

The
MESSENGER
Middle Tennessee Central Office Intergroup

MESSENGER DESIGNATED
DONATIONS APPRECIATED

SEP 2022



MIDDLE TENNESSEE INTERGROUP
ANNUAL

SOBRIETY DINNER

FRIDAY, NOVEMBER 18, 2022

**WOODMONT HILLS CHURCH
3710 FRANKLIN PIKE,
NASHVILLE, TN 37204**

TICKETS \$15

**6PM RECEPTION
7PM POTLUCK DINNER
8PM SPEAKER**

Meat, Desserts & Drinks Provided
Please bring Casseroles, Vegetables,
Salads, Side Dishes, & Bread
Please have on site by 6:30pm

Central Office 615-831-1050

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,

STEP NINE: CAPTAIN CHAOS**Contents**

On the Cover

**ANNUAL SOBRIETY
DINNER****STEP NINE**

Page 2

**BIG BOOK 5TH
EDITION**

Page 3

**INTERGROUP
BUSINESS MEETING**
Page 3**LIFE—POEM BY
MOTHER TERESA**
Page 4**INTERGROUP
OFFICER LIST—
DISTRICT
MEETINGS—
STEERING
COMMITTEE
MEETING—
INTERGROUP
MEETING**
Page 4**A DRUNK'S PRAISE
OF SOBRIETY—
YEATS**
Page 5**EVENTS**
Page 6**AN OLD TIMER
SPEAKS**
Page 7**SANITY RESTORED**
Page 8**GROUP
CONTRIBUTIONS**
Page 9 & 11**FINANCIALS**
Page 10**An AA realizes the high cost of
"freebies"**

I made up my own definition for the word "freebie" when I was in my late teens and already an alcoholic. The word described when I got out of doing something I really didn't want to do, but didn't want anyone to know it. For instance, if someone else had to cancel a meeting that I didn't want to show up for--it was a "freebie." Not only did I get out of it, but I also got credit for doing something I didn't do. Does that make sense?

Then, along came sobriety, the Steps, and my sponsor. My sponsor said, "You better do a Fifth before you pick up a fifth." I did my Fifth Step right before my first anniversary. Although it took months for me to do Steps Six and Seven (a story of its own involving stealing but finally making it through the grocery store without grazing), I finally got to Steps Eight and Nine. My first wife was on my list of amends. When the kids were teenagers, we'd gotten divorced, after being married for over seventeen years. When I was coming up on a couple years of sobriety, I went to see her to make amends. She said, "Oh, I know what you're going to do. I'm just glad you're sober, and you don't have to do this." The book says we don't push anyone who doesn't want it. Wow, I thought, a great big freebie.

Years of sobriety followed this experience, and it was not a bad life by any means, especially compared to the life I'd lived as a drunk. I kept my sponsor, even when his company gave him a new assignment and he moved. I became friends with Jim P. If I couldn't reach my sponsor, Jim was there. He was an active old-time twelfth-stepper. I still had a big resentment about my first marriage, and Jim said I needed to pray that she'd get the things I wanted

for myself. I said that she'd already gotten all my things (money and material things). But he said he was also talking about security, peace of mind, and, in general, the things I'd robbed myself and my family of in my years of alcoholic terrorism. I'd pray, because I believed Jim, but I didn't have faith in a Higher Power. Things changed, but very slowly.

Five more years passed. One day, I was talking to my sponsor about a problem I was having. Before I finished, he said, "Tell me about your Ninth Step with your first wife." Whoa. I said, "This problem has nothing to do with that." I reminded him that my first wife said that she didn't want to hear it. He replied, "We need to work on it now." He said I needed to do a Ninth Step with my first wife.

There was a lot of work for me to do. I had to list the nature of the harms I had done--the miserable life in our home as a result of my alcoholic drinking. I was unpredictable and kept the house in turmoil. My family even had a name for me: Captain Chaos. Pretty flattering, huh? The things I'd taken from the family were the things that, years before, Jim had told me to pray about. My sponsor and I talked about it every week for a few months.

Finally, I was ready. We decided that I was going to ask her to have lunch with me. My daughter was having a party for one of my grand-kids in a couple of weeks. My sponsor said while we were all at the party, I could ask my first wife to go to lunch. When the day arrived, there just wasn't the right opportunity. I looked across the room and saw my first wife and her new husband opening the door to leave. I yelled out her name and asked, "Will you go to lunch with me?" The whole

(Continued on page 5)

5th EDITION OF THE BIG BOOK

You Could Have Your Story in the Next Edition of the Big Book!

