

The **MESSENGER**

Middle Tennessee Central Office Intergroup

\$ 1.00	THANKS TO YOU!!	MARCH 2019
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Regarding the 2018 Annual Sales Summary on Page 2 in this issue, Note especially the 7,022 Desire Chips and the 11,912 various months distributed and sold through your Middle Tennessee Central Office.

If you receive or follow the financials always enclosed in your Newsletter, you may recall our contributions were almost \$75,000 in 2018. From my recall and records available, this was a record setter!

Since we meet and maintain our prudent reserve of nine months' fixed expenses, **we have drastically reduced chip prices**. We began selling desire chips for .25 cents, the lowest price ever, and almost cost to us. Selling over 7,000 a year, we buy lots of 6,000 to receive the lowest cost. Previously selling for \$1.00, all monthly chips are now only .50 cents. The math computes to \$6,000 savings just in monthly chip costs for the Groups.

These items, including Directories, are now available at the majority of our 941 meetings weekly in Middle Tennessee. Desire and monthly chips have proven to be a great motivator for individuals, and especially for those early in recovery.

We also began distributing The Middle Tennessee Directories to AA entities free of charge. Since we distribute approximately 5,000 a year, that resulted in a savings of \$3,750 for members, meetings and Groups. If your Group does not have Directories available for newcomers, contact the Central Office. Handing a Directory to a newcomer, explaining where meetings are, and giving a newcomer the pamphlet

YOUR NEW BEGINNING IN ALCOHOLICS ANONYMOUS are a great introduction to AA. Again, we are only able to do this because of your financial support and your purchases.

Our 2019 Budget reflects a \$7,000 reduction in literature and chip profits. **January 2019 was our largest monthly contribution total (ever), with over \$14,000** in Group contributions. Our monthly budget goal for Group contributions is \$6,400, so 2019 is off to a great start. We will continue to reduce prices and distribute as much free literature as possible, as your support continues.

What is the next step? I believe free pamphlets are a possibility, or even reduced Big Book prices. All of these strategies affect the newcomer and helps us fulfill our primary purpose. We want to support the Groups, their finances and promote the "common welfare" for all of Alcoholics Anonymous.

The financial well-being of The Middle Tennessee Central Office is a real blessing, as I realize not all our Central Offices are as well supported.

If you have any suggestions on how The Office can better serve you and your Group or Meeting, please share your ideas. mtcoaa@aol.com

In the sales summary, also note the sale of 1,139 One Year Medallions!! How many lives, families, employers, hospitals and traffic courts are beneficiaries of 1,139 alcoholics not drinking for a whole year?

From the desk of: Charles C.

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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FROM THE DESK OF
CHARLES C.

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MIDDLE TENNESSEE CENTRAL OFFICE

2018 ANNUAL SALES SUMMARY

DESIRE CHIPS (NOW .25)

DESIRE (24 HOUR) CHIPS	7,022
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MONTHLY CHIPS (NOW .50)

1 MONTH	3,467
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2 MONTHS	2,734
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3 MONTHS	1,990
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4 MONTHS	¢ 460
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5 MONTHS	315
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6 MONTHS	1,306
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7 MONTHS	169
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8 MONTHS	157
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9 MONTHS	963
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10 MONTHS	177
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11 MONTHS	174
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TOTAL MONTHLY CHIPS SOLD 2018	11,912
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YEARLY CHIPS

1 YEAR	1,139
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2 YEARS	560
---------	-----

3 YEARS	375
---------	-----

4 YEARS	297
---------	-----

5 YEARS	291
---------	-----

10 YEARS	152
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LITERATURE BEST SELLERS

BIG BOOKS	5,582
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TWELVE & TWELVE	1,919
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DAILY REFLECTIONS	929
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My wife hosted a dinner party for all our friends, some of whom we hadn't seen for ages and everyone was encouraged to bring their children along as well.

All throughout dinner my wife's best friend's four-year-old daughter stared at me as I sat opposite her.



The girl could hardly eat her food for staring. I checked my shirt for spots, felt my face for food, and patted my hair in place, but nothing stopped her from staring at me.

Finally I asked her, "Why are you staring at me?"

Everyone at the table had noticed her behavior, and the table went quiet, waiting for her response.

The little girl said, "I'm just waiting to see how you drink like a fish."

Think of a number
between
0 and 20.

