

The MESSENGER

Middle Tennessee Central Office Intergroup

MESSENGER DESIGNATED
CONTRIBUTIONS
APPRECIATED

STEP ONE FOR BILL W

December 11, 1934, remains one of the important dates in AA history—the day Bill W. guzzled his last drink en route to Towns Hospital. But the events leading up to this fortunate event also provide important reflection.

On a “*bleak day in November*” (p. 8) Ebby T. carried his Oxford Group message of sobriety to Bill who was extremely impressed, but the gin and pineapple juice cocktail on the kitchen table won the day, but Ebby visited again which ignited his curiosity enough to produce a visit the Calvary Mission where Ebby was a resident. This was on **Friday, December 7th**. However, Bill drank on the way and began a drunken “testimony” from the podium.

Bill spent **Saturday and Sunday, December 8th and 9th**, in his bedroom tapering off. Amazingly Bill then, temporarily, lost all desire to drink, however, he came home roaring on **Monday, December 10th**. This provoked an argument with his wife, Lois, who angrily lamented: “*You don’t even have the decency to die! You’re crazy! You’re crazy!*” Upon which Bill picked up her small sewing machine and slammed it against the wall. Lois was, of course, terrified!

Bill rode the subways that night, panhandling funds for a bottle of booze. (Just imagine!) He came back home on **Tuesday morning, December 11th** and when he noticed the damaged wall caused by his drinking episode, he fell into deep remorse. Recalling Ebby’s success he left a note for Lois explaining he was off to Towns Hospital for yet another treatment (He had been treated there several times previously). The train fare from Brooklyn to south Manhattan was a nickel and, fortunately for us, Bill had six cents left. Then he espied a store where he still had credit and departed with four bottles of beer.

Bill arrived at Towns Hospital with a beer in one hand and two philosophy books in the other. He announced to his loyal physician, Dr. William Duncan Silkworth, that he had found an answer. This was Bill’s final treatment at Town’s Hospital. He never drank again!

Page 13 of the Big Book explains how, after Ebby’s visit, Bill ingested the basic ingredients of what now constitutes our Twelve Steps. This was December 13, 1934, seven days after his first trip to Calvary Mission. Bill, on that day, had a sudden and profound spiritual experience (P 14). If not for Bill’s final surrender to Step One during those seven days in December, AA would not be here today.

Bob S, Richmond, Indiana

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—blamethemessenger@gmail.com- email—mtcoaa@aol.com, Website—www.aanashville.org

Contents

On the Cover

STEP ONE FOR BILL W

NOT TOO YOUNG

Page 2

**HOW RIGOROUS
MUST HONESTY BE?**

Page 3

**GOD BLESS THE
ALCOHOLIC**

Page 4

"TO DRINK IS TO DIE"

Page 5

CARTOONS

Page 6

CONTRIBUTIONS

Page 7 & 11

**SPIRITUAL
PRINCIPLES**

Page 9

FINANCIALS

Page 10

BIRTHDAYS

Page 11

**Alcoholism doesn't discriminate,
so why do people in meetings?**

There are as many ways to make others welcome in meetings as there are to make them feel separate. I used to say to myself that I was different from the people in the program because I was too young. Because I was too young, the Steps didn't apply to me, people didn't understand me, and I would have to keep drinking until the number of years I'd been drinking reached a competitive level.

It did not occur to me that I wasn't going to live long enough to prove my point. The fatal nature of alcoholism hadn't penetrated my denial yet. I have heard numerous times over the years comments in meetings like the following: "I'm glad to see so many young people here today." "I'm glad you got in here before it got too bad." "You young people are lucky you were spared the years of hell I had to go through." "You were smart to stop so soon." And sometimes I have heard a doubtful "If you stay ..." accompanied by a lifting of eyebrows.

Yesterday, a man repeated my age when I got sober to a man he sponsors, both of them laughed. I respect that man. He says many helpful things at meetings. He works with others. I really was surprised.

Be assured, no matter what age a person is, if they're attending meetings, working with a sponsor, staying sober and trying to help others, they have reached the same jumping off point as anyone else in the program. Since when can you look at a person's appearance and know the history of their life? There are no half members or pet members in AA. There are people who have

consumed more alcohol by age sixteen than others who are sixty and vice versa. Who cares? We get to AA when we get there, usually because we have to in one way or another. We all have to surrender. It's hard for all of us to humbly ask god and the group for help.

Please don't forget that some of us are very sick and feel challenged to prove we can drink as much as the next guy, even when we're sober! Our requirement for membership is a desire to stop drinking. I too have judged on appearances. That is dangerous, especially in AA, where feeling different can be fatal. I ask God to help me talk heart-to-heart to the new members as well as the old and keep me from saying or doing something that might make someone else think they don't belong in recovery. Help me to always remember that there is no age limit for an alcoholic death and the tremendous suffering which surrounds us and spreads out on all sides. For any one of us to get sober before we die is a miracle and a blessing.

