

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

\$ 1.00

**SIXTEEN RELAPSE POINTS TO
WATCH FOR OVER A HOLIDAY**

DEC 2021

- | | |
|---|---|
| <p>1. Exhaustion - Allowing oneself to become overly tired; usually associated with work addiction as an excuse for not facing personal frustrations.</p> <p>2. Dishonesty - Begins with a pattern of little lies; escalated to self-delusion and making excuses for not doing what's called for.</p> <p>3. Impatience - I want what I want NOW. Others aren't doing what I think they should or living the way I know is right.</p> <p>4. Argumentative - No point is too small or insignificant not to be debated to the point of anger and submission.</p> <p>5. Depression - All unreasonable, unaccountable despair should be exposed and discussed, not repressed: what is the "exact nature" of those feelings?</p> <p>6. Frustration - Controlled anger/resentment when things don't go according to our plans. Lack of acceptance. See #3.</p> <p>7. Self-pity - Feeling victimized, put-upon, used, unappreciated: convinced we are being singled out for bad luck.</p> <p>8. Cockiness - Got it made. Know all there is to know. Can go anywhere, including frequent visits just to hang-out at bars, boozy parties.</p> <p>9. Complacency - Like #8, no longer sees value of daily program, meetings, contact with other alcoholics, (especially sponsor!), feels healthy, on top of the world, things are going well. Heck, may even be cured!</p> | <p>10. Expecting too much of others - Why can't they read my mind? I've changed, what's holding them up? If they just do what I know is best for them? Leads to feeling misunderstood, unappreciated. See #6.</p> <p>11. Letting up on disciplines - Allowing established habits of recovery - meditations, prayer, spiritual reading, AA contact, daily inventory, meetings - - to slip out of our routines; allowing recovery to get boring and no longer stimulating for growth. Why bother?!</p> <p>12. Using mood-altering chemicals - May have a valid medical reason, but misused to help avoid the real problems of impending alcoholic relapse.</p> <p>13. Wanting too much - Setting unrealistic goals: not providing for short-term successes; placing too much value on material success, not enough on value of spiritual growth.</p> <p>14. Forgetting gratitude - Because of several listed above, may lose sight of the abundant blessings in our everyday lives: too focused on # 13.</p> <p>15. "It can't happen to me." - Feeling immune; forgetting what we know about the disease of alcoholism and its progressive nature.</p> <p>16. Omnipotence - A combination of several attitudes listed above; leads to ignoring danger signs, disregarding warnings and advice from fellow members.</p> <p>-- Akron Intergroup News, December 1998 In the run up to a Holiday. These are points worth noting.</p> |
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Tradition 12

The short form of Tradition 12 reads:

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

The long form of Tradition 12 reads:

And finally, we of Alcoholics Anonymous believe that the principle of Anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

When we use the 12 Steps to recover from alcoholism, we try to achieve real humility. The entire 12&12 essay on Step 7 is about humility. In the 11th Step we seek to continually allow God to provide our direction rather than being driven by our own will and ambitions. This also depended on the humility encouraged in the 7th Step to humbly ask God to remove all our shortcomings which had been blocking the way for us to be open to God's direction.

When we use the 12 Traditions to work together in AA, we are also trying to achieve humility both as individual members and as a Fellowship. The 12&12 essay on Tradition 12 states that AA's past experiences "taught us that anonymity is real humility at work." The essay ends with the statement that "we are sure that humility, expressed by anonymity, is the greatest safeguard that AA can ever have."

Since Tradition 12 also reminds us that anonymity, in the form of humility, is the foundation of all our Traditions, this would be a good place to review a simple summary of all the Traditions. Tradition 1 reminds us to hold back our personal desires and ambitions in order to guard the unity of our group and our Fellowship. By keeping Tradition 1 firmly in mind and becoming familiar with all the Traditions, we can help to

ensure a healthy AA group and a healthy AA Fellowship.

Tradition 2 reminds us that we should not fancy ourselves as big shots and bosses in AA, no matter what office we hold. All of us are just alcoholics together. God is to be our ultimate authority, and as God so often does, that authority is usually voiced through others. Our focus should be on how to humbly and respectfully listen to those voices.