Add 32 to it.

Multiply by 2.

Subtract 1.

Now close

your eyes.

Its dark Isn't it



To do list—

1. Go to pet store.
2. Buy bird seeds.
3. Ask how long it will take for the birds to grow
4. Wait for the reaction.

THE AA PREAMBLE: BACKGROUND INFORMATION

Service Material from the General Service Office

THE PREAMBLE was introduced in the June 1947 issue of the AA Grapevine magazine. It was written by the then-editor, who borrowed much of the phrasing from the Foreword to the original edition of the Big Book, *Alcoholics Anonymous*.

In those early years, the Grapevine had just begun to circulate among non-alcoholics, and the Preamble was intended primarily to describe for them what AA is and is not. It is still often used for public information purposes. As time passed, it began appearing in all Conference-approved Publications, and many AA groups now use it to open meetings.

The original version differed in two ways from the familiar form we all know:

- 1) It stated that the only requirement for membership is an *honest* desire to stop drinking”
- 2) it contained only the very brief statement “AA has no dues or fees.”

People often ask why the word “honest” was deleted. At the 1958 General Service Conference, a delegate asked about the words “honest desire to stop drinking,” suggesting that since “honest” does not appear in the Third Tradition, it might be deleted from the Preamble. In discussion, most Conference members felt that as AA had matured, it had become almost impossible to determine what constitutes an honest desire to stop drinking, and also that some who might be interested in the program could be confused by the phrase. Thus, as part of the evolution of AA,

the phrase had been dropped from common usage. The midsummer 1958 meeting of the General Service Board of Trustees ratified the deletion, and since then the Preamble has read simply “a desire to stop drinking.”

At the same time, the phrase “AA has no dues or fees” was clarified to read as it presently does: “There are no dues or fees for AA membership; we are self-supporting through our own contributions.” The current version of the Preamble appears on page one of every issue of the Grapevine.

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AA PREAMBLE©

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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A.A. World Services, Inc.”*

MY FULL TIME JOB

A recent meeting topic at my home group, Clark Street, was step one: admitting powerlessness and unmanageability. There were lots of attentive newcomers in the room, listening to stories about needing to relearn what the word “unmanageability” really meant. Fascinating. Great examples and I nodded my head a lot. I shared my own “unmanageability wakeup call”...

I was driving across a bridge on 99E, driving into

Portland Oregon. It was a dark, clear night and I was going to meet a man for a date at a restaurant. A date meant a little pre-partying, right? So I drank wine. Lots of it. I was driving too fast, messing with my DVD player and smoking a cig. Multi-tasking, ya know. Red lights appeared in my rear-view, sirens sounded, and I was pulled over. Questioned. Tested. Arrested. Driven to the downtown jail’s

(Continued on page 4)

MY FULL TIME JOB

waiting room. Mugs shots and my fingerprints were taken. I was still thinking there was no way this was happening to me. Me - the woman who had it all together, made great choices, had a home, a car, a savings account, good health, and most importantly, people's envy and admiration. Because I thought people believed this lie and so did I. I was persuasive and mostly believable. Ha! Really? I was just a desperately drunk liar who finally got caught.

How apropos - arrested on a bridge. I couldn't have dreamed up that perfect symbolism in a million years. It is perfect because that arrest on 9/28/07 marked the beginning of my new life. Actually, I was crossing over into the unknown area I call "Having a Life," or more accurately, "Wanting a Life." I began my long, hard, denial-ridden journey into sobriety that humiliating night.

This chick, AKA me, mostly learned through pain and embarrassment - I paid attention when I was shocked and/or hurt. That night I learned I was not perfect - the story I told me about myself was mostly a lie. I learned that I was not special, unique, or even particularly smart. That night I learned my way of managing my life was not working. I began to

understand I was a liar who told myself everything was great... that I was fine, life was good, and I was happy and free. I believed that lie and probably would have kept believing it until I died, hurt or killed someone, while driving drunk. I was a horror story still being written, and was still building towards a bloody dramatic climax, when BAM! - the ending unexpectedly changed.

Thank God for those policemen - my angels in blue. Those wise, kind cops stopped my selfish insanity and drove me into safety. In the back of a police car, I crossed that bridge towards a life I never imagined. My current life is so wonderful, honest and real that I have trouble integrating my two stories. I didn't have the imagination nor confidence to think I would be where I am today, doing what I do. What do I do? I share my humiliations and mistakes and sadness and frustrations. And I share my journey, my struggles, and my triumphs. Because my "worst" story has become my "best" story. And my full time job today is to keep telling it.

