

# The MESSENGER

## Middle Tennessee Central Office Intergroup

MESSENGER  
DESIGNATED  
DONATIONS  
APPRECIATED

THE SPIRITUAL PRINCIPLES OF THE 12 TRADITIONS

DEC  
2022

The Twelve Traditions are often referred to as, "Why it works." They ensure the continuance of A.A. as a whole, by providing guidelines for groups to evaluate their activities and actions. In a practical vein they are, individually and collectively, humility builders for the group; they ask that the group consider its conduct from a broader perspective and, when necessary, give up something for the overall good of A.A.

The Traditions also contain spiritual principles. These principles, when applied in our lives, complement the Steps as a guide to personal recovery. Here, taken from Twelve Steps and Twelve Traditions, (with minor editorial modification) are the spiritual principles of the Traditions that I strive to apply in my daily life:

1. The A.A. member conforms to the principles of recovery; at first because he must, later because he discovers a way of life he really wants to live. (Unity)
2. When we come to understand the wisdom of the group decision and the necessity of patiently awaiting developments, the real and permanent leadership of A.A. can offer the quiet opinion, the sure knowledge and humble example that resolve a crisis, leading by example, rather than driving by mandate. (Group Conscience)
3. When confronted by the fear that is the true basis of intolerance, we need only ask, "What would the Master do?" (Membership)
4. Eventually, we must conform to whatever tested principles guarantee survival. Sobriety must be our sole objective. In all other respects there is perfect freedom of will and action. We have the right to be wrong, but we no longer have the right to harm others. (Autonomy)
5. It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. (Primary Purpose)
6. We are all perfectionists who, failing perfection, have gone to the other extreme. We cannot be all things to all men, nor should we try. (Non-Affiliation)

## LIVING THE TRADITIONS

### Contents

On the Cover

SPIRITUAL  
PRINCIPLES

LIVING THE  
TRADITIONS  
Page 3

RECAP OF  
CURRENT SALES  
FOR 2022  
Page 4

ANNIVERSARIES  
Page 4

INTERGROUP  
OFFICERS LISTING  
Page 4

12 STEP WORK  
Page 5

EVENTS & NEW  
MEETINGS  
Page 6

AMED  
Page 7

FINANCIALS  
Page 9

CONTRIBUTIONS  
Page 10 & 11



### **"THEY WORK FOR INDIVIDUALS AS WELL AS FOR GROUPS"**

In our book AA Comes of Age, Bill W. says: "Our Traditions are a guide to better ways of working and living and they are also an antidote for our various maladies. The Twelve Traditions are to group survival and harmony what AA's Twelve Steps are to each member's sobriety and peace of mind.

"But the Twelve Traditions also point straight at many of our individual defects. By implication they ask each of us to lay aside pride and resentment. They ask for personal as well as group sacrifice...The Traditions guarantee the equality of all members...They show how we may best relate ourselves to each other and to the world outside."

For some of us, the Traditions have been an extension of the Twelve Steps. In trying to understand the last part of the Twelfth Step--"practice these principles in all our affairs"---I know it's helpful to use the Twelve Traditions as a guideline. Here are some of the ways each Tradition affected me personally:

1. It didn't take long for me to realize that without other AA members, my group, and AA as a whole, I would probably find it difficult to stay sober. Even though I was sometimes in hearty disagreement, I learned that I must be willing to yield--first to my sponsor, then to our group conscience, and finally to the principles of AA's as a whole. I tried to learn to "disagree without being disagreeable."

2. As I kept coming back, I began to believe that the Higher Power was speaking through the members of my home group. It was the beginning of faith in the group conscience, belief that it might represent God's will for me today. The concept of AA leaders who are "but trusted servants" calmed my rebellious nature and guided me toward trust in other people and peace of mind.

3. When I first arrived at the doors of AA, I had little or no feelings of self-worth. I was filled with guilt over my "sins of commission and omission." How comforting to know that I was welcomed as a member despite my imagined or actual faults—

*(Continued on page 3)*



"You know that song,  
'Grandma got run over by a reindeer?'  
Well, I'm that reindeer."

