

The MESSENGER

Middle Tennessee Central Office Intergroup

\$ 1.00

A BETTER LIFE

FEBRUARY
2018

A young writer chases his dreams into a bottle and finds his way to AA

On Monday mornings in high school I would appear in my classes haggard and disheveled. I was secretly proud of the fact that I was worse for the wear after a weekend of hard partying. I had always been good at school, and was enrolled in many honors classes. Being in honors classes meant that I was smart, and drinking meant that I was cool. Looking around at my fellow students I was sure that I was better than any of them.

Needless to say I had an incredibly large ego. I knew for sure that I had all the answers, which made it all the more painful when nothing in my life ever seemed to work out. I was crippled with self-doubt and insecurities. I couldn't interact with girls. I disliked most of my friends and I hated myself. At school I was often a ball of rage. Drinking cured this anger, in a way. At its best, drinking allowed me to be confident and happy, bigger than myself. At its worst, drinking was all that made life bearable. Sometimes it hardly worked at doing that; often when I drank I was sad and mooney, filled with self-pity. Still, it was better than sobriety.

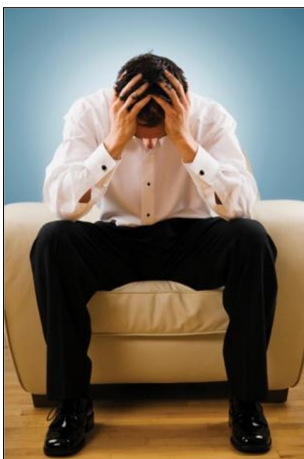
I began drinking when I was 14. Like many of us, I showed absolutely no ability to moderate my drinking from my very first drunk. I progressed very quickly from those few beers to, at the age of 16, drinking vodka every day, throughout the day. I kept a small flask in my leather jacket. In hindsight, I have a hard time recalling where all of that vodka came from. All that mattered was that it was there. To keep my flask full, I begged, snuck and stole.

I commonly passed out after I had been drinking. I had many stories of waking up in absurd places or situations, and I fashioned these experiences into elaborate stories I used to entertain my drinking buddies. They were hilarious, so I thought, and they always seemed to be popular.

As I progressed through high school I quickly developed a pattern of getting into and out of trouble. I would get in trouble with either the police or my parents (usually both) and, just when things looked their worst, I would somehow talk my way out of any serious consequences. My parents are both non-drinkers, and they were confused by my actions. I was a skillful manipulator, always saying just the right thing and making just the right show of effort for long enough to get the folks "off my back." In this department it helped that I was a decent student. I could always

point to my grades and academic accomplishments as a sign that I didn't have a problem.

I made it through high school and after a summer of very heavy drinking moved to Oregon for college. At college I was free to fill my life with alcoholics and alcoholics only. Within two weeks of arriving in the dorms I had found the group of friends I would remain close with for the next two and a half years. With these individuals in tow my alcoholic life truly began to seem the "only normal one."



"To keep my flask full, I begged, snuck and stole."

Everyone drank at college, it seemed. And if that weren't enough of an excuse I was also an artist, an aspiring writer. All my heroes were alcoholics, and I was determined to follow them. I had a plan. I would be an alcoholic writer! I would meet an alcoholic girl and we would almost kill ourselves with drink. Then I would get sober, sometime in my 30s, and I would write a best seller about the experience.

Over time it began to seem like alcohol wouldn't give me that much time. My hangovers got worse and worse, practically incapacitating me even after nights of relatively moderate drinking. While still a good student, my life seemed to collapse into school and drinking. I was either at school or thinking about school or else I was drinking or thinking about drinking. If I was having a busy week I could put off drinking until the weekends (weekends being defined as beginning on Thursday or late Wednesday), but the longer I was abstinent the harder I would have to drink when I finally started drinking. Even writing, which had been so important to me, fell by the wayside. In the months before I got sober I hardly wrote anything. I was spending incredible amounts of money on alcohol. Most of my friends were little more than drinking partners, and I wouldn't think twice of sneaking drinks from them if I thought I could get away with it. What friends I genuinely cared for were either going to jail or descending quickly into drug addiction and death. One close friend died at the age of 20 of an overdose. While I had always known that the

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HISTORY

History of Preparation and Publication of the First,
Second, Third and Fourth Editions of the Big Book,
Alcoholics Anonymous
Prepared by Doug R., A.A.W.S. Staff

Excerpt I

This is an attempt to review the history of the preparation for and publication of the First, Second and Third Editions of the Big Book, Alcoholics Anonymous. The resources of the Archives, the Files Department, the Literature committee records, both Conference and Trustees, as well as memories of present and past staff members at the General Service Office are being used.

First Edition

On a borrowed \$4,000 Alcoholics Anonymous was produced by Works Publishing in 1939. This little company, formed by Bill and Dr. Bob and their non-alcoholic friends along with other founding members was taken over by the Alcoholic Foundation in 1940 when the shareholders and Charles B. Towns were paid off in full by the Foundation for their 'investments' in the project. Thus, our basic text has been held in trust by first, the Foundation, and now A. A. World Services, Inc., for the Society of Alcoholics Anonymous for all time.

