

\$ 1.00

MARCH 2018

MEETING, FUN, FOOD & FELLOWSHIP

MONDAY, APRIL 30, 2018

an AA night at

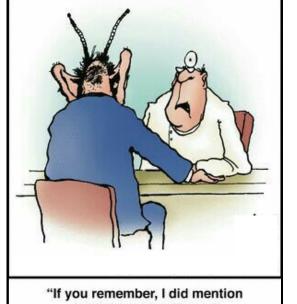


\$60 meeting, buffet & golf \$25 meeting and buffet only Scholarships available for meeting & buffet **RSVP** by April 23rd to mtcoaa@aol.com 615-832-1136 Speaker at 6:30pm—Scott A. Buffet & Golf 7:15pm-9:30pm

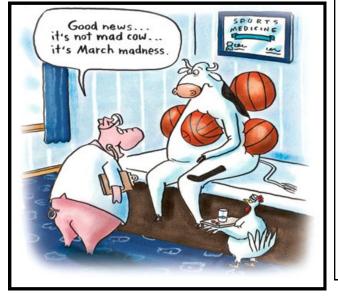
Go to aanashville.org for payment through PayPal

Central Office—417 Welshwood Dr., # 207, Nashville, TN 37211, Mon-Fri, 9am-5pm, Sat, 9am-1pm, Hot Line (615) 831-1050, (800) 559-2252 (outside local area), Business—(615) 832-1136, Fax—(615) 834-5982, Articles for The Messenger—blamethemessenger@gmail.com -email—mtcoaa@aol.com, Website- www.aanashville.org,

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possible side-effects."



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 II

Second Edition

The progress through to production of the Second Edition of the Big Book is not as nearly as well documented as the First Edition. We do have a letter from Bill to Bernard Smith in which he notes that he, himself, will do most of the revision. And in the Archives we can see a copy of the Big Book which includes Bill's notes for the Second Edition.

In June 14, 1954 letter to Bernard Smith, Bill wrote: "The story section of the Big Book is far more important than most of us think. It is our principle means of identifying with the reader outside of A.A.; it is the written equivalent of hearing speakers at an A.A. meeting; it is our show window of results. To increase the power and variety of this display to the utmost should be, therefore, no routine or hurried job. The best will be none too good. The difference between 'good' and 'excellent' can be the difference between prolonged misery and recovery, between life and death, for the reader outside A.A."

There were some cautions enumerated by Bill in considering the revision of the Big Book: "The main purpose of the revision is to bring the story section up to date, to portray more adequately a cross section of those who have found help - the audience for the book is people who are coming to Alcoholics Anonymous now. Those who are here have already heard our stories. Since the audience for the book is likely to be newcomers, anything from the point of view of content or style that might offend or alienate those who are not familiar with the program should be carefully eliminated "

There were also further some interesting notes: Basic Editorial Approaches:

- 1. The desire to reproduce realistic stories should not be overemphasized to the extent of producing an unrealistic book. The stories are not important because they are tape-recorded, they are important because they have something to say about the people who were helped. There should be no shrinking from the job of editing ruthlessly if such editing will preserve the, story, without the realism.
- 2. Profanity, even when mild, rarely contributes as much as it detracts. It should be avoided
- 3. All minor geographical references should be avoided. (Names of cities, states, etc.)

(Continued on page 4)

BE HERE NOW

He saw that using his phone during a meeting wasn't just impolite, it was bad for his recovery

Every Twelfth Step recovery meeting I attend these days gives a reminder to shut off or silence cell phones before the meeting begins.

However, there always seems to be at least one phone, if not more, that goes off in



the meeting. But an even more disturbing trend lately is the number of people who spend their time during meetings texting or surfing the Internet.

The first and most important thing I've learned in my own recovery and God-centered life, is to admit my own guilt.

For many years, I came to meetings for the social aspect. I wasn't interested in doing the Steps. I wasn't interested in listening to the speakers. And I definitely wasn't interested in doing God's will.

