

The **MESSENGER**

Middle Tennessee Central Office Intergroup

\$ 1.00

NOVEMBER 2017

Please join us for the

Annual Celebration of Sobriety Dinner

A Middle Tennessee Intergroup Potluck

Friday, November 17th, 2017
Woodmont Hills Church

3710 Franklin Road & Woodmont Blvd.

Map on Page 2



6pm - Reception
7pm - Dinner
8pm - Speaker

Meat & Drinks Provided
Please bring of the following:
Casseroles, Vegetables, Side
Dishes, Salad, Bread or Dessert

* Please have on site by 6:45pm *

Tickets \$10



For tickets, please contact Central Office @ 615-831-1050

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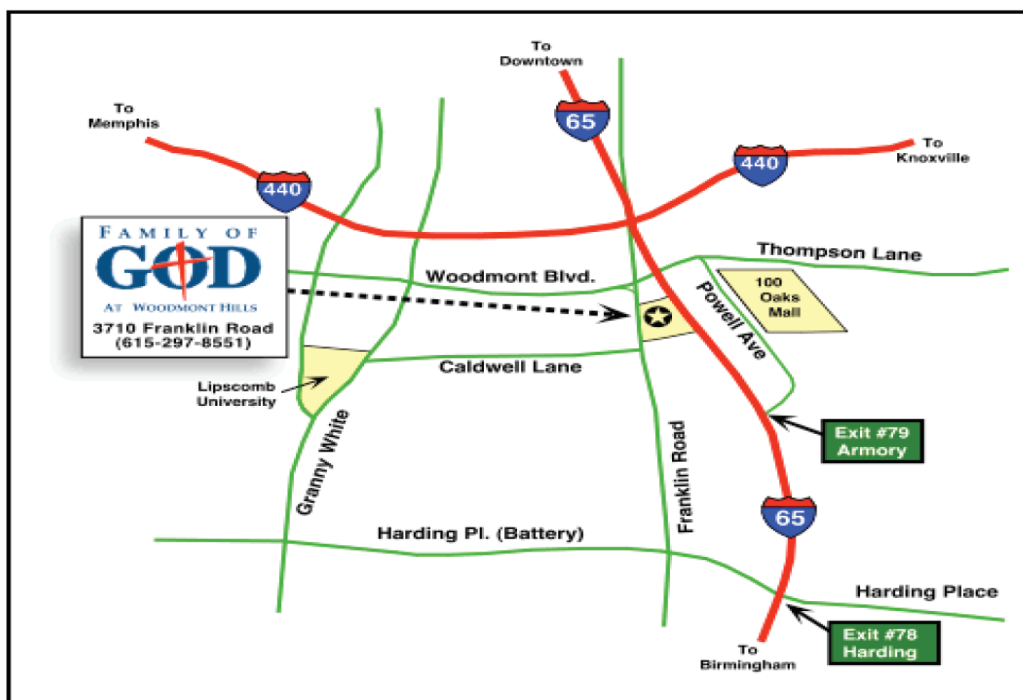
A DAILY MEDITATION

A woman discovers a way to practice conscious contact while she goes about the business of the day

I got up this morning, and rolled off the bed to my knees to get the day off the ground right like it says to do on pages 86 and 87 of the Big Book. I felt disorganized and disgruntled. I knew from past experience that if I let this thinking continue that it was going to screw up my day. It is always best for me to get my head right by following these directions. I am not sure all of what the day has in store for me, other than plans that I made yesterday. But at least I am making a good attempt for positive outcomes for my endeavors.

(Continued on page 3)

DIRECTIONS / MAP



Coming From North of Nashville

Take Interstate 65 south through Nashville toward Huntsville. Exit on Harding Place (highway 255) and turn right. At the intersection of Harding Place and Franklin Pike (highway 31) turn right. Travel north 1.3 miles to 3710 Franklin Pike. The church building is located on the right side of the road.

Coming From the South on Interstate 65

Take Interstate 65 north toward Nashville. Exit south of downtown on Harding Place (highway 255) and turn left back across the interstate. At the intersection of Harding Place and Franklin Pike (highway 31) turn right. Travel north 1.3 miles to 3710 Franklin Pike. The church building is located on the right side of the road.

