

# *The* **MESSENGER**

## *Middle Tennessee Central Office Intergroup*

**\$ 1.00**

### ***THE PHENOMENON OF CRAVING***

**FEBRUARY 2019**

The Big Book on page xxiv (The Doctor's Opinion) says that an alcoholic has an "allergy to alcohol". An allergy is an abnormal reaction to any food, liquid or substance. If nine out of ten people have one reaction and one out of ten people have a different reaction, then the reaction of the one out of ten crew is abnormal. It also says on page xxvi that "the action of alcohol on an alcoholic is a manifestation of an allergy; that the phenomenon of craving is LIMITED to this class and NEVER occurs in the average temperate drinker." (A phenomenon is something that you can see but can't explain). "These allergic types can NEVER safely use alcohol in ANY FORM AT ALL".

Then on page 22, "We know that while the alcoholic keeps away from drink, as he may do for months or years, he reacts much like other men. We are equally positive that once he takes ANY ALCOHOL WHATEVER into his system, something happens, both in the bodily and mental sense, which makes it virtually impossible for him to stop." This includes substances that contain alcohol like mouthwash, cold remedies, some chocolates, food prepared with alcohol, etc.). Your body doesn't know if you are having a drink or taking Nyquil for a cold, it only senses alcohol and begins to process it. It also says on page xxviii that, "all the different classifications of alcoholics have ONE symptom in common: they CANNOT start drinking without developing the phenomenon of craving.

This phenomenon may be the manifestation of an allergy which differentiates these people, and sets them apart as a distinct entity." Dr. William D. Silkworth, M.D. who at that time had nine years experience specializing in the treatment of alcoholics and drug addicts, wrote this in the late 1930's. He called it a "phenomenon of craving" because at that time there was no way to study metabolism. Since then, science has proven his theory as correct.

The following is an explanation of what happens when alcoholics put alcohol into their bodies, and how it is a completely different experience compared to non-alcoholics. No wonder why non-alcoholics can't relate, and make statements like, "Can't you just stop after one or two drinks?" It shows why alcoholics can use their willpower against everything EXCEPT alcohol.



Alcoholics make up about 12% of the population. The body of the alcoholic is physically different. The liver and pancreas of the alcoholic process alcohol at one-

*(Continued on page 7)*

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](mailto:blamethemessenger@gmail.com)- email—[mtcoaa@aol.com](mailto:mtcoaa@aol.com), Website—[www.aanashville.org](http://www.aanashville.org)

## Contents

On the Cover  
THE PHENOMENON  
OF CRAVING

PRINCIPLES  
Page 2

HOW TO SHARE  
Page 3

INTEROFFICE /  
CENTRAL OFFICE  
INFO  
Page 4

EVENTS  
Page 4

PUZZLE  
Page 5

BUSINESS MEETING  
Page 6

BIRTHDAYS  
Page 8

MEETING CHANGES  
Page 8 & 9

FINANCIALS  
Page 10

CONTRIBUTIONS  
Page 11

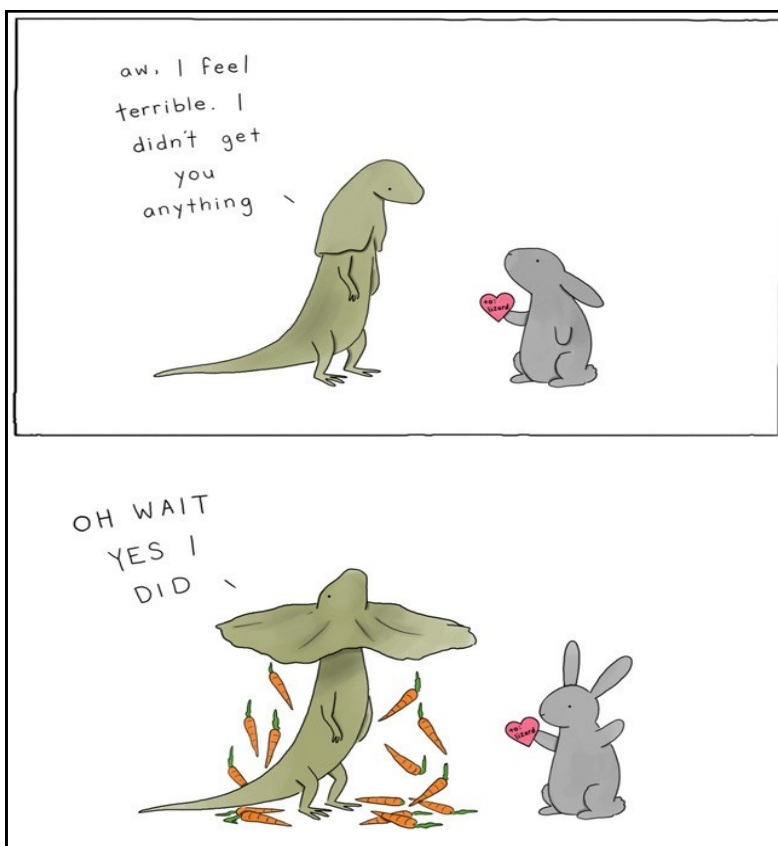
## Principles for the Twelve Steps

1. Honesty (some say acceptance and surrender)
2. Hope
3. Faith (some say open-mindedness)
4. Courage (some say is action)
5. Integrity
6. Willingness (some say patience)
7. Humility (some say tolerance)
8. Brotherly Love (some say forgiveness)
9. Justice (some say is discipline)
10. Perseverance
11. Spirituality (some say awareness or unselfishness)
12. Service (some say love)