### The Generous Lifelines of Intergroup

"Every A.A. member wants every alcoholic in the world to have the chance he had. Every A.A. member wants unity for our movement. Every A.A. member wants the good opinion of medicine, religion, and the general public. We know we must have these things, or the new man may never get his chance. The Intergroup associations are the best insurance we can have that our lifelines to the hundreds of thousands yet to come will never break or tangle.

Let us always be generous. Let us warmly support Intergroup"

— A.A. Co-Founder — Bill W. 1949

(Continued from page 2)

no questions asked! I felt the urge to earn the friendship of those wonderful people around the tables. So, I began the long journey back to self-respect, to productivity, and to rejoining society as a whole--just because of Tradition Three.

4. For too long, I thought I was autonomous in my own right; this is also called being self-centered or selfish, with "self-will run riot." This Tradition helped me understand that I could not take any actions harmful to others without dire consequences to myself. I learned that nothing was really good unless other people also were considered.

5. This Tradition, I realized, delineated clearly my own primary purpose, as well as the group's. I was told that I could not keep my sobriety unless I gave it away. Each of us is but a small part of the whole, but by joining AA's primary purpose to our own, we become something bigger than our individual selves.

6. In this Tradition, I began to learn the importance of singleness of purpose, both in AA and in my private life. I came to understand the difference between that which helps and that which hinders. By keeping my AA program simple, I underscore my own way to "Live and Let Live."

7. Self-support lent me a sense of freedom of thought and of action. As an AA member, I knew I was not bound by what other people thought. That helped me to open my mind and start to think for myself--for the first time in a long time. AA gave me proof that money and spiritually can mix.

8 and 9. When I began AA service work, these two Traditions told me I was simply one of many trusted servants, for whom special training of talent was unimportant. The fact that this Society was non-professional was reassuring. Titles and degrees became trivial. I felt a new sense of responsibility to myself and to others. It made me aware of pride and

ambition as defects, so I could commence to learn my true identify before God.

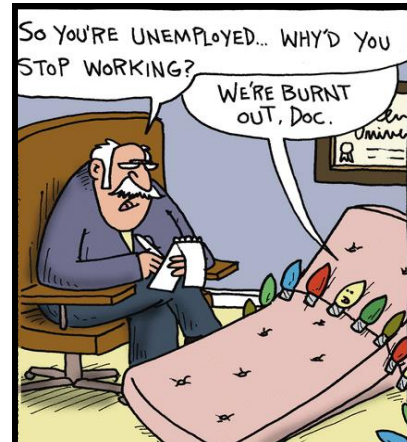
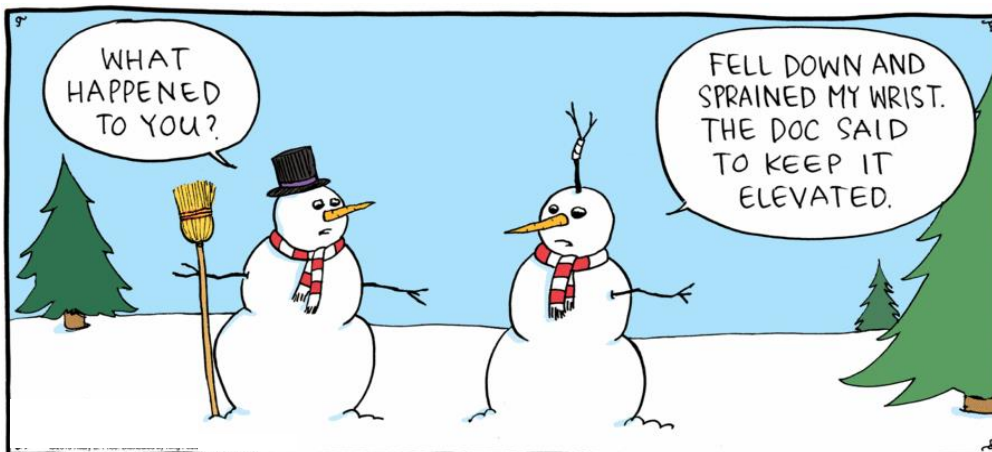
10. Here, I began to understand that as an AA member, I owed certain disciplines, obligations, and responsibilities to AA as a whole. I could speak out as an individual on any matter with which I was concerned; but as an AA member, I had to operate within certain limits, try to "engage the mind before opening the mouth."

