

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

\$ 1.00	AND NOW FROM THOSE WHO ARE STILL INSANE	JULY 2019
----------------	--	------------------

<ol style="list-style-type: none"> 1. We admitted we were powerless over nothing—that we could manage our lives perfectly and those of anyone else who would allow us. 2. Came to believe there was no power greater than ourselves and the rest of the world was insane. 3. Made a decision to have our loved ones and friends turn their wills and lives over to our care even though they couldn't understand us at all. 4. Made a searching and fearless moral and immoral inventory of everyone we knew. 5. Admitted to the whole world at large the exact nature of everyone else's wrongs. 6. Were entirely ready to make others straighten up and do right. 7. Demanded others to either "shape up or ship out." 	<ol style="list-style-type: none"> 8. Made a list of all persons who had harmed us and became willing to go to any lengths to get even with the all. 9. Got direct revenge wherever possible. Except when to do so would cost us our own lives or at least a stiff jail sentence. 10. Continued to take the inventory of others and when they were wrong promptly and repeatedly told them about it. 11. Sought through bitching, complaining, and nagging to improve our relations with others as we couldn't understand them at all, asking only that they knuckle under and do things our way. 12. Having had a complete physical, emotional and spiritual breakdown as a result of these steps, we tried to blame others and to get sympathy and pity in all our affairs. <p style="text-align: right;"><i>Thanks to the many sources this came from!!</i></p>
---	---

GIFTS FROM THE SHADOWS

<p>Carl Jung was one of the fathers of psychotherapy and also provided the spiritual insight that led to the eventual creation of all twelve-step programs. He coined the term "the shadow" and described it as the unconscious repository of an individual's unacceptable impulses and characteristics. Disowned and unacceptable parts of ourselves are shoved out of our awareness into the shadow. The parts of ourselves</p>	<p>living in the shadow are not dead or inactive, they have energy and they "act-out" as the impulses, desires and behaviors we do not fully understand.</p> <p>Born as whole human beings, we used the shadow to hold those parts of ourselves that we learned were bad or unacceptable. We can describe these disowned parts thus: Your "lost self" is comprised of those parts</p> <p style="text-align: right;"><i>(Continued on page 2)</i></p>
---	--

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

Contents

On the Cover	EVENTS
INSANITY	Page 6
On the Cover	MEETING CHANGES
GIFTS	Page 7
TRADITIONS	FINANCIALS
Page 3	Page 9
STEP SEVEN EXERCISE	BIRTHDAYS
Page 4	Page 10
PUZZLE	CONTRIBUTIONS
Page 5	Page 10 & 11

GIFTS FROM THE SHADOWS

(Continued from page 1)

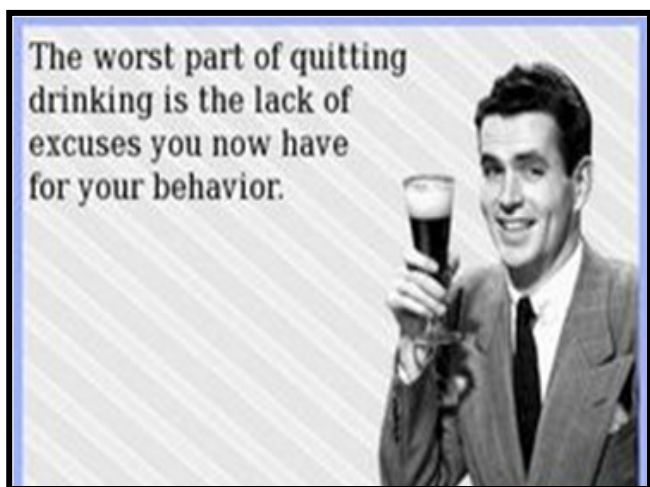
of yourself that you were forced to repress because of the demands of parents or society. Your “false self” is the facade that you erected to fill the void created by the repression and by a lack of adequate nurturing. Your “disowned self” is comprised of the negative parts of your false self that met with enough disapproval that they were subsequently denied.

The only portions of this complex collage that you are routinely aware of are the parts of your original being that are still intact and certain aspects of your false self. Together, these elements form your “personality” (the way you would describe yourself to others). Your lost self is almost completely out of your awareness; you have suppressed almost all connections with these repressed parts of your being. Your disowned self hovers just below your level of awareness and is constantly threatening to emerge. It takes a lot of energy to hold this part in check and, during times of high stress, it may break free momentarily. To keep this part hidden, you have to actively deny it or project onto others.

