

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

\$ 1.00

## ***Humility in Recovery and How to Develop It***

JAN 2021

### **Humility and Defense Mechanisms**

In relation to Twelve-Step spirituality, humility in recovery is considered a prized virtue and essential to the practice of both the 12 Steps and 12 Traditions.

Humility is difficult for most human beings and doubtful it can be practiced absolutely by many, if any of us. It requires a secure sincerity and integrated sense of oneself, a self-love, compassion and emotional maturity that's often absent, particularly in those of us with a history of alcoholism and/or addiction.



### **Time to Soar**

Humility is simply having a realistic sense of oneself. A humble person accurately acknowledges both their strengths and limitations. These people have the capacity to be honest and without pretense in relation to themselves. They are “right-sized” and without false pride, arrogance, or importantly, low self-esteem. They are modest and without “ego”, they are authentic and real, and can admit to their vulnerability.

Humility in recovery is an essential foundation for a better life. For instance, it provides us with the

willingness to surrender our ego and false pride. It also provides the courage to show our vulnerable side and admit to the problem of addiction. Humility gives us the willingness to ask for help and guidance from others and to practice trust beyond ourselves. It enables us to see the need for and to embrace change. Humility connects us to others through the expression of our humanity and is a bridge to freedom from our self-imposed isolation.

### **The Virtues Inherent to Humility and the 12 Steps**

The virtues of self awareness, acceptance, and self-honesty, give us the courage and willingness to be vulnerable, to be truly humble. In other words, by working on these virtues we increase our capacity to be humble in our relationship with ourselves and others. However, if we lack self-awareness and self-acceptance we will also lack self honesty and therefore fail to be humble. We'll be unable to show our true self to others, to be vulnerable, and will lack authenticity in our relationships. We will need to defend ourselves instead.

The 12 Steps all involve practices and principles that encourage the aforementioned virtues. They require the practice of humility, as well as develop it. The Steps involve:

- admitting our limitations to ourselves and others
- asking for help from outside of ourselves and seeking guidance
- a willingness to accept, take responsibility for, and to admit our faults and weaknesses
- the willingness to practice forgiveness
- enthusiasm, courage and honesty to be vulnerable with others, and to make our amends

*(Continued on page 5)*

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## Mrs. Marty Mann—"Women Suffer Too"

### Marty Mann and Removing Barriers to Treatment

Marty Mann was an early  
proponent of treating  
substance use disorders as a  
public health issue,  
recognizing that substance  
use disorders are a disease—  
not a moral failing.

March is Women's History Month and it's a time to recognize and celebrate the historical contributions of women to society. Marty Mann was an early proponent of treating substance use disorders as a public health issue, recognizing that substance use disorders are a disease—not a moral failing.

Marty worked as a magazine editor, art critic, and photojournalist for renowned magazines such as Vogue, Harpers, and Tattler. However, she had an alcohol use disorder – and it progressed to the point where she was no longer able to hold a job, drifting in and out of homelessness while living abroad in London. In 1936, she returned to her family in the United States and sought help from doctors. Marty twice attempted suicide before discovering Alcoholics Anonymous (AA).

She described the "revelation" she had reading an early copy of Alcoholics Anonymous:

*"I wasn't the only person in the world who felt and behaved like this! I wasn't mad or vicious – I was a sick person. I was suffering from an actual disease that had a name and symptoms like diabetes or cancer or TB – and a disease was respectable, not a moral stigma."*

Marty Mann

Even though she began a successful path to recovery as one of the first women to join AA, Marty found that other women were often reluctant to seek help. At the time, many people believed that alcohol use disorder among women was caused by underlying psychiatric problems, and that alcohol use problems were more pathological among women than among men.