Who's to say that we didn't sober up a day, two days, before that final overdose or fatal car crash? Who's to say that some of us didn't get sober a week before the emotional pain got so great that we could see no way out at all and successfully committed suicide? What do we know about the future? We only know it would be bleak. I would not want somebody to think I did not welcome them as a full member of AA the very moment they reached out for help. When I look at another alcoholic, that's all I want to see, another alcoholic.

AMBER M. | FLORENCE, KENTUCKY
REPRINTED WITH PERMISSION: AA
GRAPEVINE



How Rigorous Must Honesty Be?

Devoid of all motives to deceive

Is there a difference between being honest and practicing rigorous honesty? And if not, why add the word rigorous, unless to imply that honesty comes in degrees?

When I first faced the challenge of being honest, I wasn't against being honest. I was willing to give it my best shot.

Could I attain perfect honesty? I think not. I could, however, reign in my lying about things that mattered. I felt that still left me with a half measures approach and that did not sit well with me.

Being dishonest about anything would leave me open to rationalizing. I was still conflicted. If I could lie once, wouldn't that be like taking just one drink? The second lie comes easier.

Was I dishonest if I embellished the size of the fish, I caught last weekend? All these questions ran through my mind, and many more before I came upon an approach that worked for me, and it all seems to rest upon what my motives are.

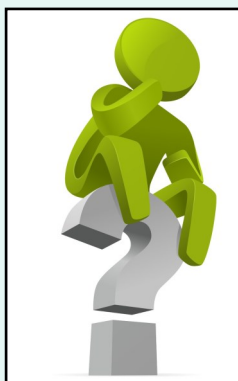
What does rigorous honesty mean?

I was attending a discussion meeting one evening where the topic was "rigorous honesty". There was no resolution to many of these questions until a gentleman defined the word HONEST, as "devoid of all motives to deceive."

That meaning of the word gave me the latitude to practice that principle in the spirit that I believe the founders of AA would approve of. If you read the Big Book and the 12x12 you will find some overriding

principles concerning these dilemmas. One that comes to mind immediately is: We cannot buy our own peace of mind at the expense of others. (Step 9 in the 12x12) and I would add "my own self-righteousness at the feet of my loved ones."

If the definition of honesty is "devoid of all motives to deceive" it leaves me with room to be kind during those innocent moments when my wife returns from the hair-stylist and asks me if I like her new hair-style. I always like her new hairdo. The being kind clause trumps the rigorous honesty clause and I am not trying to deceive anyone. What are hairdos supposed to look like anyway?



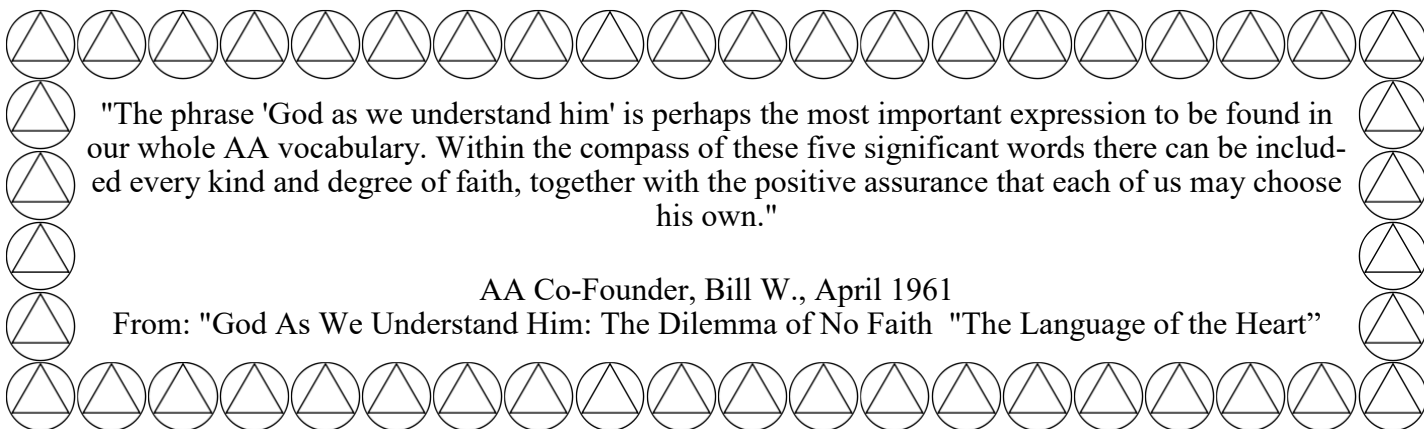
Compromising this principle can be dangerous

There is one area where I must be rigorously honest, and that is, with myself. I must not let, what I refer to as, overriding principles get stretched out of proportions to the degree that I start to rationalize

and become deceptive again. The trust and respect we gain when we follow these principles, doesn't come easy and if we compromise it, we may never get it back.