In the Foreword to the First Edition, we find the premise, the simple statement of purpose which remains the hub of unity for the Fellowship, "We of Alcoholics Anonymous are more than 100 men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics precisely how we have recovered is the main purpose of this book." (Page xiii, Foreword to the First Edition of Big Book, Alcoholics Anonymous).

In a speech that Bill gave in Fort Worth about the writing of the book, he says, 'I suppose the book yarn really started in the living room of Doc and Annie Smith. As you know, I landed there in the summer of '35, a little group caught hold. I helped Smithy briefly with it and he went on to found the first A. A. group in the world. And, as with all new groups, it was nearly all failure, but now and then, somebody saw the light and there was progress. Pampered, I got back to New York a little more experienced; a group started there, and by the time we got around to 1937, this thinking had leaped a little over into Cleveland, and began to move south into New York. But, it was still, we thought in those years, flying blind, a flickering candle indeed, that might at any moment be snuffed out. So, on this late fall afternoon in 1937, Smithy and I were talking together in his living room, Anne sitting there, when we began to count noses. How many people had stayed dry; in Akron, in New York, maybe

(Continued on page 4)



If one tries, one can learn to live with couch dancing.

A BETTER LIFE

(Continued from page 1)

lifestyle I led was dangerous, I always imagined the consequences coming years later, maybe in my 40s or 50s. But here were twenty-somethings dropping, it seemed, all around me. Those stories of drunken misadventure I told could still make people laugh, but to me they just weren't quite as funny anymore.

I had been exposed to Alcoholics Anonymous before. Once or twice in high school and then again when I was 19 and had accompanied a friend. When I was 20 a run-in with the law forced me into a court-ordered treatment program that required attendance at AA meetings. I would go, occasionally, in order to lie better about all the times I was not going. I enjoyed the meetings and the people, and more than once took a "24-hour" chip, even though I had no interest in staying sober. It was fun. People clapped for me and nice old ladies gave me hugs.

I was drinking more and more in those days. My 21st birthday arrived and finally I was able to drink without all the hassles that accompany underage drinking. I felt like I was becoming a more sophisticated drinker. I drank expensive whisky and avoided the college house parties that dominated my neighborhood on the weekends. As I neared the end of my probation, my fear of getting caught drinking grew and grew, and I was afraid to be seen drinking in public. This led to scenes like the one where I snuck away from a concert to take slugs out of a pint in the bathroom of a fast food restaurant. It became harder and harder to deny that I had a problem with alcohol.

A strange thing began to happen. When I attended meetings, I would feel drawn to the people in them. Part of me, a big part, wanted what those people had. They had quit drinking and they were happy. But there was always that other part of me that said that I wasn't an alcoholic, that I was just a normal college student, that I would quit once I graduated or else when I started a family.

The overdose of a second friend sent me reeling. Suddenly I could see clearly the effect that drinking was having on me and those around me. I realized with absolute certainty that I wasn't going to outgrow my drinking, that nothing, not graduation, not starting a family or writing a best selling novel, would get rid of it. I realized that unless I quit drinking nothing was going to change, that my life would stay like it was forever. I realized that I might die. I was terrified, confused and angry.

I attended an AA meeting. It was a Step study. I feel very strongly now, and did then, that it was not my idea to go to that meeting. I believe my Higher Power led me there. My mind was racing so fast that I hardly remember anything that they discussed. All I knew was that I had to ask for help. After the reading people began sharing. Every time someone finished sharing I would prepare to speak, my heart racing, and every time my tongue would catch in my throat. The meeting ended without me saying anything. I felt like a failure and I wandered outside. I thought that I had blown the chance at sobriety that my Higher Power had presented me with.

Later that night I a friend took me to the bar and even bought me a drink. A miraculous thing happened. I turned her down! I was just not drinking tonight, I told both her and myself. Somehow,

at that AA meeting, I had grasped onto the concept of one-day-at-a-time abstinence from drinking. That day was almost three years ago and I have not had a drink since.

The next night I attended another meeting, the Tuesday Night Young People's Group of Eugene, Ore. At this meeting I actually spoke and introduced myself as an alcoholic. I don't remember much of what I said, but I do remember what happened after the meeting; I was taken aside by several men in the program. They gave me their numbers and a ride to a meeting the following night. By the third night I had a copy of the Big Book. By the end of the week I had a sponsor.

My sponsor said that getting sober was like a window of opportunity. This I could relate to. How many times had I thought it a good idea to get drunk? And how many times had I thought it a good idea to get sober? To the first question I had to answer many times, and to the second almost never. Here was sobriety, maybe the best thing I could ever achieve, and I wanted it for only the first or second time in my life. But I had talked myself out of so many things in my life. Who's to say I wouldn't talk myself out of this?

From listening to my sponsor, and to the people at meetings, I realized that if there was any hope for me to stay sober I would have to work the Steps. Otherwise it would be back to drinking and darkness. I jumped into the Steps with the "all the desperation of [a] drowning [man]." By two months sober I had read my Fifth Step to my sponsor, and not long after that I began making amends.

