

# *The* **MESSENGER** *Middle Tennessee Central Office Intergroup*

**\$ 1.00**

## **"Spiritual Malady"**

**APRIL 2019**

Questions that address the "Spiritual Malady"  
by Father Tom A., from Los Angeles, Ca.

The first five are general questions to help you come to grips with some of the perimeters of who you are:

**1.** What is your greatest desire in your life? What is it that you want most for you life? What would be the thing, if you could have it, would make you the most happiest?

**2.** What is the greatest question that you have now about your life? I believe that all of us have a question within us that we're trying to work out. What is your greatest question? For some people it could be "Is love possible?" "Is there a God?" "Why was I created? What's the purpose of my existence?"

**3.** Now, get more specific into the above question and ask yourself: Why do you think you were created? What was the purpose for your life? When answering this question, just let the pen flow... answer it from inside. Just let it all flow out.

**4.** What are your inner wars? What are the things you fight within yourself? It could be the battle of pleasing everyone and pleasing myself. It could be the battle of dealing with my own imperfections versus the image of trying to be perfect. It could be the battle of trying to be who I am and still be for other people. It could be the battle of being of my own freedom versus the sense of feeling trapped. Just ask yourself "What are the battles I struggle over?" Think about your problems - your difficulties - and what issues are involved in those struggles? What are your inner

wars? Where do you fight yourself? Where do you have the most pain?

**5.** What are your sexual fantasies? What are the things that you think about - sexually - the thoughts and desires that you have? What is it that most fascinates you in other people? What is it that sexually excites you when you meet someone - what is in them that does that?



The next set of questions deal with "The Seven Deadly Sins":

**Pride** - How important is it that you appear perfect? How much attention do you give to the world of appearances? How to you except and deal with yourself when you fall short of your image of yourself? Are you very vulnerable? Is there anyone that loves you the way you are? Do you let people know who you really are? Is it easier for you to give or to receive? Are you the kind of person that can do a lot for someone but you find it very difficult to let anyone do anything for you? How many people have you let into your "secret world"? How many secrets do you have in there? Do you find that you procrastinate a lot? What are do you procrastinate in?

*(Continued on page 2)*

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)

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R. H. SMITH, M. D.  
2ND NATIONAL BLDG. AKRON, OHIO  
TELEPHONE: HE-8523 REG. NO. \_\_\_\_\_

R FOR alcoholics  
ADDRESS \_\_\_\_\_ DATE Feb 1937

*Always remember it*

1. Trust God
2. Clean house
3. Help others

NR 1 2 3 INF. *[Signature]* M. D.

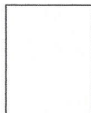


Robert H. Smith, M.D.  
Cofounder of Alcoholics Anonymous

During the '40s Dr. Bob treated at least 5,000 alcoholics in St. Thomas Hospital in Akron, Oh. According to Dick B. he became the "prince of all twelfth-steppers."

Dr. Bob was also known for his powerful yet simple spiritual messages for drunks. He captured the simplicity of the 12 Step program when he wrote his 3 point prescription for sobriety which has become an AA classic.

PocketSponsor.com



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What things do you keep putting off in your life? In what areas to you find that you are paralyzed - that you don't do anything that you just sit there and wait for it to happen? The main issues in this area are: 1. How much am I a perfectionist - that I depend out of myself? 2. How vulnerable am I? How much do I let people love me as I really am? Materialism - How materialistic am I? What is the comfort zone in my life? What do I do when I'm in pain? Where do I go? Reflect on when things are really bothering you: Do you work harder? Do you travel? Do you get on the telephone? What do you do when you're in pain? Where do you go? Do you go inside or do you go outside? Where outside do you go? Are material things in your life a substitute for happiness? Or are they celebration of your life? Do you use material things? Do you use things and enjoy people? Or do you enjoy things and use people? How to your vary on that? What is the center piece of your life: people or things? Are people more important than things? Or are things more important than people? Do you look upon yourself as a spectator to life or are you a participant? Are you watching life go by you, like your watching it in the stands? Or are you actively involved in your life? Are you willing to risk and muck around and to get dirty? Or do you play it safe? What kind of people do you associate with? Do you associate with people who are basically deep persons with personal concerns and cares? Or are you more concerned with people that are more part of the group, or belong to the country club, or in society? What is it that attracts you do others? Is it more important to be yourself or is it more important to be approved by others.