Coming From the Southeast on Interstate 24 or From the East on Interstate 40

Take Interstate 24 or Interstate 40 to the I-440 interchange. Exit on I-440 toward Memphis. Exit from I-440 to Interstate 65 south toward Huntsville. Exit Interstate 65 at Harding Place (highway 255) and turn right. At the intersection of Harding Place and Franklin Pike (highway 31) turn right. Travel north 1.3 miles to 3710 Franklin Pike. The church building is located on the right side of the road.

Coming From the West on Interstate 40

Take Interstate 40 to the I-440 interchange. Exit on I-440 toward Knoxville. Exit from I-440 to Interstate 65 south toward Huntsville. Exit Interstate 65 at Harding Place (highway 255) and turn right. At the intersection of Harding Place and Franklin Pike (highway 31) turn right. Travel north 1.3 miles to 3710 Franklin Pike. The church building is located on the right side of the road.

A DAILY MEDITATION

(Continued from page 2)

The result is always up to God. It is amazing to me how I like to think that I am ok without asking God to empower me for the day ahead. I had to go through quite a long period in my own personal desert before I could convince myself that not only am I powerless over alcohol and drugs, people, places and things, but also myself.

I have found that if I do not get God into my life upon awakening, then I am self will run riot. I want God's power in my life today for there is a lot to do. I am tired of my insisting that I can do it myself without God's help, as though I were a 4-year-old in rebellion against my parents.

I grew tired of rebelling a long time ago and in this sweet state of surrender, I was able to let go of that old idea that I can sustain myself on my own steam. I have those two pages memorized and I allow myself to take my time going through them. I like to be thorough with them. These are the instructions on how to not only stay sober for the day, but also to keep the consciousness of God in my mind. The longer I stay sober, the more I am aware of how much I need this God consciousness.

I drank my morning coffee down quickly this morning. I had only a little while before I had to go do a cleaning job. And I had to get it done by nine o'clock. So I sat there and gave myself a few moments to think as I drank my coffee. I thought about the presence of God. I was thinking about how when I practice this belief, whatever I am doing gets done a lot more quickly and efficiently then when I am lost in my own little world. I told myself as I sat that I was going to be aware of that presence for as much time as possible while I was doing my job because I wanted it to get done quickly and correctly.

It is easy for me to practice this Presence while I am here in my spot at home. For me, it is a meditation. I am still in the near silence of the house in the early morning. But when I am doing it "on the go," I am moving about and doing things. I have to consciously hold my mind in focus on this idea and be aware of my breathing. For some reason this helps.

When I first started to do this practice, it was not easy at all. I was in such a bad habit of attaching myself to the first ugly thought that my mind conjured up and running with it like I was a string tied around a

boulder bouncing down a mountain in an avalanche, that before I knew it, the day was in shambles because of errors that I made.

It was hard for me to make the connection that my thinking had any thing to do with the way my day went. Though the physical evidence can be overwhelming, I am one to want to rationalize away results and responsibility. It was tough for me to see that I am the cause of my own problems just like it says in the book.



After the job is finished, I thank God for empowering me so that I could get the job done so well.

I made this connection between God consciousness and how my day went by going to

meetings and listening to others plus concentrated efforts on working the Steps -- Steps Six and Seven in particular. My character defects can be like wild dogs. If they are not leashed first thing in the morning, they are not likely to be caught until later on in that day when I will finally pause and think, What am I doing? God, help me! So I take this time in the morning seriously and I find that I have a good habit for a change.

When I am still and focusing on my breathing, this brings on a very strong feeling of what I call a meditative state. I breathe in slowly and deeply, allowing my belly to expand before my chest does. I hold it in for a few seconds and then I exhale just as slowly, releasing the air from my chest and then my belly.

I think about God being present with me, all around me and through me with every breath I take. And then I get this wonderful feeling. My whole body is very heavy with relaxation. My forehead, in the center of it, feels different from the rest of my head. It is like there is something there, something heavy within it. It doesn't hurt or anything; just a spot right there smack in the center of my forehead, feels like the size of a quarter; a spot of something and it feels wonderful.