(Continued on page 3)



**HAPPY  
VALENTINE'S  
DAY!**



## HOW TO SHARE IN A MEETING

This is by no means a comprehensive list of guidelines. “God will constantly disclose more to you and to us.” Furthermore, I have not been able to maintain anything like ‘perfect adherence’ to these principles. I have been able to share the message more effectively when I have been able to stay close to these guidelines and when I ask God to work through me to help the next sick and suffering alcoholic.

- ♦ Part of sharing is sharing time. Give others a chance to share. Three minutes is all it should take to carry the message at meeting level. (Humility and Service – Steps 7 & 12)
- ♦ If you share a problem, ***also share the solution.*** (Hope, Faith, Integrity and Service – Steps 2, 3, 5 and 12)
- ♦ Sharing **IS** carrying the message and that means sharing about a spiritual principle or step. (Hope, Faith and Service – Steps 2, 3 & 12 and Traditions 1, 5 and 11)
- ♦ When you have very little to say, then say very little. Do not start by saying, “I really don’t have much to say”, and then ramble for the next 15 minutes. It is selfish and it blocks others from sharing the real message by taking up valuable meeting time. Brevity is the hallmark of efficacy. (Courage, Integrity, Willingness, Humility and Service – Steps 4, 5, 6, 7 and 12)

- ♦ ***A 12 Step meeting is not group therapy, counseling, church or a garbage dump.*** This is the place to carry the message of recovery, not spread your disease. You are there to carry The Big Book’s message, not your own. We are, at best, vessels for the message of a loving Higher Power. (Hope, Faith, Humility, Brotherly Love, Spirituality and Service – Steps 2, 3, 7, 8, 11 and 12 and Traditions 5 and 11)
- ♦ After you share do not get up and walk right out. Set an example for the newcomers. (Willingness, Humility, Brotherly Love and Service – Steps 6, 7, 8 and 12)
- ♦ ***If you can’t get to the meeting on time you have surrendered your right to share.*** (Willingness, Humility and Service – Steps 6, 7 and 12 and Tradition 11)
- ♦ A Step or topic meeting is about that Step or topic. It is not about you. ***If you know little or nothing about the Step or topic then do not share.*** (Honesty, Integrity, Humility – Steps 1, 5 and 7)
- ♦ If you share you should also contribute to the 7th Tradition. (Integrity, Willingness, Humility, Brotherly Love, Spirituality and Service – Steps 5, 6, 7, 8, 11 and 12 and Traditions 1 and 7)

*Reprinted with permission:  
thelastchancetexaco.com*

### Principles for the Twelve Traditions

1. Unity
2. Group Conscience
3. Recovery
4. Autonomy
5. Primary Purpose
6. Singleness of Purpose

7. Responsibility
8. Service
9. Spiritual Simplicity
10. Humility
11. Attraction
12. Anonymity

***\* these are just some of the suggested principles—  
you may have more suggested to you!***



**The Franklin Group**  
Quarterly Speaker Eating meeting

Franklin First United Methodist  
120 Aldersgate Way  
Franklin, TN 37069

**SATURDAY, MARCH 9, 2019**

CHICKEN, COFFEE AND BEVERAGES PROVIDED

5:30 DOORS OPEN  
6:00 EAT (PLEASE BRING SIDE ITEM OR DESSERT)  
6:30 SPEAKER- KATE P.  
7:30 CLEAN UP AND LEAVE



**55th**



**INTERNATIONAL  
WOMEN'S  
CONFERENCE  
LOS ANGELES**

*The Language of the Heart  
will be spoken Here*

**February**  
**7th - 10th**  
**2019**

**The Westin Bonaventure  
Hotel & Suites**

404 South Figueroa Street  
Los Angeles, CA 90071

213-624-1000

IWC is a closed conference for Women in Alcoholics Anonymous

[www.internationalwomensconference.org](http://www.internationalwomensconference.org)

<i>CENTRAL OFFICE POSITIONS</i>	<i>OFFICER NAME</i>	<i>PHONE NUMBER</i>
Chairperson	Travis O	615.642.1027
Central Office Manager	Charles C	615.973.9898
Central Office Bookkeeper	Bill M	615.512.5710
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		
Events Chair (Interim)	Charlie B	615.554.0501
Archives	Butler M	225.226.5457
Sobriety Dinner	Lee Ann	615.424.3875