As the pain became greater in my life, so did my willingness to do what was necessary in my recovery. I became willing to find god and to change my self-centeredness.

For a time, there was a great tug-of-war game going on between God and me. I kept trying to do things my way. And there were many times I would spend the meetings surfing the web, texting people, or randomly flipping through my digital photo albums.

Meanwhile, I never realized what this might look like or feel like to those who were speaking. Imagine for a moment being at a podium in a meeting. Then imagine speaking in front of a group of people about something very personal to you. Finally, imagine looking out at the audience and seeing that the majority are looking down at their phones busily tapping away on the screens and not listening to you.

How does it feel? I can answer because I've been on that side of the podium as well.

It doesn't feel that great. In fact it feels like what I'm saying doesn't really matter.

To speak publicly about something so personal to me is hard enough. But to have most people not even pay attention and instead spend the meeting time on their cell phones is even harder. I compare it to the feeling I had as a child when I would bring something important to my parents and they were either too busy watching one of their shows, drinking or caught up in one of their own dramas.

Meetings are supposed to be for either speaking about one's experience, strength, and hope, or listening to someone offering the same. Many years ago, when cell phones didn't exist, people sat through meetings with their cups of coffee and listened much more intently to what was said.

Regardless of whether a speaker is charismatic or not, isn't it important to give them our fullest attention? Wouldn't each of us want the same if our feet were planted in front of the podium telling our story?

I know the answer for me is yes and I have made the corrections necessary in my life to start showing more respect for all speakers. I think back to the time when Bill and Bob attended meetings and have wondered what they might feel like today if they were to attend a meeting and see so many people tapping away on cell phones instead of listening to the speaker.

The most important thing that has helped me to change my meeting etiquette is to place myself in every speaker's shoes, to remember my own journey to recovery and salvation, and to know that their testimony is equally important to listen to as to when I'm speaking about mine.

The more that I place God at the center of my life, the more that I find myself steering clear of my selfcentered behaviors. The more that I see that using a cell phone during a meeting is self-centered in the first place, the more that I have turned it off or left it in the car before entering any meeting. The more that I have turned my cell phone off or left it in the car before entering meetings, the more that I have gotten out of meetings. The more that I have gotten out of meetings, the more that I have placed God even deeper at the center of my life.

> -- Andrew D.- South Weymouth, Massachusetts Reprinted with permission: AAGrapevine, On-Line Web Exclusive March 2011

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HISTORY

- 4. The stories should be "organized" coherently, either in terms of chronology or of the specific points the individual is trying to make.
- 5. "Selling" or other "gimmicks" -- editorial and otherwise --- should be avoided. The story section is not a popular magazine. The appearance and approach should be straight forward, without frills.
- 6. Humor should stem from character of the storyteller and of the situations he describes, not be the result of "gags."
- 7. The end results of the editing should be that the stories will be suitable for reading aloud -- at closed meetings etc. --- without embarrassment.
- 8. Bill then proceeded to redo the story section, setting it up in three parts:

Section I. reproduction of eight of the original stories, plus four other "gray-beards" as he called them.

Section II. consisting of "a dozen stories about milder cases," "high bottom, we call them of which the present story section includes none." Section III. where Bill included more low bottom stories selected from tape recordings which had been gathered.

Copies of letters which Bill sent out asking people whose stories seemed like a good possibility for the next edition, to sign a release and send it back to him as soon as possible "so we could get our printer going." A copy of the release letter is also enclosed. I found both fascinating in their warmth and ease of communication.

In one letter to an individual who was interested in sending his story to him, Bill writes, "As you are probably aware the stories we need will be of the straight A. A. variety; the kind which would be most effective with the beginner on our program. We are looking for straight personal narratives which describes the drinking history, how the newcomer arrived in Alcoholics Anonymous, how A. A. affected him, and what A. A. has since accomplished for him. For this purpose, we are not, of course, interested in the more advanced or specialized talks. The lecture or spreadeagle oratory type of talk, we can't very well use of this particular purpose."