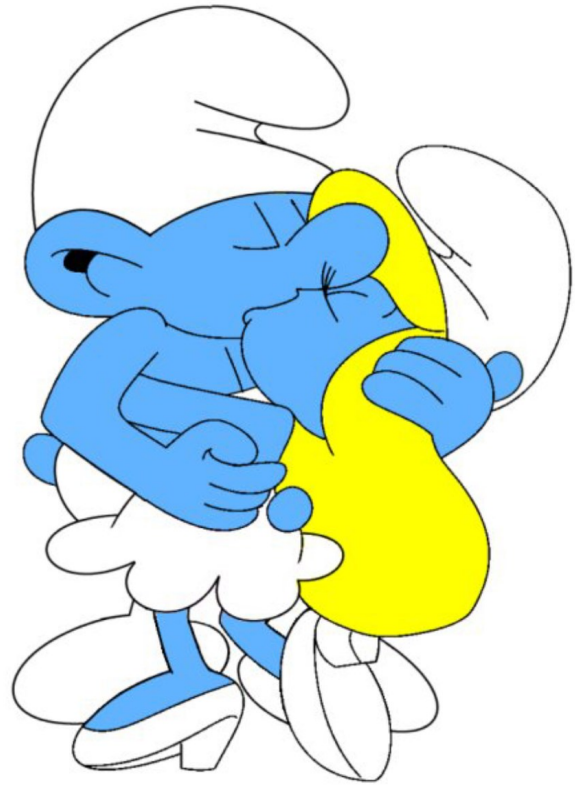
In 1944, with funding from the Yale Center on Alcohol Studies, Marty founded the [National Committee for Education on Alcoholism](#) (NCEA) to reduce stigma and help people get the treatment they needed. A main tenet of the organization's mission was that alcoholism is a public health problem, and therefore a [public responsibility](#). Marty credited her life partner, Priscilla Peck, with encouraging her to write the book, *Primer on Alcoholism*, and with helping her conceptualize the NCEA. Today this organization is called the National Council on Alcohol and Drug Dependence (NCAAD) and has expanded its work to include other substance use disorders.



## ***Mrs. Marty Mann— "Women Suffer Too"***

Marty was a pioneer in removing barriers to treatment for substance use disorders, and that legacy continues to this day: under the Affordable Care Act, substance use disorder services are now essential health benefits that insurance plans in the Health Insurance Marketplace are required to cover. The law also requires that covered substance use disorder benefits are comparable to medical and surgical benefits.

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**HAPPY NEW YEAR!**





## Definition Of Alcoholism

***"Alcoholism is a primary, chronic disease with genetic, psychosocial, and environmental factors influencing its development and manifestations. The disease is often progressive and fatal. It is characterized by continuous or periodic: impaired control over drinking, preoccupation with the drug alcohol, use of alcohol despite adverse consequences, and distortions in thinking, most notably denial."***

**"Primary"** refers to the nature of alcoholism as a disease entity in addition to and separate from other pathophysiologic states which may be associated with it. "Primary" suggests that alcoholism, as an addiction, is not a symptom of an underlying disease state.

**"Disease"** means an involuntary disability. It represents the sum of the abnormal phenomena displayed by a group of individuals. These phenomena are associated with a specified common set of characteristics by which these individuals differ from the norm, and which places them at a disadvantage.

**"Often progressive and fatal"** means that the disease persists over time and that physical,

emotional, and social changes are often cumulative and may progress as drinking continues. Alcoholism causes premature death through overdose, organic complications involving the brain, liver, heart and many other organs, and by contributing to suicide, homicide, motor vehicle crashes, and other traumatic events.

**"Impaired control"** means the inability to limit alcohol use or to consistently limit on any drinking occasion the duration of the episode, the quantity consumed, and/or the behavioral consequences of drinking.

**"Preoccupation"** in association with alcohol use indicates excessive, focused attention given to the drug alcohol, its effects, and/or its use. The relative value thus assigned to alcohol by the individual often leads to a diversion of energies away from important life concerns.

