

# *The* **MESSENGER**

*Middle Tennessee Central Office Intergroup*

\$ 1.00

APRIL 2018

## **MEETING, FUN, FOOD & FELLOWSHIP**

**MONDAY, APRIL 30, 2018**

an AA night at



**TOPGOLF**

\$60 meeting, buffet & golf

\$25 meeting and buffet only

Scholarships available for meeting & buffet

**RSVP** by April 23rd to [mtcoaa@aol.com](mailto:mtcoaa@aol.com)

615-832-1136

Speaker at 6:30pm—Scott A.

Buffet & Golf 7:15pm-9:30pm

Go to [aanashville.org](http://aanashville.org) for payment through PayPal

## Contents

<b>On the Cover</b>	<b>EVENTS</b>
<b>GOLF EVENT</b>	<b>Page 6 &amp; 7</b>
<b>YOUNG</b>	<b>STARFISH</b>
<b>Page 2</b>	<b>Page 8</b>
<b>HISTORY</b>	<b>KEEPING IT GREEN</b>
<b>Page 2</b>	<b>Page 8</b>
<b>INTEROFFICE /</b>	<b>MEETING CHANGES</b>
<b>CENTRAL OFFICE INFO</b>	<b>Page 9</b>
<b>Page 4</b>	<b>FINANCIALS</b>
<b>4th STEP</b>	<b>Page 10</b>
<b>Page 4</b>	<b>CONTRIBUTIONS</b>
<b>4th TRADITION</b>	<b>Page 11</b>
<b>Page 5</b>	<b>BIRTHDAYS</b>
	<b>Page 11</b>

## Young, Drunk and Broke

### *Sleeping in a dumpster was just the beginning of the end*

I grew up in a family environment that was riddled with both alcoholism and drug addiction. As far back in my memory that I can go, I remember my mom or some other parental figure drinking or using some type of drugs. By the age of 12, drinking alcohol was something everyone did everywhere, all the time.

This was also when my mom decided she needed help and went to AA. She often took me along with her while she attended meetings and I hung out playing pool in the room below the meeting. By age 15 I was attending Alateen on a regular basis and by 17 was going on and off to AA for myself. I ended up in a treatment facility after overdosing on drugs and drinking a massive amount of hard liquor.

My stay in that facility was my first real attempt to stay sober, though I was not completely convinced I had a serious problem and I found sobriety fleeting at best. I relapsed one more time and this time I found myself in even more serious trouble. I

(Continued on page 3)

## 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 III

Another letter from Bill accompanied all the changes planned for the Second Edition of the A. A. book and enumerates these suggested changes with the caveat "Do the new stories afford the best possible variety - do they cover drinking experiences as well as 22 histories could?" And, "Do any of the stories or titles contain material that might repel any considerable number of sensitive alcoholic readers? And if so, what changes are suggested?"

He was planning on sending a galley to the July trustees meeting the next month of 1953 and he continues with a reminder to the trustees, "It will be well to remember that the main purpose of the new story section is identification with the new man or woman alcoholic. So these stories are not necessarily about the very best A. A. members. They were picked because we thought they packed a wallop."

Later that month Bill sends a letter to Ralph Bugli in which he describes his disappointment in the process which he had planned on using. Apparently, using tape recordings and transcribing those had been clumsy at best, and these stories had not communicated well in the written word. There were a lot of "pungent adjectives, slang and sometimes profanity. Some of the titles intensified this condition more. In a meeting such talk usually goes over because of the background against which it is given. But not so when the recordings are condensed into writing.

"In an A. A. meeting the essential dignity and spirituality of a good member is evident, no matter what he says. His personality is there for all to see and feel. But a condensed tape does not show much of this, especially when the bulk of the tale consists of spectacular drinking episodes, there isn't enough background showing what the speaker and its environment was before we drank. Neither is there too much evidence to show what he is like now - economically, socially, spiritually. Hence, we see a horrible drunk, now sober, who is glad to be in A.A. because of the fellowship, 24 hour plan, the Higher Power - or God, maybe." Bill continues, "Readers have to find in the story section individuals like themselves, economically, mentally and socially. Specially, is this true of women. If, in 22 stories, you discover only four or five folks of substance and education and the rest are assorted and spectacular drunks, then many readers can be repelled. The hard-core of A. A. may be 50% consisting of people coming from substantial backgrounds.

(Continued on page 4)

*(Continued from page 2)*

was arrested with a case of cheap beer and a lot of illegal drugs. It turned out that the arresting officer knew my family (who by now lived in another state) and convinced my parents to take me in one last time, on the condition that I stay sober when I arrived. I agreed and drove to the city where my parents were living ready to start my new life in AA.

