The

Middle Tennessee Central Office Intergroup

\$ 1.00

A LETTER FROM AN OLD FRIEND

SEPTEMBER 2019

In the process of making an amends, a man finds more reason to feel grateful for his sobriety

I received the following response to a Ninth Step letter sent to a friend I had not corresponded with My husband was not so fortunate. I met him in for over 20 years. She was the first person to suggest to me that I might have a problem with alcoholic, whom I married 6 years later. I believe alcohol. It was important to me to locate her to make amends for my behavior.

I had been sober approximately four years when I finally found her. I explained the reason for my letter, that I was a grateful member of AA, made my apologies and offered to share my experience, strength and hope with anyone she might know who might also suffer from this disease. I really did not expect a response of any kind and was quite surprised to hear back from her.

With her permission I share this "anonymized" version of her response as it describes much more eloquently than I ever could the serious nature of our disease.

Hi Dave,

First, let me tell you how much I admire your resolve to confront alcoholism. Congratulations on your upcoming fourth birthday, and may you have

many more.

Second, apologies accepted.

You are fortunate indeed to be where you are. 1987, a charming, hard-working, party-loving alcohol was a significant factor in his death from suicide in 1997; he suffered depression and was intoxicated when he died. I wish I had known then what I know now about alcohol. I'd be much

(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- email—mtcoaa@aol.com, Website- www.aanashville.org

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"My wife gave me this list of character flaws she wants you to fix."

A drunk got work at a construction site. After an hour or so, the boss yelled at him, "hey, everyone else is carrying eight bricks-how come you're only carrying four?"

"I don't know," replied the drunk, "maybe they are just too lazy to make two trips".

A LETTER FROM AN OLD FRIEND

(Continued from page 1)

more willing to get help and less inclined to be angry that he was drinking all his money away. It's been a long, slow climb out of the grief and guilt that overwhelmed me for several years after he died.

I cannot comprehend why some people experience an epiphany, as you did, and others leave this world without one. How different our lives would have been had we known to get help, or had there been an intervention, either divine or mortal. But those things, for whatever reason, did not happen.

Great to hear from you, and keep up the recovery.

"I explained the reason for my letter, made my apologies and offered to share my experience,



I can't describe the emotions I experienced as I read this note. We all know that alcoholism touches the lives of everyone the alcoholic comes in contact with, some more tangibly than others, some more tragically than others.

In my case I believe my higher power intervened in my life and showed me the way to AA. Any epiphany I may have had was the direct result of working the steps, developing a personal relationship with my higher power and paying attention to others who shared their experience, strength and hope with me. I hope that these words will resonate with another alcoholic so that they may find the serenity in their life that I have found in mine.

-- Dave B.—July 2011 Reprinted with permission: AAGrapevine Online Exclusive

READY OR NOT, A NEW DAY IS UPON US!

Oh, what a rollercoaster of emotions a single day can be composed of bringing:

tears of

- ♦ loss
- fear
- compassion
- joy

all in one 24-hour period.

In the past, just one of these circumstances might have overshadowed the others, but today we are stronger and accept each circumstance as it presents itself, allowing us to feel it fully.

We know who is in charge and we don't have to be overwhelmed, as all is well with our soul.

- With love, there will be grief
- With struggles, there will be accomplishments
- With fear, our faith will grow
- For every negative, there is a positive

It is up to us as to which one we concentrate on and how much of it we hold onto or what we turn over to our Higher Power.

Today, let's not anticipate the changes yet to come, but take the day exactly as it is presented to us. Today we know how to be grateful for all of it!



Today we know tears are not a sign of weakness, but a prayer for help and guidance, a prayer of praise and thanks.

Often tears accompany growth.

Let's share it all with each other and grow together.

Judy S.—Sisters of Sobriety Reprinted with permission: Bay St. Louis





TRADITION NINE

The short form of Tradition 9 reads: AA, as such, experienced servants of the whole. They derive no real ought never be organized; but we may create service boards or committees directly responsible to those they serve.

The long form of Tradition 9 (which is also quite long) reads: Each AA group needs the least possible organization. Rotating leadership is the best. The small group may elect its Secretary, the large group its Rotating Committee, and the groups of a large Central or Intergroup Metropolitan area their which often employs Committee. a full-time Secretary. The trustees of the General Service Board are, in effect, our AA General Service Committee. They are the custodians of our AA Tradition and the receivers of voluntary AA contributions by which we maintain our AA General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principle newspaper, "The AA Grapevine." All such representatives are to be guided in the spirit of service, for true leaders in AA are but trusted and

authority from their titles; they do not govern. Universal respect is the key to their usefulness.