In projection, we see in others what is also in ourselves, but denied. **In the rooms of recovery, we often hear that we should not judge others because when we point at others faults there are three fingers pointing back at our self.** This is a truism based on knowledge of projection. For example: If we were raised in a home where we learned that anger was not an acceptable emotion, we might have shoved our anger into the shadow and never learned how to express it appropriately. As adults, we may have felt uncomfortable with our anger and, when we felt it, quickly stuffed it. Anger stuffed into the shadow eventually gets manifested in a sideways fashion, such as passive-aggressive behavior, misplaced anger, sudden outbursts of rage incongruous with the trigger, a negative attitude, depression, or in a number of other ways. We don’t see our self as angry but, through projection, we may find that we have many angry people in our life.

In recovery, a common mistake is trying to extinguish “character defects” (the things we don’t like about ourselves) as quickly as we can. No matter how hard we pray and do recovery work, the character defects remain.

(Continued on page 6)



**"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance –
That principle is contempt prior to investigation." -HERBERT SPENCER pg#570**

THE A.A. TRADITIONS

© David J. Fredrickson

To those now in its fold, Alcoholics Anonymous has made the difference between misery and sobriety, and often the difference between life and death. A.A. can, of course, mean just as much to uncounted alcoholics not yet reached.

Therefore, no society of men and women ever had a more urgent need for continuous effectiveness and permanent unity. We alcoholics see that we must work together and hang together, else most of us will finally die alone.

The "12 Traditions" of Alcoholics Anonymous are, we A.A.'s believe, the best answers that our experience has yet given to those ever urgent questions, "How can A.A. best function?" and, "How can A.A. best stay whole and so survive?"
Big Book Pg563

If the traditions can keep together a whole group of dysfunctional people, who would normally not mix from killing one another and self-destructing then...

Why can't the traditions keep together a couple or family group and show them "How can they best function?". It makes sense that the traditions can answer the question "How can the relationship best stay whole and so survive?"

Traditions for relationships

Modified from a talk given on June 7-8 1996 by Mary Pearl Thompson "MERP" of North Little Rock, AR. These traditions are a compilation of ideas and experiences from Merp's couples group and have been added to slightly, with our own relationship experiences.

Revision #3

© David J. Fredrickson

- 1. Our common welfare should come first, a healthy relationship depends upon unity.**
- 2. For our family or relationship purpose, there is but one ultimate authority - a loving God as He may express Himself in our informed family conscience. Each member is God's trusted servant and no one governs.**
- 3. Two or more persons, when gathered together for mutual benefit, may call themselves a relationship. The only basic requirements for a good marriage or relationship are a mutual desire to be in the relationship, a willingness to make the relationship work and an honest desire to live God's will.**
- 4. Each partner should be autonomous except in matters effecting the other partner, the family or society as a whole.**
- 5. Each marriage or relationship has but one primary purpose - to serve as an expression of God's Love.**
- 6. A partner ought not be overly supportive spiritually, emotionally, or physically to the marriage or relationship, lest problems of ego or gratification divert us from the primary purpose.**
- 7. Each partner ought to strive to be fully self-supporting physically, emotionally, and spiritually.**
- 8. Our marriage or relationship should remain forever a free, giving relationship – one to the other. In a healthy relationship we do not keep score.**
- 9. A family or a relationship should be pliable in it's organization but, our group conscience may appoint certain persons to serve various functions and to be directly responsible to those they serve.**
- 10. A relationship should avoid heated controversy.**
- 11. Each partner best conveys his or her beliefs and philosophy by attraction rather than promotion. Anonymity is a valuable asset to the Marriage or relationship.**
- 12. Anonymity expressed through Selflessness is the spiritual foundation of our way of life as marriage partners or friends; ever reminding us to place principles before personalities and the main principle in a loving relationship is unselfishness. Our greatest expression of Love is to be of help to one another and we can't do that if we are selfish.**

SEVENTH STEP EXERCISE

Write out a vision for your life for what each of these (5) areas of the prayer personally mean TO YOU. • (76:2)