(To be continued in the April Edition)

CENTRAL OFFICE OFFICERS	NAME	PHONE #
Chairperson	Travis O	615.642.1027
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Central Office Bookkeeper	Donna C	615.8321136
Vice Chairperson	Garrett D	615.957.7674
Secretary	Joe C	615.491.1824
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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

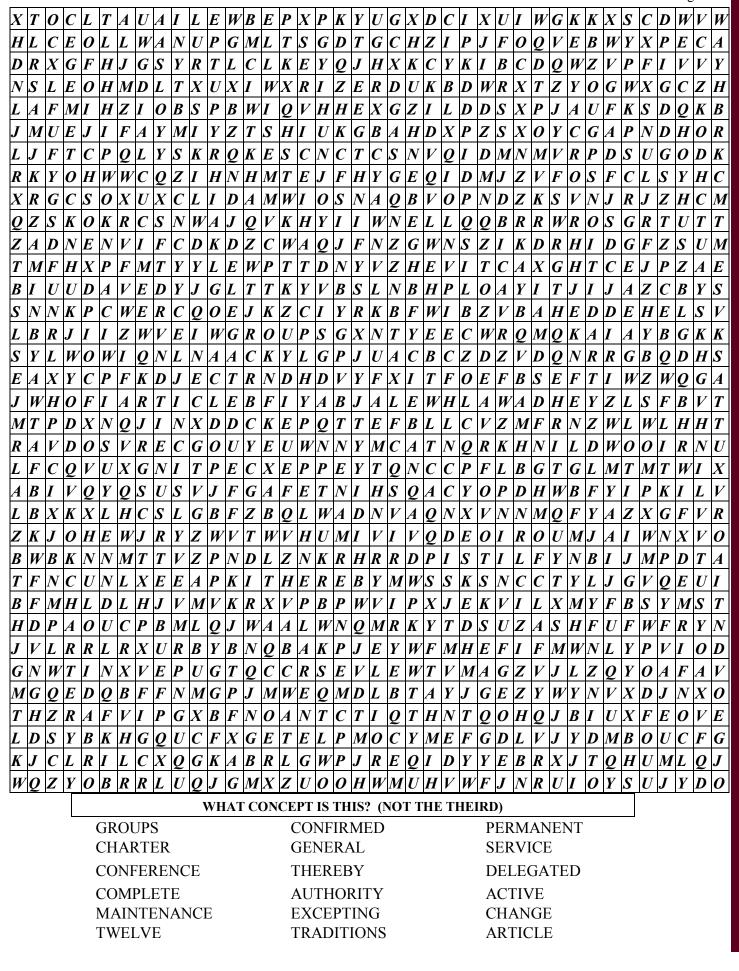
STEERING COMMITTEE

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



NEW AA MEETING LEGACIES

WHEN FRIDAY'S 7pm - 8pm (beginning March 2, 2018)

WHERE

Trinity Fellowship Church 1207 Lowes Lane Goodlettsville, TN 37072

WHAT A 12 X 12 BOOK STUDY

Questions: Contact Jerry A. @ 615.828.2741 or Thomas P @ 615.400.7179



OUR 3 LEGACIES are Recovery, Unity and Service, which can be found in the 12 Steps, the 12 Traditions and the 12 Concepts, respectively

RECOVERY is contained in the Big Book and spritual principles of the Twelve Steps

UNITY is found in the fellowship and the spiritual principles of the Twelve Traditions

SERVICE is contained in every act which helps A.A. function and carries the A.A. message to those who suffer from alcoholism.

Jhe three legacies of AA -Recovery. Unity and Service in a sense represent three impossibilities, impossibilities that we know became possible, and possibilities that have now borne this unbelievable fruit.