**"Adverse consequences"** are alcohol-related problems or impairments in such areas as: physical

*(Continued on page 5)*

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<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 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

## ***Humility in Recovery and How to Develop It***

(Continued from page 1)

- the spirit to practice faith and trust
- and the willingness to be of help and of service to others

These are all humble actions, attitudes, and virtues that help us to grow in recovery and develop as human beings. Moreover, they reduce egotism and promote a healthy sense of oneself, and are therefore good for our relations with others and the world. Humility allows us to be honest, open-minded, and willing in our efforts to recover. These attitudes are the essential HOW that we need in recovery. Ultimately, when humble we are willing to seek and receive help, support, guidance and direction with our lives. We are not alone anymore.

### **The “Ego Defenses” That Prevent Humility**

Denial, rationalization, minimization, projection, etc., are the unconscious “*defense mechanisms*” that diminish our capacity to be humble. These psychic or ego defenses promote and perpetuate the following defensive attitudes and behaviors that can be harmful to our recovery: dishonesty, arrogance, false pride, anger, aggression, criticism and being argumentative. In addition, they can also allow us to continue with our addiction, which in itself is a major defense strategy.

The feelings of shame, rejection, insecurity (emotional, physical and social), low self-worth, trauma, loss, and emotional wounding are why the ego is trying to defend itself. These are very painful states of being which create FEAR and its defenses or relations: anger, anxiety, self-centeredness, controlling behavior, dishonesty, depression, avoidance and social isolation. These shame and fear based defenses are attempts by the ego to protect itself. And, to escape the underlying painful states of being and related unbearable feelings.

### **Applying Humility for Healing**

Sadly, these defensive strategies often prevent connection and true intimacy with others, and result in a painful isolation and a feeling that life lacks meaning. Our underlying wounds and their defenses prevent humility and the capacity to connect with our more positive feelings as well.

The healing process is not an easy one. It is a long and difficult journey and requires a lot of drive and courage; as well as faith in our ability to be healed. The 12-Step recovery process can help guide us in this journey of healing our emotional wounds, and in letting go of unhelpful ego defenses, thereby regaining our capacity to be humble and real.

*Excerpts from Steve K. - Blogger  
Reprinted with permission By Steve K.*

## **Definition Of Alcoholism**

(Continued from page 4)

health (e.g., alcohol withdrawal syndromes, liver disease, gastritis, anemia, neurological disorders); psychological functioning (e.g., impairments in cognition, changes in mood and behavior); interpersonal functioning (e.g., marital problems and child abuse, impaired social relationships); occupational functioning (e.g., scholastic or job problems); and legal, financial, or spiritual problems.

**"Denial"** is used here not only in the psychoanalytic sense of a single psychological defense mechanism disavowing the significance of events, but more broadly to include a range of psychological maneuvers designed to reduce awareness of the fact that alcohol use is the cause of an individual's problems rather than a solution to those problems. Denial becomes an integral part of the disease and a major obstacle to recovery.

Justloveaudio  
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# Anonymity – A Spiritual Foundation

**“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”**

A hallmark of 12-step recovery programs is the offer of anonymity to participants, but the principle goes much deeper than just not revealing last names. To keep the focus on principles rather than personalities, personal anonymity should be maintained at all levels of participation in 12-step fellowship—in meetings, in 12th step work, and even in sponsorship.

Some note that the long form of the 12th Tradition says that anonymity reminds the member to practice a genuine humility. When you walk into a meeting, you leave "what you are" at the door and walk in as "who you are." This translates into practices of not using honorifics. A judge isn't "Your Honor" at a meeting. A priest isn't "Father." All are equal, and all are just one drink away from being drunk.

Tradition 12 means that the principles of the 12-step program should be put first, not anyone's personal opinion. It is tempting to deviate from the principles when someone you care about and respect is hurting. But in doing so, you let a little more of your principles slip away, and then the program loses a little more of its foundation.