**Anger** - Do you get angry often? What makes you mad? Think about the times in just the past couple weeks that you've been angry. Can you show your anger? Who can you show your anger with? In your relationship to your mom and dad, what kind of relationship do you have with them today? Even if God has called them Home, what kind of communication do you have? Do you really feel that they have loved you as you are? Have they given you the space to grow? Have they given you the space to be yourself? Do you let them be? Can you

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honestly talk to them. Examine the relationship to see if there is any anger to your parents - deep anger. Do you have problems relating to either males or females? Is there something that seems to happen that shows that your anger is unrelated? For example: Related anger is when we get angry appropriately at a certain situation that happens to us. Inappropriate anger is when our reaction is over-blown. It much more 2 than the situation calls for. When you're angry, is your anger related or unrelated? Do you have any passive aggressive anger in you? What I mean by that is that we never show it - we're a "people pleaser", but we're angry because people put use in that position. It's like when 11 people invite me to be with them at Christmas - I can say yes to them all and be angry that they invited me. Is there a passive aggressive pattern in my life? Do I find that certain types of people get me angry? What gets me angriest about other people? What makes me most angry? How about in my family? Do I have a love and hate relationship with my mother and father - with my children - my brothers and sisters? Is there something that this person, that I love the most, does but they can get me the angriest? Who are those people in my life?

**Lust** - Is my sexuality part of who I am or is it part of my "secret world"? Do I find that I am sexually at ease or is it something that is clamped down in my life? If I am a male, have I developed my emotional sensitive life - do I feel adequate as a male that I can communicate my sensitive side? Can I be tender? Can I be compassionate? Can I show my feelings? If I am a female, do I feel that I am adequately developing self-reliance? Do I feel that if my husband were to die or if I were to be divorced that I could go out and I could live a very satisfying life on my own? Do I feel that I have taken responsibility for my life and I have used my energies to build my own personal life? Am I aware of my body and what my body can tell me about what's going on inside of me? Do I see a relationship between getting sexually uptight and what's going on in my life? Do I have any connection between the two? Do I see that relationship between my body and my spirit? Would I honestly see my sexuality as a gift from God, as something to help me

celebrate my life, or do I deep down see it as a curse - as my problem - that if I didn't have it life would be so much easier? Do I see my sexuality as something I have to keep locked up in my cellar - every once in a while it escapes and causes me havoc - or is it something that is working for me in becoming a whole person? Do I really feel that I've worked through my sexuality and helped incorporated into the person I am or have I skirted the issue and hid it and made it part of my shadow? Are a lot of secrets in my life involved in my sexuality? Do I feel that in my significant relationship, my marriage, that I have been able to achieve a sexual integration with my love. Are my sexual relationships a celebration of love, or are they a substitute for the love that's not there? Jealousy / Envy - Do I consider myself a jealous person? Do you ever get in touch with your jealous. (People who are never angry are the most angry. People who are never jealous, are the most jealous.) What makes you jealous? When do you feel jealous most? Is it around relationships, material things, status? A way of looking at it is to listen to your conversation: Are you basically a negative person in communicating about others or are you a positive person? When you hear about someone's weaknesses, does it make you feel good about yourself? Or when someone is weak, are you compassionate and you help to build them up? Do you think you're a gossip? Do you thrive on bad news? Are there any significant jealousies in your family - your brothers and sisters - is there any jealousy involved in trying to get parental love? Are there any jealousies in your life that you haven't worked through - that are kind of hanging on? Are there some people that you are always jealous about? It's not a particular act but it's a state.

