

The **MESSENGER**

Middle Tennessee Central Office Intergroup

\$ 1.00

'I've been thinking.'"

OCT 2020

"The three most dangerous words for an alcoholic:
'I've been thinking.'"

It took me a long time to learn that my head isn't my friend. For years in the program, I heard it was best to run my thinking by others, but I secretly never believed it. My head would always convince me it had a better idea, and time and time again I followed its advice. It almost always turned out badly because what I always forgot was that my thinking was usually centered on me.

After many more bottoms, in many different areas, I finally became willing to check in more often with others. It was hard at first **because** I was sure I wouldn't like what I heard, or they wouldn't let me have my way, but once again contrary action saved the day. After listening to and actually following other's suggestions, things turned out better, and my life began to get better, too.

What's so interesting is that today, even with years of experience of checking in with others, my head still tries to convince me to follow its advice. The voice in my head is



subtle, and, like alcoholism, it can be cunning, baffling, and powerful. I know better than to listen to it (most of the time), and I will forever be grateful for my sober experience and the loving support and direction I get from my friends in the fellowship. Today, though, those three words, "I've been thinking," still remain dangerous.

Anonymous

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The AA founders discovered that right ACTION was the key to a Spiritual Experience that could conquer alcoholism.

A PROGRAM OF ACTION!

Pg 9-

"...to suspend his commitment. They had told of a simple religious idea and a practical **program of action**. That was two months ago and the result was self-evident. It worked!"

Pg 17-

"We have a way out on which we can absolutely agree, and upon which **we can join in brotherly and harmonious action**. This is the great news this book carries to those who suffer from alcoholism."

Pg 42-

"Then they outlined the spiritual answer and **program of action** which a hundred of them had followed successfully."

Pg 63-

"Next we launched out on a course of vigorous **action**, the first step of which is a personal housecleaning..."

Pg 72-

"we have put our finger on the weak items in our personal inventory. Now these are about to be cast out. This requires **action** on our part..."

Pg 76-

...bidding. Amen." We have then completed Step Seven. Now we need **more action**, without which we find that "Faith without works is dead." Let's look at Steps Eight and Nine. We have a list of all persons we have harmed..."

Pg 85-

"It is easy to let up on the spiritual **program of action** and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe." ...But we must go further and that means **ore action**.

Pg 87-

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or **action**."

PG 88-

It works—it really does. We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined. But this is not all. **There is action and more action**.

"Faith without works is dead." The next chapter is entirely devoted to Step Twelve."

Pg 93-

"To be vital, faith must be accompanied by self sacrifice and unselfish, constructive **action**."

Pg 94-

"**Outline the program of action**, explaining how you made a self-appraisal, how you straightened out your past and why you are now endeavoring to be helpful to him. It is important for him to realize that your attempt to pass this on to him plays a vital part in your own recovery. Actually, he may be helping you more than you are helping him. Make it plain he is under no obligation to you, that you hope only that he will try to help other alcoholics when he escapes his own difficulties. Suggest how important it is that he place the welfare of other people ahead of his own."

YOGA



VODKA





If you used one of these:



Stay at home! You are in the high risk group.



A PROGRAM OF ACTION!

Pg 94-

"Tell him you once felt as he does, but you doubt whether you would have made much progress had you not taken **action**."

Pg 98-

"When your prospect has made such reparation as he can to his family, and has thoroughly explained to them the new principles by which he is living, he should proceed to put those principles **into action at home**. That is, if he is lucky enough to have a home."

Pg 142-

"After satisfying yourself that your man wants to recover and that he will go to any extreme to do so, you may suggest a **definite course of action**."

Pg 157-

"The two friends spoke of their spiritual experience and told him about the **course of action** they carried out."

Dr. Bob said,

"It never fails, if you go about it with one half the **zeal** you have been in the habit of showing when you were getting another drink."

It works, if we have the proper attitude and work at it!

Anonymous

MARCH 2012

Online Intergroup has been helping alcoholics for nearly 15 years

Go to any major search engine and type in “online AA meetings.” Tens of thousands of results appear. Most, of course, are neither AA meetings nor even AA entities.

