

# *The* **MESSENGER**

## *Middle Tennessee Central Office Intergroup*

\$ 1.00

### A BEGINNER'S STORY

JAN 2020

#### **He learned he no longer needed to drink over his fears, doubts, anger, and confusion**

I realized I had a problem with alcohol when I tried to stop—or even slow down—my drinking. To me, the problem was other people's attitudes about me when I drank. The only time I felt comfortable and happy was when I drank. It made me feel like I was a part of things, and not an outsider. Why were people mad at me when all I was trying to do was feel OK? It made me angry that they criticized me, that they were trying to take away the only thing I had to help me feel less alone and less unhappy about myself.

I continued to drink. As the anger and resentment grew and were aimed at others, and even at life itself, I became violent whenever I got drunk. I said hurtful things to people I loved for no reason other than I was angry and confused and they happened to be there. Bob Dylan wrote a song that says, "Tears of rage, tears of grief, why must I always be the thief?" That sums up exactly how I felt about my life

So I decided to give up drinking rather than to live experiencing the guilt and remorse of harming others just for the sake of my own bitterness. But the more I tried to stop drinking, the more I drank. I promised myself I would not drink, then would watch my feet walk me to the bar, where I would hear my voice

order a drink, and see my hand lift the drink to my lips. I would get very drunk again, and again, and again. Sometimes I managed to stay off the sauce for two or three days, but eventually I would hear the familiar words: "This time I will have just one or two. It will be OK."

One morning, after a night of shame, I realized that when I drank I could not control how much I drank and that I was not in control of my actions. When the urge came—no matter how much I wanted to stay stopped—, it was as if someone ordered me to get drunk and I had to follow his orders. At that moment I believed there was some sort of evil spirit that had

power over me. Angrily, I began to pray to God, "Why won't you help me? What do you want from me?"

My priest suggested AA. I heard a voice in my head that said, "Turn yourself in—just take the suggestion." When I got to my first AA meeting I noticed a sign in the wall that read, "The Twelve Steps of Alcoholics Anonymous." I read the First Step; then I looked around at the people in

the room, all sorts of types of people smiling and happily talking to each other. These were people who had been like me, but now were free. I felt I was in the right place at last.

*(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 BEGINNER’S STORY

*(Continued from page 1)*

I know people in AA who have experienced (and continue to experience from time to time) the same doubts, fears, anger, and confusion that we all drank to escape from. We talk and laugh about them, but we no longer have to drink over them. We share real sympathy because we are among people who understand us. First with the people in AA, then with people outside the program, I began to see that I am not so different after all. I am no longer alone; and I am grateful to be me.

-- Elmo - Hollister, California  
Reprinted with permission: [AAgrapevine.org](http://AAgrapevine.org)

FROM A CENTRAL OFFICE VOLUNTEER

Volunteering at the Central Office is a great way to keep me focused on recovery and out of self. The Big Book suggests in Step Ten that when selfishness, dishonesty, resentment and fear crop up, we ask our Higher Power to remove them, and then we “resolutely turn our thoughts to someone we can help.”

That's what we do here. It's another way to share my experience, strength and hope. And I've received so many gifts from this community that it's a way to give back.

*David D.—Nashville, TN*

.....

• Stanley was swaying before the toilet and fumbling •

• through him shirt pocket when a dollar fell out and •

• landed right in the toilet. He thought for a mint •

• wondering if a dollar was worth getting his hands in •

• the disgusting water. •

• Finally he took out a twenty dollar bill and threw it •

• in with the one dollar bill and mumbled as he bent •

• over to retrieve his money. •

• “Twenty-one dollars is definitely worth going •

• after!” •

.....

FROM A CENTRAL OFFICE VOLUNTEER

Volunteering at Central Office has been a treasured part of my life since I was six months sober. It’s a way to be of service, to enjoy fellowship with other volunteers and visitors, and to stay current on new literature.

And I don’t mind saying there’s a purely selfish motive—it helps keep me sober!

Service and a sense of responsibility are great agents of sanity, and sanity is what I’m looking for.

I’d love to remain a volunteer until I just can’t make it to Central Office anymore.

*Rob S.—Nashville, TN*

Note: The Central Office Manager, Charles, would like all to know he is Rob’s 6th Office Manager—now **that** is longevity for a volunteer.

