

# *The* **MESSENGER**

## *Middle Tennessee Central Office Intergroup*

**\$ 1.00**

### **WHO IS THE PROBLEM?**

**M A Y 2 0 1 9**

**"If I'm not the problem,  
then there is no solution."**

When I came into the program, I had a lot of problems and most of them were your fault. My girlfriend didn't understand me; my boss didn't appreciate me; the police didn't like it when I drove after just a few drinks (I was fine!), and on and on. If everyone would just get off my back, then I'd be fine I thought.

When I began working my program, I was introduced to the 4th Step - made a searching and fearless moral inventory - and my sponsor showed me how to make a list of all the persons and institutions I resented. Finally I could put down on paper and document how I had been wronged. Perfect! I thought. But then he slipped in a fourth column called, "My Part", and told

me to document my role in all my resentments and interactions.

Now that was a tough pill to swallow. With his help though, and a willingness to be fearless and thorough, I was able to see that I did have a part in them all. And what a gift that turned out to be! I discovered that if it was all your fault - and I certainly couldn't control or change you - then I would forever be a victim and nothing would change. But if I took responsibility for my part - which was something I could control and change - then I was released from the bondage of resentment and was finally free to live a new and better life. Thank God!

*Today I understand the wisdom in the quote:  
"If I'm not the problem, then there is no solution."  
Anonymous*

### **HEARING 5th STEPS**

Big Book - Chapter Seven - "Working With Others" (page 96):

"Suppose you are making your second visit to a man. He has read this volume and says he is prepared to go through with the Twelve Steps of the program of recovery. Having had the experience yourself, you can give him much practical advice. Let him know you are available if he wishes to make a decision and tell his story ..."

We find reference to Doing the Third Step with your new man and offering to HEAR his Fifth Step. All the references in Chapter 6 to doing it with non alcoholics are there because there was no Fellowship - the book

was for "mail order" sobriety; it was hoping you, the reader, would begin to "create the Fellowship you crave."

In Twelve Steps and Twelve Traditions, Bill writes on Step Five:

"We shall want to speak with someone ... who has not only stayed dry..." and "Until we talked with complete candor of our inner conflicts, and had listened to someone else do the same, we still didn't belong."

Here we find more information along the same lines, encouraging us to HEAR a Fifth Step so we can

*(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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A man and his wife are at a restaurant, and the husband keeps staring at an old drunken lady swigging her gin at a nearby table.

His wife asks, "Do you know her?"

"Yes," sighs the husband. "She's my ex-wife. She took to drinking right after we divorced seven years ago, and I hear she hasn't been sober since."

"My God!" says the wife. "Who would think a person could go on celebrating that long?"



*(Continued from page 1)*

"belong." It is our opinion that the "Step process" is incomplete without HEARing at least one Fifth Step. Little is written in our "textbooks" on this, so we are sharing here a course of action that has worked effectively for us.

In our view, to qualify, it helps to have done a 4th & 5th Step (& preferably not stopped there!). We have met many who have avoided this opportunity (responsibility) for Spiritual growth through fear, laziness or disinterest. Another often used "reason" for not hearing a Fifth Step is something like: "Well, I really don't know him that well." That can be turned to an advantage in the fact that you can be even more objective, which is defined as impartial, fair or unbiased. Of course, when this process is done, you will know him (her) as a reflection of yourself! We could write pages (maybe a book) on how we are "all cut from the same cloth" and "tarred with the same brush." These are experiential conclusions that will come after you have heard a Fifth Step.

We are doing more than just hearing. We believe that we are asking to be a "channel" for God in this highly personal aspect of another person's recovery. It is an attempt to get "ourselves out of the way" for as long as it takes. We are not being asked to "play the role" of doctor, minister, psychiatrist, judge or counselor. In fact, it's a good idea to qualify ourselves out loud that we DO NOT possess these qualifications. Merely one alcoholic with another alcoholic attempting to get closer to Him by DOing the Steps.