The words "Let's keep it simple" were the last Bill W heard from Dr Bob shortly before his death in 1950. Aware that "it" in "keep it simple" meant our recovery program, Bill later wrote, "We need to distinguish sharply between spiritual simplicity and functional simplicity. When we get into questions of action by groups, by areas, and by AA as a whole, we find that we must to some extent organize to carry the message or else face chaos. And chaos is not simplicity."

Groups and service committees do need some form of minimum organization. If everybody thinks somebody else is going to purchase the coffee, what's the result? No coffee! To avoid this, one or more group members volunteer to be responsible for it.

All the way from trusted group servants to trustees on the General Service Board, those who take part in AA

(Continued on page 6)

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	Susan W	615.202.2498
Archives	Butler M	225.226.5457
Sobriety Dinner	Lee Ann	615.424.3875
Newsletter Editor	Pat P	615.574.4412

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 - 7:00pmWhere: Central Office 417 Welshwood

STEERING COMMITTEE

When: Monday Oct 28th 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

TRADITION NINE

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TRADITION NINE

(Continued from page 4)

on authority. Many members don't know that AA is Board of AA is a non-profit corporation. It consists of 7 non-alcoholic and 14 alcoholic trustees who are nominated and elected for their business and professional skills.

The General Service Board, in behalf of all AA members, holds in trust literature copyrights and funds from the sale of literature and donations from groups and members. AA World Service, or AAWS, is also a corporation and one of the publishing arms of AA. The General Service Office is part of AAWS. The AA Grapevine is a separate corporation and is the 2nd publishing arm of AA. In many cases, an Intergroup Central Office will also be set up as a nonprofit corporation.

Many members don't know that AA has something called a General Service Structure where groups are organized into districts and districts into areas and areas into regions and regions into Conferences with a General Service Board and General Service Office.

All of this organizational structure is described in the AA Service Manual and in "The AA Group" pamphlet. A very important trait of this organization is that it is represented by an upside down pyramid, or triangle, to signify that the top authority is the AA groups, not a board of 40 directors or a corporation or a committee. The General Service Structure is also organized into service committees to help carry the AA message to a wide variety of people and locations.

This includes Corrections and Treatment Center committees to ensure that AA meetings and literature are reliably and consistently brought in to those institutions. It also includes Public Information and Cooperation with the Professional Community service committees to inform professionals in the legal, medical, educational and business fields on what AA is and just as importantly what AA isn't. Also, the Public Information service committee arranges for

AA public service announcements to be aired on local service work are assuming responsibility - not taking radio and TV stations. Other service committees consist of Special Needs, Grapevine and Archives. The organized into 3 corporations. The General Service local Intergroup Central Office also provides a variety of services in cooperation with other AA service committees.

> Similarly, it takes group member participation and organization to ensure that group service work is done. These elected trusted servants are sometimes called "officers" and usually are chosen by the group for limited terms of service. Groups may also choose to have a Steering Committee to tend to the day-to-day operations of the group.

> These service positions may have titles. But titles in AA do not bring authority - they describe services and responsibilities. And it has generally been found that giving members service positions solely to help them stay sober does not work. Instead, the group's welfare is of primary concern in choosing officers or trusted servants. It is also important to practice the principle of rotation so that all who wish to serve are provided the opportunity to do so.

> For a group to keep carrying a message of recovery all kinds of organized services must be done.

> It is through the combined efforts and organization of group members that:

- A meeting place is provided and maintained.
- · Monthly programs are arranged and speakers are scheduled to speak.
- 7th Tradition contributions are collected, and group bills and expenses are paid.
- AA literature is on hand.
- Lists of local group meetings are available.
- Refreshments, such as coffee, are available as well as supplies.
- Calls for help are answered.
- Group problems are aired and resolved.