Tradition 3 reminds us that we are not entitled or authorized to rule on the qualifications of other alcoholics seeking the very same help that we have been freely given. No one appointed or elected me to play God. And no one appointed or elected me to decide which alcoholic lives and which one dies? And it's very easy to forget how fatal alcoholism can be. Tradition 3 allows any 2 or 3 alcoholics coming together as an AA group to seek sobriety just about any way they like.

They can disagree with any or all AA principles and still call themselves an AA group. AA members can disagree with any or all AA principles and still call themselves AA members. Tradition 4 reminds us that a group needs humility as well. It should certainly make its group name public, but in the spirit of anonymity, a group should see itself as part of a bigger whole and be careful to consider the welfare of other AA groups and members. Tradition 4 also reminds us that an AA group has the right to be wrong and learn from that experience.

Tradition 5 reminds us that groups and members should remember what the name of our Fellowship is – Alcoholics Anonymous. It does not represent any established code of belief. We are not evangelists or gurus or a social movement out to save humanity. We are anonymous alcoholics trying to help other alcoholics. Each AA group ought

(Continued on page 3)

Tradition 12

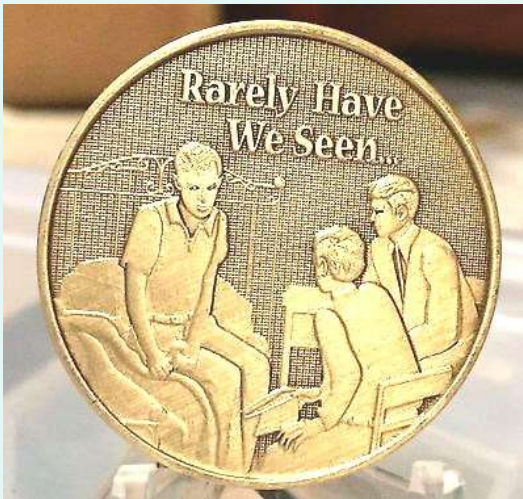
(Continued from page 2)

to be a spiritual entity having but one primary purpose - that of carrying its message to the alcoholic who still suffers

Tradition 6 reminds us that we should not let our pride in AA mislead us into linking the AA name with other organizations to seek power, prestige or funds. If we keep Traditions 5 and 6 in mind, we will instead direct all our efforts toward AA's own unique and common purpose.

Traditions 5 and 6 also emphasize that we cooperate with almost everybody but affiliate with nobody. Even the appearance of being linked to any outside organization should be avoided.

Tradition 7 reminds us that experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority. It also reminds us to view with concern the



continued accumulation of funds beyond a prudent reserve for no stated AA purpose. To the degree that we can, groups and members should also support AA essential services provided by the central office, the district, the area and GSO.

Tradition 8 reminds us that when we go on 12th Step calls, we should not pat ourselves on the back for doing such valuable work without pay. The meaning of 12th Step work cannot be measured in money in the spirit of Tradition 8. We have received something far more valuable and that is our recovery and our lives. Tradition 8 also suggests that AA service centers practice humility by paying its employees decent wages rather than considering AA so virtuous and so special that employment is a favor.

Tradition 9 reminds us that when we are given special positions and responsibilities within AA they are opportunities to serve not titles to show off. In the

same spirit as Tradition 2, Tradition 9 reminds us that all such representatives are to be guided in the spirit of service, for true leaders in AA are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

Tradition 10 reminds us that the humility of the Fellowship itself is safeguarded by the refusal to set ourselves up as general authorities in the public arena. We are also reminded that there is only one potential enemy to AA and it is called "character defects." AA does not enter into public controversy, because we know that our Fellowship will perish if it does just as the Washingtonians perished in the 1800s. The Washingtonians also taught us that inside controversy is just as great a threat to our unity and survival as outside controversy.

Tradition 11 reminds us that we shouldn't sell our program of Recovery as some sort of a "surefire remedy" in the extravagant terms of a promotional campaign, nor dramatize it by identifying noted people or celebrities in AA. Tradition 11 is more than a denial of self-seeking. It is a constant and practical reminder that personal ambition has no place in AA.

Tradition 12 reminds us, we have something stronger than our human personalities to rely on. Our spiritual principles come first - and they are not our own invention. They reflect eternal and universal spiritual values. With Tradition 12, both as individuals and as a fellowship, we humbly acknowledge our dependence on a power greater than ourselves.