Praying for Guidance and Direction, we "set the stage" by taking the phone off the hook or turning the ringer off. If there is a likelihood of knocks on the door, leave a note asking not to be disturbed. Together, we pray to have God join us, to bring about this "channel" state of consciousness. We pray for our hearts and minds to be open, that we be given whatever is necessary to accomplish our individual roles.

Ask if you may take notes. Ask if you may give "feedback." Most people are pleased that we are willing to make more of an effort than "just listen." Notes help us for several reasons; we don't have to keep trying to

*(Continued on page 3)*

*(Continued from page 2)*

remember stuff, which allows more of our undivided attention. We will, with no seeming effort, often be able to detect patterns of behavior that “just seem to appear” from these notes. Often certain words will “leap out” and form the basis of a “Step 6 & 7 list.” We make certain that they know the notes will become their property as soon as we are done.

The “feedback?”

If we are trying to be like a “conference call to God” then just do what “feels” right. We gently share what has been “revealed” to us in the HEARing. It may seem prudent to ask: “Is there any last dirty rotten little secret that you are withholding and will take YOU to the grave?”

Moving toward “Trusting God” is an experiential process. To quote a line from the Big Book on page 63: “He provided what we needed if we kept close to Him and performed His work well.”

When done, we pray together in the Spirit of Thankfulness for this priceless opportunity to clean house, “live out loud” for perhaps the first time in our lives, and move another Step along the Path. Next, the questions on page 75 of the Big Book “Returning home ...” are answered. (Again: the Big Book was written for “mail order” sobriety – there was no Fellowship.)

At this point, we allow the “giver” of the 5th Step the opportunity to decide if they would like to perform a “ceremonial burning” of the paperwork (including notes but excluding Step 6 and 8 “lists”). If these have not been organized, we let this be the opportunity to do so. Regardless of what course is decided, we, as the HEARers of Step 5, thank the “giver” for their trust and dedication to action. We ask that we be called if “more is revealed” and openly share in their exhilaration as the dark burdens are lifted.

Time?

Step 5 takes as long as it takes. We usually set aside the entire day, so there is no haste to be “done” at any certain time. We do all that we can to avoid rigidity and expectations. We Trust God with the rest. If we need to eat, we eat. If we need to rest, we rest.

Sometimes it “feels right” to take a break. We must remind ourselves often that this Step is a process that means the difference between life and death – or insanity / incarceration; between happiness and misery; between isolation and a sense of unity.

Results?

What we experience is very individual, so we try not to “set ourselves up” with a list of expectations.

Generally, the “giver” feels a very strong sense of relief and the “hearer” feels tired and spiritually energized at the same time. Please remember, there’s no such thing as a BAD Fifth Step for either party if this is approached from a Spiritual Perspective. We remind ourselves that this is a very individual experience.

Specific results for those HEARING 5th Steps are: a sense of belonging, a spiritual reminder that we are more alike than different, and a deeper sense of commitment, understanding and effectiveness. Prejudice becomes transformed into compassion, and the power of “shared suffering” cuts through resentment with ease. This can be a landmark on the road to spiritual humility; by placing ourselves in God’s Hands we begin to truly experience “freedom from the bondage of SELF.”

It’s about Spirituality.

It’s about Brotherly Love.

It’s about Compassion.

It’s about Understanding.

It’s about Love.

It’s about the ‘magic’ of one alcoholic with another alcoholic.

It’s about Forgiveness.

It’s about God.

It’s about the preparation to be of Service to others and ...

Like the rest of the “instructions:”

**JUST DO IT!**

**JUST HEAR IT!**

It is “an experience YOU MUST NOT MISS!”

