

\$ 1.00

IS AA FOR YOU?

DEC 2020

Alcoholics Anonymous isn't in the business of diagnosing alcoholics or telling people whether or not they need help. It is up to each individual to decide for themselves whether they are alcoholic.	7. Have you driven drunk or participated in other dangerous behavior after drinking? YES — NO
Nashville Central Office has developed this short quiz that may help you decide whether to seek help for your drinking. If you believe you do have a problem, call AA at 615-832-1136.	 8. Have you had blackouts or memory loss as a result of drinking? YES — NO 9. Have you ever switched from one kind of drink to another to help you manage your drinking, or to avoid getting drunk?
1. Do you ever feel cravings or compulsions to drink that are difficult or impossible to ignore? YES — NO	YES — NO 10. Do you miss school, work or other obligations because of drinking? YES — NO
2. Do you sometimes drink more than you intend to drink? YES — NO	11. Has your drinking caused any health problems? YES — NO
3. Do you friends or family members ever advise you to cut down on your drinking? YES — NO	12. Do you ever feel guilty, ashamed or afraid because of your drinking? YES — NO
4. Do you ever drink in the morning to get rid of a hangover or to stop shaking? YES — NO	If you answered YES to four or more questions, you probably have a problem with alcohol. This questionnaire is not intended to provide a diagnosis,
5. Have you ever had withdrawal symptoms such as the shakes, sleeplessness, nausea, anxiety, hallucinations or seizures when the	but it can be a good first step in determining if there is cause for concern. Whether you are alcoholic is a question you have to
effects of alcohol wear off? YES — NO	answer for yourself. The people of Alcoholics Anonymous are here to show you how we recovered. Call Nashville Central Office at 615-
6. Do you ever feel you need to quit drinking or cut down? YES — NO	832-1136 to talk to an alcoholic in recovery or to find a meeting near you.

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—<u>blamethemessenger@gmail.com</u>- email—<u>mtcoaa@aol.com</u>, Website- <u>www.aanashville.org</u>

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Breaking Down Barriers

er during the COVID-19 crisis

ly, Grapevine had a conversation athi F. and Beau B., both Class B olic) trustees who serve as directors Boards of AA Grapevine (AAGV) A World Services (AAWS), about day, unity and working together to he Fellowship.

vine: Past AAWS director Tom A. informative series of articles in the June and July 2019 Grapevines the workings of the General e Board and its two affiliate ations, AAGV and AAWS. What's ference?

To put it relatively simply, we at typically vine and La Viña. AAWS supports als of the General Service Office. as Alcoholics Anonymous.

stance a bit?

True. Not that long ago, both would have meetings in the same share ideas and suggestions. It's all about way down. We started to let the how we can best serve Alcoholics membership know about this and they Anonymous together.

Grapevine: Kathi, what's happening at Grapevine and La Viña currently?

Kathi: The pandemic current rocketed AAGV into looking more at delaying or stopping almost anything that digital communications: ways we might doesn't directly impact our current ability use Instagram, doing more with YouTube to support the groups in carrying the and digital books and subscriptions and message. providing Grapevine audio stories and digital magazines for prisons, as well. In terms of Grapevine and La Viña, the 2020 Carry the Message Project, where readers buy a gift subscription for newcomers or inmates, is really working Grapevine: Going to aa.org and setting out well at a time when meetings aren't up a monthly contribution? taking place in person.

rapevine and AAWS working Beau: And this is a perfect example of AAWS and AAGV working together. Something like 200 members have brought gift certificates through AA Grapevine and La Viña's Carry the Message Project and given them to the AAWS Corrections desk to send to our members in prison reaching out to AA for help. So we're knocking down the historical barriers between us; the gift certificates are a perfect example of the harmony we find in working together. Now we just need to get the word out.