**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 15th  
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

BUSINESS					MEETING				COMPRISING					RIPPLE				EFFECT					EVERYWHERE						
CO-FOUNDER					ULTIMATE				RESPONSIBILITY					ESSENTIALLY				DETERMINED					CONSCIENCE						
AUTHORITY					HAPPEN				STRUCTURE					MEMBERSHIP				VOICED					POLICY						
SINGLE					CONDUCTS				AFFAIRS					DISCUSSION				MEMBERS					ONLY						
					INFORMAL				APPLICABLE					TRADITIONS				INEXPERIENCED											
U	Z	C	N	E	E	X	Z	J	Z	R	H	U	V	W	U	E	Y	I	N	F	O	R	M	A	L	O	P	T	H
Z	S	N	E	X	P	L	U	C	O	-	F	O	U	N	D	E	R	U	X	R	G	O	J	R	M	X	A	Q	A
O	U	H	W	Z	V	N	A	Q	O	I	M	E	M	B	E	R	S	B	H	Y	K	O	S	E	C	H	I	J	I
L	P	C	Z	P	U	Q	L	G	X	N	H	B	E	N	M	J	R	R	O	Y	N	R	D	L	I	E	E	F	F
Y	I	W	D	O	M	U	R	L	Z	N	I	K	E	D	A	U	P	L	A	C	O	N	D	U	C	T	S	X	C
O	V	Z	G	Z	D	K	E	X	Y	M	C	W	D	I	S	C	U	S	S	I	O	N	X	X	V	S	A	H	C
M	U	T	R	J	T	J	F	M	S	B	Y	E	A	O	R	T	J	R	S	O	R	Z	M	H	A	G	P	F	S
Q	Y	E	V	A	H	W	H	F	Q	H	P	B	G	S	K	F	B	I	I	E	H	F	T	E	V	O	M	K	C
F	N	K	B	X	T	E	J	A	E	U	L	S	I	N	G	L	E	K	L	W	N	O	K	Q	E	T	P	J	D
V	X	S	N	O	I	T	I	D	A	R	T	Z	E	J	F	W	W	L	B	R	A	I	W	Y	K	T	G	V	R
U	Q	F	T	A	P	L	G	N	Q	E	P	X	L	L	V	H	R	U	C	S	Q	H	S	B	C	T	I	T	C
T	S	T	I	M	X	I	V	F	E	J	H	U	X	T	B	V	C	A	A	K	R	A	V	U	V	M	Y	N	P
A	K	Z	N	F	C	A	H	P	P	X	W	D	V	X	O	A	O	O	O	Y	U	D	Y	U	B	J	B	G	G
I	F	A	D	J	F	M	M	X	Z	P	P	M	Q	Q	G	N	C	W	N	X	X	L	D	T	E	M	R	G	J
H	T	D	P	N	P	D	B	V	A	V	M	E	S	S	I	U	T	I	K	S	S	L	T	P	K	B	F	H	H
T	H	H	G	Q	J	E	Y	R	E	N	R	O	R	B	J	R	L	Z	L	O	C	V	E	I	Y	B	M	S	W
C	C	C	Q	A	Q	N	G	I	Y	O	F	K	N	I	G	R	E	H	Y	P	X	I	T	N	M	N	K	D	Q
Z	A	A	Y	T	I	L	I	B	I	S	N	O	P	S	E	R	E	A	R	D	P	S	E	I	C	A	K	C	T
K	V	B	D	M	N	H	X	C	O	M	P	R	I	S	I	N	G	P	R	R	G	A	C	N	P	R	T	Z	V
D	O	Y	M	Q	A	W	Y	L	N	E	P	P	P	Y	B	A	C	P	Y	L	F	J	A	K	C	G	O	E	X
Z	I	K	Q	E	R	V	X	U	K	X	P	Q	T	C	E	F	F	E	L	L	K	G	P	I	X	E	B	C	I
X	C	N	L	P	I	I	P	N	L	Z	O	D	S	F	F	O	Q	N	D	M	L	E	B	X	M	D	R	U	Q
C	E	I	P	I	T	J	F	O	D	Z	E	K	D	T	G	Z	J	X	K	Z	H	A	C	E	Q	M	K	U	P
Y	D	I	O	H	P	Z	S	I	U	T	U	G	J	T	R	Q	W	Q	Y	Q	H	X	I	F	S	T	Q	R	S
B	A	A	D	S	D	U	Z	L	E	F	T	F	O	W	Z	U	T	D	V	J	K	J	D	T	M	E	W	X	I
V	D	W	C	R	Z	C	X	R	G	J	E	L	P	P	I	R	C	V	Q	U	O	O	R	S	N	C	T	E	V
U	F	B	R	E	M	A	M	P	S	F	U	T	N	I	L	Z	Z	T	F	A	D	L	S	U	G	E	L	X	J
Y	V	G	L	B	Z	I	W	P	B	Q	M	O	T	F	D	Q	Y	Y	U	F	D	L	S	X	R	C	S	U	H
Z	E	V	M	M	N	I	V	P	H	M	L	R	M	Z	K	V	M	I	W	R	G	U	P	I	A	L	J	S	M
Z	Q	E	V	E	R	Y	W	H	E	R	E	X	U	L	L	T	T	V	O	H	E	Q	K	O	I	U	Q	J	E
V	S	O	D	M	K	F	P	C	O	F	G	O	X	Z	B	I	I	N	H	W	G	G	B	V	L	L	X	Q	C
I	K	H	K	A	U	T	H	O	R	I	T	Y	K	S	X	A	L	Q	H	R	U	X	P	W	U	I	S	F	G
A	L	A	N	C	G	J	M	L	J	A	T	E	R	J	P	Y	J	V	G	Y	Y	M	J	W	D	H	C	V	T
V	W	C	H	D	S	H	A	N	K	U	K	R	P	D	A	X	U	G	F	A	F	F	A	I	R	S	F	Y	P
R	I	Z	I	J	K	K	E	M	H	A	P	U	N	X	R	M	S	G	W	U	G	S	X	W	B	G	A	P	D