In step 9, it also makes exceptions where full disclosure would cause actual harm. When in doubt, I can enlist the help of a trusted advisor and, I can be rigorously honest with him, live in the spirit of these principles and still have honest integrity.

*By Rick R.
Cleveland AA*



"The phrase 'God as we understand him' is perhaps the most important expression to be found in our whole AA vocabulary. Within the compass of these five significant words there can be included every kind and degree of faith, together with the positive assurance that each of us may choose his own."

AA Co-Founder, Bill W., April 1961

From: "God As We Understand Him: The Dilemma of No Faith "The Language of the Heart"

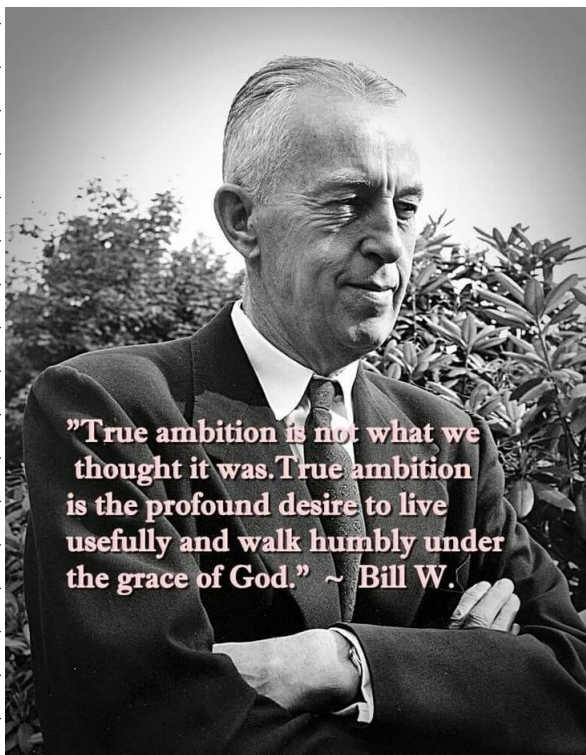
God Bless The Alcoholic by
Angela M.

God loves the alcoholic
For who knows mercy like he
A sensitive in this cold, hard world
He drinks spirits to be free

God bless the alcoholic
Shunned by friends and foe
Who can know what drives him
When he himself can't know

God help the alcoholic
His plague is his disease
Destroying everything he once
held dear
Can there be a life for these?

God carry the alcoholic
It's a sliding and slippery slope
Protect and guide his steps until
He finds the rooms



HAVE A
SAFE

AND

HAPPY
NEW
YEAR!

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

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

A young member from a family devastated by the effects of alcoholism finds her way to AA.

I've been kind of quiet about this subject for about 7 years. There are reasons why I don't talk about it, but there are even more reasons why I should. On November 14 2008, I quit drinking alcohol. My life had been reduced to nothing, and the depression was so overwhelming that I thought many times about just killing myself, but was too much of a coward to even attempt it. I'm glad I didn't.

I started going to AA on November 17th 2008. That first meeting changed my life. I had finally found a group of people that I could relate to, and vice versa. I could finally say, "My name is Cahlen, and I'm an alcoholic." With that simple phrase, a huge weight had been lifted off my back.

I had been told many times over the years by parents, doctors and friends that I should just 'quit' drinking. This made me just wince and isolate. It made me want to distance myself from everyone, so I wouldn't end up hurting anyone in the end.

It started when I was around 16 years old. Alcohol gave me the freedom to 'fit in.' I was always a bit shy and introverted, but when the taps opened, and the liquid gold started flowing, I was everyone's friend. This is what first attracted me to booze. Throughout college, I would binge drink every weekend. I remember at the University of Idaho, I would drink all night on weekends, and wake up the next day around 5pm. This was during the winter up north, where it would get dark at 2 p.m. Every weekend for a year, I never saw sunlight. I quit my job, and would just walk around the town of Moscow, looking aimlessly on the streets for change to buy cigarettes and booze with later in the night.

