

The **MESSENGER**

Middle Tennessee Central Office Intergroup

MESSENGER DESIGNATED
DONATIONS APPRECIATED

BILL WILSON ON STEP SEVEN

JULY 2022

"AT THIS STAGE OF OUR PROGRESS WE ARE UNDER HEAVY PRESSURE AND COERCION TO DO THE RIGHT THING. WE ARE OBLIGED TO CHOOSE BETWEEN THE PAINS OF TRYING AND THE CERTAIN PENALTIES OF FAILING TO DO SO. THESE INITIAL STEPS ALONG THE ROAD ARE TAKEN GRUDGINGLY, YET WE DO TAKE THEM. WE MAY STILL HAVE NO VERY HIGH OPINION OF HUMILITY AS A DESIRABLE PERSONAL VIRTUE, BUT WE DO RECOGNIZE IT AS A NECESSARY AID TO OUR SURVIVAL."

WE WOULD LOVE YOUR
CONTRIBUTIONS TO THIS 'YOUR'
NEWSLETTER

JULY SUBJECT:

How Step 7 and/or Tradition 7 has worked in
your life

AUGUST SUBJECT:

How Step 8 and/or Tradition 8 has worked in
your life

Poem

Essay

Article

If you care to,
please include your Name & Home Group

Intergroup Association Business Meeting

SECOND MONDAY OF EVERY MONTH:

When: 5:45pm – 7:00pm

**Where: Central Office
417 Welshwood**

**Zoom: ID: 929 542 2779
PW: 929542**

Anyone can attend

**Drop by and see how the money you put in the
basket 'at a meeting' goes to keeping this area
running for us drunks (by the trusted servants
you have elected)**

Central Office—417 Welshwood Dr., # 207, Nashville, TN 37211, Mon-Fri, 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 or mtcoaa@aol.com, Website—www.aanashville.org,

Big Book Muckers/Bookers

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SEVEN

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The Muckers are a rising rebuttal to the watered-down recovery program of “Just don’t drink and go to meetings” in the Greater Toronto, Ontario, Canada area. Recovery rates had dropped to less than 10% percent in the late 1980s and were answered by a “Back-to-Basics” revival of the original, undiluted 12 step recovery program of the early 1940s where recovery rates were as high as 75% to 93%.

The Muckers are a group of men and women who have recovered from a seemingly hopeless state of addiction and alcoholism, using the 12 step program as outlined in the book “Alcoholics Anonymous”. Central to the Muckers methodology is the action of a single recovered addict or alcoholic, guiding another addict or alcoholic through the Big Book. Muckers have discovered through experience that this one-on-one approach, as described in Chapter 7 of the Big Book, is a powerful method of working the 12 step program of recovery.

What is “Getting Booked”?

The focus is the Big Book; Muckers use no other text. The emphasis is on the first 89 pages of the Book, which have not been altered since originally published in 1939. The process of one addict/alcoholic guiding another through the Book takes between 24 and 30 hours, usually done in 2 – 3 hour sessions, typically over a period of 2 – 3 weeks. In the process, Muckers write comments and notes, circle words and highlight passages in the Book. (Muckers are called Muckers, because they

muck up the Book!) During this period of “being booked”, the individual actually performs the first 11 steps of the program.

The purpose of this brief, intense process is to jump-start the program for the individual. The goal is to facilitate the “vital spiritual experience” as described throughout the Book, and to give the individual the tools to subsequently maintain and grow that experience. Once the individual has had this experience, we find that the addiction, that is the mental obsession is removed. Subsequently, much of the maintenance and growth of the spiritual experience is achieved by working Step 12. This means working directly with other alcoholics/addicts. Once recovered, the individual is encourage to pass the process on to someone else – to give it away. While other forms of service are not discouraged such as helping out at meetings, i.e. making coffee, setting up chairs etc., this is considered courtesy NOT Step 12 work.

