunken pleas. Another surrender!

I got my list out. At the top were two daughters and two sons. One daughter I had already started making amends to by being sober, caring, and responsible. I could see her acceptance of me. The three other children were another matter. One son I hadn't seen in fifteen years, the

other two not for seven years. How to make the approach?

The morning after my ranting and raving, I awoke to a hot August morning with a great sense of peace--yet a feeling that the day would bring something.

At eleven o'clock my phone rang. My daughter's voice on the other end was saying, "Mom. I'm going to have a baby. Can I write to you?" She lived 700 miles away. She told me her youngest brother was in the Navy, and her oldest brother was married and expecting his first child.

And so it began. The God of my understanding gave me the opportunity to begin the mending process. What a lot of hill climbing that has been. And as with most hills, sometimes it's up and at times it's straight down. Then there are the plateaus when it seems like I'm just marking time.

The pregnant daughter and youngest son are now "home again." The oldest son--that's another matter. I wrote him a letter trying to tell him how sorry I was that I left him when he was twelve years old. Two years after the first attempt, he allowed me to see his wife and son, but wouldn't see me himself. Sometime later he developed Hodgkin's disease. Through the years, I'm told, he also developed alcoholism. As far

as I know, he has chosen not to treat either of his diseases. He still will not accept my amends, fifteen years after my first attempts. There are so many times I wish God's timetable was the same as mine. But this I know for sure--when my Higher Power thinks my son and I are ready for each other, we will be reunited. I have undying faith. It has happened before. It will happen again.

The great revelation for me was that direct amends are not a thinking or wishing process. Direct amends are action-oriented. Words are necessary for people to hear that I am trying to mend my ways, but it is the living out of the principles of this program that counts.

-- Corinne H.—Raleigh, North Carolina
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OPEN YOUR TOOLKIT

(Continued from page 1)

4. **Let go and let God.** My friends in my home group taught me to find a friend in God. They said, "you'd better find a relationship with him so when you're alone in some new environment you have someone to talk to--someone who cares about you and whom you can tell your problems to." Here is the big key for me: I do believe there is a God of the universe, all-powerful and loving; the question is, do I trust him? Do I talk about turning everything over to him and then in my thoughts and actions continue to play God myself? Unfortunately for me, I like playing God most of the time. Heck, I've done it for a long time, it feels comfortable. But you know what? Yesterday it became crystal clear to me, God is a much better manager than I am. The sooner I really turn things over, the sooner I will receive serenity. Powerful tool!
5. **Help somebody.** Really, anyone will do. In my old life I was convinced that the more I did for myself, the happier I would be. Wrong! Selfishness and self-centeredness are the root of my problem. The words from the Big Book sink

deep into my heart: the cure for the problem is to help others. I particularly find it useful when I spend time with a new member of AA, especially one who is crying from the pain. Humility and gratitude seep in and all my "big problems" shrink in a matter of minutes. It's really interesting, isn't it? Help others and you help yourself. One day I was going to work and a lady was having a hard time getting her kids through a revolving door. As always, I was in a hurry. But I stopped and helped her and she gave me a smile and said, "Thank you very much." I keep thinking that this twenty-second action was the most important thing I did that day, maybe that week. When you are into yourself, your problems and your world, pull this one out of your tool bag. It's a beauty.

As we walk down the road of recovery, we will undoubtedly run into life's struggles. We can get through these bumps if we remember to open our AA tool bags and find some tools, are willing to use them, and humbly share them with others.

*-- Anonymous—Roselle, Illinois
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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
Accessibility Committee	Darin M	615.423.2620
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

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

The following words are found in the Ninth Step in the 12x12—can you find them there and above?