*Compliments of the “Men's Step Application Group”, Bellevue, WA*

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## FIFTH STEP PROVIDES RELEASE

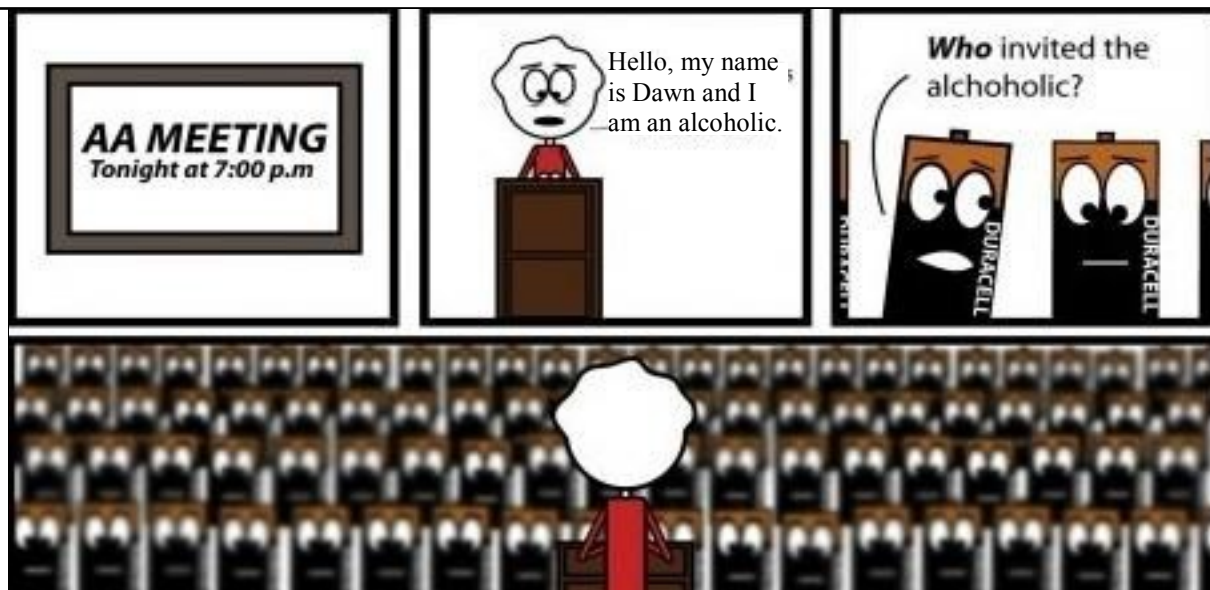
The anticipation of revealing my innermost secrets via the Fifth Step would have been terrifying had my sponsor, Carl, given me time to consider. But thank God he followed the Big Books' clear-cut directions on page 74 telling to start Step Five "*at the first opportunity.*"

This turned out to be, surprisingly, about five minutes after finishing up Step Four with him. This left ***no time*** to decide which of my seemingly unforgivable past activities to keep to myself. This left no time for

irrational fear to cloud my ensuing admission of the exact nature of my many glaring defects.

Left off guard, so to speak, I had only to rely on my written Fourth Step information which was right in front of me; it couldn't be ignored or changed. In Step Five, my sponsor focused the light of truth onto the unrealized driving forces of **selfishness, dishonesty, resentment and fear**. Step Four had provided tools for me to 'face and be rid of' these grosser handicaps.

*(Continued on page 6)*



<i><b>CENTRAL OFFICE POSITIONS</b></i>	<i><b>OFFICER NAME</b></i>	<i><b>PHONE NUMBER</b></i>
<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>Bill M</b>	<b>615.512.5710</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>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>Lee Ann</b>	<b>615.424.3875</b>