But what about the real alcoholic? He may start off as a moderate drinker, he may or may not become a continuous hard drinker; but at some stage of his drinking career he begins to lose all control of his liquor consumption, once he starts to drink. use/act out Yes

Here is the fellow who has been puzzling you, especially in his lack of control. He does absurd, incredible, tragic things while drinking. He is a real Dr. Jekyll and Mr. Hyde. He is seldom mildly intoxicated. He is always more or less insanely drunk. His disposition while drinking resembles his normal nature but little. He may be one of the finest fellows in the world. Yet let him drink for a day, and he frequently becomes disgustingly and even dangerously anti-social. He has a positive genius for getting tight at exactly the wrong moment, particularly when some important decision must be made or engagement kept. He is often perfectly sensible and well balanced concerning everything except liquor, but in that respect he is incredibly dishonest and selfish. He often possesses special abilities, skills, and aptitudes; and has a promising career. Yes

Stepping on the Seven Deadlies

Step Seven

BEFORE MY sobriety began, five years ago, the Seven Deadly Sins accurately described my basic character. After my last drink, I discovered to my awakening that the Seven Deadlies accurately describe basic *human nature*. Was Step Seven going to change my basic human nature? I doubted it. So it took me four years to get to the Seventh Step prayer. But then I was in for some surprises--seven of them.

Slowly, very slowly, at a caterpillar pace, I realized (I love AA realizations) that God (Higher Power) is in the transformation business. Before I was even fully aware of it, a change was taking place in my behavior.

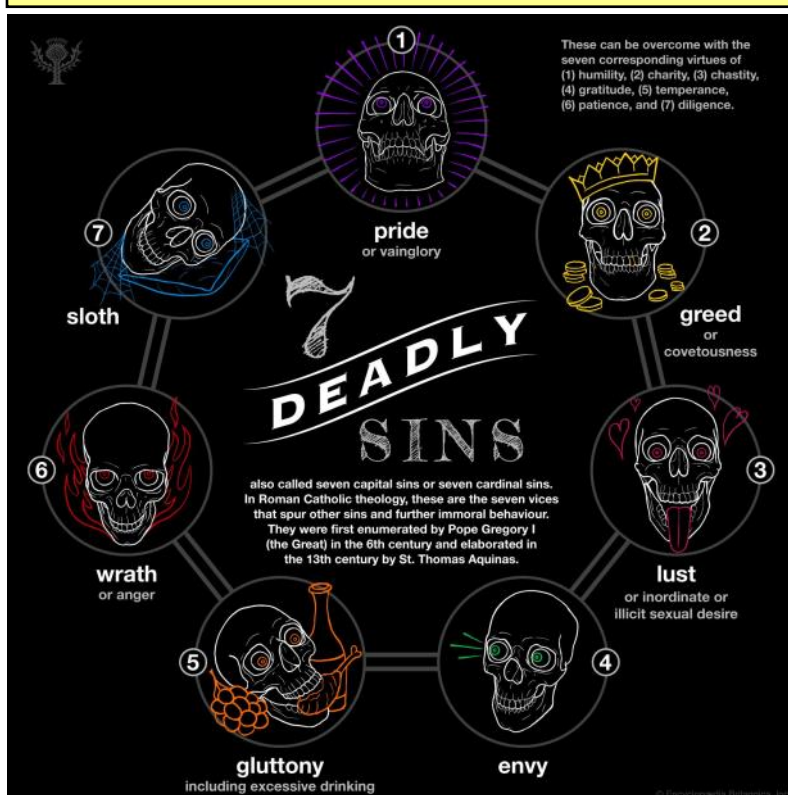
As a drinking author, I took great **'pride'** in my work. My pride far surpassed my accomplishments. My ego was always fatter than my bank account. Through AA and sobriety, I have learned to write what I like and to like what I write. I no longer reach for the proverbial brass ring or yearn to write the nation's next best-seller. I have lowered my sights and have found my true

niche. I am content. And I like myself more this way. Surprise! Step Seven has changed Pride into self-esteem.

