

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

\$ 1.00

## **THE BEDROCK OF AA**

JUNE 2020

### **A member wonders if the Traditions are given short shrift**

I began my recovery journey in Cleveland a few 24 hours ago. Back then, we had meetings in which members read and discussed the Steps and Traditions. To me, it seems today that the Traditions have become some kind of dinosaur that we feel obliged to mention. Group Conscious meetings vote to agree to read just "the Tradition of the month." Is this because we are so pressed for time or because the Traditions are not that important?

***The Traditions are the glue that hold our program together.*** They are to group recovery and conduct as the Steps are to individual recovery and conduct. Without the Traditions, we would rapidly devolve into a chaotic mess of individual wills and egos.

I saw an example of this recently at a meeting. Someone asked permission of a group secretary to "suspend" the Traditions in order for an announcement to be made asking support for a local sober club.

I was dumbfounded. And because the individual is an old-timer, he was given the floor. We have no rock stars in AA. Because she was new, perhaps the secretary felt blindsided or didn't know how to handle the situation. As a guest at the meeting, I held my comments. However, in retrospect, I know that I did not do service to anyone that day—not to

that individual, not to the rest of the meeting, not to myself, and certainly not to the Traditions.

I have since learned that the appropriate response would have been for Tradition Six to be cited with a gentle reminder that anyone is free to talk to individuals about outside matters after a meeting.

The next week at my home group, a flyer was read announcing a sober club with no reference to a specific meeting. In the Group Conscious meeting that was scheduled after the meeting, I brought this up and read the long form of Tradition Six. I felt people did not understand or care about the issue.

Using the Traditions as a guideline in our conduct in groups is one way we can "practice these principles in all our affairs." I appreciate that my sponsors gave me a sense of the importance of the Traditions to my personal recovery as well as to the survival of the AA. The Traditions were put in place to insure that the AA would transcend individual egos and personality clashes. If we keep the Traditions in the forefront of our learning and growing as recovering alcoholics, perhaps they will become less of an endangered species and remain the vital glue that binds us together.

*Deb—Reprinted with permission  
Grapevine.org*

Central Office—417 Welshwood Dr., # 207, Nashville, TN 37211, Mon-Fri, due to Covid19 we are closed, please call (615) 832-1136 for updates. 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)

## Contents

On the Cover  
THE BEDROCK OF AA

MR POTATO HEAD  
Page 2

PUZZLE  
Page 3

INTERGROUP  
OFFICERS  
Page 4

CARTOONS & JOKES  
Page 5

PHYSICALLY  
DISTANCED  
Page 6

PRINCIPLES  
Page 7

FINANCIALS  
Page 8

MEETING CHANGES  
Page 8 & 9

CONTRIBUTIONS  
Page 10 & 11

## Mr. Potato Head

**A feud over Mr. Potato Head brewed at work until he realized that his sobriety came first**

Recently, I passed the one-year mile marker on my road to recovery from alcohol. In early sobriety, I committed to myself to not make any major changes during the first year. This included relationships, careers and geographical changes. I didn't question the wisdom of the old-timers. I knew I had only one "first" time and thought I owed it to myself to try.

I had started a new job just prior to my last drunk. Several times in this job I found myself riddled with anxiety and wished I could quit. In retrospect, it was always minor. As with many sales jobs, competition is a vital part, as well as sales incentives. A few months into my sobriety, an incentive was introduced involving Mr. Potato Head. For each product sold, the salesperson would get a piece of Mr. Potato Head. You then took your arm, or lips, or whatever, retrieved the toy from

whoever had him, and added your body part.



He was yours until someone else sold another product. There was an added bonus if you were in possession of Mr. Potato Head when the vendor rep called: you would get \$25 gift check. One day, I was very proud to be the current holder of a potato with a pair of eyes.