Bill W. (10th GSC, April, 1960)



On the family trip to nirvana





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

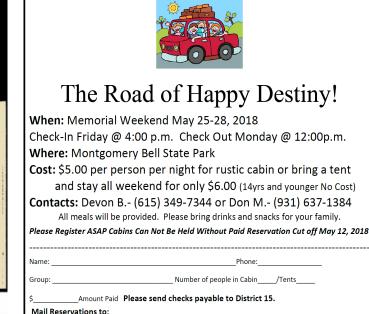
Franklin First United Methodist

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

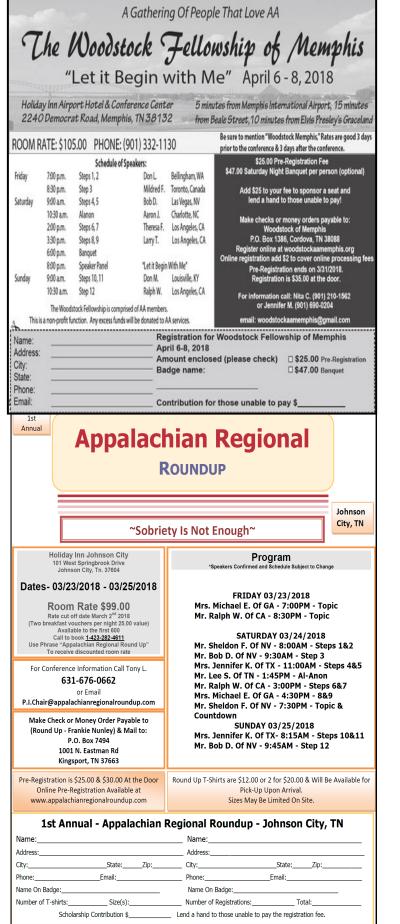
★ 16^{th} Annual ★

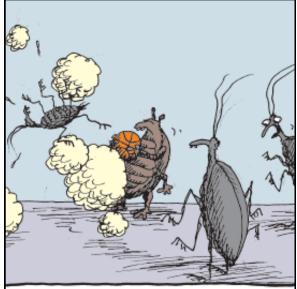
District 15 Memorial Weekend

Family Camp Out



District 15 P.O. Box 1091 Dickson, TN 37056 Attn: Campout





"I hate playing stinkbugs! Every time we press them on defense, they just let 'er rip!





OUTSIDE HELP

She met a guy at a meeting and the sparks flew. Ready, set, go. Now there was work to do

With sobriety, I am conscious that a man is with me. I am attentive to more than my needs. I can feel my feelings and learn how to understand and appreciate both his feelings and mine. But alone, without added help, the door is only slightly opened to a successful sober relationship for me. I knew that when I was 18 months sober and met Bob, who was greeting people at the door of an AA meeting on the Upper East Side in Manhattan.

My sponsor knew Bob from the meeting and when she saw how we were staring at each other, she introduced us. "Bob, this is Shirley. Shirley, this is Bob." The sparks I felt carried me within seconds from a secure place to a place of indecision. Just standing near him had my thoughts screaming, Run and don't look back.

bottle and a party. They were always fast and furious and over in less than three months, except for two marriages. First, an impulsive Las Vegas decision that lasted a year. Second, a bar pickup that turned into a four -year marriage. It was a disaster.

This sober relationship experience with Bob had "first time" written all over it. I was a 40-year-old teenager with relationship brain matter the size of a thimble. I had reason to be scared. What did I know about healthy bonds between people? Zilch! Nada! I needed a therapist and when Bob and I started becoming serious, I needed us to go to couples therapy.

Fortunately, Bob agreed, which began our six-year journey together. We started with couple's therapy, and at times, we would sidestep into separate therapy groups, guys for him, girls for me. It was all about interacting with each other and doing so in situations that could otherwise lead to a drink.