*Jennifer L., Clarksville TN
Clark Street Group*

CENTRAL OFFICE POSITIONS	OFFICER NAME	PHONE NUMBER
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

1ST TUESDAY OF EVERY MO.

District 30 Meeting
When: 6:30pm – 7:30pm
Where: 5925 O'Brien

2ND MONDAY OF EVERY MO.

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

1ST TUESDAY OF EVERY MO.

District 32 Meeting
When: 6:30pm
Where: Last Stop Club
2122 Utopia

2ND SATURDAY OF EVERY MO

District 34 Meeting
When: 10am
Where: 200 E. Cedar St
Goodlettsville

Words from article on page 6—can you find them below?

GOOD					RIGHT				REASONS				NOTHING					DRINKING					NATURAL						
FELLOWSHIP					TRADITION				LIFEBLOOD				INSTINCTIVE					REACTION					ESTABLISH						
SEEDS					RELAPSE				INSIDIOUS				DIFFICULTIES					WILLINGNESS					LISTEN						
DANGEROUS					INSANITY				EMERGED				ARGUMENTATIVE					LIFESAVING					EXHAUSTION						
DISHONESTY					IMPATIENCE				OUTCOME				FRUSTRATION					COCKINESS											
X	Y	Q	S	B	D	H	M	R	E	F	L	J	B	N	U	Q	U	H	X	V	W	N	L	H	N	W	F	Z	U
I	N	S	A	N	I	T	Y	S	N	X	O	S	A	D	P	Y	P	R	D	O	L	H	N	E	T	R	J	J	E
J	A	Q	K	B	S	S	T	N	K	U	M	T	K	F	D	D	V	U	E	R	T	O	D	S	U	A	R	I	S
W	Z	B	G	I	J	A	V	N	X	H	Q	F	O	E	S	D	R	I	N	K	I	N	G	S	U	O	I	D	E
L	K	M	Q	A	B	S	C	V	D	S	P	Y	I	L	Y	M	P	T	I	T	P	X	T	T	D	V	C	K	L
V	I	Q	P	L	M	Q	N	M	B	R	H	S	M	L	V	E	B	K	C	E	J	R	V	A	G	O	O	D	I
V	Z	C	I	E	O	X	K	C	E	B	M	L	C	O	T	B	S	A	K	X	A	O	V	N	Q	H	G	O	Q
H	J	S	N	K	E	K	H	G	P	Y	S	E	G	W	D	A	E	I	K	T	P	L	A	R	W	E	C	D	B
Z	H	M	L	G	O	K	N	T	R	E	E	E	D	S	S	R	V	U	I	S	Z	Z	S	O	K	N	M	Y	H
H	X	J	U	C	T	D	O	M	E	S	I	E	W	H	Y	Q	H	O	A	T	E	B	A	L	E	X	A	Q	N
Q	P	J	U	F	P	S	E	D	T	P	N	H	K	I	E	C	N	Q	J	S	Q	I	Y	N	B	U	E	C	Y
F	Z	C	O	X	P	C	S	G	N	A	N	O	M	P	E	C	M	D	J	K	G	S	Z	P	W	M	B	G	L
M	P	P	D	G	O	T	N	V	R	L	M	I	T	Y	C	I	N	S	J	Y	Y	N	T	M	Y	P	Z	Z	I
G	Y	F	W	I	Y	P	L	U	V	E	B	G	B	F	X	R	S	E	G	O	M	K	A	O	G	D	D	D	L
M	J	V	N	N	S	F	V	Z	X	R	M	R	S	U	X	U	Q	W	I	C	Y	S	Q	T	A	D	G	C	G
O	A	C	P	S	Z	H	X	H	X	N	O	E	X	S	E	P	T	T	C	T	V	K	B	C	U	K	S	K	N
N	H	F	V	T	V	J	O	T	P	E	C	F	C	P	R	V	X	H	I	E	A	V	N	M	Y	R	N	L	I
V	Q	S	F	I	K	P	H	N	G	H	G	V	V	Q	M	I	I	B	U	K	R	P	H	S	G	E	A	A	H
K	D	N	G	N	O	S	G	E	E	Z	S	U	M	N	E	R	G	T	J	L	Y	T	M	B	N	C	I	L	T
B	I	Z	I	C	H	E	Z	G	F	S	I	J	M	J	C	O	D	H	A	N	O	I	T	I	D	A	R	T	O
I	C	J	L	T	I	I	D	H	V	H	T	W	P	S	S	N	L	R	T	T	L	U	V	U	I	P	T	J	N
F	U	J	E	I	F	T	C	Y	S	R	J	Y	L	F	S	F	O	L	L	X	N	T	T	H	K	D	D	I	V
I	Z	X	P	V	T	L	W	W	K	N	L	X	Y	B	U	E	A	I	E	U	Y	E	U	C	H	Q	K	N	W
Y	S	L	S	E	Q	U	B	X	A	L	J	U	N	E	G	I	N	E	X	X	N	R	M	H	O	W	H	B	H
K	R	S	P	F	D	C	N	L	I	F	E	S	A	V	I	N	G	G	Q	Q	H	W	T	U	O	M	U	N	M
Q	R	Q	S	E	Y	I	S	B	C	M	Z	L	Q	U	L	R	L	J	N	E	D	A	J	E	G	H	E	L	J
M	B	C	N	K	H	F	J	F	B	I	F	Q	Y	M	V	S	V	J	N	I	M	A	U	F	V	R	Q	S	S
Y	S	E	O	F	O	F	S	M	L	I	F	E	B	L	O	O	D	T	H	Q	L	Y	N	S	W	K	A	G	N
W	T	P	S	U	O	I	D	I	S	N	I	R	B	P	L	N	C	R	H	Q	V	L	C	G	T	V	C	T	A
Y	F	N	A	S	O	D	T	Y	P	H	R	V	T	U	I	N	M	F	U	B	T	G	I	B	E	I	U	S	U
G	B	H	E	X	A	S	J	O	Z	N	I	F	M	D	S	T	J	E	F	F	W	B	O	W	C	R	O	I	K
W	F	K	R	M	N	R	Y	G	H	K	T	D	N	U	T	O	O	Q	W	N	L	K	X	B	K	V	O	N	W
P	F	V	C	H	H	S	V	W	J	V	V	H	Z	Q	E	W	M	F	G	N	J	W	F	K	U	L	K	U	M
C	V	A	T	O	G	Y	Y	Z	A	V	O	A	K	F	N	F	O	P	D	M	C	O	C	K	I	N	E	S	S
I	W	D	E	K	A	M	V	U	N	I	B	C	H	R	A	R	I	C	B	G	Q	C	F	B	K	L	D	L	X