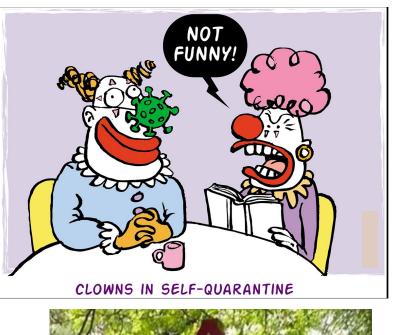
Kathi: Grapevine subscriptions are up slightly. On the La Viña side, subscriptions have dropped 20 percent. The renewal rates for La Viña are low-they buy new have a mission to publish subscriptions at events, and with COVID, obviously that's not happening. La Viña subscribers feel that it is more essential e're both there at the bottom of the for their sobriety than do people who buy e, and I think the Fellowship just Grapevine per the survey results from a couple of years ago, so hopefully these numbers for La Viña will come up. Both vine: There used to be a time Grapevine and La Viña book sales have AAGV and AAWS Boards kept dropped about 30 percent. This is largely due to Intergroups and Central Offices not having the means or demands to order books as far as we can tell.

g on the same day and they Beau: On the AAWS side, we are seeing n't even eat lunch together. Now similar trends. Initially in April, both often have lunch together and we contributions and literature sales were have really responded; contributions are breaking records each month while the literature sales are slowly returning to normal levels. We've had to do our part has too and cut costs a great deal. We are

> Kathi: Beau, one thing that concerns me is that while contributions are up, people are contributing as individuals, not groups.

(Continued on page 5)







Who is a Christmas trees favorite singer? Spruce Springsteen.



To be honest, I'm surprised they can drive at all.





	Twelfth Step Promises
much insure immunity from drinking as intensive	11. We have no monopoly on God; we merely have an approach that worked with us. (95:4)
work with other alcoholics. It works when other activities fail. (89:1)	12. Helping others is the foundation stone of your recovery. (97:1)
2. Carry this message to other alcoholics! You can help when no one else can. (89:1)	13. A kindly act once in a while isn't enough. You have to act the Good Samaritan every day, if need be.
3. You can secure their confidence when others fail. (89:1)	(97:1)
4. Life will take on new meaning. (89:2)	14. The men who cry for money and shelter before conquering alcohol, are on the wrong track. (98:0)
5. Frequent contact with newcomers and with each other is the bright spot of our lives. (89:2)	this truth: job or no job-wife or no wife-we simply do
6. Unfortunately a lot of prejudice exists. You will be handicapped if you arouse it. (89:3)	not stop drinking so long as we place dependence upon other people ahead of dependence on God. (98:1)
7. Ministers and doctors are competent and you can learn much from them if you wish, but it happens that because of your own drinking experience you can be uniquely useful to other alcoholics. (89:3)	16. Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in God and clean house. (98:2)
8. To be vital, faith must be accompanied by self sacrifice and unselfish, constructive action. (93:2)	17. Remind the prospect that his recovery is not dependent upon people. It is dependent upon his relationship with God. (99:3)
9. You should not be offended if he wants to call it off, for he has helped you more than you have helped him. (94:1)	18. If you persist, remarkable things will happen. (100:1)
10. You will be most successful with alcoholics if you do not exhibit any passion for crusade or reform.(95:1)	19. When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have

	•	
Chairperson	Garrett D	615.957.7674
Central Office Manager	Charles C	615.973.9898
Central Office Bookkeeper	Bill M	615.512.5710
Vice Chairperson	Joe C	615.491.1824
Secretary	Lindsey T	615.260.6295
Treasurer	Butler M	225.226.5457
Public Information/Cooperation with the Professional Community	Steve M	865.567.6734
Accessibility Committee	Jennifer S	615.717.7682
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

Page 4

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—25th 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