I don't know what it is but I love that sensation. When I have it, all the cares and concerns and worries that would be going on remain silent, somewhere in the

(Continued on page 4)

A DAILY MEDITATION

(Continued from page 3)

depths of my lower consciousness. My character defects, the wild dogs, are asleep for the moment. For the truth is in that moment, they are not realities. They are past tense things that I thought about habitually in order to bring on those familiar sensations of fear and frustration and powerlessness that I was so used to feeling before I began to choose this practice.

But now that I am in to the sensation of peace, I am a lot less inclined to choose to think on them first thing. And I am very aware of the discomfort I am feeling when I realize I am thinking about them. I go to work and my mind does its best to wander away from my chosen thoughts of God. I am aware of this and I change my focus. While I am moving about doing things, I do not yet get that totally relaxed feeling, but for whatever reason, the work gets done right in a lot less time than it would take if I thought about the usual stuff I think about when I am not spiritually focused.

I am aware of myself doing things, thinking stuff like "God works through me and it gets done." Tasks are

completed and I look up at the clock and the hands will have moved only a little. But if I had thought about my cares and worries, it would have taken me a lot longer to get it all done.

After the job is finished, I thank God for empowering me so that I could get the job done so well. The majority of the day still lies ahead of me so I thank God for continuing to be with me as we go from moment to moment; activity to activity. I am peaceful in my head even though there is a lot on tap for the day. But I know that so long as I maintain this consciousness of God in mind, I will be able to deal with whatever happens.

I am so grateful for this way of life given to me freely by Alcoholics Anonymous. I am grateful that I am an alcoholic in this program for I have never heard of being able to get all of this anywhere else.

-- Judy M.—Bluffton, South Carolina
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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 Jan 22nd
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

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

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

DIRECT	LINKAGE	AMONG	SELF-	MEDITATION	PRAYER
TAKEN	SEPARATELY	PRACTICES	BRING	MUCH	RELIEF
BENEFIT	LOGICALLY	RELATED	INTERWOVEN	RESULT	UNSHAKABLE
		FOUNDATION	LIFE		

The Carry the Message Project @ aagrapevine.org

1. customer service numbers: **800.631.6025** or 2. jbryan@aagrapevine.org in the Grapevine office to arrange anonymous sponsorship of a CTM subscription for alcoholics behind bars. or 3. **Print Subscription Gift Certificate** at aagrapevine.org/CTM and forward your confirmation email to your Area Chair or local service committee for redemption.

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Subscription
Gift
Certificate



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the
Certificate
to your
Area Chair



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Certificate to local service committees
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*Correctional facilities • Treatment centers
Doctors' offices • Nursing homes
Homebound members • Libraries and more....*

12th step work in action

AA districts, groups and individual members can work together to carry the message of hope and recovery.

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July 2016
"Honey, the wreckage of your
past is back."—Paul S.,
Fountain Hills, Ariz.



April 2016
"When they say 'keep coming
back,' this is not the place they
were talking about."—
Anonymous



March 2016
"By the way, I have
my first Al-Anon
meeting tomorrow.
G'night, honey!"—
Mike B. Los
Angeles, Calif.