The Big Book and the 12&12 describe over and over that the spiritual backbone and foundation of AA's Steps and Traditions is humility. And just what is humility? The simple definition is the absence of pride and all the wreckage that results from that character defect which the 12&12 says leads the list of the 7 deadly sins.

The 12&12 states that the attainment of greater humility is the foundation principle of each of the 12 Steps. And that for the 12 Traditions, humility, expressed by anonymity, is the not only the spiritual foundation all our Traditions, it is the greatest safeguard that AA can ever have. It then states that the basic ingredient of all humility is a desire to seek and do God's will.

WHY WE WERE CHOSEN

God (Higher Power) in wisdom selected a group of men and women to be the purveyors of goodness. In selecting them through whom to bring about this phenomenon God (Higher Power) went not to the proud, the mighty, the famous or the brilliant, but instead to the humble, to the sick, to the unfortunate. God (Higher Power) went right to the drunkard, the so-called weakling of the world. Well might God (Higher Power) have said to us, "Unto your weak and feeble hands I have entrusted a power beyond estimate. To you have been given that which has been denied the most learned of your fellows. Not to scientists or statesmen, doctors or caregivers have I given this gift of healing other alcoholics which I entrust to you."

"It must be used unselfishly; it carries with it grave responsibility. No day can be too long; no demands upon your time can be too urgent; no case be too pitiful; no task too hard; no effort too great. It must be used with tolerance for I have restricted its application to no race, no creed, and no denomination. Personal criticism you must expect; lack of appreciation will be common; ridicule will be your lot; your motives will be misjudged. You must be prepared for adversity, for what people call adversity is the ladder you must use to ascend the rungs toward spiritual perfection, and remember, in the exercise of this power, I shall not exact from you beyond your capabilities."

"You are not selected because of exceptional talents, and be careful always, if success attends your efforts, not to ascribe to personal superiority that to which you can lay claim only by virtue of God's (Higher Power's) gift. If God (Higher Power) had wanted learned people to accomplish this mission, the power would have been entrusted to the physician and scientist. If God (Higher Power) had wanted eloquent people, there would have been many anxious for the assignment, for talk is the easiest used of all talents with which God (Higher Power) has endowed mankind. If God (Higher Power) had wanted scholarly people, the world is filled with better qualified people than you who would be available. You were selected because you have been the outcasts of the world and your long experience as drunkards has made or should make you humbly alert to the cries of distress that come from the lonely hearts of alcoholics everywhere."

"Keep ever in mind the admission you made on the day of your profession in AA, namely that you are powerless and that it was only with your willingness to turn your life and will unto God's (Higher Power's) keeping that relief came to you."

Anonymous

Chairperson	Garrett D	615.957.7674
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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 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

LARRY J, FIRST AA PAMPHLET

THE FIRST "A.A." PAMPHLET

As Derived from The Series of Six Articles from "The Houston Press"

by -Larry J.* -April 1940

*Larry J. came to Houston from Cleveland with only a Big Book and a Spiritual Experience resulting from having taken the Steps while hospitalized. His Sponsors were Dr. Bob & Clarence S. He had not attended an A.A. meeting before coming to Houston.

ALCOHOLICS ANONYMOUS is an informal society of ex-alcoholics who aim to help fellow problem drinkers recover their health. Rapidly growing, now numbering about 8000, our Fellowship is spreading throughout the country. The first member recovered seven years ago. Strong chapters, over one hundred alcoholic men and women each, are to be found in Cleveland, Ohio--Akron, Ohio--New York City. Vigorous beginnings have been made in Los Angeles. Baltimore, Milwaukee, Kansas City, Chicago, Detroit, Philadelphia, Washington D. C., St. Louis, and Houston, Texas.

We of A.A. believe that two-thirds of our number have already laid the foundation for permanent recovery. More than half of us have had no relapse at all despite the fact we have often been pronounced incurable.

This approach to alcoholism is squarely based on our own drinking experience, what we have learned from medicine and psychiatry, and upon certain spiritual principles common to all creeds. We think each man's religious views, if he has any, are his own affair. No member is obliged to conform to anything whatever except to admit that he has the alcoholic illness and that he honestly wishes to be rid of it.