<i>dealt</i>	<i>confident</i>	<i>complete</i>	<i>situation</i>
<i>with</i>	<i>maintain</i>	<i>disclosures</i>	<i>never</i>
<i>soon</i>	<i>sobriety</i>	<i>action</i>	<i>personal</i>
<i>become</i>	<i>partial</i>	<i>deferred</i>	<i>contact</i>
<i>reasonably</i>	<i>restitution</i>	<i>nature</i>	

Nick of Time

(Continued from page 2)

reach, but she had no number for him. I turned to the Internet and after an hour or so I hit another dead end. Surely by now I could say I went to any lengths, but I was not yet comfortable with that decision so I called the agent back and explained why I was trying so hard to find the old owner. She called her husband and got the correct spelling of the name, so I was able to obtain his address. At long last maybe this was it.

I knocked on the door and a man answered and said he was busy and to go away. I told him I had money for him and said I would wait on the front porch. I waited over 15 minutes and it appeared that this would not have the warm, fuzzy ending I thought it might. I just knew he would hold my feet to the fire and wring every penny out of me he could. But no matter—I was there to set things right, and set things right I would.

He finally came out and apologized for his greeting. He was on the phone with his lawyer. He had sold all his properties and would be moving out of state the next day to retire. Some 30 years after I trashed the apartment, one more day would have been too late! I told him who I was, what I had done and why I was there. He said, “My view on the human race has gone way up.” We talked for a short while and I left this kind man after paying for the damage I’d inflicted so long ago.

I reflected with gratitude on all the people who took the time to assist me in my journey. I thought about how much lighter I felt with these burdens lifted off my shoulders. I realized I would have missed it all if I had not been willing to do as I was taught in AA: take the next indicated step.

-- Philip S.—Carlsbad, California
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Views

Of life there are two views to choose,
One that's dimly dank with a gloomy demur, where all
tasks are arduous and all life's a chore, where all
moments are counted with enthusiastic rapport

The other view is different in many regards, it rolls with
the punches and deals with the cards. Chooses pleasure
from pain, sunshine from rain and pillows upon nothing
with utter disdain.

Jesse Gibson



In the process of making an amends, a man finds more reason to feel grateful for his sobriety

I received the following response to a Ninth Step letter sent to a friend I had not corresponded with for over 20 years. She was the first person to suggest to me that I might have a problem with alcohol. It was important to me to locate her to make amends for my behavior.

I had been sober approximately four years when I finally found her. I explained the reason for my letter, that I was a grateful member of AA, made my apologies and offered to share my experience, strength and hope with anyone she might know who might also suffer from this disease. I really did not expect a response of any kind and was quite surprised to hear back from her.

With her permission I share this "anonymized" version of her response as it describes much more eloquently than I ever could the serious nature of our disease.

Hi Dave,

First, let me tell you how much I admire your resolve to confront alcoholism. Congratulations on your upcoming fourth birthday, and may you have many more.

Second, apologies accepted.

You are fortunate indeed to be where you are. My husband was not so fortunate. I met him in 1987, a charming, hard-working, party-loving alcoholic, whom I married 6 years later. I believe alcohol was a significant factor in his death from suicide in 1997; he suffered depression and was intoxicated when he died. I wish I had known then what I know now about alcohol. I'd be much more willing to get help and less inclined to be angry that he was drinking all his money away. It's been a long, slow climb out of the grief and guilt that overwhelmed me for several years after he died.

I cannot comprehend why some people experience an

epiphany, as you did, and others leave this world without one. How different our lives would have been had we known to get help, or had there been an intervention, either divine or mortal. But those things, for whatever reason, did not happen.

Great to hear from you, and keep up the recovery.....



"I explained the reason for my letter, made my apologies and offered to share my experience, strength and hope."

I can't describe the emotions I experienced as I read this note. We all know that alcoholism touches the lives of everyone the alcoholic comes in contact with, some more tangibly than others, some more tragically than others.

In my case I believe my higher power intervened in my life and showed me the way to AA. Any epiphany I may have had was the direct result of working the steps, developing a personal relationship with my higher power and paying attention to others who shared their experience, strength and hope with me. I hope that these words will resonate with another alcoholic so that they may find the serenity in their life that I have found in mine.