Twelfth Step Promises

		L	
<i>(Continued from page 4)</i> planned. (100:1) 20. Follow the dictates of a Higher Power and will presently live in a new and wonderful worl matter what your present circumstances! (100:1) 21. Assuming we are spiritually fit, we can d sorts of things alcoholics are not supposed to	d, no lo all	24. At a proper time and place explain friends why alcohol disagrees with you. If thoroughly, few people will ask you to drir25. Keep on the firing line of life with the and God will keep you unharmed. (102:2)26. We would not even do the cause o drinking any good, for not one drinker in	you do this nk. (102:1) ese motives f temperate a thousand
(100:4)22. An alcoholic who cannot meet them, still h alcoholic mind; there is something the matter with spiritual status. (101:1)	as an	likes to be told anything about alcohol b hates it. (103:1) 27. After all, our problems were of our or Bottles were only a symbol. (103:3)	
23. In our belief any scheme of combating alcohowhich proposes to shield the sick man temptation is doomed to failure. (101:2)		28. Besides, we have stopped fighting a anything. We have to! (103:3) Reprinted with permission: Just	

Breaking Down Barriers

(Continued from page 2)

Kathi: Yes, but is this sustainable? A lot of people tuned-in to what is going on in the Fellowship. right now feel that making contributions to their groups is not as important. I still think it is supermake your Seventh Tradition important to contribution through your groups, with a group conscience about where to distribute that money. What the Boards are discussing is how to get this message out there. And make it clear.

Beau: Agreed. Our service structure works through Guide to online information. One more hopeful note the groups. We want the groups to continue to have about AA going online these last few months is that the power of the purse. We are looking for ways to we are knocking down more barriers and becoming make it easier for groups and group treasurers to send aware of who is not in our in-person meetings with us their contributions electronically. We're getting there and why not? through the new contributions module and new formats for making contributions. But ultimately, we need more input from the groups to help us better evolve in that area. The important point being how essential it is for groups to contribute. And we are searching for ways to make that easier.

experience with Grapevine and La Viña?

Kathi: I'd like to say we are quick on our feet. Jon W., Grapevine editor, had stories about AA's experience with COVID in Grapevine as early as the July issue. The trustees' Cooperation with the Professional Community (CPC) committee is asking Grapevine to consider doing a book for older Being there for each other. members and there is a real need for that. I think the

point to make is that Grapevine is responsive and

Beau: When AA went almost entirely online in April, Grapevine was quickly posting videos from local ICYPAA service groups on how you can hold online AA meetings and even assemblies, which was incredibly helpful. It was also great to see Technology in AA Online Community (tiaa-forum.org) come together to work on how to shift the AA Meeting

Kathi: As an alcoholic, I used to think that intimacy was scary. But when COVID happened, I craved intimacy. As Board members, we don't have that intimacy we used to have. We can't have that physical lunch Beau was talking about. So we reach out to others on the Board: How is your family? What's Grapevine: Kathi, anything to add about your new? We make an effort at this so we can be united. United doesn't mean we always agree with each other. It just means we do reach out to each other. And I think this is the same for everyone in AA: reaching out to each other beyond our virtual meetings, checking on old-timers and newcomers alike.

AA News November 2020—Grapevine.org

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НО—НО—НО

54th Annual NOW Women's AA Group



Sunday, December 13, 2020 4:00 pm

Holiday Party

Where? On your phone, tablet or computer.

For 54 years, the NOW group has hosted a holiday party for all women in recovery in the Nashville area, and we're not stopping now. Join us on Zoom for a sobriety countdown, fellowship and great speakers. There is no charge to attend the event, though we are accepting donations through Venmo @Belinda-Leslie. Please join us for some holiday fun with your sober sisters.

Admission is free but you will need to register in advance at https://www.brownpapertickets.com/event/4814577

The Nashville Original Women's group (NOW) is the oldest women's meeting in this area. The meeting started at an apartment building and was one of the first to move to Friendship House when it opened in December 1963!





www.aa.org**

About this Event

Sat, December 5, 2020

8:30 AM - 7:00 PM CST

The Eastern US/Canada Forum ("US/CAN-EAST") 2020: Experience, Strength & Hope

What it was like, what happened and what it is like now...

This one-day - sharing and informational session will feature workshops, special presentations and much more, with the participation of your trusted servants in the Northeast, Southeast, East Central and Eastern Canada Regions.

