

The
MESSENGER
Middle Tennessee Central Office Intergroup

MESSENGER DESIGNATED
DONATIONS APPRECIATED

OCT 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,

Contents

On the Cover
ANNUAL SOBRIETY
DINNER

STEP TEN
Page 2

BIG BOOK 5TH
EDITION
Page 3

INTERGROUP
BUSINESS MEETING
Page 3

BILL W ON THE
10TH TRADITION
Page 4

INTERGROUP
OFFICER LIST—
DISTRICT
MEETINGS—
STEERING
COMMITTEE
MEETING—
INTERGROUP
MEETING
Page 4

OCTOBER B-DAYS
Page 5

EVENTS
Page 6

A MONTHLY
MEDITATION ON
FORGIVENESS
Page 7

GRAPEVINE
PODCAST
Page 8

GROUP
CONTRIBUTIONS
Page 9 & 11

FINANCIALS
Page 10

STEP TEN

Step Ten—Short Form—Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Step Ten—Long Form—No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

There is more to the solution to our alcoholism, than just stopping drinking. Just stopping, is only the first step away from the problem, and only PART of the first step to the solution. A definition for recovering says these things will disappear when there is spiritual understanding. Now, let's read the definition of recovered. Let's take a very close look at what it means to be a recovered alcoholic.

There are eighteen points to consider. Go to the bottom of Page 84, last paragraph:

- 1) And we have ceased fighting anything or anyone — even alcohol.
- 2) For by this time sanity will have returned.
- 3) We will seldom be interested in liquor.
- 4) If tempted, we recoil from it as from a hot flame.
- 5) We react sanely and normally,
- 6) and we will find that this has happened automatically.
- 7) We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it.
- 8) We are not fighting it, neither are we avoiding temptation.
- 9) We feel as though we had been placed in a position of neutrality — safe and protected.
- 10) We have not even sworn off.
- 11) Instead, the problem has been removed.
- 12) It does not exist for us.
- 13) We are neither cocky nor are we afraid.
- 14) That's how we react so long as we keep in fit spiritual condition.
- 15) It is easy to let up on the spiritual program of action and rest on our laurels.
- 16) We are headed for trouble if we do, for alcohol is a subtle foe.
- 17) We are not cured of alcoholism.
- 18) What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.

Let me offer an analogy about the recovered alcoholic...Take the gunshot victim for example. He gets shot, goes through a period of recovery, survives the affliction, is recovered from the gunshot, BUT, is not bullet proof. Get the idea? Interesting, isn't it? This is the mind-set, attitudes and definition of the recovered alcoholic: sane, neutral, safe, protected, and in fit spiritual condition.

WE ARE NOT CURED of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.

<https://www.justloveaudio.com/>

"Back to the '40s" 12 Step Workgroup Leader Script



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](#)

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)

On the 10th Tradition

An Editorial by Bill W.

No A.A. Group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous Groups oppose no one. Concerning such matters they can express no views whatever.

To most of us, Alcoholics Anonymous has become as solid as the Rock of Gibraltar. We like to believe that it will soon be as well known and just as enduring as that historic landmark. We enjoy this pleasant conviction because nothing has yet occurred to disturb it; we reason that we must hang together or die. Hence we take for granted our continued unity as a movement.

But should we? Though God has bestowed upon us great favors, and though we are bound by stronger ties of love and necessity than most societies, is it prudent to suppose that automatically these great gifts and attributes shall be ours forever. If we are worthy, we shall probably continue to enjoy them. So the real question is, how shall we always be worthy of our present blessings?

Seen from this point of view, our A.A. Traditions are those attitudes and practices by which we may deserve, as a movement, a long life and a useful one. To this end, none could be more vital than our 10th Tradition, for it deals with the subject of controversy—serious controversy.

On the other side of the world, millions have not

(Continued on page 5)

<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 MONDAY OF
EVERY MONTH:**
District 30 Meeting
When: 6:30pm – 7:30pm
Zoom ID: 283 536 1220

**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

On the 10th Tradition

(Continued from page 4)

long since died in religious dissension. Other millions have died in political controversy. The end is not yet. Nearly everybody in the world has turned reformer. Each group, society and nation is saying to the other, "You must do as we say, or else". Political controversy and reform by compulsion has reached an all-time high. And eternal, seemingly, are the flames of religious dissension.

Being like other men and women, how can we expect to remain forever immune from these perils? Probably we shall not. At length, we must meet them all. We cannot flee from them, nor ought we try. If these challenges do come, we shall, I am sure, go out to meet them gladly and unafraid. That will be the acid test of our worth.

Our best defense? This surely lies in the formation of a Tradition respecting serious controversy so powerful that neither the weakness of persons nor the strain and strife of our troubled times can harm Alcoholics Anonymous. We know that A.A. must continue to live, or else many of us and many of our brother alcoholics throughout the world will surely resume the hopeless journey to oblivion. That must never be.