By working the Steps I was able to live, for the first time in my life free of the obsession to drink. By working a Fourth and Fifth Step I was able to leave my anger behind me. In making my amends I was able to see that while I had done bad things I was not the terrible person I had always believed I was. Today I no longer believe that I have all the answers, and I no longer feel like I am in constant opposition with reality. The pressure that used to build up within me, the pressure that only drinking could release is not a part of my days anymore. When those old feelings do come back, I have my Higher Power to fall back on. My Higher Power always helps me, when I am willing to let it. Prayer and meditation have been crucial to my recovery.

In the few years since I got sober I have graduated from college and moved across the country to attend graduate school. In my new home in New Mexico I have been involved with our state's convention of Young People in AA. I belong to a home group, I attend meetings at a mental hospital and the local prison, and I am my district's Grapevine rep. Moving to a new place was hard for me, but diving into service in AA kept things from being even harder.

Today I am a happy, sober, 24-year-old geologist. That is a long ways from the alcoholic writer I had planned to be by this age. In AA I have found a life better than anything I could have planned.

-- Tom P.—Las Cruces, New Mexico

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March 2011

HISTORY

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a few in Cleveland? How many had stayed dry and for how long? And when we added up the total, it sure was a handful of, I don't know, 35, 40 maybe. But enough time had elapsed on enough really fatal cases of alcoholism, so that we grasped the importance of these small statistics. Bob and I saw for the first time that this thing was going to succeed. That God in his providence and mercy had thrown a new light into the dark coves where we, and our kind, had been and were still by the millions dwelling. I never can forget the elation and ecstasy that seized us both. And then we sat happily talking and reflecting. We reflected that well, a couple of score of drunks were sober but this had taken three long years. There had been an immense amount of failure and a long time had been taken just to sober up the handful. How could we transmit our message to them, and by what means, how could this light be a reflection and transmitted without being distorted and garbled?

And we touched on the book. The group conscience consisted of 18 men good and true, and the good and true men, you could see right away, were damned

skeptical about it all. Almost with one voice, they chorused, 'Let's keep it simple - This is going to bring money into this thing, this is going to create a professional class. We'll all be ruined.' Well, I countered, that's a very good argument. Lots to what you say, but even within gunshot of this very house, alcoholics are dying like flies. And if this thing doesn't move any faster than it has in the last 3 years, it may be another 10 before it gets to the outskirts of Akron. How in God's name are we going to carry this message to others? We've got to take some kind of chance. We can't keep it so simple that it becomes anarchy and gets complicated. We can't keep it so simple that it won't propagate itself. And we've got to have a lot of money to do these things."

The history of the book project is well-documented in Bill's writings. It is a wonderful story which bears repeating again and again because of its significance to the fellowship. The principles which were employed by the early-timers and their friends will keep us in good stead as we travel the road to the Fourth Edition of the Big Book.

(To be continued in the March Edition)

<i>CENTRAL OFFICE OFFICERS</i>	<i>NAME</i>	<i>PHONE #</i>
Chairperson	Travis O	615.642.1027
Central Office Manager	Charles C	615.973.9898
Central Office Bookkeeper	Donna C	615.832..1136
Vice Chairperson	Garrett D	615.957.7674
Secretary	Joe C	615.491.1824
Treasurer	Mark M	615.804.8128
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 (Interim)	Charlie B	615.554.0501
Archives	Butler M	225.226.5457
Sobriety Dinner	Vacant	

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 Apr 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**

**Middle Tennessee Intergroup Association
Agenda
January 8th, 2018**

- Chairperson's Report - Travis opened meeting with moment of silence followed by Serenity Prayer. Round Table Introductions for all in attendance were made.

1st Concept Checklist Questions were read.

Welcomed new Intergroup members

Very little to report.

- Vice Chair Report Garrett D.
First meeting as Vice Chair. No report glad to be able to serve.
- Treasurer's Report - Mark M. gave treasurer's report. Motion to approve made, seconded and approved unanimously.
- Secretary's Report - Joe C. presented minutes from last Intergroup meeting. Motion to dispense with reading of the minutes made, seconded and approved. Motion to accept made, seconded and approved.
- CO Manager's Report - Charles C. gave written Manager's report
- CPC/PI - Al C gave report. Troy V. from Franklin is interested in filling the position. The Intergroup Committee will vote him in at the next scheduled meeting.
- Corrections - Charlie B. gave report.

January 23rd is the next orientation meeting. Orientation will be held every 4th Tuesday of the month at 6:00 pm to 8:00 pm. The Orientation meetings will be held at the Davidson County Sheriff's Office North Complex, 610 W. Due West Avenue, Madison TN.

Asked to staff 3 new meetings 7:00 to 8:00 at the Harding facility

Used grapevines needed - please bring next month's Intergroup meeting if you can.

- Treatment Facilities - Steve T. gave Treatment Report. Workshops on request. Buffalo Valley has new facility north of town near Madison. District 31 and 34 are covering the needs for reaching out to this new facility. Working on first quarter updates.
- Accessibility - Darin M. gave report. The 20th of January Darin is going to Combined Districts to disperse Accessibility worksheets to the GSR's and DCM's in attendance. Want to focus on wheel chair accessibility with the goal to have links on the internet to inform of wheelchair access.
- Archives - Butler M. is thrilled to be archives chair looking forward to preserving history of Central Office in the coming year. He has no report currently.

