MESSENGER DESIGNATED DONATIONS APPRECIATED

Philip Wylie Jabs a Little Needle Into Complacency

APR 2022

SEPTEMBER 1944

BY: BILL W.

Philip Wylie's piece in this issue of *The Grapevine* will endear the man to every A.A. And why? Because, of course, he's so very alcoholic! Neither can anyone miss the author's generous and self-sacrificing spirit. Forgetting his own worldly importance, he snaps his fingers at what the public may think; he discards his *reputation* in order to share with us his *character*.

BY: PHILIP WYLIE

An editor of *The Grapevine* called on me and asked for a piece. He asked because I'd recently reviewed a book about a drunk--Charles Jackson's *The Lost Weekend*. He thought that what I'd said in the review showed I had an interest in alcoholics. I have. The editor didn't know that I am one.

I quit solo--by which I mean here that no organized group like A.A. was around to assist or advise. But I had plenty of assistance and expert advice, much of which curiously parallels what I know now about A.A. To reach a point where I can say that I am not drinking and have not been drinking for a long time, took years. It took an unconscionable amount of energy. It left me with a few ideas that I'd like to pass along. It left me with a couple of hunches that I'd like to ask about.

(Continued on page 2)

SAVING SEATS

A member calls this custom into question

I have been attending AA meetings for nearly 17 years now and for the first 16 years of that stretch I had never attended a meeting where seats were saved. The fellowships that have been instrumental in my recovery during the first 16 years of sobriety never condoned such behavior. Only in the past year, after moving to Southern California, did I encounter such a beast.

And a beast it is. What does that say to the newcomer, the most important person in the room? Or to the visitor or AA member recently relocated? It is a practice that says to me that some alcoholics are more important than others. What happened to principals before personalities?

Each AA group is encouraged to establish its own meeting format, rules and procedures as decided by the group conscience. I am fortunate today to live in an area that can support numerous meetings and I can choose to attend other meetings. That has not always been the case. I sobered up in a small



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many others doing. are psychoanalyzed studied twice. psychology after that--Jungian, Freudian. behavioristic. Adlerian. Then I read all the basic religious books. Then I read the philosophies. Then I went to insane asylums, and ideas that came my way:

One of the "reasons" I had given myself over to drinking was that I was then able to do easily a great many things other men could do sober and I could not. So then I did them sober. I did everything without a drink that I had done when drunk; excepting for the destructive troublemaking ones. Everything. That was useful to me.

I had jitters that there is not literary skill to describe--though Charles Jackson has come as close as any writer ever did. Every fear, phobia and compulsion entered my head--and not always just when I was hung over. So I got into the habit--a suggestion of a psychiatrist--of writing down in detail the nature and formidability of these mental distresses. Maybe the fact that I am a writer gave that system special merit. But I found I couldn't endlessly retail the awfulness of my obsessions-sitting perfectly comfortably in a quiet room. On paper--they weren't gigantic and overwhelming. They grew silly. They made me laugh at myself and so deflated themselves.

Dr. Jung himself suggested that I look at a few asylums. I didn't know why until I made the visit. Then it became evident to me that the inmates were not like me at all. Thus I got to know that my alcoholism was not the onslaught of insanity--and I got to know I had been subconsciously afraid of precisely that.

The Jungians, incidentally, give a The things I did are, maybe, the things different name to the "religious" experience" which you discuss in A.A. They arrive at that "experience" by different methods--methods conform their scientific to psychological technique. They call the spiritual quantum which gives rise to "transcendent experience a looked at them. Here are some of the symbol." Naturally, I haven't room to describe the method here: it would take more than this magazine--a book, perhaps. But, whether you call it a religious experience or a transcendent symbol does not matter--and it may be of interest to alcoholics who are semiknowingly engaged in protesting formal, churchly "religions" to learn that there are thoroughly abstract, nonreligious routes to this same. universal, human contact with inner integrity, truth, and the "nature of nature itself."

> Of course, I read everything about alcoholism I could find. And I became interested in the care and condition of alcoholic friends. Among them noticed two who still make possible wonder about the relationship of epilepsy to alcoholism in some cases. These two friends of mine had had fits. They both had epileptic "picture" the electroencephalogram. The new drugs that avert or postpone epileptic attacks seemed to aid these two men in stopping their alcohol addiction. I know that if I were a doctor--and an alcoholic--I'd investigate this special aspect of the puzzle thoroughly. The possible future values of chemistry should not be overlooked by any of us in the presence of the proved value of psychological and philosophical regeneration.