I attended an AA meeting there that day only to find the members were all at least 30 years my senior. I was 18 years old, in a retirement community, trying to get sober. I used the “I am too young” excuse and in a short time found myself on the streets again.

This time everything was different. I found I no longer had any control whatsoever—I couldn’t stop for any reason. This relapse lasted for about seven months and in that time I hit the bottom of the barrel. I ended up staying in a dumpster behind a fast-food restaurant because I couldn’t afford a hotel room. Even at this level I didn’t believe AA would work for me; after all, I had been in and out of AA for the last few years. AA didn’t work for people like me—people my age.

Then one day I had a very different thought shoot through my mind—if I didn’t stop drinking I was going to die. It didn’t matter if AA worked or not; I needed help. So I decided to give AA meetings one last shot. I got a hotel room and stayed sober for the next few days. One evening, all the street friends I had showed up at my door and brought drinks and drugs. That night I couldn’t get drunk or loaded no matter how much I put in my body. I told my friends it would be the last time I ever drank with them and asked them all to leave and not come back.

That was Jan. 7, 1982, the day that turned out to be my sobriety date. I had just turned 19. When I walked into the AA meeting place again, the same old people were there and they all welcomed me back. I sat just long enough to hear the beginning of Chapter 5 of the Big Book. It was like someone had hit me on the head with a club—every word applied to me. That was almost 29 years ago now and Chapter 5 still has the same impact today.

Being sober in 1982 at 19 was such a very lonely experience, it’s almost hard to describe. Everyone I met my age was in the midst of the “wild life.” In my entire city there were only three other AA members under 21 and none of us liked each other. When I faced problems in AA and asked other members for help, they would just look at me and tell me, “When I was your age I was

drunk! Sorry, I don’t know what to tell you—you’re going to have to figure it out yourself.” Well I did, often with horrible results. I often share that I have made all the same mistakes any other person has made, either in AA or not. Only I couldn’t say, “Yeah, I did that, but I was drunk when I did it.” I had to admit that I made those same mistakes sober and had to stand up and be accountable for my actions later. I found it was all just a part of growing up, only I grew up in AA, literally.

I stayed through the end of my teens, through my 20s, through my 30s, and now through most of my 40s. I didn’t just read the Twelve Steps, Twelve Traditions and Twelve Concepts; I have made them a part of my life and learned to live their principles. My life today is absolutely incredible.

Because I got sober so young, I am able to reach just about any young person who walks into AA and let them know that AA will work at their age, that alcohol doesn’t see age, sex or heritage—it’s an equal opportunity destroyer. I usually direct them to the local Young People in AA meetings and also try getting them involved in our Local Young People’s Committee, which supports other larger state young people’s conferences. In California it’s ACYPAA, which stands

for All California Young People In Alcoholics Anonymous, something that I had the privilege to chair here in 1999. Two years ago our area was



*"I no longer had any control whatsoever. I hit the bottom of the barrel."*

awarded the ACYPAA conference again, and with an entirely new group of young people running it, became the largest ACYPAA conference to date. I have literally watched a fellowship rise around me. Today there are several thousand “young people” members in this state alone, something I never dreamed I would see. Today I am a part of a growing number of once young people in AA who have stayed sober for many years and found a life, and lifestyle, that is so far beyond anything I could have ever hoped to have all those years ago when I stumbled back into AA for the last time.

*Jamie L.—Oceanside, CA*

*Reprinted with Permission: AAGrapevine Web-Exclusive January 2011*

## ***HISTORY***

*(Continued from page 2)*

Therefore it isn't enough to have a lot of categories. This 'respectable' category, in particular, has to bear a reasonable relation to the percentage of such people in A.A. Otherwise, we've got another damaging distortion. The extreme low bottom, reading the present stories would surely be attracted. But would your friends and mine have been drawn to A. A. by these 22 case histories, snobbish, maybe. Nevertheless, A. A. experience shows that we have to identify with the people on the basis on where they think they are - not where we think they ought to be."

The upshot of this was that half of the speakers had to be interviewed and the material had to be rewritten and a dozen more stories had to be collected. Bill was concerned with the people who had been working on the project and reminded the trustee that these workers should not be given responsibility for the delays. They were following his direction and the responsibility was mainly his because it had been his idea. He winds up with the sentence, "Don't take any of this too seriously - I may still be a fuddy duddy!"