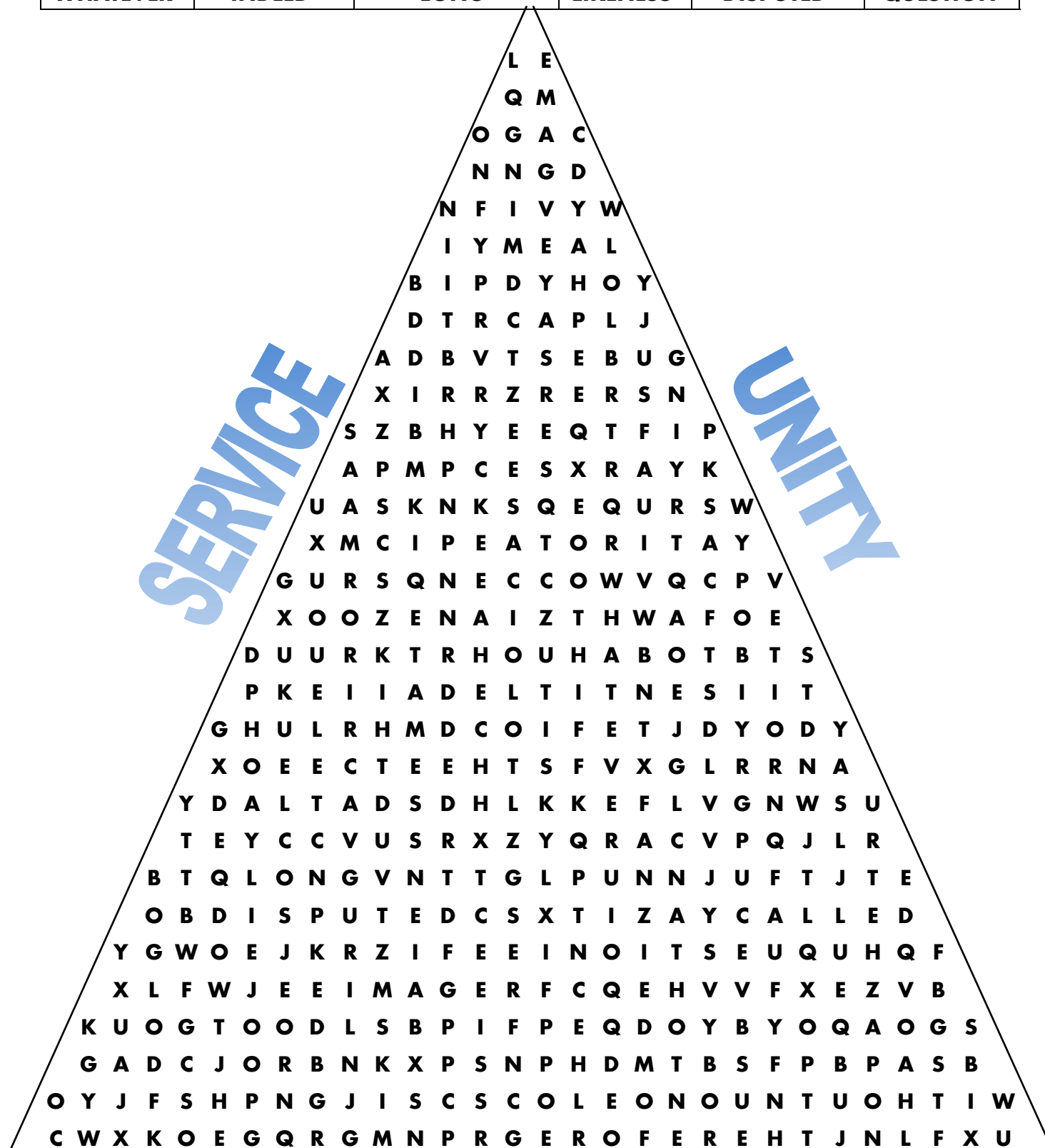
(Continued on page 4)

## Recovery Tattoo of the Month



**CAN YOU FIND THE WORDS BELOW THAT COME FROM STEP SIX IN THE 12x12?**

<b>ENTIRELY</b>	<b>READY</b>	<b>REMOVE</b>	<b>WAY</b>	<b>SPIRITUALLY</b>	<b>THEREFORE</b>
<b>DEFECTS</b>	<b>CHARACTER</b>	<b>SEPARATES</b>	<b>ENTITLED</b>	<b>CALLED</b>	<b>SINCERELY</b>
<b>WITHOUT</b>	<b>ANY</b>	<b>RESERVATIONS</b>	<b>TRYING</b>	<b>GROW</b>	<b>IMAGE</b>
<b>WHATEVER</b>	<b>INDEED</b>	<b>LONG</b>	<b>LIKENESS</b>	<b>DISPUTED</b>	<b>QUESTION</b>



**RECOVERY**

## Mr. Potato Head

*(Continued from page 2)*

I was proud and happy, until a coworker came to me "looking for the tater" with news he had sold something. I explained to him he was suppose to have an ear, or glasses, or some other vital part of a potato, and then he could have Mr. Potato Head. He took him anyway! He said the manager had told him to get him and then get his body part. And wouldn't you know it! Not even five minutes later, the announcement came over the PA system, "Whoever has Mr. Potato Head, please pick up line 2. The vendor rep is waiting to speak with you."