-- Dave B.
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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
37027	Move	Every Woman Has A Story - Brentwood 1st Pres Ch 1301 Franklin Road - Basement
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
37066	Change	Gallatin C35United - All Meetings at 7pm (last Sat potluck at 6p & speaker at 7p)
37069	Change / Move	Womans AA now Every Woman Has a Story - 1213 Country Rd.
37074	New	Cumberland Unity First Baptist 773 E McMury 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 Tues now 11am no 6pm
37130	Change	New Beginnings - Mon CD/Lit - Tues CD (1st Tues CD/Trad) - Thurs CD/Lit (this one replaces at 11a replaces the 6 p)

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
37203	New	202 - Sun BB Study 9am
37206	New	East Side Recovery - Woodland Pres Church 211 N 11th St - Mon - Wed -
37206	New	Save Her A Seat - Woodland Pres Ch - 211 N. 11th St. Wed 7p OD/Lit
37207	Cancel	Place of Hope
37207	Cancel	Seven Dips
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
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
38562	Add	Friday Night Live - Sat 7pm CD

GROUP/MEETING	JULY	YTD
21st AVENUE		150
24 HOUR		-
ANONYMOUS	40	183
ANY LENGTHS	200	770
BACK TO THE BIG BOOK	-	132
BACKROOM	550	3,813
BASEMENT BUNCH	44	99
BELLEVUE		100
BRENTWOOD FULL MOON		272
BY THE BOOK -DICKSON	105	322
CAME TO BELIEVE		358
COLUMBIA	20	123
COLUMBIA BASEMENT BUNCH		71
COMFORT ZONE		500
COOL SPRINGS NEWCOMERS		100
CROSSVILLE		100
CROSSVILLE NON-SMK STEP		10
DAVIDSON RD		2,200
DICKSON AA		480
DISTRICT 9		150
DOWNTOWN LUNCH BUNCH		308
DOWNTOWN YMCA	74	74
DROP THE ROCK		50
DRUNKS IN THE PARK		320
EAST SIDE MEN'S STAG	500	1,319
EAST SIDE SATURDAY	355	1,134
EVERY WOMAN HAS A STORY		142
FAIRFIELD GLADE		245
FAIRVIEW		200
FAYETTEVILLE		40
FELLOWSHIP		-
FIRST THINGS FIRST	133	283
FIVE & FIVE	360	662
FRANKLIN	1,990	2,670
FRANKLIN MEN'S	500	625
FRANKLIN ROAD WOMEN'S		100
FREE TO BE	144	499
FREEDOM FROM BONDAGE		10
FRIDAY NIGHT LIVE		20
FRIDAY NIGHT PRIMETIME	25	50
GALLATIN AA		50
GOODLETTSVILLE		-
GRATEFUL ALIVE		8
HAPPY HOUR - LEWISBURG	10	70
HARDING RD	200	400
HENDERSONVILLE BB		50
HIGH NOON	69	69
HOPE PARK AA LIT STUDY	35	124
HUT	50	50
ICYPAA		-
JOELTON		-
KEEP IT SIMPLE BELLEVUE	56	435
KEY TO SOBRIETY	400	600
LADIES NIGHT OUT		25

