

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

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Online Sobriety

AUG 2020

She hated computers, but finding AA online forums gave her the courage to return to the program after a long relapse

My story begins in 1991 when I was first introduced to AA. I went to meetings, had a number of sponsors, and actually made it to more than a year of sobriety, but it turned out I wasn't done drinking yet.

Fast forward to the year 2006. My husband and I got our first computer. I didn't like computers at all! I thought that they were going to ruin the world. (Actually, that's still in question.) By this time, I was drinking on a daily basis. I had stopped working a few years earlier, due to other health problems. I had my days and nights mixed up. I drank until 4:30 AM and didn't get out of bed until after 1:00 PM most of the time. My selfishness and self-loathing were taking over—I didn't care if I got out of bed or if I would ever wake up again. Mentally and spiritually I was hitting bottom. But I was still not done the drinking.

But even with my drinking, I was starting to learn and figure out things on the computer. I discovered online forums of people writing back and forth on whatever subjects interested them. I first joined a cat site, since I have always loved animals, cats especially. It was ok for a while but I didn't feel like I fit in with the people on there. Then I joined a paranormal site. There were a lot of interesting things to read on that site, but the people were a bit strange, so that wasn't for me, either.

By now, I was feeling overwhelmingly lonely. I was drinking every day, with no friends anymore, no one to talk to except my husband when he was home from work. I was starting to feel worse and worse, physically and mentally. My days blended together. It didn't matter if it was Monday or Thursday because it

was the same thing, day after day. Drink, eat, clean house a little (maybe), go on the computer, and then go to bed. Get up and do it all over again.

One day, I decided to see if Alcoholics Anonymous was on the computer. Yep, there it was. So, I drank and read, drank and read. I actually found somewhere or another online of an audio recording of Bill W speaking at a convention somewhere. I cried listening to that and remembering how it was when I was in AA years before. Then I ended up finding other websites, with recovering alcoholics involved in forums and online meetings. For nine months, I wrote back and forth with these people, while drinking my rum and cokes. They kept telling me to go back to AA, and I kept saying: "No, I'm scared, it didn't work for me." Eventually, in the summer of 2007, I did get the courage to go back to AA. I struggled that whole year and kept drinking every couple of weeks. I couldn't get a month under my belt. But I kept hearing over and over: "Keep coming back" and "Don't give up before the miracle." In January 2008, I picked up a white chip and I haven't had a drink since.

I have a home group and a sponsor, and I've held a few service positions. I truly believe my Higher Power reached out to me through the computer even though I didn't understand it at the time. Today I still go on my forums with my AA friends from all over the US and the world. Some of the people who helped me so many years ago to get the courage to go back to AA are still



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Online Sobriety*(Continued from page 1)*

there. I owe my life to them and Alcoholics Anonymous. So I guess computers aren't that bad after all. I wouldn't be sober today if I didn't have one.

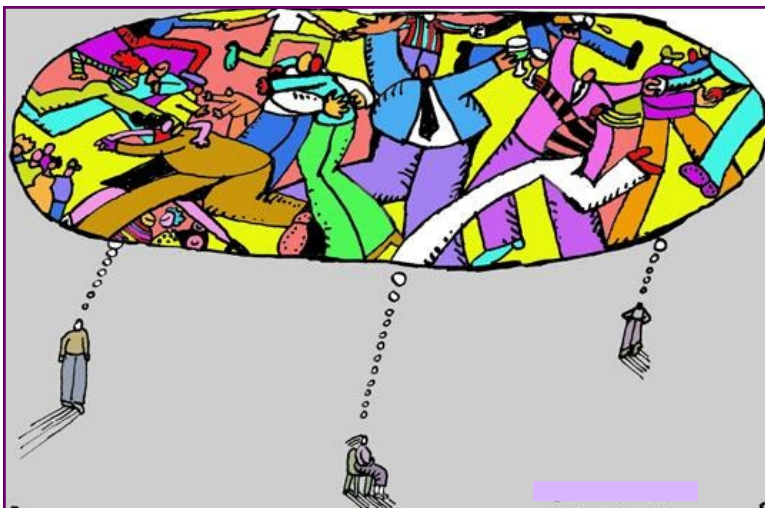
Barb C.—Endicott, NY
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Dear Friends in the Fellowship,

We know that many members are excited by the prospect of meeting in-person again. There is a temptation to rush to re-open meetings. North Orange County Central Office has put together suggestions and guidelines for your groups to consider when making an informed group conscience about how to re-open safely once our respective jurisdictions allow it.