What About Members With Long-term Sobriety?

For all the good and right reasons, we pay a lot of attention to AA newcomers. They are the lifeblood of our fellowship, and tradition says they are the primary reason we have meetings. But what about members with long-term sobriety? We're taught the seeds of relapse are found in attitudes that precede the actual picking up of that first drink. While these might be easier to spot with new people, they seem much more difficult to detect in our friends with long-term sobriety.

Telling a new AA member to call us before picking up the first drink is excellent advice. But it almost never works for those who no longer have deep cravings for alcohol, because in a subtle, insidious way, they have entered into a private period (weeks, maybe even months) of irrational thinking about their lives, work, this program, loved ones, hobbies, the government or other drivers!

In other words, a dangerous form of alcoholic insanity has emerged. With nothing in its path to prevent it, drinking is the natural, instinctive reaction. Fortunately, we have ways to prevent this from happening. The bond of trust we establish between each other in AA is a powerful ally. If we confront those fellow members closest to us suspected of having difficulties, and if we do this with compassion and a willingness to listen and help in a true 12th Step Spirit, the outcome may be lifesaving. Following is a checklist of relapse symptoms we can watch for - and help a troubled friend explore in a sort of short-form 4th and 5th Step process.

1. Exhaustion - Allowing oneself to become overly tired; usually associated with work addiction as an excuse for not facing personal frustrations.
2. Dishonesty - Begins with pattern of little lies; escalated to self-delusion and making excuses for not doing what's called for.
3. Impatience - I want what I want NOW. Others aren't doing what I think they should or living the way I know is right.