> I also have a hunch that insanities, neuroses; and all other aberrations

> > (Continued on page 3)

Philip Wylie

(Continued from page 2)

vary largely with the passing of centuries. Alcoholism, too. I do not believe people in the main were exactly the same sort of alcoholics and for the same reasons in 1700 as in 1944. That is to say, I believe such conditions of the soul are "as if" epidemic--and definitely of a social causation. That is what especially interests me about A.A.: it represents to me the first really effective effort to deal in kind and in scale and in the right category, with alcoholism.

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Technically, Moses was the first person to download data from the cloud onto a tablet.

SAVING SEATS

(Continued from page 1)

community that could not support more than one fellowship and I learned quickly that it had to be principals before personalities or I would not be able to stay sober as there was no where else for me to go. I am happy to defer to a respected old timer's seat preference, but my peace is tested when I am told by another member that I must do so.

The seat-saving practice alienates many, and opportunities are missed to meet and greet new folks to the meeting. It is a minority practice that is condoned by the majority, in my opinion.

Bill W. advised: "We wish to be as inclusive as we can, never exclusive."

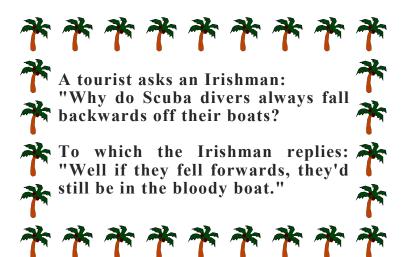
Somehow that seems lost amongst all of the business cards, laminated placards, post-its, and scattered keys placed on seats for those not yet in attendance. And where is the humility in that?

ALISON B. | LONG BEACH, CALIFORNIA Reprinted with permission: AAGrapevine.org

The AA Paradoxes:

- ---from weakness (adversity) comes strength
- ---we forgive to be forgiven
- ---we give it away to keep it
- ---we suffer to get well
- ---we surrender to win
- ---from darkness comes light
- --- from dependence we found independence

0___00__00__00__00__00__00__00__00__00__00_



THAT 'FORMAL' STEP FIVE

through the Twelve Steps quickly and albeit a painful part. Just as alcohol had any trouble. But on approaching the Fifth first encounter with the Fifth Step. The Step, I began to have second thoughts. I could never tell another person some of the things I had done while I was drinking. If these newfound friends in AA really knew me, they would have nothing to do with me. So I'd just keep my mouth shut about the horrors of my past, I decided, and fake it.

Within months, I attempted my first Fifth Step. Inventory notebook in hand, I recited a list of venial offenses. Of overwhelming fear, gnawing guilt, and self-hatred, I said nothing. Faking a Step is not the same as taking a Step. Consequently, nothing extraordinary happened that day. experienced defeat.

IN MY FIRST weeks of sobriety, I read Failure is an integral part of learning, decided that anyone with half a wit could brought me to my knees and force-fed a follow those simple suggestions without drop of humility into my life, so did my introduction of humility deflated my alcoholic ego once again, and therein lay the key success. Forced to surrender my idea of how the Fifth Step should be worked, I began to listen more closely meetings. Hearing at members talk so freely, honestly, and realistically about their shortcomings made it easier to begin sharing my own. As a swimmer tests the water with his toe, so I began to share my defects slowly, cautiously. Always expecting rejection and disgust, I was relieved to find only understanding, acceptance, and support.