Being an alcoholic in early sobriety, my mind raced. I thought about how all of the people I worked with were out to get me and none of them wanted me to succeed. I was new, and an outsider, and was just filling a spot until someone they really wanted was available. I thought about all of the sales they were secretly stealing from me. I was certain they were saying bad things behind my back. Most importantly, they were trying to keep me from my \$25 bonus.

It didn't take too long for me to realize that I was fairly safe in my job. Everyday I suited up and

showed up. I didn't come to work late or back from lunch late. I had good sales numbers. And I realized how insane my thinking had been. And, more importantly, even if someone was trying to keep me from \$25, my sanity was worth far more than \$25.

I tried to call my sponsor. He was in a meeting. I tried to call someone else in the program. It went straight to voicemail. I could have left a message and either one would have called me back as soon as they had gotten the message. Instead, I called a new guy in AA who had less time than I did. Not to talk about me, but to talk about him.

Getting out of my head to help another alcoholic then and now has been the best medicine for my alcoholic thinking. I have also realized that HP is taking care of me. He will see to my finances so I don't have to be anxious. If I had quit AA during my first year of sobriety, I could have missed out on the lesson learned from a potato

Greg P. Charlottesville, VA

Reprinted with permission: aa.org

<b>Chairperson</b>	<b>Garrett D</b>	<b>615.957.7674</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>Joe C</b>	<b>615.491.1824</b>
<b>Secretary</b>	<b>Lindsey T</b>	<b>615.260.6295</b>
<b>Treasurer</b>	<b>Butler M</b>	<b>225.226.5457</b>
<b>Public Information/Cooperation with the Professional Community</b>	<b>Steve M</b>	<b>865.567.6734</b>
<b>Accessibility Committee</b>	<b>Jennifer S</b>	<b>615.717.7682</b>
<b>Corrections</b>	<b>Stephen T</b>	<b>615.926.9467</b>
<b>Treatment Facilities</b>	<b>Darin M</b>	<b>615.423.2620</b>
<b>Events Chair</b>		
<b>Archives</b>	<b>Don M</b>	<b>615.708.7957</b>
<b>Sobriety Dinner</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 Apr—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





## Coronavirus throat spray



A new employee stood before the paper shredder looking confused. Chuck stumbled by and asked, "Need some help?"

"Yes" she replied, "how does this thing work?"

"Simple," Chuck replied. He took her papers and fed them into the shredder. "There you are" he said.

She asked, "But where do the copies come out?"

First day back at school after lockdown 🤔😞🧑🏫🤨



Jim and Bob were sitting beside a large beer truck at a red light on an extremely hot summer day. On the side of the truck was a picture of a thirst quenching, cold looking, bottle of beer.

Jim looked at Bob and said, "Wow, wouldn't you love to have one of those?"

"You bet," replied Bob, "But where would we hide a whole truck?"



## The Alcoholics Anonymous Message Carries On Amid Coronavirus (COVID-19) (from aa.org)



May 11, 2020

A.A. in the digital age has certainly taken on a new meaning in these challenging times. Alcoholics Anonymous is not a place or an event; it exists in the hearts, minds and help freely offered by its members.

Most recently, Coronavirus (COVID-19) has affected many A.A. groups that normally would meet in-person. The General Service Office (G.S.O.) of Alcoholics Anonymous U.S./Canada, which functions as a repository for A.A. members and groups who are looking for shared experience from the A.A. Fellowship, has some general experience to share regarding this issue.

Some A.A. members have shared that meeting online has been an adjustment and has at times had its challenges. Adhering to state/provincial and federal guidelines, many A.A. members have switched from “in-person” meetings to digital meetings, on platforms such as Zoom, Google Hangouts, Conference Calls, GoToMeeting and What's App, allowing the group to continue to focus on A.A.’s primary purpose: to carry its message of recovery to the alcoholic who still suffers.