**Gluttony** - Do you have an inordinate desire for food, or alcohol, or drugs? Do you find that when you are in pain that this is where your comfort zone is? Or you can look in the mirror. Do you overweight? And are you overweight because whenever you have problems you eat? Do you have a drinking problem? Have people mentioned to you that alcohol causes problems? When you having difficulties, do you need

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## SPIRITUAL RATHER THAN RELIGIOUS

### A Simple Way of Living

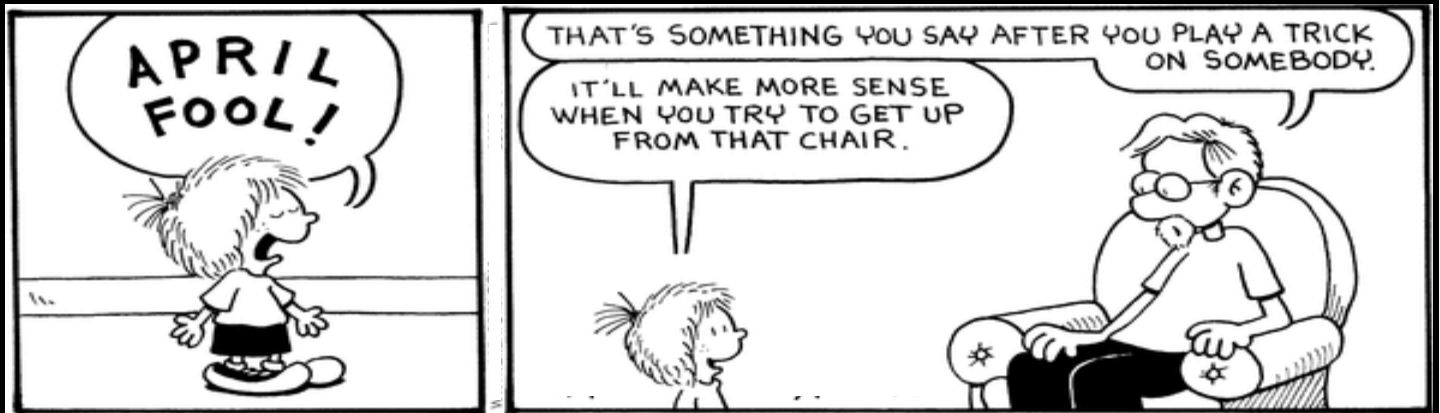
People who are recovering from alcoholism or other addictions through Twelve Step programs hear phrases such as "the spiritual part of the program" or "this is a spiritual program." Twelve Step programs clearly separate themselves from religions and, yet, are equally clear in claiming to be spiritual programs. What does it mean to be "spiritual rather than religious"?

One simple way of understanding spirituality is

to see that it is concerned with our ability, through our attitudes and actions, to relate to others, to ourselves, and to the God of our own understanding. All of us, addicted or not, have a way of relating to our lives, other people, and God which tends either to be positive, healthy, fulfilling and life-giving, or tends toward the negative, self-defeating, and destructive.

The question is not whether we will be spiritual, but whether we are moving in the direction of a