I moved back to Boise the following year. That was a horrible year for me. My younger brother had enrolled in his first year of college at Idaho State University and had come back his first week down there to go to the Boise State vs. University of Idaho football game with my dad and me. Of course, after that game, I got completely smashed and blacked out. I woke up that morning to poundings on my door. It was my older brother. I was in a fogged hangover haze as he told me that, "John was in a crash, someone has died. We don't know if he is going to make it." The whole day was a blur. I was full of fear, anger and resentment. I wasn't angry at my brother, I was angry at God. I couldn't believe this was

happening, and I knew it was going to destroy my family for the foreseeable future.

Later that day, I found out that he had gotten drunk at a party, and while trying to drive home, crossed over the center line and hit a car head-on. The woman in the other car was killed. When you're in a traumatic event like that, sometimes your brain gets rid of any memories that are too painful to remember which is why people usually don't remember things in near-death accidents. He didn't remember what had happened. In the hospital, we had to tell him that he



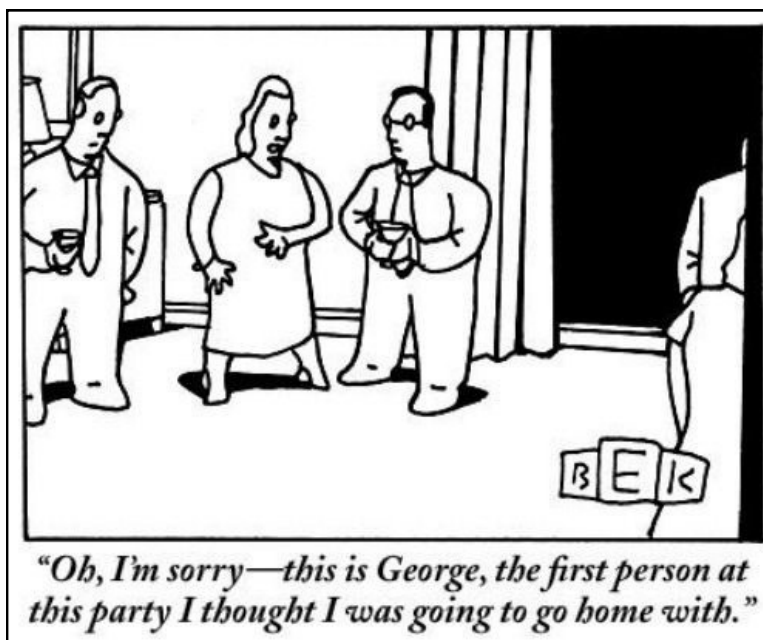
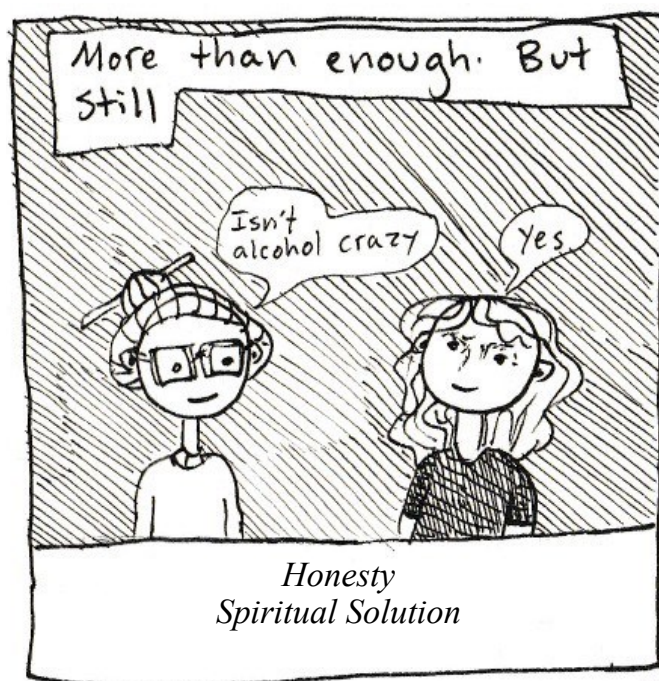
**DOOMED TO AN ALCOHOLIC DEATH OR TO
LIVE ON A SPIRITUAL BASIS** (bb pg 44)

had killed someone in an accident.

I didn't drink that night out of some sort of respect. But the next day, the pain became overwhelming. Many "normal" people would assume that one would quit drinking if this was to happen to their family. Well, not to the alcoholic. The depression was the worst I had ever felt in my life. The only way to get rid of that, and to get out of my own mind, was to drink. I was non-stop for the next 7 years. I would blackout pretty much daily. At times, I would cut down my drinking to just the weekends to prove some kind of point to myself. I wasn't being honest with myself. I wasn't getting to the root of the matter. I mean, what kind of "social drinker" has to prove that she is not an alcoholic by only drinking on the weekends? Anyone who has to do this is probably an alcoholic.