“When ready, we say something like this: “My Creator,

(1) I am now willing that you should have

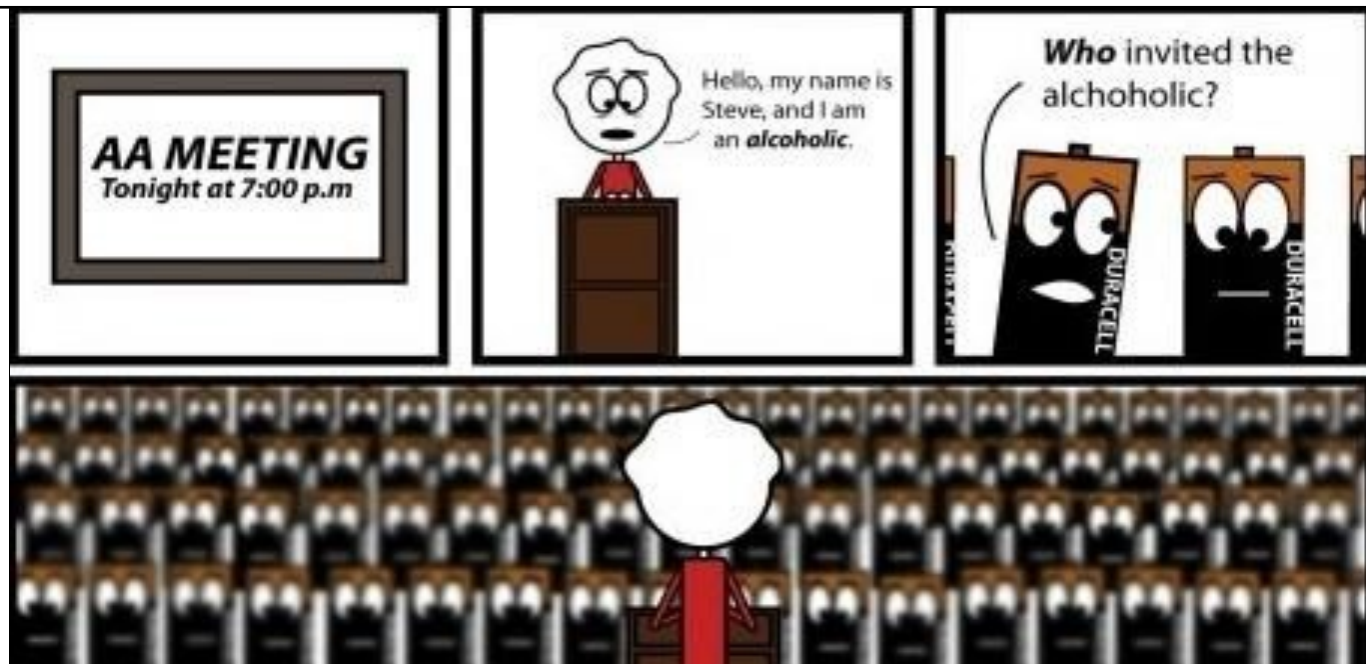
(2) all of me, good and bad. I pray that you

(3) now remove from me every single defect of character which stands in the way of my usefulness to you and

(4) my fellows.

(5) Grant me strength, as I go out from here, to do your bidding. Amen.”

(Continued on page 8)



<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: 6:00pm – 7:00pm
Where: Central Office
417 Welshwood

STEERING COMMITTEE

When: Monday July 15th
6:00pm – 7:00pm
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 Seventh Step Exercise and find them below?