11. "Walk like you talk," I heard. If I could do that, I knew there would be a sufficient difference in my way of living and thinking to be noticeable by example, and there should be no necessity for me to blow my own horn. I didn't need to break my arm by patting myself on the back for staying sober (millions of people have been doing that for centuries). Tradition Eleven reminded me not to take personal credit for anything that I might do; ego and personal ambition have no place in AA life.

12. When I listened to others, this Tradition told me, the important thing was the principle expressed, not the person expressing it. If I could go a step further and learn to place AA principles before my own personality, I could travel a long way on my journey of spiritual progress. Public anonymity was essential to such developments--that was clear. But I also had to learn that I should not seek praise within the Fellowship. A simple job well done speaks for itself.

Using the Traditions as guides to spiritual progress, we begin to know that "God is doing for us what we could not do for ourselves," and the sense of humility is enhanced. So, although the Twelve Traditions are designed to further group survival and harmony (and those are most important), a closer examination shows that another ultimate objective is the welfare of the individual AA member--truly an extension of the Twelve Steps to recovery.

*AA Grapevine, March 1982*





**RECAP OF CURRENT SALES  
FOR 2022 MAJOR BOOKS AND CHIPS**

<b>BOOKS</b>		<b>CHIPS AND MEDALLIONS</b>	
Big Books	5,506	Desire Chips	5,819
12 x 12	1,822	One Month	2,799
Daily Reflections	723	Two Months	2,121
		Three Months	1,867
		Six Months	1,438
		One Year	1,144
		Two Years	691
		Three Years	467
		Five Years	409
		Ten Years	150
		Twenty-Five Years	65

<b>ANY LENGTHS</b>	
Eric B	12.08.05
Evie T	12.09.21
Jason L	12.01.17
Jody H	12.25.19
Kathryn V	12.26.19
Katie L	12.12.20
Paul H	12.17.16
<b>NEW LIFE - HENDERSONVILLE</b>	
Andy P	12.13.17

**DECEMBER  
ANNIVERSARIES**

<b>CENTRAL OFFICE POSITIONS</b>	<b>OFFICER NAME</b>	<b>PHONE NUMBER</b>
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 Jan 23rd  
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



# 12 Step Work

## Passing On What was Freely Given

Step 12 work is a team effort. I am unable to get and/or keep another person sober through my efforts alone. Doing 12 th Step Work requires me to pass along the teachings that were so freely given to me by other alcoholics, and to show that anyone is capable of getting/staying sober if that person is willing to practice the principles in all their affairs as best as they are able to do so on any given day.

I understand today that AA is a program of attraction, not promotion. I do not chase after other alcoholics and force our program upon them. However, I need to make myself available if people want to talk about the program, share how it worked for me, and to offer sponsorship if they are ready. I should not expect that other alcoholics are any different than I was; I was not ready to actively work this program until I was beaten to the point that I was willing to admit to myself and others that I was truly powerless, and that I needed help to change my life for the better. I must undertake Step 12 work without any expectation that I will receive anything in return, which is completely different from my past selfishness and self-centeredness.

Step 12 work need not be complicated. Important work is accomplished through offering to chair or moderate AA meetings, making sure the door is open and coffee is made, being willing to share my phone number with a newcomer, giving a lead, or just be willing to read or share at a meeting. It's a willingness to participate on committees, taking meetings to sober living homes and other institutions where people are new in sobriety, and understanding that I can't rely on others to do this work without being willing to do it myself. I've been taught through this program that if I am asked to do something for AA I should yes, as long as I have the ability to do the work/task. So many people invested their time and effort to help me get sober; I have an obligation to pass on what I was taught to other alcoholics who are involved in our fellowship. AA as a program will die unless those of us in the Program are willing to carry the message to other alcoholics. By working with other alcoholics I keep myself sober and help to ensure that our Program will be available to other struggling alcoholics in the future!

I'm sober today because of another AA member's willingness to share his experience with his family after becoming sober; his story gave me hope when I had none as an AA newcomer. Saying "hello", a handshake, and a smile when welcoming a newcomer could make the difference between a person deciding they want what we have and decides to stick around, or chooses not to come back. These Step 12 actions are just as important as sponsorship.