*(To be continued in the May Edition)*

### **Made a searching and fearless moral inventory of ourselves.**

#### **Step 4**

When new to AA's fellowship, we all encounter people who, despite being regular meeting makers, suddenly seem to have an inordinate difficulty obtaining pencil, ruler, and legal pad, and then beginning a "searching and fearless moral inventory."

Indeed, apart from the first step, few steps see more stops and starts, more wasted time and half-baked commitment than the fourth step — and that's a shame. A thoroughly done fourth step is a foundational component of not just sobriety—which is admittedly nice—but much more importantly, your moral and spiritual transformation.

For myself, after six months of meetings, not drinking and trying to live with something like spirituality, a comprehensive inventory of my fears, sex harms and resentments made one thing very clear: I had lived most every day of my life up until that point selfishly. I saw "red threads" linking together bounced checks, hangovers, lies, cruel behavior, and a true river of fear and resentment.

It was, pardon the word, sobering.

A big "but," however, was that while I still did some of these things, I had stopped others and desperately wanted to live an honest and "right" life. I wanted to never again be the same man I was before March, 2001, and I knew only the help of a higher power could enable that. Moreover, I wanted to put right what I needed to, come what may.

Had I listened to my built-in self-defeating mechanism that wanted me to work my own version of those inventories—the often discussed, never obtained "easier, softer way"—I may or may not have stayed sober all these years, but I guarantee that my own miracle would never have happened.

Roddy B

<b><i>CENTRAL OFFICE OFFICERS</i></b>	<b><i>NAME</i></b>	<b><i>PHONE #</i></b>
<b>Chairperson</b>	<b>Travis O</b>	<b>615.642.1027</b>
<b>Central Office Manager</b>	<b>Charles C</b>	<b>615.973.9898</b>
<b>Central Office Bookkeeper</b>	<b>Donna C</b>	<b>615.832..1136</b>
<b>Vice Chairperson</b>	<b>Garrett D</b>	<b>615.957.7674</b>
<b>Secretary</b>	<b>Joe C</b>	<b>615.491.1824</b>
<b>Treasurer</b>	<b>Mark M</b>	<b>615.804.8128</b>
<b>Public Information/Cooperation with the Professional Community</b>	<b>Al C</b>	<b>615.587.1616</b>
<b>Accessibility Committee</b>	<b>Darin M</b>	<b>615.423.2620</b>
<b>Corrections</b>	<b>Charlie B</b>	<b>615.554.9085</b>
<b>Treatment Facilities</b>	<b>Stephen T</b>	<b>615.926.9467</b>
<b>Events Chair (Interim)</b>	<b>Charlie B</b>	<b>615.554.0501</b>
<b>Archives</b>	<b>Butler M</b>	<b>225.226.5457</b>
<b>Sobriety Dinner</b>	<b>Vacant</b>	

**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



## *The Twelve Traditions*

### TRADITION FOUR

**Each group should be autonomous except in matters affecting other groups or A.A. as a whole.**

AUTONOMY is a ten-dollar word. But in relation to us, it means very simply that every AA group can manage its affairs exactly as it pleases, except when AA as a whole is threatened. Comes now the same question raised in Tradition One. Isn't such liberty foolishly dangerous?

Over the years every conceivable deviation from our Twelve Steps and Traditions has been tried. That was sure to be, since we are so largely a band of ego-driven individualists. Children of chaos, we have defiantly played with every brand of fire, only to emerge unharmed and, we think, wiser. These very deviations created a vast process of trial and error which, under the grace of God, has brought us to where we stand today.

When AA's Traditions were first published in 1945, we had become sure that an AA group could stand almost any amount of battering. We saw that the group, exactly like the individual, must eventually conform to whatever tested principles would guarantee survival. We had discovered that there was perfect safety in the process of trial and error. So confident of this had we become that the original statement of AA tradition carried this significant sentence: "Any two or three alcoholics gathered together for sobriety may call themselves an AA group provided that as a group they have no other affiliation."

This meant, of course, that we had been given the courage to declare each AA group an individual entity, strictly reliant on its own conscience as a guide to action. In charting this enormous expanse of freedom we found it necessary to post only two storm signals. A group ought not do anything which would greatly injure AA as a whole, nor ought it affiliate itself with anything or anybody else. There would be real danger should we commence to call some groups "wet," others "dry," still others "Republican" or "Communist," and yet others "Catholic" or "Protestant." The AA group would have to stick to its course or be hopelessly lost. Sobriety had to be its sole objective. In all other respects there was perfect freedom of will and action. Every group had the right to be wrong.