## THE GROUP BUSINESS MEETING: Where A.A. Service Begins

The 85,000 groups comprising A.A. today [108,000 in 2011] hold what co-founder Bill W. called “the ultimate responsibility and final authority for our world services.” But where does this ever-lengthening chain of responsibility begin? Who has the authority to make it happen? The entire structure of A.A. starts with the single group; and how each group conducts its affairs has a ripple effect on A.A. everywhere.

The direction of the group is essentially determined at its business meetings, where the informed group conscience of the membership is voiced on matters ranging from group finances and policy to local intergroup and general service issues. Recognizing the importance of group business meetings, some A.A.s in Seattle, Washington, prepared suggested guidelines on the subject for discussion at a Group Officers’ Workshop. Following are excerpts adapted from the guidelines. Says a district committee member: “We are sharing these in the hope that others will find them as helpful as we have.”

**Who calls and organizes the business meeting?** For most groups, this is the function of the general service representative (or the group chairperson, secretary, treasurer, intergroup representative or steering committee, if there is one). Usually held on a monthly or quarterly basis, regular business meetings have been found to contribute significantly to group identity and unity.

**When are they held?** Since each group is autonomous, there is no one answer, but here are some ideas that have worked: Depending upon the amount of business to be discussed, announce the business meeting as starting 30 minutes or an hour before the regular meeting. Or else, hold it immediately after the regular meeting. In some instances, the business meeting is held simultaneously with the regular meeting, in a separate room and in the same manner that many groups have a “Step table.” Some groups have held business “potluck supper” meetings on nights other than those devoted to their regular meetings.

**Who attends?** Business meetings are generally open to group members only. Some groups invite A.A.s who are non-group members to attend, but request that they refrain from voting on matters pertaining to the group’s activities. As with all group conscience matters, each A.A. member has one vote, and this, ideally, would be through their home group.

**What kind of business is conducted?** The agenda varies from group to group, issue to issue. But some aspects of group business remain fairly constant:

- electing new officers;
- scheduling new or different types of meetings;
- receiving and discussing the treasurer’s periodic financial reports;
- hearing progress reports from other group officers;
- apportioning excess funds among the local intergroup, the General Service Office, the area and district treasuries;
- and more.

The meeting might also plan interchanges with other groups or organizations and determine the group conscience concerning issues to be voted on at the area assembly.

**Meeting procedures:** Most business meetings tend to be informal. But, if the need arises, Robert’s Rules of Order are generally applicable, so long as they don’t conflict with the Traditions. Many groups have found, however, that observing Robert’s Rules to the letter can be detrimental. Most members are inexperienced in parliamentary procedures, and some of them might feel too intimidated to speak up. Before an informal group conscience can be defined, it is essential that the members be given all the facts relevant to the subject at hand. In many cases, an individual member, or a panel of members, is asked to look into the pros and cons of the issue and present them at the meeting.

## THE PHENOMENON OF CRAVING

(Continued from page 1)

third to one-tenth the rate of a normal pancreas and liver. Now as alcohol enters the body, it breaks down into various components, one of which is acetone. We know now that acetone triggers a craving for more acetone. In a normal drinker, the acetone moves through the system quickly and exits. But that doesn't happen in an alcoholic. In alcoholics, the acetone of the first drink is barely processed out, so by staying in their body, it triggers a craving for more acetone. The alcoholic then has a second drink, now adding to most of the acetone of the first drink, and that makes them want a drink twice as much as the normal drinker. So they have another. Then, having almost three times the craving as a normal drinker, they have another.

You can see from that point how alcoholics have no control over how much they drink. The craving cycle has begun and they have no choice but to keep drinking. Once the acetone accumulates in their body, and that begins to happen with only ONE drink, they will crave another. And how many times does an alcoholic think it would be nice to have JUST ONE drink to relax, but has many more? Now you see why. AND THIS CAN NEVER CHANGE! On top of THAT (like so far it's not bad enough), alcohol is a poison because it destroys human tissue. The two organs that alcohol damages the most are the liver and