- CALL FOR STORIES -

The Preface to the Second Edition of the Big Book explains that revisions to the personal history section of the book were made in order “to represent the current membership of Alcoholics Anonymous more accurately, and thereby to reach more alcoholics.”

In that spirit, the 2021 General Service Conference recommended that: “a Fifth Edition of the Big Book, *Alcoholics Anonymous*, be developed, including an update of stories to better reflect the current membership, keeping in mind the 1995 Advisory Action:

“The first 164 pages of the Big Book, Alcoholics Anonymous, the Preface, the Forewords, ‘The Doctor’s Opinion’, ‘Dr. Bob’s Nightmare’, and the Appendices remain as is.”

You can sign up to receive, *box 459 - News and Notes from the General Service Office of A.A., - [HERE](#)*

**SEPTEMBER
BIRTHDAY**

NEW LIFE

Lynn I

09.12.16

In response to this Advisory Action, the trustees’ Literature Committee is seeking a wide range of A.A. recovery experience of members in the Fellowship.

Recognizing that all stories are of value, the Literature Committee is searching for recovery stories that are from a broad cross-section of our local communities. As Bill writes on page 29 of the book *Alcoholics Anonymous*: “Our hope is that many alco- holic men and women, desperately in need, will see these pages, and we believe that it is only by fully disclosing ourselves and our problems that they will be persuaded to say, ‘Yes, I am one of them too; I must have this thing.’”

It is the Literature Committee’s shared hope that any new stories from our current membership will help future alcoholics to identify and find recovery in the pages of a Fifth Edition.

Deadline for submissions is October 31, 2022

Further information on where to submit your story will be provided to the Fellowship through *Box 4-5-9*, the A.A. website and more. If you have any questions, please write to 5BBStory@aa.org.

(Reprinted with permission for AAWS Inc.)

Intergroup Association Business Meeting

SECOND MONDAY OF EVERY MONTH:

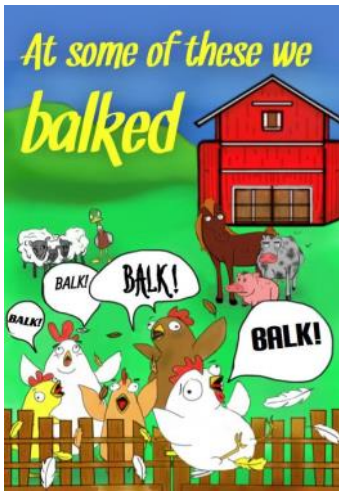
When: 5:45pm – 7:00pm

Where: Central Office
417 Welshwood

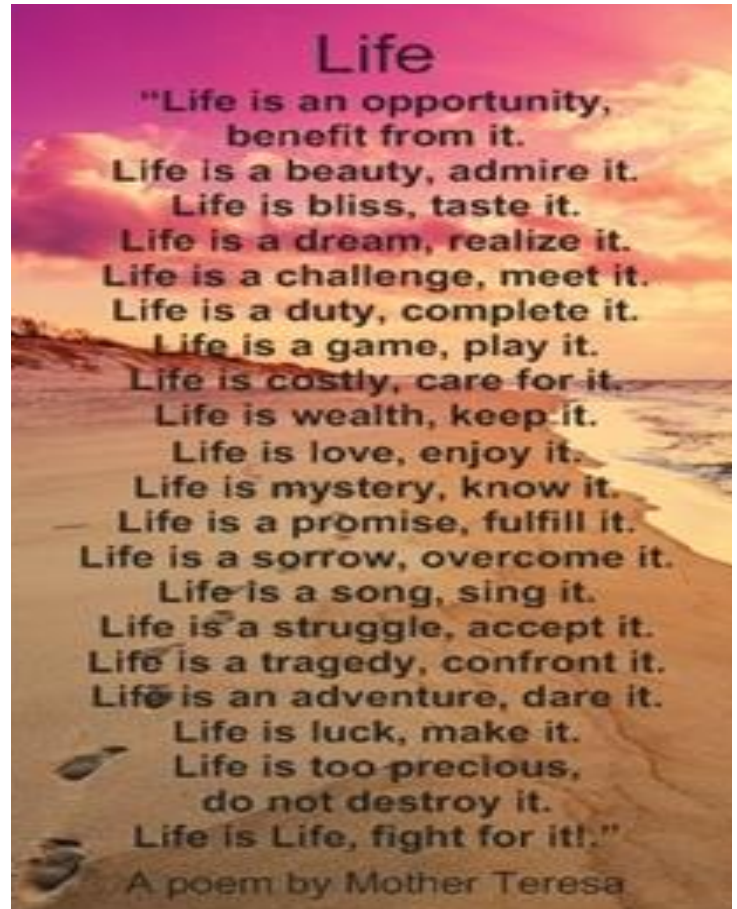
Zoom: ID: 929 542 2779
PW: 929542

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)



Little known fact: Before the crowbar was invented.
Crows simply drank at home.



<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
Central Office Bookkeeper	Bill M	615.512.5710
Vice Chairperson	Jason	
Secretary	Lindsey T	615.260.6295
Treasurer		
Public Information/Cooperation with the Professional Community	Al C	615.587.1616
Accessibility Committee	Jennifer S	615.717.7682
Corrections	Stephen T	615.926.9467
Treatment Facilities	Darin M	615.423.2620
Events Chair	Brian	615.406.6361
Archives		
Sobriety Dinner	Brian	615.406.6361
Newsletter Editor	Pat P	228.254.7053

FIRST TUESDAY OF EVERY MONTH:
District 30 Meeting
When: 6:30pm – 7:30pm
Zoom ID: 109 753 500
PW: 578553

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

STEERING COMMITTEE
When: Monday Oct 24th
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

STEP NINE: CAPTAIN CHAOS

(Continued from page 2)

room took a breath and stood still, waiting for her reply. "Sure. Give me a call," she said.

Two weeks later, in a restaurant, I made a real Ninth Step amends, and she listened. Things aren't the greatest between us, but we can at least speak civilly to each other. The amends helped my now-adult kids and grandkids, too.

First Jim, and then my sponsor, taught me, with their experience, strength, and hope, about what is important in life, what the book *Twelve Steps and Twelve Traditions* says at the start of Step Eight. "Steps Eight and Nine are concerned with personal relations." People and relationships, my part in them, and how I treat others, are important in my life. Jim used to say, "When I came to AA, I loved things and used people. But since I've been in AA, I've learned to love people and use things." Jim passed a month short of fifty-three years of sobriety a few years ago. He taught me so much.

With the help of AA, my sponsor, and Jim, I've come to realize how expensive a "freebie" can be. To know "a new freedom and a new happiness," I need to watch out for that easier, softer way that can distract me from working the Steps of Alcoholics Anonymous.

*Sketch F., Albuquerque, NM
September 2007*

Call for Contributions!

The Messenger would love your AA related:

- Stories, Writings
- Poems, Artwork
- Jokes, AA Quips
- History, Trivia
- News, Events

A Drunken Man's Praise Of Sobriety

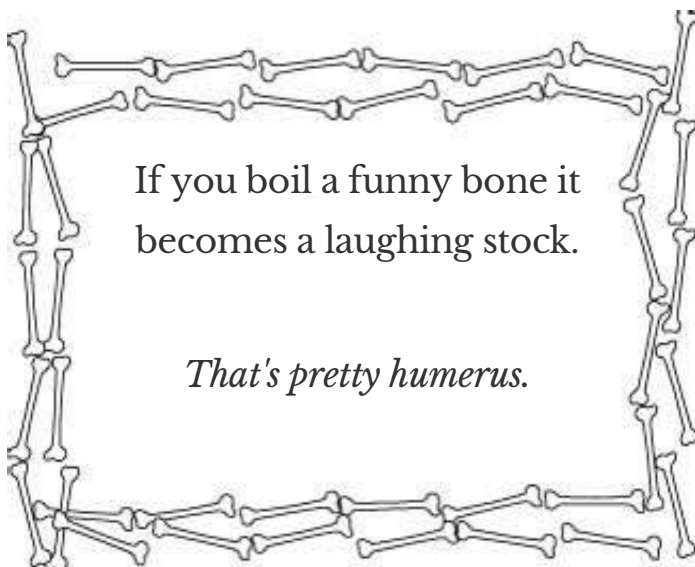
COME swish around, my pretty punk,
And keep me dancing still
That I may stay a sober man
Although I drink my fill.