At that time, I carried a bit of a rage inside me that absorbed and had no would erupt when I felt I was being misunderstood, or time for a healthy worse, neglected. A bad habit of mine was yelling. Until relationship. I reached four years of sobriety, I was a horrific yeller. I would have chased myself out of the apartment. But not Bob. He would sit there for as long as my tantrum lasted, 15 minutes, 30 minutes, even longer. It didn't seem to matter. I got a rush from yelling, while he just took it.

But then Bob brought up my yelling to the therapist. She told him to give me five minutes to yell and if I didn't can grow even more. stop, to go for a walk and leave me in my tantrum. Well, when he did that and I was left yelling at the wall, I stopped my bad behavior. His leaving allowed me to see

what I was doing.

Without couples therapy, Bob would have continued to go to gatherings with me where I would feel as though I were alone. His ability to socialize was more developed than mine. But it was more than that. It was as though we would get to a place and even if he was physically next to me, it didn't feel that way. That's when the therapist suggested that he join a men's therapy group. Apparently, she saw how that would help him. Well, I can't say I understand how he metamorphosed, but one day a year or so later when we were at a gathering together, I felt that he was with me completely. I was his date. The experience was incredible because I felt he heard me.

There were many more ways we grew as a couple. We had our own AA meetings, as well as those we attended as a couple. We respected each other's family members, especially grown children who would visit from time to My previous relationships were always allied with a time. We had our own friends and we had couple friends.

> We lived a healthy couple's life in more ways than I ever knew before. We continued with our therapy sessions, which for us proved important to our growth individually and as a couple. Even when it was time to part, we did the closure with the therapist.

> As a sober alcoholic, I need AA, the Steps and whatever else helps me stav balanced. Living life on life's terms is challenging. It's even more challenging because I came with little, if any, tools or knowledge about living a normal life. There was nothing sane about me.

When I drank, Ι drank to get drunk. I had relationships with other drunks who many times drank more than me. We selfwere Those



were unsettling times that sometimes turned abusive.

So when my sponsor introduced me to Bob at that meeting that day, I knew at 18 months sober that if we went to get outside help, we would have a chance at something good. I am grateful to have had him in my life, and I look forward to another relationship where I