*(Continued on page 10)*



<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

### **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



*Can you find these words in the Big Book and can you find them below?*

RARELY			FAIL			CONSTITUTIONALLY						RECOVER				COMPLETELY				THEMSELVES				
SIMPLE			PATH			UNFORTUNATES						BALKED				POWERFUL				BAFFLING				
CUNNING			STEPS			PROTECTION						ABANDON				MEASURES				SUGGESTED				
X	P	S	X	A	U	H	M	P	F	F	B	A	H	W	O	R	N	D	V	B	Y	Y	L	K
Z	E	F	H	H	Q	Q	M	S	B	C	E	R	U	C	P	W	H	I	T	Y	B	P	B	L
U	Q	K	C	W	U	J	J	U	I	Q	Z	F	L	Y	T	D	I	C	Y	B	P	Y	N	R
V	O	F	D	N	U	K	X	D	B	W	V	S	S	A	P	C	E	Y	D	E	V	R	A	Y
P	K	V	A	D	S	W	R	Q	O	C	W	C	J	O	W	G	K	R	L	V	D	N	X	J
B	K	F	J	I	W	S	E	Q	H	V	L	W	A	W	F	D	D	P	P	Y	S	L	H	H
W	D	Q	Y	C	L	Z	C	T	P	Y	C	G	W	W	G	Y	M	P	T	P	R	P	E	Y
E	G	E	M	K	V	Q	O	E	L	U	R	C	L	N	R	I	N	G	T	A	H	L	Y	P
O	K	T	C	K	P	V	V	A	I	H	Y	U	I	T	S	Z	Y	G	M	T	I	M	N	P
N	U	F	J	G	D	G	E	G	D	E	K	L	A	B	H	E	A	G	B	H	V	R	P	K
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A	T	V	O	G	Y	Y	Y	N	U	P	L	F	S	L	X	L	O	D	I	Q	Y	Q	V	C
U	C	N	N	A	L	O	D	K	X	A	H	I	X	A	P	Q	I	N	A	L	D	A	D	J
D	F	J	E	B	P	H	W	J	R	X	S	D	A	N	B	F	V	M	C	B	M	N	Y	Q
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G	B	S	O	B	E	E	N	U	K	S	L	L	C	T	C	O	M	P	L	E	T	E	L	Y
Z	L	T	D	S	W	Z	S	E	S	L	S	M	T	I	T	U	U	V	O	N	F	N	W	Z
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T	Q	W	S	R	A	M	S	U	V	Q	Y	G	E	O	P	M	V	I	O	N	D	H	Z	M
B	U	J	T	H	U	Z	R	Z	H	U	Y	F	I	C	X	F	Q	D	E	U	G	G	L	K
T	Y	F	M	E	C	E	L	K	J	L	Z	V	R	Q	Z	L	B	F	N	J	Y	E	Y	V
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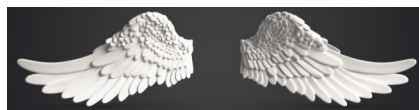
# "Spiritual Malady"

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a drink to take the pain away? If you are in problems are difficulties do you have to work to substitute for the pain - the more there's pain, the harder you have to work? Do you find that you have had to take tranquilizers to live - to survive? How about sleeping pills? And the question that can be asked on top of all that is: Are you pretty satisfied with how you handle pain or do you have to find some sort of pain killer?

**Sloth / Laziness** - Do you talk more than you do? Do you let your talking be a substitute for your doing? Do you find that when you need to do something you talk a lot about it but you never do it? How much are you involved in doing what you're doing right now? Are you really giving your heart and soul to it? When you look at your life do you really believe that it's up to you to do it or are you looking for someone to do it for

you? Do you really believe that you have freedom? Where have you shown freedom in your life? Have you ever made a declaration of independence - have you made a significant decision in your life that maybe caused hurt to others or disappointment to your parents or something as an effort to assert yourself? Have you ever done anything that cost you something in order to achieve something more important? These are just some questions, some techniques, to help us find out from our external behavior what is happening inside of us - our outer reality telling us about our inner selves. These are just arbitrary questions that I have asked to help us discover what they are saying about our own journey at this present time - helping us to deal with our own shadow



## Middle Tennessee Intergroup Association Statement of Activities - Actual and Budgeted - Schedule 1 For the Two Months and Year Ended February, 2019