Did I mention yearning for literary fame and fortune? Well, I never worked toward such a goal. I wrote for money. My sole motive was personal gain, no more, no less. Today, I write from a new heart, with the reader's mental and spiritual welfare in mind. Surprise! Caring and sharing have displaced **'greed'**.

When I was a drinking drunk, the imperious urge had me by the you-know-what. I firmly believed that **'lust'** was a natural part of the human makeup, and I often wrote highly of it, using acceptable euphemisms like "eros," "passion," "fervent love," and "burning desire." It wasn't until sobriety and my third marriage that I could--rather than "worship," "crave," "fear," "adore" or "obey"--"twelfth-step" a loving woman. My imperious ego is no longer imperious. I now enjoy what I once thought was a contradiction in terms: moral sex. Surprise!

(Continued on page 7)



ANY LENGTHS

Grace V	07.02.21
Nate B	07.17.19
Sally I	07.02.19
Tammy L	07.20.18
Tonya H	07.07.20

AWARENESS OF GOSSIP

- 1) Acquire a journal and carry it with you wherever you go. For one month, as often as possible after a conversation with someone, take a minute or two to reflect on the general topic of the conversation. Write it down.
 - 2) Also note if any individuals were brought up in the conversation. Briefly describe, in general terms, what was said about them. Did you bring them in, or did someone else? Simply notice, without recording too much detail.
 - 3) After one month, you will find that you are more sensitized to your conversations in general, regarding other people being discussed. You will notice the subtleties of how a person's name is brought up. Record your experiences on the mechanics: was there an association with the subject? How does the energy of the conversation change when someone's name is brought up? Are you completely at ease, or is a tension introduced?
- Whenever you have a few free minutes during each day, reflect on and record your insights on this subject in your journal.
- 4) After another period of three or four weeks of recording insights, begin to do some self-censoring. Whenever you feel the urge to bring up somebody's name during a conversation, try to hold back. This may feel uncomfortable at first. Experiment with it. Sometimes, you may bring a name up and notice the experience; at other times, hold back and notice what that feels like.
 - 5) After you achieve success in self-censoring, try a more difficult experiment. Whenever you notice someone else has brought in a name for gossip, try to gently guide the conversation in a new direction without offending the participants. If you can, move quickly off the

(Continued on page 8)

<i>CENTRAL OFFICE POSITIONS</i>	<i>OFFICER NAME</i>	<i>PHONE NUMBER</i>
Chairperson	Garrett D	615.957.7674
Central Office Manager	Charles C	615.973.9898
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Treatment Facilities	Darin M	615.423.2620
Events Chair	Brian	615.406.6361
Archives		
Sobriety Dinner		
Newsletter Editor	Pat P	228.254.7053

**FIRST TUESDAY OF
EVERY MONTH:**
District 30 Meeting
When: 6:30pm – 7:30pm
Where: 5925 O'Brien

**SECOND MONDAY OF
EVERY MONTH:**
Intergroup Meeting
When: 5:45pm – 6:45pm
Where: Central Office
417 Welshwood

**STEERING
COMMITTEE**
When: Monday Jul 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

Step 7 is a White Flag Waving, a surrender to God (Higher Power).

This is the nature of what I am surrendering!

- I interrupt or sulk silently because you should listen to me! (arrogance, entitlement);
- I do good to look good to myself and others (self-seeking);
- I am a glutton or withhold, starve myself and others (greed, self-indulgence, cruelty, impatience);
- I don't want to share "my" money or want to give it all away, spend it all on others or hoard it (selfishness, ingratitude, playing God (Higher Power));
- I don't want to listen to others, hear their pain or joy or I don't want to share what's going on with me (selfishness, ambition, self-seeking);
- I try to get attention or try to be invisible by using my God (Higher Power)-given talents of being smart, creative, insightful, spiritual (aggressiveness, self-seeking, dishonesty);
- I resent myself or you or both of us for our humanity! (control-monger, dictator, playing God (Higher Power), tyrant).
- I'm extremely emotional and sensitive about me and those I love and dismissive of others' pains and trials, joys and celebrations (self-centeredness, selfishness, etc.)
- I date people who shun and reject me or idolize me (selfishness, dishonesty, fear, self-seeking)
- I reject my sexuality or fantasize extravagantly (dishonesty, self-hate, arrogance, fear).