Zone Representative Reports

Zone 09 - No report

Zone 11 - No report

Zone 12 - Les first official meeting nothing to pass on currently

Zone 13 - No report

Zone 14 - No report

Zone 15 - Travis - things are slow currently. Hope to have treatment workshop in February. Starting to work on Memorial Day weekend event

Zone 30 - No report

Zone 31 - Darrin gave report. Reported on new meetings in East Nashville.

Zone 32 - No report

Zone 33 - No report

Zone 34 - Barry reported events going on in his District

Zone 40 - No report

Zone 41 - No report

Unfinished Business

- By-laws discussion (by-laws revision committee) - No By-laws meeting tonight
- Charlie spoke about Top Golf event. Will present ideas to Steering Committee meeting for final vote and decision

New Business - No new business

- 7th Tradition basket - basket was passed
- Recognized January birthdays
- Closed with Responsibility Statement

Next Intergroup meeting will be February 12th, 2018 at 6 pm.

Next Steering Committee Meeting is scheduled for the fourth Monday following the quarter (January 22nd, 2017 at 6pm).



OPEN MEETING - ALL ARE WELCOME!

SPONSORSHIP WORKSHOP

"PRACTICAL EXPERIENCE shows that nothing will so much more insure immunity from drinking as intensive work with other alcoholics" ~ BB. page 89

presented by **Tom U.**

Saturday
FEBRUARY
17TH
9a - 3p

St. Timothy Lutheran Church
650 East Main Street
Hendersonville, TN 37075



LUNCH PROVIDED
NOON - 1



BRING YOUR
BIG BOOK

For more information contact:
Tyler B/615.522.7672 or Barry G/615.438.5221

District 33's 15th Annual **Chili Cook-off** & **Dessert Auction**

All Proceeds go to supporting the 2019 Voting Assembly

Sunday, March 11, 2018

Doors Open – 4:15 pm
Cut-off for Chili Contest – 4:50 pm
Eating – 5:00 pm
Dessert Auction – 6:00 pm
Speaker: Jon P. – 7:00 pm
(Our Current Area 64 Delegate)



Chili should be in a crockpot

Arrive early to enter Chili. There is always a line!
By necessity, the cut-off is for registration, not arrival.
All fixin's and chips will be provided.

Desserts should be on a giveaway plate

We also need salads & breads

Franklin First United Methodist

120 Aldersgate Way, Franklin, TN

(where the noon mtg is now held – facing Mack Hatcher between Franklin Rd/31 & Hillsboro Rd/431)
**Setup starts at 2pm. Don't forget to turn your clocks ahead Sat night for Daylight Savings.
For more information, or to volunteer, call or text: Sue K. 615-708-0008

EAST NASHVILLE'S NEWEST BOOK STUDY

"EAST SIDE COMES ALIVE!"
(with Joe and Charlie)"

A CD/BIG BOOK EXPERIENCE

BEGINNING: FEBRUARY 6
EVERY TUESDAY NIGHT

7pm

MEMORIAL LUTHERAN CHURCH

1211 Riverside Drive
East Nashville, TN 37206

Nashville Workshop

Presented By
**Our Primary
Purpose**



The 12 Steps Ungarbled

WHEN: Saturday, February 24th, 2018

TIME: 10:00 AM Registration
Workshop: 10:30 AM to 3:30 PM

WHERE:

Goodwill Headquarters Center
Meeting Rooms 120 & 121
937 Herman Street
Nashville, TN 37208



The basic text of Alcoholics Anonymous is explained in a way that you may have never experienced before. Learn about the disease of alcoholism and how to recover. See the practical way of working the steps that is precisely laid out in the Big Book

Whether you're new to A.A., Al-Anon or any other Fellowship, or have been around for years, this workshop will help you better understand the disease of alcoholism/addiction and how we get well.

Food and Refreshments

Nashville info Mike S 615-961-4040 or C.K. 615-516-2941 or Laura S. 512-797-7644
Chicago Contact - Steve G 630-546-6227 or Paul G. 630-479-4114



A Gathering Of People That Love AA

The Woodstock Fellowship of Memphis

"Let it Begin with Me" April 6 - 8, 2018

Holiday Inn Airport Hotel & Conference Center
2240 Democrat Road, Memphis, TN 38132

5 minutes from Memphis International Airport, 15 minutes
from Beale Street, 10 minutes from Elvis Presley's Graceland

ROOM RATE: \$105.00 PHONE: (901) 332-1130

Be sure to mention "Woodstock Memphis." Rates are good 3 days
prior to the conference & 3 days after the conference.