-Anonymous



**NASHVILLE**  
Q1 2024  
**HOST**  
COMMITTEE  
MEETINGS

**What**  
Bid for Nashville  
to Host  
Q1 Area 64  
Assembly

**When**  
3rd Sunday  
of every  
month  
@ 4pm

**Where**  
Zoom  
ID: 875 493 2997  
PW: 6QeqTM

**UPCOMING MEETINGS**

November 20, 2022  
December 18, 2022  
January 15, 2023  
& More!


Have you served on a Host Committee and want to share your experience?  
Are you looking to be of service and you've never been on a committee before?


**JOIN US FOR OUR NEXT MEETING**  
**SERVICE POSITIONS ARE AVAILABLE**  
Hotel Liaison | Registration | Hospitality | Entertainment |  
Agenda | Coffee Supporting Events & More!

*Do you Have Questions?*  
Reach out to our Secretary Heather M. 615-225-7136 | hmarkman81@gmail.com

**Women's Open Door Meeting**  
Tuesdays 11am- 12pm  
Meets in the Fellowship Hall at  
Vine Street Christian Church  
4101 Harding Pike  
Nashville, TN

- Closed
- Discussion
- Women
- In Person Meeting

  
66<sup>th</sup> Annual Women's  
**Holiday Party**  
**Speakers Meeting**  
Sunday, December 4, 2022 at 3:00 pm  
**Speakers at 4pm**  
Hosted by the N.O.W. AA Group  
(Nashville's Original Women's Group)  
For 58 years, the N.O.W. Group has met at 11am on Thursdays at 202 Friendship House.

  
Trevecca Community Church Auditorium  
Trevecca Nazarene University at 335 Murfreesboro Road, Nashville TN  
**Cookies - Coffee - Tea**  
will be provided so you don't need to bring anything  
but recovery minded women  
**Admission is free and a \$5 donation is suggested.**  
Please consider donating for yourself & one other person, if you can afford to do so.

Here is why we need your donation:  
Rent for the Auditorium + the cost of coffee, cream, sugar, cups forks & napkins is about \$900 annually. Everything else is donated. As many as 300 Women attend each year, for an average cost of \$3.00 per person. Not everyone who attends can afford to donate. Many of the women who attend come from treatment centers, sober living & halfway houses. We ask for a donation from everyone who can afford it.

**New AA Meeting**  
**Lafayette Traditional**  
**Group**  
**Big Book-12&12 Study**  
**Starting 10/24/22**  
**7:00 pm**  
**@Lafayette United**  
**Methodist Church**  
**506 Bratton Ave**  
**In the red office building**  
**Al-Anon in the next room**

For the alcoholic, besides alcohol or other substance abuse, they may also suffer from some type of mental and/or emotional disorder, such as dual diagnosis (co-occurring) disorders.

*How It Works* tells us, "There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest." General Service's meeting terminology for such a meeting is AMED; Alcoholics with Mental or Emotional Disorders.

Never heard of it? Not many people have. Even though AMED is an official AA meeting type, currently there are no such meetings in the five-county area Akron Intergroup serves. There are only two (one live, the other is on-line) in the Cleveland Intergroup area. Despite what would seem to be an apparent need, these are only two of this type in Northcentral Ohio. Maybe it's the stigma around mental health (like the ones regarding alcohol and drugs – only worse) that keep them from being held. I'm not sure. But, that is changing. Details are at the end of this article. AA's pamphlet "A.A. for Alcoholics with Mental Health Issues – and their sponsors" indicates 85% of alcoholics suffer from some type of mental or emotional issue and that 50% of bipolar are alcoholic. I've found a few studies which have numbers a little lower but either way, it is a lot of alcoholics who need help. Alcoholics with disorders such as depression, bipolar, PTSD, schizoaffective, and anxiety disorders (plus many more), may suffer unnecessarily.

I am dual diagnosed, myself. Fortunately, I also found AA, have worked the steps and am able to see a way forward.

With few exceptions, the alcohol and mental problems feed off each other. A person who abuses alcohol and/or drugs self-medicate to "stop" the pain and chaos in their life. Their mental issues tell them there is nothing wrong their substance of choice can't fix. So, the

self-medication continues, and the mental disorder goes untreated. Everything gets worse. It is a vicious, deadly cycle.