> All members are invited, so get on the virtual bus! Bring a newcomer!

**PLEASE NOTE: PRE-REGISTRATION IS STRONGLY SUGGESTED. LIMITED SAME -DAY REGISTRATION AVAILABLE.





ANY LENGTHS

Eric B	12.08.05
Jason L	12.01.07
Liston K	12.07.82
Paul H	12.17.16

SHADE TREE

WOMEN IN THE SOLUTION

Jackie J	12.27.12
Sally L	12.12.86

COVID-19 HOLIDAY CELEBRATION TIPS

"2020 has been a very challenging year and will continue to be challenging throughout the winter. If we all do our part and vaccines become available, the outlook for a safer and closer-to-normal 2021 holiday season is encouraging."

<u>A Season of Good Health — Tips for the Holidays in the Covid-19 Season</u>

While the safety precautions this season may suggest a rather glum holiday season, here are some things you CAN do to celebrate the holiday season in joyful, meaningful ways.

- ⇒ Share traditional recipes with family / AA members. While you all won't be physically in the same place this holiday season, you can still enjoy grandma's apple pie and your great uncle's gravy. Have a virtual family / AA meeting to plan your festive meals and swap recipes.
- ⇒ Get outside and exercise! Some annual jingle bell runs may be hosting virtual races. Take your immediate family out for a long walk or run during the mornings. Throw a football around, discover a new nature trail, hit the beach (bundle up if it is cold!), learn something new. Enjoying nature is one of the best ways to soothe your soul this holiday season.
- ⇒ Host a neighborhood drive to collect items for a food pantry. Circulate a flyer or an email to neighbors, put a collection bin on your front stoop and drop off the donations at your local pantry. It is best to contact the pantry before starting the drive to find out what the logistics are to donate and if they need anything specific in the way of food, toiletries, baking items, etc.
- ⇒ Think out-of-the-box for holiday gift giving. Health experts recommend avoiding crowded stores whenever possible. If you must go to a store, go during off-peak times to avoid crowds, and shop local. Consider gift shopping online or call local shops that you want to support and ask if they can mail gifts or gift cards to recipients. Another idea is to virtually gather your closest friends and create a plan to celebrate in person when the pandemic is over. Send a meal or desserts to your friends via their favorite local restaurants or make a donation in a friend's name to their favorite non-profit organization. This is the season to think creatively often the most meaningful gifts are the most creative ones.
- ⇒ **"Zoomolidays"**. Not original, but it can be meaningful to see loved ones gather around their respective tables for the holidays. You can spice up Zoom with fun contests, like "most creative table setting," "best decorations for the holidays," or "most delicious looking desserts."
- ⇒ Start a virtual secret Santa with your friends, relatives, or colleagues! Holiday gift giving traditions can be virtual. Your annual <u>Yankee swap</u>, secret Santa or white elephant tradition can still be had virtually. Or try this new version of <u>secret Santa with a food twist</u>. https://holidappy.com/party-planning/Secret-Santa-During-Quarantine
- ⇒ Identify new hobbies. For many people, the holidays signify the start of the winter season. Everyone's patience will be tested this winter as we aim to control the spread of COVID-19 with necessary safety precautions. This is a great time to find some new hobbies. Follow your passions. How about trying a new craft or starting a podcast? Consider volunteering remotely for a non-profit you care about. Try a winter sport, discover a new or old book, host a virtual game night with your family or AA friends, learn a new language....the possibilities are endless.
- ⇒ Check in on loved ones. Everyone, no matter what they might reveal on their social media posts, is going to have some challenging times ahead. It is not easy to get through a holiday season during a global pandemic. Call your AA friends, friends, neighbors, long-ago acquaintances. If you make one call each week, you will impact many lives this winter season.