These suggestions were compiled with the guidance of the NOCCO Leadership. **We've also had conversations with an input from several other intergroups and central offices across the country to determine best practices to protect A.A. members going forward.** In addition to **suggestions for groups to consider**, there are also 'musts' that groups need to abide by to stay within the regulations and mandates of their state. While there are no 'musts' in the A.A. program, there are legal musts in the larger community. Fortunately, our program of recovery has taught us how to be responsible citizens both in A.A. and the world.

To protect A.A., groups should be mindful of the Traditions. Tradition 1 tells us "Our common welfare should come first; personal recovery depends upon A.A. unity." When making group decisions, we say, "Each group is autonomous." However, the second part of Tradition 4 is just as important: "except in matters affecting other groups or A.A. as a whole." These traditions remind us that we must ensure that our group decisions do not negatively impact our fellow workers, A.A. as a whole and that we as individuals act in ways that ensure our common welfare. Traditions 1 and 4 are important now more than ever. We consider the health and well-being of other A.A. members, and we need to protect the positive reputation and goodwill of A.A. in the community.



Here are considerations for your group to discuss:

WHEN CAN A.A. GROUPS SAFELY RE-OPEN MEETINGS?

A.A. must abide by the mandates of local jurisdictions where our groups meet. As an organization and as individuals, we are not exempt from the law.

For Tennessee:

<https://sos.tn.gov/products/division-publications/executive-orders-governor-bill-lee>

WHAT IF OUR GROUP IS READY TO RE-OPEN BUT THE CHURCH OR FACILITY WHERE WE MEET IS NOT?

This should go without saying, but groups must have permission from their churches and facilities to resume meeting on the premises – either inside, on the grounds, or in the parking lot.

WHAT SAFETY PROTOCOLS SHOULD GROUPS HAVE IN PLACE?

Groups should be aware of the state restrictions and guidelines churches and facilities have in place, as well as each facility's individual requirements. Here are some of the public health safety guidelines recommended by the State of California for Stage 1 and Stage 2 of the re-opening (see website above for Tennessee):

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- Limiting the number of people into the space
- Recommending distancing of 6 feet between individuals
- Wearing face masks
- Non-contact temperature taking at the doors (preferred) or voluntary temperature taking at home
- Sanitizing contact surfaces before and after each meeting

Suggestions are made to contact your church or facility to determine its safety requirements and adopting them as group policy.

RE-OPENING MEETINGS

WHAT IS CONTACT TRACING AND HOW CAN GROUPS PARTICIPATE WHILE MAINTAINING ANONYMITY?

Contact Tracing is a control measure employed by local and state health department personnel as a key strategy for preventing further spread of COVID-19. Public health staff works with a patient to help them recall everyone with whom they have had close contact during the timeframe while they may have been infectious. Contact tracers already practice a version of our principle of anonymity. They must abide by HIPAA laws, which mean that when someone tests positive for COVID-19, contact tracers warn others of their potential exposure as rapidly and sensitively as possible, while protecting patient privacy and identity.

Why should groups be concerned with contact tracing? To ensure that our common welfare comes first, groups that meet in-person should have a contingency plan in place if a member tests positive for COVID-19. Contact tracers will be contacting the church and the group no matter what, so it's important that groups be prepared ahead of time with a way to protect everyone's health and anonymity.

What is the plan for contacting the church or facility where the group meets if someone gets sick?

What is the plan for contacting other A.A. members who were at a meeting on the same day as an infectious A.A. member who didn't realize he or she was sick at the time?

What is the plan for contacting the church and other A.A. members if someone is tested but is still waiting for results? What is the member's test comes back negative?