### **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 12 x 12 and can you find them below?*

STEP	FIVE	ADMITTED	TO	GOD	TO
OURSELVES	AND	TO	ANOTHER	HUMAN	BEING
THE	EXACT	NATURE	OF	OUR	WRONGS
		PRINCIPLE	INTEGRITY		

E	B	G	T	X	K	K	Y	D	I	F	Y	M	Q	P	A	F	Z	K	I	E	C	A	K	M	F	N	V	Y	M
X	V	V	B	T	Q	P	K	L	D	X	V	F	U	Y	O	B	J	P	B	B	D	N	M	O	U	V	I	X	J
V	F	W	J	Y	Q	I	X	Q	F	U	M	W	E	C	O	D	I	S	L	V	X	Y	V	U	V	L	N	R	B
V	E	P	K	Q	C	L	J	R	F	Q	S	D	B	Q	Y	L	W	B	I	F	K	E	Y	Z	T	A	I	E	F
L	T	N	J	E	D	H	I	V	R	Z	D	O	W	D	Y	A	W	I	C	I	D	A	V	R	M	T	M	T	M
V	I	U	Q	L	T	V	E	U	S	I	I	W	X	H	Z	C	W	B	Y	I	O	U	N	O	O	B	S	M	O
S	Z	E	T	L	L	W	J	B	C	O	W	L	N	A	M	C	T	J	C	R	T	W	Y	I	Q	J	Q	Q	B
X	J	C	W	M	V	I	N	F	Z	Q	A	E	A	D	M	I	T	T	E	D	K	C	U	I	D	P	B	D	V
U	O	I	M	Y	Y	M	N	W	O	K	J	H	N	N	J	I	A	C	N	K	D	O	O	S	S	S	G	U	N
U	T	X	B	P	L	E	T	L	W	O	Q	N	D	X	O	Z	K	S	T	J	Z	F	X	W	E	E	W	U	K
D	D	O	G	U	I	H	T	D	S	T	X	B	W	F	S	T	Y	Q	R	S	W	Q	R	A	N	Z	Q	K	P
Q	V	Q	G	Y	E	E	P	B	F	J	A	O	C	P	L	Z	H	S	V	J	O	A	C	Q	X	N	S	N	G
T	O	S	K	G	J	J	O	Z	Q	K	Y	C	B	S	U	P	P	E	T	S	C	F	D	M	V	V	Q	T	Y
K	I	T	O	V	D	O	R	Z	A	Z	X	C	E	T	Q	J	P	C	R	N	O	M	L	A	O	O	F	U	S
K	Y	K	Z	V	L	Z	M	N	D	U	B	Q	N	Z	A	U	J	N	T	U	O	M	Y	X	C	W	A	Q	Y
Q	T	A	H	P	B	V	N	U	T	W	Q	G	H	G	N	I	E	B	F	Z	J	O	M	Y	H	W	M	M	E