> Shirlev S. -Reprinted with permission: AAGrapevine.org June 2017

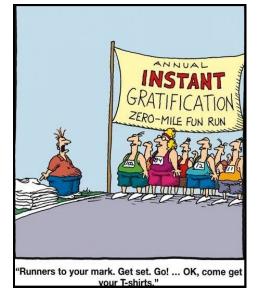
F		1		<u>/ MOVE:</u> Cancel	S / CHANGES / ADDS / CANCELS 60 Minutes - Sun 5p OD
JANUARY GROUP CONTRIBUTION	NSTHANI	K YOU	37013		Downtown Triune Group
GROUP/MEETING JA	N	YTD			Valley View - Cheatham Recovery
ANONYMOUS	37	37	37015	Move	House 676 S. Main St Ashland City
AWOL LIT STUDY	24	24	37027	Change	Every Woman Has A Story -now
BACK TO THE BIG BOOK	40	40	57027	Change	CD Turning Point - Tues 7p now CD/
BASEMENT BUNCH	26	26	37027	Change	ALN
CLARKSTREET	20	20			Smith County Sun & Wed
CROSSVILLE SISTERS IN SOBRIETY	68	68	37030	Cancel	meetings
DAVIDSON RD	1,500	1,500	37062	Cancel	Psychic Change
DICKSON AA	180	180	37064	Cancel	Saint Phillips Meeting
EAST SIDE SATURDAY	353	353	37066	Add	No Boundaries - Wed Meditation
FAIRFIELD GLADE	70	70			6:30p doors locked at 6:40 Legacies - Trinity Fellowship Ch -
FIRST THINGS FIRST	146	146	37072	New	1207 Lowes Lane - Fri 7p 12x12
FIVE & FIVE	264	264			SSS Group now at Hermitage
FRANKLIN	861	861	37076	Move	United Meth Ch 205 Belinda Dr.
FREE TO BE	152	152	37087	Cancel	Sobriety First - Mon
HIGH NOON	2	2	37203	Change	Sun 8p now OD no longer Men's meeting
KEEP IT SIMPLE BELLEVUE	70	70	57205	Change	East Side Comes Alive - Tues 7pm
LATE LUNCH BUNCH	600	600	37206	Add	OD/Lit
LIVINGSTON 12x12	25	25			Bar None now 7n Monday no Sat
MADISON STREET	25	25	37110	Change	meeting
MURFREESBORO	15	15			Any Length Bates Hill Pres 9957
MUSIC ROW	25	25	37110	New	Old Nashville Hwy Thu 5:30pm
NEW BEGINNINGS	50	50			OD/Lit WTF - Serenity House
NEW LIFE H-VILLE	122	122	3/115	Cancel	Mt Juliet Fellowship - Mon 5:30 OD/
NIPPER'S CORNER	62	62	37122	Add	Wmn
NORTHSIDE , CLARKSVILLE	50	50	37127	Cancel	Back to the Big Book Wed 7p
PORTLAND UNITY	2	2	37174		RUTS - Thurs 5p OD
PRIMARY PURPOSE	123	123	37207	Cancel	Place of Hope
PULASKI	5	5	37208	Add	Together We Can - Mt. Carmel
RIGHT DIRECTION	250	250			Bapt 1032 Monroe St-Fri 7p OD Wired
RUTS	250	250	37210	Cancel	Young Guns
SANGO	40	40			Solo Por Hoy - 3221 Nolensville
SEEKING SANITY	519	519	37211	New	Pike Mon-Sun 7p OD
SERENITY M'BORO	20	20	27211	Channel	Woodbine - Last Friday of Month is
	420	420	37211		Speaker
SISTERS IN SOBRIETY	120	120	37211	Cancel	Every Night at 6 - Sun cancelled
SMYRNA GRATITUDE	361	361	37214	Add	Shade Tree Sun 7am OD Women's Meeting Saturn Dive
THREE LEGACIES	15	15	37217	Cancel	Love & Laughter - Tues 6:30pm
	96	96	37217	Cancel	A.W.O.L. Lit Study Cross Point
WESTMINSTER	500	500	37221	New	Church 7675 US 70 South Tue 6:30
WOMEN IN THE SOLUTION	50	50	37221	Cancel	Bellevue Winners and Beginners
WOMEN IN THE SOLO ION	250	250	37221	Cancel	Hope Park Lit Study
WOMEN'S PREEDOM WOMEN'S OPEN DOOR	268	250	37232	Cancel	Recovery Group - Vanderbilt
			20.401		Recovery First - Craft Memorial Meth CH 907 Hatcher Lane I lam -
WOMEN'S WAY	80	80	38401	New	M&F OD, I Iam W - OD/Lit
Grand total:	8,156	8,156	38501	Add	Way Out Group Thurs 6:30p SS
			38562	Add	Friday Night Live - Sat 7pm CD

Middle Tennessee Intergroup Association Statement of Activities - Actual and Budgeted - Schedule 1