To ensure our common welfare, one suggested contingency plan can be accomplished effectively while maintaining everyone's anonymity.

- Groups could list attendees by first name and phone number for each meeting. That would make it easier to alert everyone about the potential for infection should someone get ill or if someone is tested. Groups should later destroy each meeting list after enough time has passed.
- If an A.A. member tests positive, he or she does not have to break anyone's anonymity when talking with contact tracers. When a contact tracer asks the infected person who he or she has been in contact with, the sick member can say, "I attended 'spiritual meetings' or 'community meetings' (or use another generic term) that meets at 'such-and-such' church. Here's the phone number of the primary contact for that meeting who can put you in touch with everyone else that was at the spiritual/community meeting on that day."
- The contact tracer would then call the group secretary or primary contact to explain that someone from the meeting at the church has tested positive for COVID-19.
- The group secretary can give the list of first names and phone numbers to the contact tracer, who would be in charge of notifying everyone, or the secretary could notify everyone. Either way, no one needs to know the name of the person who is sick (since HIPAA would prohibit the contact tracer from naming the patient) or no one would have to say anything about being a member of A.A.

If an A.A. member is tested and is still waiting for results, one recommendation is to inform the church or facility where the group meets as well as everyone at the meeting, so those people know to self-quarantine.

In the event a person's test is negative, we recommend notifying members and the church so people can be released from self-quarantine. We can do all of this in a way that assure anonymity and is compliant with HIPAA.

WHAT IF GROUPS WANT TO COMBINE IN-PERSON AND VIRTUAL MEETINGS?

Some groups have talked about the possibility of combining in-person meetings with Zoom meetings for form a "hybrid" meeting. If your group is leaning toward this option, here are some considerations:

- Is everyone at the in-person meeting comfortable participating in a video Zoom meeting?
- Would it be better to disable the video capability but allow the phone function?

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RE-OPENING MEETINGS

<https://www.justia.com/50-state-surveys/recording-phone-calls-and-conversations/>

While Zoom meetings *should not* be recorded, it is still important that groups abide by the electronic communication portion of the statute to be safe. This means everyone participating in the meeting must give their consent before any electronic communication is started. In California, implied consent is enough to make the call legal, meaning, anyone who stays at the meeting is giving consent. Making a statement and having clear signage would comply with California's recording law. One recommendation is for group secretaries to make an announcement at the beginning of the meeting such as, "This is to inform everyone that there is electronic equipment being used to connect to Zoom so that others online may participate." (This link above is not an endorsement of the Zoom website but is meant for information purposes only.)

Tennessee laws are different from California—see link above.

ARE THERE WAYS TO CARRY THE MESSAGE THAT WE HAVEN'T CONSIDERED?

Fortunately, newcomers have been getting sober in Zoom meetings. What this pandemic has taught us is that there are many ways to connect – not just locally, but internationally – and there are lots of ways to carry the message. While we all miss meeting safely in person, we have more tools available to us to stay sober.

We can attend meetings anywhere in the world; we can invite speakers from afar to chair our meetings; we can attend workshops, round-ups, and other events from the comfort of our homes. Phone and online meetings do not replace the need for in-person meetings but have added to all the ways that we can carry the message of hope and recovery to still suffering alcoholics and old-timers alike. So, our decisions to re-open should be made carefully and deliberately. A higher power guides us through this process if we ask for help.

Finally, our sincere thanks to all who forward this message to A.A. friends and home group members. We look forward to seeing you one of these days, hopefully soon, and we wish everyone continued sobriety and good health.

In gratitude,

NOCCO Board & Staff

Mark E., Wes M., Cheryle D., Christy W., Don H., Laura M., Jennifer L., Randy L., and Faith

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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 Oct—26th
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 THE WORDS BELOW THAT COME FROM RE-OPENING MEETINGS?