## THE FOUR ABSOLUTES

The Twelve Steps represent our philosophy. The Absolutes represent our objectives in self-help, and the means to attain them. We must approach this objective of the Absolutes humbly. We pray for these things and sometimes forget that these virtues must be earned. The gates of wisdom and truth are closed to those wise in their conceit, but ever open to the humble and the teachable. To discover what is true and to practice what is good are the two highest aims in life. If we would be humble, we should not stoop, but rather we should stand to our fullest height, close to our Higher Power that shows us what the smallness of our greatness is.

### ABSOLUTE HONESTY

The real virtue in honesty lies in the persistent dedicated striving for it both with ourselves and with others, regulated with common sense and kindness. There is no relaxed "twilight zone", it's either full speed ahead constantly or it's not honesty we seek. And the unrelenting pursuit of truth will set you free, even if you don't quite catch up to it. We need not choose or pursue falsity. All we need is to relax our pursuit of truth, and falsity will find us. Honesty is not a policy. It has to be a constant conscious state of mind.

It is not easy to be absolutely honest with ourselves because of what is called the tendency to rationalization. We set our minds to work not upon the facts as they are, but upon the business of inventing reasons for our courses of conduct. The ego plays tricks on us. We are self-deceived.

It is a test of a person's character. And yet how easy it is to lie - even for spiritual people. The willingness to twist a meaning to gain a point, to misquote if the misquotation gains an end, exaggerations to make impressions, a lack of complete truth and misrepresentations in presenting goods for sale. What is at the basis of this looseness with the truth? Is it not often in the fact that we think a lie is sometimes justifiable? Lies are apart from God's Will. If lies are still there, no matter how spiritual we may be, we are still in the old self-defeating life and lower nature.

Please ask yourself, "Is it true or is it false? Are there any conditions under which I will or do tell a lie? Can

I be depended on to tell the truth - no matter the cost? Can I be absolutely trusted in money matters? In my work? With other people's reputations? Are there any areas of my life (currently or when thinking about something that's happened in the past) where I'm NOT dealing with reality or the truth?"

How have I fallen short in what I think, say or do?

### ABSOLUTE UNSELFISHNESS

We must give of ourselves to others in order to maintain our own spiritual growth. It is the sacrifice of ourselves and our own interests to other people's interests without thought of reward.

This is called altruism. To be willing wherever possible to help others who need our help, expecting nothing in return. Please ask yourself, "What am I living for - myself, my own position, money, place, power? Or are my powers at the disposal of another's need? At the disposal of our Creator's Work?" This test comes to the root of the matter. In the final analysis, what controls my actions - self-interest or God-interest? In the depths of my spirit, who gives the final word? Am I self-directed or God directed? Also, are there any laws or rules that I think don't apply to me? Is there anyone in my life or anything about life in general that I think needs to change?

How have I fallen short in what I think, say or do?

### ABSOLUTE LOVE

In giving love, we receive it. But the joy of receiving can never match the real thrill of giving. Love is a spiritually poor man's beginning toward God. Love is "giving of yourself" and unless we do, our spiritual progress will be lost. When love is offered, our Higher Power is there. The will to love is God's Will.

Love is NOT a feeling, it is a DECISION. REAL love is what happens AFTER the feeling of love has gone. Consider these definitions: "Love is the will to extend ourselves for the purpose of nurturing our own or another's spiritual growth," or "Love is the active concern for the life and the growth of that which we love," or "Love is the ability and willingness to allow

*(Continued on page 9)*

## ANNIVERSARIES

### ANY LENGTHS

<i>Crystal S</i>	<i>01.29.19</i>
<i>Dan R</i>	<i>01.01.11</i>
<i>Emily L</i>	<i>01.04.17</i>
<i>Jessie L</i>	<i>01.01.19</i>
<i>Liz B</i>	<i>01.15.06</i>
<i>Michael W</i>	<i>01.09.16</i>

### WOMEN'S SPEAKER

<b>Becky S</b>	<b>01.17.89</b>
<b>Elizabeth M</b>	<b>01.11.79</b>
<i>Jenny H</i>	<i>01.06.08</i>
<b>Merle F</b>	<b>01.28.86</b>
<i>Nancy H</i>	<i>01.28.13</i>