Principles Over Personalities Christmas Dinner

Friday, December 08

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

3705 Brush Hill Rd, Nashville, TN 37216

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

Sponsored by P.O.P



1st Annual	<h1 style="text-align: center;">Appalachian Regional</h1> <h2 style="text-align: center;">ROUNDUP</h2>	
<p>~Sobriety Is Not Enough~</p>		
<p>Holiday Inn Johnson City 101 West Springbrook Drive Johnson City, TN. 37604</p> <p>Dates- 03/23/2018 - 03/25/2018</p> <p>Room Rate \$99.00 Rate cut off date March 2nd 2018 (Two breakfast vouchers per night 25.00 value) Available to the first 600 Call to book 1-423-282-4611 Use Phrase "Appalachian Regional Round Up" To receive discounted room rate</p> <p>For Conference Information Call Tony L. 631-676-0662 or Email P.I.Chair@appalachianregionalroundup.com</p> <p>Make Check or Money Order Payable to (Round Up - Frankie Nunley) & Mail to: P.O. Box 7494 1001 N. Eastman Rd Kingsport, TN 37663</p> <p>Pre-Registration is \$25.00 & \$30.00 At the Door Online Pre-Registration Available at www.appalachianregionalroundup.com</p>	<p style="text-align: center;">Program <small>*Speakers Confirmed and Schedule Subject to Change</small></p> <p>FRIDAY 03/23/2018 Mrs. Michael E. Of GA - 7:00PM - Topic Mr. Ralph W. Of CA - 8:30PM - Topic</p> <p>SATURDAY 03/24/2018 Mr. Sheldon F. Of NV - 8:00AM - Steps 1&2 Mr. Bob D. Of NV - 9:30AM - Step 3 Mrs. Jennifer K. Of TX - 11:00AM - Steps 4&5 Mr. Lee S. Of TN - 1:45PM - Al-Anon Mr. Ralph W. Of CA - 3:00PM - Steps 6&7 Mrs. Michael E. Of GA - 4:30PM - 8&9 Mr. Sheldon F. Of NV - 7:30PM - Topic & Countdown</p> <p>SUNDAY 03/25/2018 Mrs. Jennifer K. Of TX - 8:15AM - Steps 10&11 Mr. Bob D. Of NV - 9:45AM - Step 12</p> <p>Round Up T-Shirts are \$12.00 or 2 for \$20.00 & Will Be Available for Pick-Up Upon Arrival. Sizes May Be Limited On Site.</p>	
<p>1st Annual - Appalachian Regional Roundup - Johnson City, TN</p> <p>Name: _____ State: _____ Zip: _____ Address: _____ City: _____ Phone: _____ Email: _____ Name On Badge: _____ Number of T-shirts: _____ Size(s): _____ Scholarship Contribution \$ _____</p> <p>Name: _____ State: _____ Zip: _____ Address: _____ City: _____ Phone: _____ Email: _____ Name On Badge: _____ Number of Registrations: _____ Total: _____ Lend a hand to those unable to pay the registration fee.</p>		

NEW/MOVES/CHANGES/ADDITIONS/CANCELLATIONS

37013	Cancel	60 Minutes - Sun 5p OD
37014	Cancel	Downtown Tirune Group
37016	Cancel	Auburntown AA
37025	Add	STORYTELLERS MEETING Storytellers Museum 9676 Old Highway 46 Wed 7:30p OD
37027	Add	Stragglers - Sat 8:30 am OD
37027	Move	Every Woman Has A Story - Brentwood 1st Pres Ch 1301 Franklin Road - Basement
37027	Move	Cool Springs Newcomers now @ Cumb Hghts 7105 Crossroads Blvd #107
37027	Cancel	The Landing
37027	Change	Turning Point - Tues 7p CD/ALN (last Tues OS) - Thu 7p CD/LIT
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	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 C35 United - All Meetings at 7pm (last Sat potluck at 6p & speaker at 7p)
37066	Add	United Group Thurs 10a OD
37069	Change	Womans AA now Every Woman Has a / MoveStory - 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 - CancelTues
37110	Change	Bar None now 7p Monday delete Sat meeting
37127	Cancel	Back to the Big Book Wed 7p & Sun 4p CD

Me

My life is now an open book,
For all who care to take a look.
Unfolding just what happened to me,
To see the way I use to be.

Overcome with self-pity, remorse and despair,
Just every day life was too much to bare.
Too weary to live, too afraid to die,
There must be something for me, where does it lie?

With total defeat, I began to pray,
Please, dear God, show me the way.
The day came for me with complete surrender,
And there you were, understanding, loving and tender.

I couldn't go back to what I use to be,
You wouldn't be there, and
I wouldn't be me.