EXCITED	PROSPECT	TEMPTATION	REPUTATION	GOODWILL
TOGETHER	SUGGESTIONS	GUIDELINES	REQUIREMENTS	RESTRICTIONS
CONSIDER	INFORMED	SAFELY	PANDEMIC	NEGATIVE
RESPECTIVE	JURISDICTIONS	TRADITION.ONE	CONTINGENCY	DESTROY
TRADITION.FOUR	DECISIONS	IMPACT	ATTENDEES	INFECTED
HEALTH	WELL-BEING	POSITIVE	PRIMARY	CONTACT
COMMUNITY	FACILITIES	ANONYMITY	EVERYONE	SECRETARY

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

As Bill Sees It, "The Coming of Faith", page 51

"When I was driven to my knees by alcohol, I was made ready to ask for the gift of faith. And all was changed. Never again, my pains and problems notwithstanding, would I experience my former desolation. I saw the universe to lighted by God's love; I was alone no more."

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As
Bill Sees It
The A.A. Way of Life

As Bill Sees It, "A Full And Thankful Heart", page 37

"One exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine - both temporal and spiritual. Here I try to achieve a state of joyful gratitude. When such a brand of gratitude is repeatedly affirmed and pondered, it can finally displace the natural tendency to congratulate myself on whatever progress I may have been enabled to make in some areas of living."

I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know."

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As Bill Sees It, "Looking For Lost Faith", page 235

"Any number of A.A.'s can say, 'We were diverted from our childhood faith. As material success began to come, we felt we were winning at the game of life."

This was exhilarating, and it made us happy."

"Why should we be bothered with theological abstractions and religious duties, or with the state of our souls, here or hereafter? The will to win should carry us through."

'But then alcohol began to have its way with us. Finally, when all our score cards read 'zero,' and we saw that one more strike would put us out of the game forever, we had to look for our lost faith. It was in A.A. that we rediscovered it."

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Big Book; A Vision For You, pages 152 - 153

"You are going to meet these new friends in your own community. Near you, alcoholics are dying helplessly like people in a sinking ship. If you live in a large place, there are hundreds. High and low, rich and poor, these are future fellows of Alcoholics Anonymous. Among them you will make lifelong friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence shoulder to shoulder your common journey."

Then you will know what it means to give of yourself that others may survive and rediscover life. You will learn the full meaning of 'Love thy neighbor as thyself.'

It may seem incredible that these men are to become happy, respected, and useful once more. How can they rise out of such misery, bad repute and hopelessness? The practical answer is that since these things have happened among us, they can happen with you. Should you wish them above all else, and be willing to make use of our experience, we are sure they will come. The age of miracles is still with us. Our own recovery proves that!"

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Big Book; "Student of Life", page 325

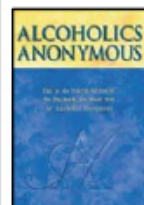
"To my amazement I spoke the words, 'Mike, I think I'm one too.' Mike's mood instantly changed. I recognize now it was hope. We started talking. Among other things, I told him I hadn't had a drink for about a month but didn't go to A.A. When he asked why I had avoided A.A., I told him it was because I didn't think I had hit bottom. Somehow he didn't laugh but said, 'You hit bottom when you stop digging.' He took me to my first three A.A. meetings."

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Big Book; "Bill's Story", pages 14 - 15

"My friend had emphasized the absolute necessity of demonstrating these principles in all my affairs. Particularly was it imperative to work with others as he had worked with me. Faith without works was dead he said. And how appallingly true for the alcoholic! For if the an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead."

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**Big Book; "Freedom From Bondage", page 551 - 552**

"In my prayers that morning I asked God to point out to me some way to be free of this resentment. During the day, a friend of mine brought me some magazines to take to a hospital group I was interested in. I looked through them. A banner across one featured an article by a prominent clergyman in which I caught the word *resentment*."

He said, in effect: 'If you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free. Even when you don't really want it for them and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day for two weeks, and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love.'

It worked for me then, and it has worked for me many times since, and it will work for me every time I am willing to work it.

Sometimes I have to ask for the willingness, but it too always comes. And because it works for me, it will work for all of us. As another great man says, 'The only real freedom a human being can ever know is doing what you ought to do because you want to do it.'

This great experience that released me from the bondage of hatred and replaced it with love is really just another affirmation of the truth I know: I get everything I need in Alcoholics Anonymous - and everything I need I get. And when I get what I need, I invariably find that it was just *what I wanted all the time*."