Fortunately, near the top of all search results is the Online Intergroup (www.aa-intergroup.org). The Online Intergroup’s meeting directory includes over 100 listings for online English-language AA meetings, as well as approximately 60 listings for online meetings in 13 other languages. Since many groups offer multiple meetings, or round-the-clock email lists, chat rooms, or discussion forums—and membership is often international—there’s always someone to share with online.

The Beginnings of an Online Service

With the advent of a publicly accessible Internet beginning in the mid-1980s, it was perhaps inevitable that AA members would find each other and “gather together.” Q-Link, reportedly one of the first online groups but no longer in existence, is said to have had over 200 members by 1986. Lamplighters, an email group with hundreds of subscribers and one of the founding members of the Online Intergroup, recently marked its 20th anniversary.

In 1994, AA members who knew each other only through online communication began discussing participating in the 1995 AA International Convention in San Diego. Many perceived it as a great opportunity to meet face-to-face, solidifying the close friendships they had made online. The Living Cyber Committee was formed to coordinate the hosting of a hospitality suite at the convention. The LCC endeavored to communicate its existence, purpose, and activities to all known online AA groups by email and a web page. Flyers containing information on how to contact the Fellowship online and how to find online AA resources were distributed at the convention. At the convention, three computers were set up in the suite and stayed online continuously, connecting alcoholics around the world. Visitors were given an opportunity to log on to

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Treasurer	Butler M	225.226.5457
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Corrections	Stephen T	615.926.9467
Treatment Facilities	Darin M	615.423.2620
Events Chair		
Archives	Don M	615.708.7957
Sobriety Dinner		
Newsletter	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 – 7:00pm
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

the online Fellowship. Those unable to travel to San Diego were able to “virtually” attend the convention through the suite.

Following the convention, it was decided to dissolve the committee and reform as an intergroup. All online AA groups were invited to send a representative. Today, the Online Intergroup has over three dozen member groups with a combined membership numbering many thousands. (Intergroup membership is not required for a listing in the online meetings directory.)

Steppers

The heart of the Online Intergroup is its 12th Step Committee—affectionately called “Steppers.” The members come from all over the world, and they answer the 400 to 700 requests that arrive each month from often still suffering alcoholics. They answer quickly, usually within minutes, and they answer plentifully—each request usually receives at least three or four individual responses. Their Alternate Committee Chairperson reports, “Because of the diversity of our members, we can respond in Afrikaans, Dutch, English, German, Hindi, French, Marathi, Portuguese, Spanish, and Swahili. And we know how to find the online translation programs if other languages are needed.”

Steppers count their successes the same way everyone else does. If they stay sober helping alcoholics, they win. Whether the person writing in actually makes it is often a mystery. But not always. A London, England member recently heard from Jim in Thailand. “This is my second day sober ... need people to talk to.” Four or five of us responded with meeting locations. Jim wrote back saying the meetings seemed to be hours away but he would go on Friday. That was Wednesday. I wrote back suggesting online meetings. He agreed to try those but “felt very alone.” On Friday, he wrote again. He’d gone to two meetings and “it was a great step for me. I met a very nice group of people who have given me a lot of support.”

That was it, for five months. Then our member received the following email:

“Hey, G_, this is J_. I have been sober for almost five months now. I have a sponsor and am working the Steps. I get to face-to-face meetings two or three times a week (they are about an hour to 90 minutes away), and I do online AA stuff as well. You were my first contact in AA, you wrote emails to me personally before I could get to a meeting, you gave me hope in those first few days. Your positive attitude and love kept me going. I am so grateful for your time and effort. Your messages gave me strength to make a call, the call got me on the bus to the meeting. And here I am, sober for today. God bless you. J. (alcoholic in Thailand)”

And sometimes, they not only write back, they come back and serve. Another committee member in Vermont offers the following:

“Even when I realized that I needed help to stop drinking, I could not bring myself to walk into a meeting of AA. I was too afraid to see someone I knew, and too afraid to show my face and admit that I was an alcoholic. I sought out AA online. I knew I needed to talk to someone, but I was still too ashamed to go to a meeting. I cannot explain what a profound experience this was. AAs from all over the world began emailing me, sharing their experience and offering suggestions. There was one woman in particular whom I spent several days corresponding with. I asked her countless questions, explained my fears, and generally unloaded on her. She responded from her own experience every time, and her most frequent suggestion was that I go to an actual meeting and talk to people face-to-face. She finally wore me down, and I attended my first AA meeting at the end of the week.”