While every shade of opinion is expressed among us we take no position as a group, upon controversial questions. We are only trying to aid the sick men and distracted families who want to be at peace. We have found that genuine tolerance of others, coupled with a friendly desire to be of service is most essential to our recovery. There are no dues or fees; our alcoholic work is an avocation.

The Alcoholic Foundation of New York is our national headquarters. Your inquiries will be answered if addressed to Post Office Box 658, Church Street Annex, New York City.

The Fellowship publishes a book called "Alcoholics Anonymous" setting forth our experience and methods at length. An excellent review of the volume by Dr. Harry Emerson Fosdick appears on page 27 of this booklet. Directions for obtaining the book and a detailed description of the Alcoholic Foundation will also be found there.

SEEMINGLY ALLERGIC TO DRINK: ALCOHOLIC'S BURDEN

Craving, Plus Inability to Heed Warning of Own Weakness, Leads Inebriate to Succumb

(Second of Six Articles)

What is an "alcoholic"? How does he differ from other drinkers? An incident to illustrate:

Convinced that I had nothing to sell, puzzled that I did not come as a patient either, the nurse finally ushered me into the office of one of Houston's most eminent physicians. He is prominent also in other activities that often have put him in the spotlight. He is a "big name."

I had come, as an ex-alcoholic, to tell him about Alcoholics Anonymous and to have him introduce me to an alcoholic victim among his patients whom I might help; for I am a stranger in Houston.

One Needing Help

The good doctor, eyebrows bristling, welcomed me with gruff suspicion. No, he had never heard of Alcoholics Anonymous. But he listened. I felt he was showing more Texas courtesy than interest.

Half way through my recital he broke in:

"Humph," he humphed, "I have no patience with these fellows you call 'victims.'" His voice showed it. "Why, I can handle anything. So could they control their drinking if they wanted to."

But he gave me the name of an able man whose excessive indulgence in firewater was endangering the

business he had built up, wrecking his health, rendering his family desperate.

"He's just out of a cure," said the doctor. "But he gave them the run-around some way. Hitting it up again. See what you can do with him. Tell him I sent you. His family is crazy. I can do nothing more."

There you have in one situation the two kinds of drinkers—the man who can "handle anything," and the drinker who steps right out of one of the usual "cures" and hoists a few before he even gets home.

But our experience tells us that everybody cannot "handle anything." The alcoholic cannot control his drinking. Sometimes the dividing line over which he has slid is hard to place.

Some people are alcoholics with their first drink. Most of them become such by degrees.

"Not an Alcoholic"

How can a drinker define his position on the scale? How can the condition known medically as alcoholism be recognized before the desperate stage?

To get drunk once in a while does not necessarily prove one is an alcoholic in the sense in which the word is used here. A man may drink steadily all his life with an occa-

[7]

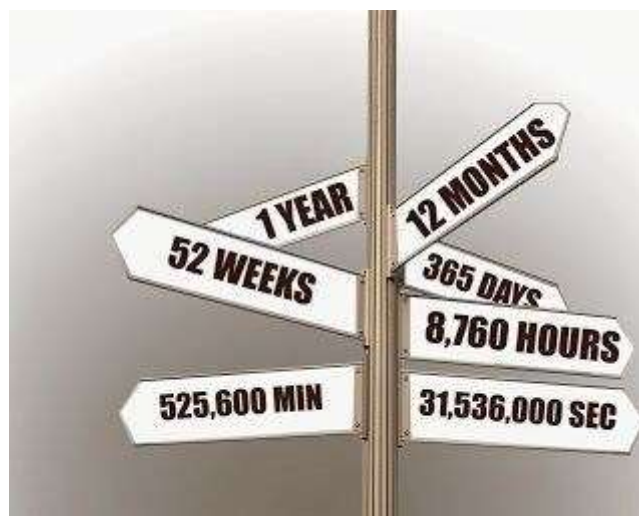
On page 32 physicians will find an excellent medical paper describing our approach. This paper appeared last year in The Journal Lancet (Minneapolis) and was written by Dr. W. D. Silkworth, Chief Physician at the Charles B. Towns Hospital, New York, where our work had its inception five years ago.

(Continued on page 8)

HAPPY HOLIDAYS!

SAFE HOLIDAYS!