After the court trials and the police trying to get information from us, I would just drown my depression. I started to isolate myself for weeks at a time. I wouldn't answer the phone or the door. Every

(Continued on page 8)



YOUR GROUP CONTRIBUTIONS

GROUP /	MEETING	NOV	YTD
3 LEGACIES			79
805			200
86'ers		279	1,425
A NEW FREEDOM		207	207
ANONYMOUS			60
ANY LENGTHS			-
AWOL			305
BACK TO THE BIG BOOK			50
BACKROOM		201	2,254
BASEMENT BUNCH		66	83
BRENTWOOD FULL MOON			943
BY THE BOOK			315
CAME TO BELIEVE			-
CELEBRATE SERENITY			285
CENTERVILLE			801
CHICKEN PLUCKERS			525
CLARK STREET			500
COLUMBIA			250
COLUMBIA BASEMENT			75
COMFORT ZONE			1,231
COMMUNICATIONS			-
COOL SPRINGS NEWCOMERS			-
COOKEVILLE			180
COURAGE TO CHANGE		25	25
CROSSVILLE AA			70
CROSSVILLE NONSMKIN' STEP			-
CROSSVILLE NOONERS		100	413
CROSSVILLE SERENITY			100
DAVIDSON RD			-
DEKALB FRIENDSHIP			-
DESIGN FOR LIVING			-
DICKSON			225
DISTRICT 9			300
DISTRICT 11			-
DONELSON Y.E.T.			200
DOUBLE DIPPERS			50
DOWNTOWN LUNCH			-
DROP THE ROCK			200
DRUNKS IN THE PARK			1,340
EAST HICKMAN			1,000
EAST SIDE MEN'S STAGE			1,100
EAST SIDE RECOVERY AT NOON		280	280
EAST SIDE SATURDAY			1,037
EASTSIDE SUNLIGHTERS			2,070
EASY DOES IT MT. JULIET			-
EVERY WOMAN HAS A STORY		121	347
FAIRFIELD GLADE			-
FAIRVIEW			250
FAYETTEVILLE			75

GROUP /	MEETING	NOV	YTD
FELLOWSHIP			-
FIRST THINGS FIRST			1,969
FIVE AND FIVE			30
FOURTH DIMENSION			-
FRANKLIN			2,942
FRANKLIN 4TH BB STUDY			-
FRANKLIN MEN'S			-
FRANKLIN ROAD WOMEN'S			92
FREE TO BE			391
FREEDOM FROM BONDAGE		25	100
FRIDAY NIGHT PRIME TIME			-
FRIENDS OF THE SPIRIT, WMNS		71	71
GALLATIN AA			-
GLADEVILLE GRATITUDE			-
G.O.D.			65
GOODLETTSVILLE			200
GRATITUDE			20
GROUP OF DRUNKS			-
HAPPY DESTINY			-
HAPPY HOUR			-
HARDING RD			113
HENDERSONVILLE BIG BOOK			825
HERMITAGE			-
HIGH NOON			-
HOW IT WORKS			109
HUT			100
IT'S A GREAT DAY		33	33
JOELTON		100	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
LET IT HAPPEN			-
LIVE AND LET LIVE			50
LIVING THE PRINCIPLES			-
LIVING BY THE PRINT		300	1,200
LIVINGSTON 12x12			100
MCMINNVILLE			60
MEN'S LOG CABIN		233	352
MONDAY NIGHT			25
MONDAY NIGHT OUT			50
MID-DAY BREAK			-
MT. JULIET FELLOWSHIP			-
MURFREESBORO		15	150
MUSIC ROW		20	20
MUSTARD SEED			800
NEW BEGINNINGS			-

(Continued from page 5)

night I went to sleep and woke up in the morning with my sheets covered in sweat from withdrawal symptoms. If I was happy, I would drink. If I was sad, I would drink. If I did a good job at work, I would drink. If I did a bad job, I would drink. I didn't need to justify my drinking anymore, because anytime was a goodtime.

Throughout the course of the next few years I would shake so much that I wasn't even able to get myself out to the prison to visit my younger brother. He had been sentenced to 15 years in a state correctional facility, with 2 years fixed. That killed me.

To make a long story short, I had been arrested a few times. Twice was for drunken driving and the second time brought me to AA. Nobody walks through the AA doors because life is perfect. But when you get there, it's like nothing you could have imagined. Through this fellowship, I have met the friendliest people -- people whom I can truly call friends.

Early on in recovery, I had a big problem with insomnia. My body was so used to blacking out, that it had forgotten how to go to sleep. I actually have dreams these days, and they aren't nightmares. Now I can wake up in the morning, and be excited for the following day. I have something to look forward to now, instead of living the same nightmare over and over. They say, "Religion is for people that don't want to go to hell. AA is for people who have already been there." I have found this statement true over and over.