In a sense, however, this current experience is not necessarily new for A.A. From its earliest beginnings, the A.A. founders recognized the need to reach beyond the face-to-face transmission of the A.A. message, giving rise to the development of A.A.’s basic text, the book *Alcoholics Anonymous*. This book and other A.A. materials which are widely available on multiple platforms – digital, audio and video – has literally circled the globe and opened the door to recovery for thousands of alcoholics looking for help. Even prior to this pandemic many A.A. members around the world – whether homebound, living in remote areas, or service members stationed in far-flung places – have counted on participating in A.A. remotely through [A.A. literature](#), phone calls with other members, correspondence by letter or email and meetings online.

While many A.A. members are for the first time

reporting the shift from in-person meetings to digital platforms, for many alcoholics around the world, remote connections and digital platforms are how they initially encountered and maintain their recovery in A.A. even prior to the pandemic.

Many A.A. groups have shared with G.S.O. that they are now finding great connection in digital meetings and want to offer that same experience to anyone who has yet to attend their first meeting.

There are a number of other A.A. resources as well and those seeking help with a drinking problem can get local A.A. information through G.S.O.’s website [https://www.aa.org/pages/en\\_US/find-aa-resources](https://www.aa.org/pages/en_US/find-aa-resources) or download G.S.O.’s free of charge A.A.W.S. [Meeting Guide App](#).

Another resource is AA Grapevine, the publisher of the International Journal of Alcoholics Anonymous. Its purpose is to provide A.A. member sharing through its magazines (in English and Spanish), websites, audios, and e-books. Members share on topics related to recovery, including recovery on digital platforms. Often referred to as A.A.’s “meeting in print,” AA Grapevine communicates the experience, strength and hope of its contributors and reflects a broad geographic spectrum of current A.A. experience. *For more information visit:* <https://www.aagrapevine.org/we-are-here-to-help>

*For information on the A.A. Online Intergroup* <https://www.aa-intergroup.org/>

*Understanding Anonymity:* [https://www.aa.org/pages/en\\_US/understanding-anonymity](https://www.aa.org/pages/en_US/understanding-anonymity)

---

*Note: G.S.O. is not an authoritative body over A.A. groups, nor does it initiate rules or directives, as each A.A. group and entity is autonomous and decisions are made through an individual group conscience. Providing guidance on health issues is outside the scope of the A.A. sharing that G.S.O. offers.*

### What Is A.A.?

Alcoholics Anonymous is an international fellowship of people who have had a drinking problem. It is non-professional, self-supporting, all gender, multiracial and apolitical. Membership is open to anyone who wants to do something about their drinking problem. For additional information visit the [Press/Media](#) page at [www.aa.org](http://www.aa.org).

Over the years we have all heard “How it works” read in meetings. On Page 60 it says - No one among us has been able to maintain anything like perfect adherence to these principles.

From experience in early sobriety, I would always ask, What are these principles? People would just answer with “the steps”. For me and others this was overwhelming, then I found someone who gave me these simple one word principles. You may have other “principles” for these steps, traditions, or concepts, these are only suggestions. Something we also hear in the rooms:

### **KEEP IT SIMPLE**

#### **Principles for the Twelve Steps**

1. Honesty (some say acceptance and surrender)
2. Hope
3. Faith (some say open-mindedness)
4. Courage (some say is action)
5. Integrity
6. Willingness (some say patience)
7. Humility (some say tolerance)
8. Brotherly Love (some say forgiveness)
9. Justice (some say is discipline)
10. Perseverance
11. Spirituality (some say awareness or unselfishness)

#### **Principles for the Twelve Traditions**

1. Unity
2. Group Conscience
3. Recovery
4. Autonomy
5. Primary Purpose
6. Singleness of Purpose
7. Responsibility
8. Service
9. Spiritual Simplicity
10. Humility
11. Attraction

#### **Principles for the Twelve Concepts**

1. Responsibility - ultimate authority of AA is the groups
2. Reliance - GSC is the active voice of AA
3. Trust - Right of Decision
4. Participation - Right of Participation
5. Democracy - Right of Appeal
6. Accountability - Chief initiative is to be guardians of Traditions
7. Balance - balance of power - traditions and AA purse
8. Consistency - custodial oversight and administration of AA
9. Vision - trusted leadership by example
- 10 Clarity - responsibility matched by authority
11. Respect - rotation and participation
12. Spirituality - Spirit of AA tradition through 6 warranties:
  1. Never become seat of perilous wealth or power
  2. Prudent financial principle
  3. Never shall one be placed in unqualified authority over any others
  4. Decisions by substantial unanimity
  5. Actions shall never be personally punitive or incitement to public controversy
  6. Conference never to perform any acts of government should remain democratic in thought and actions.