FAMILY					STEP				GRUDGINGLY						CHARACTER						STANDS								
POWER					VISION				PERSONALLY						FELLOWS						EXERCISE								
AREAS					LIFE				EMOTIONAL						INCLUDE						FINANCIAL								
WILLING					GOOD				CHARACTER						DEFECT						SEVENTH								
REMOVE					SINGLE				STRUGGLING						PRAYER						GRUMPY								
MENTAL					BAD				GRUDGINGLY						EXACTLY						SUPPOSED								
					WRITE				USEFULNESS						DEPRESSED						PHYSICAL								
M	Z	N	P	L	O	W	S	W	I	V	X	O	V	D	R	M	H	P	P	H	W	F	Z	F	D	W	Y	O	E
S	D	M	D	X	L	Q	U	G	O	J	O	H	X	W	O	I	Q	V	F	R	O	S	J	D	R	O	Z	X	H
Y	M	L	D	N	W	Q	A	W	S	W	N	T	V	W	L	H	R	H	U	B	O	J	M	Y	Z	A	O	W	W
D	O	M	F	I	N	A	N	C	I	A	L	W	G	R	U	M	P	Y	E	T	Z	O	Q	E	T	P	E	D	M
E	X	O	C	A	E	B	Q	N	X	C	Y	N	S	W	J	S	N	Y	V	F	H	F	O	L	O	N	K	B	T
C	P	G	H	Z	Z	K	M	C	T	B	G	G	A	I	P	K	A	S	L	C	M	U	H	E	R	W	X	X	Y
I	J	E	S	D	E	A	A	L	H	N	Q	C	A	L	S	O	E	N	C	G	E	Q	M	T	G	E	F	I	L
P	I	L	M	S	X	G	T	G	J	R	Z	R	N	R	K	U	O	Q	Y	Y	N	N	H	K	Z	E	H	R	C
G	K	A	M	U	A	F	X	G	U	S	E	F	U	L	N	E	S	S	R	U	T	I	O	M	L	V	E	I	H
E	H	C	D	J	C	C	R	D	U	I	B	R	J	A	G	R	X	R	W	D	A	A	G	I	O	O	E	D	A
H	I	I	H	V	T	W	O	L	N	O	C	E	S	R	Y	Q	V	P	I	X	L	O	H	D	D	M	F	C	R
Y	S	S	S	W	L	O	A	C	K	B	G	P	P	O	E	Z	S	F	L	J	W	I	L	D	U	E	D	Y	A
X	A	Y	J	S	Y	Q	L	H	D	O	K	O	G	C	F	E	U	O	L	H	T	C	M	P	B	R	E	D	C
C	G	H	X	C	W	U	I	Z	I	X	W	B	B	Z	T	V	P	W	I	R	V	I	O	U	I	R	G	E	T
T	U	P	Y	L	D	N	F	J	A	E	C	Y	I	G	A	J	P	M	N	V	C	F	F	T	Y	Z	O	S	E
L	C	E	P	E	A	X	D	O	R	T	N	O	Z	T	M	U	O	K	G	V	S	L	V	T	W	Z	X	S	R
Y	S	I	N	U	B	O	A	U	X	X	L	V	U	X	X	D	S	R	G	L	K	X	D	C	Q	G	N	E	I
L	N	H	R	E	O	O	K	B	I	F	O	R	I	H	T	N	E	V	E	S	I	B	V	W	G	O	M	R	P
A	N	A	Y	L	J	I	P	D	H	H	X	B	J	S	W	A	D	S	Z	U	C	A	Z	J	E	O	E	P	N
N	D	Q	A	X	M	P	R	F	E	C	N	V	B	H	I	C	S	L	R	D	Y	G	H	Y	T	D	W	E	B
W	L	X	L	D	U	D	N	E	E	F	H	A	F	S	G	O	F	A	U	G	T	A	C	I	P	S	X	D	B
G	O	B	Y	C	F	Q	T	H	B	L	E	P	P	T	Q	Q	N	Z	E	Z	E	E	O	O	X	Y	T	G	Y
B	Z	T	X	P	N	W	F	R	X	E	L	C	B	A	U	B	Q	R	S	R	S	N	W	B	Q	Q	N	K	Y
G	P	U	S	R	D	D	C	H	D	H	M	O	T	N	B	J	Z	A	T	T	A	D	U	B	L	A	G	A	U
M	X	U	K	A	E	L	G	N	I	S	A	E	W	D	I	A	K	L	I	L	O	N	J	W	L	H	V	P	H
J	Y	Z	V	Y	H	I	X	X	X	C	J	M	C	S	R	C	P	F	V	P	O	M	N	X	E	F	B	M	J
V	B	H	V	E	H	D	S	U	A	X	A	O	Q	O	W	I	Z	D	G	R	E	F	G	F	M	A	K	N	E
H	H	P	E	R	S	O	N	A	L	L	Y	Z	A	Y	U	H	H	Q	C	M	S	N	S	P	X	M	K	B	F
D	O	Q	Z	R	N	K	A	K	Y	W	J	B	Y	F	H	V	Q	T	F	J	I	B	K	R	V	I	R	I	D
V	V	N	T	J	W	H	H	Z	L	B	X	V	A	P	Z	F	X	U	G	V	C	A	A	Q	P	L	O	A	H
N	T	T	S	G	N	I	L	G	G	U	R	T	S	X	J	X	W	D	E	N	R	S	R	G	J	Y	W	O	V
Q	I	P	M	L	M	C	V	W	N	B	S	K	W	F	U	C	E	B	X	C	E	V	Y	I	Z	E	J	Z	Q
L	N	V	X	J	G	F	H	D	F	D	U	M	L	X	T	T	R	O	J	P	X	R	J	X	C	H	Y	F	H
V	E	S	T	E	P	H	P	N	K	G	M	V	F	V	E	S	E	P	C	E	E	H	T	X	P	K	A	J	N
P	Y	G	L	Q	I	C	Q	F	G	A	Y	J	C	P	I	Q	C	W	R	I	T	E	W	S	R	G	C	U	Q

GIFTS FROM THE SHADOWS

(Continued from page 2)

This is, in part, because we don't understand the shadow and the gift that our repressed parts have for us. We cannot eliminate parts of ourselves - that is how parts of who we really are got stuffed into the shadow in the first place. The opposite course is the true path. We must learn how to identify, embrace and integrate the lost self. Herein lies the path back to wholeness.