D. Watt

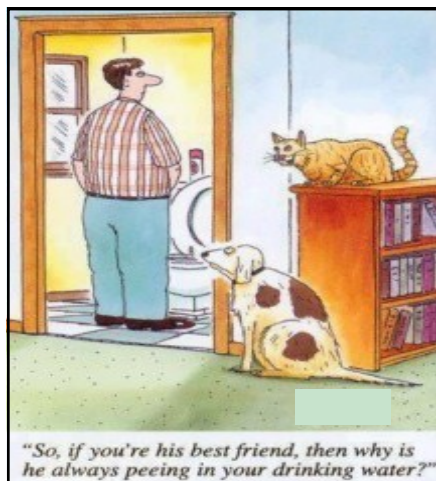
GROUP/MEETING	SEPT	YTD
21st AVENUE		150
ANONYMOUS		220
ANY LENGTHS		770
BACK TO THE BIG BOOK	40	172
BACKROOM		4,508
BASEMENT BUNCH	30	129
BELLEVUE		100
BRENTWOOD FULL MOON		717
BY THE BOOK -DICKSON		322
CAME TO BELIEVE		413
CLARKSTREET		100
COLUMBIA	20	163
COLUMBIA BASEMENT BUNCH		71
COMFORT ZONE		500
COOL SPRINGS NEWCOMERS		353
CROSSVILLE		100
CROSSVILLE NON-SMK STEP		10
DAVIDSON RD	500	2,700
DICKSON AA		480
DISTRICT 9	300	450
DOWNTOWN LUNCH BUNCH		468
DOWNTOWN YMCA		74
DROP THE ROCK		50
DRUNKS IN THE PARK		320
EAST NASHVILLE	233	233
EAST SIDE MEN'S STAG		1,319
EAST SIDE RECOVERY	375	375
EAST SIDE SATURDAY		1,134
EASY DOES IT		300
EVERY WOMAN HAS A STORY		142
FAIRFIELD GLADE		245
FAIRVIEW		200
FAYETTEVILLE	20	60
FIRST THINGS FIRST		283
FIVE & FIVE		662
FRANKLIN		2,670
FRANKLIN MEN'S		625
FRANKLIN ROAD WOMEN'S	99	199
FREE TO BE		499
FREEDOM FROM BONDAGE		20
FRIDAY NIGHT LIVE		20
FRIDAY NIGHT PRIMETIME		50
GALLATIN AA		50
GLADEVILLE SERENITY	200	200
GRATEFUL ALIVE		8
HAPPY HOUR - LEWISBURG		70
HARDING RD		400
HENDERSONVILLE BB		50
HERMITAGE		200
HIGH NOON		69
HOPE PARK AA LIT STUDY		124
HUT		50
KEEP IT SIMPLE BELLEVUE	64	507
KEY TO SOBRIETY	400	1,000
LADIES NIGHT OUT		25
LAFAYETTE NEW HOPE		50

GROUP/MEETING	SEPT	YTD
LAMBDA		300
LATE LUNCH BUNCH		1,600
LET IT HAPPEN		173
LIFE SAVERS		100
LINDEN		20
LIVE & LET LIVE		100
LIVING BY THE PRINT		300
LIVING THE PRINCIPLES		367
LIVINGSTON		150
LIVINGSTON 12x12		25
MADISON STREET		100
MIDDAY BREAK	130	725
MT. JULIET FELLOWSHIP		100
MURFREESBORO	15	120
MUSIC ROW		125
MUSTARD SEED	200	400
NASHVILLE N.O.W.		390
NEW BEGINNINGS WOMEN		160
NEW BEGINNINGS	25	225
NEW DAY		9
NEW LIFE H-VILLE		504
NIPPER'S CORNER	88	129
NORTHSIDE , CLARKSVILLE		150
ON AWAKENING		150
ONE DAY AT A TIME		550
ONE STEP CLOSER		316
OUT TO BREAKFAST		398
PAGE 112		53
PORTLAND UNITY		70
PRIMARY PURPOSE		184
PRIMETIMERS		100
PULASKI		45
REBOS		777
RECOVERY ROAD		38
RIGHT DIRECTION		200
RIDGETOP BASICS		50
ROAD OF HAPPY DESTINY		30
RUTS		500
SAFE HARBOR	35	185
SAFE PLACE	120	120
SANGO		80
SATURDAY NIGHT ALIVE	10	90
SEARCHERS - HUNT CLUB		650
SEEKING SANITY		908
SERENITY		175
SHADE TREE	1,106	5,087
SISTERS IN SOBRIETY		34
SMITH COUNTY FRIENDSHIP		200
SMYRNA GRATITUDE	362	4,677
SPRING HILL		204
TCYPAA		865
THE HUT		50
THE STRAGGLERS		440
THE UNITED		300
THREE LEGACIES		40
TRINITY		50