4. Argumentative - No point is too small or insignificant not to be debated to the point of anger and submission.
5. Depression - All unreasonable, unaccountable despair should be exposed and discussed, not repressed: what is the exact nature of those feelings?
6. Frustration - Controlled anger/resentment when things don't go according to our plans. Lack of acceptance. See #3.
7. Self-pity - Feeling victimized, put-upon, used, unappreciated: convinced we are being singled out for bad luck.
8. Cockiness - Got it made. Know all there is to know. Can go anywhere, including frequent visits just to hangout at bars, carry out's, boozy parties.
9. Complacency - Like #8, no longer sees value of daily program, meetings, contact with other alcoholics, (especially sponsor!), feels healthy, on top of the world, things are going well. Heck may even be cured!
10. Expecting too much of others - Why can't they read my mind? I've changed, what's holding them up? If they just do what I know is best for them? Leads to feeling misunderstood, unappreciated. See #6.
11. Letting up on disciplines - Allowing established habits of recovery - meditations, prayer, spiritual reading, AA c contact, daily inventory, meetings - to slip out of our routines; allowing recovery to get boring and no longer stimulating for growth. Why bother?!
12. Using mood-altering chemicals - May have a valid medical reason, but misused to help avoid the real problems of impending alcoholic relapse.
13. Wanting too much - Setting unrealistic goals: not providing for short-term successes; placing too much value on material success, not enough on

(Continued on page 7)

What About Members With Long-term Sobriety?

(Continued from page 6)

value of spiritual growth.

14. Forgetting gratitude - Because of several listed above, may lose sight of the abundant blessings in our everyday lives: too focused on # 13. 1
15. "It can't happen to me." - Feeling immune; forgetting what we know about the disease of alcoholism and its progressive nature.
16. Omnipotence - A combination of several attitudes listed above; leads to ignoring danger signs, disregarding warnings and advice from fellow members.

(Excerpted from Akron Intergroup News, December 1998)

SERVICE WORKSHOP

SATURDAY 3/16/19

5:30 – 8:30

102 Harris St. Madison, TN

Potluck Dinner 5:30

Primary Purpose Group will provide chicken.
Please bring a covered dish.

Workshop

Panel — 6:30

How to Chair a Meeting — Rusty R.

Sponsorship — Shannon C.

Traditions — Johnny L.

Followed by Q&A

DRUNKS IN THE PARK

6TH ANNUAL FAMILY PICNIC

Saturday, June 8, 2019 | 11:00 am - 2:00 pm

Come on everyone, let's have some fun in the sun.

Music, games, food and fun for the entire family.

Pets welcome.

Food and Beverages will be provided.

Please bring a dessert to share.

Don't forget your lawn chairs.

Let's add to the fun,
bring a musical instrument and
let's have a sing-a-long.

Pinkerton Park
405 Murfreesboro Road
Franklin, TN
Robin P. 615-308-2381

TO BE
OLD AND WISE,
YOU MUST FIRST
HAVE TO BE
YOUNG AND STUPID.

How do you know
when you are too
drunk to drive?
When you swerve
to miss a tree
then realize it
was your air-
freshener.

ANY LENGTHS

B.J. B.	03.13.88
<i>Beth G</i>	<i>03.01.18</i>
<i>Tomi W</i>	<i>03.11.18</i>

BACK ROOM

<i>Amy S</i>	<i>03.03.12</i>
Art L	03.22.92
Dan S	03.04.95
<i>Dede O</i>	<i>03.30.15</i>
Guy F	03.15.83
<i>Jack P</i>	<i>03.26.18</i>
<i>Jason M</i>	<i>03.27.18</i>
<i>Mark C</i>	<i>03.21.17</i>
<i>Michael L</i>	<i>03.11.12</i>
<i>Patrick M</i>	<i>03.01.12</i>
<i>Randy C</i>	<i>03.15.16</i>
<i>Tiffany H</i>	<i>03.20.13</i>

FULL MOON

<i>Dirk P</i>	<i>03.07.08</i>
<i>Gregory C</i>	<i>03.17.14</i>
<i>James C</i>	<i>03.01.08</i>
<i>Liz R</i>	<i>03.10.07</i>
<i>Paul F</i>	<i>03.13.18</i>
<i>Sellers S</i>	<i>03.19.13</i>
<i>Steve W</i>	<i>03.18.15</i>
<i>Walter R</i>	<i>03.03.09</i>

K.I.S.