That's why we need to have that unconditional love for the principles—so we may love each other unconditionally. That love comes from taking the risks of resting on the principles rather than giving in and playing God. We don't give them the chance to grow in the truth of AA's wisdom we allow them to create their own. It may appear to be helpful, but it is just as damaging and unloving to the individual as it is to AA on the whole.

<sup>1</sup>Excerpt from <https://www.verywellmind.com>



My husband said he's leaving me because I'm drunk all the time.

Dear God, I got married?

Two drunk guys were about to get into a fight, when one draws a line in the dirt and slurs, "If you cross this, I'll hit you in the face."

This is the punchline!





REGISTER FOR VIRTUAL 2021



#### IMPORTANT UPDATE

#### THE 57TH INTERNATIONAL WOMEN'S CONFERENCE WILL BE VIRTUAL

To make 2021's Conference safe and open to all, the Conference will be virtual. The Language of the Heart will be spoken at the First Virtual International Women's Conference ever held. The women of Charlotte, North Carolina are excited to host this Virtual Conference for our sober sisters in every part of the world.

In the true spirit of the IWC, there will be inspiring guest speakers, dynamic workshops and panels, and lots of fun activities, too. This will be a memorable experience unlike any other, where you will make new friends and renew old friendships.

<https://internationalwomenconference.com/>

A wife was in bed with her lover when she heard her husband's key in the door. "Stay where you are," she whispered. "He's so drunk he won't even notice you're in bed with me."

The husband lurched into bed, but a few minutes later, through a drunken haze, he saw six feet sticking out at the end of the bed.

He turned to his wife: "Hey, there are six feet in this bed. There should only be four. What's going on?"

"You're so drunk you miscounted," said the wife. "Get out of bed and try again. You can see better from over there."

The husband climbed out of bed and counted again: "One, two, three, four. Oh, you're right."



<b><i>YOUR GROUP CONTRIBUTIONS</i></b>
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GROUP/MEETING	NOV	YTD
12 STEPS TO FREEDOM		90
86'ers		1,185
ANONYMOUS		97
AWOL		179
BACK TO THE BIG BOOK	60	185
BACKROOM	548	5,119
BASEMENT BUNCH		46
BRENTWOOD FULL MOON		910
BY THE BOOK, LEBANON		380
CELEBRATE SERENITY		363
CENTERVILLE		563
CHICKEN PLUCKERS		276
CLARK STREET		100
COLUMBIA	20	200
COMFORT ZONE		1,350
COMMUNICATIONS		125
COOL SPRINGS NEWCOMERS		100
CROSSVILLE NONSMKIN'		26
DAVIDSON RD		3,200
DICKSON		135
DISTRICT 9	150	450
DISTRICT 11		100
DOUBLE DIPPERS		31
DOWNTOWN Y	45	45
DROP THE ROCK		150
DRUNKS IN THE PARK		1,775
EAST SIDE MEN'S STAGE		666
EAST SIDE SATURDAY		1,680
EASTSIDE SUNLIGHTERS	264	675
EASY DOES IT MT. JULIET		250
EVERY WOMAN HAS A STORY		396
FAIRFIELD GLADE		188
FAYETTEVILLE		75
FIRST THINGS FIRST		517
FOURTH DIMENSION		41
FRANKLIN		4,300
FRANKLIN ROAD WOMEN'S		101
FREE TO BE		517
FREEDOM FROM BONDAGE		35
FRIDAY NIGHT PRIME TIME		50
GLADEVILLE GRATITUDE		250
G.O.D.		186
GOODLETTSVILLE		200
HAPPY HOUR - LEWISBURG	60	60
HARDING RD		375