AA	AA	AA	AA	AA	AA	AA	AA
AA	12 Steps						AA
AA	I took Step One, began to moan I can't do this one on my own.						AA
AA	I took Step Two, began to pray Restore me God, please now, today.						AA
AA	I took Step Three, gave up my will Maybe God could love me still.						AA
AA	I took a Fourth, I looked inside Nothing more would I hide.						AA
AA	And on the Fifth, I said aloud I've done some wrong, and I'm not proud.						AA
AA	I took Step Six, and got prepared To lose the defects, I was scared.						AA
AA	Now I'm at Seven, take them away My God, for this I do pray.						AA
AA	And on Eight, the list was long Amends to make for all the wrongs.						AA
AA	I took Step Nine, put down my pride Amends made, I will not hide.						AA
AA	Step Ten I take, each day I pray I make amends along the way.						AA
AA	And on Eleven I pray to know Each day His will, which way to go.						AA
AA	I take Step Twelve, I'm like a bird To others now, I spread the word....						AA
AA	(Author unknown)						AA
AA	AA	AA	AA	AA	AA	AA	AA



NEW LIFE GROUP PRESENTS:

DISTRICT 34 SOBRIETY COUNTDOWN CHRISTMAS PARTY

** PLEASE BRING A SIDE DISH **
Meat and drinks will be provided by the district.

**DECEMBER 4TH, 2021
5:00PM
ST. TIMOTHY LUTHERAN CHURCH
650 E. MAIN ST,
HENDERSONVILLE, TN 37075**

Starts at 5pm, dinner at 6pm, and sobriety
countdown at 7pm.

Come hungry and ready to fellowship and hear
some experience, strength, and hope.

YOU DON'T WANT TO MISS THIS EVENING!

For more info, contact
Andy P: 615-566-6094

What do you call a snowman with a
sixpack?

An abdominal snowman!

Opened one of my Christmas presents and
all that was in it was a single grain of
rice?! ...

I think it was from my Uncle Ben

Who hides in the bakery at Christmas?
A MINCE SPY

What do you call a blind reindeer?
I have no eye deer.

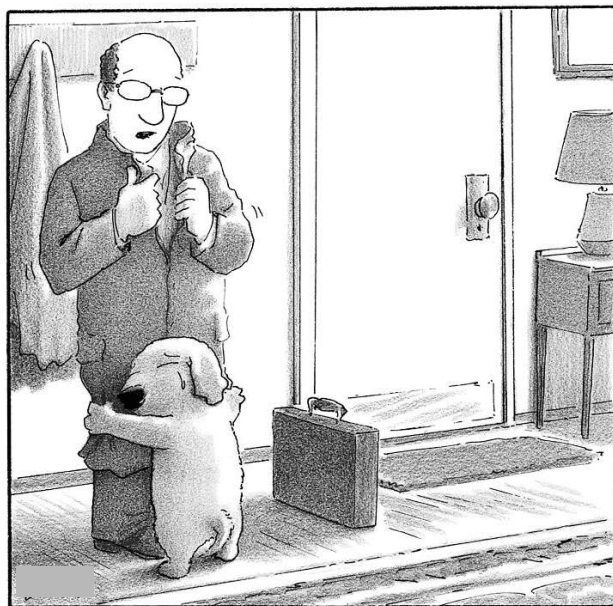
Who makes toy guitars and sings 'Blue
Christmas'?
Elfis.

What do you call a bunch of chess players
bragging about their games in a hotel
lobby?

Chess nuts boasting in an open foyer!

What do the North Pole & South Pole
have in common?

Nothing, they're polar opposites!



"Yes, I came back. I always come back."

Yeah Susan I'm on my way ,
yeah I'm in the car now .



LARRY J, FIRST AA PAMPHLET

(Continued from page 5)

We can no better present the spirit and purpose of Alcoholics Anonymous than to invite reading of six articles which recently appeared in The Houston Press. These pieces were written by one of our newer members, a newspaperman who, scarcely two years ago, found himself in that shadowy No Man's Land which lies just between Here and Here-after. Due to grave alcoholism and pulmonary trouble, two institutions had refused to admit him--too nearly dead, they thought. Then he found the Cleveland A.A. Fellowship. Now he's on a Texas newspaper!