Sobriety is a jewel
That I do much adore;
And therefore keep me dancing

Though drunkards lie and snore.
O mind your feet, O mind your feet,
Keep dancing like a wave,
And under every dancer
A dead man in his grave.
No ups and downs, my pretty,
A mermaid, not a punk;
A drunkard is a dead man,

And all dead men are drunk.

William Butler Yeats



News, Events & Service Opportunities

PICNIC SEPTEMBER 10TH

District 34 Annual Picnic
September 10, 2022 10 AM - 2 PM

Moss-Wright Park
725 Caldwell Dr
Goodlettsville TN
Shelter 3

Contact Andy
615-566-6094
with questions or to volunteer



10 AM Fellowship | Cake Walk & Games
11 AM Food!
Please bring a side dish or dessert
12 PM Speaker Shannon C Area 64 Delegate
1 PM Silent Auction Winners & More Games

YOUNG PEOPLE IN AA SEPTEMBER 1ST—4TH

62nd International Conference
of Young People in Alcoholics Anonymous

ICYPAA

NEW ORLEANS

September 1st-4th, 2022 | Hyatt Regency New Orleans

Music to my Ears

Pre-registration \$30

Scan here to register!
Or go to
www.ICYPAA.ORG/Registration



SOBRIETY DINNER NOVEMBER 18TH

MIDDLE TENNESSEE INTERGROUP
ANNUAL

SOBRIETY DINNER

FRIDAY, NOVEMBER 18, 2022
WOODMONT HILLS CHURCH
3710 FRANKLIN PIKE,
NASHVILLE, TN 37204

TICKETS \$15
6PM RECEPTION
7PM POTLUCK DINNER
8PM SPEAKER

Meat, Desserts & Drinks Provided
Please bring Casseroles, Vegetables,
Salads, Side Dishes, & Bread
Please have on site by 6:30pm

Central Office 615-631-1050



WOODSTOCK OF THE SOUTH NOVEMBER 17TH—22ND

**AAWOODSTOCK
OF THE SOUTH**

"Fun for the entire family and all abilities!"

**NOV 17-22, 2022 3 DAYS
of PEACE
& LOVE**

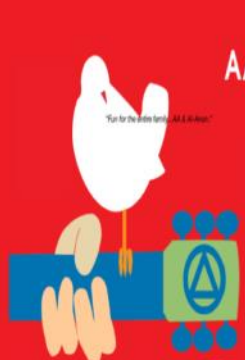
LEGACY LODGE at
LAKE LANIER ISLANDS!

\$40
REGISTER THRU PAYPAL at
aawoodstocksouth@gmail.com
or
MAIL REGISTRATION FORM to
PO Box 56, Crestwood, KY 40014

HOW DO I GET A ROOM?
Call LEGACY LODGE at
770-945-8787
\$142 Room at Legacy Lodge
\$251 Suite at Legacy Lodge
Deadline for Registration at these
rates is October 22, 2022!

SPEAKERS
include Lynda and Bob B, Mildred F,
Polly P, Mari G, Jane and James L,
and more!

WANT TO KNOW MORE?
Talk to your sponsor, or call
404-735-9254 for more information!



QUARTERLY ASSEMBLY OCTOBER 7TH—9TH

Area 64 Fourth Quarter Assembly



MEMPHIS TENNESSEE

"Trudging the Road"

October 7th - October 9th 2022

Clarion Hotel & Suites Memphis Airport Conference Center
2240 Democrat Rd Memphis, TN, 38132

Booking Cutoff: September 21st 2022

Room rate: \$109.00/ Night + Tax

Hotel Booking Phone Number: (901)332-1130

Group Code: Area 64 Assembly

Booking Link:
<https://www.choicehotels.com/reservations/groups/NE13G9>



CENTRAL OFFICE SOBRIETY DINNER CALL-OUT FOR SERVICE SELFIE'S PLEASE SEND IN PRIOR TO NOVEMBER 10TH

Send in your service selfie to
be in the sobriety dinner
slideshow!

text your images to 615-546-3245
or email them to
goaheadn.play@gmail.com



An Old Timer Speaks

I do not let my 35 years of sobriety get ahead of doing the deal. They told me "Don't let your years get ahead of your days." I still do the same things they taught me to do when I sobered up. I make my bed in the morning because they told me to. I pray and meditate daily because they wanted me to build my relationship with God to stay sober and get that peace they had. I go to meetings regularly because they shared "if I stop, I get drunk." I don't drink One Day at a Time because they told me it worked for them.