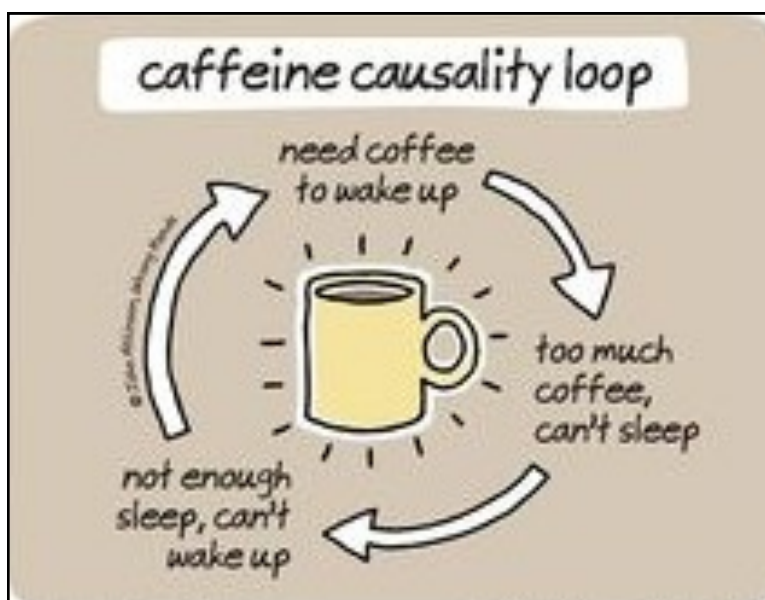
the pancreas. So the more the alcoholic drinks as time passes (or doesn't drink, because the liver and pancreas also deteriorate naturally as we age), the less their body is able to process the acetone. THAT is why alcoholism is a progressive, fatal illness.

Bill W. says on page 30, "We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better." Pretty revealing, huh. It explains many things I never before understood.

But if you think about it, we never have to deal with ANY of this if we DON'T put alcohol into our bodies in the first place. So the MAIN problem of the alcoholic centers in their mind and in their spiritual condition. My mind tells me it's okay to TAKE the first drink and doesn't see that what I'm about to do is harmful (otherwise known as the obsession or powerlessness), and if I'm NOT spiritually fit I can't STAND being sober because it's too uncomfortable (otherwise known as unmanageability). Coincidentally, the Steps deal DIRECTLY and EFFECTIVELY with both.

So that's what it means to be an alcoholic - I can't handle drinking and I can't handle not drinking.

Reprinted with permission:  
Barefoot Bill, barefootbill@optonline.net



**ANY LENGTHS**

Brian J	02.20.15
---------	----------

**BACK ROOM**

Amy I	02.14.17
Bryant H	02.22.17
Deb McC	02.27.17
Griffin H	02.01.13
<b>Heather C</b>	<b>02.17.98</b>
Joanna G	02.28.13
<b>Marc N</b>	<b>02.08.84</b>
<b>Mike A</b>	<b>02.12.90</b>
Neil W	02.27.15
Susan S	02.18.13
<b>Toni S</b>	<b>02.18.95</b>

**SMYRNA GRATITUDE**

David T	02.03.18
Ed M	02.06.14
Kim B	02.09.17
Leslie R	02.09.18
Nancy H	02.22.15
Pat W	02.15.15
Randy C	02.19.12
Suzanne P	02.18.17
Terri M	02.01.05
Toni H	02.12.12

**CHANGES / ADDITIONAL MEETINGS ADDED**

37027	Change	Turning Point - Tues 7p now CD/ALN
37027	Change	Friday Night Prime Time now 7:30pm
37040	Add	Southside - Wed 6:30p OD/Lit Sat 6:30p OD
37082	Add	Kingston Springs Women's Fri 11:30a OD/Wmn
37110	Change	Bar None now 7p Monday no Sat meeting
37110	Add	McMinnville Serenity Sun 5p OD/LIT
37122	Change	Easy Does It - Meets Fri 7p OD not Thurs
37135	Add	Right Direction Mon 7p OD
37174	Change	Spring Hill Group Women now Thurs 6:30p CD/Wmn
37203	Add	Many Paths - Thurs Noon OD
37209	Change	West Nashville - Brook Hollow Baptist Ch 678 Brook Hollow Rd - Now Fri 7p OD
37214	Add	Young & Sober - Th 7p OD
37216	Change	P.O.P - Tues 8p OD (no longer +ALN)
38464	Change	Lawrenceburg Wed Noon Cancelled
38570	Change	Livingston 12x12 Sat 7p OD
38570	Change	Livingston Mon Wed Thu 7p OD
38574	Change	Monterey Fri Night now 7pm

**MOVES**

37027	Move	Late Lunch Bunch - Concord Rd Ch of Christ 8221 Concord Road
37040	Move	Clarksville - Southside Salem United Meth Ch - 2295 Seven Mile Ferry Rd - Downstairs
37064	Move	Franklin Fellowship - 1st United Methodist Ch 148 5th Ave S Basement
37076	Move	SSS Group now at Hermitage United Meth Ch 205 Belinda Dr.
37128	Move	Camels Fellowship United Methodist 2511 TN-99
37138	Move	Jacob's Well now Uncommon Women - Old Hickory United Meth Ch 1216 Hadley Ave 503.997.8716 Sun 10:15a OD/WMN
37203	Move	Struck Gold now at Blakemore United Meth Ch 3601 West End Ave
37204	Move	Women's Speaker Glendale United Meth 900 Glendale St
37209	Move	West Nashville - Brook Hollow Baptist Ch 678 Brook Hollow Rd - Now Fri 7p OD
37210	Move	Peachtree Group Noon Sun - now meets at 2122 Utopia Last Stop Club 37211
37220	Move	Bellevue Winners & Beginners Ch. Of Christ, 5120 Franklin Pike
37221	Move	Wake Up Bellevue United Meth Ch 7501 Old Harding