Clearly the problem is not the behavior but the heart!

My cold and warm heart is God (Higher Power's) job.

Me, the chronically unique acclaim grabbing, talented, loving, resentful, fearful, creative, desperately insecure, frightened being needs God (Higher Power's) loving hand to mold me, needs the Master Potter, the Creator, my Maker to continue to change and grow me to the woman needed for each new assignment, be that making the bed, washing the dishes, sponsoring, being a daughter/mother, coworker and employer.

This is the nature of the God (Higher Power) I am surrendering to!

- | | | |
|---------------|-------------------|-----------------|
| • loving | • forgiving | • ever-lasting |
| • guiding | • ambitious | • eternal |
| • all-knowing | • realistic | • compassionate |
| • wise | • evident | • present |
| • delightful | • blossoming | • patient |
| • energetic | • funny | • musical |
| • demanding | • pleasure-loving | • protective |
| • creative | • understanding | • spontaneous |
| • indulgent | • expectant | • accessible |

HAPPY FOURTH OF JULY



(Continued from page 3)

Love has conquered Lust.

‘**Anger**’ was my middle name. Getting even was the name of my game. My bywords were "I'll show them!" and "Who do they think they are?" and "They aren't going to get away with that!" This violent need to punish others blinded me to the rights of others. Sober, I learned that all people are as human as I am and no more deserving of my self-righteous anger than I am of theirs. Surprise! Anger has given way to tolerance.

I was a ‘**glutton**’ for everything sensual, including the "pleasure" of intoxication. As it turned out, I was really a glutton for punishment, drinking anything from beer and wine to whiskey to (on one pitiful occasion) aftershave lotion. I wanted *more* of everything in sight, no matter what it was. I was worse than an underprivileged kid let loose in an unguarded candy store. I was an insatiable sponge. Today, thanks to Step Seven, I no longer pray to have what I want; I pray to want what I have. Surprise! Acceptance has displaced Gluttony.

"Don't do today what you can put off till tomorrow." Remember that kind of barroom advice? I do. I lived by it. Even in sobriety, I found myself procrastinating with the Steps, slow to read the Big Book, fainthearted about attending meetings--in

other words, dragging my feet. That's why it took me four years to get to Step Seven. Yet that is when I discovered that I would rather make a meeting than watch TV, that I prefer the Big Book to novels, that I'd rather pray than think. Surprise! The joy of sober living has replaced ‘**Sloth**’.

Today, I understand ‘**Envy**’ as the incredible sadness that overwhelmed me when others were successful. I was hypercritical and insanely jealous of the "greats," never once looking at the time, energy, and work they put into their success. I simply resented their "good luck," "connections," or "secret." Today, I find myself admiring hardworking people who make it. There was a time, by the way, when I resented the winners in AA. I now let them serve as examples for me. Surprise! Envy is being replaced by emulation.

Today, I live in a daily state of surprise as Step Seven works on me. I have surrendered to the spiritual *process* that removes character defects. Someday, maybe mine will be removed. As I said at the beginning, I move at a caterpillar pace. But that's okay today. As a slow-moving caterpillar spinning my cocoon to the design of the Twelve Steps, I will emerge free as a butterfly. That's a promise God (Higher Power) always keeps.

T.L.—Torrance, CA

My dad just sent me these pics of my little brother. 🇺🇸





Fourth of July Jokes



Where was the declaration of
Independence signed?
At the bottom!

What dance was very popular in 1776?
Indepen-dance!

Where did George Washington buy his
hatchet?
At the chopping mall!

What is the difference between a duck and George Washington?
One has a bill on his face; the other has his face on a bill!

How is a healthy person like the
United States?
They both have good constitutions!