Let Mr. Anonymous of Houston and his editor tell you about it----

AN EDITORIAL

(As published by the Houston Press)

ALCOHOLICS ANONYMOUS

Age-old, but still alive, is the question as to when the drinking of alcoholic beverages ceases to be a social lubricant, an aid to conviviality, a solace to the weary and distressed, a tonic to the body and spirit; and when it becomes a devourer of health, success and happiness.

People of independent spirit like to settle the question for themselves. People inclined to reform their neighbors--and even many otherwise reticent people, because they are honestly and generously concerned over the welfare at least of those near to them--sometimes come to the front with suggestions for the control of drinking, or even for its abolition.

But neither of these attitudes is the concern of Alcoholics Anonymous, a group of several hundred ex

-drinkers who have taken to the wagon by a technique of their own, and who are riding there today after most of them had been pronounced hopeless by friends, families, employers, physicians, ministers, psychiatrists, hospitals and sanitariums.

The call themselves true alcoholics--people in whom alcohol becomes a disease for which medical and psychiatric science has not yet found a specific cure. They say their cure works. They show as witness hundreds of lives restored to health and usefulness, hundreds more among their families relieved of terror and despair, and restored to happiness through the alcoholics' changed lives.

The Press thinks their problem and their unusual success with it is so important that it begins today a series of six articles on Alcoholics Anonymous, written by "One of Them," now living in Houston.

The series should provoke thought among the friends and families of "alcoholics," among physicians and psychiatrists, ministers, social workers, employers, men's and women's clubs--and alcoholics. The Press takes a liberal attitude on drinking. It stood for repeal of prohibition. But even the liquor industry, we believe, would wish success to a technique that promises much to the men and women who cannot handle their drinks.

Houston Press Index

Story of a "Way Out" for Hopeless Drinkers
Seemingly Allergic to Drink: Alcoholic's Burden
How it Started and Gained Speed
Spiritual Aspect Most Important
Twelve Stages to Overcome Alcoholism
High Percentage of Recovery

aahistory

ANY LENGTHS

<i>Jason L</i>	<i>12.01.07</i>
<i>Jody H</i>	<i>12.25.19</i>
<i>Kathryn V</i>	<i>12.26.19</i>
<i>Paul H</i>	<i>12.17.18</i>

WOMEN IN THE SOLUTION

<i>Sally L</i>	<i>12.12.86</i>
<i>J Jackson</i>	<i>12.27.12</i>

The Control Rooms in My Brainbox

There are many proven, practical suggestions in Alcoholics Anonymous literature that, if followed, would lead to a life of serenity and peace of mind. We hear these suggestions every day in the AA meetings that we attend, and it seems that we all place different degrees of importance on them. This might simply be based on how desperate we were when we entered the program.

Desperation was the main motivation that brought many of us to Alcoholics Anonymous in the first place. Unfortunately, some members get to a certain comfort level and then settle into a pattern of just attending meetings, falling into that “*Half Measures*” rut. This is a routine of complacency that can go on indefinitely, but that is their choice.

On page 35 in the [Twelve Steps and Twelve Traditions](#) (12 & 12) it states that willingness is the necessary key. But when I was in my early days of sobriety, I resisted looking deeper into those embarrassing behaviors of the past and the present. That slowed down the pace of my recovery—but, thank God, it did not bring it to a complete stop.

Then, I learned that I was not the one making decisions about my willingness, for another power was hijacking that function of my brain box. I recognized and decided that, until I got my ego under control, I was going to be one of those unfortunate souls who falls into that complacency mode.

I had to come to terms with something that never occurred to me on my drinking days: Most of my errant behavior was the result of an [ego-driven mindset](#). My ego did not want me to be willing to do any of the altruistic principles the AA program encourages, and for the most part, it selfishly ran the show.

I seem to approach the ego-deflation problem by imagining it as a separate control room in my brain, so to speak, right next to another control room labeled “*Conscience*.”

My Conscience says, “*Make your bed.*” And my ego says, “*Don’t be a Wimp.*” Next, I make my bed. The more I do what my Conscience suggests, the more I render my ego irrelevant.

All of my ego-driven actions were of a selfish nature, and all my Conscience-driven action are unselfish in Spirit. If I had not given due diligence to all of the twelve steps—and, instead, had let my ego talk me out of it—I would, most likely, not have gotten to this level of understanding.

I had to start with simple suggestions such as these: “*Nothing pays off like restraint of tongue and pen.*” (12 & 12 p. 91). And, “*we had to drop the word ‘blame’ from our speech and thought.*” (12 & 12 p. 47).