*Anonymous  
Just Love Audio.com*

**Middle Tennessee Intergroup Association**  
**Statement of Activities - Actual and Budgeted - Schedule 1**  
For the Month and Year Ended April, 2020

	April 2020			YTD 2020		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
<b>Income</b>						
Net Literature Sales	334.39	2,783.00	(2,448.61)	8,415.56	11,132.00	(2,716.44)
Group Donations	4,004.47	6,939.00	(2,934.53)	26,507.38	27,756.00	(1,248.62)
Individual Donations	1,864.04	525.00	1,339.04	2,850.99	2,100.00	750.99
Messenger Donations	-	12.00	(12.00)	12.00	48.00	(36.00)
Website Donations	-	-	-	-	-	-
Special Events	-	708.00	(708.00)	-	2,832.00	(2,832.00)
Interest	8.79	184.00	(175.21)	2,277.89	736.00	1,541.89
<b>Total Income</b>	<b>6,211.69</b>	<b>11,151.00</b>	<b>(4,939.31)</b>	<b>40,063.82</b>	<b>44,604.00</b>	<b>(4,540.18)</b>
<b>Expenses</b>						
Casual Labor	200.00	242.00	(42.00)	925.00	968.00	(43.00)
Payroll	6,047.00	6,047.00	-	24,188.00	24,188.00	-
Legal & Professional	350.00	350.00	-	1,400.00	1,400.00	-
Rent	946.00	1,046.00	(100.00)	3,934.00	4,184.00	(250.00)
Printing	-	50.00	(50.00)	-	200.00	(200.00)
Payroll Taxes	463.78	463.00	0.78	1,387.78	1,852.00	(464.22)
Repairs & Maintenance	-	25.00	(25.00)	-	100.00	(100.00)
Equipment Rental	93.64	116.00	(22.36)	387.44	464.00	(76.56)
Telephone & Fax	447.38	475.00	(27.62)	1,813.97	1,900.00	(86.03)
Answering Service	162.00	216.00	(54.00)	694.81	864.00	(169.19)
Postage	133.53	137.00	(3.47)	584.01	548.00	36.01
Office Supplies	110.60	208.00	(97.40)	382.59	832.00	(449.41)
Bank Service Charges	40.00	40.00	-	160.00	160.00	-
Credit Card Service Charge	31.75	-	31.75	49.53	-	49.53
Computer & Technology	76.48	416.00	(339.52)	2,232.14	1,664.00	568.14
Intergroup Expense	-	150.00	(150.00)	346.98	600.00	(253.02)
Insurance	-	200.00	(200.00)	1,298.00	800.00	498.00
Special Events	-	375.00	(375.00)	-	1,500.00	(1,500.00)
Travel	-	583.00	(583.00)	-	2,332.00	(2,332.00)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	12.00	(12.00)	-	48.00	(48.00)
Over/Under	0.27	-	0.27	29.82	-	29.82
<b>Total Expenses</b>	<b>9,102.43</b>	<b>11,151.00</b>	<b>(2,048.57)</b>	<b>39,814.07</b>	<b>44,604.00</b>	<b>(4,789.93)</b>
<b>Net Income</b>	<b>(2,890.74)</b>	<b>-</b>	<b>(2,890.74)</b>	<b>249.75</b>	<b>-</b>	<b>249.75</b>