Within a year, most of those abominations

(Continued on page 8)

CENTRAL OFFICE	OFFICER	PHONE
POSITIONS	NAME	NUMBER
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 (Interim)		
Archives	Don M	615.708.7957
Sobriety Dinner		
Newsletter Editor	Pat P	228.254.7053

FIRST TUESDAY OF **EVERY MONTH:**

District 30 Meeting When: 6:30 pm - 7:30 pmWhere: 5925 O'Brien

SECOND MONDAY OF EVERY MONTH:

Intergroup Meeting When: 5:45pm – 6:45pm **Where: Central Office** 417 Welshwood

STEERING COMMITTEE

When: Monday Apr 25th 5:45pm – 6:45pm Where: Central Office 417 Welshwood

FIRST TUESDAY OF **EVERY MONTH:**

District 32 Meeting When: 6:30pm Where: Last Stop Club 2122 Utopia

SECOND SATURDAY OF **EVERY MONTH**

District 34 Meeting When: 10am Where: 200 E. Cedar St Goodlettsville



ANY LENGTHS		KEEP IT SIMPLE		
Becky B	04.29.16	Allen C	04.07.13	
Brady B	04.22.20	Janet G	04.16.89	
Jennifer O	04.06.17	John G	04.07.19	
Jennifer S	04.25.19	Michael R	04.01.16	
Nicole C	04.11.21	Sgm S	04.11.15	
Ryan K	04.23.20	Stephanie K	04.28.17	
Samuel D	04.07.21	Tim D	04.20.21	





SECOND QUARTER ASSEMBLY AREA 64

Service is Our Responsibility

April 8th - 10th 2022

Location

Clarion Inn 2227 Old Fort Parkway Murfreesboro, TN 37129 Reservations:

615 – 896 - 2420

Rate: \$109.48/Night

Note – Group Code – "Area 64"

"Call for reservation and rate." (Rate not available online)

For additional information call: Robert B (615)-430-4228 Brian E (615)- 987-4511

APRIL ANNIVERSARIES

Nashville/Inglewood TN
Principles over Personalities

POP Group 53rd Anniversary Old-Timers Celebration

Friday May 13, 2022 ZOOM Meeting

Join ZOOM for the sobriety countdown!

7:00 p.m.-9:00 p.m. CST

Zoom JD: 89304041118

Password: POP1935

Old-Timer Speaker Registration begins at 6:30 p.m. CST

PATIENT

Cunning, baffling, powerful, that's what the Big Book states When it talks about alcohol and how it dominates The way we think, the way we act when firmly in its grip We have to be obedient, surrender to its whip

A meeting that I go to starts at seven in the morning Someone reads "How It Works" each day, it really can get boring But there's a member who attends and adds a single statement When those three words are read out loud, he adds in the word patient

Although that word is not there when we read page fifty-eight It certainly rings true to us, it helps to keep us straight It matters not how long it's been since we had our last drink That demon alcohol is biding time until we blink

A fellow that I know related just how he had slipped He'd been dry for some twenty months, felt he was well equipped To take a swig then put it down, he thought he'd passed the test He did not drink for two more months, then patient came to fest

Until that time, he had been doing what had been suggested He called his sponsor frequently and did what he requested He even tried to meditate and say a prayer or two But day by day his routine shrank, old thoughts began to stew

Though he had not been drinking in those months after the slip The memory of it haunted him, it wanted him to trip Then came the day it fell apart, those feeling did accrue He almost drank himself to death on the month twenty-two

A vicious cycle had begun, would last over a year He'd sober up for a few weeks and then bring out the beer He went to meeting as before, was filled with true remorse But that was all he did, he was just auditing the course

He stopped using his phone to call a sponsor or a friend When he was in the wrong, he just could not make an amend He seldom prayed or meditated, he found that very tough Because he went to meetings, he thought that would be enough

The patient side of this disease had waited for some time But it could tell the time to strike was nearly at its prime He wouldn't take his sponsor's calls, began to isolate The voice inside his head said "what the hell", capitulate

The lesson for us all is this disease is very patient Content to lie there dormant, waiting in our memory's basement Just waiting for the chance to climb the stairs and take control And bring us to our knees and watch our misery unfold

(Continued on page 7)

CONSIDERING CROSSTALK

An old-timer reflects on the changing perceptions of crosstalk over the decades

When I came into AA 29 years ago, crosstalk was wisely not allowed at meetings. However, it meant something different then than it does today. Back then. crosstalk meant people talking back and forth, instead of each person getting a turn to speak uninterrupted. No one could even interject a comment during someone else's share. "No crosstalk" also meant not criticizing what another person said, not telling someone what to do about their problems, and not analyzing anyone else's psyche situation. All good things to avoid.