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	CHANGES TO MEETINGS
37027	Turning Point - Tues 7p now CD/ALN
37027	Friday Night Prime Time now 7:30pm
37087	New Day - no Thurs 6:30
37110	Bar None now 7p Monday no Sat meeting
37110	McMinnville Serenity last Fri now Pamphlet Study
37110	McMinnville Serenity Sun now 7p OD/ Lit
37174	Spring Hill RUTS Tues & Thurs now I:30 p OD
38464	Lawrenceburg - Sat Now 6p OD

	MEETINGS ADDED
37042	Northside - Tue & Fri 8p CD/Aln
37043	Sango Solutions - Mon 6p OD/Lit
37072	OCATT - Thur 6p OD/Lit
37110	McMinnville Serenity Sun 5p OD/LIT
37203	Many Paths - Thurs Noon OD
37209	Women in Recovery - Fri 8p OD/ Wmn/Lit
37212	I am one of those too - Fri 7p OD/Lit

	MOVES
37040	Clarksville - Southside Salem United Meth Ch - 2295 Seven Mile Ferry Rd - Downstairs
37042	Northside Group - Cumberland Pres Ch 1307 Ft Campbell Blvd
37064	Franklin Fellowship - Ist United Methodist Ch 148 5th Ave S Basement
37076	SSS Group now at Hermitage United Meth Ch 205 Belinda Dr.
37205	Harding Rd - St Georges Epis Ch Hampton Hall 4715 Harding Rd 8p Mon OD/Men 6:30p CD Wed 8p CD Wed
37209	WANGL now at Nashville Recovery Center 6030 Neighborly Ave
38501	Cookeville 1224 West Broad Meetings have moved to 122 S Madison Ave.
38585	Spencer Mountain Group - 427 College St

	NEW GROUPS / MEETINGS
37027	Crockett Rd Sun 4p CD/44mn
37027	New Hope Community Ch 605 Wilson Pike Mon 8p CD
37072	Ray of Hope Connell Memorial Methodist Ch 200 East Cedar Wed 12p OD
37027	New Beginnings for Women New Hope Comm Ch 605 Wilson Pike I 1:30 a CD/Wmn
37091	Primetime Men's Serenity House 440 College St Mon 7:30p CD/CS/Men
37091	Step Sister's Lunch Brunch Big Book Serenity House 440 College St Sat I I am OD/WMN/LIT
37129	Primary Purpose - Blackman United Meth 4380 Mason Pike 7p Wed OD/Lit
37167	Gratitud Smyrna Air Base 298 Fitzhugh at 10th Ave - Thur & Sat 8p Spanish Speaking 90 Minutes
37203	Just For Today Women's 202 23rd Ave N 6:30p Tues OD/Wmn
37206	"Many Paths" Christ Ch Cathedral 900 Broadway Noon Thu OD
37206	East Side Comes Alive Memorial Lutheran Church 1211 Riverside Drive - Tues 7pm OD/Lit
38208	Friday Night Live Ch of the Assumption 1227 7th Ave N
38401	Recovery First - Craft Memorial Meth CH 907 Hatcher Lane IIa- M & F OD, IIa W - OD/Lit
38501	Women in Recover - 122 S Madison Ave - Thur Noon OD/Wmn - Sat 10a OD/Wmn
38562	Friday Night Live First Methodist Church - 203 S. Main - Sat 7pm CD
38583	Seekers Group - Roberts Family Rest. 4424 Old Kentucky Rd - Sun 6:15 am OD/Lit
	CANCELLED GROLIPS OF MEETINGS

CANCI	ELLED GROUPS OR MEETINGS
37013	S.W.A.T.T.
37014	Downtown Triune Group
37030	Smith County Friendship
37110	Keep It Simple - Mon Night
37110	McMinnville Serenity Sun 7p
37115	WTF - Serenity House
37130	The Show Group
37174	Spring Hill Nooners
37208	Together We Can
37208	Spiritual Living
37211	Mid-Day Women
37212	I Am One Of Those Too
37214	Young & Sober - Sun 6p
37218	Lions Den
37232	Recovery Group - Vanderbilt

FALL CAMPOUT

67th Great Smoky Mountain Recovery Campout

Sept 20th - 22nd 2019

Open A.A. Meetings 11am and 8pm Daily Al-anon Meetings Saturday and Sunday @ 9:30am

Saturday Sept 21st Dinner @ 5pm Speakers @ 6:45pm Marian and David G. from Knoxville, TN

For more info email gsmrc.greenbrier@gmail.com Or call Toby W. (865) 654 – 3884

For campground reservations contact:
Greenbrier Campground
https://www.smokymountaincamping.com/
5406 Pittman Center Road
Pittman Center 37836
(865) 430 - 7415

Please no pets at the meetings

FYI Save the date for Campouts: May 28-31st 2020, Sept 18-20th 2020

AREA 64

2019 4th Quarter Voting Assembly October 4th—6th

This is where we will elect our next delegate and area officers, so make sure your group's voice and vote are heard!