For the Month and Year Ended January 31, 2018

	January 2018			YTD 2018		
		•	Budget			Budget
	Actual	Budget	Variance	Actual	Budget	Variance
Income						
Net Literature Sales	2,508.14	3,124.17	(616.03)	2,508.14	3,124.17	(616.03)
Group Donations	8,223.94	6,404.91	1,819.03	8,223.94	6,404.91	1,819.03
Individual Donations	5,510.35	433.00	5,077.35	5,510.35	433.00	5,077.35
Messenger Donations	12.00	17.00	(5.00)	12.00	17.00	(5.00)
Website Donations	-	-	-	-	-	-
Special Events	-	716.16	(716.16)	-	716.16	(716.16)
Interest	19.10	3.75	15.35	19.10	3.75	15.35
Total Income	16,273.53	10,698.99	5, <mark>574.54</mark>	16,273.53	10,698.99	5,574.54
Expenses						
Casual Labor	200.00	200.00	-	200.00	200.00	-
Payroll	5,422.17	5,750.00	(327.83)	5,422.17	5,750.00	(327.83)
Legal & Professional	350.00	350.00	-	350.00	350.00	-
Rent	996.00	1,006.00	(10.00)	996.00	1,006.00	(10.00)
Printing	-	233.00	(233.00)	-	233.00	(233.00)
Payroll Taxes	365.90	440.00	(74.10)	365.90	440.00	(74.10)
Repairs & Maintenance	-	58.00	(58.00)	-	58.00	(58.00)
Equipment Rental	49.99	50.00	(0.01)	49.99	50.00	(0.01)
Telephone & Fax	417.20	475.00	(57.80)	417.20	475.00	(57.80)
Answering Service	200.00	216.66	(16.66)	200.00	216.66	(16.66)
Postage	68.37	225.00	(156.63)	68.37	225.00	(156.63)
Office Supplies	192.95	276.33	(83.38)	192.95	276.33	(83.38)
Computer & Technology	54.63	333.00	(278.37)	54.63	333.00	(278.37)
Intergroup Expense	11.99	250.00	(238.01)	11.99	250.00	(238.01)
Insurance	-	-	-	-	-	-
Special Events	-	375.00	(375.00)	-	375.00	(375.00)
Travel	-	448.00	(448.00)	-	448.00	(448.00)
Depreciation	7.92	13.00	(5.08)	7.92	13.00	(5.08)
Over/Under	<u> </u>		<u> </u>	<u> </u>	-	-
Total Expenses	8,337.12	10,698.99	(2,361.87)	8,337.12	10,698.99	(2,361.87)
Net Income	7,936.41		7,936.41	7,936.41		7,936.41







BACK ROOM		
Art L.	03.22.92	
Caroline P.	03.26.16	
Dan S.	03.04.95	
Guy S. F.	03.15.83	
Mark C.	03.21.17	
Matt W.	03.15.17	
Phil A.	03.09.01	
Randy C.	03.15.16	
Sarah H.	03.12.17	
Tiffany H.	03.20.13	
W. Matthews	03.03.09	

DONELSON YET

 Dave S
 03.02.73

 Kim B
 03.29.04

KEEP IT SIMPLE

03.09.16
03.09.10
03.15.12
03.21.02
03.22.16
03.13.12
03.09.85
03.01.13
03.08.15
03.17.11
03.07.13
03.16.90
03.17.17

NIPPERS CORNER

Tom B	03.13.10
Wanda P	03.09.10

РОР		
James R	03.12.96	
Mark C	03.25.99	



Adalia D	03.19.17
Angie M	03.01.16
Bill M	03.03.03
Brenda W	03.25.91
Brittany W	03.17.17
Christina A	03.25.10
Derek W	03.14.07
James S	03.21.17
Joe T	03.01.17
Joey L	03.09.01
John H	03.25.91
John S	03.28.05
Joshua L	03.01.15
Keith M	03.03.13
Ken J	03.06.90
Lacy D	03.09.12
Margaret P	03.23.13
Marian L	03.17.17
Matt S	03.05.16
Monty H	03.13.15
Robert S	03.26.17
Scott P	03.25.99
Shane H	03.03.17
Teddi B	03.06.17
Theresa J.F.	03.05.05
Trevor K	03.20.98
Triston N	03.17.15
Virginia H	03.21.16

WOMEN IN THE SOLUTION		
Kathleen S	03.30.85	







Middle Tennessee Central Intergroup Association

417 Welshwood Drive Suite 207 Nashville, TN 37211

615.832.1136 800.559.2252

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