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Drinking, when it works, has a sweet spot. There are people who, for instance, are great hangs between two and eight drinks. They're fun, loose, witty, pleasant, all the things you want in a companion. Before three they're tense and grouchy, after eight they're mad and sloppy. They are, in that lovely little window, happily toasted.

I was a 2-8 guy. I could drink long after eight, but I was no longer the cool and affable person I was (or at least thought I was) in that sweet spot. I often got into trouble.

As my drinking career went on, something happened. The window closed a bit. Now it took three drinks to get me primed and loose, and by seven I was getting sloppy or maudlin. Then it was four to six, and finally the pleasant feeling of being happily toasted came only during part of the fifth drink. Then it went away altogether. After that, I drank for years with no sweet spot at all. It was a painful time. It's one of the things that finally pushed me over the edge into the rooms of AA. Still, I chased it for a long, long time.

During my first two years sober, I often wanted to drink. I never had a craving that actually made me take one, but I thought about it a lot and was sorely tempted. I always called to mind that blissful state, that place where I was happily toasted. It beckoned me when a meeting was boring, or my character defects seemed insurmountable or a big disappointment made me question the wisdom of my new life.

But thanks to AA I had been given something magical. Working the steps had changed me. My first sponsor once said, "If you will work these steps sincerely and thoroughly, you will experience a spiritual awakening, the practical effect of which will be to give you this much space"—and here he held his thumb and forefinger about half an inch apart—"between the thought of a drink and a drink. You will

have time to think it through."

The fact that sanity was returning allowed me to make good use of that space. I would think through the drink.

I still have thoughts of a drink now and then, although it's rare. Maybe twice a year, I'll be in a tight spot emotionally and think, *wouldn't it be nice just to sit in a bar and drink beer for a few hours?* Yes, after more than three decades in AA, I still think that way once in a while. Even the thought of being happily toasted pops up now and then. But the miracle has taken hold. I think it through. Those thoughts quickly lead me here: *I'm not one of those people who drinks a few at home and stumbles safely into bed. I'm one of those who wakes up three states away with someone I don't know wondering how I got there and where my car is.*

With my sanity in place, "happily toasted" becomes, like anger, "the dubious luxury of normal men." I can put it in perspective. I remember that I had such a window, but it has long since closed. And even when it was open, I know it was never worth the horrors I went through afterward. In my drinking days, I might have thought it was. But in recovery, I know better.

To be happily toasted is to be the golden brown you get when you sit just the right length of time in the toaster. That's not me. I'm the piece left in way too long. I get burned to the bread equivalent of charcoal, and that's not something I want anymore.

Those magic moments were a brief period in a life of pain and depression, lost chances and dashed dreams. No amount of money, and certainly not the illusory pleasure of drinking could ever take me back there. And for that, I'm very glad.

By Rob S.



Virtual

5th Annual Unity & Service Conference

"Applying our 12 Traditions & 12 Concepts to Real Life"

September 5-6, 2020 (PDT)
Labor Day Weekend
Concord, CA, USA



**Pacific
Daylight
Time Zone**

Saturday, September 5

Sunday, September 6

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Registration Link & Contact Info: [Unityandserviceconference.org](https://unityandserviceconference.org)