Now, I find it rewarding to be willing to brew and serve coffee at AA meetings, pass out the Big Books at 12-Step study meetings, take out the trash bags, etc. I can also smile, open a door for someone, let another driver in on the highway and help with an occasional hand out to the less fortunate.

Some may misunderstand my motives for why I do these simple little gestures, but I never let myself be deterred by that. If I did, I would be letting my ego get another foothold, and I am just not going to let that happen here. I am simply dropping the dead weight from my Conscience.

Today, I do not have to think about doing these deeds, as they have become second nature and part of who I am. When I do these things without fanfare, I get a warm feeling in my heart that replaces those old neglectful, negative emotions of the past. No [Half Measures](#) or complacency, here. My Conscience is my guide. Night-night ego. It is time to take your nap now.

By Rick R.

Reprinted with permission: Alcoholics Anonymous Cleveland

Middle Tennessee Intergroup Association
Statement of Activities - Actual and Budgeted - Schedule 1
For the Month and Ten Months Ended October 31, 2021

	October 2021			YTD 2021		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	2,431.46	2,416.33	15.13	23,495.45	24,163.33	(667.88)
Group Donations	8,441.67	6,666.67	1,775.00	59,880.27	66,666.67	(6,786.40)
Individual Donations	1,721.68	1,264.83	456.85	16,396.66	12,648.33	3,748.33
Messenger Donations	-	12.50	(12.50)	29.00	125.00	(96.00)
Website Donations	-	-	-	-	-	-
Special Events	-	333.33	(333.33)	60.00	3,333.33	(3,273.33)
Interest	3.60	4.17	(0.57)	77.57	41.67	35.90
Total Income	12,598.41	10,697.83	1,900.58	99,938.95	106,978.33	(7,039.38)
Expenses						
Casual Labor	225.00	266.67	(41.67)	2,250.00	2,666.67	(416.67)
Payroll	6,271.00	6,272.00	(1.00)	62,710.00	62,720.00	(10.00)
Legal & Professional	350.00	350.00	-	3,500.00	3,500.00	-
Rent	957.99	1,046.00	(88.01)	9,701.99	10,460.00	(758.01)
Printing	-	50.00	(50.00)	-	500.00	(500.00)
Payroll Taxes	480.00	480.25	(0.25)	4,783.27	4,802.50	(19.23)
Repairs & Maintenance	-	25.00	(25.00)	-	250.00	(250.00)
Equipment Rental	98.26	95.83	2.43	978.05	958.33	19.72
Telephone & Fax	510.14	475.00	35.14	5,146.56	4,750.00	396.56
Answering Service	173.16	250.00	(76.84)	2,338.13	2,500.00	(161.87)
Postage	63.60	95.83	(32.23)	1,078.26	958.33	119.93
Office Supplies	285.94	208.00	77.94	1,069.19	2,080.00	(1,010.81)
Bank Service Charges	40.00	40.00	-	415.00	400.00	15.00
Computer & Technology	103.78	250.00	(146.22)	1,461.15	2,500.00	(1,038.85)
Credit Card Service Fees	161.60	50.00	111.60	857.44	500.00	357.44
Intergroup Expense	85.00	166.67	(81.67)	108.10	1,666.67	(1,558.57)
Insurance	455.00	216.67	238.33	1,980.00	2,166.67	(186.67)
Special Events	-	83.33	(83.33)	-	833.33	(833.33)
Travel	-	250.33	(250.33)	25.00	2,503.33	(2,478.33)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	26.25	(26.25)	-	262.50	(262.50)
Over/Under	-	-	-	-	-	-
Total Expenses	10,260.47	10,697.83	(437.36)	98,402.14	106,978.33	(8,576.19)
Net Income	2,337.94	-	2,337.94	1,536.81	-	1,536.81