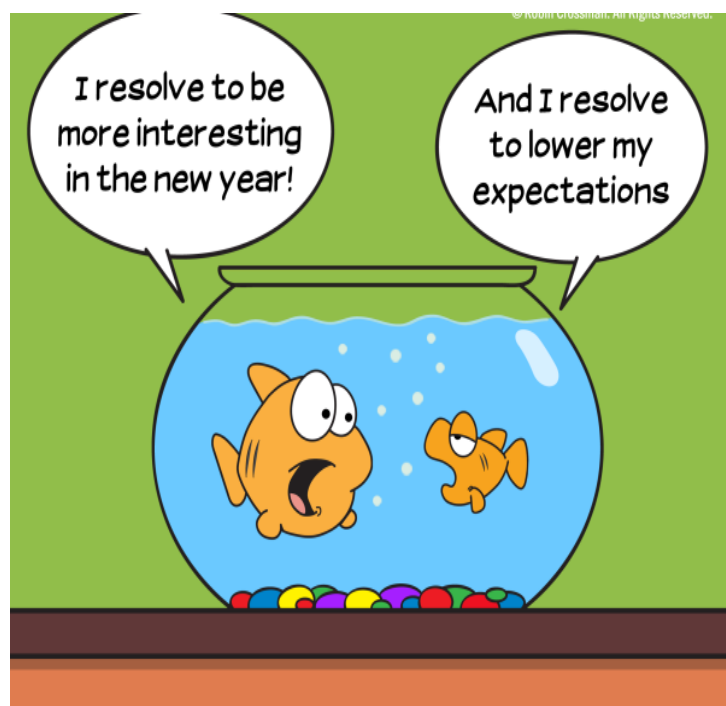
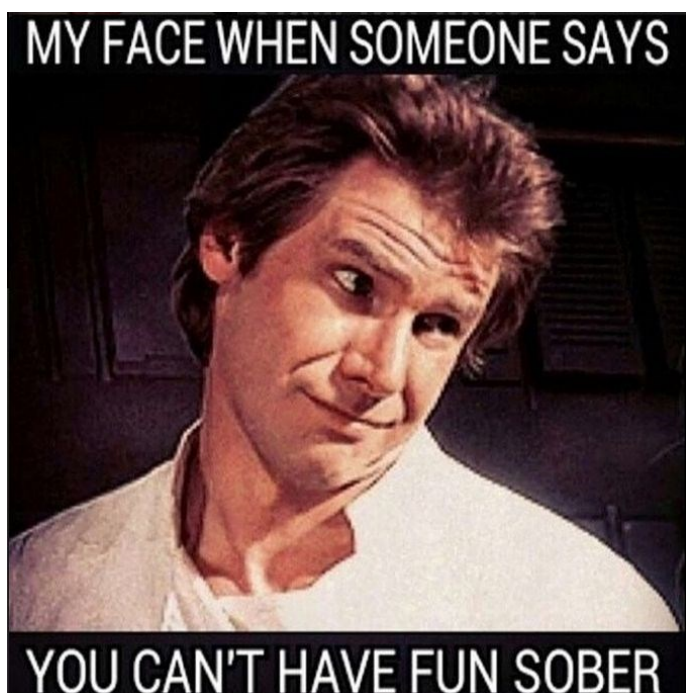
Getting sober is the easy part, it's trying to figure out how to live sober, that's the hard part. I try to live the 12 Steps of recovery every day to the best of my ability. I surrender everything I have to my higher power on a daily basis.

They told me "To drink is to die." That is true in my case. If I hadn't been arrested for the second DUI, I'm sure I'd be dead within the next two years. No question. If I had just quit drinking, I would have just been a dry drunk and probably would have killed myself shortly after due to the pain of withdrawal and severe untreated depression and anxiety. Without AA, I'm in a prison in my own mind.

I'm doing things these days that I couldn't have imagined I'd be doing 7 short months ago. I have quality problems these days. The worst thing that has happened to me in the past 7 months, is I accidentally scheduled a Red Cross training class over one of my AA meetings. That's a damn good problem to have.

I'm writing this because an AA friend of mine told me once that you have to, "Let someone see in, so you can see out." I'm writing this because doing so, keeps me sober. All it takes is one drink, and I have to start all over again from square one. I don't think I could do it a second time, so I want to make the first time, my only time.

CAHLEN H. | IDAHO
REPRINTED WITH PERMISSION AA
GRAPEVINE



Bill W. considered each step to be a spiritual principle in and of itself. However, particularly in the 12 & 12, he outlined the spiritual principles behind each step. Some of them seem like common sense, but understand going into the exercise that reading these principles and actually *practicing them in your day-to-day lives* are two entirely different things (and that the latter requires vigilance and willingness).