### CHANGES TO MEETINGS

**37040 Clark Street—no Thurs 5p**

**37091 Happy Hour—no Sat 5:30**

**37110 McMinnville Serenity last Fri- Pamphlet Study**

**37115 Search for Serenity—Mon Noon now OD/ +ALN—Thurs Noon now OD**

**37174 Spring Hill RUTS Tues & Thurs now 1:30p OD**

**37203 Just for Today Now 6p**

**37214 Young & Sober - cancel Fri 7p**

### MEETINGS ADDED

**37042 Northside - Tue & Fri 8p CD/Aln**

**37083 Lafayette New Hope—Sun 4p OD**

**37091 Happy Hour—Wed 5:30p OD**

**37110 McMinnville Serenity Sun 5p OD/LIT**

**37174 Spring Hill Nooner—Sat Noon OD/LIT/ +ALN & Wed Noon OD/LIT**

**37203 Many Paths - Thurs Noon OD**

**37203 Smart Feet Friendship House—Mon 7:30am OD/LIT**

**37209 Women in Recovery - Fri 8p OD/Wmn/Lit**

**37216 East Nashville's 86ers Sat Noon OD**

**38501 How it Works - Mon, Tue, Thurs now 7p**



**NEW GROUPS / MEETINGS**

Gratitude & Hope—Ch of  
37069 Resurrection 1216 Sneed Rd W Mon  
7p OD

What's the Point—Ch Comm Ch  
37069 1215 Hillsboro Rd Thurs 7p OD/  
Men/Lit

No Defense 202 23rd Ave Sun—8p  
37203 OD/Men

**MOVES**

Sober on Sunday—Franklin 1st Un  
37064 Meth Ch  
120 Aldersgate Way

Robertson County - United Way  
37172 Office 100 5th Ave West Springfield

Harding Rd - St Georges Epis Ch  
37205 Hampton Hall 4715 Harding Rd

**CANCELLED GROUPS**

37014 Downtown Triune Group

37029 Discovery Group

37064 Sober on Sundays

37087 Back to Basics - Lebanon

37110 Bar None

37115 WTF - Serenity House

37115 Women's Serenity Recovery

37150 The Meeting Place

37216 Weekenders

37334 Serenity Cellar

Do you know that awesome  
feeling when you get into  
bed, fall right asleep, stay  
asleep all night and wake  
up feeling refreshed and  
ready to take on the day?

**Yeah, me neither!**



**Kinda starting to  
understand why  
pets try to run  
out of the house  
when the front  
door opens**



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

GROUP/MEETING	APR	YTD
24 HOUR		-
3 LEGACIES		-
86'ers		227
ALGOOD 12 STEPS TO FREE-DOM		-
ANONYMOUS		97
ANY LENGTHS		-
AREA 64		-
AWOL	40	40
BACK TO THE BIG BOOK		50
BACKROOM	806	1,666
BASEMENT BUNCH, COLUMBIA		46
BASEMENT BUNCH, MURF		-
BRENTWOOD FULL MOON		556
BY THE BOOK, LEBANON	35	75
CAME TO BELIEVE		-
CELEBRATE SERENITY		213
CAMELS		-
CENTERVILLE		7
CHICKEN PLUCKERS		71
CLARK STREET		100
COLUMBIA		60
COMFORT ZONE		-
COMMUNICATIONS		-
COOL SPRINGS NEWCOMERS		-
CROSSVILLE AA		-
CROSSVILLE MON NIGHT		-
CROSSVILLE NONSMOKING		26
CROSSVILLE STEP		-
DAVIDSON RD		3,200
DEKALB		-
DICKSON		-
DISTRICT 9		150
DOUBLE DIPPERS (CROSSVLE)		-
DOWNTOWN LUNCH		-
DROP THE ROCK		50
DRUNKS IN THE PARK		1,350
EAST HICKMAN		-
EAST NASHVILLE 86'ERS		-
EAST SIDE MEN'S		238
EAST SIDE SATURDAY		587
EASY DOES IT		-
EASY DOES IT MT. JULIET		250
ESTILL SPRINGS BIG BOOK		-
EVERY WOMAN HAS A STORY		112
FAIRFIELD GLADE		51