GROUP/MEETING	NOV	YTD
HERMITAGE		100
HOPE PARK LITERATURE		65
HUT		30
IT'S A GREAT DAY		52
JOELTON		50
KEEP IT SIMPLE	140	537
KEY TO SOBRIETY		650
KICKOFF ISN'T UNTIL NOON		400
LADIES NIGHT OUT		50
LAFAYETTE NEW HOPE		100
LAMBDA	33	336
LAST STOP CLUB		100
LATE LUNCH BUNCH		2,900
LET IT HAPPEN		392
LIVING BY THE PRINCIPLES		535
LIVING BY THE PRINT		600
LIVINGSTON 12x12		50
MID-DAY BREAK		365
MT. JULIET FELLOWSHIP		100
MURFREESBORO	15	165
MUSIC CITY ROW		75
MUSTARD SEED		500
NEW BEGINNINGS		150
NIPPER'S CORNER		181
NOON WOMEN'S STEP STUDY		35
NORTHSIDE		150
N.O.W.		186
ON AWAKENING	200	200
ONE DAY AT A TIME		6
ONE STEP CLOSER		647
OUT OF THE FOG/OUT OF THE BOG	200	1,760
OUT TO BREAKFAST BUNCH	127	381
PAGE 112		226
PAY DAY		132
PRIMARY PURPOSE		144
PULASKI	5	55
RIDGETOP BASIC	50	50
RIGHT DIRECTION		195
ROAD OF HAPPY DESTINY		50
RUSHH HOUR		614
RUTS		500
SAFE HARBOR		100
SAFE PLACE		333
ST. BETHLEHEM		10



GROUP/MEETING	NOV	YTD
SANGO SOLUTIONS		120
SATURDAY NIGHT ALIVE	20	120
SEEKERS, SPARTA		1,000
SEEKING SANITY		237
SERENITY		175
SERENITY IN THE PARK		186
SHADE TREE	325	3,907
SIMPLY SUNDAY		368
SISTERS IN SOBRIETY		129
SMYRNA GRATITUDE	710	5,366
SPRING HILL	107	197
SPIRITUAL WARFARE		115
SOS HOHENWALD		61
SSS, HERMITAGE		160
STRAGGLERS		1,175
TENNESSEE WOMAN TO WOMAN	500	600
THERE IS A SOLUTION	162	212
TRINITY		800
TURNING POINT		550
TWO TO LIFE		20
UNITED		900
UNITY AT 6	60	120
VALLEY VIEW		400
WAKE UP		276
WANGL		320
WAVERLY		210
WEST NASHVILLE	46	143
WEST NASHVILLE UNITED		100
WESTMINSTER		600
WINNERS & BEGINNERS		899
WOMEN IN RECOVERY	103	229
WOMEN IN THE SOLUTION		300
WOMEN'S FREEDOM		576
WOMEN'S OPEN DOOR		151
WOMEN'S SPEAKER		225
WOODBINE	5	30
<b>GROUP TOTALS TO DATE</b>	<b>3,974</b>	<b>65,544</b>
INDIVIDUALS	3,544	24,246
MESSENGER		24
MEMORIAL, TOM KING		100
<b>COMBINED TOTALS TO DATE</b>	<b>7,519</b>	<b>89,914</b>

**JANUARY**  
**ANNIVERSARIES**

**ANY LENGTHS**

<i>Crystal S</i>	<i>01.29.19</i>
<i>Dan R</i>	<i>01.01.11</i>
<i>Emily L</i>	<i>01.04.17</i>
<i>Lauren H</i>	<i>01.11.19</i>
<i>Liz B</i>	<i>01.15.06</i>
<i>Zack S</i>	<i>01.21.19</i>