While there are a few exceptions, research shows without first solving the alcohol problem, a person cannot rationally treat the mental issue by using appropriate counselling and medical advice. Many who may have already sought medical advice do not tell their physician about the substance abuse. As a result, while medication prescribed by a doctor may ordinarily help, three things are more likely to happen.

- I. They quit taking their meds because the alcohol "tells them", they don't need them anymore;
- II. The alcohol renders the meds ineffective;
- III. There is a very negative side effect of comingling the meds with the alcohol or any combination of these. None have a good outcome.

So, what does an AMED meeting do?

Well, for starters, it DOES NOT diagnose or give advice about any mental or emotional disorder. Its only purpose is to help individuals who think they may have a problem with alcohol get and remain sober. Period. One does not have or have been diagnosed with a mental issue to attend, chair, lead, be a secretary or treasurer. It's just like any other AA meeting. The only difference is, this group is more welcoming (and hopefully, understanding) of people with mental or emotional issues.

***They need to get sober first, to get free.***

Besides appropriate AA literature, the meeting should include material guiding people to groups, doctors, or organizations which can help them with their problems other than alcohol. It's their choice whether to pick them up and call. In Tradition Three, Bill W wrote: "Let us of AA . . . resolve that we shall always be inclusive and never exclusive, offering all we must, save our title. May all barriers be thus leveled."

If it's good enough for Bill W, that's good enough for me . . . to try to help...

*Rush Hour By Tom F. Medina  
Akron Intergroup News*

85% of  
alcoholics suffer  
from some type  
of mental  
or emotional  
issue



## THE SPIRITUAL PRINCIPLES OF THE 12 TRADITIONS

(Continued from page 1)

7. We, too, should be self-supporting through our own contributions. Not only is it a responsibility of sobriety, it is essential to our self-esteem. (Self-Supporting)

8. We give freely what has been given freely to us. (Non-Professional)

9. Unless each A.A. member follows to the best of his ability our suggested Twelve Steps to recovery, he almost certainly signs his death warrant. His drunkenness and dissolution are not penalties inflicted by people in authority; they result from his personal disobedience to spiritual principles. (Spirit of Service)

10. We should not back away from our individual responsibility to act as we believe upon the issues of our time, yet self-righteousness should not cause us to enforce our will on others. (Outside Issues)

11. Personal ambition has no place in A.A. There is never need to praise ourselves. (Attraction Rather Than Promotion)

12. The spiritual substance of anonymity is sacrifice. We try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public. We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have. (Principles Before Personalities)

The spiritual principles of the traditions teach us that, "we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all."

*Jack D. (The Home Group)*

*Reprinted with permission: Justloveaudio.com*

### True story.

Two of my colleagues and I went to lunch with our manager and his manager who was visiting our office from out of town.

We each ordered a beer with our meal and the manager's manager, who was a teetotaler unbeknownst to us, turned to our manager and asked if he knew we drank.

Our Manager replied "I didn't know they drank until they showed up for work sober once".

**CAN I GET A HELL YEAH!**



**FOR STAYING SOBER TODAY!**

A man and his wife were having a nice Christmas Dinner at a favorite restaurant.

The husband kept staring at a drunken lady swigging her gin at a nearby table.

His wife asks, "Do you know her?"

"Yes," sighs the husband. "She's my ex-wife. She took to drinking right after we divorced seven years ago, and I hear she hasn't been sober since."

"My God!" says the wife. "Who would think a person could go on celebrating that long?"