At times, I get tired of seeing the sickness and want to walk away. I wonder, did they get tired of me? They did not walk away but patiently tolerated me until I was ready, rather hurt bad enough. They told me, "When the pain gets worse than the fear, you'll do something about it." I see newcomers with starry eyes holding hands with their new lover hoping it will fill them and solve all their problems. We will be there when it breaks up to walk you through the steps, where the answers lie, as they did for me.

I have those who call me their Sponsor and do not call. When the student is ready the teacher will appear. We will be there for you when it all falls apart, as they were for me. I hear Emotional Dumpers spewing at meetings. We will be there when you're ready to work on it, as they were for me. They watched me grow, as we will rejoice in watching you grow.

Sometimes I outgrow people and meetings and need a change of scenery. They told me to try other meetings. They told me, "You can't keep it unless you give it away and to pass it on," as they did for me. One thing I know is: AA doesn't need me, I need AA. So, I continue to suit up and show up as they still do for me. *In Gratitude, Sherri B.*

Quote of the Month

All changes made over the years in the Big Book (A.A. members' fond nickname for this volume) have had the same purpose: to represent the current membership of Alcoholics Anonymous more accurately, and thereby to reach more alcoholics. If you have a drinking problem, we hope that you may pause in reading one of the forty-two personal stories and think: "Yes, that happened to me"; or, more important, "Yes, I've felt like that"; or, most important, "Yes, I believe this program can work for me too."

-Preface to the 4th Edition



NEW PODCAST - A.A. Grapevine Half-Hour Variety Hour

Tune in to hear funny, poignant, and always inspiring **“meeting after the meeting”** conversation about getting sober and staying sober in Alcoholics Anonymous.

Free wherever you listen to podcast or at www.aagrapevine.org/podcast

Sanity Restored

Sobriety means more than a lengthy string of days.

This November I will have seven years continuous sobriety. Seven years of doing the right thing. Seven years of not letting myself use alcohol as a way to cope with life. It seems like a lot of time, yet staying sober is more than an accomplishment memorialized by a chip and cake at my home group.

Sobriety for the sake of long-lasting sobriety, or a large amount of time sober, has never been my focus. I've simply stayed sober one day at a time, while knowing the most important time in my recovery is my current 24 hours. I have to say I'm not as impressed as I thought I might be with the lengthier amount of time I've accumulated. Yet I am in wonder and awe at what continuous sobriety represents—the restoration of sanity.

In the Big Book Chapter “A Vision For You,” I have seen myself. I am the proverbial “corker” the head nurse talked about when Bill and Dr. Bob enquired about “a first-class alcoholic prospect.” I truly had no idea how long I stayed in my alcoholic insanity. I simply woke up in August 2013 in an emergency room, irritated because of all the shouting coming from some insane person. As I came out of a major blackout, I realized the insane person causing me so much irritation was, in fact, me. I was tied down to a gurney and had several IVs going. A cop came into the room and told me I very nearly died of alcohol poisoning. I felt such a profound sense of shame for being such a burden on society that I sought help and found that help in Alcoholics Anonymous.

I thought all I needed to do was stay sober and the rest would come. Nine months later, I relapsed. And in that relapse, I finally found the desperation and bottom needed to set me on a course out of insanity. Alcohol, it seemed, was not my problem. It had merely become a symptom of my insanity, and that insanity started long before I ever took my first drink. Therefore, I find that my continuous sobriety is simply a marker on a calendar revealing to me the time spent restoring myself to sanity.

The first seed of sanity came when I realized my powerlessness over alcohol and the unmanageability of even the simplest things in life. Sanity grew as I relied on an external power to bring balance to my life. Sanity blossomed even further after I let go of the idea that I could become sane on my own. Each step of the process of regaining my humanity also bought me a little more sanity.

Moral bankruptcy turned into moral equity, hidden horrors became total transparency, self-hate turned into forgiveness and removal of defects of character, arrogance gave way to humility, blaming others was traded for personal accountability, selfishness gave way to seeking justice for others other than myself, procrastination was squelched with prompt appraisal of my behavior, dwelling in morbid thought became meditation on higher ideals and spiritual ruin was replaced with an awakening of spirit of the “educational variety,” as the Big Book says. And all the sanity I gained, I freely share with those in need.