When AA was still young, lots of eager groups were forming. In a town we'll call Middleton, a real crackerjack had started up. The townspeople were hot as firecrackers about it. Stargazing, the elders dreamed of innovations. They figured the town needed a great big alcoholic center, a kind of pilot plant AA groups could duplicate everywhere. Beginning on the ground floor there would be a club; in the second story they would sober up drunks and hand them currency for their back debts; the third deck would house an educational project. . . quite noncontroversial, of course. In imagination the gleaming center was to go up several stories more, but three would do for a start. This would all take a lot of money. . . other people's money. Believe it or not, wealthy townsfolk bought the idea.

There were, though, a few conservative dissenters among the alcoholics. They wrote the Foundation, AA's headquarters in New York, wanting to know about this sort of streamlining. They understood that the elders, just to nail things down good, were about to apply to the Foundation for a charter. These few were disturbed and skeptical.

Of course there was a promoter in the deal. . . a super-promoter. By his eloquence he allayed all fears, despite advice from the Foundation that it could issue no charter, and that ventures which mixed an AA group up with medication and education had come to sticky ends elsewhere. To make things safer, the promoter organized three corporations and became president of them all. Freshly painted, the new center shone. The warmth of it all spread through the town. Soon things began to hum. To insure foolproof, continuous operation, 61 rules and regulations were adopted.

But alas, this bright scene was not long in darkening. Confusion replaced serenity. It was found that some drunks yearned for education, but doubted if they were alcoholics. The personality defects of others could be cured maybe with a loan. Some were club-minded, but it was just a question of taking care of the lonely heart. Sometimes the swarming applicants would go for all three floors. Some would start at the top and come through to the bottom, becoming club members, others started in the club, pitched a binge, were hospitalized, then graduated to education on the third floor. It was a beehive of activity, all right, but unlike a beehive, it was confusion compounded. An AA group, as such, simply couldn't handle this sort of a project. All too late that was discovered. Then came the inevitable explosion. . . something like that day the boiler burst in Wombley's Clapboard Factory. A chill choke-damp of fear and frustration fell over the group.

When that lifted, a wonderful thing had happened. The head promoter wrote the Foundation office. He said he wished he'd paid some attention to AA experience. Then he did something else that was to become an AA classic. It all went on a little card about golf-score size. The cover read: "Middleton Group No. One. Rule No. 62." Once the card was unfolded, a single pungent sentence leaped to the eye: "Don't take yourself too damn seriously."

Thus it was that under Tradition Four an AA group had exercised its right to be wrong. Moreover, it had performed a great service for Alcoholics Anonymous, because it had been humbly willing to apply the lessons it learned. It had picked itself up with a laugh and gone on to better things. Even the chief architect, standing in the ruins of his dream, could laugh at himself. . . and that is the very acme of humility.

-- Bill W.

Copyright © AA Grapevine, Inc. August 1952. Reprinted with permission.

# 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 spiritual 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.

*The 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 JSC, April, 1960)*

Saint James Missionary  
Baptist Church  
600 28th Avenue North  
Nashville TN, 37209

## Community Partners Orientation

Every 4th  
Wednesday  
TIME: 6PM - 8PM

**CONTACT**  
Quinia Richardson  
Thomas Hunter

CONTACT US FOR MORE DETAIL AT 615-862-8269 x76025

HENDERSONVILLE BIG BOOK GROUP'S

2018 *summer* **PICNICS**

**May 27 ★ June 17**  
**July 15 ★ August 12**

*Speakers to be announced*

**Indian Lake Peninsula Church Pavilion**  
**235 Indian Lake Rd / Hendersonville**

*Meat Will be Provided*

**Bring your family, friends  
and a dish to share!**

**Come at 5:30 for fellowship & food**  
**Speaker begins @ 7pm**

★ 16<sup>th</sup> Annual ★

**District 15 Memorial Weekend**  
**Family Camp Out**

**The Road of Happy Destiny!**

**When:** Memorial Weekend May 25-28, 2018  
Check-In Friday @ 4:00 p.m. Check Out Monday @ 12:00p.m.  
**Where:** Montgomery Bell State Park  
**Cost:** \$5.00 per person per night for rustic cabin or bring a tent and stay all weekend for only \$6.00 (14yrs and younger No Cost)  
**Contacts:** Devon B.- (615) 349-7344 or Don M.- (931) 637-1384  
All meals will be provided. Please bring drinks and snacks for your family.  
**Please Register ASAP Cabins Can Not Be Held Without Paid Reservation Cut off May 12, 2018**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Group: \_\_\_\_\_ Number of people in Cabin \_\_\_\_/Tents \_\_\_\_

\$ \_\_\_\_\_ Amount Paid **Please send checks payable to District 15.**

**Mail Reservations to:**  
District 15  
P.O. Box 1091  
Dickson, TN 37056  
Attn: Campout



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	7:00 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 woodstockamemphis.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: woodstockamemphis@gmail.com

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

**Come join us!**

You are invited to

The Brentwood Full Moon AA Group & Brentwood AFG Group

## **\*\*Spring Pot-luck Supper\*\***

- Bring your favorite -  
salad-meat-veggies-fruit-bread-or dessert  
to share with others.