Online Group Life

For many, online meetings and service supplement regular face-to-face meetings and service. For others, online AA is their primary and sometimes only connection to the Fellowship. Though the two venues are different in obvious ways, over the years, a great amount of energy has been devoted to making the online experience as close as possible to what one finds in a local meeting.

Service in online groups closely mirrors face-to-face groups. There are greeters and readers, chairs and secretaries, treasurers and intergroup reps. One group has over four dozen service workers, conducts

(Continued on page 7)

CAN YOU FIND THE WORDS BELOW FROM 'OPEN 24 HOURS'?

PUBLICLY						ACCESSIBLE						INTERNET						INDIVIDUAL						DIVERSITY					
ONLINE						COMMUNICATION						INTERNATIONAL						QUESTIONS						EVERYONE					
CONVENTION						PERCEIVED						SOLIDIFYING						DRINKING						TALK					
FRIENDSHIPS						HOSPITALITY						EXISTENCE						ASHAMED						PROFOUND					
OBTAINING						INFORMATION						CONTINUOUSLY						SUGGESTIONS						COUNTLESS					
LANGUAGES						STOP						SOMEONE						EXPERIENCE											
P	Z	I	B	A	X	M	P	R	K	S	N	O	U	X	R	W	F	G	B	Y	Y	P	K	O	L	G	L	H	D
U	M	Q	Q	Y	Q	H	W	H	S	M	R	K	S	N	X	D	I	R	E	E	Y	Q	B	U	L	L	V	E	H
Y	G	M	Y	T	E	T	W	T	E	P	S	Y	E	Z	P	N	G	N	I	R	E	U	Z	L	K	D	X	F	T
T	Z	Z	R	I	L	V	Z	J	G	D	O	B	D	E	V	I	E	C	R	E	P	N	W	A	S	V	F	Y	O
F	E	Q	U	L	H	Z	O	Q	A	L	D	D	I	T	F	K	X	Y	K	F	N	U	B	B	Z	B	C	C	D
C	V	P	E	A	U	X	Z	V	U	U	L	L	Z	S	Y	J	X	H	M	J	Z	D	S	N	O	V	F	S	M
G	K	D	P	T	S	R	M	E	G	X	G	X	B	Q	C	O	U	N	T	L	E	S	S	S	E	P	E	S	H
V	Q	N	O	I	T	A	C	I	N	U	M	M	O	C	L	V	Y	V	S	P	W	J	R	H	B	N	L	M	T
C	C	P	F	P	N	J	M	P	A	V	C	O	B	T	A	I	N	I	N	G	Y	D	Z	L	I	M	L	J	H
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T	N	L	B	O	O	H	I	G	M	Z	R	B	L	C	E	B	D	Y	H	M	S	S	N	Y	L	A	S	U	C
S	Y	I	A	H	S	D	F	E	Y	V	S	E	R	E	F	T	J	R	Z	F	A	O	B	Q	A	N	C	L	A
G	D	O	O	N	S	I	Y	B	G	X	O	W	D	S	L	G	G	H	X	S	A	T	S	U	V	O	I	M	A
O	B	O	I	D	O	N	M	B	I	K	F	U	G	N	I	Y	F	I	D	I	L	O	S	S	N	D	B	W	L
Z	P	S	E	T	G	I	O	B	Q	L	A	K	B	A	C	H	O	J	B	B	M	T	Q	V	N	O	W	K	H
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N	Z	H	U	I	B	O	L	K	N	S	U	O	V	O	C	J	C	N	N	S	T	F	Y	F	H	Y	U	W	B
L	C	A	Z	D	M	K	B	G	B	R	E	W	H	A	W	U	E	H	T	I	O	L	S	K	K	C	P	G	H
X	T	K	T	L	I	M	S	Q	P	K	E	G	D	U	N	R	X	I	O	R	C	I	C	L	E	Q	C	Z	B
B	L	U	P	P	Z	V	L	Z	F	Q	J	T	G	O	Y	I	O	N	P	I	N	F	Y	S	Q	R	T	V	Z
U	I	W	Z	N	J	Y	I	D	T	D	P	N	N	U	N	N	S	Z	L	F	H	T	S	F	A	X	O	A	N
C	T	Q	B	C	B	M	R	D	R	P	M	O	L	I	S	D	T	B	O	Y	I	E	V	S	C	C	J	O	N
K	K	F	I	Z	A	S	J	J	N	N	C	U	I	N	Y	E	U	R	W	S	S	T	E	Y	C	R	P	E	V
E	W	H	Z	O	S	X	Q	G	M	I	O	B	S	M	N	P	M	X	R	N	U	E	S	B	E	S	X	P	V
K	U	B	L	P	Q	B	R	G	W	U	N	Q	F	R	T	A	T	E	T	E	W	N	K	N	S	I	T	J	A
E	X	P	E	R	I	E	N	C	E	Y	T	N	R	X	T	E	V	I	N	I	P	R	Z	D	S	P	P	O	E
E	X	L	O	U	N	I	D	U	S	K	I	V	G	I	I	I	N	F	O	A	R	E	Q	T	I	P	Z	B	P
O	U	J	R	M	K	B	E	Q	K	P	N	U	O	E	D	P	R	O	Y	W	A	T	E	M	B	I	A	Y	C
E	T	L	L	N	M	I	X	G	Q	Z	U	N	R	I	W	S	G	N	Y	S	K	N	M	N	L	R	U	E	E
L	D	P	I	D	T	O	J	W	A	U	O	C	K	A	E	F	V	D	H	R	C	I	D	F	E	A	I	J	J
N	B	R	T	T	L	U	B	D	G	N	U	O	Z	W	R	Y	P	A	X	E	E	T	S	H	E	K	D	B	I
N	D	O	X	O	H	S	Q	X	P	G	S	H	Z	Y	N	U	M	K	I	J	I	V	L	W	A	N	H	G	O
P	P	I	F	R	Y	C	M	W	Y	R	L	V	A	M	F	E	M	K	O	D	I	D	E	Y	L	V	G	N	H
R	G	M	K	F	B	H	K	U	S	F	Y	R	C	J	D	I	T	S	D	U	P	A	X	B	D	A	U	M	Z