925.222.5639

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

	June 2020			YTD 2020		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	1,822.14	2,783.00	(960.86)	10,814.17	16,698.00	(5,883.83)
Group Donations	3,759.50	6,939.00	(3,179.50)	35,933.88	41,634.00	(5,700.12)
Individual Donations	7,131.72	525.00	6,606.72	11,544.59	3,150.00	8,394.59
Messenger Donations	12.00	12.00	-	24.00	72.00	(48.00)
Website Donations	-	-	-	-	-	-
Special Events	-	708.00	(708.00)	-	4,248.00	(4,248.00)
Interest	199.58	184.00	15.58	2,485.43	1,104.00	1,381.43
Total Income	12,924.94	11,151.00	1,773.94	60,802.07	66,906.00	(6,103.93)
Expenses						
Casual Labor	200.00	242.00	(42.00)	1,325.00	1,452.00	(127.00)
Payroll	6,047.00	6,047.00	-	36,282.00	36,282.00	-
Legal & Professional	350.00	350.00	-	2,100.00	2,100.00	-
Rent	946.00	1,046.00	(100.00)	5,826.00	6,276.00	(450.00)
Printing	-	50.00	(50.00)	-	300.00	(300.00)
Payroll Taxes	462.00	463.00	(1.00)	2,311.78	2,778.00	(466.22)
Repairs & Maintenance	-	25.00	(25.00)	-	150.00	(150.00)
Equipment Rental	86.99	116.00	(29.01)	572.41	696.00	(123.59)
Telephone & Fax	452.96	475.00	(22.04)	2,720.25	2,850.00	(129.75)
Answering Service	165.80	216.00	(50.20)	1,026.28	1,296.00	(269.72)
Postage	84.90	137.00	(52.10)	712.66	822.00	(109.34)
Office Supplies	144.53	208.00	(63.47)	603.58	1,248.00	(644.42)
Bank Service Charges	55.00	40.00	15.00	255.00	240.00	15.00
Credit Card Service Charge	1,202.10	-	1,202.10	3,919.83	-	3,919.83
Computer & Technology	67.84	416.00	(348.16)	145.78	2,496.00	(2,350.22)
Intergroup Expense	-	150.00	(150.00)	346.98	900.00	(553.02)
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	516.68	583.00	(66.32)	516.68	3,498.00	(2,981.32)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	12.00	(12.00)	-	72.00	(72.00)
Over/Under	-	-	-	313.44	-	313.44
Total Expenses	10,781.80	11,151.00	(369.20)	60,275.67	66,906.00	(6,630.33)
Net Income	2,143.14	-	2,143.14	526.40	-	526.40



**NOTE TO SELF: DON'T HAVE LOVED ONES
TEST YOUR PROTOTYPES.**



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

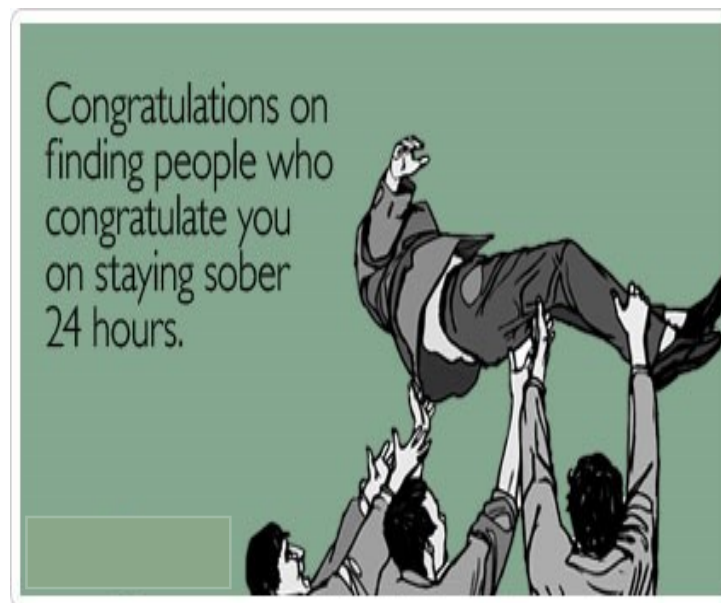
- 37064 Serenity in the Park—Pinkerton
Park 405 Murfreesboro Rd Main
Pavilion M-F Noon
- 37069 Gratitude & Hope—Ch of
Resurrection 1216 Sneed Rd W Mon
7p OD
- 37069 What's the Point—Ch Comm Ch
1215 Hillsboro Rd Thurs 7p OD/
Men/Lit
- 37203 No Defense 202 23rd Ave Sun—8p
OD/Men

MOVES

- 37064 Sober on Sunday—Franklin 1st Un
Meth Ch 120 Aldersgate Way
- 37172 Robertson County - United Way
Office 100 5th Ave West Springfield
- 37205 Harding Rd - St Georges Epis Ch
Hampton Hall 4715 Harding Rd