It is important to keep in mind that the shadow does not just contain so-called negative parts - it also contains portions of our beauty and goodness that we cannot own.

Integration entails a multi-stepped process. Identification is an early step. One method is to make a list of the primary characteristics of each person you know. Be sure to include what you like, as well as what you dislike, about each person. Now, make one master list of all the light (positive) characteristics you identified and a list of all the dark (negative) characteristics. Examine both lists, keeping in mind that what we see in others we are also. Can you own both the light and dark sides as part of who you are?

We may resist the idea that we embody what we strongly perceive in others. However, owning our shadow parts brings wholeness. We cannot wish away these parts and be whole people with good self-esteem. Every quality contains a gift, if developed and used appropriately. Having owned these parts of our self, we need to discover the gift. Then we can work with it to reintegrate it.

Write a statement about the gift that each characteristic you identified brings with it. For example, anger may contain the gift of power to do what is necessary to take care of one self. Being unable to say "no" may bring the gift of compassion - can you give it to yourself? Work with each characteristic until you can understand it and own that it is (or at least may be) part of who you really are.

The world is a mirror and we can choose to look at our self through it at any time.

By Dr. Patrick B. McGinnis
Reprinted with permission Justloveaudio

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

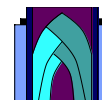
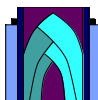
SPEAKER: 7:00

Speakers to be Announced

Meat & Water Will be Provided

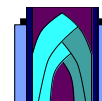
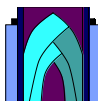
Bring your family, friends and a dish to share!

**INDIAN LAKE PENINSULA CHURCH PAVILION
235 INDIAN LAKE RD / HENDERSONVILLE**



***Q: Why aren't people
in recovery good dancers?***

***A: They lose interest after twelve
steps.***



Jim is told by his sponsor that he needs to participate more in service work. So he applies for the position of treasurer. They hold a group conscience and ask him "What is nine multiplied by four?" He thinks quickly and says "Thirty-three." After the interview, he realizes his mistake. He's surprised when they inform he got the job, despite there being four other candidates.

"But I got the wrong answer," he protests.

"Yeah, we know. But you were closest."

CHANGES / ADDITIONAL MEETINGS ADDED

37027	Change	Turning Point - Tues 7p CD/ALN
37027	Change	Friday Night Prime Time 7:30pm
37042	Add	Northside - Tue & Fri 8p CD/Aln
37072	Add	OCATT - Thur 6p OD/Lit
37110	Change	Bar None now 7p Monday no Sat meeting
37110	Add	McMinnville Serenity Sun 5p OD/LIT
37174	Change	Spring Hill RUTS Tues & Thurs now 1:30 p OD
37203	Add	Many Paths - Thurs Noon OD
37209	Add	Women in Recovery - Fri 8p OD/Wmn/Lit
37212	Add	I am one of those too - Fri 7p OD/Lit
38464	Change	Lawrenceburg - Sat Now 6p OD
38570	Change	Livingston 12x12 Sat 7p OD

MOVES

37040	Move	Clarksville - Southside Salem United Meth Ch - 2295 Seven Mile Ferry Rd - Downstairs
37042	Move	Northside Group - Cumberland Pres Ch 1307 Ft Campbell Blvd
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.
37205	Move	Harding Rd - St Georges Epic Ch Hampton Hall 4715 Harding Rd 8p Mon OD/Men 6:30p CD Wed 8p CD Wed
37209	Move	WANGL now at Nashville Recovery Center 6030 Neighborly Ave
38501	Move	Cookeville 1224 West Broad Meetings have moved to 122 S Madison Ave.
38585	Move	Spencer Mountain Group - 427 College St

CANCELLED GROUPS OR MEETINGS

37013	Cancel	S.W.A.T.T.
37014	Cancel	Downtown Triune Group
37030	Cancel	Smith County Friendship
37110	Cancel	Keep It Simple - Mon Night
37110	Cancel	McMinnville Serenity Sun 7p
37115	Cancel	WTF - Serenity House
37174	Cancel	Spring Hill Nooners
37208	Cancel	Spiritual Living
37211	Cancel	Mid-Day Women
37214	Cancel	Young & Sober - Sun 6p
37218	Cancel	Lions Den
37221	Cancel	As Bill Sees It
37232	Cancel	Recovery Group - Vanderbilt