GROUP/MEETING	JULY	YTD
LAFAYETTE NEW HOPE		50
LAMBDA		300
LATE LUNCH BUNCH	700	1,600
LET IT HAPPEN		107
LINDEN		20
LIVE & LET LIVE		75
LIVING BY THE PRINT	100	300
LIVING THE PRINCIPLES		367
LIVINGSTON	100	150
LIVINGSTON 12x12	25	25
MADISON STREET		100
MIDDAY BREAK		361
MT. JULIET FELLOWSHIP		100
MURFREESBORO	15	90
MUSIC ROW	45	125
MUSTARD SEED		200
NASHVILLE N.O.W.		390
NEW BEGINNINGS WOMEN		160
NEW BEGINNINGS	50	175
NEW LIFE H-VILLE	202	504
NIPPER'S CORNER	41	41
NORTHSIDE , CLARKSVILLE	50	150
ONE DAY AT A TIME		550
ONE STEP CLOSER		102
OUT TO BREAKFAST	131	398
PAGE 112	53	53
PORTLAND UNITY	10	70
PRIMARY PURPOSE	97	184
PRIMETIMERS		100
PULASKI	5	40
REBOS		387
RECOVERY ROAD		38
RIDGETOP BASICS	50	50
ROAD OF HAPPY DESTINY		30
RUTS		500
SAFE HARBOR	100	150
SANGO		40
SATURDAY NIGHT ALIVE	10	70
SEARCHERS - HUNT CLUB		650
SEEKING SANITY	256	908
SERENITY (12)	25	150
SHADE TREE	3,982	3,982
SISTERS IN SOBRIETY	34	34
SMITH COUNTY FRIENDSHIP		200
SMYRNA GRATITUDE	282	3,495
SPRING HILL		204
TCYPAA		865
THE HUT		50
THE STRAGGLERS		140
THE UNITED		300
THREE LEGACIES	40	40
TRINITY		50
TRUDGING THE ROAD		364
TURNING POINT		200

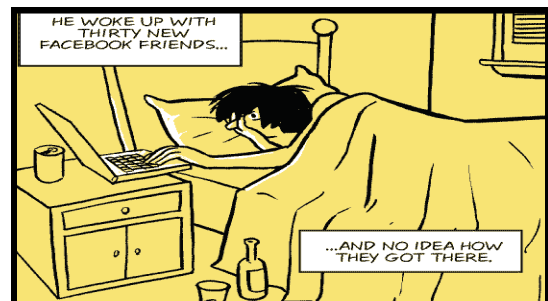
GROUP/MEETING	JULY	YTD
TWELVE STEPS TO FREEDOM		45
UNITED	200	200
UNITY	10	10
WANGL	148	273
WAY OUT	50	50
WEEKENDERS		300
WEST NASHVILLE	36	93
WHITE HOUSE		80
WINNERS & BEGINNERS		538
WINNERS		25
WOMEN IN THE SOLUTION		150
WOMEN'S OPEN DOOR		186
WOMENS FREEDOM		550
WOMENS WAY		100
WOODBINE		20
Grand total:	12,707	42,968



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

	July 2017			YTD 2017		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	3,706.24	2,925.17	781.07	22,445.20	20,476.19	1,969.01
Group Donations	13,343.08	5,553.17	7,789.91	46,368.92	38,872.19	7,496.73
Individual Donations	138.14	308.33	(170.19)	1,593.54	2,158.31	(564.77)
Messenger Donations	12.00	9.25	2.75	105.00	64.75	40.25
Website Donations	-	-	-	858.32	-	858.32
Special Events	-	625.00	(625.00)	-	4,375.00	(4,375.00)
Interest	3.65	3.08	0.57	24.19	21.58	2.61
Total Income	17,203.11	9,424.00	7,779.11	71,395.17	65,968.02	5,427.15
Expenses						
Casual Labor	200.00	200.00	-	1,400.00	1,400.00	-
Payroll	4,775.84	5,080.08	(304.24)	35,255.70	35,560.58	(304.88)
Sales Tax Expense	-	-	-	-	-	-
Legal & Professional	350.00	350.00	-	2,450.00	2,450.00	-
Sales Tax Expense	-	-	-	1.61	-	1.61
Rent	996.00	1,006.00	(10.00)	7,017.50	7,042.00	(24.50)
Printing	-	50.00	(50.00)	62.00	350.00	(288.00)
Payroll Taxes	225.98	388.58	(162.60)	2,509.60	2,720.08	(210.48)
Repairs & Maintenance	-	33.33	(33.33)	-	233.33	(233.33)
Equipment Rental	49.99	116.67	(66.68)	873.46	816.67	56.79
Telephone & Fax	410.56	474.33	(63.77)	2,927.48	3,320.33	(392.85)
Answering Service	209.00	250.00	(41.00)	1,445.00	1,750.00	(305.00)
Postage	64.72	191.67	(126.95)	692.84	1,341.67	(648.83)
Office Supplies	44.26	183.33	(139.07)	1,140.90	1,283.33	(142.43)
Computer & Technology	163.87	125.00	38.87	2,040.80	875.00	1,165.80
Intergroup Expense	-	100.00	(100.00)	411.77	700.00	(288.23)
Insurance	-	200.00	(200.00)	1,244.00	1,400.00	(156.00)
Special Events	-	291.67	(291.67)	-	2,041.68	(2,041.68)
Travel	247.02	375.00	(127.98)	247.02	2,625.00	(2,377.98)
Depreciation	15.84	8.33	7.51	63.36	58.34	5.02
Over/Under	-	-	-	(126.79)	-	(126.79)
Total Expenses	7,753.08	9,424.00	(1,670.92)	59,656.25	65,968.02	(6,311.77)
Net Income	9,450.03	0.00	9,450.03	11,738.92	0.00	11,738.92