CANCELLED GROUPS

- 37014 Downtown Triune Group
- 37029 Discovery Group
- 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

**CHANGES TO MEETINGS**

- 37040 Clark Street—no Thurs 5p
- 37040 Happy Destiny—no Friday
- 37091 Happy Hour—no Sat 5:30
- 37110 McMinnville Serenity last Fri- Pamphlet
Study
- 37115 Search for Serenity—Mon Noon now OD/
+ALN—Thur 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

YOUR GROUP CONTRIBUTIONS

GROUP/MEETING	JUN	YTD	GROUP/MEETING	JUN	YTD
12 STEPS TO FREEDOM	90	90	NOON WOMEN'S STEP STUDY	35	35
86'ers		618	NORTHSIDE		100
ANONYMOUS		97	N.O.W.		98
AWOL		40	ONE DAY AT A TIME		6
BACK TO THE BIG BOOK	75	125	ONE STEP CLOSER		329
BACKROOM		2,654	OUT OF THE FOG/OUT OF THE BOG	410	860
BASEMENT BUNCH, COLUMBIA		46	OUT TO BREAKFAST BUNCH		102
BRENTWOOD FULL MOON		556	PAGE 112		117
BY THE BOOK, LEBANON		75	PAY DAY		132
CELEBRATE SERENITY	100	313	PRIMARY PURPOSE		48
CENTERVILLE		7	PULASKI	5	30
CHICKEN PLUCKERS		71	RIGHT DIRECTION		195
CLARK STREET		100	RUSHH HOUR	362	362
COLUMBIA	20	100	RUTS		250
CROSSVILLE NONSMOKING		26	SAFE HARBOR		100
DAVIDSON RD		3,200	SAFE PLACE		164
DISTRICT 9		150	ST. BETHLEHEM		10
DOUBLE DIPPERS (CROSSVLE)		31	SANGO SOLUTIONS		120
DROP THE ROCK		50	SATURDAY NIGHT ALIVE	20	80
DRUNKS IN THE PARK		1,375	SEEKERS, SPARTA		500
EAST SIDE MEN'S		238	SEEKING SANITY		237
EAST SIDE SATURDAY		1,218	SERENITY	50	75
EASY DOES IT MT. JULIET		250	SHADE TREE		2,729
EVERY WOMAN HAS A STORY	132	244	SIMPLY SUNDAY		368
FAIRFIELD GLADE		51	SISTERS IN SOBRIETY		129
FAYETTEVILLE	25	50	SMYRNA GRATITUDE	586	2,233
FIRST THINGS FIRST		377	SPIRITUAL WARFARE		115
FRANKLIN	800	2,800	STRAGGLERS		475
FRANKLIN ROAD WOMEN'S	101	101	TRINITY		500
FREE TO BE		245	UNITED		500
FREEDOM FROM BONDAGE		10	UNITY AT 6	30	50
FRIDAY NIGHT PRIME TIME	50	50	WAKE UP	24	92
G.O.D.		125	WANGL	320	320
HARDING RD		250	WAVERLY		90
HOPE PARK LITERATURE		65	WEST NASHVILLE	29	37
HUT		30	WESTMINSTER		600
IT'S A GREAT DAY		52	WINNERS & BEGINNERS,		
JOELTON		50	BRENTWOOD		300
KEEP IT SIMPLE		258	WOMEN IN RECOVERY		126
KEY TO SOBRIETY		525	WOMEN IN THE SOLUTION		250
KICKOFF ISN'T UNTIL NOON		400	WOMEN'S FREEDOM		250
LAFAYETTE NEW HOPE		50	WOMEN'S OPEN DOOR		151
LAMBDA		186	WOMEN'S SPEAKER		225
LATE LUNCH BUNCH		900	WOODBINE		10
LET IT HAPPEN		258			
LIVING BY THE PRINT	200	400	GROUP TOTALS TO DATE	3,760	35,934
LIVINGSTON 12x12		25	INDIVIDUALS	7,132	11,445
MID-DAY BREAK		165	MESSENGER	12	24
MT. JULIET FELLOWSHIP		50	MEMORIAL, TOM KING		100
MURFREESBORO	15	90	COMBINED TOTALS TO DATE	10,903	47,502
MUSIC CITY ROW		50			

A man goes to the circus and sees a line of people. It extends far into the distance. The man walks up to a person in the line and asks him, "Sir, what is this line for?"