(Continued from page 5)

marathon chat meetings during holidays, offers temporary online sponsors, has had a monthly drawing for an AA Grapevine subscription going on seven years, and will purchase and mail a Big Book to a member in need anywhere in the world.

The Sounds of Sobriety email group was formed to help those with hearing loss (deaf, deafened, or hard of hearing) find a place to recover from alcoholism. A founder of that group, who has been sober over 40 years, states, "Online, I don't miss out on a lot. I don't have to lip read, and I can reach someone any time if I'm having a bad night or day. I don't need a third person to call someone on the phone—I can email them myself. A lot of meetings are so far away. I don't have the gas for the car, and I can't walk around outside after dark."

A California member says, "When my vision deteriorated into blindness about 10 years ago, I couldn't give back the way I always had. Residing in suburban sprawl, my meeting choices were impaired. I found you online, and I could show up! Through my participation in our Fellowship online, I've made friends globally and through the web I've been able to expand love and encourage dignity among our English-speaking members."

Informing the Fellowship

From the creation of the Online Intergroup, its officers, as well as individual group members, have sought to inform others of its existence and to emphasize the fact that "online AA" wasn't a different kind of AA; it was simply a different means of carrying the message. It became apparent that a special committee was needed to reach out to the rest of the Fellowship. "When the Unity Committee was formed, its mission was narrowly focused," says their current chairperson. "The primary task was to establish a relationship with the New York General Service Office, and through that office with AA service worldwide. Because online AA entities didn't have—and still don't—a place in the General Service structure."

Incorporated into the committee was the position of GSO Liaison and we recall that, "over the years, having a liaison has allowed the Online Intergroup to build a relationship between online AA and a key AA service office. It's created an ongoing dialogue about the online groups, the services performed by the intergroup, especially its 12th Step work, and our evolving structure. The position has provided a point of contact to help clarify listings in AA World Services' service material as well as providing periodic updates for the AA Grapevine."