## Middle Tennessee Intergroup Association

### Statement of Activities - Actual and Budgeted - Schedule 1

For the Ten Months and Year Ended October 31, 2022

	October 2022			YTD 2022		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
<b>Income</b>						
Net Literature Sales	2,214.46	2,500.00	(285.54)	26,221.08	25,000.00	1,221.08
Group Donations	5,848.49	6,153.00	(304.51)	70,724.97	61,530.00	9,194.97
Individual Donations	471.32	1,489.33	(1,018.01)	11,134.13	14,893.30	(3,759.17)
Messenger Donations	-	-	-	123.36	-	123.36
Website Donations	-	-	-	-	-	-
Special Events	1,330.00	416.67	913.33	2,440.00	4,166.70	(1,726.70)
Interest	16.52	94.17	(77.65)	59.45	941.70	(882.25)
<b>Total Income</b>	<b>9,880.79</b>	<b>10,653.17</b>	<b>(772.38)</b>	<b>110,702.99</b>	<b>106,531.70</b>	<b>4,171.29</b>
<b>Expenses</b>						
Casual Labor	250.00	250.00	-	2,500.00	2,500.00	-
Payroll	6,271.00	6,271.00	-	62,710.00	62,710.00	-
Legal & Professional	350.00	350.00	-	3,500.00	3,500.00	-
Rent	1,046.00	1,100.00	(54.00)	9,660.00	11,000.00	(1,340.00)
Printing	-	33.33	(33.33)	6.00	333.30	(327.30)
Payroll Taxes	480.00	483.33	(3.33)	4,800.00	4,833.30	(33.30)
Repairs & Maintenance	50.00	29.18	20.82	500.00	291.80	208.20
Equipment Rental	108.68	100.00	8.68	1,129.64	1,000.00	129.64
Telephone & Fax	601.98	515.00	86.98	6,105.98	5,150.00	955.98
Answering Service	203.00	250.00	(47.00)	1,913.30	2,500.00	(586.70)
Postage	36.49	113.00	(76.51)	1,465.42	1,130.00	335.42
Office Supplies	120.00	183.33	(63.33)	689.86	1,833.30	(1,143.44)
Bank Service Charges	62.00	40.00	22.00	586.00	400.00	186.00
Computer & Technology	272.86	208.33	64.53	1,556.41	2,083.30	(526.89)
Credit Card Service Fees	250.02	85.00	165.02	1,723.58	850.00	873.58
Intergroup Expense	250.00	100.00	150.00	867.82	1,000.00	(132.18)
Insurance	469.00	166.67	302.33	1,994.00	1,666.70	327.30
Special Events	-	125.00	(125.00)	151.80	1,250.00	(1,098.20)
Travel	-	250.00	(250.00)	1,371.85	2,500.00	(1,128.15)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	-	-	-
<b>Total Expenses</b>	<b>10,821.03</b>	<b>10,653.17</b>	<b>167.86</b>	<b>103,231.66</b>	<b>106,531.70</b>	<b>(3,300.04)</b>
<b>Net Income</b>	<b>(940.24)</b>	<b>-</b>	<b>(940.24)</b>	<b>7,471.33</b>	<b>(0.00)</b>	<b>7,471.33</b>

SEE INTERGROUP ASSOCIATION ACCOUNTING REPORT

<b>GROUP / MEETING</b>	<b>OCT 2022</b>	<b>YTD</b>	<b>GROUP / MEETING</b>	<b>OCT 2022</b>	<b>YTD</b>
21st AVENUE		20	EASTSIDE SUNLIGHTERS	241	1,655
86'ers		653	EVERY WOMAN HAS A STORY	38	197
A NEW FREEDOM		240	FAIRVIEW		582
ANONYMOUS		16	FAYETTEVILLE		125
ANY LENGTHS	105	105	FIRST THINGS FIRST		1,581
AWOL		151	FRANKLIN		1,323
BACKROOM		5,578	FRANKLIN FELLOWSHIP		600
BASEMENT BUNCH	200	250	FRANKLIN 4TH BB STUDY		1,000
BRENTWOOD FULL MOON	800	1,250	FRANKLIN MEN'S		500
BY THE BOOK, BYRDSTOWN		40	FRANKLIN ROAD WOMEN'S		99
BY THE BOOK, LEBANON		160	FREEDOM FROM BONDAGE		75
CELEBRATE SERENITY		921	FRIENDS IN RECOVERY		625
CENTERVILLE	185	861	G.A.A. GALLATIN		100
CLARK STREET		200	GIFT OF DESPERATION	217	842
COLUMBIA	90	360	GLADEVILLE		238
COMFORT ZONE	350	1,000	G.O.D.	116	191
COOKEVILLE	90	270	GRATEFUL ALIVE	11	11
COURAGE TO CHANGE		25	GRATEFUL GROVE		307
CROSSVILLE	38	128	HAPPY DESTINY		109
CROSSVILLE NONSMKIN' STEP		42	HAPPY HOUR		30
CROSSVILLE NOONERS	100	360	HARDING RD		125
CROSSVILLE SERENITY		100	HERMITAGE WOMEN'S		778
DAVIDSON RD		6,000	HILLSBORO ROAD		50
DEKALB FRIENDSHIP		200	HUNT CLUB AA MEDITATION		690
DESIGN FOR LIVING		511	INTERGROUP		4
DICKSON		32	JOELTON		100
DICKSON, BY THE BOOK		1,200	KEEP IT SIMPLE		708
DISTRICT 9		600	KEY TO SOBRIETY	100	700
DONELSON Y.E.T.		100	KICK OFF NOT UNTIL NOON	350	725
DOUBLE DIPPERS		246	LADIES NIGHT OUT		210
DROP THE ROCK, TULLAHOMA		125	LAFAYETTE NEW HOPE		150
DRUNKS IN THE PARK		720	LAST HOUSE ON THE BLOCK		120
EAST HICKMAN		500	LATE LUNCH BUNCH		6,800
EAST NASHVILLE		300	LAWRENCEBURG		100
EAST SIDE MEN'S STAG		1,750	LINDEN AA		971
EAST SIDE SATURDAY		1,187			