<i>Ashley B</i>	<i>03.09.16</i>
<i>Bryan H</i>	<i>03.15.12</i>
<i>Christy K</i>	<i>03.21.02</i>
<i>Emily G</i>	<i>03.13.12</i>
<i>Eric R</i>	<i>03.11.18</i>
Kay D	03.09.85
<i>Nikki W</i>	<i>03.23.18</i>
<i>Paul S</i>	<i>03.13.18</i>
<i>Robert A</i>	<i>03.01.13</i>
<i>Ross M</i>	<i>03.08.18</i>
<i>Scott B</i>	<i>03.08.15</i>
<i>Scott M</i>	<i>03.17.11</i>
<i>Sue K</i>	<i>03.07.13</i>
Tim W	03.16.90

NEW DAY

Patty H	03.15.90
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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
37072	Add	OCATT - Thur 6p OD/Lit
37082	Add	Kingston Springs Women's Fri 11:30a OD/Wmn
37110	Change	Bar None now 7p Monday no Sat mtg
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 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
38501	Move	Cookeville 1224 West Broad Meetings have moved to 122 S Madison Ave.

MARCH ANNIVERSARIES

NEW GROUPS / MEETINGS		CANCELLED GROUPS OR MEETINGS	
37027	New	Late Lunch Bunch Beginners Concord Rd Ch of Christ 8221 Concord Rd OD/Beg 1pm Sat & Sun	37013 Cancel Higher Powered Fri Night
37027	New	Sunday Evening Holy Name Catholic 9100 Crockett Rd Sun 4p CD/Wmn	37014 Cancel Downtown Triune Group
37027	New	Second Mouse Gets the Cheese 7105 Crossroads CH Outpatient Suite 107 6:30a Sat	37030 Cancel Smith County Friendship
37072	New	Ray of Hope Connell Memorial Methodist Church 200 East Cedar Wed 12p OD	37062 Cancel Psychic Change
37075	New	One Purpose - Saundersville United Meth Ch 710 E Main St New Bldg Annex - Mon 6:30p OD	37064 Cancel Saint Phillips Meeting
37087	New	Back to Basics Assembly Church 716 North Cumberland Street - Mon 7p CD	37064 Cancel SAS/ Women's Newcomer
37122	New	How It Works Toddy Bldg 541 N. Mt Juliet Rd Suite 2103 Wed 6pm OD step 1,2,3	37072 Cancel Legacies
37206	New	"Many Paths" Christ Ch Cathedral 900 Broadway Noon Thu OD	37072 Cancel Ray Of Hope
37206	New	East Side Comes Alive Memorial Lutheran Church—1211 Riverside Drive - Tues 7pm OD/Lit	37080 Cancel Joelton Sat Meeting
37208	New	Together We Can - Mt. Carmel Baptist 1032 Monroe St - Fri 7pm OD	37087 Cancel Sobriety First - Mon
37209	New	New Freedom Highland Park Ch 5710 Knob Rd Tues 7p OD	37110 Cancel Any Lengths
37210	New	No Frills - Club 62 329 Peachtree Weds 7p OD	37110 Cancel Keep It Simple - Mon Night
37211	New	She Speaks - Salvation Army 525 Paragon Mills Tue 7p Wmn	37110 Cancel McMinnville Serenity Sun 7p
37212	New	We Are Not Saints 1619 17th Ave S 6p Su OD/Lit	37115 Cancel WTF - Serenity House
37221	New	A.W.O.L. Lit Study Cross Point Church 7675 US 70 South Tue 6:30	37203 Cancel Many Paths - Wed
37274	New	Spring Hill Nooner - CH ORC 220 Park Center Parkway Suite 205 Mon & Fri Noon OD/Lit	37205 Cancel Everything or Nothing
38401	New	Recovery First - Craft Memorial Meth CH 907 Hatcher Lane 11am - M & F OD, 11am W - OD/Lit	37208 Cancel Spiritual Living
38501	New	Women in Recover - 122 S Madison Ave - Thur Noon OD/Wmn - Sat 10a OD/Wmn	37208 Cancel Recovery of Hope
38501	New	Way Out Group Unity Church 823 E. 10th Street -Thurs 6:30p SS	37210 Cancel Come As You Are
38562	New	Friday Night Live First Methodist Church - 203 S. Main - Sat 7pm CD	37211 Cancel Utopia Fellowship Group
			37211 Cancel Mid-Day Women
			37211 Cancel Every Night at 6
			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

MARCH ANNIVERSARIES

P.O.P.