S	Y	R	J	R	B	V	W	E	I	R	L	U	M	B	Z	X	Y	Y	T	K	Q	Y	H	R	D	U	H	L	B
W	X	U	A	F	K	M	W	M	C	K	D	T	V	Y	E	E	Q	G	U	K	H	M	Y	X	R	D	T	R	J
I	L	H	M	G	W	Y	R	A	J	V	W	V	R	X	I	K	K	V	R	D	Y	I	S	T	N	R	U	X	F
R	A	C	X	U	U	X	F	I	T	W	W	O	X	A	C	T	N	S	F	I	A	C	M	E	X	O	A	L	N
F	H	W	L	Q	N	Q	T	Y	N	V	U	S	A	A	A	X	W	G	G	P	D	X	Q	K	G	M	N	N	J
K	F	I	B	M	Z	Q	L	N	C	M	K	K	E	Y	C	A	E	G	K	N	Y	U	J	D	J	K	F	U	Z
H	M	O	J	A	S	E	P	R	A	M	I	N	X	O	T	M	V	P	O	M	O	T	U	V	A	J	W	Y	Y
J	O	T	W	L	M	E	I	H	X	A	C	Z	M	A	S	H	F	L	J	J	U	R	I	S	V	Y	A	S	C
Y	Y	F	Z	X	M	S	Q	P	P	W	P	D	N	S	S	X	Y	C	A	E	R	J	W	R	U	D	Q	Q	D
E	J	P	N	A	Z	Y	W	O	E	R	T	Q	X	Q	N	R	J	C	D	S	S	L	H	X	G	Z	A	G	E
Q	V	W	J	U	L	U	E	R	U	T	A	N	Y	T	N	P	F	K	Y	T	E	C	L	H	C	E	S	U	A
U	G	I	C	G	N	P	H	O	K	N	A	P	T	P	O	N	M	E	L	D	L	Z	M	O	J	V	T	X	F
Y	T	R	F	J	H	U	M	A	N	J	X	N	S	I	I	Y	C	U	Z	S	V	E	L	F	C	M	N	N	Y
K	M	Y	D	H	K	K	O	N	K	O	W	I	P	R	I	N	C	I	P	L	E	F	I	U	O	M	T	J	I
B	X	K	W	B	E	X	Z	W	N	D	G	Y	U	Q	P	I	F	V	F	E	S	T	R	T	T	K	R	N	Q
M	C	Y	D	O	X	M	L	W	P	A	H	Z	G	C	A	E	L	J	W	O	H	F	N	X	M	I	O	T	A
I	F	J	Y	V	A	I	L	Z	R	Z	R	C	H	O	I	A	L	J	J	L	W	C	Z	T	T	E	G	A	A
V	O	V	R	F	C	V	W	O	J	J	E	M	C	C	K	A	P	H	A	O	Z	G	J	H	D	Q	A	G	H
U	J	Y	V	V	T	N	Q	Y	B	K	Q	D	J	X	A	S	L	I	O	I	R	Z	N	F	O	I	P	F	J