What does the Statue of
Liberty stand for?
Because it can't sit down!

Why were the early American settlers like ants?
Because they lived in colonies!

What kind of tea did the
American colonists thirst for?
Liberty!

What protest by a group of dogs
occurred in 1773?
The Boston Flea Party!

How come there's no Knock
Knock joke about America?
Because freedom rings!

Did you hear the one about the
Liberty Bell?
Yeah, it cracked me up!

What did King George think of
the American colonists?
He thought they were revolting!

What did one flag say to the
other flag?
Nothing. It just waved!

What happened as a result of
the Stamp Act?
The Americans licked the British!

Do they have a 4th of July in
England?
*Yes. That's how they get from the
3rd to the 5th!*

Humility

"Humility is perpetual
quietness of heart.

It is to have no trouble.

It is never to be fretted or
vexed, irritable or sore; to
wonder at nothing that is
done to me, to feel
nothing done against me.

It is to be at rest when
nobody praises me, and
when I am blamed or
despised,

it is to have a blessed
home in myself where I
can go in and shut the
door and kneel to my
Father in secret and be at
peace, as in a deep sea of
calmness, when all around
and about is seeming
trouble."

-

(Inscription on desk
plaque of Dr. Bob)

AWARENESS OF GOSSIP

(Continued from page 4)

subject by ignoring it. If this does not work, you can be more direct by saying something like, "Let's not talk about this person; it makes me uncomfortable to gossip," or "I'm trying to avoid gossiping as a spiritual practice." This is not easy to do at first, but after a while you will gain more courage and strength.

6) Once you gain a level of mastery over yourself in personal conversations, you will find that you will be less comfortable with any kind of gossip - including in the material you read,

see on television, or listen to on the radio. You will discover that gossip is unhealthy in many ways. It clutters our minds and our feelings. It is said that anyone who masters this path will attain a high degree of awareness, as the practice of refraining from gossip releases an enormous amount of unnecessary mental baggage.

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Rabbi David A. Cooper

Serenity in the Scenic City August 26-28, 2022

DoubleTree by Hilton

407 Chestnut Street
Chattanooga, TN
37402

423-756-5150

Room Rate: \$121.00

Reservation Code: SIC

Reserve by: 07/06/2022

Speakers

Earl H. / Los Angeles, CA
Teresa F. / North Hollywood, CA
Larry S. / Marietta, GA
Amanda B. / Montgomery, AL
Harold M. / Bowling Green, KY

Pre-registration: \$30.00

At the Door: \$35.00

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Hostcommittee@yahoo.com or (423) 888-2122 or (423) 508-5139

Please make check or money order payable to "Host Committee" and mail to:

Serenity in the Scenic City

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JULY 8 - 10, 2022

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SPEAKERS

LINDA CHEZEM

CLASS A TRUSTEE, GSB CHAIR

JIMMY D.

AA MEMBER RIGHTS &
RESPONSIBILITIES
Dallas, TX

CHUCK & BETH H.

3 LEGACIES IN RELATIONSHIPS
Destin, FL

REILLY K.

12 CONCEPTS
Winston, OR

KAREN C.

SPONSORSHIP
Oakland, CA

ANDREW S.

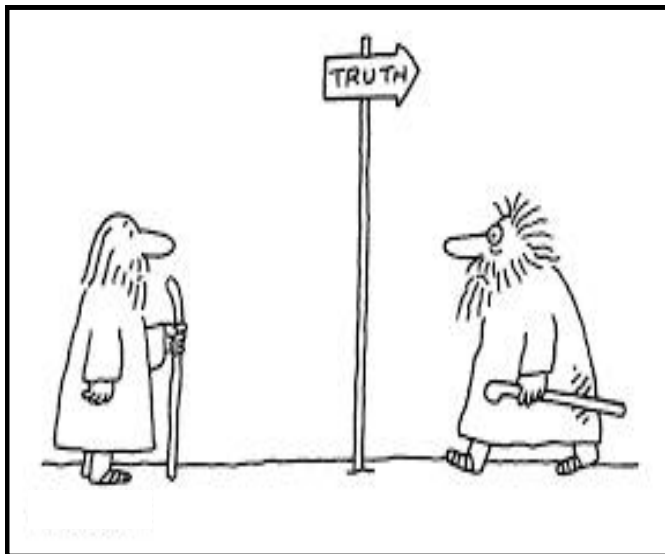
Marin, CA

WITH AL-ANON
PARTICIPATION

More speakers to be announced...