The person replies, "Go to the front."

So the man walks up the line. and he keeps walking, and walking, but the line never ends. He gets tired of this and decides to ask another person. So he goes to the nearest person and asks him, "Sir, what is this line for?"

The person replies, "Go to the front."

The man thinks about this for a moment, he wants to go back, but he is already quite far down the line.

"Surely," he thinks to himself, "The front must be just around one more bend."

So he continues to walk down the line in search of the front. After following it to the exit of the circus, he stops again. Seeing how it leaves the place he paid money to get into he gets frustrated. So he asks another person, "Sir, could you please tell me what this line is for?"

The person replies, "Go to the front."

This gets the man very frustrated and he yells, "Well where is the front!?!"

The person replies, "Far out in the desert, many miles away."

The man implores further, "Can I get there at all?"

The person replies, "You can get there three days' time on foot, but by vehicle it would be impossible."

So the man sets off into the dessert, determined to find the front and what it's for. He hikes for many miles, over boulders, thru forest, up and down canyon walls, warding off wolves and bears with nothing but his hands. Finally, after three days' time he comes to the front of the line. There at the front, is a small booth with a cardboard sign, next to the sign is an old man in a Hawaiian t-shirt and sunglasses. The people in the line walk up to him, give him a wad of cash, he punches them, and then they start walking back towards the end of the line. The man walks up to the Old man and asks, "Sir, what is this line for?"

The Old Man turns soberly to him and says, "Son, after a long time in life you'll learn something."

"What?" says the man.

The old man replies, "Every joke needs a punch line."

BACK ROOM

<i>Gene B</i>	<i>08.17.17</i>
<i>Heather K</i>	<i>08.06.90</i>

KEEP IT SIMPLE

<i>Alex P</i>	<i>08.17.12</i>
<i>Beth E</i>	<i>08.10.80</i>
<i>Bill H</i>	<i>08.31.15</i>
<i>Bo W</i>	<i>08.27.01</i>
<i>Courtney M</i>	<i>08.14.04</i>
<i>Jason J</i>	<i>08.18.14</i>
<i>Jessica L</i>	<i>08.26.18</i>
<i>Jessie R</i>	<i>08.01.15</i>
<i>John M</i>	<i>08.13.19</i>
<i>Katie S</i>	<i>08.20.14</i>
<i>Kevin W</i>	<i>08.30.11</i>
<i>Leanne K</i>	<i>08.12.15</i>
<i>Linda F</i>	<i>08.19.08</i>
<i>Maria C</i>	<i>08.25.16</i>
<i>Mitch A</i>	<i>08.24.17</i>
<i>Perry H</i>	<i>08.10.17</i>
<i>Rachel W</i>	<i>08.31.13</i>
<i>Ray V</i>	<i>08.14.06</i>
<i>Ron P</i>	<i>08.19.15</i>
<i>Trevor B</i>	<i>08.19.08</i>

NIPPER'S CORNER

<i>Gilbert G</i>	<i>08.17.18</i>
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SHADE TREE

<i>Daphne M</i>	<i>08.03.16</i>
<i>Donna P</i>	<i>08.06.16</i>
<i>Jami T</i>	<i>08.21.18</i>
<i>Jolana B</i>	<i>08.02.17</i>
<i>Karen V</i>	<i>08.09.89</i>
<i>Margaret S</i>	<i>08.15.16</i>
<i>Monica H</i>	<i>08.09.19</i>
<i>Bernie W</i>	<i>08.24.12</i>
<i>Jack H</i>	<i>08.30.14</i>
<i>James B</i>	<i>08.23.10</i>
<i>Mark P</i>	<i>08.20.98</i>
<i>Rick T</i>	<i>08.13.16</i>

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mtcoaa@aol.com



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