Schedule of Speakers:

Friday	7:30 p.m.	Steps 1, 2	Don L. Bellingham, WA
	8:30 p.m.	Step 3	Mildred F. Toronto, Canada
Saturday	9:00 a.m.	Steps 4, 5	Bob D. Las Vegas, NV
	10:30 a.m.	Alanon	Aaron J. Charlotte, NC
	2:00 p.m.	Steps 6, 7	Theresa F. Los Angeles, CA
	3:30 p.m.	Steps 8, 9	Larry T. Los Angeles, CA
	6:00 p.m.	Banquet	
	8:00 p.m.	Speaker Panel	"Let it Begin With Me"
Sunday	9:00 a.m.	Steps 10, 11	Don M. Louisville, KY
	10:30 a.m.	Step 12	Ralph W. Los Angeles, CA

The Woodstock Fellowship is comprised of AA members.

This is a non-profit function. Any excess funds will be donated to AA services.

\$25.00 Pre-Registration Fee
\$47.00 Saturday Night Banquet per person (optional)

Add \$25 to your fee to sponsor a seat and
lend a hand to those unable to pay!

Make checks or money orders payable to:
Woodstock of Memphis
P.O. Box 1386, Cordova, TN 38088
Register online at woodstockaamemphis.org
Online registration add \$2 to cover online processing fees
Pre-Registration ends on 3/31/2018.
Registration is \$35.00 at the door.

For information call: Nita C. (901) 210-1562
or Jennifer M. (901) 690-0204

email: woodstockaamemphis@gmail.com

Name: _____ Registration for Woodstock Fellowship of Memphis
April 6-8, 2018
Address: _____ Amount enclosed (please check) ☐ \$25.00 Pre-Registration
City: _____ Badge name: ☐ \$47.00 Banquet
State: _____
Phone: _____
Email: _____ Contribution for those unable to pay \$ _____

1st
Annual

Appalachian Regional ROUNDUP

~Sobriety Is Not Enough~

Johnson
City, TN

Holiday Inn Johnson City
101 West Springbrook Drive
Johnson City, TN 37604

Dates- 03/23/2018 - 03/25/2018

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 Roundup"
To receive discounted room rate

For Conference Information Call Tony L.

631-676-0662

or Email

P.L.Chair@appalachianregionalroundup.com

Make Check or Money Order Payable to
(Round Up - Frankie Nunley) & Mail to:
P.O. Box 7494

1001 N. Eastman Rd
Kingsport, TN 37663

Pre-Registration is \$25.00 & \$30.00 At the Door
Online Pre-Registration Available at
www.appalachianregionalroundup.com

Program

*Speakers Confirmed and Schedule Subject to Change

FRIDAY 03/23/2018

Mrs. Michael E. Of GA - 7:00PM - Topic
Mr. Ralph W. Of CA - 8:30PM - Topic

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

SUNDAY 03/25/2018

Mrs. Jennifer K. Of TX - 8:15AM - Steps 10&11
Mr. Bob D. Of NV - 9:45AM - Step 12

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.

1st Annual - Appalachian Regional Roundup - Johnson City, TN

Name: _____ Name: _____
Address: _____ Address: _____
City: _____ State: _____ Zip: _____ City: _____ State: _____ Zip: _____
Phone: _____ Email: _____ Phone: _____ Email: _____
Name On Badge: _____ Name On Badge: _____
Number of T-shirts: _____ Size(s): _____ Number of Registrations: _____ Total: _____
Scholarship Contribution \$ _____ Lend a hand to those unable to pay the registration fee.

NEW / MOVES / CHANGES / ADDITIONS

CANCELLATIONS

37013 Cancel 60 Minutes - Sun 5p OD

37014 Cancel Downtown Triune Group

Valley View - Cheatham Recovery

37015 Move House 676 S. Main St Ashland City

37027 Change Every Woman Has A Story -now CD

37027 Change Turning Point - Tues 7p now CD/
ALN

37030 Cancel Smith County Sun & Wed meetings

37062 Cancel Psychic Change

37064 Cancel Saint Phillips Meeting

37066 Add No Boundaries - Wed Meditation
6:30p doors locked at 6:40

37076 Move SSS Group now at Hermitage

United Meth Ch 205 Belinda Dr.

37087 Cancel Sobriety First - Mon

Bar None now 7p Monday no Sat
meeting

37110 New Any Length Bates Hill Pres 9957 Old
Nashville Hwy Thu 5pm OD/Lit

37115 Cancel WTF - Serenity House

37122 Add Mt Juliet Fellowship - Mon 5:30 OD/
Wmn

37127 Cancel Back to the Big Book Wed 7p

37174 Add RUTS - Thurs 5p OD

37207 Cancel Place of Hope

37208 Add Together We Can - Mt. Carmel
Baptist 1032 Monroe St - Fri 7pm
OD

37210 Cancel Wired

37210 Cancel Young Guns

37211 New Solo Por Hoy - 3221 Nolensville Pike
Mon-Sun 7p OD

37211 Change Woodbine - Last Friday of Month is
Speaker

37211 Cancel Every Night at 6 - Sun cancelled

37214 Add Shade Tree Sun 7am OD

37217 Cancel Women's Meeting Saturn Dive

37217 Cancel Love & Laughter - Tues 6:30pm

37221 New A.W.O.L. Lit Study Cross Point
Church 7675 US 70 South Tue 6:30

37221 Cancel Bellevue Winners and Beginners

37221 Cancel Hope Park Lit Study

37232 Cancel Recovery Group - Vanderbilt

Recovery First - Craft Memorial

38401 New Meth CH 907 Hatcher Lane I Iam -
M & F OD, I Iam W - OD/Lit

38501 Add Way Out Group Thurs 6:30p SS

38562 Add Friday Night Live - Sat 7pm CD

ACCESSIBILITIES CHECKLIST

For Meetings and Groups

How accessible is your meeting? This is a guide to help diminish the trials that people with access barriers may encounter in attending meetings in your location.