NEW GROUPS / MEETINGS

37027	New	Sunday Evening Holy Name Catholic 9100 Crockett Rd Sun 4p CD/Wmn
37072	New	Ray of Hope Connell Memorial Methodist Church 200 East Cedar Wed 12p OD
37027	New	New Beginnings for Women New Hope Comm Ch 605 Wilson Pike 11:30 a CD/Wmn
37129	New	Primary Purpose - Blackman United Meth 4380 Mason Pike 7p Wed OD/Lit
37206	New	"Many Paths" Christ Ch Cathedral 900 Broadway Noon Thu OD
37206	New	East Side Comes Alive Memorial Lutheran Church 1211 Riverside Drive - Tues 7pm OD/Lit
38208	New	Friday Night Live Ch of the Assumption 1227 7th Ave N
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
38562	New	Friday Night Live First Methodist Church—203 S. Main - Sat 7pm CD

We are delighted to announce publication of the new A.A. General Service Conference-approved book:

**Our Great Responsibility: A Selection of Bill W.'s
General Service Conference Talks, 1951-1970.**
270 pages, soft cover, \$10.

Gathering together for the first time in print form sixteen addresses given by A.A.'s co-founder, this rich reading experience culminates years of research and transcription of audio recordings.

Complementing the text are more than sixty archival photographs and other images from the General Service Office Archives—some never before published.

Collected here, too, are Conference talks by Lois W., Bernard Smith and Dr. John Norris, nonalcoholic friends of A.A. instrumental in the history and development of the Fellowship.

We will have an ample supply of these at our **CENTRAL OFFICE** sales table at Music City Round-up July 4-7

SEVENTH STEP EXERCISE

(Continued from page 4)

1. Is "Willingness" required? Can I still be "willing" if I am only acting "Grudgingly"? Is it OK if I'm doing this just to get myself out of the "Jam" my life has become? What does it look like in my life when I am "Willing"?
2. How much of my life am I giving to God? What does that look like and In what areas of my life does that include?
3. Which "character" defects am I asking God to remove? What are my "character" defects standing in the way of? Does that mean all of "character" defects are going to be removed? Can my "character" defects ever be useful to God? What does it look like in my life when my "character" defects are not standing "in the way"?
4. To whom am I supposed to be useful? Who exactly are "my fellows"? Does that include my family? What exactly does it look like in my life when I am useful to God? What exactly does it look like in my life when I am useful to "my fellows"?
5. Exactly what kind of "Strength" (or Power) do I need? (physical, mental, emotional, financial etc.) Am I : Struggling, angry, upset, depressed, grumpy, worried or afraid when I have strength? What exactly does it look like in my life when God graces me with "Strength"?

Dave F

Reprinted with permission: Justloveaudio.

She said she didn't see any fireworks when we kissed

...round two



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

	May, 2019			YTD 2019		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	2,653.86	2,528.00	125.86	13,674.72	12,640.00	1,034.72
Group Donations	3,070.34	6,500.00	(3,429.66)	33,790.32	32,500.00	1,290.32
Individual Donations	370.87	-	370.87	2,466.96	-	2,466.96
Messenger Donations	12.00	15.00	(3.00)	70.00	75.00	(5.00)
Website Donations	-	708.00	(708.00)	-	3,540.00	(3,540.00)
Special Events	-	708.00	(708.00)	-	3,540.00	(3,540.00)
Interest	32.11	119.00	(86.89)	228.61	595.00	(366.39)
Total Income	6,139.18	10,578.00	(4,438.82)	50,230.61	52,890.00	(2,659.39)
Expenses						
Casual Labor	200.00	200.00	-	1,000.00	1,000.00	-
Payroll	5,526.92	5,871.00	(344.08)	27,634.60	29,355.00	(1,720.40)
Legal & Professional	350.00	350.00	-	1,750.00	1,750.00	-
Rent	1,008.50	1,046.00	(37.50)	4,992.50	5,230.00	(237.50)
Printing	-	50.00	(50.00)	68.83	250.00	(181.17)
Payroll Taxes	491.44	449.00	42.44	2,901.33	2,245.00	656.33
Repairs & Maintenance	-	50.00	(50.00)	-	250.00	(250.00)
Equipment Rental	108.90	75.00	33.90	529.59	375.00	154.59
Telephone & Fax	467.97	475.00	(7.03)	2,326.12	2,375.00	(48.88)
Answering Service	200.00	217.00	(17.00)	1,036.00	1,085.00	(49.00)
Postage	63.25	134.00	(70.75)	590.96	670.00	(79.04)
Office Supplies	50.24	183.00	(132.76)	533.53	915.00	(381.47)
Bank Service Charges	40.00	-	40.00	200.00	-	200.00
Computer & Technology	174.79	276.00	(101.21)	720.48	1,380.00	(659.52)
Intergroup Expense	310.00	210.00	100.00	1,175.65	1,050.00	125.65
Insurance	-	200.00	(200.00)	1,298.00	1,000.00	298.00
Special Events	-	375.00	(375.00)	-	1,875.00	(1,875.00)
Travel	-	417.00	(417.00)	277.43	2,085.00	(1,807.57)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	0.02	-	0.02
Total Expenses	8,992.01	10,578.00	(1,585.99)	47,035.04	52,890.00	(5,854.96)
Net Income	(2,852.83)	-	(2,852.83)	3,195.57	-	3,195.57