<b>GROUP / MEETING</b>	<b>OCT 2022</b>	<b>YTD</b>
LIVE AND LET LIVE		100
LIVE AND LET LIVE, COOKEVILLE		56
LIVING THE PRINCIPLES		235
LIVING BY THE PRINT		900
LIVINGSTON 12x12	25	100
MEN'S LOG CABIN		416
MONTEREY FRIDAY NIGHT		100
MURFREESBORO	15	165
MUSIC ROW		50
MUSTARD SEED		1,200
NIPPER'S CORNER	135	235
N.O.W.		368
ON AWAKENING		1,000
ONE DAY AT A TIME		50
ONE PURPOSE	25	275
ONE STEP CLOSER	264	793
OPEN DOOR		132
OUT OF FOG/OUT OF BOG		958
OUT TO BREAKFAST		250
PAGE 112	118	410
PORTLAND UNITY		50
PRIMARY PURPOSE		6
PRIMARY PURPOSE LEWISBURG	100	100
PRIMARY PURPOSE MADISON		45
PRIMARY PURPOSE MURF	2	91
PRIMARY PURPOSE ROLLING HILLS	261	536
PULASKI	30	210
RECOVERY ON THE ROW		300
RIDGETOP BASIC		100
ROBERTSON COUNTY	10	74
RUSHH HOUR		400
RUTS		250
SAFE HARBOR		590
SAFE PLACE		296
SANGO SOLUTIONS		120

<b>GROUP / MEETING</b>	<b>OCT 2022</b>	<b>YTD</b>
SATURDAY NIGHT ALIVE	20	220
SEEKERS		600
SERENITY, MURF		200
SERENITY IN THE PARK	203	389
SHADE TREE	615	3,782
SISTERS IN SOBRIETY CROSSVILLE	26	89
SISTERS OF SOBRIETY (S.O.S.)		81
SMYRNA GRATITUDE	248	4,323
SOBRIETY FIRST LEBANON		300
SPRING HILL	41	169
SPIRITUAL WARFARE		1,025
SSS, HERMITAGE		182
STRAGGLERS		195
SUNDAY 10AM, DROSSVILLE		90
THERE IS A SOLUTION		435
TRUDGING THE ROAD		1,000
TURNING POINT	522	1,305
UNCOMMON WOMEN		15
UNITED		900
VALLEY VIEW		300
WAKE UP		121
WANGL		39
WAVERLY		180
WEEKENDERS		300
WEST NASHVILLE		183
WEST MEADE		200
WESTMINSTER		214
WINNERS & BEGINNERS		584
WOMAN'S WAY		150
WOMEN IN THE SOLUTION		500
WOMEN'S FREEDOM		950
WOMEN'S KITCHEN TABLE		220
<b>GROUP MONTHLY TOTALS</b>	<b>5,848</b>	<b>70,725</b>
<b>INDIVIDUALS MESSENGER</b>	<b>471</b> <b>-</b>	<b>11,134</b> <b>123</b>
<b>COMBINED TOTALS TO DATE</b>	<b>6,320</b>	<b>81,982</b>



**Middle Tennessee  
Central Intergroup  
Association**

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](mailto: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 \_\_\_\_\_