Be there and if you can't, send your alternate!

https://www.area64assembly.org

Riverview Inn 50 College St Clarksville, TN 37040 931.552.3331 \$94 a night w/ group code Area 64

More info: Tyler D. 615.840.1656

Statement of Activities - Actual and Budgeted - Schedule 1

For the Seven Months and Year Ended July 31, 2019

		July, 2019			YTD 2019	
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	3,907.19	2,528.00	1,379.19	19,658.75	15,168.00	4,490.75
Group Donations	11,258.32	6,500.00	4,758.32	54,011.36	39,000.00	15,011.36
Individual Donations	212.07	-	212.07	2,625.49	-	2,625.49
Messenger Donations	12.00	15.00	(3.00)	82.00	90.00	(8.00)
Website Donations	-	708.00	(708.00)	-	4,248.00	(4,248.00)
Special Events	200.00	708.00	(508.00)	200.00	4,248.00	(4,048.00)
Interest	32.71	119.00	(86.29)	292.92	714.00	(421.08)
Total Income	15,622.29	10,578.00	5,044.29	76,870.52	63,468.00	13,402.52
Expenses						
Casual Labor	200.00	200.00	-	1,400.00	1,200.00	200.00
Payroll	7,590.38	5,871.00	1,719.38	40,751.90	35,226.00	5,525.90
Legal & Professional	350.00	350.00	-	2,450.00	2,100.00	350.00
Rent	996.00	1,046.00	(50.00)	6,984.50	6,276.00	708.50
Printing	-	50.00	(50.00)	1,174.83	300.00	874.83
Payroll Taxes	285.54	449.00	(163.46)	3,678.31	2,694.00	984.31
Repairs & Maintenance	-	50.00	(50.00)	-	300.00	(300.00)
Equipment Rental	134.80	75.00	59.80	752.22	450.00	302.22
Telephone & Fax	462.73	475.00	(12.27)	3,249.16	2,850.00	399.16
Answering Service	211.00	217.00	(6.00)	1,447.00	1,302.00	145.00
Postage	79.60	134.00	(54.40)	789.56	804.00	(14.44)
Office Supplies	229.43	183.00	46.43	870.95	1,098.00	(227.05)
Bank Service Charges	40.00	-	40.00	280.00	-	280.00
Computer & Technology	306.02	276.00	30.02	1,092.05	1,656.00	(563.95)
Intergroup Expense	405.99	210.00	195.99	1,656.64	1,260.00	396.64
Insurance	-	200.00	(200.00)	1,298.00	1,200.00	98.00
Special Events	-	375.00	(375.00)	-	2,250.00	(2,250.00)
Travel	405.12	417.00	(11.88)	682.55	2,502.00	(1,819.45)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under		<u> </u>		0.02		0.02
Total Expenses	11,696.61	10,578.00	1,118.61	68,557.69	63,468.00	5,089.69
Net Income	3,925.68	-	3,925.68	8,312.83		8,312.83

THE MANY FACES of a PEOPLE-PLEASER













ANNIVERSARIES

ANY LENGTHS

Jason S	09.07.18
Lisa H	09.23.16
Stephanie A	09.13.18

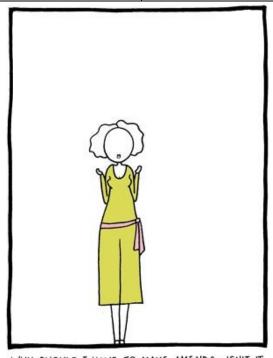
BACK ROOM

Brian S	09.15.08
Daniel H	09.10.13
Erin B	09.12.07
Jack S	09.08.18
Jan C	09.08.04
Maureen C	09.03.02
Morris R	09.05.89
Rick B	09.10.84
Robert M	09.26.98
Sherry Mc	09.25.95
Tamara T	09.03.06
Zach M	09.22.17

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WOMEN'S SPEAKER

Susan B	09.18.97
Pam N	09.21.08
Nancy G	09.16.06
Hannah N	09.11.15
Amy B	09.27.14



WHY SHOULD I HAVE TO MAKE AMENDS - ISN'T IT ENOUGH THAT I SUFFER THE GUILT?