GROUP/MEETING	SEPT	YTD	NEW / MOVES / CHANGES / ADDITIONS / CANCELLATIONS		
TRUDGING THE ROAD		364	37167	Add	Smyrna Gratitude Fri 10p OD
TURNING POINT		200	37172	Cancel	Robertson Cnty - Wed Noon Wmn - Sun 7p
TWELVE STEPS TO FREEDOM		45	37174	Change	RUTS - 1pm now Noon
UNITED	200	410	37174	Add	Spring Hill Group - Thurs 8p OD/Lit
UNITY		10	37174	Cancel	Spring Hill Primetime SH meeting
WANGL		273	37179	Change	RUSSE - Sun 7p now /cd
WAVERLY		60	37188	Change	White House Group-B now White House Group and add Sunday 7pm OD
WAY OUT		50			Struck Gold Friendship House 202 23rd Avenue North 6p OD
WEEKENDERS		300	37203	New	202 - Sun BB Study 9am
WEST NASHVILLE	11	103	37206	New	East Side Recovery - Woodland Pres Church 211 N 11th St - Mon Noon OD/Lit - Wed Noon OS / OD / Men & Wmn AA with Alanon focus - Fri - Noon OD
WHITE HOUSE		80			Save Her A Seat - Woodland Pres Ch - 211 N. 11th St. Wed 7p OD/Lit
WINNERS & BEGINNERS		765	37207	Cancel	Place of Hope
WINNERS		25	37207	Cancel	Seven Dips
WOMEN IN THE SOLUTION	50	200	37208	Add	Spiritual Living - Music City Center -1012 Buchanan Group Mon 7:30p OD
WOMEN'S OPEN DOOR		186	37208	Add	Together We Can - Mt. Carmel Baptist 1032 Monroe St - Fri 7pm OD
WOMENS FREEDOM	800	1,350	37209	Move	WANGL - 6:30p Fri OD/OS Friendship House 202 23rd Ave 37203
WOMENS WAY		100	37209	Cancel	Begin the Journey
WOODBINE		20	37210	Add	WIRED Women in Recovery Every Day - Club 62 - 329 Peachtree - Sat 10:30a OD/Wmn
GRAND TOTAL YTD:	5,432	53,607	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)
			37215	Move	Lambda Trinity Pres Ch 3201 Hillsboro Pike
			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
			37218	New	Cedar Circle Unity Baptist Ch 4029 Cedar Circle Tues 6:30p OD
			37232	Cancel	Basement Recover - Vanderbilt
			37398	Cancel	Easy Does It
			37398	Add	It's a Great Day Mon 7p OD -Tues 7p OD/Lit - Thu 7p OD+ALN
			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



"Don't slice the pizza. My diet says I'm only allowed to eat one piece!"



"So, if you're his best friend, then why is he always peeing in your drinking water?"

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

	September 2017			YTD 2017		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	2,792.85	2,925.17	(132.32)	28,119.16	26,326.53	1,792.63
Group Donations	5,858.00	5,553.17	304.83	57,644.42	49,978.53	7,665.89
Individual Donations	110.81	308.33	(197.52)	1,869.35	2,774.97	(905.62)
Messenger Donations	12.00	9.25	2.75	117.00	83.25	33.75
Website Donations	43.41	-	43.41	933.70	-	933.70
Special Events	-	625.00	(625.00)	-	5,625.00	(5,625.00)
Interest	5.55	3.08	2.47	33.28	27.75	5.53
Total Income	8,822.62	9,424.00	(601.38)	88,716.91	84,816.03	3,900.88
Expenses						
Casual Labor	200.00	200.00	-	1,800.00	1,800.00	-
Payroll	6,601.26	5,080.08	1,521.18	46,632.80	45,720.75	912.05
Sales Tax Expense	-	-	-	112.91	-	112.91
Legal & Professional	350.00	350.00	-	3,150.00	3,150.00	-
Sales Tax Expense	-	-	-	1.61	-	1.61
Rent	1,000.92	1,006.00	(5.08)	9,014.42	9,054.00	(39.58)
Printing	-	50.00	(50.00)	270.66	450.00	(179.34)
Payroll Taxes	365.90	388.58	(22.68)	3,241.40	3,497.28	(255.88)
Repairs & Maintenance	-	33.33	(33.33)	-	300.00	(300.00)
Equipment Rental	49.99	116.67	(66.68)	973.44	1,050.00	(76.56)
Telephone & Fax	404.59	474.33	(69.74)	3,742.03	4,269.00	(526.97)
Answering Service	200.00	250.00	(50.00)	1,854.00	2,250.00	(396.00)
Postage	112.44	191.67	(79.23)	869.65	1,725.00	(855.35)
Office Supplies	55.22	183.33	(128.11)	1,347.94	1,650.00	(302.06)
Computer & Technology	54.63	125.00	(70.37)	2,185.03	1,125.00	1,060.03
Intergroup Expense	-	100.00	(100.00)	466.67	900.00	(433.33)
Insurance	-	200.00	(200.00)	1,244.00	1,800.00	(556.00)
Special Events	-	291.67	(291.67)	-	2,625.00	(2,625.00)
Travel	705.60	375.00	330.60	1,012.62	3,375.00	(2,362.38)
Depreciation	7.92	8.33	(0.41)	87.12	75.00	12.12
Over/Under	-	-	-	(126.79)	-	(126.79)
Total Expenses	10,108.47	9,424.00	684.47	77,879.51	84,816.03	(6,936.52)
Net Income	(1,285.85)	0.00	(1,285.85)	10,837.40	-	10,837.40