As though by some deep and compelling instinct we have thus far avoided serious controversies. Save minor and healthy growing pains, we are at peace among ourselves. And because we have thus far adhered to our sole aim, the whole world regards us favorably.

May God grant us the wisdom and fortitude ever to sustain an unbreakable unity.

October B-Day's

ANY LENGTHS

Hayden P 10.22.19

Tommy Lee A 10.12.20

WOMEN IN THE SOLUTION

Cordy C 10.31.79

**I never could have escaped
the delusion of separation
without you.**

Call for Contributions

*The Messenger would
love your AA related:*

Stories

Writings

Poems

Artwork

Jokes

AA Quips

History

Trivia

News

Events

News, Events & Service Opportunities

PICNIC
OCTOBER 2ND

BBQ
Unity event

DISTRICT 30

BRISKET & PORK PROVIDED

SUNDAY
2nd
OCT

Shelter 3: Edwin Warner
PLEASE BRING SIDE DISH OR DESSERT
12:00

COME DRESSED AS YOUR FAVORITE CHARACTER DEFECT

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>



BOOK HERE

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

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

WOODSTOCK OF THE SOUTH
NOVEMBER 17TH—22ND

AAWOODSTOCK
OF THE SOUTH

"Fun for the whole family... All 8-16 years!"

NOV 17-22, 2022

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

3 DAYS
OF PEACE
& LOVE

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!

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

MONTHLY MEDITATION —FORGIVENESS

*Say nothing if your words are not tinted with love.
Make no moves if those moves are not from the heart.
Touch no one if that touch is not as light as the air.
Carry yourself with humility and without fear.
Walk through life with grace, but never with arrogance.
Sing from your soul, let your voice lift the heavens and all that are in them.
Life is a gift. It is our duty to enjoy it.*

Forgive.

Bring your attention and your intention to the thoughts, the forgiving.

Bring awareness to your breath, to your body, to the mind and commit to letting go.

Watch the breath, move into your body through the nose, past the chest, deep into the belly, relax the muscles.

Breathe out, feel your body sinking down, down, down into the earth.

Connect the mind, the body through the breath.

- ∞ **Inhale forgiveness. Exhale regret.**
- ∞ **Inhale forgiveness. Exhale guilt.**
- ∞ **Inhale forgiveness. Exhale anger.**

Just breath now, allowing the mind to attach itself to the feelings of forgiveness. Register it in every cell of the body.

Notice how you feel. Notice the thoughts that come up into the mind as you consider the option of forgiveness.

Breathe in forgiveness. Breathe out forgiveness.

Remain with the thought. Remain with the feeling.

Allow the whole body to sink into a sense of peace.

A sense of letting go. A feeling of unburdening the soul.

Shifting the mind, pay attention. Continue to breathe.

Bring your thoughts back to the word forgiveness.

Register how it feels.

Register where you feel it and register who and where and when those words were spoken, felt expressed or denied.

- ∞ **Breathe in love. Breathe out anger.**
- ∞ **Breathe in joy. Breathe out sadness.**
- ∞ **Breathe in harmony. Breathe out disharmony.**
- ∞ **Breathe in forgiveness. Breathe out pain.**
- ∞ **Breathe in love. Breathe out love.**

I am at peace, peace, peace.