Reprinted from: www.emersonhospital.org

Middle Tennessee Intergroup Association

Statement of Activities - Actual and Budgeted - Schedule 1 For the Month and Year Ended October, 2020

	October 2020			YTD 2020		
			Budget			Budget
	Actual	Budget	Variance	Actual	Budget	Variance
Income						
Net Literature Sales	2,263.28	2,783.00	(519.72)	18,553.28	27,830.00	(9,276.72)
Group Donations	6,481.30	6,939.00	(457.70)	61,569.04	69,390.00	(7,820.96)
Individual Donations	4,490.23	525.00	3,965.23	20,801.99	5,250.00	15,551.99
Messenger Donations	-	12.00	(12.00)	24.00	120.00	(96.00)
Website Donations	-	-	-	-	-	-
Special Events	-	708.00	(708.00)	-	7,080.00	(7,080.00)
Interest	4.62	184.00	(179.38)	2,515.88	1,840.00	675.88
Total Income	13,239.43	11,151.00	2,088.43	103,464.19	111,510.00	(8,045.81)
Expenses						
Casual Labor	200.00	242.00	(42.00)	2,125.00	2,420.00	(295.00)
Payroll	6,047.00	6,047.00	-	60,470.00	60,470.00	-
Legal & Professional	350.00	350.00	-	3,500.00	3,500.00	-
Rent	991.19	1,046.00	(54.81)	9,655.19	10,460.00	(804.81)
Printing	-	50.00	(50.00)	-	500.00	(500.00)
Payroll Taxes	463.50	463.00	0.50	4,283.28	4,630.00	(346.72)
Repairs & Maintenance	-	25.00	(25.00)	-	250.00	(250.00)
Equipment Rental	103.51	116.00	(12.49)	989.53	1,160.00	(170.47)
Telephone & Fax	473.52	475.00	(1.48)	4,615.34	4,750.00	(134.66)
Answering Service	166.36	216.00	(49.64)	2,120.16	2,160.00	(39.84)
Postage	85.88	137.00	(51.12)	948.13	1,370.00	(421.87)
Office Supplies	285.81	208.00	77.81	1,040.43	2,080.00	(1,039.57)
Bank Service Charges	40.00	40.00	-	415.00	400.00	15.00
Credit Card Service Charge	74.59	-	74.59	354.83	-	354.83
Computer & Technology	194.70	416.00	(221.30)	5,393.11	4,160.00	1,233.11
Intergroup Expense	-	150.00	(150.00)	346.98	1,500.00	(1,153.02)
Insurance	563.00	200.00	363.00	1,861.00	2,000.00	(139.00)
Special Events	-	375.00	(375.00)	-	3,750.00	(3,750.00)
Travel	-	583.00	(583.00)	358.18	5,830.00	(5,471.82)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under		12.00	(12.00)	313.44	120.00	193.44
Total Expenses	10,039.06	11,151.00	(1,111.94)	98,789.60	111,510.00	(12,720.40)
Net Income	3,200.37	-	3,200.37	4,674.59	-	4,674.59

GROUP/MEETING	ОСТ	YTD	GROUP/MEETING	ОСТ	YTD
12 STEPS TO FREEDOM		90	DISTRICT 9		300
86'ers	321	1,185	DISTRICT 11		100
ANONYMOUS		97	DOUBLE DIPPERS		31
AWOL	84	179	DROP THE ROCK		150
BACK TO THE BIG BOOK		125	DRUNKS IN THE PARK		1,775
BACKROOM		4,571	EAST SIDE MEN'S STAGE		666
BASEMENT BUNCH		46	EAST SIDE SATURDAY		1,680
BRENTWOOD FULL MOON	240	910	EASTSIDE SUNLIGHTERS	186	411
BY THE BOOK, LEBANON	40	380	EASY DOES IT MT. JULIET		250
CELEBRATE SERENITY		363	EVERY WOMAN HAS A STORY	95	396
CENTERVILLE	185	563	FAIRFIELD GLADE		188
CHICKEN PLUCKERS		276	FAYETTEVILLE		75
CLARK STREET		100	FIRST THINGS FIRST		517
COLUMBIA	20	180	FOURTH DIMENSION		41
COMFORT ZONE	350	1,350	FRANKLIN	1,500	4,300
COMMUNICATIONS		125	FRANKLIN ROAD WOMEN'S		101
COOL SPRINGS NEWCOMERS		100	FREE TO BE	116	517
CROSSVILLE NONSMKIN'		26	FREEDOM FROM BONDAGE	25	35
DAVIDSON RD		3,200	FRIDAY NIGHT PRIME TIME		50
DICKSON	90	135	GLADEVILLE GRATITUDE	250	250