Introduction

People with physical challenges should be able to arrive on site, approach a building, and enter as freely as everyone else. At least one route of travel should be safe and accessible to everyone.

Following are some questions your group can answer to determine the overall accessibility of your meeting space.

PARKING:

- ☐ Are an adequate number of accessible parking spaces available? (9 feet wide for car, plus 5-foot wide access aisle)
- ☐ Are spaces close to accessible entrances?
- ☐ Are spaces marked with identification signs?
- ☐ Is the parking area or street clear of snow, ice, or other debris?
- ☐ Is a path of travel by wheelchair accessible from the street or parking area?
- ☐ Are the sidewalks even and in good repair? Are there curb cut-outs to facilitate access to the sidewalk?

ROUTE OF TRAVEL:

- ☐ Is the meeting place accessible to public transportation?
- ☐ Is there a clear route of travel that does not require the use of stairs?
- ☐ Can any potential obstacles along pathways — including hanging objects — be detected by a person using a cane or other mobility device?
- ☐ If the meeting is at night, is the pathway well lit?

ENTRANCE:

- ☐ Does the entrance have steps, a threshold, or other physical barriers?
- ☐ If so, is there a ramp, lift, or an alternate entrance that is accessible?
 - ☐ Is the ramp excessively steep? Does it have railings?
 - ☐ Is the lift in good working order? If the lift is operated by a key, does someone on location have possession of the key or know where the key is kept?
 - ☐ Is there signage indicating the location of the alternate accessible entrance?
- ☐ Does the entrance door have adequate width (32") and clearance to accommodate a wheelchair?
- ☐ Can the doors be opened by someone in a wheelchair or would he or she need assistance?

INSIDE THE BUILDING:

- ☐ Is there level access from the wheelchair accessible entrance to the meeting area?
- ☐ If not, are there ramps to enable someone in a wheelchair to reach the meeting?
 - ☐ Lifting someone over steps or stairs is not an acceptable solution for access.
- ☐ If there is an elevator or a lift, is it in good working order? If the elevator or lift is operated by a key, does someone on location have possession of the key or know where the key is kept?
- ☐ Are corridors and door widths (32") adequate for passage of a wheelchair?
- ☐ Are corridors clear for wheelchair passage? Can any potential obstacles along corridors or walkways be detected by a person with a visual impairment using a cane — including hanging objects?

RESTROOMS:

- ☐ If there are restrooms for the general public, are wheelchair accessible restrooms in the same location?
 - ☐ If not, is at least one fully accessible restroom available (one for each sex or unisex) within reasonable proximity?
- ☐ Are the stall doors operable?
- ☐ Is there adequate space for a person in a wheelchair to maneuver within the stall? (44" for forward movement and a 5-foot diameter or T-shape of clear space to make turns.)
- ☐ Are there grab bars on the walls behind and to the side nearest the toilet?
- ☐ Can the faucet be operated without grasping, twisting, or turning?

THE MEETING ROOM:

- ☐ Are chairs set up with adequate aisle space for a wheelchair?
- ☐ Is the lighting adequate?
- ☐ Is there a designated section for members who are Deaf or Hard-of-Hearing?
 - ☐ If so, is there adequate space for a sign language interpreter to sit with easy access to that group?
- ☐ Is someone available to provide information about the meeting space — where the restrooms are, where the best seating might be, noting any obstacles, etc. — for people with disabilities when they first arrive at the meeting?
- ☐ Is the meeting set up with the same configuration each time to help people who are Blind or have low vision become familiar enough with the layout to navigate without assistance?
 - ☐ If the meeting is set up differently, is someone responsible to alert attendees who may have difficulty navigating the space?
- ☐ Is the coffee service accessible to a person in a wheelchair or with another type of mobility device?
- ☐ Is A.A. literature available that addresses the needs of people with disabilities?
- ☐ Does the local intergroup/central office know that the meeting space is available to people with diverse accessibility needs?

Additional information about Accessibilities and setting up your meeting space may be available from your district or area Accessibilities Committee or your local intergroup/central office. You may also want to search the internet for a variety of Accessibilities Guides and information.