(\*Drinks provided\*)

When

**Friday, April 20, 2018**

6:30p.m. Meetings (as usual)

7:30p.m. - EAT!!!!

Lots of Great Food & Great Fellowship!

Where

Otter Creek Church  
409 Franklin Rd.  
Brentwood, TN 37027

# OLD TIMER'S DINNER @ P.O.P.

**WHEN**

**May 11th  
6:30pm – 9pm**

**WHERE**

**Brush Hill  
Cumberland  
Presbyterian Church**

3705 Brush Hill Rd, Nashville, TN 37216

**DINNER  
SERVED @  
6:30 –  
SOBRIETY  
COUNTDOWN  
@ 8PM**

**BARBEQUE  
AND DRINKS  
PROVIDED:**

Please bring a  
covered dish, side  
item, or dessert.

**SPONSORS**

Principles Over  
Personalities Group  
of A.A.

**FOOD,  
FELLOWSHIP,  
AND FUN!!**



**DRUNKS IN THE PARK  
6<sup>TH</sup> ANNUAL FAMILY PICNIC**

**JUNE 9, 2018**

2:00 PM TIL 6:00 PM

PINKERTON PARK - 405 Murfreesboro Rd., Franklin, TN

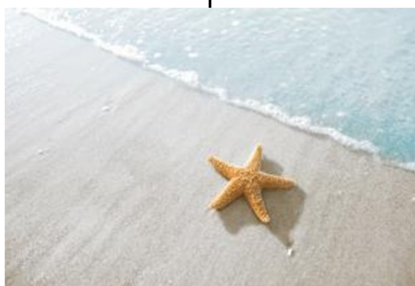
Bring your family, an instrument (if you play one) and be prepared to  
have a great time.

## **This celebration of service reminds us to be grateful to the sponsors who help us find new life as we recover from the storm of alcoholism**

Tonight as we shared about being of service, I was reminded of a story I heard several years ago. On the morning after a severe thunderstorm, thousands of starfish had been stranded on a narrow beach by twenty-foot tall waves and high tides. There among them, a five-year old boy ran frantically back-and-forth along the beach picking up starfish and returning them to the ocean. When an adult bystander criticized the boy for his futile attempts, asking what difference it would make to the millions of starfish he couldn't possibly help, the boy responded: "It makes a difference to the ones I *do* help."

Let's celebrate that you and I are the ones who have been helped! We are the few souls who have been touched by grace and reunited with sanity through the compassionate guidance of sponsors who cared enough to individually pick us up and introduce us to the road of happy destiny. Indeed, we have been touched by God through the helping hands of other alcoholics. I often share that not even my wife, who has loved and tolerated me for twenty-seven years, which is half our lives together, would be willing to set down and listen to seven hours of the wreckage of my past, like my first sponsor did when we went through my Fifth Step. (Besides, she had a front row seat!)

Today, I am able to practice compassion because I have



seen it; two men, whom I call "sponsor," have clearly shown me what it looks like to care for the newcomer – me – whose life had been compromised by alcohol and the poor choices that resulted. Because of these two men, today, I can transmit something I have got, and I'm pleased to say that I caught it from them. Through their example, they've transmitted compassion, empathy, tolerance, patience, and many of the other characteristics associated with restoration to sanity.

If I may shift gears to another analogy, when I stop playing Dorothy long enough to be of service to another suffering alcoholic, I am able to see that I am the one who is often thoughtless, needs courage, and lacks compassion. When we first come to AA to trudge the yellow brick road of happy destiny, we are so enamored with and alternatively disdainful of ourselves, we all

think we're Dorothy. Everybody can't be Dorothy; some of us have to be scarecrows, tin men, and cowardly lions. By being of service and getting out of ourselves for a while, we begin to see that we are both Dorothy *and* everyman or everywoman. We alternate between having and lacking thoughtfulness, compassion, and

courage. Although we still suffer from the Dorothy complex of me-me-me, we can now relate to the moron, the egomaniac, and the faint-hearted because, on a daily basis, we are a reflection of all the other bozos on this bus.