### BACK ROOM

<i>Aram G</i>	<i>01.30.07</i>
<b>Barclay R</b>	<b>01.01.90</b>
<i>Dallas P</i>	<i>01.25.18</i>
<i>Dorothy</i>	<i>01.16.18</i>
<b>Edward S</b>	<b>01.07.99</b>
<i>Erin D</i>	<i>01.26.16</i>
<b>Jerry S</b>	<b>01.29.92</b>
<i>Jordan T</i>	<i>01.31.17</i>
<i>Kodak</i>	<i>01.01.??</i>
<b>Micah K</b>	<b>01.07.00</b>
<i>Miranda C</i>	<i>01.04.12</i>
<i>Tom H</i>	<i>01.24.08</i>



A traffic cop sees a car zooming past with 12 penguins in the back seat. He pulls the car over.

"What do you plan to do with these penguins?" the officer asks.

"I don't know," the driver replies.

"I suggest you take them to the zoo right now," the officer said.

"I'll do that right now," the driver replied.

But the next day, same place, same time, the officer sees the same car zoom past with 12 penguins in the back seat. He pulls the vehicle over and yells,

"I thought I told you to take these penguins to the zoo!"

The driver, confused, stumbles back,

"I... I... I did officer... and today we're going to the movies!"

<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</b>	<b>Susan W</b>	<b>615.202.2498</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>
<b>Newsletter</b>	<b>Pat P</b>	<b>615.574.4412</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: 6:00pm – 7:00pm  
Where: Central Office  
417 Welshwood

### STEERING COMMITTEE

When: Monday Jan—27th  
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



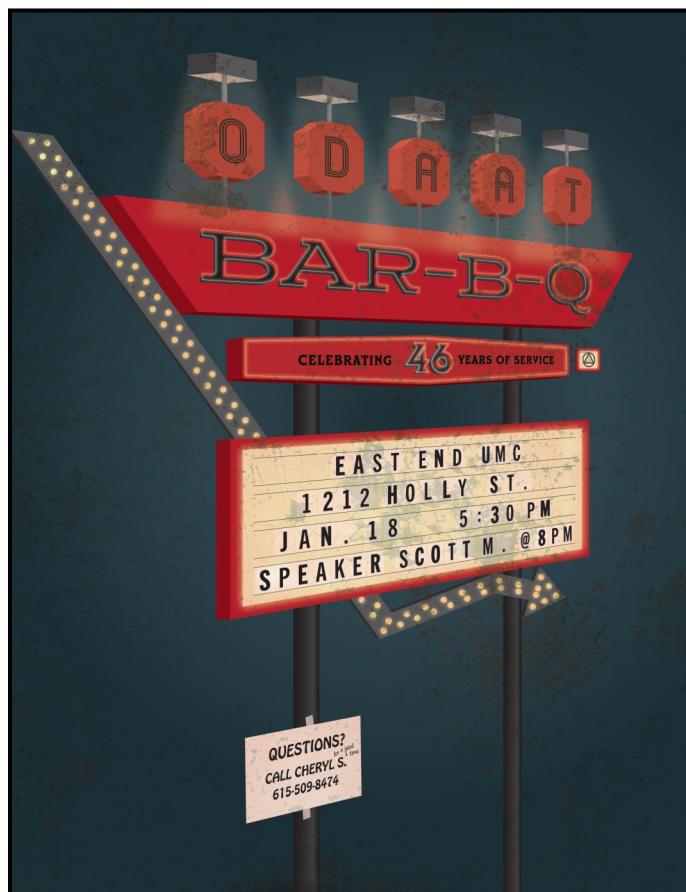
Date: 01/25/2020  
Time: 2:00-4:00 PM

## HISTORY OF A.A. WORKSHOP

- Workshop detailing the history of Alcoholics Anonymous .
- Led By Chris B.
- Bring Potluck Snacks.

*Smyrna Gratitude Group*  
298 Fitzhugh Blvd  
Smyrna Tn 37167

Any questions Andy F. (615) 424-2001



### Chili Cook-Off & Dessert Auction

Supporting District 33 for workshops and future events.

**Saturday, February 22, 2020**

**5:00pm - 9:00pm**

**Speaker William W.**



Please have your chili in a **crockpot**, at the church by **5pm** so it will be warm (thank you), or bring a side dish or salad... and a fancy dessert for the auction!!