ANY LENGTHS	
Brian J	02.20.15
Don A	02.09.16
BACKROOM	
Bryant H	02.22.17
Griffin H	02.01.13
Heather C	02.17.98
Jessica	02.02.16
Jim A	02.13.89
Joanna G	02.28.13
Marty Q	02.18.94
Susan S	02.18.13
Toni S	02.18.95

EAST SIDE MEN'S STAG	
BJE	02.17.91
Bob A	02.18.10
Brandon M	02.01.17
Dan S	02.08.01
Drew T	02.28.11
Fred M	02.01.17
Gabe McC	02.17.14
Griffin H	02.01.13
Marc N	02.08.84
Trevor P	02.12.08

FULL MOON	
Andy E	02.19.09
Chase S	02.19.13
David B	02.26.92
John C	02.05.06
Laura S	02.24.89
Maury M	02.22.12
Mike A	02.12.90
Scott V	02.11.89

NIPPERS CORNER	
Alan H	02.06.08

OTBB	
Todd W	02.20.87
Vaile W	02.17.10
SMYRNA GRATITUDE	
Deb J	02.21.15
Endre G	02.06.16
Jennifer C	02.08.16
Ken R	02.12.17
Nancy H	02.22.15
Randy C	02.19.12
Robbie Q	02.25.17
Suzanne P	02.18.17
Terri M	02.01.05
Tonia C	02.01.13
WOMEN IN THE SOLUTION	
Julie L	02.23.17

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

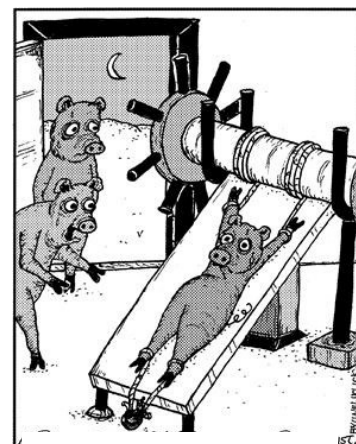
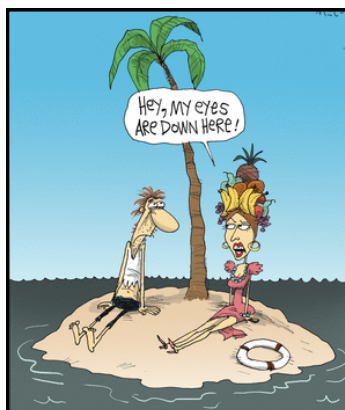
	December 2017			YTD 2017		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	2,810.82	2,925.17	(114.35)	34,644.56	35,102.04	(457.48)
Group Donations	5,455.76	5,553.17	(97.41)	76,739.72	66,638.04	10,101.68
Individual Donations	1,756.00	308.33	1,447.67	4,720.22	3,699.96	1,020.26
Messenger Donations	136.02	9.25	126.77	129.00	111.00	18.00
Website Donations	-	-	-	1,151.95	-	1,151.95
Special Events	170.00	625.00	(455.00)	5,800.00	7,499.96	(1,699.96)
Interest	15.37	3.08	12.29	89.32	37.00	52.32
Total Income	10,343.97	9,424.00	919.97	123,274.77	113,088.00	10,186.77
Expenses						
Casual Labor	200.00	200.00	-	2,400.00	2,400.00	-
Payroll	4,775.84	5,080.08	(304.24)	60,960.32	60,961.00	(0.68)
Bad Debt	-	-	-	112.91	-	112.91
Legal & Professional	350.00	350.00	-	4,200.00	4,200.00	-
Rent	996.00	1,006.00	(10.00)	12,002.42	12,072.00	(69.58)
Printing	-	50.00	(50.00)	270.66	600.00	(329.34)
Payroll Taxes	365.90	388.58	(22.68)	4,477.10	4,663.00	(185.90)
Repairs & Maintenance	-	33.33	(33.33)	-	400.00	(400.00)
Equipment Rental	49.99	116.67	(66.68)	1,132.79	1,400.00	(267.21)
Telephone & Fax	401.78	474.33	(72.55)	4,947.28	5,692.00	(744.72)
Answering Service	200.00	250.00	(50.00)	2,463.00	3,000.00	(537.00)
Postage	252.27	191.67	60.60	1,235.40	2,300.00	(1,064.60)
Office Supplies	177.52	183.33	(5.81)	1,926.29	2,200.00	(273.71)
Computer & Technology	54.63	125.00	(70.37)	2,436.30	1,500.00	936.30
Intergroup Expense	-	100.00	(100.00)	546.67	1,200.00	(653.33)
Insurance	-	200.00	(200.00)	1,769.00	2,400.00	(631.00)
Special Events	117.36	291.67	(174.31)	2,666.19	3,500.00	(833.81)
Travel	280.39	375.00	(94.61)	3,558.47	4,500.00	(941.53)
Depreciation	7.92	8.33	(0.41)	118.80	100.00	18.80
Over/Under	-	-	-	(119.59)	-	(119.59)
Total Expenses	8,229.60	9,424.00	(1,194.40)	107,104.01	113,088.00	(5,983.99)
Net Income	2,114.37	0.00	2,114.37	16,170.76	-	16,170.76