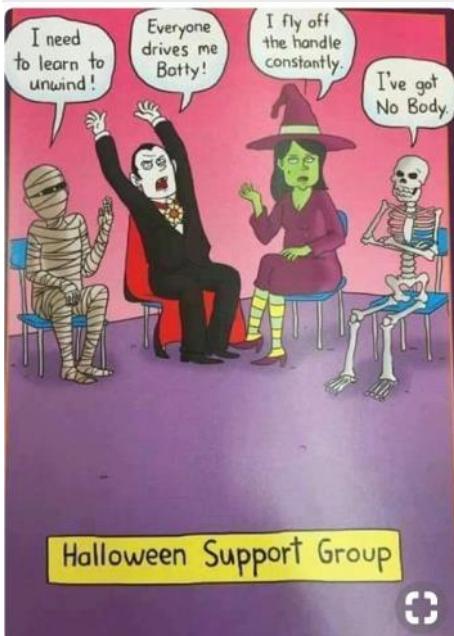
*Say nothing if your words are not tinted with love.
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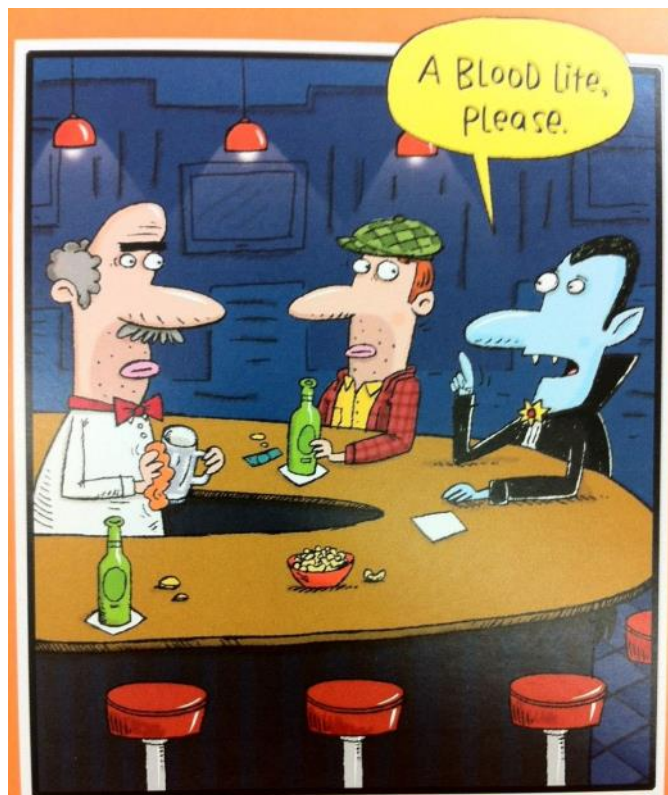
NEW PODCAST - A.A. Grapevine Half-Hour Variety Hour

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



ROMEO AND GHOU LIET!



YOUR GROUP CONTRIBUTIONS

GROUP / MEETING	AUG 2022	YTD	GROUP / MEETING	AUG 2022	YTD
21st AVENUE		20	EAST SIDE SATURDAY		323
86'ers	153	653	EASTSIDE SUNLIGHTERS	62	1,029
A NEW FREEDOM	240	240	EVERY WOMAN HAS A		160
ANONYMOUS		16	FAIRVIEW		250
AWOL		151	FAYETTEVILLE		75
BACKROOM	749	4,191	FIRST THINGS FIRST		1,581
BASEMENT BUNCH		50	FRANKLIN		1,323
BRENTWOOD FULL MOON		450	FRANKLIN FELLOWSHIP		600
BY THE BOOK, BYRDSTOWN		40	FRANKLIN 4TH BB STUDY		1,000
BY THE BOOK, LEBANON		80	FRANKLIN MEN'S		500
CELEBRATE SERENITY		548	FRANKLIN ROAD WOMEN'S		99
CENTERVILLE	300	676	FREE TO BE		379
CLARK STREET		200			
COLUMBIA		270	FREEDOM FROM	25	75
COMFORT ZONE		650	FRIENDS IN RECOVERY		275
COOKEVILLE	90	180	G.A.A. GALLATIN		50
COURAGE TO CHANGE	25	25	GIFT OF DESPERATION		625
CROSSVILLE		90	GLADEVILLE	238	238
CROSSVILLE NONSMKIN' STEP		42	G.O.D.		75
CROSSVILLE NOONERS	75	260	GRATEFUL GROVE	189	307
CROSSVILLE SERENITY		100	HAPPY DESTINY		109
DAVIDSON RD		3,000	HAPPY HOUR		30
DEKALB FRIENDSHIP		200	HARDING RD		125
DESIGN FOR LIVING		511	HERMITAGE WOMEN'S		778
DICKSON	32	32	HILLSBORO ROAD		50
DICKSON, BY THE BOOK		1,200			
DISTRICT 9		300	HUNT CLUB AA		690
DONELSON Y.E.T.	100	100	INTERGROUP		4
DOUBLE DIPPERS		246	JOELTON		100
DROP THE ROCK, TULLAHOMA	125	125	KEEP IT SIMPLE		708
DRUNKS IN THE PARK	720	720	KEY TO SOBRIETY	100	400
EAST NASHVILLE	300	300	KICK OFF NOT UNTIL NOON		375
EAST SIDE MEN'S STAG	1,000	1,750	LAFAYETTE NEW HOPE		50
			LAST HOUSE ON THE BLOCK	100	120