James R	03.12.96
Mark C	03.25.99

SMYRNA GRATITUDE

Adalia D	03.19.17
Brenda W	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
Monty H	03.13.15
Scott P	03.25.99
Theresa J	03.05.05
Trevor K	03.20.98

Middle Tennessee Intergroup Association
Statement of Activities - Actual and Budgeted - Schedule 1
For the Month and Year Ended January 31, 2019

	January 31, 2019			YTD 2019		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	2,698.98	2,528.00	170.98	2,698.98	2,528.00	170.98
Group Donations	14,444.97	6,500.00	7,944.97	14,444.97	6,500.00	7,944.97
Individual Donations	891.50	-	891.50	891.50	-	891.50
Messenger Donations	24.00	15.00	9.00	24.00	15.00	9.00
Website Donations	-	708.00	(708.00)	-	708.00	(708.00)
Special Events	-	708.00	(708.00)	-	708.00	(708.00)
Interest	26.80	119.00	(92.20)	26.80	119.00	(92.20)
Total Income	18,086.25	10,578.00	7,508.25	18,086.25	10,578.00	7,508.25
Expenses						
Casual Labor	200.00	200.00	-	200.00	200.00	-
Payroll	5,415.92	5,871.00	(455.08)	5,415.92	5,871.00	(455.08)
Legal & Professional	350.00	350.00	-	350.00	350.00	-
Rent	996.00	1,046.00	(50.00)	996.00	1,046.00	(50.00)
Printing	-	50.00	(50.00)	-	50.00	(50.00)
Payroll Taxes	481.18	449.00	32.18	481.18	449.00	32.18
Repairs & Maintenance	-	50.00	(50.00)	-	50.00	(50.00)
Equipment Rental	92.90	75.00	17.90	92.90	75.00	17.90
Telephone & Fax	415.06	475.00	(59.94)	415.06	475.00	(59.94)
Answering Service	200.00	217.00	(17.00)	200.00	217.00	(17.00)
Postage	161.96	134.00	27.96	161.96	134.00	27.96
Office Supplies	137.39	183.00	(45.61)	137.39	183.00	(45.61)
Bank Service Charges	40.00	-	40.00	40.00	-	40.00
Computer & Technology	65.55	276.00	(210.45)	65.55	276.00	(210.45)
Intergroup Expense	308.30	210.00	98.30	308.30	210.00	98.30
Insurance	1,298.00	200.00	1,098.00	1,298.00	200.00	1,098.00
Special Events	-	375.00	(375.00)	-	375.00	(375.00)
Travel	107.43	417.00	(309.57)	107.43	417.00	(309.57)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	-	-	-
Total Expenses	10,269.69	10,578.00	(308.31)	10,269.69	10,578.00	(308.31)
Net Income	7,816.56	-	7,816.56	7,816.56	-	7,816.56

YOUR GROUP CONTRIBUTIONS

GROUP/MEETING	JAN
21ST AVENUE	
24 HOUR	300
86'ers	
ALGOOD 12 STEPS TO FREEDOM	
ANONYMOUS	
ANY LENGTHS	
AWOL LIT STUDY (was HOPE PARK)	
BACK TO THE BIG BOOK	
BACKROOM	1,463
BASEMENT BUNCH, COLUMBIA	360
BELLEVUE	
BRENTWOOD FULL MOON	265
BY THE BOOK, DICKSON	
CELEBRATE SERENITY	500
CHICKEN PLUCKERS	
CLARK STREET	

GROUP/MEETING	JAN
COLUMBIA	20
COLUMBIA BASEMENT	
COMFORT ZONE	350
COMMUNICATIONS	200
COOL SPRINGS NEWCOMERS	
CROSSVILLE NOONERS	
CROSSVILLE SISTERS IN SOBRIETY	
CROSSVILLE STEP	30
CUMBERLAND UNITY	
DAVIDSON RD	2,000
DICKSON AA	
DISTRICT 9	300
DONELSON YET	
DOWNTOWN LUNCH	183
DOWNTOWN Y LUNCH	
DROP THE ROCK	
DRUNKS IN THE PARK	400
EAST HICKMAN	25