	February, 2019			YTD 2019		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
<b>Income</b>						
Net Literature Sales	3,137.78	2,528.00	609.78	5,836.76	5,056.00	780.76
Group Donations	4,274.51	6,500.00	(2,225.49)	18,669.48	13,000.00	5,669.48
Individual Donations	765.49	-	765.49	1,706.99	-	1,706.99
Messenger Donations	12.00	15.00	(3.00)	36.00	30.00	6.00
Website Donations	-	708.00	(708.00)	-	1,416.00	(1,416.00)
Special Events	-	708.00	(708.00)	-	1,416.00	(1,416.00)
Interest	23.57	119.00	(95.43)	50.37	238.00	(187.63)
<b>Total Income</b>	<b>8,213.35</b>	<b>10,578.00</b>	<b>(2,364.65)</b>	<b>26,299.60</b>	<b>21,156.00</b>	<b>5,143.60</b>
<b>Expenses</b>						
Casual Labor	200.00	200.00	-	400.00	400.00	-
Payroll	5,637.92	5,871.00	(233.08)	11,053.84	11,742.00	(688.16)
Legal & Professional	350.00	350.00	-	700.00	700.00	-
Rent	996.00	1,046.00	(50.00)	1,992.00	2,092.00	(100.00)
Printing	-	50.00	(50.00)	-	100.00	(100.00)
Payroll Taxes	481.17	449.00	32.17	962.36	898.00	64.36
Repairs & Maintenance	-	50.00	(50.00)	-	100.00	(100.00)
Equipment Rental	69.59	75.00	(5.41)	162.49	150.00	12.49
Telephone & Fax	513.87	475.00	38.87	928.93	950.00	(21.07)
Answering Service	209.00	217.00	(8.00)	409.00	434.00	(25.00)
Postage	223.05	134.00	89.05	385.01	268.00	117.01
Office Supplies	168.38	183.00	(14.62)	305.77	366.00	(60.23)
Bank Service Charges	40.00	-	40.00	80.00	-	80.00
Computer & Technology	65.56	276.00	(210.44)	131.10	552.00	(420.90)
Intergroup Expense	8.05	210.00	(201.95)	316.35	420.00	(103.65)
Insurance	-	200.00	(200.00)	1,298.00	400.00	898.00
Special Events	-	375.00	(375.00)	-	750.00	(750.00)
Travel	-	417.00	(417.00)	107.43	834.00	(726.57)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	0.02	-	0.02	0.02	-	0.02
<b>Total Expenses</b>	<b>8,962.61</b>	<b>10,578.00</b>	<b>(1,615.39)</b>	<b>19,232.30</b>	<b>21,156.00</b>	<b>(1,923.70)</b>
<b>Net Income</b>	<b>(749.26)</b>	<b>-</b>	<b>(749.26)</b>	<b>7,067.30</b>	<b>-</b>	<b>7,067.30</b>



## District 13

GALLATIN, LEBANON, PORTLAND, LAFAYETTE, HARTSVILLE, CARTHAGE,  
WESTMORELAND, GLADEVILLE, RED BOILING SPRINGS

### SPRING FLING 2019

Saturday, April 6, 2019

11am - 2pm

- |  |         |
|--|---------|
| ➤ Welcome/Eat                            | 11:00am |
| ➤ Speaker—Doug F., Castalian Springs, TN | 12:00pm |
| ➤ Silent Auction**                       | 1:00pm  |
| ➤ Closing                                | 2:00pm  |

Families Welcome!

Italian Feast, Pasta, Salad, Bread  
coffee & tea provided by District 13

BRING A SIDE DISH TO SHARE: For example DESSERT, FRUIT

First Baptist Church Youth Annex  
155 E. Main Street  
Gallatin, TN 37066

\*\*Each Group/Meeting is invited to prepare a basket - for the silent auction - that embodies its unique spirit (Please ensure that items are visible)

## 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

## SOBER ON SUNDAYS

### A NEW AA GROUP STARTING MARCH 03

- **When:** Sunday late-afternoon, 4:30 pm – 5:30 pm, beginning March 03 2019, and every Sunday thereafter
- **Where:** Westhaven Residents' Club, second floor.
- **Address:** 401 Cheltenham Ave., Franklin, TN
- **Meeting Type:** Open





**ANY LENGTHS**

Becky B	04.29.16
Chad H	04.15.17
Jennifer O	04.06.17
Laiken W	04.23.18

**BACK ROOM**

Alexis H	04.03.15
Benjamin H	04.04.04
<b>Bill S</b>	<b>04.04.90</b>
Brandy Ray R	04.16.18
Brian N	04.01.18
Ellyn D	04.24.18
<b>Gillian A</b>	<b>04.26.89</b>
Hunter L	04.02.17
<b>Leslie M</b>	<b>04.05.96</b>
Loren M	04.10.18
Louie M	04.26.08
Martin B	04.15.00
<b>Monty A</b>	<b>04.09.93</b>
<b>Norma W</b>	<b>04.24.87</b>
<b>Pat B</b>	<b>04.25.87</b>
<b>Pat C</b>	<b>04.01.80</b>
Tamara R	04.02.02
TJW	04.06.14