FEBRUARY ANNIVERSARIES

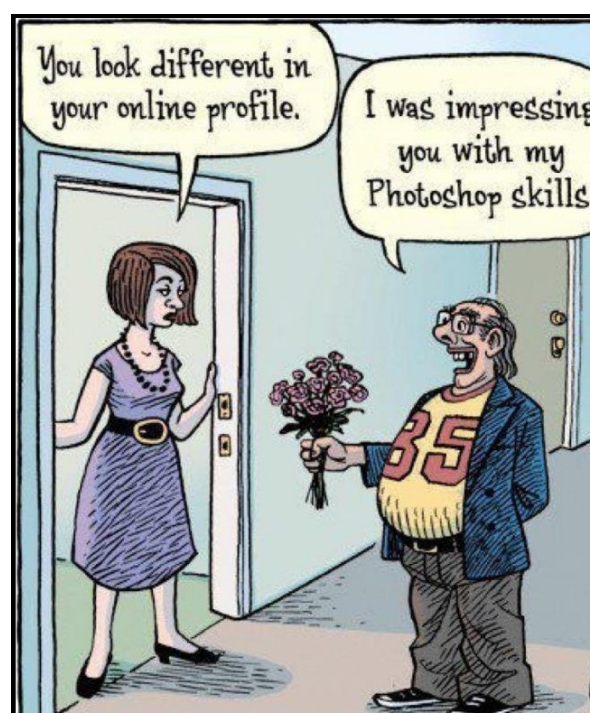


**NEW GROUPS / MEETINGS**

37027	New	Late Lunch Bunch Beginners Concord Rd Ch of Christ 8221 Concord Rd OD/Beg 1pm Sat & Sun
37027	New	Sunday Evening Holy Name Catholic 9100 Crockett Rd Sun 4p CD/Wmn
37027	New	Second Mouse Gets the Cheese 7105 Crossroads CH Outpatient Suite 107 6:30a Sat
37072	New	Ray of Hope Connell Memorial Methodist Church 200 East Cedar Wed 12p OD
37075	New	One Purpose - Saundersville United Meth Ch 710 E Main St New Bldg Annex - Mon 6:30p OD
37087	New	Back to Basics Assembly Church 716 North Cumberland Street - Mon 7p CD
37122	New	How It Works Toddy Bldg 541 N. Mt Juliet Rd Suite 2103 Wed 6pm OD step 1,2,3
37206	New	"Many Paths" Christ Ch Cathedral 900 Broadway Noon Thu OD
37206	New	East Side Comes Alive Memorial Lutheran Church 1211 Riverside Drive - Tues 7pm OD/Lit
37208	New	Together We Can - Mt. Carmel Baptist 1032 Monroe St - Fri 7pm OD
37209	New	New Freedom Highland Park Ch 5710 Knob Rd Tues 7p OD
37210	New	No Frills - Club 62 329 Peachtree Weds 7p OD
37211	New	She Speaks - Salvation Army 525 Paragon Mills Tue 7p Wmn
37212	New	We Are Not Saints 1619 17th Ave S 6p Su OD/Lit
37221	New	A.W.O.L. Lit Study Cross Point Church 7675 US 70 South Tue 6:30
38401	New	Recovery First - Craft Memorial Meth CH 907 Hatcher Lane 11am - M & F OD, 11am W - OD/Lit
38501	New	Way Out Group Unity Church 823 E. 10th Street -Thurs 6:30p SS
38562	New	Friday Night Live First Methodist Church— 203 S. Main - Sat 7pm CD

**CANCELLED GROUPS OR MEETINGS**

37013	Cancel	Higher Powered Fri Night
37014	Cancel	Downtown Triune Group
37030	Cancel	Smith County Friendship
37062	Cancel	Psychic Change
37064	Cancel	Saint Phillips Meeting
37064	Cancel	SAS/Sober & Safe Women's Newcomer
37072	Cancel	Legacies
37072	Cancel	Ray Of Hope
37080	Cancel	Joelton Sat Meeting
37087	Cancel	Sobriety First - Mon
37110	Cancel	Any Lengths
37110	Cancel	Keep It Simple - Mon Night
37110	Cancel	McMinnville Serenity Sun 7p
37115	Cancel	WTF - Serenity House
37203	Cancel	Many Paths - Wed
37205	Cancel	Everything or Nothing
37208	Cancel	Spiritual Living
37210	Cancel	Come As You Are
37211	Cancel	Utopia Fellowship Group
37211	Cancel	Mid-Day Women
37211	Cancel	Every Night at 6 - Sun
37214	Cancel	Come Grow with Us
37214	Cancel	Young & Sober - Sun 6p
37218	Cancel	Lions Den
37221	Cancel	Hope Park Lit Study
37232	Cancel	Recovery Group - Vanderbilt
38464	Cancel	You are not Alone
38508	Cancel	Fairfield Glade - Tues