Presented by
the Love & Service Group of A.A.

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the COUPON CODE, **free** to attend virtually free.



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Archives

Dancing

For more information contact us at convention@arkansasaa.org OR call / text (501) 314-9956
Registration also available online at www.oldergrandadconvention.com



Middle Tennessee Intergroup Association
Statement of Activities - Actual and Budgeted - Schedule 1
For the Five Months and Year Ended May 31, 2022

	May 2022			YTD 2022		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	2,519.11	2,500.00	19.11	14,075.92	12,500.00	1,575.92
Group Donations	4,390.14	6,153.00	(1,762.86)	34,162.98	30,765.00	3,397.98
Individual Donations	481.40	1,489.33	(1,007.93)	4,480.97	7,446.65	(2,965.68)
Messenger Donations	-	-	-	32.00	-	32.00
Website Donations	-	-	-	-	-	-
Special Events	-	416.67	(416.67)	-	2,083.35	(2,083.35)
Interest	3.73	94.17	(90.44)	13.53	470.85	(457.32)
Total Income	7,394.38	10,653.17	(3,258.79)	52,765.40	53,265.85	(500.45)
Expenses						
Casual Labor	250.00	250.00	-	1,250.00	1,250.00	-
Payroll	6,271.00	6,271.00	-	31,355.00	31,355.00	-
Legal & Professional	350.00	350.00	-	1,750.00	1,750.00	-
Rent	946.00	1,100.00	(154.00)	4,830.00	5,500.00	(670.00)
Printing	-	33.33	(33.33)	-	166.65	(166.65)
Payroll Taxes	480.00	483.33	(3.33)	2,400.00	2,416.65	(16.65)
Repairs & Maintenance	50.00	29.18	20.82	250.00	145.90	104.10
Equipment Rental	133.70	100.00	33.70	548.26	500.00	48.26
Telephone & Fax	605.16	515.00	90.16	3,066.36	2,575.00	491.36
Answering Service	179.30	250.00	(70.70)	909.31	1,250.00	(340.69)
Postage	107.30	113.00	(5.70)	891.42	565.00	326.42
Office Supplies	194.60	183.33	11.27	415.39	916.65	(501.26)
Bank Service Charges	62.00	40.00	22.00	276.00	200.00	76.00
Computer & Technology	101.57	208.33	(106.76)	473.03	1,041.65	(568.62)
Credit Card Service Fees	168.66	85.00	83.66	704.84	425.00	279.84
Intergroup Expense	145.09	100.00	45.09	488.90	500.00	(11.10)
Insurance	-	166.67	(166.67)	1,525.00	833.35	691.65
Special Events	-	125.00	(125.00)	-	625.00	(625.00)
Travel	-	250.00	(250.00)	(125.00)	1,250.00	(1,375.00)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	-	-	-
Total Expenses	10,044.38	10,653.17	(608.79)	51,008.51	53,265.85	(2,257.34)
Net Income	(2,650.00)	-	(2,650.00)	1,756.89	-	1,756.89