But we could directly address anyone and everyone at the meeting, as long as it was during our own turn. You could say, "Thank you for what you said in your share," and then explain why it had been helpful, or why you related to it. In that same spirit of A.A. fellowship, you could offer condolences if someone shared that a loved one had died. Nowadays, any of this is usually ruled out as crosstalk.

You could also ask for help with a sobriety-related problem. Or a newcomer could ask a question. As the meeting proceeded, anyone who desired would address the problem or question. Mind you, they could not tell you what to do or (Continued on page 8)

The A.A. Tools of Recovery

This is a short summary of the way people get sober in A.A., to make sure that newcomers are aware of some of the things they should be doing. As is often said, "action is the magic word in this program." This little reading is basically just a statement of what A.A. old-timer's might tell a newcomer, put in the traditional language of the Big Book and other A.A. literature.

Abstinence

We commit ourselves to stay away from the first drink, one day at a time.

Meetings

We attend A.A. meetings to learn how the program works, to share our experience, strength and hope with each other, and because through the support of the fellowship, we can do what we could never do alone.

Sponsor

A sponsor is a person in the A.A. program who has what we want and is continually sober. A sponsor is someone who can take you through the twelve steps, who you have access to and can confide in.

Telephone

The telephone is our lifeline - our meetings between meetings. Call before you take the first drink. The more numbers you have, the more insurance you have.

Literature

The Big Book of Alcoholics Anonymous is our basic tool and text. The Twelve Steps and Twelve Traditions and A.A. pamphlets are also recommended reading.

Service

Service helps our personal program grow. There are many ways to give when you are new in AA. Service is making coffee, moving chairs, being a sponsor (when your sponsor says you are ready), cleaning up, even calling another alcoholic to see how they are doing. Service is action, and action is the magic word in this program.

Anonymity

Whom you see here, what you hear here, when you leave here, let it stay here. Anonymity is the spiritual foundation of our program.

Don H., Elkhart, Indiana Reprinted with permission: justloveaudio

PATIENT

(Continued from page 6)

But we've learned there's a way to keep this enemy at bay By practicing the AA Steps and do it every day For when we don't, we probably are heading for a slip Patiently it guarantees a painful, dreadful trip

Larry R. Submitted by Beth L. From Davidson Rd zoom



THAT 'FORMAL' STEP FIVE

(Continued from page 4)

had been brought out of the closet, with the help of a good sponsor. We looked at them together, discarded the guilt and remorse, and decided here amends were due. Some months later, I took the big dive: that "formal" Fifth Step I had heard so much about. For five hours, my sponsor and I sat in his living room and talked. This was not a session breast-beating of flagellation; rather, it was an honest sharing of hopes, fears, past mistakes, and realistic plans for self-improvement. Of course, there was talk of resentment, guilt, lust, jealousy, and the like; but there was also sharing of happiness, joy, gratitude, and love.

None of the Twelve Steps is an exercise in self-destruction. An honest Fifth Step is ego -deflating, yes. But only through the

essential humility it provides can I begin to grow mentally, emotionally, and spiritually into the person my God would have me become.

J. B. | TOLEDO, OHIO REPRINTED WITH PERMISSION: AAGRAPEVING.ORG

5th Step Promises

Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator.

We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe. AA p75

CONSIDERING CROSSTALK

(Continued from page 6)

have been considered crosstalk. Instead, they misses one of the actual reasons for meetings. would say what had worked for them: They shared their experience, strength, and hope. Any The original AAers would not have stayed sober of this might be outlawed as crosstalk nowadays. if, when they got together as a group, they were

When a personal question or problem raised at the sobriety. "No crosstalk" was created to stop us meeting became the meeting's topic, we were at from getting in each others' faces. But alcoholics the heart of A.A.'s purpose. Such meetings helped often take a good idea to the extreme. So it has everyone.

newcomer. If newcomers, or old-timers, want to try to control others, which builds walls: go someplace no one will talk to us, we can go to Newcomers don't get welcomed; people don't get a bar. We sat around talking to ourselves in our help; members complain about lack of fellowship drinking days. Sobriety happens through the and healthy interaction of bravely saying what is misinterpretation of crosstalk, to once again allow