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

	August 2022			YTD 2022		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	2,531.31	2,500.00	31.31	21,656.17	20,000.00	1,656.17
Group Donations	7,862.53	6,153.00	1,709.53	56,493.79	49,224.00	7,269.79
Individual Donations	965.47	1,489.33	(523.86)	7,137.09	11,914.64	(4,777.55)
Messenger Donations	54.36	-	54.36	123.36	-	123.36
Website Donations	-	-	-	-	-	-
Special Events	195.00	416.67	(221.67)	195.00	3,333.36	(3,138.36)
Interest	6.50	94.17	(87.67)	30.13	753.36	(723.23)
Total Income	11,615.17	10,653.17	962.00	85,635.54	85,225.36	410.18
Expenses						
Casual Labor	250.00	250.00	-	2,000.00	2,000.00	-
Payroll	6,271.00	6,271.00	-	50,168.00	50,168.00	-
Legal & Professional	350.00	350.00	-	2,800.00	2,800.00	-
Rent	946.00	1,100.00	(154.00)	7,668.00	8,800.00	(1,132.00)
Printing	-	33.33	(33.33)	6.00	266.64	(260.64)
Payroll Taxes	480.00	483.33	(3.33)	3,840.00	3,866.64	(26.64)
Repairs & Maintenance	50.00	29.18	20.82	400.00	233.44	166.56
Equipment Rental	107.51	100.00	7.51	881.05	800.00	81.05
Telephone & Fax	627.71	515.00	112.71	4,904.99	4,120.00	784.99
Answering Service	-	250.00	(250.00)	1,510.19	2,000.00	(489.81)
Postage	111.40	113.00	(1.60)	1,285.60	904.00	381.60
Office Supplies	75.10	183.33	(108.23)	569.86	1,466.64	(896.78)
Bank Service Charges	62.00	40.00	22.00	462.00	320.00	142.00
Computer & Technology	272.86	208.33	64.53	1,010.69	1,666.64	(655.95)
Credit Card Service Fees	177.98	85.00	92.98	1,346.88	680.00	666.88
Intergroup Expense	-	100.00	(100.00)	617.82	800.00	(182.18)
Insurance	-	166.67	(166.67)	1,525.00	1,333.36	191.64
Special Events	151.80	125.00	26.80	151.80	1,000.00	(848.20)
Travel	589.96	250.00	339.96	542.59	2,000.00	(1,457.41)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	-	-	-
Total Expenses	10,523.32	10,653.17	(129.85)	81,690.47	85,225.36	(3,534.89)
Net Income	1,091.85	-	1,091.85	3,945.07	-	3,945.07

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	AUG 2022	YTD	GROUP / MEETING	AUG 2022	YTD
LATE LUNCH BUNCH		3,400	SERENITY IN THE PARK	57	186
LAWRENCEBURG		100	SHADE TREE	457	3,167
LIVE AND LET LIVE		100	SISTERS OF SOBRIETY (S.O.S.)	81	81
LIVE AND LET LIVE, COOKEVILLE		56	SISTERS IN SOBRIETY CROSSVILLE		64
LIVING THE PRINCIPLES		235	SMYRNA GRATITUDE	586	2,548
LIVING BY THE PRINT	300	900	SOBRIETY FIRST LEBANON		300
LIVINGSTON 12x12		75	SPRING HILL		128
MEN'S LOG CABIN	127	416	SPIRITUAL WARFARE		675
MONTEREY FRIDAY NIGHT		100	SSS, HERMITAGE		182
MURFREESBORO	15	120	STRAGGLERS		195
MUSIC ROW		50	SUNDAY 10AM, DROSSVILLE		90
MUSTARD SEED		600	THERE IS A SOLUTION		435
NIPPER'S CORNER		100	TRUDGING THE ROAD		1,000
N.O.W.	132	368	TURNING POINT		783
ON AWAKENING		1,000	UNCOMMON WOMEN		15
ONE DAY AT A TIME		50	UNITED		300
ONE PURPOSE	25	200	VALLEY VIEW		300
ONE STEP CLOSER		529	WAKE UP		121
OPEN DOOR		132	WANGL	20	39
OUT OF FOG/OUT OF BOG		958	WAVERLY	60	180
OUT TO BREAKFAST		250	WEEKENDERS		300
PAGE 112		292	WEST NASHVILLE	95	183
PORTLAND UNITY		50	WEST MEADE		200
PRIMARY PURPOSE		6	WESTMINSTER		214
PRIMARY PURPOSE MADISON		45	WINNERS & BEGINNERS	290	584
PRIMARY PURPOSE MURF		89	WOMAN'S WAY		150
PRIMARY PURPOSE ROLLING HILLS		275	WOMEN IN THE SOLUTION	100	300
PULASKI	15	120	WOMEN'S FREEDOM		950
RECOVERY ON THE ROW		300			
ROBERTSON COUNTY	10	64	GROUP MONTHLY TOTALS	7,863	56,494
RUTS	250	250	INDIVIDUALS	965	7,137
SAFE HARBOR		390	MESSENGER	54	123
SAFE PLACE		296			
SANGO SOLUTIONS		120	COMBINED TOTALS TO DATE	8,882	63,754
SATURDAY NIGHT ALIVE	20	160			
SEEKERS	600	600			

**Middle Tennessee
Central Intergroup
Association**

417 Welshwood Drive
Suite 207
Nashville, TN 37211

615.832.1136
800.559.2252

NON PROFIT
ORGANIZATION
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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



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