-- Ed L. - Wrightwood, Calif.

Reprinted with permission: AAGrapevine Web-Exclusive Jan 1970

## **Keeping it Green**

I've been so busy with school, work and AA lately that I've missed my plant watering appointments and they dehydrated! So the other morning, I forced myself to slow down. I actually enjoyed the sunrise and recited my morning prayers. I then took my dried out plants and began to prune them.

While I was in this meditative state, a reading from Daily Reflections came to mind. It used a gardening analogy to explain the housecleaning required before we're entirely ready to have God remove our defects of character. The reading mentioned how weeds (our defects), if not attended to, can choke the life out of whatever is growing. The same goes for not watering my plants.

Meetings, sponsorship and Step work are all necessary to keep an alcoholic nourished and healthy in recovery. Without these tools to tend our spiritual garden, weeds are bound to crop up, blocking us from the sunlight.

Through the grace of God, noticing my drying plant inspired me into action. Today I will turn my will over to a Higher Power. And who knows? If I can keep these plants alive, maybe there's hope for me after all.

Kame M. — Flit, MI

Reprinted with permission: AAGrapevine Web-Exclusive

## **NEW Open AA Meeting in Spring Hill!**

**"Recovery Hill"**  
**at UAW Local #1853**

**When: Wednesday Nights  
6:30 to 7:30 PM**

**First Meeting – April 4, 2018**

**AA – "How Many Thousands of Men and Women Have Recovered from Alcoholism"**

**UAW #1853 Meeting Hall  
125 Stephen P. Yokich Pkwy.  
(Behind Home Depot)  
Spring Hill, TN**



NEW / MOVES / CHANGES / ADDITIONS /		
37013	Cancel	60 Minutes - Sun 5p OD
37014	Cancel	Downtown Triune Group Valley View - Cheatham
37015	Move	Recovery House 676 S. Main St Ashland City
37027	Change	Every Woman Has A Story -
37027	Change	Turning Point - Tues 7p now
37030	Cancel	Smith County Sun & Wed
37062	Cancel	Psychic Change
37064	Cancel	Saint Phillips Meeting No Boundaries - Wed
37066	Add	Meditation 6:30p doors locked at 6:40
37066	Cancel	United Group - Thur 10am Legacies - Trinity Fellowship
37072	New	Ch - 1207 Lowes Lane - Fri 7p 12x12
37076	Move	SSS Group now at Hermitage United Meth Ch 205 Belinda Dr.
37087	Cancel	Sobriety First - Mon
37203	Change	Sun 8p now OD no longer
37206	Add	East Side Comes Alive - Tues
37110	Change	Bar None now 7p Monday no
37110	New	Any Length Bates Hill Pres 9957 Old Nashville Hwy Thu 5:30pm OD/Lit
37115	Cancel	WTF - Serenity House
37122	Add	Mt Juliet Fellowship - Mon
37127	Cancel	Back to the Big Book Wed 7p
37160	Cancel	Primary Purpose Group
37160	New	Shoulder to Shoulder AP Building 206 Madison Street - Fri Noon OD

NEW / MOVES / CHANGES / ADDITIONS / CANCELLATIONS		
37174	Add	RUTS - Thurs 5p OD
37174	New	Recovery Hill UAW Hall 125 Stephen P Yokich Pkwy Wed 6:30p OD 2nd Wed LIT
37174	Change	Spring Hill BB now Wed Night Parlay OD 7p
37206	New	East Side Men's Stag Beg Woodland Pres 211 N 11th at Gartland Ave Mon 7p OD/Men/Beg - Last Mon Anniv downstairs
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	Change	Utopia Cancel Noon on Mon Tues & Wed
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
37216	New	Midnight Delight - Earthly Delights 4114 Gallatin Pike Midnight Thurs & Fri 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
38401	New	Recovery First - Craft Memorial Meth CH 907 Hatcher Lane 11am - M & F OD, 11am W - OD/Lit
38501	Add	Way Out Group Thurs 6:30p SS
38562	Add	Friday Night Live - Sat 7pm CD

*Jim and Bob had a drunken argument which eventually landed them in court. Near the end of the trial, just before the judge was to decide the case, Jim asked his lawyer, "Do you think I should send the judge a box of cigars? It might help him lean in our favor."*

*"Oh, absolutely not!" replied the lawyer. "This judge is really nasty when it come to bribery. I am sure if you sent him a gift, he would rule against you-and may even hold you in contempt of court!"*