GROUP/MEETING	APR	YTD
FAYETTEVILLE		25
FELLOWSHIP		-
FIRST THINGS FIRST	93	377
FOR LADIES ONLY		-
FRANKLIN		850
FRANKLIN FELLOWSHIP		-
FRANKLIN 4TH BB STUDY		-
FRANKLIN MEN'S		-
FRANKLIN ROAD WOMEN'S		-
FREE TO BE	111	245
FREEDOM FROM BONDAGE		10
GALLATIN AA		-
GLADEVILLE GRATITUDE		-
G.O.D.		125
GOODLETTSVILLE		-
GRATITUDE		-
GROUP OF DRUNKS		-
HAPPY DESTINY		-
HAPPY HOUR - LEWISBURG		-
HARDING RD		250
HENDERSONVILLE BIG BOOK		-
HERMITAGE		-
HIGH NOON		-
HIGHER POWERED		-
HOPE PARK		-
HOPE PARK LITERATURE		65
HUNT CLUB		-
HUT		30
IT'S A GREAT DAY		52
JOELTON		50
KEEP IT SIMPLE		200
KEY TO SOBRIETY		450
KICKOFF ISN'T UNTIL NOON		400
LADIES NIGHT OUT		-
LAFAYETTE NEW HOPE		50
LAMBDA		-
LATE LUNCH BUNCH		900
LAWRENCEVILLE		-
LET IT HAPPEN		258
LIFE SAVERS		-
LIVING BY THE PRINT		200
LIVINGSTON 12x12		25
MADISON STREET		-
MID-DAY BREAK		165
MT. JULIET FELLOWSHIP		50

GROUP/MEETING	APR	YTD
FAYETTEVILLE		25
FELLOWSHIP		-
FIRST THINGS FIRST	93	377
FOR LADIES ONLY		-
FRANKLIN		850
FRANKLIN FELLOWSHIP		-
FRANKLIN 4TH BB STUDY		-
FRANKLIN MEN'S		-
FRANKLIN ROAD WOMEN'S		-
FREE TO BE	111	245
FREEDOM FROM BONDAGE		10
GALLATIN AA		-
GLADEVILLE GRATITUDE		-
G.O.D.		125
GOODLETTSVILLE		-
GRATITUDE		-
GROUP OF DRUNKS		-
HAPPY DESTINY		-
HAPPY HOUR - LEWISBURG		-
HARDING RD		250
HENDERSONVILLE BIG BOOK		-
HERMITAGE		-
HIGH NOON		-
HIGHER POWERED		-
HOPE PARK		-
HOPE PARK LITERATURE		65
HUNT CLUB		-
HUT		30
IT'S A GREAT DAY		52
JOELTON		50
KEEP IT SIMPLE		200
KEY TO SOBRIETY		450
KICKOFF ISN'T UNTIL NOON		400
LADIES NIGHT OUT		-
LAFAYETTE NEW HOPE		50
LAMBDA		-
LATE LUNCH BUNCH		900
LAWRENCEVILLE		-
LET IT HAPPEN		258
LIFE SAVERS		-
LIVING BY THE PRINT		200
LIVINGSTON 12x12		25
MADISON STREET		-
MID-DAY BREAK		165
MT. JULIET FELLOWSHIP		50

GROUP/MEETING	APR	YTD
SISTERS IN SOBRIETY		129
SMYRNA GRATITUDE	492	1,397
SOBRIETY FIRST LEBANON		-
SPRING HILL		-
SPIRITUAL WARFARE		115
SSS, HERMITAGE		-
STRAGGLERS	150	475
SUNDAY 10AM, CROSSVILLE		-
THERE IS A SOLUTION		-
THREE LEGACIES		-
TRINITY		500
TRUDGING THE ROAD		-
TURNING POINT		-
UNCOMMON WOMEN		-
UNITED	200	500
UNITY AT 6		20
WAKE UP	18	68
WAVERLY	90	90
WED NIGHT 12 STEPS, ALGOOD		-
WEST NASHVILLE		8
WESTMINSTER		600
WHITE HOUSE		-
WINNERS & BEGINNERS		-
WINNERS & BEGINNERS, BRENTWOOD		300
WOMAN'S WAY		-
WOMEN IN RECOVERY	126	126
WOMEN IN THE SOLUTION	50	250
WOMEN'S FREEDOM		250
WOMEN'S OPEN DOOR		151
WOMEN'S SPEAKER	175	175
WOODBINE		10
<b>GROUP TOTALS TO DATE</b>	<b>4,004</b>	<b>26,508</b>
INDIVIDUALS	1,864	2,750
MESSENGER		12
MEMORIAL, TOM KING		100
<b>COMBINED TOTALS TO DATE</b>	<b>5,869</b>	<b>29,370</b>



**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](mailto: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 \_\_\_\_\_