YOUR GROUP CONTRIBUTIONS

GROUP / MEETING	OCT	YTD	GROUP / MEETING	OCT	YTD
3 LEGACIES		79	COLUMBIA	90	250
805		200	COLUMBIA BASEMENT		75
86'ers		1,146	COMFORT ZONE	600	1,231
ANONYMOUS		60	COOKEVILLE		180
AWOL	59	305	CROSSVILLE AA		70
BACK TO THE BIG BOOK		50	CROSSVILLE NOONERS		313
BACKROOM		2,053	CROSSVILLE SERENITY		100
BASEMENT BUNCH		17	DICKSON		225
BRENTWOOD FULL MOON	500	943	DISTRICT 9		300
BY THE BOOK	40	315	DONELSON Y.E.T.	100	200
CELEBRATE SERENITY		285	DOUBLE DIPPERS		50
CENTERVILLE	202	801	DROP THE ROCK	200	200
CHICKEN PLUCKERS	285	525	DRUNKS IN THE PARK		1,340
CLARK STREET		500	EAST HICKMAN		1,000

YOUR GROUP CONTRIBUTIONS

GROUP / MEETING	OCT	YTD
EAST SIDE MEN'S STAGE		1,100
EAST SIDE SATURDAY		1,037
EASTSIDE SUNLIGHTERS	141	2,070
EVERY WOMAN HAS A STORY		225
FAIRVIEW		250
FAYETTEVILLE		75
FIRST THINGS FIRST	960	1,969
FIVE AND FIVE		30
FRANKLIN	770	2,942
FRANKLIN ROAD WOMEN'S		92
FREE TO BE	115	391
FREEDOM FROM BONDAGE		75
G.O.D.		65
GOODLETTSVILLE		200
GRATITUDE		20
HARDING RD	113	113
HENDERSONVILLE BIG BOOK	425	825
HOW IT WORKS		109
HUT		100
KEEP IT SIMPLE		60
KEY TO SOBRIETY		400
LADIES NIGHT OUT		355
LAFAYETTE NEW HOPE		50
LAMBDA		184
LAST HOUSE ON THE BLOCK		5
LATE LUNCH BUNCH		4,000
LIVE AND LET LIVE		50
LIVING BY THE PRINT		900
LIVINGSTON 12x12	25	100
MCMINNVILLE		60
MEN'S LOG CABIN		120
MONDAY NIGHT		25
MONDAY NIGHT OUT		50
MURFREESBORO	15	135
MUSTARD SEED		800
NIPPER'S CORNER		423
NOON WOMEN'S STEP STUDY		37
NORTHSIDE		50
N.O.W.		85
ON AWAKENING		200
ONE PURPOSE	25	150
ONE STEP CLOSER		650
OUT OF THE FOG/OUT OF THE BOG	400	1,973
OUT TO BREAKFAST BUNCH		228
PAGE 112	200	533
PAY DAY		472
PORTLAND UNITED		50

GROUP / MEETING	OCT	YTD
PRIMARY PURPOSE LEWISBURG	515	779
PRIMARY PURPOSE MURFREESBORO		35
PULASKI	15	65
RECOVERY ON THE ROW		150
ROBERTSON COUNTY	23	133
RUSH HOUR		86
SAFE HARBOR		250
SAFE PLACE		563
ST. A's		150
SATURDAY NIGHT ALIVE	20	160
SAVE HER A SEAT		50
SEEKERS, SPARTA	300	800
SERENITY		50
SEEKING HOUSE		100
SERENITY IN THE PARK		200
SHADE TREE	493	4,962
SIMPLY SUNDAY		223
SMYRNA GRATITUDE	696	4,663
SOBER ON SUNDAY		200
SOBRIETY FIRST LEBANON		100
SPARTA FELLOWSHIP		50
SPRING HILL	73	283
SPIRITUAL WARFARE		350
SSS, HERMITAGE		200
STRAGGLERS	225	575
THERE IS A SOLUTION		191
TRINITY		400
TWELVE STEPS TO FREEDOM	67	67
TURNING POINT	688	988
TWO TO LIFE		100
UNCOMMON WOMEN		89
UNITED		800
WAKE UP		302
WAVERLY		240
WEST NASHVILLE		101
WHITE HOUSE		132
WINNERS & BEGINNERS		216
WOODBINE	62	62
WOMEN IN THE SOLUTION		200
WOMEN'S FREEDOM		490
WOMEN'S SPEAKER		145
WOODBINE		30
GROUP TOTALS TO DATE	8,442	59,880
INDIVIDUALS	1,722	16,397
MESSENGER		29
COMBINED TOTALS TO DATE	10,164	76,306

**M i d d l e T e n n e s s e e
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