YOUR GROUP CONTRIBUTIONS

GROUP/MEETING	JAN
EAST NASHVILLE 86'ERS	257
EAST SIDE MEN'S STAG	
EAST SIDE RECOVERY AT NOON	
EAST SIDE SATURDAY	
EASY DOES IT	
EVERY WOMAN HAS A STORY	250
FAIRFIELD GLADE	
FAIRVIEW	
FAYETTEVILLE	
FELLOWSHIP	
FIRST THINGS FIRST	222
FIVE & FIVE	
FRANKLIN	1,050
FRANKLIN FELLOWSHIP	
FRANKLIN 4TH ED BB STUDY	
FRANKLIN MEN'S	
FRANKLIN ROAD WOMEN'S	146
FREE TO BE	97
FREEDOM FROM BONDAGE	
FRIDAY NIGHT LIVE, GAINSBORO	
FRIDAY NIGHT PRIMETIME	
G.O.D. SPRING HILL	
GOODLETTSVILLE	
GRATITUDE	40
HAPPY DESTINY	
HAPPY HOUR - LEWISBURG	30
HARDING RD	250
HENDERSON BIG BOOK	
HERMITAGE	
HERMITAGE WOMEN'S	
HIGH NOON	
HOPE PARK	
HUNT CLUB	330
HUT	
IT'S A GEAT DAY	
KEEP IT SIMPLE	202
KEEP IT SIMPLE BELLEVUE	
KEY TO SOBRIETY	
KICKOFF ISN'T UNTIL NOON	
LAFAYETTE	25
LAFAYETTE NEW HOPE	
LAMBDA	175
LATE LUNCH BUNCH	800
LAWRENCEVILLE	75
LEGACIES	
LET IT HAPPEN	
LEWISBURG UNITY	
LIFESAVERS	
LIVE & LET LIVE	
LIVING BY THE PRINT	
LIVINGSTON 12x12	25
MADISON STREET	
MID-DAY BREAK	150
MONTEREY	
MT. JULIET FELLOWHIP	
MURFREESBORO	15
MUSIC CITY ROW	
MUSIC ROW	
MUSTARD SEED	
NEEDED MEETING	100
NEW BEGINNINGS	
NEW BEGINNINGS WOMEN	
NEW DAY	
NEW LIFE H-VILLE	

GROUP/MEETING	JAN
NIPPER'S CORNER	
NO NONSENSE	
NORTHSIDE	50
NORTHSIDE , CLARKSVILLE	
N.O.W.	
ONE DAY AT A TIME	
ONE STEP CLOSER	
OUT TO BREAKFAST BUNCH	134
PAY DAY	
PEACHTREE	
PORTLAND UNITY	
PRIMARY PURPOSE	100
PULASKI	5
REBOS	
RIGHT DIRECTION	
ROAD OF HAPPY DESTING	
RUSHH HOUR	
RUTS	
SAFE HARBOR	
SAFE PLACE	130
SANGO SOLUTIONS	
SATURDAY NIGHT ALIVE	10
SATURDAY SERENITY	
SEARCH FOR SERENITY	
SEARCHERS	
SEEKING SANITY	
SERENITY M'BORO	
SHADE TREE	791
SIMPLY SUNDAY	
SISTERS IN SOBRIETY	
SISTERS IN SOBRIETY, CROSSVILLE	62
SISTERS OF SOBRIETY	
SMYRNA GRATITUDE	543
SOBRIETY FIRST LEBANON	100
SOUTHSIDE CLARKSVILLE	
SPRING HILL	
SSS, HERMITAGE	397
STRAGGLERS	230
TCYPAA	
THREE LEGACIES	
TRINITY	
TRUDGING THE ROAD	
TURNING POINT	225
UNITED	
WANGL	
WAVERLY	
WAVERLY BELMONT	
WAY OUT dist 9	
WEST NASHVILLE	
WESTMEADE	
WESTMINSTER	600
WHITE HOUSE	125
WINNERS & BEGINNERS	
WOMEN IN THE SOLUTION	
WOMEN'S FREEDOM	175
WOMEN'S OPEN DOOR	
WOMEN'S SPEAKER	
WOMEN'S WAY	
YET	
GROUP TOTALS TO DATE	14,313
INDIVIDUALS	942
MESSANGER	12
COMBINED TOTALS TO DATE	15,254

**M i d d l e T e n n e s s e e
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