1. **HONESTY** – Fairness and straight forwardness of conduct: adherence to the facts.
2. **HOPE** – To expect with desire; something on which hopes are centered.
3. **FAITH** – Complete confidence; belief and trust.
4. **COURAGE** –
Firmness of mind and will in the face of extreme difficulty; mental or moral strength to withstand fear.
5. **INTEGRITY** – The quality or state of being complete or undivided; soundness.
6. **WILLINGNESS** – Prompt to act or respond; accepted and done of choice or without reluctance.
7. **HUMILITY** – Not proud or haughty; not arrogant or assertive; a clear and concise understanding of what we are, followed by a sincere desire to become what we can be.
8. **LOVE** – Unselfish concern that freely accepts another in loyalty and seeks his good to hold dear.
9. **DISCIPLINE** – Training that corrects, molds, or perfects the mental faculties or moral character; to bring under control; to train or develop by instruction.
10. **PATIENCE/PERSEVERANCE** – Steadfast despite opposition or adversity; able or willing to bear; to persist in an understanding in spite of counter influences.
11. **AWARENESS** – Alive and alert; vigilance in observing.
12. **SERVICE** –
A helpful act; contribution to the welfare of others; useful labor that does not produce a tangible commodity.

By Unknown Author

A long-timer pointed out the article above provides a list of spiritual principles that originated from a plaque which was sold years ago and may originally have come from a Grapevine article or an AA newsletter. It is known in the rooms of AA that the spiritual principles are the Twelve Steps. To be thorough, the 36 principles are the Twelve Steps, Twelve Traditions and Twelve Concepts.

There are many different spiritual virtue lists that refer to the Twelve Steps which have been printed by other AA's over the years. Although used by many AA members, they are not Conference Approved and the origin of these lists are unknown.

Simple Math:

**"2get" and "2give"
creates many problems.**

**So just double it...
"4get" and "4give"
solves many problems.**



Middle Tennessee Intergroup Association
Statement of Activities - Actual and Budgeted - Schedule 1
For the Month and Eleven Months Ended November 30, 2021

	November 2021			YTD 2021		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	2,390.43	2,416.33	(25.90)	25,885.88	26,579.67	(693.79)
Group Donations	5,384.92	6,666.67	(1,281.75)	65,265.19	73,333.33	(8,068.14)
Individual Donations	2,772.59	1,264.83	1,507.76	19,169.25	13,913.17	5,256.08
Messenger Donations	-	12.50	(12.50)	29.00	137.50	(108.50)
Website Donations	-	-	-	-	-	-
Special Events	-	333.33	(333.33)	60.00	3,666.67	(3,606.67)
Interest	3.85	4.17	(0.32)	81.42	45.83	35.59
Total Income	10,551.79	10,697.83	(146.04)	110,490.74	117,676.17	(7,185.43)
Expenses						
Casual Labor	225.00	266.67	(41.67)	2,475.00	2,933.33	(458.33)
Payroll	6,271.00	6,272.00	(1.00)	68,981.00	68,992.00	(11.00)
Legal & Professional	350.00	350.00	-	3,850.00	3,850.00	-
Rent	946.00	1,046.00	(100.00)	10,647.99	11,506.00	(858.01)
Printing	-	50.00	(50.00)	-	550.00	(550.00)
Payroll Taxes	480.00	480.25	(0.25)	5,263.27	5,282.75	(19.48)
Repairs & Maintenance	98.40	25.00	73.40	-	275.00	(275.00)
Equipment Rental	-	95.83	(95.83)	1,076.45	1,054.17	22.28
Telephone & Fax	517.92	475.00	42.92	5,664.48	5,225.00	439.48
Answering Service	182.06	250.00	(67.94)	2,520.19	2,750.00	(229.81)
Postage	297.02	95.83	201.19	1,375.28	1,054.17	321.11
Office Supplies	55.49	208.00	(152.51)	1,124.68	2,288.00	(1,163.32)
Bank Service Charges	40.00	40.00	-	455.00	440.00	15.00
Computer & Technology	103.78	250.00	(146.22)	1,564.93	2,750.00	(1,185.07)
Credit Card Service Fees	167.91	50.00	117.91	1,025.35	550.00	475.35
Intergroup Expense	-	166.67	(166.67)	108.10	1,833.33	(1,725.23)
Insurance	-	216.67	(216.67)	1,980.00	2,383.33	(403.33)
Special Events	-	83.33	(83.33)	-	916.67	(916.67)
Travel	-	250.33	(250.33)	25.00	2,753.67	(2,728.67)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	26.25	(26.25)	-	288.75	(288.75)
Over/Under	-	-	-	-	-	-
Total Expenses	9,734.58	10,697.83	(963.25)	108,136.72	117,676.17	(9,539.45)
Net Income	817.21	-	817.21	2,354.02	-	2,354.02