ANNIVERSARIES**ANY LENGTHS**

<i>Kisha W</i>	<i>07.11.18</i>
----------------	-----------------

BACK ROOM

<i>Amanda N</i>	<i>07.26.18</i>
<i>Bill H</i>	<i>07.08.92</i>
<i>Earl B</i>	<i>07.26.08</i>
<i>Glenn H</i>	<i>07.18.13</i>
<i>Logan F</i>	<i>07.23.18</i>
<i>Merrill A</i>	<i>07.11.03</i>
<i>Miya M</i>	<i>07.29.17</i>
<i>Myra B</i>	<i>07.04.16</i>
<i>Rachel G</i>	<i>07.25.12</i>
<i>Ross C</i>	<i>07.18.18</i>
<i>Tyson C</i>	<i>07.09.03</i>

LET IT HAPPEN

<i>Pat P</i>	<i>07.29.12</i>
--------------	-----------------

NIPPERS CORNER

<i>Michael L</i>	<i>07.08.16</i>
<i>Mike A</i>	<i>07.28.14</i>

PORTLAND UNITY

<i>Lynne S</i>	<i>07.09.89</i>
-----------------------	------------------------

SMYRNA GRATITUDE

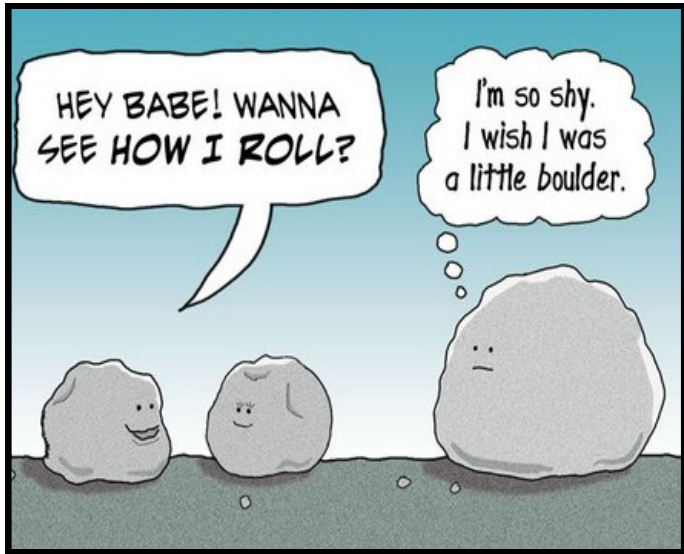
<i>Brian D</i>	<i>07.02.09</i>
<i>Greg S</i>	<i>07.10.09</i>
<i>Kyle D</i>	<i>07.27.19</i>
<i>Lourdes N</i>	<i>07.02.92</i>
<i>Ray H</i>	<i>07.01.17</i>
<i>Rick V</i>	<i>07.31.17</i>
<i>Stephen V</i>	<i>07.08.16</i>
<i>Steve M</i>	<i>07.13.94</i>

WOMEN'S SPEAKER

<i>Amanda N</i>	<i>07.26.18</i>
<i>Kim F</i>	<i>07.11.18</i>
<i>Lee B</i>	<i>07.14.04</i>
<i>Perry M</i>	<i>07.01.05</i>
<i>Tamara C</i>	<i>07.11.16</i>
<i>Theresa C</i>	<i>07.20.14</i>