NOVEMBER ANNIVERSARIES

HENDERSONVILLE BIG BOOK

Carl M	11.11.89
---------------	-----------------

HIGH NOON

Bill S	11.25.15
Doug L	11.19.09
Jen K	11.25.15
John C	11.02.14
John E	11.13.14
Judy E	11.07.10
Justin C	11.10.14
Lacy H	11.10.12
Melanie	11.10.13
Ron H	11.18.14
Ryan D	11.10.12
Terri B	11.09.09
Tony L	11.21.89

KEEP IT SIMPLE

Anthony D	11.19.16
Charles M	11.01.15
Doug H	11.28.00
Dustin J	11.17.14
Eric C	11.23.14
Garrick P	11.20.16
Matt W	11.30.16
Richard D	11.25.15
Sam M	11.08.09
Samantha C	11.20.14
Scott S	11.15.15
Sean H	11.00.15
Win Y	11.16.15

LOVE & LAUGHTER

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

MIDDAY

Evan M	11.27.03
Jennifer S	11.03.15
Jess O	11.08.16
Jim C	11.12.16
Paul L	11.02.15
Reanate M	11.30.12

NEW BEGINNINGS

Gregory R	11.20.15
Mike P	11.15.13

SEEKING SANITY

Brenda N	11.24.15
Danny C	11.19.15
David N	11.11.16
Joanie R	11.24.10
Joe C	11.29.14
Ken H	11.23.13
Laura F	11.22.10
Michelle R	11.10.08
Reuben P	11.19.13
Theron T (JR)	11.20.06

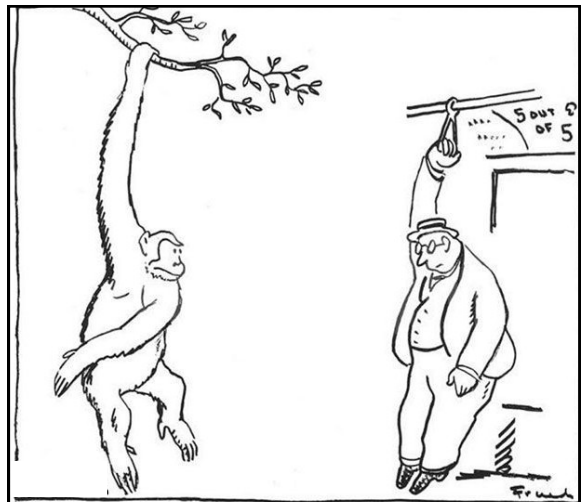
SMYRNA GRATITUDE

Ernie D	11.20.87
Jeanette S	11.17.16
Joel C	11.16.14
Kelly D	11.30.06
Mark F	11.12.87
Pete M	11.25.16
Sonny P	11.01.04

WOMEN IN THE SOLUTION

Debbie H	11.24.04
Sandi Z	11.18.83
Sherry S	11.21.09

This little kangaroo done got on his
momma LASS NERVE.



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