**Chili will be judged between 5:30-6:00, Eating at 6-7, Auction at 7-8, Speaker 8-9.**

**4th Av. Church of Christ**

117 4th Ave N  
Franklin TN 37064

**Parking off of 5th Ave in back of church and at St. Paul's church across the street.**

**Questions??? Want to sign up to help??**

**Call Tammy 615-775-2070**



## 32nd Annual "FREEDOM FROM BONDAGE" Area 51 AA Corrections Conference

**March 13, 14, & 15, 2020**

Hampton Inn & Suites  
200 Columbus Dr.  
Aberdeen, NC 28315  
(Just off US 15 501 Hwy)

### Pre-Registration for Conference

\$15.00 per person before February 28, 2020  
\$18.00 at the door

### Online Pre-Registration

Starts on November 1st, 2019  
<https://aanorthcarolina.org/corrections/>

### Hotel Registration

Hampton Inn & Suites  
200 Columbus Dr.  
Aberdeen, NC 28315  
Room reservations:  
(910) 693-4330 -or- online at:  
[https://hamptoninn.hilton.com/en/hp/groups/personalized/S/SPNCHX-FFB-20200313/index.html?WT.mc\\_id=POG](https://hamptoninn.hilton.com/en/hp/groups/personalized/S/SPNCHX-FFB-20200313/index.html?WT.mc_id=POG)  
Code: **FFB**

Rate: \$104-Standard Room, \$124-Studio Suite  
Cut-off for special rate: February 28, 2020

(Cut here)

### Agenda

- Speakers
- Panels
- Workshops
- Fellowship
- All the coffee you can drink!
- "Sweet Treats"

### For more information

E-mail: [corrections@aanorthcarolina.org](mailto:corrections@aanorthcarolina.org)  
305-972-7979

**32nd Annual Freedom from Bondage**  
Area 51 AA Corrections Conference  
Pre-Registration rate before February 28, 2020 - \$15.00

Name: \_\_\_\_\_ Name on Badge: \_\_\_\_\_  
Name: \_\_\_\_\_ Name on Badge: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip: \_\_\_\_\_  
Telephone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-mail: \_\_\_\_\_  
# of AA's: \_\_\_\_\_

Make checks payable to:  
CFC and mail to  
CFC  
P.O. Box 1201  
Mebane, NC 27302

**Middle Tennessee Intergroup Association**  
**Statement of Activities - Actual and Budgeted - Schedule 1**  
For the Eleven Months and Year Ended November 30, 2019

	November 2019			YTD 2019		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
<b>Income</b>						
Net Literature Sales	1,910.93	2,528.00	(617.07)	29,397.96	27,808.00	1,589.96
Group Donations	3,889.23	6,500.00	(2,610.77)	77,671.58	71,500.00	6,171.58
Individual Donations	715.11	-	715.11	4,755.17	-	4,755.17
Messenger Donations	-	15.00	(15.00)	94.00	165.00	(71.00)
Website Donations	-	708.00	(708.00)	-	7,788.00	(7,788.00)
Special Events	8,725.00	708.00	8,017.00	10,550.00	7,788.00	2,762.00
Interest	31.73	119.00	(87.27)	427.33	1,309.00	(881.67)
<b>Total Income</b>	<b>15,272.00</b>	<b>10,578.00</b>	<b>4,694.00</b>	<b>122,896.04</b>	<b>116,358.00</b>	<b>6,538.04</b>
<b>Expenses</b>						
Casual Labor	200.00	200.00	-	2,200.00	2,200.00	-
Payroll	7,590.38	5,871.00	1,719.38	64,923.04	64,581.00	342.04
Legal & Professional	350.00	350.00	-	3,850.00	3,850.00	-
Rent	996.00	1,046.00	(50.00)	10,968.50	11,506.00	(537.50)
Printing	-	50.00	(50.00)	1,174.83	550.00	624.83
Payroll Taxes	491.44	449.00	42.44	5,596.03	4,939.00	657.03
Repairs & Maintenance	-	50.00	(50.00)	-	550.00	(550.00)
Equipment Rental	107.71	75.00	32.71	1,187.68	825.00	362.68
Telephone & Fax	469.75	475.00	(5.25)	5,117.34	5,225.00	(107.66)
Answering Service	187.88	217.00	(29.12)	2,316.96	2,387.00	(70.04)
Postage	115.60	134.00	(18.40)	1,312.36	1,474.00	(161.64)
Office Supplies	114.11	183.00	(68.89)	1,463.18	2,013.00	(549.82)
Bank Service Charges	40.00	-	40.00	440.00	-	440.00
Computer & Technology	76.48	276.00	(199.52)	1,397.97	3,036.00	(1,638.03)
Intergroup Expense	18.31	210.00	(191.69)	2,004.01	2,310.00	(305.99)
Insurance	-	200.00	(200.00)	1,843.00	2,200.00	(357.00)
Special Events	4,195.13	375.00	3,820.13	4,343.13	4,125.00	218.13
Travel	-	417.00	(417.00)	3,982.59	4,587.00	(604.41)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	0.02	-	0.02
<b>Total Expenses</b>	<b>14,952.79</b>	<b>10,578.00</b>	<b>4,374.79</b>	<b>114,120.64</b>	<b>116,358.00</b>	<b>(2,237.36)</b>
<b>Net Income</b>	<b>319.21</b>	<b>-</b>	<b>319.21</b>	<b>8,775.40</b>	<b>-</b>	<b>8,775.40</b>