*The next day the judge delivered his decision in favor of Jim. As they were leaving the court room, Jim turned to his lawyer and said, "Thanks for the tip about the cigars."*

*"You're welcome," answered the lawyer, "I'm happy you didn't send them."*

*"I did send them," said Jim, "but I put Bob's business card in the box."*

**Middle Tennessee Intergroup Association**  
**Statement of Activities - Actual and Budgeted - Schedule 1**  
**For the Two Months and Year Ended February 31, 2018**

	February 2018			YTD 2018		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
<b>Income</b>						
Net Literature Sales	3,661.44	3,124.17	537.27	6,171.38	6,248.34	(76.96)
Group Donations	5,482.50	6,404.91	(922.41)	13,686.44	12,809.82	876.62
Individual Donations	190.41	433.00	(242.59)	5,720.76	866.00	4,854.76
Messenger Donations	23.91	17.00	6.91	35.91	34.00	1.91
Website Donations	301.98	-	301.98	301.98	-	301.98
Special Events	1,862.00	716.16	1,145.84	1,862.00	1,432.32	429.68
Interest	9.01	3.75	5.26	28.11	7.50	20.61
<b>Total Income</b>	<b>11,531.25</b>	<b>10,698.99</b>	<b>832.26</b>	<b>27,806.58</b>	<b>21,397.98</b>	<b>6,408.60</b>
<b>Expenses</b>						
Casual Labor	200.00	200.00	-	400.00	400.00	-
Payroll	5,422.17	5,750.00	(327.83)	10,844.34	11,500.00	(655.66)
Legal & Professional	350.00	350.00	-	700.00	700.00	-
Rent	996.00	1,006.00	(10.00)	1,992.00	2,012.00	(20.00)
Printing	-	233.00	(233.00)	-	466.00	(466.00)
Payroll Taxes	481.17	440.00	41.17	847.07	880.00	(32.93)
Repairs & Maintenance	-	58.00	(58.00)	-	116.00	(116.00)
Equipment Rental	80.65	50.00	30.65	130.64	100.00	30.64
Telephone & Fax	409.18	475.00	(65.82)	826.38	950.00	(123.62)
Answering Service	236.00	216.66	19.34	436.00	433.32	2.68
Postage	212.91	225.00	(12.09)	281.28	450.00	(168.72)
Office Supplies	40.00	276.33	(236.33)	232.95	552.66	(319.71)
Computer & Technology	54.63	333.00	(278.37)	109.26	666.00	(556.74)
Intergroup Expense	-	250.00	(250.00)	11.99	500.00	(488.01)
Insurance	-	-	-	-	-	-
Special Events	1,573.00	375.00	1,198.00	1,573.00	750.00	823.00
Travel	-	448.00	(448.00)	-	896.00	(896.00)
Depreciation	7.92	13.00	(5.08)	15.84	26.00	(10.16)
Over/Under	-	-	-	-	-	-
<b>Total Expenses</b>	<b>10,063.63</b>	<b>10,698.99</b>	<b>(635.36)</b>	<b>18,400.75</b>	<b>21,397.98</b>	<b>(2,997.23)</b>
<b>Net Income</b>	<b>1,467.62</b>	<b>-</b>	<b>1,467.62</b>	<b>9,405.83</b>	<b>-</b>	<b>9,405.83</b>

***Things We Cannot Change***

—Richard C., one of the founders of the Fairview AA Group, passed away on Tuesday, March 14.

—John B., one of the storied figures in Middle Tennessee A.A. history for four decades, died Friday, January 12, at the age of 90. John was a tireless worker in the recovery community, always willing to sit down with newcomers and old-timers alike to share his experience, strength and hope. John was a founder of many of the longest-running meetings and groups in Nashville, including the Five and Five and Back Room groups. He was best known in his later years for his role in the Shade Tree Group in Donelson. A warm, wise and witty person, he will be missed by those who knew him.