YOUR GROUP CONTRIBUTIONS

GROUP/MEETING	JUL	YTD
24 HOUR		300
86'ers		316
ANONYMOUS		222
AREA 64		64
BACK TO THE BIG BOOK		60
BACKROOM		3,107
BASEMENT BUNCH, COLUMBIA		441
BRENTWOOD FULL MOON		515
BY THE BOOK, DICKSON	30	45
CELEBRATE SERENITY		500
CHICKEN PLUCKERS		100
CLARK STREET		200
COLUMBIA	20	120
COMFORT ZONE		685
COMMUNICATIONS		200
COOL SPRINGS NEWCOMERS		200
CROSSVILLE MON NIGHT	22	22
CROSSVILLE STEP		30
DAVIDSON RD		4,500
DEKALB		200
DICKSON	150	300
DISTRICT 9		600
DOWNTOWN LUNCH	177	629
DRUNKS IN THE PARK		400
EAST HICKMAN		50
EAST NASHVILLE 86'ERS		257
EAST SIDE SATURDAY		671
ESTILL SPRINGS BIG BOOK		25
EASY DOES IT		250
EVERY WOMAN HAS A STORY		278
FAIRFIELD GLADE		54
FAYETTEVILLE		40
FIRST THINGS FIRST		596
FOR LADIES ONLY		11
FRANKLIN		2,500
FRANKLIN MEN'S		600
FRANKLIN ROAD WOMEN'S		323
FREE TO BE		219
FREEDOM FROM BONDAGE		10
G.O.D. SPRING HILL		150
GOODLETTSVILLE		200
GRATITUDE		40
GROUP OF DRUNKS	95	95
HAPPY HOUR - LEWISBURG		30
HARDING RD		250
HERMITAGE		200
HIGH NOON		350

GROUP/MEETING	JUL	YTD	GROUP/MEETING	JUL	YTD
HIGHER POWERED	<u> </u>	10	SATURDAY NIGHT ALIVE, tullahoma		100
HOPE PARK		127	SEEKING SANITY		585
HUNT CLUB		330	SHADE TREE		3,914
HUT		25	SISTERS OF SOBRIETY	129	129
KEEP IT SIMPLE		300	-	129	
KEEP IT SIMPLE BELLEVUE		27	SISTERS IN SOBRIETY, CROSSVILLE		62
KEY TO SOBRIETY		700	SMYRNA GRATITUDE		2,832
KICKOFF ISN'T UNTIL NOON		805	SOBRIETY FIRST LEBANON		200
LADIES NIGHT OUT	25	25	SPRING HILL		157
LAFAYETTE		25	SPIRITUAL WARFARE	280	280
LAMBDA		175	SSS, HERMITAGE		397
LATE LUNCH BUNCH		1,500	ST. AUGUSTINE, VANDERBILT		300
LAWRENCEVILLE		75	STRAGGLERS		455
LET IT HAPPEN		150	SUNDAY 10AM, CROSSVILLE		24
LIFE SAVERS		200	THREE LEGACIES		55
LIVING BY THE PRINT		400	-		-
LIVINGSTON 12x12		50	TRINITY	140	100
MID-DAY BREAK		900	TURNING POINT	148	616
MT. JULIET FELLOWSHIP		100	UNITED	300	500
MURFREESBORO	15	105	UNITY AT 6		30
MUSIC CITY ROW		65	WAKE UP		194
MUSTARD SEED		200	WAVERLY		120
NEEDED MEETING		100	WED NIGHT 12 STEPS, ALGOOD		20
NIPPER'S CORNER		43	WEST NASHVILLE		47
NO NONSENSE	100	100	WESTMINSTER		600
NORTHSIDE		50	WHITE HOUSE		125
NORTHSIDE , CLARKSVILLE	50	100	WINNERS & BEGINNERS		206
N.O.W.		54	WOMEN IN THE SOLUTION		80
ONE DAY AT A TIME		629	WOMEN'S FREEDOM		435
ONE STEP CLOSER OUT TO BREAKFAST BUNCH	245	780 378	WOMEN'S OPEN DOOR	170	170
PAGE 112	245	90	WOMEN'S SPEAKER	170	288
PAY DAY		230	-		
PEACHTREE		116	WOODBINE		20
PORTLAND UNITY		5	GROUP TOTALS TO DATE	2,031	44,384
PRIMARY PURPOSE	76	213			
PRIMETIMERS		50	INDIVIDUALS	44	2,053
PULASKI		30	MESSENGER		12
RECOVERY ROAD		45	"LIGHTNING " HESTER MEMORIAL		232
RIGHT DIRECTION		271	RUSSELL WINGO MEMORIAL		390
ROAD OF HAPPY DESTINY		50	-		
RUSHH HOUR		92	COMBINED TOTALS TO DATE	2,076	47,071
RUTS		250			
SAFE HARBOR		100	YOUR GROUP CONT	RIBUTION	S
SAFE PLACE		130	L		
SANGO SOLUTIONS		30			

Middle Tennessee Central Intergroup Association

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