### 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**

**37143 Highway to Hope - Thurs 7p OD**

**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**

**37221 Wake Up - Sat 7a**

**CANCELLED GROUPS OR MEETINGS**

37013 S.W.A.T.T.  
 37014 Downtown Triune Group  
 37030 Smith County Friendship  
 37087 Back to Basics - Lebanon  
 37110 Bar None  
 37115 WTF - Serenity House  
 37130 The Show Group  
 37174 Spring Hill Nooners  
 37208 Together We Can  
 37208 Spiritual Living  
 37209 Street Sweepers  
 37211 By the Book  
 37211 Mid-Day Women  
 37211 She Speaks  
 37212 I Am One Of Those Too  
 37214 Hell Relief  
 37218 Lions Den  
 37232 Recovery Group - Vanderbilt  
 37398 Great Day Group  
 38242 Lake Area Group  
 38401 Columbia AA Women's Basement Bunch

**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 McMinnville Serenity last Fri- Pamphlet Study  
 37110 McMinnville Serenity Sun now 7p OD/Lit  
 37110 Keep It Simple - Mon Night  
 37110 McMinnville Serenity Sun 7p  
 37128 The Camels Mon now 6p CD  
 37130 New Beginnings Cancel Sat 11a  
 37172 Robertson County - Cancel Mon & Wed 7p  
 37174 Spring Hill RUTS Tues & Thurs now 1:30p OD  
 37214 Young & Sober - Sun 6p  
 37219 Downtown 11:30 Lunch - Cancel Fri Only  
 37388 AA Meeting Cancel Tue & Thu 5:30  
 38464 Lawrenceburg - Sat Now 6p OD  
 38501 Live and Let Live - Mon, Tue, Thurs now 7p  
 38551 Celina Meeting time are now 7p

**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 - 1st United Methodist Ch 148 5th Ave S Basement  
 37076 SSS Group now at Hermitage United Meth Ch 205 Belinda Dr.  
 Keep It Simple St Matthews Ch 105  
 37110 Edgewood Ave T - Mon & Tues 7p OD/Lit - Thu & Sat 7P OD

**NEW GROUPS / MEETINGS**

37027 Sunday Evening Holy Name Catholic 9100 Crockett Rd Sun 4p CD/Wmn  
 37027 New Hope Community Ch 605 Wilson Pike Mon 8p CD  
 37064 Southern Hills AA Southern Hills Ch of Christ 2508 Goose Neck Bypass Mon 5:15 OD  
 Out of the Fog/Out of the Bog Pinkerton  
 37069 Park, Franklin First United Meth Ch 120 Alders gate Way Mon - Fri 6:30a OD  
 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 11:30 a CD/Wmn  
 37091 Primetime Men's Serenity House 440 College St Mon 7:30p CD/CS/Men  
 Step Sister's Lunch Brunch Big Book Serenity  
 37091 House 440 College St Sat 11am OD/WMN/LIT  
 37129 Primary Purpose - Blackman United Meth 4380 Mason Pike 7p Wed OD/Lit  
 Gratitude Smyrna Air Base 298 Fitzhugh at  
 37167 10th Ave - Mon - 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 Ch 1211 Riverside Drive - Tues 7pm OD/Lit  
 38208 Fri Night Live Ch of the Assumption 1227 7th Ave N  
 Recovery First - Craft Memorial Meth CH  
 38401 907 Hatcher Lane 11am - M & F OD, 11am W - OD/Lit  
 38501 Women in Recover - 122 S Madison Ave - Thur Noon OD/Wmn - Sat 10a OD/Wmn  
 38501 Group Weekend Recovery 122 South Madison Ave Fri 8:30p OD/Candlelight  
 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