GROUP / MEETING	MAY 2022	YTD	GROUP / MEETING	MAY 2022	YTD
86'ers	362	500	CROSSVILLE NONSMKIN' STEP		42
AWOL		114	CROSSVILLE NOONERS		135
BACKROOM		2,618	CROSSVILLE SERENITY		100
BY THE BOOK, BYRDSTOWN		40	DAVIDSON RD		1,500
BY THE BOOK, DICKSON		100	DEKALB FRIENDSHIP	200	200
BY THE BOOK, LEBANON		40	DESIGN FOR LIVING		511
CELEBRATE SERENITY		548	DISTRICT 9	300	300
CENTERVILLE	167	376	DOUBLE DIPPERS		140
COLUMBIA		180	EAST SIDE MEN'S STAGE		750
COMFORT ZONE		250	EAST SIDE SATURDAY		323
CROSSVILLE	80	80	EASTSIDE SUNLIGHTERS	160	699

GROUP / MEETING	MAY 2022	YTD	GROUP / MEETING	MAY 2022	YTD
EVERY WOMAN HAS A STORY		66	OUT OF FOG/OUT OF BOG	958	958
FAIRVIEW		250	OUT TO BREAKFAST		250
FAYETTEVILLE		50	PAGE 112		100
FIRST THINGS FIRST		1,122	PORTLAND UNITY		50
FRANKLIN		1,000	PRIMARY PURPOSE MADISON		45
FRANKLIN FELLOWSHIP		600	PRIMARY PURPOSE MURF	16	78
FRANKLIN 4TH BB STUDY		1,000	PULASKI	15	75
FRANKLIN MEN'S		500	RECOVERY ON THE ROW		300
FREE TO BE		281	ROBERTSON COUNTY		41
FREEDOM FROM BONDAGE		25	SAFE HARBOR		100
FRIENDS IN RECOVERY		175	SAFE PLACE		160
G.A.A. GALLATIN		25	SANGO SOLUTIONS		120
GIFT OF DESPERATION		625	SATURDAY NIGHT ALIVE	20	100
G.O.D.		75	SERENITY IN THE PARK	129	129
GRATEFUL GROVE		118	SHADE TREE	384	2,301
HAPPY DESTINY		109	SISTERS IN SOBRIETY		64
HAPPY HOUR		30	CROSSVILLE		1,029
HERMITAGE WOMEN'S		571	SMYRNA GRATITUDE		200
HILLSBORO ROAD		50	SOBRIETY FIRST LEBANON	100	98
HUNT CLUB AA MEDITATION		690	SPRING HILL		500
INTERGROUP		4	SPIRITUAL WARFARE		195
KEEP IT SIMPLE		19	STRAGGLERS		90
KEY TO SOBRIETY		200	SUNDAY 10AM, DROSSVILLE		210
LAFAYETTE NEW HOPE		50	THERE IS A SOLUTION		1,000
LAST HOUSE ON THE BLOCK		20	TRUDGING THE ROAD		335
LATE LUNCH BUNCH		2,000	TURNING POINT		15
LAWRENCEBURG		100	UNCOMMON WOMEN		26
LIVE AND LET LIVE		100	WAKE UP		19
LIVE AND LET LIVE, COOKEVILLE		6	WANGL		60
LIVING THE PRINCIPLES		235	WAVERLY		40
LIVING BY THE PRINT	300	600	WEST NASHVILLE		200
LIVINGSTON 12x12		50	WEST MEADE		214
MEN'S LOG CABIN		289	WESTMINSTER	214	294
MONTEREY FRIDAY NIGHT		100	WINNERS & BEGINNERS	294	150
MURFREESBORO	15	75	WOMAN'S WAY		100
MUSIC ROW		50	WOMEN IN THE SOLUTION		950
MUSTARD SEED	300	600	WOMEN'S FREEDOM	350	
NIPPER'S CORNER		100			
N.O.W.		236			
ON AWAKENING		1,000			
ONE DAY AT A TIME		50			
ONE PURPOSE	25	125			
ONE STEP CLOSER		335			
OPEN DOOR		132			
			GROUP MONTHLY TOTALS	4,390	34,163
			INDIVIDUALS	481	4,481
			MESSENGER	-	32
			COMBINED TOTALS TO DATE	4,872	38,676

**Middle Tennessee
Central Intergroup
Association**

417 Welshwood Drive
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Nashville, TN 37211

615.832.1136
800.559.2252

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