## FIFTH STEP PROVIDES RELEASE

(Continued from page 4)

. . but still, countless other destructive little demons, of the grosser variety, lurked in some dark dank space deep inside my subconscious mind just raring to take over, per usual. When the listed "Harms to others" and "sexual conduct" items were exposed, he had me include them on my Eighth Step as they were being discussed.

We discussed and utilized the Step Four tools to *face and be rid of* the repeated emotions of anger (resentments) that had been plaguing me for years (p. 67). We also prayed for God to show me what I should do in each of these specific matters (p. 69).

Where previously, I had found only a *temporary relief*, I have now found a tool that provides a permanent *release* from these deadly ingredients of mental obsession.

What a blessing!

Bob S. Richmond, IN

# CONCEPTS Workshop

May 11th 2019

10am - 1pm

Drinks and snacks  
provided

Presented by :

Jon P. Area 64 Delegate and

Mary Jane R. past NE Regional Trustee

Hosted BY

District 12

### Location

Fellowship United Methodist Church

2511 New Salem Hwy. Murfreesboro, TN.

for more information call Robert B. 615-430-4228

### Middle Tennessee Intergroup Association

#### Statement of Activities - Actual and Budgeted - Schedule 1

For the Three Months and Year Ended March, 2019

	March, 2019			YTD 2019		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	2,709.59	2,528.00	181.59	8,546.41	7,584.00	962.41
Group Donations	5,852.01	6,500.00	(647.99)	24,521.49	19,500.00	5,021.49
Individual Donations	204.26	-	204.26	1,911.25	-	1,911.25
Messenger Donations	-	15.00	(15.00)	36.00	45.00	(9.00)
Website Donations	-	708.00	(708.00)	-	2,124.00	(2,124.00)
Special Events	-	708.00	(708.00)	-	2,124.00	(2,124.00)
Interest	120.90	119.00	1.90	171.27	357.00	(185.73)
Total Income	8,886.76	10,578.00	(1,691.24)	35,186.42	31,734.00	3,452.42
Expenses						
Casual Labor	200.00	200.00	-	600.00	600.00	-
Payroll	5,526.92	5,871.00	(344.08)	16,580.76	17,613.00	(1,032.24)
Legal & Professional	350.00	350.00	-	1,050.00	1,050.00	-
Rent	996.00	1,046.00	(50.00)	2,988.00	3,138.00	(150.00)
Printing	-	50.00	(50.00)	-	150.00	(150.00)
Payroll Taxes	1,162.00	449.00	713.00	2,124.36	1,347.00	777.36
Repairs & Maintenance	-	50.00	(50.00)	-	150.00	(150.00)
Equipment Rental	60.21	75.00	(14.79)	222.70	225.00	(2.30)
Telephone & Fax	465.93	475.00	(9.07)	1,394.86	1,425.00	(30.14)
Answering Service	227.00	217.00	10.00	636.00	651.00	(15.00)
Postage	58.80	134.00	(75.20)	443.81	402.00	41.81
Office Supplies	191.13	183.00	8.13	496.90	549.00	(52.10)
Bank Service Charges	40.00	-	40.00	120.00	-	120.00
Computer & Technology	65.55	276.00	(210.45)	196.65	828.00	(631.35)
Intergroup Expense	449.30	210.00	239.30	765.65	630.00	135.65
Insurance	-	200.00	(200.00)	1,298.00	600.00	698.00
Special Events	-	375.00	(375.00)	-	1,125.00	(1,125.00)
Travel	170.00	417.00	(247.00)	277.43	1,251.00	(973.57)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	0.02	-	0.02
Total Expenses	9,962.84	10,578.00	(615.16)	29,195.14	31,734.00	(2,538.86)
Net Income	(1,076.08)	-	(1,076.08)	5,991.28	-	5,991.28

**17<sup>TH</sup> ANNUAL**DISTRICT 15 MEMORIAL DAY WEEKEND  
FAMILY CAMP OUT**A WAY OUT****MAY 24-27, 2019**

Check-In Friday @ 4:00 p.m. Check Out Monday @ 12:00p.m.

**WHERE:****Montgomery Bell  
State Park****COST:**\$10 per person, per night, per cabin  
\$10 per tent for the weekend  
(14yrs and younger No Cost)**CONTACTS:****Deanna W. (615) 573-5701 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 10, 2019

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

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

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

Mail Reservations to:

**DISTRICT 15**

ATTN: CAMPOUT

P.O. Box 1091

Dickson, TN 37056

**HENDERSONVILLE  
BIG BOOK GROUP'S  
SUMMER PICNICS***Please join us on***SUNDAY****MAY 26****SUNDAY****JUNE 23****SUNDAY****JULY 21***for food and fellowship***BEGINS: 5:30****SPEAKER: 7:00**

Speakers to be Announced

*Meat & Water Will be Provided**Bring your family, friends and a dish to share!***INDIAN LAKE PENINSULA CHURCH PAVILION  
235 INDIAN LAKE RD / HENDERSONVILLE****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***Came to Believe Group's***Annual Old Timer's  
Eating-Speaker Meeting****Saturday, June 8, 2019  
6:00 - 8:00 pm****First Presbyterian Church**

101 Legends Club Lane, Franklin, TN

Just North of Franklin Rd. & Mack Hatcher  
at entry to Legends Golf Club  
(Go around the back side of the church)**Bring a Side Dish, Salad or Dessert to share  
Chicken, Water and Coffee/Tea  
will be provided by the group***Calling all Old Timers ....*Everyone will sign in with their sobriety date  
when they come in the door. We will start with the  
oldest in sobriety, ask them to speak for approx.  
5 min. and then work our way down the list.