**MOVES**

37172 Robertson County - United Way Office 100 5th Ave West Springfield  
 Harding Rd - St Georges Epis Ch Hampton  
 37205 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.  
 38501 Way Out Unitarian Church 31 West 1st St  
 38585 Spencer Mountain Group - 427 College St



## STEP 12

Can you find the words located in the Four Absolutes?

ABSOLUTES	PHILOSOPHY	OBJECTIVES	SELF-HELP	MEANS	ATTAIN
APPROACH	HUMBLY	PRAY	THINGS	VIRTUES	EARNED
GATES	WISDOM	TRUTH	CLOSED	CONCEIT	TEACHABLE
HIGHEST	AIMS	HONESTY	UNSELFISHNESS	LOVE	PURITY
	RECEIVING	REALITY	SPIRITUALITY	GROWTH	

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



## THE FOUR ABSOLUTES

*(Continued from page 3)*

people to be who, and what they choose for themselves, without any insistence that they satisfy us." The Oxford Group defined love thus: "Love endures long and is patient and kind, love never is envious nor boils over with jealousy, it does not boast and it is not proud. It does not act unbecomingly, it is not rude, it is not self-seeking, it is not easily angered, and it keeps no record of wrongs. It does not rejoice at injustice and unrighteousness, but rejoices when right and truth prevail. Love bears up under anything and everything that comes, is ever ready to believe the best of every person, its hopes are fadeless under all circumstances and it endures everything without weakening.

Love never fails, never fades out or becomes obsolete or comes to an end." Please ask yourself, "Is it based in faith or fear? Am I easily offended or am I loving? Do I lose my temper? Am I quick to sense slights? Or am I taking the attitude of love which refuses to be offended?" Bad tempered, touchy and quarrelsome spiritual people do as much to hold back our Creator's Work as liars and thieves.

How have I fallen short in what I think, say or do?

### ABSOLUTE PURITY

Our problem here is the unrelenting desire to do that

which is right. It is flawless quality. Knowing what is right means little until we DO what is right. Were we to contemplate the peace and contentment that a pure conscience would bring to us, and the joy and help that it would bring to others, we would be more determined about our spiritual progress. Giving our all in its constant pursuit, will make us free even though we never quite perfect it.