YOUR GROUP CONTRIBUTIONS

GROUP /	MEETING	NOV	YTD
NEW DAY			-
NEW HOPE			-
NEW LIFE			-
NIPPER'S CORNER			423
NO NONSENSE			-
NOON WOMEN'S STEP STUDY			37
NORTHSIDE			50
N.O.W.			85
ON AWAKENING			200
ONE DAY AT A TIME			-
ONE PURPOSE		25	175
ONE STEP CLOSER		176	826
OUT OF THE FOG/OUT OF THE BOG		400	2,373
OUT TO BREAKFAST BUNCH			228
PAGE 112			533
PAY DAY			472
PEACHTREE		120	120
PORTLAND UNITED		25	75
PRIMARY PURPOSE LEWISBURG			779
PRIMARY PURPOSE MADISON		56	56
PRIMARY PURPOSE MURFREESBORO		13	49
PULASKI		15	80
RECOVERY ON THE ROW			150
RIDGETOP BASIC			-
RIGHT DIRECTION			-
ROAD OF HAPPY DESTINY			-
ROBERTSON COUNTY		17	150
RUSHH HOUR			86
RUTS		500	500
SAFE HARBOR			250
SAFE PLACE			563
ST. A's			150
ST. BETHLEHEM			-
SANGO SOLUTIONS			-
SATURDAY NIGHT ALIVE		10	170
SAVE HER A SEAT			50
SEEKERS, SPARTA			800
SEEKING SANITY			-
SERENITY			50
SEEKING HOUSE			100
SERENITY IN THE PARK			200
SHADE TREE		558	5,521
SIMPLY SUNDAY			223
SISTERS OF SOBRIETY (S.O.S.)			-
SISTERS IN SOBRIETY			-
SMYRNA GRATITUDE		655	5,317

GROUP /	MEETING	NOV	YTD
SOBER ON SUNDAY			200
SOBRIETY FIRST LEBANON			100
SPARTA FELLOWSHIP			50
SPRING HILL			283
SPIRITUAL WARFARE			350
SOS HOHENWALD			-
SSS, HERMITAGE			200
STRAGGLERS			575
SUNDAY 10AM, CROSSVILLE		34	34
THERE IS A SOLUTION			191
TWELVE STEPS TO FREEDOM			-
TRINITY		300	700
TRUDGING THE ROAD			-
TWELVE STEPS TO FREEDOM			67
TURNING POINT			988
TWO TO LIFE			100
UNCOMMON WOMEN		78	167
UNITED			800
UNITY AT 6			-
VALLEY VIEW			-
WAKE UP		70	371
WANGL			-
WAVERLY			240
WEST NASHVILLE			101
WEST NASHVILLE UNITED			-
WESTMINSTER			-
WHITE HOUSE			132
WINNERS & BEGINNERS		256	472
WOODBINE			62
WOMEN IN RECOVERY			-
WOMEN IN THE SOLUTION			200
WOMEN'S FREEDOM			490
WOMEN'S SPEAKER			145
WOODBINE			30

GROUP TOTALS TO DATE**5,385 65,265**

INDIVIDUALS

2,773 19,169

MESSENGER

29

COMBINED TOTALS TO DATE**8,158 84,463*****ANY LENGTHS***

<i>Zach S</i>	<i>1.21.20</i>
<i>Lauren H</i>	<i>1.11.20</i>
<i>Emily L</i>	<i>1.04.17</i>
<i>Dan R</i>	<i>1.01.11</i>

**M i d d l e T e n n e s s e e
C e n t r a l I n t e r g r o u p
A s s o c i a t i o n**

417 Welshwood Drive
Suite 207
Nashville, TN 37211

615.832.1136
800.559.2252

NON PROFIT
ORGANIZATION
U.S. Postage Paid
Nashville, TN
Permit No. 517

RETURN SERVICE REQUESTED

Middle TN Central Intergroup Association
417 Welshwood Drive, Suite 207
Nashville, TN 37211

ph. 615.832.1136
Ph. 800.559.2252
fax. 615.834.5982
or e-mail address changes to:
mtcoaa@aol.com



Time to Change?

- ☐ New Subscription
☐ Renewal Subscription
☐ Address Change

The Messenger is available at an annual subscription price of \$12.00. A limited number of free subscriptions are available upon request by writing or calling the office at the address/phone number listed in this issue.

NAME _____

ADDRESS _____

CITY _____ STATE _____

PHONE _____ ZIP _____