	$\mathbf{K}\mathbf{I}/\mathcal{T}\mathbf{I}\mathcal{I}\mathcal{I}\mathcal{N}\mathbf{N}$	<u>GROUP/MEETING</u>	OCT	YTD
YOU'R GROU'P CONTRI GROUP/MEETING	OCT YTD	ST. BETHLEHEM		10
G.O.D.	186	SANGO SOLUTIONS		120
GOODLETTSVILLE	200	SATURDAY NIGHT ALIVE		100
HARDING RD	375	SEEKERS, SPARTA		1,000
HERMITAGE	100	SEEKING SANITY		237
HOPE PARK LITERATURE	65	SERENITY	25	175
HUT	30	SERENITY IN THE PARK		186
IT'S A GREAT DAY	52	SHADE TREE	240	3,582
JOELTON	50	SIMPLY SUNDAY	210	368
KEEP IT SIMPLE	397	SISTERS IN SOBRIETY		129
KEY TO SOBRIETY	650		474	
KICKOFF ISN'T UNTIL NOON	400	SMYRNA GRATITUDE	474	4,656
	50	SPRING HILL		90
	100	SPIRITUAL WARFARE		115
	304	SOS HOHENWALD		61
	100	SSS, HERMITAGE		160
	2,900	STRAGGLERS	550	1,175
LET IT HAPPEN LIVING BY THE PRINCIPLES	<u> </u>	THERE IS A SOLUTION		50
LIVING BY THE PRINCIPLES	600	TRINITY	300	800
LIVING BY THE PRINT	25 50	TURNING POINT	250	550
MID-DAY BREAK	365	TWO TO LIFE	20	20
MT. JULIET FELLOWSHIP	100	UNITED		900
MURFREESBORO	15 150	UNITY AT 6		60
MUSIC CITY ROW	75	VALLEY VIEW		400
MUSTARD SEED	500	WAKE UP	156	276
NEW BEGINNINGS	150	WANGL		320
NIPPER'S CORNER	80 181	WAVERLY	120	210
NOON WOMEN'S STEP STUDY	35	WEST NASHVILLE		97
NORTHSIDE	150	WEST NASHVILLE UNITED		100
N.O.W.	186	WESTMINSTER		600
ONE DAY AT A TIME	6			
ONE STEP CLOSER	57 647	WINNERS & BEGINNERS	100	899
		WOMAN TO WOMAN	100	100
OUT OF THE FOG/OUT OF THE	200 1,560	WOMEN IN RECOVERY		126
OUT TO BREAKFAST BUNCH	255	WOMEN IN THE SOLUTION		300
PAGE 112	109 226	WOMEN'S FREEDOM	157	576
	132	WOMEN'S OPEN DOOR		151
PRIMARY PURPOSE	96 144	WOMEN'S SPEAKER		225
PULASKI RIGHT DIRECTION	<u> </u>	WOODBINE		25
		GROUP TOTALS TO DATE	6,481	61,569
ROAD OF HAPPY DESTINY RUSHH HOUR	50614	INDIVIDUALS	4,490	20,702
RUTS	500	MESSENGER	•	24
SAFE HARBOR	100	MEMORIAL, TOM KING		100
SAFE PLACE	333	COMBINED TOTALS TO DATE	10,972	82,395
JAFE PLACE	333	CONIDINED TOTALS TO DATE	10,972	02,395

Middle Tennessee Central Intergroup Association

417 Welshwood Drive Suite 207 Nashville, TN 37211

615.832.1136800.559.2252

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