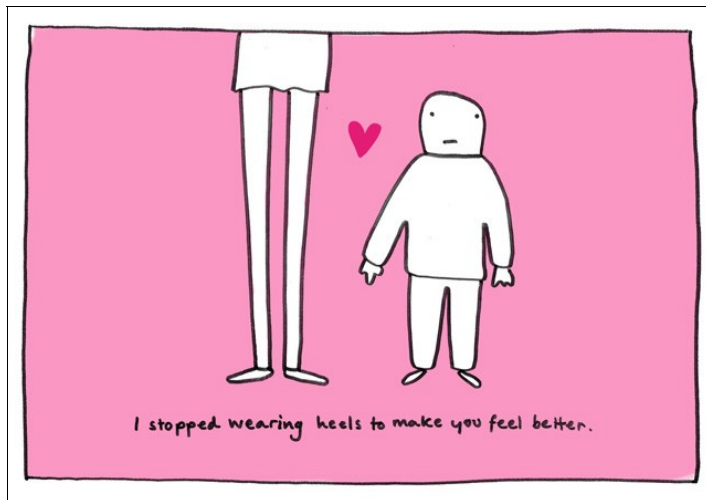


**Middle Tennessee Intergroup Association**  
**Statement of Activities - Actual and Budgeted - Schedule 1**  
For the Month and Year Ended December 31, 2018

	December 31, 2018			YTD 2018		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
<b>Income</b>						
Net Literature Sales	2,275.90	3,124.17	(848.27)	31,516.80	37,490.04	(5,973.24)
Group Donations	4,714.90	6,403.92	(1,689.02)	75,251.16	76,847.04	(1,595.88)
Individual Donations	1,556.51	433.00	1,123.51	11,408.21	5,196.00	6,212.21
Messenger Donations	-	17.00	(17.00)	367.91	204.00	163.91
Website Donations	-	-	-	573.26	-	573.26
Special Events	195.00	716.16	(521.16)	15,059.27	8,593.92	6,465.35
Interest	24.34	3.75	20.59	266.63	45.00	221.63
<b>Total Income</b>	<b>8,766.65</b>	<b>10,698.00</b>	<b>(1,931.35)</b>	<b>134,443.24</b>	<b>128,376.00</b>	<b>6,067.24</b>
<b>Expenses</b>						
Casual Labor	200.00	200.00	-	2,400.00	2,400.00	-
Payroll	5,415.92	5,750.00	(334.08)	69,719.46	69,000.00	719.46
Legal & Professional	350.00	350.00	-	3,850.00	4,200.00	(350.00)
Rent	996.00	1,006.00	(10.00)	11,953.50	12,072.00	(118.50)
Printing	-	50.00	(50.00)	263.07	600.00	(336.93)
Payroll Taxes	666.92	440.00	226.92	5,749.48	5,280.00	469.48
Repairs & Maintenance	-	58.00	(58.00)	-	696.00	(696.00)
Equipment Rental	97.45	75.00	22.45	775.37	900.00	(124.63)
Telephone & Fax	412.92	475.00	(62.08)	4,904.30	5,700.00	(795.70)
Answering Service	200.00	217.00	(17.00)	2,493.00	2,604.00	(111.00)
Postage	279.62	225.00	54.62	1,824.70	2,700.00	(875.30)
Office Supplies	80.12	233.00	(152.88)	2,034.57	2,796.00	(761.43)
Bank Service Charges	40.00	-	40.00	40.01	-	40.01
Computer & Technology	65.55	333.00	(267.45)	2,092.62	3,996.00	(1,903.38)
Intergroup Expense	-	250.00	(250.00)	2,131.97	3,000.00	(868.03)
Insurance	-	200.00	(200.00)	1,826.00	2,400.00	(574.00)
Special Events	-	375.00	(375.00)	8,155.85	4,500.00	3,655.85
Travel	604.41	448.00	156.41	3,440.61	5,376.00	(1,935.39)
Miscellaneous	-	-	-	26.00	-	26.00
Depreciation	-	13.00	(13.00)	43.41	156.00	(112.59)
Over/Under	-	-	-	(13.46)	-	(13.46)
<b>Total Expenses</b>	<b>9,408.91</b>	<b>10,698.00</b>	<b>(1,289.09)</b>	<b>123,710.46</b>	<b>128,376.00</b>	<b>(4,665.54)</b>
<b>Net Income</b>	<b>(642.26)</b>	<b>-</b>	<b>(642.26)</b>	<b>10,732.78</b>	<b>-</b>	<b>10,732.78</b>

***YOUR GROUP CONTRIBUTIONS***

GROUP/MEETING	DEC	YTD
21ST AVENUE	80	80
24 HOUR		250
86'ers		484
ALGOOD 12 STEPS TO FREEDOM		170
ANONYMOUS		911
ANY LENGTHS		300
AWOL LIT STUDY (was HOPE PARK)		118
BACK TO THE BIG BOOK		90
BACKROOM		3,010
BASEMENT BUNCH, COLUMBIA	14	182
BELLEVUE		150
BRENTWOOD FULL MOON		900
BY THE BOOK, DICKSON		225
CHICKEN PLUCKERS		1,050
CLARK STREET	100	620
COLUMBIA	20	245
COLUMBIA BASEMENT		84