YOUR GROUP CONTRIBUTIONS

GROUP/MEETING	MAY	YTD
24 HOUR		300
86'ers		316
ANONYMOUS	37	178
AREA 64		64
BACK TO THE BIG BOOK		40
BACKROOM	532	3,107
BASEMENT BUNCH, COLUMBIA	37	441
BRENTWOOD FULL MOON		265
BY THE BOOK, DICKSON		15
CELEBRATE SERENITY		500
CLARK STREET		100
COLUMBIA	20	80
COMFORT ZONE	335	685
COMMUNICATIONS		200
COOL SPRINGS NEWCOMERS		100
CROSSVILLE STEP		30
DAVIDSON RD		2,000
DICKSON		150
DISTRICT 9		450
DOWNTOWN LUNCH	269	452
DRUNKS IN THE PARK		400
EAST HICKMAN	25	50
EAST NASHVILLE 86'ERS		257
EAST SIDE SATURDAY		671
EASY DOES IT		250
EVERY WOMAN HAS A STORY		278
FAYETTEVILLE		20
FIRST THINGS FIRST		342
FOR LADIES ONLY	11	11
FRANKLIN		2,500
FRANKLIN ROAD WOMEN'S		206
FREE TO BE		219
FREEDOM FROM BONDAGE	10	10
G.O.D. SPRING HILL		150
GOODLETTSVILLE		200
GRATITUDE		40
HAPPY HOUR - LEWISBURG		30
HARDING RD		250
HERMITAGE		200
HIGH NOON		350
HIGHER POWERED		10
HOPE PARK		127
HUNT CLUB		330
HUT		25
KEEP IT SIMPLE	15	225
KEEP IT SIMPLE BELLEVUE		27
KEY TO SOBRIETY		300

GROUP/MEETING	MAY	YTD	GROUP/MEETING	MAY	YTD
KICKOFF ISN'T UNTIL NOON	305	805	TRINITY	100	100
LAFAYETTE		25	TURNING POINT		468
LAMBDA		175	UNITED		200
LATE LUNCH BUNCH		1,500	UNITY AT 6	10	20
LAWRENCEVILLE		75	WAKE UP	36	194
LET IT HAPPEN	75	150	WAVERLY		60
LIVING BY THE PRINT		200	WED NIGHT 12 STEPS, ALGOOD		20
LIVINGSTON 12x12		50	WEST NASHVILLE	39	47
MID-DAY BREAK	150	750	WESTMINSTER		600
MURFREESBORO	15	75	WHITE HOUSE		125
MUSIC CITY ROW		40	WINNERS & BEGINNERS	206	206
MUSTARD SEED		200	WOMEN IN THE SOLUTION		30
NEEDED MEETING		100	WOMEN'S FREEDOM		175
NIPPER'S CORNER		43	WOODBINE		20
NORTHSIDE		50	GROUP TOTALS TO DATE	3,008	33,530
NORTHSIDE , CLARKSVILLE		50	INDIVIDUALS	104	1,885
ONE DAY AT A TIME		629	MESSENGER	-	12
ONE STEP CLOSER		295	"LIGHTNING " HESTER MEMORIAL	232	232
OUT TO BREAKFAST BUNCH		134	RUSSELL WINGO MEMORIAL	55	390
PAGE 112		90	COMBINED TOTALS TO DATE	3,400	36,049
PAY DAY		230	<i>YOUR GROUP CONTRIBUTIONS</i>		
PEACHTREE	116	116			
PORTLAND UNITY	5	5			
PRIMARY PURPOSE		136	Passing of Jackie Wright		
PRIMETIMERS	50	50			
PULASKI	5	25	High Noon Group in Hendersonville TN sadly shares this wonderful Obituary written by family and friends celebrating the life and 50 years sobriety 3-18-69 of our beloved friend and humble servant of AA.		
RECOVERY ROAD		45			
ROAD OF HAPPY DESTINY	50	50			
RUSHH HOUR		92			
RUTS		250			
SAFE HARBOR		100			
SAFE PLACE		130			
SANGO SOLUTIONS		30			
SATURDAY NIGHT ALIVE	20	70			
SATURDAY NIGHT ALIVE, Tullahoma		10			
SEEKING SANITY		529			
SHADE TREE		3,014			
SISTERS IN SOBRIETY, CROSSVILLE		62			
SMYRNA GRATITUDE	239	2,346			
SOBRIETY FIRST LEBANON	100	200			
SPRING HILL	82	157			
SSS, HERMITAGE		397			
ST. AUGUSTINE, VANDERBILT		300			
STRAGGLERS		455			
SUNDAY 10AM, CROSSVILLE		24			
THREE LEGACIES	16	55			

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

417 Welshwood Drive
Suite 207
Nashville, TN 37211

615.832.1136
800.559.2252

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

RETURN SERVICE REQUESTED

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

ph. 615.832.1136
Ph. 800.559.2252
fax. 615.834.5982
or e-mail address changes to:
mtcoaa@aol.com



Time to Change?

- ☐ New Subscription
☐ Renewal Subscription
☐ Address Change

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

NAME _____

ADDRESS _____

CITY _____ STATE _____

PHONE _____ ZIP _____