MEMBERS OF ONLINE INTERGROUP | MORRISTOWN, NEW JERSEY

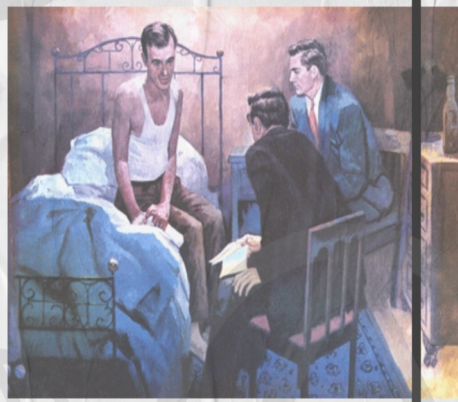
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BROWARD COUNTY DISTRICT 9 ARCHIVES PRESENTS

35TH ANNUAL

OCTOBER 3RD, 2020

VIRTUAL ARCHIVES SLIDESHOW WILL BE ON DISPLAY AT 06:30 PM
SPEAKERS WITH OVER 25 AND 35 YEARS OF RECOVERY AT 07:00 PM
EASTERN TIME (US AND CANADA)



FOR MORE INFORMATION EMAIL ARCHIVES@DISTRICT9AA.ORG

JOIN ZOOM MEETING
MEETING ID: 871 2115 1944
PASSCODE: 866700

EARLY TIMERS AND OLD TIMERS MEETING

VISIT WWW.DISTRICT9AA.ORG



STEP TEN: BEGINNING OF THE MAINTENANCE STEPS

Understanding the Disease of Alcoholism Takes Time

By Rick R.,

After being in the program for a while, it occurred to me that initially, there was no way I could have performed all the measures suggested in the Steps on my first go-around. Coming from an alcoholic's approach to the issues we plan to address, we eventually come to understand that we can only give it our best effort to start the process. Understanding the disease of alcoholism takes time. We can however establish a framework without concluding that we have completed the Steps. As we continue to grow in the program more will be revealed about the Steps taken and that is where Step Ten becomes the opportunity to revisit past Steps and fill in the empty spaces as we evolve. That does not mean that we cannot address those issues when we become aware of them. If we stay sober long enough to get to this level of understanding we will continue to repair our broken relations with others and clear up legal, marital, and financial problems that can be a distraction when it comes to looking at the deeper rooted emotional, mental, and spiritual issues. We cannot ignore the need for up-keep and maintenance in the program no more than we can ignore the up-keep and maintenance when we purchase a new car. Brake shoes wear thin, oil gets dirty, coolant evaporates etc. The same effect takes place in the process of recovery. If we become complacent at any level of this process, as it often happens, we may relapse or, miss out on the promises set forth in Step Nine.

When we took our first drink it did something for us that it did not do for the normal person.

Step Ten, "Continued to take personal inventory and when we were wrong promptly admitted it". (BB Pg. 59) I believe that most of the members of AA that actually go through the steps, as suggested in the Big Book, have been doing this to some degree since they became aware of it in the Fourth and Fifth Steps. The reason why they reintroduced us to this topic in the Tenth Step was to make it clear that we will continue to do this for the rest of our lives. We are never finished when it comes to taking the Steps. There is a line that we cross if we are committed to the goal of becoming the best we can be in life. That is where we stop asking "Why we must do all the things that the program suggests" to a point where we start asking the question "Why wouldn't we do these things that result in freedom of the mind." The biggest misconception that we have is the idea that, somehow, we are responsible for becoming an alcoholic and this is simply not the case. Alcoholism is a disease that we did not have the capacity to decide to become afflicted with when we were born. You might say that alcoholism is a byproduct of guilt, shame, and low self-esteem based on habits and deeds of the past. When we took our first drink it did something for us that it did not do for the normal person. It masks all our fears and insecurities temporarily but did not erase those embarrassing behaviors from our minds and our conscience. We behaved poorly as we evolved through our adolescence and young adulthood due to the fears and inhibitions associated with alcoholism. Who could fault the person who discovers they have a disease, takes it upon themselves to treat that disease, restores and accounts for all the faulty behaviors that stem from that disease, makes restitution and becomes a model citizen? This is the natural development that evolves as the result of taking the steps and continuing the up-keep and maintenance process and I Thank God that the program of Alcoholics Anonymous has taken one hell of a load off my mind and I am at peace mentally when my head hits the pillow at night.