GROUP/MEETING	DEC	YTD
21st AVENUE	150	300
24 HOUR	250	450
ANONYMOUS	40	331
ANY LENGTHS		950
BACK TO THE BIG BOOK		212
BACKROOM		4,508
BASEMENT BUNCH	7	190
BELLEVUE		200
BELLEVUE WINNERS & BEG		150
BRENTWOOD FULL MOON	343	1,060
BY THE BOOK -DICKSON		322
CAME TO BELIEVE FRANKLIN		92
CAME TO BELIEVE GALLATIN	50	796
CAMELS		40
CELEBRATE SERENITY	225	225
CHICKEN PLUCKERS	448	448
CLARKSTREET		200
COLUMBIA	20	223
COLUMBIA BASEMENT BUNCH		71
COMFORT ZONE		965
COOL SPRINGS NEWCOMERS		653
CROSSVILLE		300
CROSSVILLE NON-SMK STEP		10
DAVIDSON RD		2,700
DICKSON AA		480

GROUP/MEETING	DEC	YTD
DISTRICT 9	150	600
DONELSON YET		200
DOWNTOWN LUNCH BUNCH	111	690
DOWNTOWN YMCA		74
DROP THE ROCK		50
DRUNKS IN THE PARK		1,620
EAST NASHVILLE		552
EAST NASHVILLE 86'ERS		262
EAST SIDE MEN'S STAG		1,000
EAST SIDE RECOVERY		375
EAST SIDE SATURDAY		1,134
EAST SIDE SUNLIGHTERS		800
EASY DOES IT		300
EVERY WOMAN HAS A STORY		258
FAIRFIELD GLADE		304
FAIRVIEW		200
FAYETTEVILLE	20	80
FELLOWSHIP		200
FIRST THINGS FIRST		470
FIVE & FIVE		662
FRANKLIN		3,666
FRANKLIN MEN'S		625
FRANKLIN ROAD WOMEN'S		199

GROUP/MEETING	DEC	YTD
FREE TO BE		706
FREEDOM FROM BONDAGE		35
FRIDAY NIGHT LIVE		40
FRIDAY NIGHT PRIMETIME		50
GALLATIN AA		50
GLADEVILLE SERENITY		200
GOODLETTSVILLE		500
GRATEFUL ALIVE		8
HAPPY HOUR - LEWISBURG		70
HARDING RD		600
HENDERSONVILLE BB		50
HERMITAGE		200
HIGH NOON		617
HOPE PARK AA LIT STUDY		167
HUT		50
ICYPAA		170
KEEP IT SIMPLE BELLEVUE	86	639
KEY TO SOBRIETY		1,000
KICK OFF ISN'T UNTIL NOON	1,000	1,000
LADIES NIGHT OUT	25	75
LAFAYETTE NEW HOPE		50
LAMBDA	400	700
LATE LUNCH BUNCH		2,200
LET IT HAPPEN		267
LIFE SAVERS		200
LINDEN		20
LIVE & LET LIVE		100
LIVING BY THE PRINT		400
LIVING THE PRINCIPLES		367
LIVINGSTON		225
LIVINGSTON 12x12		50
MADISON STREET		100
MIDDAY BREAK	290	1,081
MON NIGHT PRIME TIMERS		100
MT. JULIET FELLOWSHIP		250
MURFREESBORO	15	165
MUSIC ROW		125
MUSTARD SEED	200	600
NEW BEGINNINGS WOMEN		160
NEW BEGINNINGS		250
NEW DAY		9
NEW LIFE H-VILLE		596
NIPPER'S CORNER		129
N.O.W.		773
NORTHSIDE, CLARKSVILLE		200
ON AWAKENING		150
ONE DAY AT A TIME		550
ONE STEP CLOSER		315
OUT TO BREAKFAST		471
PAGE 112		126
PORTLAND UNITY	8	78
PRIMARY PURPOSE		354
PRIMETIMERS		200
PULASKI	5	60
REBOS		777
RECOVERY ROAD		38
RIDGETOP BASICS		50
RIGHT DIRECTION		200

GROUP/MEETING	DEC	YTD
ROAD OF HAPPY DESTINY	30	60
RUSSH HOUR		154
RUTS		500
SSS HERMITAGE		167
SAFE HARBOR		285
SAFE PLACE		120
SANGO		80
SATURDAY NIGHT ALIVE	10	120
SEARCHERS - HUNT CLUB		650
SEEKING SANITY		1,012
SERENITY M'BORO		175
SHADE TREE		6,359
SISTERS IN SOBRIETY		34
SMITH COUNTY FRIENDSHIP		200
SMYRNA GRATITUDE	1,073	7,093
SPRING HILL		204
STRAGGLERS		300
TCYPAA		865
THE HUT		50
THE STRAGGLERS		140
THE UNITED		300
THREE LEGACIES		103
TRINITY		50
TRUDGING THE ROAD		183
TURNING POINT		475
TWELVE STEPS TO FREEDOM		45
UNITED		400
UNITY		20
WANGL		273
WAVERLY		60
WAY OUT		50
WEEKENDERS		300
WEST NASHVILLE		117
WHITE HOUSE		240
WINNERS & BEGINNERS		907
WINNERS		25
WOMEN IN THE SOLUTION		238
WOMEN'S OPEN DOOR		186
WOMENS FREEDOM		1,350
WOMEN'S SPEAKER	244	244
WOMENS WAY		100
WOODBINE		20
YOUNG & SOBER		113
Grand total:	5,345	76,227



Oscar and Squiggy stumble onto an illegal pulled pork operation.

**Middle Tennessee
Central Intergroup
Association**

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