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



HIGH NOON

Allen B	09.05.94
Bill B	09.13.15
Catherine H	09.10.15
Greg H	09.09.02
James S	09.02.14
Levi C	09.01.16
Lisa C	09.08.13
Mark L	09.03.14
Scott E	09.22.03
Thomas G	09.26.12
Tom B	09.20.12

KEEP IT SIMPLE

Alyse F	09.26.16
Blake F	09.15.12
Brent S	09.01.16
Cayce L	09.18.08
Chuck A	09.30.05
Evan C	09.14.12
James R	09.02.07
Karen S	09.25.10
Kevin B	09.01.14
Matt K	09.15.12
Michael S	09.13.12
Randy L	09.22.14
Ryan S	09.19.16
Stephen F	09.23.13
Susan B	09.12.04
Wade P	09.14.15
Zach J	09.16.16

LOVE & LAUGHTER

Jen GS	09.09.05
Mike McM	09.02.96
Penny P	09.25.94

OUT TO BREAKFAST

Garrett D	09.24.09
Robert B	09.29.14

MIDDAY

Blake W	09.03.16
Charley Y	09.23.91
Delmar R	09.04.15
Jeff P	09.22.90

NEW BEGINNINGS

Araya S	09.09.14
Bear R	09.27.14
Bill W	09.21.91
Cal K	09.11.72
Jules M	09.25.14
Randy H	09.01.97

OUT TO BREAKFAST BUNCH

Garrett D	09.24.09
Robert B	09.29.14

P.O.P

Jimmy N	09.19.08
Chris G	09.13.06
Brady M	09.13.00

SHADE TREE

Amanda L	09.17.06
Beth D	09.22.13
Betty S	09.03.14
Bill W	09.14.13
Bob H	09.07.07
Brandy P	09.15.14
Brian B	09.09.15
Chris H	09.13.14
Darin M	09.29.08
Elaine W	09.16.15
Gabe H	09.28.01
James C	09.02.06
Jessica H	09.22.14
Jill D	09.15.13
John-Paul	09.15.15
Lindsey W	09.24.13
Mary Hu	09.26.16
Mary S	09.28.93
Nancy H	09.21.05
Peter P	09.13.02
Tracy T	09.28.15
Whitney J	09.30.12

SEEKING SANITY

Bob M	09.29.09
Jim H	09.18.15
Lee M	09.01.12
Monroe C	09.11.05
Pam W	09.03.12
Rusty B	09.20.10
Stephinie C	09.25.15

SOBRIETY FIRST

Charles C	09.11.15
David B	09.10.83
Duke T	09.05.91
Eleanor G	09.02.14

SMYRNA GRATITUDE

Don S	09.17.91
Frank H	09.15.12
John 'Dutch' H	09.26.87
Michael H	09.21.16
Mike P	09.24.95
Rachel S	09.20.05
Sherry B	09.10.12
Tim M	09.16.83

YET

Ed C	09.16.92
JJ	09.27.01
Joe V	09.27.96
Morris R	09.05.89

SEPTEMBER ANNIVERSARIES



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