**ANY LENGTHS**

<i>Ginny G</i>	<i>05.15.18</i>
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**BACK ROOM**

<i>Angela S</i>	<i>05.07.11</i>
<i>Cory P</i>	<i>05.01.17</i>
<i>Dave B</i>	<i>05.02.14</i>
<b>Gary B</b>	<b>05.05.91</b>
<i>Jennifer B</i>	<i>05.07.10</i>
<i>Jerry H</i>	<i>05.12.04</i>
<i>Joseph I</i>	<i>05.22.18</i>
<i>Marshall W</i>	<i>05.17.16</i>
<i>Natalie M</i>	<i>05.01.17</i>
<i>Robert F</i>	<i>05.15.16</i>
<i>Steve L</i>	<i>05.01.03</i>

**PORTLAND UNITY**

<i>Bon C</i>	<i>05.24.16</i>
<i>Mildred W</i>	<i>05.22.11</i>

**WOMEN'S SPEAKER**

<i>Joy F</i>	<i>05.30.16</i>
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**MAY ANNIVERSARIES****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
37042	Add	Northside - Tue & Fri 8p CD/Aln
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 Nooner - Wed Noon OD/Lit
37174	Change	Spring Hill RUTS Tues & Thurs now 1:30 p OD
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
37212	Add	I am one of those too - Mon-Thu 7p OD Fri 7p OD/Lit
37214	Add	Young & Sober - Th 7p OD & Sat 7p CD
37216	Change	P.O.P - Tues 8p OD (no longer +ALN)
38464	Change	Lawrenceburg Wed & Mon Noon Cancel - Add Mon 6p OD/Lit Wed & Fri 6p OD - Sat Now 6p
38570	Change	Livingston 12x12 Sat 7p OD
38570	Change	Livingston Mon Wed Thu 7p OD
38574	Change	Monterey Fri Night now 7pm

**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
37064	New	Sober on Sundays - Westhaven Resi Club 2nd floor 401 Cheltenham Ave 4:30 Sun CD
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
37143	New	Highway to Hope 604 Highway 70 Tues 7p OD
37203	New	Drunks Talking Principles - Friendship House 202 23rd Ave N Mon 8p OD / Lit & Sat 8p OS
37206	New	"Many Paths" Christ Ch Cathedral 900 Broadway Noon Thu OD
37206	New	East Side Comes Alive Memorial Lutheran Ch 1211 Riverside Drive - Tues 7pm OD/Lit
37208	New	Together We Can - Mt. Carmel Baptist 1032 Monroe St - Fri 7pm OD

"I have come to believe that my drinking insanity is only one form of the craziness to which we AAs are prone. I call it Insanity A. Insanity B is finding out what works for you -- and then not doing it."

"Insanity B," Prague, Czechoslovakia, February 2005, Beginner's Book: Getting and Staying Sober in AA

**NEW GROUPS / MEETINGS**

37209	New	Street Sweepers Nashville Recovery Center - 6030 Neighborly Ave - Fri 10:30a 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	By the Book - St Edwards Ch - 188 Thompson Lane - 8p OD Tues, Fri, Sat
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
37274	New	Spring Hill Nooners - CH ORC 220 Park Center Parkway Suite 205 Mon & Fri Noon OD/Lit
38401	New	Recovery First - Craft Memorial Meth CH 907 Hatcher Lane 11am - M & F OD, 11am W - OD/Lit
38501	New	Women in Recover - 122 S Madison Ave - Thur Noon OD/Wmn - Sat 10a OD/Wmn
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

**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.
37127	Move	Back to the Big Book - now at 745 S. Church Street, Suite 505
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
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.