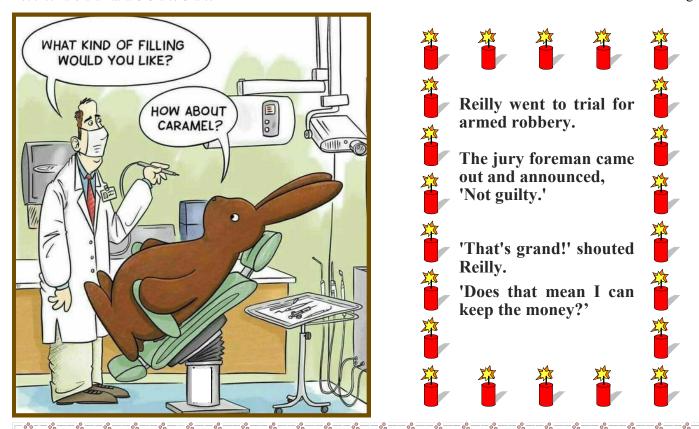
going on with you and humbly listening to how analyze you or your situation, because that would others dealt with the same issues. Banishing this

not allowed to address each other's shaky gone with this issue, causing problems as bad as the ones the original idea was meant to solve. In the past, people could also directly welcome a Taking things to the extreme is a way alcoholics caring. Let's



2:00pm: Gonna save the other half of this sandwich for later

2:06pm: Time to finish that sandwich



TODAY'S CONVIENIENCE IN FINDING MEETINGS

Twenty-five years ago, it was much harder to find meetings. For one thing, you had to rely on a printed meeting list that didn't get updated very often because it was costly and time-consuming to put it together.

There was no way to look up a meeting on the web, there was no web. You'd have to call a central office and go through a series of questions about when, where, what format and time, just to find what you were looking for.

Once you found a meeting to go to, you'd have to use paper maps to try to navigate to the meeting.

Today, finding a meeting is much easier. Even when I'm traveling, I can search for meetings online. I use a variety of filters to find a meeting with the right time and format; then I use the GPS on my phone to navigate perfectly to the meeting—even in an unknown city.

I'm sure today I go to more meetings in more places because technology helps me find them.

Over the years, as technology has improved, I've seen how its adoption throughout AA has made it easier and better to connect with AA. I get concerned when people bash the use of these tools and suggest that technology will take away or harm our meetings and interactions.

My own experience has been that technology doesn't replace eyeball-to-eyeball recovery work, but it makes face-to-face interactions more possible and makes service opportunities more available. I can't wait to see what the next 25 years bring us.

Anonymous

Middle Tennessee Intergroup Association

Statement of Activities - Actual and Budgeted - Schedule 1

For the Two Month and Year Ended February 28, 2022

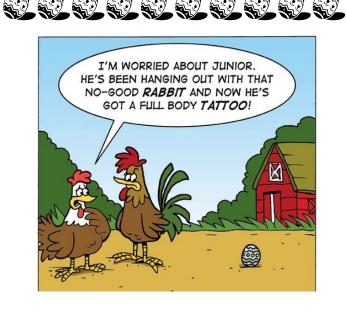
	February 2022		YTD 2022			
	Budget			Budget		
	Actual	Budget	Variance	Actual	Budget	Variance
Income						
Net Literature Sales	3,710.26	2,500.00	1,210.26	5,921.82	5,000.00	921.82
Group Donations	3,411.68	6,153.00	(2,741.32)	12,400.96	12,306.00	94.96
Individual Donations	1,731.86	1,489.33	242.53	2,569.01	2,978.66	(409.65)
Messenger Donations	-	-	-	32.00	-	32.00
Website Donations	-	-	-	-	-	-
Special Events	-	416.67	(416.67)	-	833.34	(833.34)
Interest	2.73	94.17	(91.44)	5.37	188.34	(182.97)
Total Income	8,856.53	10,653.17	(1,796.64)	20,929.16	21,306.34	(377.18)
Expenses						
Casual Labor	275.00	250.00	25.00	500.00	500.00	-
Payroll	6,271.00	6,271.00	-	12,542.00	12,542.00	-
Legal & Professional	350.00	350.00	-	700.00	700.00	-
Rent	946.00	1,100.00	(154.00)	1,892.00	2,200.00	(308.00)
Printing	-	33.33	(33.33)	-	66.66	(66.66)
Payroll Taxes	480.00	483.33	(3.33)	960.00	966.66	(6.66)
Repairs & Maintenance	50.00	29.18	20.82	100.00	58.36	41.64
Equipment Rental	99.24	100.00	(0.76)	205.48	200.00	5.48
Telephone & Fax	489.23	515.00	(25.77)	1,253.62	1,030.00	223.62
Answering Service	174.33	250.00	(75.67)	383.85	500.00	(116.15)
Postage	250.72	113.00	137.72	374.14	226.00	148.14
Office Supplies	-	183.33	(183.33)	12.49	366.66	(354.17)
Bank Service Charges	52.00	40.00	12.00	102.00	80.00	22.00
Computer & Technology	109.26	208.33	(99.07)	196.66	416.66	(220.00)
Credit Card Service Fees	164.28	85.00	79.28	300.79	170.00	130.79
Intergroup Expense	18.00	100.00	(82.00)	18.00	200.00	(182.00)
Insurance	1,525.00	166.67	1,358.33	1,525.00	333.34	1,191.66
Special Events	-	125.00	(125.00)	-	250.00	(250.00)
Travel	-	250.00	(250.00)	(125.00)	500.00	(625.00)
Miscellaneous	-	-	-		-	-
Depreciation	-	-	-		-	-
Over/Under		<u> </u>				
Total Expenses	11,254.06	10,653.17	600.89	20,941.03	21,306.34	(365.31)
Net Income	(2,397.53)	<u> </u>	(2,397.53)	(11.87)		(11.87)