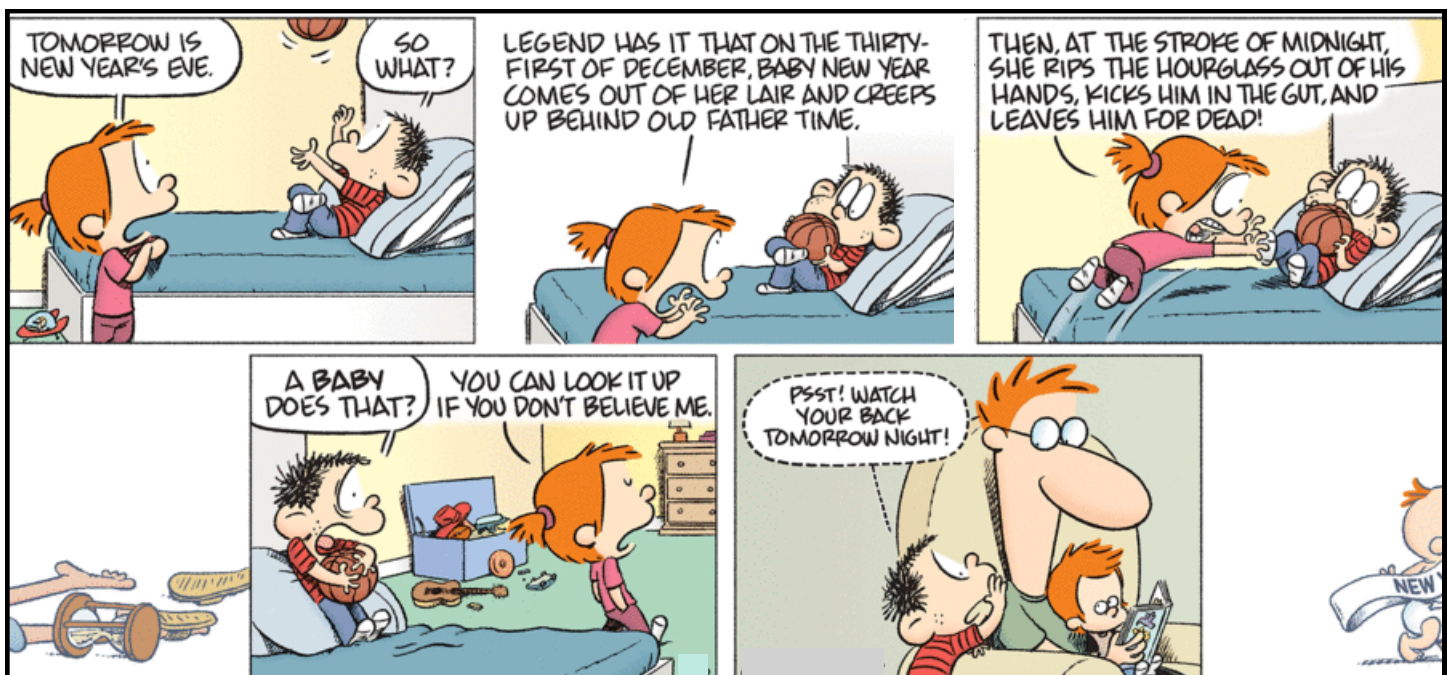
Purity of mind, of body and of purpose. True wisdom is thinking with the end in mind; it's the perfect combination of knowledge and love. A clean mind in a clean body that embraces clean conduct in business, in work and play, our use of our possessions, our attitudes toward relations with those we're sexually attracted to, friends and acquaintances, as well as in my habits. Purity means we do not manipulate, or seduce, or pre-program, or project hidden agenda's onto anyone or anything.

Please ask yourself, "Is it right or is it wrong? Are my motives pure in all of my affairs? Do I take good care of my body? Am I entertaining sexual lusts in act or in thought?" Do we have a problem with pornography? We may not be in the gutter but is the gutter in us?

How have I fallen short in what I think, say or do?

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*Cleveland Central Committee of A.A.*



<b><i>YOUR GROUP CONTRIBUTIONS</i></b>
--

GROUP/MEETING	NOV	YTD
24 HOUR		1,100
3 LEGACIES		30
86'ers		499
ALGOOD 12 STEPS TO FREEDOM		150
ANONYMOUS	95	609
ANY LENGTHS		40
AREA 64		64
BACK TO THE BIG BOOK		190
BACKROOM		4,007
BASEMENT BUNCH, COLUMBIA		471
BASEMENT BUNCH, MURF	80	80
BRENTWOOD FULL MOON		891
BY THE BOOK, DICKSON		368
CAME TO BELIEVE	29	218
CELEBRATE SERENITY		500
CHICKEN PLUCKERS		100
CLARK STREET		200
COLUMBIA	20	200
COMFORT ZONE		685
COMMUNICATIONS		200
COOL SPRINGS NEWCOMERS		200
CROSSVILLE AA		100
CROSSVILLE MON NIGHT		22
CROSSVILLE STEP		30
DAVIDSON RD		4,500
DEKALB		200
DICKSON		300
DISTRICT 9		750
DOUBLE DIPPERS (CROSSVLE)		95
DOWNTOWN LUNCH		759
DRUNKS IN THE PARK		400
EAST HICKMAN		50
EAST NASHVILLE 86'ERS		546
EAST SIDE SATURDAY		1,051
EASY DOES IT		500
ESTILL SPRINGS BIG BOOK		25
EVERY WOMAN HAS A STORY		398
FAIRFIELD GLADE		144
FAYETTEVILLE		60
FELLOWSHIP		50
FIRST THINGS FIRST		751
FOR LADIES ONLY		11
FRANKLIN	1,145	3,645
FRANKLIN FELLOWSHIP		600
FRANKLIN 4TH BB STUDY		700
FRANKLIN MEN'S		600
FRANKLIN ROAD WOMEN'S		456
FREE TO BE		328