**SHADE TREE**

<i>Ann C</i>	<i>01.20.13</i>
<b><i>Barclay R</i></b>	<b><i>01.01.90</i></b>
<i>Dana P</i>	<i>01.07.20</i>
<b><i>Deborah P</i></b>	<b><i>01.14.83</i></b>
<i>Ian P</i>	<i>01.04.20</i>
<b><i>Jim E</i></b>	<b><i>01.26.94</i></b>
<i>Levi Y</i>	<i>01.25.10</i>
<i>Lisa O</i>	<i>01.05.14</i>
<i>Lois B</i>	<i>01.24.09</i>
<i>Lorrie P</i>	<i>01.22.13</i>
<b><i>Mark H</i></b>	<b><i>01.30.99</i></b>
<i>Marsha R</i>	<i>01.05.09</i>
<i>Matt M</i>	<i>01.01.20</i>
<i>Rob B</i>	<i>01.04.17</i>
<i>Shane R</i>	<i>01.12.20</i>
<i>Sheilah J</i>	<i>01.15.19</i>
<i>Stephan B</i>	<i>01.12.19</i>
<i>Travis M</i>	<i>01.26.20</i>

**WOMEN'S SPEAKER**

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

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

	November 2020			YTD 2020		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	2,184.48	2,783.00	(598.52)	20,737.76	30,613.00	(9,875.24)
Group Donations	3,974.93	6,939.00	(2,964.07)	65,543.97	76,329.00	(10,785.03)
Individual Donations	3,544.29	525.00	3,019.29	24,346.28	5,775.00	18,571.28
Messenger Donations	-	12.00	(12.00)	24.00	132.00	(108.00)
Website Donations	-	-	-	-	-	-
Special Events	-	708.00	(708.00)	-	7,788.00	(7,788.00)
Interest	5.28	184.00	(178.72)	2,521.16	2,024.00	497.16
Total Income	9,708.98	11,151.00	(1,442.02)	113,173.17	122,661.00	(9,487.83)
Expenses						
Casual Labor	200.00	242.00	(42.00)	2,325.00	2,662.00	(337.00)
Payroll	6,047.00	6,047.00	-	66,517.00	66,517.00	-
Legal & Professional	350.00	350.00	-	3,850.00	3,850.00	-
Rent	946.00	1,046.00	(100.00)	10,601.19	11,506.00	(904.81)
Printing	-	50.00	(50.00)	-	550.00	(550.00)
Payroll Taxes	462.60	463.00	(0.40)	4,745.88	5,093.00	(347.12)
Repairs & Maintenance	-	25.00	(25.00)	-	275.00	(275.00)
Equipment Rental	104.21	116.00	(11.79)	1,093.74	1,276.00	(182.26)
Telephone & Fax	474.01	475.00	(0.99)	5,089.35	5,225.00	(135.65)
Answering Service	174.82	216.00	(41.18)	2,294.98	2,376.00	(81.02)
Postage	99.48	137.00	(37.52)	1,047.61	1,507.00	(459.39)
Office Supplies	417.06	208.00	209.06	1,457.49	2,288.00	(830.51)
Bank Service Charges	40.00	40.00	-	455.00	440.00	15.00
Credit Card Service Charge	53.00	-	53.00	407.83	-	407.83
Computer & Technology	92.86	416.00	(323.14)	5,485.97	4,576.00	909.97
Intergroup Expense	-	150.00	(150.00)	346.98	1,650.00	(1,303.02)
Insurance	-	200.00	(200.00)	1,861.00	2,200.00	(339.00)
Special Events	-	375.00	(375.00)	-	4,125.00	(4,125.00)
Travel	-	583.00	(583.00)	358.18	6,413.00	(6,054.82)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	12.00	(12.00)	-	132.00	(132.00)
Total Expenses	9,461.04	11,151.00	(1,689.96)	107,937.20	122,661.00	(14,723.80)
Net Income	247.94	-	247.94	5,235.97	-	5,235.97



Can you find the words below that come from the story on Page 1?

SPIRIT	FAITH	TRUST	DEVELOP	EGOTISM
WILLINGNESS	SERVICE	HUMBLE	THEREFORE	RELATIONS
ATTITUDES	VIRTUES	RECOVERY	HUMILITY	UNCONSCIOUS
HEALTHY	PSYCHIC	HARMFUL	DISHONESTY	CRITICISM
DEFENSES	ARROGANCE	FALSE-PRIDE	AGGRESSION	MECHANISMS

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