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 Harding Rd - St Georges Epis Ch
37205	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

ANY LENGTHS

Billie W	10.02.19
Jason S	10.17.18
Susan S	10.08.18

BACK ROOM

Kimberly M	10.17.13
Lisa S	10.24.18
Morgan M	10.19.10

EAST SIDE MEN'S STAG

Ben J	10.21.17
Blake J	10.23.15
Dave T	10.15.16
Eliot P	10.08.09
Joaquin P	10.26.14
Jonny W	10.06.12
Josh E	10.29.18
Josh W	10.08.14
Marshall J	10.25.17
Milam C	10.24.19
Roger G	10.18.84
Thomas H	10.31.16
Travis W	10.18.17

WOMEN IN THE SOLUTION

Cordy C	10.31.79
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WOMEN'S SPEAKER

Genevie L	10.01.14
Kristin L	10.17.07

**OCTOBER
BIRTHDAYS****EAST SIDE MEN'S STAG**

Blake E	09.05.18
Bob M	09.11.00
Brian E	09.21.16
Bruce-Jon B	09.24.12
Chris G	09.22.02
Colin S	09.18.08
Corey	09.08.14
Dan S	09.20.18
Devin D	09.25.13
Erik R	09.17.18
J.D. R	09.08.14
Jeff H	09.05.97
John Mack G	09.19.00
Jonathan E	09.26.16
Justin B	09.22.16
Marshall Mc	09.15.17
Marty S	09.28.82
Paul G	09.13.02
Stephen M	09.22.17
Steve M	09.29.12
Tim G	09.04.17
Tim O	09.25.14
Zach Mc (Fletch)	09.22.17

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

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

	August 2020			YTD 2020		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	1,296.65	2,783.00	(1,486.35)	13,486.95	22,264.00	(8,777.05)
Group Donations	3,905.60	6,939.00	(3,033.40)	47,569.41	55,512.00	(7,942.59)
Individual Donations	722.27	525.00	197.27	14,404.44	4,200.00	10,204.44
Messenger Donations	-	12.00	(12.00)	24.00	96.00	(72.00)
Website Donations	-	-	-	-	-	-
Special Events	-	708.00	(708.00)	-	5,664.00	(5,664.00)
Interest	8.24	184.00	(175.76)	2,502.19	1,472.00	1,030.19
Total Income	5,932.76	11,151.00	(5,218.24)	77,986.99	89,208.00	(11,221.01)
Expenses						
Casual Labor	200.00	242.00	(42.00)	1,725.00	1,936.00	(211.00)
Payroll	6,047.00	6,047.00	-	48,376.00	48,376.00	-
Legal & Professional	350.00	350.00	-	2,800.00	2,800.00	-
Rent	946.00	1,046.00	(100.00)	7,718.00	8,368.00	(650.00)
Printing	-	50.00	(50.00)	-	400.00	(400.00)
Payroll Taxes	462.00	463.00	(1.00)	3,357.78	3,704.00	(346.22)
Repairs & Maintenance	-	25.00	(25.00)	-	200.00	(200.00)
Equipment Rental	107.92	116.00	(8.08)	787.27	928.00	(140.73)
Telephone & Fax	480.44	475.00	5.44	3,658.34	3,800.00	(141.66)
Answering Service	252.86	216.00	36.86	1,772.10	1,728.00	44.10
Postage	39.25	137.00	(97.75)	817.56	1,096.00	(278.44)
Office Supplies	-	208.00	(208.00)	704.62	1,664.00	(959.38)
Bank Service Charges	40.00	40.00	-	335.00	320.00	15.00
Credit Card Service Charge	35.90	-	35.90	229.62	-	229.62
Computer & Technology	92.86	416.00	(323.14)	4,105.55	3,328.00	777.55
Intergroup Expense	-	150.00	(150.00)	346.98	1,200.00	(853.02)
Insurance	-	200.00	(200.00)	1,298.00	1,600.00	(302.00)
Special Events	-	375.00	(375.00)	-	3,000.00	(3,000.00)
Travel	61.48	583.00	(521.52)	358.18	4,664.00	(4,305.82)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	12.00	(12.00)	313.44	96.00	217.44
Total Expenses	9,115.71	11,151.00	(2,035.29)	78,703.44	89,208.00	(10,504.56)
Net Income	(3,182.95)	-	(3,182.95)	(716.45)	-	(716.45)