My sober date is just a number that indicates how long I've worked on my sanity. If I remain happy, joyful and free of the insanity lurking in the background, waiting for the opportunity to imprison me yet again through an alcoholic stupor, I just may be blessed with an opportunity to pass on my newfound sanity to one that still suffers. When that day comes,

I will embrace it as the very good day it will be. And remember that I got there one day at a time.

—Michael P.

YOUR GROUP CONTRIBUTIONS

GROUP / MEETING	JUL 2022	YTD
21st AVENUE		20
86'ers		500
ANONYMOUS	16	16
AWOL	38	151
BACKROOM	360	3,441
BASEMENT BUNCH	50	50
BRENTWOOD FULL MOON		450
BY THE BOOK, BYRDSTOWN		40
BY THE BOOK, LEBANON	40	80
CELEBRATE SERENITY		548
CENTERVILLE		376
CLARK STREET	200	200
COLUMBIA	90	270
COMFORT ZONE	400	650
COOKEVILLE		90
CROSSVILLE	10	90
CROSSVILLE NONSMKIN' STEP		42
CROSSVILLE NOONERS		185
CROSSVILLE SERENITY		100
DAVIDSON RD		3,000
DEKALB FRIENDSHIP		200
DESIGN FOR LIVING		511
DICKSON, BY THE BOOK	235	1,200
DISTRICT 9		300
DOUBLE DIPPERS	106	246
EAST SIDE MEN'S STAG		750
EAST SIDE SATURDAY		323
EASTSIDE SUNLIGHTERS	69	967
EVERY WOMAN HAS A STORY	94	160
FAIRVIEW		250
FAYETTEVILLE		75
FIRST THINGS FIRST	459	1,581
FRANKLIN	323	1,323
FRANKLIN FELLOWSHIP		600
FRANKLIN 4TH BB STUDY		1,000
FRANKLIN MEN'S		500
FRANKLIN ROAD WOMEN'S	99	99

3 drunk guys entered a taxi. The taxi driver knew that they were drunk so he started the engine & turned it off again. Then said, "We have reached your destination". The 1st guy gave him money & the 2nd guy said "Thank you". The 3rd guy slapped the driver. The driver was shocked thinking the 3rd drunk knew what he did. But then he asked "What was that for?". The 3rd guy replied, "Control your speed next time, you nearly killed us!"



GROUP / MEETING	JUL 2022	YTD
FREE TO BE	98	379
FREEDOM FROM BONDAGE		50
FRIENDS IN RECOVERY		275
G.A.A. GALLATIN		50
GIFT OF DESPERATION		625
G.O.D.		75
GRATEFUL GROVE		118
HAPPY DESTINY		109
HAPPY HOUR		30
HARDING RD	125	125
HERMITAGE WOMEN'S	207	778
HILLSBORO ROAD		50
HUNT CLUB AA MEDITATION		690
INTERGROUP		4
JOELTON	100	100
KEEP IT SIMPLE		708
KEY TO SOBRIETY		300
KICK OFF NOT UNTIL NOON	375	375