**FULL MOON**

Angela H	04.04.07
<b>Angela L</b>	<b>04.11.98</b>
Joey L	04.05.15
Josh H	04.24.12
Laura W	04.26.08
<b>Nate A</b>	<b>04.02.90</b>
Tim K	04.04.06
Tom S	04.01.09
Turner J	04.07.13

**NIPPERS CORNER**

Bobby H	04.16.17
Mark M	04.08.12
Mike E	04.23.06
Mike U	04.19.07

**PORTLAND UNITY**

Kathy C	04.01.14
Phillip W	04.04.16

**WOMEN'S SPEAKER**

Susie B	04.27.15
---------	----------

**YET**

<b>John W</b>	<b>04.11.91</b>
<b>Mark S</b>	<b>04.15.89</b>

**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 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
37174	Add	Spring Hill Nooners - Wed Noon OD/Lit
37203	Add	Many Paths - Thurs Noon OD
37209	Change	West Nashville - Brook Hollow Baptist Ch 678 Brook Hollow Rd - Now Fri 7p OD
37209	Add	Women in Recovery - Fri 8p OD/Wmn/Lit
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.

APRIL 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
37143	New Highway to Hope 604 Highway 70 - Tues 7p OD	37072 Cancel Ray Of Hope
37203	New Drunks Talking Principles - Friendship House 202 23rd Ave N Mon 8p OD / Lit & Sat 8p OS	37080 Cancel Joelton Sat Meeting
37206	New "Many Paths" Christ Ch Cathedral 900 Broadway Noon Thu OD	37087 Cancel Sobriety First - Mon
37206	New East Side Comes Alive Memorial Lutheran Ch 1211 Riverside Drive - Tue 7pm OD/Lit	37110 Cancel Any Lengths
37208	New Together We Can - Mt. Carmel Baptist 1032 Monroe St - Fri 7pm OD	37110 Cancel Keep It Simple - Mon Night
37209	New Street Sweepers Nashville Recovery Center - 6030 Neighborly Ave - Fri 10:30a OD	37110 Cancel McMinnville Serenity Sun 7p
37209	New New Freedom Highland Park Ch 5710 Knob Rd Tues 7p OD	37115 Cancel WTF - Serenity House
37210	New No Frills - Club 62 329 Peachtree Weds 7p OD	37203 Cancel Many Paths - Wed
37211	New By the Book - St Edwards Ch - 188 Thompson Lane - Sat 8p OD	37205 Cancel Everything or Nothing
37211	New She Speaks - Salvation Army 525 Paragon Mills Tue 7p Wmn	37208 Cancel Spiritual Living
37212	New We Are Not Saints 1619 17th Ave S 6p Su OD/Lit	37208 Cancel Recovery of Hope
37221	New A.W.O.L. Lit Study Cross Point Church 7675 US 70 South Tue 6:30	37210 Cancel Come As You Are
37274	New Spring Hill Nooner - CH ORC 220 Park Center Parkway Suite 205 Mon & Fri Noon OD/Lit	37211 Cancel Utopia Fellowship Group
38401	New Recovery First - Craft Memorial Meth CH 907 Hatcher Lane 11am - M & F OD, 11am W - OD/Lit	37211 Cancel Mid-Day Women
38501	New Women in Recover - 122 S Madison Ave - Thur Noon OD/Wmn - Sat 10a OD/Wmn	37211 Cancel Every Night at 6
38501	New Way Out Group Unity Church 823 E. 10th Street - Thurs 6:30p SS	37214 Cancel Come Grow with Us
38562	New Friday Night Live First Methodist Church—203 S. Main - Sat 7pm CD	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



## SPIRITUAL RATHER THAN RELIGIOUS

*(Continued from page 4)*

negative or positive spirituality.

Spirituality is a simple way of living. It seems there are four basic movements that recovering people need to make to put their lives on a positive spiritual basis. The first of these is a movement from fear to trust; the second, from self-pity to gratitude; the third, from resentment to acceptance; and the fourth, from dishonesty to honesty.

Unknown Source



I'm afraid of needles.