YOUR GROUP CONTRIBUTIONS

GROUP/MEETING	AUG	YTD	GROUP/MEETING	AUG	YTD
12 STEPS TO FREEDOM		90	COMFORT ZONE		1,000
86'ers		863	COMMUNICATIONS	125	125
ANONYMOUS		97	CROSSVILLE NONSMKIN'		26
AWOL		95	DAVIDSON RD		3,200
BACK TO THE BIG BOOK		125	DISTRICT 9		300
BACKROOM		3,448	DISTRICT 11	100	100
BASEMENT BUNCH		46	DOUBLE DIPPERS		31
BRENTWOOD FULL MOON		670	DROP THE ROCK	100	150
BY THE BOOK, LEBANON		105	DRUNKS IN THE PARK	400	1,775
CELEBRATE SERENITY		313	EAST SIDE MEN'S		238
CENTERVILLE		207	EAST SIDE SATURDAY		1,218
CHICKEN PLUCKERS		276	EASY DOES IT MT. JULIET		250
CLARK STREET		100	EVERY WOMAN HAS A STORY	57	301
COLUMBIA	20	140	FAIRFIELD GLADE	137	188

GROUP/MEETING	AUG	YTD
FAYETTEVILLE		50
FIRST THINGS FIRST		517
FRANKLIN		2,800
FRANKLIN ROAD WOMEN'S		101
FREE TO BE		401
FREEDOM FROM BONDAGE		10
FRIDAY NIGHT PRIME TIME		50
G.O.D.	61	186
GOODLETTSVILLE	100	200
HARDING RD		250
HOPE PARK LITERATURE		65
HUT		30
IT'S A GREAT DAY		52
JOELTON		50
KEEP IT SIMPLE		397
KEY TO SOBRIETY	125	650
KICKOFF ISN'T UNTIL NOON		400
LADIES NIGHT OUT	50	50
LAFAYETTE NEW HOPE		50
LAMBDA	24	243
LAST STOP CLUB	100	100
LATE LUNCH BUNCH		2,900
LET IT HAPPEN		392
LIVING BY THE PRINCIPLES	535	535
LIVING BY THE PRINT	200	600
LIVINGSTON 12x12		25
MID-DAY BREAK		365
MT. JULIET FELLOWSHIP	50	100
MURFREESBORO	15	120
MUSIC CITY ROW	25	75
MUSTARD SEED		500
NEW BEGINNINGS	150	150
NOON WOMEN'S STEP STUDY		35
NORTHSIDE		150
N.O.W.		98
ONE DAY AT A TIME		6
ONE STEP CLOSER		590
OUT OF THE FOG/OUT OF THE BOG		1,060
OUT TO BREAKFAST BUNCH		255
PAGE 112		117
PAY DAY		132
PRIMARY PURPOSE		48
PULASKI	5	40
RIGHT DIRECTION		195

YOUR GROUP CONTRIBUTIONS

GROUP/MEETING	AUG	YTD
RUSHH HOUR	252	614
RUTS		250
SAFE HARBOR		100
SAFE PLACE	169	333
ST. BETHLEHEM		10
SANGO SOLUTIONS		120
SATURDAY NIGHT ALIVE		100
SEEKERS, SPARTA		500
SEEKING SANITY		237
SERENITY	25	125
SERENITY IN THE PARK	186	186
SHADE TREE		2,729
SIMPLY SUNDAY		368
SISTERS IN SOBRIETY		129
SMYRNA GRATITUDE	610	3,173
SPRING HILL	90	90
SPIRITUAL WARFARE		115
SOS HOHENWALD		61
SSS, HERMITAGE	160	160
STRAGGLERS		625
THERE IS A SOLUTION	50	50
TRINITY		500
TURNING POINT		300
UNITED		700
UNITY AT 6		60
WAKE UP		120
WANGL		320
WAVERLY		90
WEST NASHVILLE	21	97
WESTMINSTER		600
WINNERS & BEGINNERS	64	364
WOMEN IN RECOVERY		126
WOMEN IN THE SOLUTION		250
WOMEN'S FREEDOM		419
WOMEN'S OPEN DOOR		151
WOMEN'S SPEAKER		225
WOODBINE		10
GROUP TOTALS TO DATE	3,906	47,569
INDIVIDUALS	722	14,304
MESSENGER		24
MEMORIAL, TOM KING		100
COMBINED TOTALS TO DATE	4,628	61,998

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