**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

**CANCELLED GROUPS OR MEETINGS**

37208	Cancel	Recovery of Hope
37210	Cancel	Come As You Are
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

***YOUR GROUP CONTRIBUTIONS***

GROUP/MEETING	MAR	YTD
21ST AVENUE		-
24 HOUR		300
86'ers		-
ALGOOD 12 STEPS TO FREEDOM		-
ANONYMOUS	39	82
ANY LENGTHS		-
AREA 64	64	64
AWOL LIT STUDY (was HOPE PARK)		-
BACK TO THE BIG BOOK	20	20
BACKROOM	738	2,201
BASEMENT BUNCH, COLUMBIA	28	388
BELLEVUE		-
BRENTWOOD FULL MOON		265
BY THE BOOK, DICKSON		-
CELEBRATE SERENITY		500
CHICKEN PLUCKERS		-
CLARK STREET		-
COLUMBIA	20	60
COLUMBIA BASEMENT		-
COMFORT ZONE		350
COMMUNICATIONS		200
COOL SPRINGS NEWCOMERS	100	100
CROSSVILLE NOONERS		-
CROSSVILLE SISTERS IN SOBRIETY		-
CROSSVILLE STEP		30
CUMBERLAND UNITY		-
DAVIDSON RD		2,000
DICKSON		150
DISTRICT 9	150	450
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
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	60	206
FREE TO BE		97
FREEDOM FROM BONDAGE		-
FRIDAY NIGHT LIVE, GAINSBORO		-
FRIDAY NIGHT PRIMETIME		-

GROUP/MEETING	MAR	YTD
G.O.D. SPRING HILL	150	150
GOODLETTSVILLE		-
GRATITUDE		40
HAPPY DESTINY		-
HAPPY HOUR - LEWISBURG		30
HARDING RD		250
HENDERSON BIG BOOK		-
HERMITAGE		200
HERMITAGE WOMEN'S		-
HIGH NOON	350	350
HIGHER POWERED		10
HOPE PARK		60
HUNT CLUB		330
HUT	25	25
IT'S A GEAT DAY		-
KEEP IT SIMPLE	8	210
KEEP IT SIMPLE BELLEVUE		27
KEY TO SOBRIETY		300
KICKOFF ISN'T UNTIL NOON	500	500
LAFAYETTE		25
LAFAYETTE NEW HOPE		-
LAMBDA		175
LATE LUNCH BUNCH		800
LAWRENCEVILLE		75
LEGACIES		-
LET IT HAPPEN	75	75
LEWISBURG UNITY		-
LIFESAVERS		-
LIVE & LET LIVE		-
LIVING BY THE PRINT	200	200
LIVINGSTON 12x12		25
MADISON STREET		-
MID-DAY BREAK	150	300
MONTEREY		-
MT. JULIET FELLOWHIP		-
MURFREESBORO	15	45
MUSIC CITY ROW		40
MUSIC ROW		-
MUSTARD SEED	200	200
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
ONE STEP CLOSER		295
OUT TO BREAKFAST BUNCH		134
PAGE 112	90	90
PAY DAY	230	230
PEACHTREE		-
PORTLAND UNITY		-

## YOUR GROUP CONTRIBUTIONS

GROUP/MEETING	MAR	YTD
PRIMARY PURPOSE		100
PULASKI	5	15
REBOS		-
RIGHT DIRECTION		-
ROAD OF HAPPY DESTING		-
RUSHH HOUR	92	92
RUTS	250	250
SAFE HARBOR	100	100
SAFE PLACE		130
SANGO SOLUTIONS		30
SATURDAY NIGHT ALIVE	20	30
SATURDAY NIGHT ALIVE, Tullahoma		10
SATURDAY SERENITY		-
SEARCH FOR SERENITY		-
SEARCHERS		-
SEEKING SANITY		378
SERENITY M'BORO		-
SHADE TREE	1,424	3,014
SIMPLY SUNDAY		-
SISTERS IN SOBRIETY		-
SISTERS IN SOBRIETY, CROSSVILLE		62
SISTERS OF SOBRIETY		-
SMYRNA GRATITUDE	634	1,658
SOBRIETY FIRST LEBANON		100
SOUTHSIDE CLARKSVILLE		-
SPRING HILL		75
SSS, HERMITAGE		397
STRAGGLERS		230
TCYPAA		-
THREE LEGACIES		39
TRINITY		-
TRUDGING THE ROAD		-
TURNING POINT		225
UNITED	200	200
WAKE UP		158
WANGL		-
WAVERLY		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	5,936	24,373
INDIVIDUALS	99	1,757
MESSENGER	-	12
RUSSELL WINGO MEMORIAL	55	280
COMBINED TOTALS TO DATE	6,090	26,422

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