GROUP/MEETING	FEB	YTD
86'ers	212	212
ANONYMOUS	30	67
ANY LENGTHS	180	180
AWOL LIT STUDY		24
BACK TO THE BIG BOOK		40
BACKROOM	1,110	1,110
BASEMENT BUNCH	41	67
CLARKSTREET		20
COLUMBIA	20	20
COMMUNICATIONS	347	347
COOL SPRINGS NEWCOMERS	100	100
CROSSVILLE SISTERS IN SOBRIETY		68
DAVIDSON RD		1,500
DICKSON AA		180
DROP THE ROCK	50	50
EAST SIDE MEN'S STAG	500	500
EAST SIDE SATURDAY		353
EASY DOES IT	250	250
EVERY WOMAN HAS A STORY	50	50
FAIRFIELD GLADE		70
FIRST THINGS FIRST		146
FIVE & FIVE		264
FRANKLIN		861
FREE TO BE		152
FRIDAY NIGHT LIVE, GAINSBORO	40	40
FRIDAY NIGHT PRIMETIME	25	25
HAPPY HOUR - LEWISBURG	5	5
HIGH NOON	464	466
KEEP IT SIMPLE BELLEVUE	12	81
KEY TO SOBRIETY	400	400
LATE LUNCH BUNCH		600
LIVINGSTON 12x12		25
MADISON STREET	25	50
MURFREESBORO	15	30
MUSIC ROW		25
NEW BEGINNINGS	50	100
NEW BEGINNINGS WOMEN	160	160
NEW DAY	20	20
NEW LIFE H-VILLE		122
NIPPER'S CORNER		62
NORTHSIDE, CLARKSVILLE		50
OUT TO BREAKFAST	106	106
PORTLAND UNITY		2
PRIMARY PURPOSE		123
PULASKI	5	10
RIGHT DIRECTION		250
RUTS		250
SAFE PLACE	122	122
SANGO		40
SATURDAY NIGHT ALIVE	10	10
SEEKING SANITY		519
SERENITY M'BORO	20	40
SIMPLY SUNDAY		420
SISTERS IN SOBRIETY		120
SMYRNA GRATITUDE	522	884
SPRING HILL	20	20
TCYPAA	218	218
THREE LEGACIES		15
TURNING POINT		96
WESTMINSTER		500
WINNERS & BEGINNERS	81	81
WOMEN IN THE SOLUTION	50	100
WOMEN'S FREEDOM		250
WOMEN'S OPEN DOOR		268
WOMEN'S WAY		80
Grand total:	5,259	13,415

**i got so drunk  
last night i  
walked across  
the dance floor to  
get another drink  
and won the  
dance contest.**



What is the difference between an al-anon and an alcoholic?

An al-anon will steal money from you and then admit it and apologize.

An alcoholic will steal money from you and then help you look for it.

### ANY LENGTHS

Becky B	04.29.16
Chad H	04.15.17

### BACK ROOM

Bill S	04.04.90
Bob A	04.20.16
Cindy C	04.01.97
Darren H	04.30.10
Elijah J	04.14.14
Jacob B	04.04.17
Leslie M	04.05.96
Liz R	04.09.17
Martin B	04.15.00
Monty A	04.09.93
Norma W	04.24.87
Pat C	04.01.80
Tamara R	04.02.02

### EASY DOES IT

George M	04.04.89
Lacey C	04.27.11

### FULL MOON

Angela H	04.04.07
Angela L	40.11.98
Joey L	04.05.15
Josh H	04.24.12
Laura W	04.26.08
Nat A	04.02.90
Tim K	04.04.06
Tom S	04.01.04
Turner J	04.07.13

### MID DAY BREAK

Jim T	04.01.09
Misty N	04.03.16
Samantha B	04.02.17
Tony T	04.10.95

### NIPPERS CORNER

Bobby H	04.16.17
Mark M	04.08.12
Martin P	04.02.10
Mike E	04.23.03
Mike U	04.19.07

### SMYRNA GRATITUDE

Diane S	04.02.87
Holli O	04.21.16
James H	04.20.16
Joanna C	04.16.12
Jon P	04.03.15
Ray S	04.01.90
Tom D	04.05.13



**M i d d l e   T e n n e s s e e  
C e n t r a l   I n t e r g r o u p  
A s s o c i a t i o n**

417 Welshwood Drive  
Suite 207  
Nashville, TN 37211

615.832.1136  
800.559.2252

NON PROFIT  
ORGANIZATION  
U.S. Postage Paid  
Nashville, TN  
Permit No. 517

## RETURN SERVICE REQUESTED

**Middle TN Central Intergroup Association**  
417 Welshwood Drive, Suite 207  
Nashville, TN 37211

ph. 615.832.1136  
Ph. 800.559.2252  
fax. 615.834.5982  
or e-mail address changes to:  
[mtcoaa@aol.com](mailto:mtcoaa@aol.com)



### Time to Change?

- ☐ New / Renewal Subscription
- ☐ Address Change

*The Messenger* is available at an annual subscription price of \$12.00. A limited number of free subscriptions are available upon request by writing or calling the office at the address/phone number listed in this issue.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

PHONE \_\_\_\_\_ ZIP \_\_\_\_\_