	FEB	
GROUP / MEETING	2022	YTD
86'ers		138
AWOL		77
BACKROOM		1,312
BY THE BOOK, DICKSON		100
BY THE BOOK, LEBANON		40
CELEBRATE SERENITY		548
CENTERVILLE		9
COLUMBIA		90
COMFORT ZONE		250
CROSSVILLE NONSMKIN' STEP	42	42
CROSSVILLE NOONERS	50	135
DESIGN FOR LIVING		511
DOUBLE DIPPERS	140	140
EAST SIDE MEN'S STAGE		750
EAST SIDE SATURDAY		323
FAIRVIEW		250
FAYETTEVILLE		25
FIRST THINGS FIRST		699
FREE TO BE		139
GIFT OF DESPERATION		625
HAPPY HOUR		30
HERMITAGE WOMEN'S	285	571
INTERGROUP		4
KEEP IT SIMPLE	19	19
KEY TO SOBRIETY	100	100
LAST HOUSE ON THE BLOCK	20	20
LIVE AND LET LIVE		100
LIVE AND LET LIVE,		
COOKEVILLE	6	6
LIVING BY THE PRINT	300	300
LIVINGSTON 12x12		25
MONTEREY FRIDAY NIGHT	100	100
MURFREESBORO	15	30
MUSIC ROW		25
NIPPER'S CORNER		100
N.O.W.	236	236
ONE PURPOSE	25	50
ONE STEP CLOSER		164
OPEN DOOR		132
OUT TO BREAKFAST		250
PAGE 112		100
PORTLAND UNITED		25

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	FEB	
O GROUP / MEETING	2022	YTD
PRIMARY PURPOSE MURF	32	49
PULASKI	15	30
RECOVERY ON THE ROW		300
ROBERTSON COUNTY	17	30
SANGO SOLUTIONS	120	120
SATURDAY NIGHT ALIVE	40	60
SHADE TREE	957	1,280
SMYRNA GRATITUDE	52	603
SOBRIETY FIRST LEBANON	100	100
SPRING HILL		39
STRAGGLERS	75	75
THERE IS A SOLUTION		210
WAKE UP	26	26
WEST NASHVILLE	40	40
WOMAN'S WAY		150
WOMEN IN THE SOLUTION		100
WOMEN'S FREEDOM	600	600
_ GROUP MONTHLY		
_ TOTALS	3,412	12,401
_ INDIVIDUALS	1,732	2,569
_ MESSENGER	-	32
COMBINED TOTALS TO		
- DATE	5,144	15,002
- YOUR GRO	<i>OUP</i>	
- CONTRIBUT	TIONS	



Middle Tennessee Central Intergroup Association

417 Welshwood Drive Suite 207 Nashville, TN 37211

 $615.832.1136 \\800.559.2252$

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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



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