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

	July 2022			YTD 2022		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	1,457.10	2,500.00	(1,042.90)	19,124.86	17,500.00	1,624.86
Group Donations	5,987.07	6,153.00	(165.93)	48,631.26	43,071.00	5,560.26
Individual Donations	701.42	1,489.33	(787.91)	6,171.62	10,425.31	(4,253.69)
Messenger Donations	12.00	-	12.00	69.00	-	69.00
Website Donations	-	-	-	-	-	-
Special Events	-	416.67	(416.67)	-	2,916.69	(2,916.69)
Interest	4.80	94.17	(89.37)	23.63	659.19	(635.56)
Total Income	8,162.39	10,653.17	(2,490.78)	74,020.37	74,572.19	(551.82)
Expenses						
Casual Labor	250.00	250.00	-	1,750.00	1,750.00	-
Payroll	6,271.00	6,271.00	-	43,897.00	43,897.00	-
Legal & Professional	350.00	350.00	-	2,450.00	2,450.00	-
Rent	946.00	1,100.00	(154.00)	6,722.00	7,700.00	(978.00)
Printing	-	33.33	(33.33)	6.00	233.31	(227.31)
Payroll Taxes	480.00	483.33	(3.33)	3,360.00	3,383.31	(23.31)
Repairs & Maintenance	50.00	29.18	20.82	350.00	204.26	145.74
Equipment Rental	115.88	100.00	15.88	773.54	700.00	73.54
Telephone & Fax	605.59	515.00	90.59	4,277.28	3,605.00	672.28
Answering Service	427.61	250.00	177.61	1,510.19	1,750.00	(239.81)
Postage	227.36	113.00	114.36	1,174.20	791.00	383.20
Office Supplies	72.45	183.33	(110.88)	494.76	1,283.31	(788.55)
Bank Service Charges	62.00	40.00	22.00	400.00	280.00	120.00
Computer & Technology	177.40	208.33	(30.93)	737.83	1,458.31	(720.48)
Credit Card Service Fees	268.52	85.00	183.52	1,168.90	595.00	573.90
Intergroup Expense	128.92	100.00	28.92	617.82	700.00	(82.18)
Insurance	-	166.67	(166.67)	1,525.00	1,166.69	358.31
Special Events	-	125.00	(125.00)	-	875.00	(875.00)
Travel	77.63	250.00	(172.37)	(47.37)	1,750.00	(1,797.37)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	-	-	-
Total Expenses	10,510.36	10,653.17	(142.81)	71,167.15	74,572.19	(3,405.04)
Net Income	(2,347.97)	-	(2,347.97)	2,853.22	-	2,853.22

The Responsibility Statement

I am responsible. When anyone, anywhere, reaches out for help,
I want the hand of Alcoholics Anonymous always to be there.
And for that; *I am Responsible.*

YOUR GROUP CONTRIBUTIONS

GROUP / MEETING	JUL 2022	YTD	GROUP / MEETING	JUL 2022	YTD
LAFAYETTE NEW HOPE		50	SAFE HARBOR	190	390
LAST HOUSE ON THE BLOCK		20	SAFE PLACE	136	296
LATE LUNCH BUNCH		3,400	SANGO SOLUTIONS		120
LAWRENCEBURG		100	SATURDAY NIGHT ALIVE	20	140
LIVE AND LET LIVE		100	SERENITY IN THE PARK		129
LIVE AND LET LIVE, COOKEVILLE		56	SHADE TREE		2,711
LIVING THE PRINCIPLES		235	SISTERS IN SOBRIETY CROSSVILLE		64
LIVING BY THE PRINT		600	SMYRNA GRATITUDE	410	1,962
LIVINGSTON 12x12	25	75	SOBRIETY FIRST LEBANON	100	300
MEN'S LOG CABIN		289	SPRING HILL	29	128
MONTEREY FRIDAY NIGHT		100	SPIRITUAL WARFARE		675
MURFREESBORO	15	105	SSS, HERMITAGE		182
MUSIC ROW		50	STRAGGLERS		195
MUSTARD SEED		600	SUNDAY 10AM, DROSSVILLE		90
NIPPER'S CORNER		100	THERE IS A SOLUTION	225	435
N.O.W.		236	TRUDGING THE ROAD		1,000
ON AWAKENING		1,000	TURNING POINT	448	783
ONE DAY AT A TIME		50	UNCOMMON WOMEN		15
ONE PURPOSE	25	175	UNITED		300
ONE STEP CLOSER	194	529	VALLEY VIEW		300
OPEN DOOR		132	WAKE UP	96	121
OUT OF FOG/OUT OF BOG		958	WANGL		19
OUT TO BREAKFAST		250	WAVERLY	60	120
PAGE 112	192	292	WEEKENDERS	300	300
PORTLAND UNITY		50	WEST NASHVILLE		88
PRIMARY PURPOSE		6	WEST MEADE		200
PRIMARY PURPOSE MADISON		45	WESTMINSTER		214
PRIMARY PURPOSE MURF		89	WINNERS & BEGINNERS		294
PRIMARY PURPOSE ROLLING HILLS		275	WOMAN'S WAY		150
PULASKI	15	105	WOMEN IN THE SOLUTION		200
RECOVERY ON THE ROW		300	WOMEN'S FREEDOM		950
ROBERTSON COUNTY	13	54	GROUP MONTHLY TOTALS	5,987	48,631
			INDIVIDUALS	701	6,172
			MESSENGER	12	69
			COMBINED TOTALS TO DATE	6,700	54,872

**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 / 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 _____