**"Recovery is something like the restoration of a very old painting, covered over by layers and layers of darkening, distorted varnish ... Not all of the underlying pattern can be revealed at one time. What is uncovered, bit by bit and layer by slow, careful layer, are the things which are necessary and appropriate for me to know about myself right now."**

"An Indescribable Benevolence," Port Coquitlam, British Columbia, August 1992, Step By Step

## YOUR GROUP CONTRIBUTIONS

GROUP/MEETING	FEB	YTD
21ST AVENUE		-
24 HOUR		300
86'ers		-
ALGOOD 12 STEPS TO FREEDOM		-
ANONYMOUS	43	43
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		-
COLUMBIA	20	40
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	150	150
DISTRICT 9		300
DONELSON YET		-
DOWNTOWN LUNCH		183
DOWNTOWN Y LUNCH		-
DROP THE ROCK		-
DRUNKS IN THE PARK		400
EAST HICKMAN		25
EAST NASHVILLE 86'ERS		257
EAST SIDE MEN'S STAG		-
EAST SIDE RECOVERY AT NOON		-
EAST SIDE SATURDAY	300	300
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		-

GROUP/MEETING	FEB	YTD
G.O.D. SPRING HILL		-
GOODLETTSVILLE		-
GRATITUDE		40
HAPPY DESTINY		-
HAPPY HOUR - LEWISBURG		30
HARDING RD		250
HENDERSON BIG BOOK		-
HERMITAGE	200	200
HERMITAGE WOMEN'S		-
HIGH NOON		-
HIGHER POWERED	10	10
HOPE PARK	60	60
HUNT CLUB		330
HUT		-
IT'S A GEAT DAY		-
KEEP IT SIMPLE		202
KEEP IT SIMPLE BELLEVUE	27	27
KEY TO SOBRIETY	300	300
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 FELLOWSHIP		-
MURFREESBORO	15	30
MUSIC CITY ROW	40	40
MUSIC ROW		-
MUSTARD SEED		-
NEEDED MEETING		100
NEW BEGINNINGS		-
NEW BEGINNINGS WOMEN		-
NEW DAY		-
NEW LIFE H-VILLE		-
NIPPER'S CORNER		-
NO NONSENSE		-
NORTHSIDE		50
NORTHSIDE , CLARKSVILLE		-
N.O.W.		-
ONE DAY AT A TIME	629	629
ONE STEP CLOSER	295	295
OUT TO BREAKFAST BUNCH		134
PAY DAY		-
PEACHTREE		-
PORTLAND UNITY		-

## YOUR GROUP CONTRIBUTIONS

GROUP/MEETING	FEB	YTD
PRIMARY PURPOSE		100
PULASKI	5	10
REBOS		-
RIGHT DIRECTION		-
ROAD OF HAPPY DESTING		-
RUSHH HOUR		-
RUTS		-
SAFE HARBOR		-
SAFE PLACE		130
SANGO SOLUTIONS	30	30
SATURDAY NIGHT ALIVE		10
SATURDAY NIGHT ALIVE, tullahoma	10	10
SATURDAY SERENITY		-
SEARCH FOR SERENITY		-
SEARCHERS		-
SEEKING SANITY	378	378
SERENITY M'BORO		-
SHADE TREE	799	1,591
SIMPLY SUNDAY		-
SISTERS IN SOBRIETY		-
SISTERS IN SOBRIETY, CROSSVILLE		62
SISTERS OF SOBRIETY		-
SMYRNA GRATITUDE	481	1,024
SOBRIETY FIRST LEBANON		100
SOUTHSIDE CLARKSVILLE		-
SPRING HILL	75	75
SSS, HERMITAGE		397
STRAGGLERS		230
TCYPAA		-
THREE LEGACIES	39	39
TRINITY		-
TRUDGING THE ROAD		-
TURNING POINT		225
UNITED		-
WAKE UP	158	158
WANGL		-
WAVERLY	60	60
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	4,125	18,437
INDIVIDUALS	715	1,657
MESSENGER	-	12
RUSSELL WINGO MEMORIAL	-	225
COMBINED TOTALS TO DATE	4,840	20,332



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