GROUP/MEETING	NOV	YTD
FREEDOM FROM BONDAGE		20
GALLATIN AA	25	50
G.O.D. SPRING HILL		150
GOODLETTSVILLE		200
GRATITUDE		40
GROUP OF DRUNKS		95
HAPPY DESTINY		25
HAPPY HOUR	60	60
HAPPY HOUR - LEWISBURG		30
HARDING RD		450
HERMITAGE		400
HIGH NOON		350
HIGHER POWERED	30	40
HOPE PARK		127
HOPE PARK LITERATURE		86
HOW IT WORKS		262
HUNT CLUB		330
HUT		50
KEEP IT SIMPLE		379
KEEP IT SIMPLE BELLEVUE		98
KEY TO SOBRIETY	300	1,400
KICKOFF ISN'T UNTIL NOON		1,005
LADIES NIGHT OUT		25
LAFAYETTE		25
LAMBDA		375
LATE LUNCH BUNCH		2,500
LAWRENCEVILLE		75
LET IT HAPPEN		200
LIFE SAVERS		200
LIVING BY THE PRINT		600
LIVINGSTON 12x12		75
MADISON STREET		10
MID-DAY BREAK		900
MT. JULIET FELLOWSHIP	100	300
MURFREESBORO	15	165
MUSIC CITY ROW		90
MUSTARD SEED		500
NEEDED MEETING		100
NEW HOPE	60	60
NEW LIFE	83	83
NIPPER'S CORNER	51	94
NO NONSENSE		100
NORTHSIDE		100
NORTHSIDE , CLARKSVILLE		100
N.O.W.		208
ONE DAY AT A TIME		629
ONE STEP CLOSER	383	1,163
OUT TO BREAKFAST BUNCH		378
PAGE 112		165

GROUP/MEETING	NOV	YTD
PAY DAY		230
PEACHTREE		166
PORTLAND UNITY		15
PRIMARY PURPOSE		251
PRIMETIMERS		50
PULASKI	5	50
RECOVERY ON THE ROW		811
RECOVERY ROAD		45
RIGHT DIRECTION		271
ROAD OF HAPPY DESTINY		50
RUSHH HOUR		92
RUTS		500
SAFE HARBOR		100
SAFE PLACE		130
SANGO SOLUTIONS		30
SATURDAY NIGHT ALIVE	20	180
SECOND MOUSE GETS THE CHEESE		300
SEEKING SANITY		585
SHADE TREE		6,928
SISTERS OF SOBRIETY		129
SISTERS IN SOBRIETY, CROSSVILLE		62
SMYRNA GRATITUDE	439	4,868
SOBRIETY FIRST LEBANON	400	700
SPRING HILL		232
SPIRITUAL WARFARE		425
SSS, HERMITAGE		397
ST. AUGUSTINE, VANDERBILT		300
STRAGGLERS		755
SUNDAY 10AM, CROSSVILLE		124
THERE IS A SOLUTION	40	40
THREE LEGACIES		55
TRINITY		100
TRUDGING THE ROAD		800
TURNING POINT		890
UNCOMMON WOMEN		225
UNITED		800
UNITY AT 6	10	70
WAKE UP		194
WAVERLY	60	180
WED NIGHT 12 STEPS, ALGOOD		20
WEST NASHVILLE	58	140
WESTMINSTER		600
WHITE HOUSE		125
WINNERS & BEGINNERS		765
WINNERS & BEGINNERS, BRENTWOOD	232	232
WOMEN IN THE SOLUTION	50	230
WOMEN'S FREEDOM		655
WOMEN'S OPEN DOOR		170

GROUP/MEETING	NOV	YTD
WOMEN'S SPEAKER		288
WOODBINE	10	50
<b>GROUP TOTALS TO DATE</b>	<b>3,889</b>	<b>77,672</b>
INDIVIDUALS	715	4,033
MESSENGER		94
"LIGHTNING " HESTER		
MEMORIAL		232
RUSSELL WINGO MEMORIAL		390
COLLOM MEMORIAL		100
<b>COMBINED TOTALS TO DATE</b>	<b>4,604</b>	<b>82,521</b>



**WHY WAS 6  
AFRAID OF 9  
ON NEW  
YEAR'S EVE?**

★  
**Because 9, 8, 7 ...**

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