## YOUR GROUP CONTRIBUTIONS

GROUP/MEETING	DEC	YTD
COMFORT ZONE		1,465
COMMUNICATIONS		347
COOL SPRINGS NEWCOMERS		300
CROSSVILLE NOONERS		100
CROSSVILLE SISTERS IN SOBRIETY		68
CUMBERLAND UNITY		25
DAVIDSON RD		4,800
DICKSON AA		390
DISTRICT 9		300
DONELSON YET		100
DOWNTOWN LUNCH		510
DOWNTOWN Y LUNCH		50
DROP THE ROCK		50
DRUNKS IN THE PARK		1,975
EAST HICKMAN		110
EAST NASHVILLE 86'ERS		373
EAST SIDE MEN'S STAG		1,000
EAST SIDE RECOVERY AT NOON		425
EAST SIDE SATURDAY		1,379
EASY DOES IT		500
EVERY WOMAN HAS A STORY		290
FAIRFIELD GLADE	96	348
FAIRVIEW		750
FAYETTEVILLE	20	100
FELLOWSHIP		325
FIRST THINGS FIRST		800
FIVE & FIVE		264
FRANKLIN	900	4,213
FRANKLIN FELLOWSHIP		200
FRANKLIN 4TH ED BB STUDY		300
FRANKLIN MEN'S		202
FRANKLIN ROAD WOMEN'S		561
FREE TO BE		557
FREEDOM FROM BONDAGE		20
FRIDAY NIGHT LIVE, GAINSBORO		40
FRIDAY NIGHT PRIMETIME	25	50
G.O.D. SPRING HILL	72	297
GOODLETTSVILLE		650
HAPPY DESTINY		55
HAPPY HOUR - LEWISBURG		30
HARDING RD		450
HENDERSON BIG BOOK	25	25
HERMITAGE		400
HERMITAGE WOMEN'S		250
HIGH NOON		466
HOPE PARK		89
HUT		25
IT'S A GEAT DAY		39
KEEP IT SIMPLE		319
KEEP IT SIMPLE BELLEVUE		554
KEY TO SOBRIETY		1,200
KICKOFF ISN'T UNTIL NOON		1,060
LAFAYETTE NEW HOPE		25
LAMBDA		80
LATE LUNCH BUNCH		2,800
LEGACIES		40
LET IT HAPPEN	75	336
LEWISBURG UNITY	14	39
LIFESAVERS		150
LIVE & LET LIVE		50
LIVING BY THE PRINT	100	400
LIVINGSTON 12x12		100
MADISON STREET		85
MID-DAY BREAK	150	665
MONTEREY	5	5
MT. JULIET FELLOWSHIP		350

GROUP/MEETING	DEC	YTD
MURFREESBORO	15	180
MUSIC CITY ROW		25
MUSIC ROW		50
MUSTARD SEED	250	750
NEW BEGINNINGS	25	275
NEW BEGINNINGS WOMEN		160
NEW DAY		110
NEW LIFE H-VILLE		204
NIPPER'S CORNER		144
NO NONSENSE		120
NORTHSIDE , CLARKSVILLE		200
N.O.W.		236
ONE DAY AT A TIME		345
ONE STEP CLOSER		388
OUT TO BREAKFAST		322
PAY DAY		120
PEACHTREE		100
PORTLAND UNITY	20	52
PRIMARY PURPOSE		410
PULASKI	5	60
REBOS		504
RIGHT DIRECTION		550
ROAD OF HAPPY DESTING		25
RUSHH HOUR		69
RUTS		500
SAFE HARBOR		200
SAFE PLACE		288
SANGO SOLUTIONS		80
SATURDAY NIGHT ALIVE	10	90
SATURDAY SERENITY		752
SEARCH FOR SERENITY		120
SEARCHERS	500	500
SEEKING SANITY		1,418
SERENITY M'BORO		120
SHADE TREE	209	8,799
SIMPLY SUNDAY		627
SISTERS IN SOBRIETY		177
SISTERS OF SOBRIETY	110	205
S.O.S. (OPEN DOOR MEMORIAL)		100
SMYRNA GRATITUDE	460	5,166
SOBRIETY FIRST LEBANON		200
SOUTHSIDE CLARKSVILLE		50
SPRING HILL		111
STRAGGLERS		700
TCYPAA		218
THREE LEGACIES		35
TRINITY	100	200
TRUDGING THE ROAD		150
TURNING POINT		666
UNITED	200	800
WANGL		124
WAVERLY		60
WAVERLY BELMONT		100
WAY OUT dist 9	75	75
WEST NASHVILLE		60
WESTMEADE		200
WESTMINSTER		500
WINNERS & BEGINNERS	160	734
WOMEN IN THE SOLUTION	50	425
WOMEN'S FREEDOM		775
WOMEN'S OPEN DOOR	192	571
WOMEN'S SPEAKER		242
WOMEN'S WAY	115	195
YET		100
TOTALS TO DATE	4,192	74,929

**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 Subscription  
☐ 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 \_\_\_\_\_