The Middle Tennessee Central Office Intergroup

MESSENGER DESIGNATED DONATIONS APPRECIATED

A NEW CONCEPT

J A N 2 0 2 3 M E S S E N G E R

Our little home group, South Golden Beach, just north of Byron Bay here in Australia, has been studying the Concepts once a month. Some of us had a growing need to further understand our service structure and be well-educated in our literature to enable us to perform our primary purpose.

Older members had encouraged our district to embrace this idea, and the general conscience of our district was keen to do this. We are a young district and are supported by our northern neighbors, the Gold Coast District. An older member generously donated a Concepts banner and a load of literature to our district to encourage us to start a meeting.

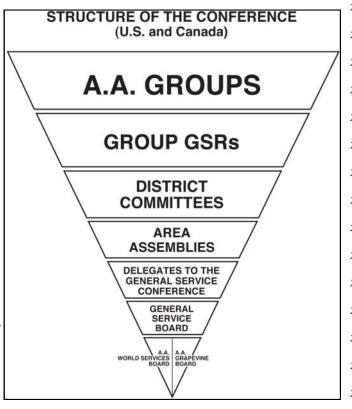
My home group members were a little overwhelmed by the idea of having a Concepts meeting. We are a *Daily Reflections* meeting and we meet at 9 a.m. Saturday mornings. We have a good mix of newcomers in early sobriety and members with time, usually ranging from 15 to 30 in attendance. Some thought, This is a great meeting, why change it?

As a group, it was decided we would start our monthly Concepts meeting with the *Daily Reflections* reading, followed by shares relating to that. Then halfway through the hour, after reading "How It Works," we'd have a guest speaker share on a Concept.

So far, it's been wonderful. Each speaker has shared their experience on a Concept, which helps give a fabulous overall view of our service structure and how it works. It's been a huge success, an opportunity for all of us to learn and grow.

Many members have been surprised at how they are already implementing the Concepts, both in their service work and in their daily lives. The meeting has also helped bring the Steps, Traditions and Concepts together for us. We now get to see the bigger picture of how AA works as we learn more about our upside-down triangle.

Kerryn R—Pottsville AAGrapevine.org



CONCEPT ONE—GROUP CONSCIENCE

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final responsibility and the and strife. The Groups still turned to Fellowship.

The A.A. Groups today hold ultimate responsibility and final authority for our World Service. "Our" part of world In 1948 it had become known to some service today is the North American United States of America. All the elements of service that make this possible start at the Group Business Meeting.

Group service began in 1935 with Bill W. and Dr. Bob providing their who would have it. In 1938 with 50 members in three Groups, Bill W. and Dr. Bob formed what is now the General Service Board of Alcoholics Anonymous to provide a world service structure. This trusteeship designed to inaugurate and maintain all those special services for A.A. as a whole that could not be performed well by single groups.

Twelve vears later (1950)anonvmous and groups had grown total service.

No single person or Group could have accomplished this. Quietly - one by one, each alcoholic had been searched A.A. Traditions had been written and adopted. By 1950 a few densely populated areas of the country had already established Intergroups (or Central Offices) who coordinated local service operations. A confident unity had pretty much replaced fear, doubt

ultimate authority for A.A. world Bill W. at what we now call the services should always reside in the General Service Board of Alcoholics collective conscience of our whole Anonymous to solve all problems that could not be solved within the Group. There was no local District or Area you could go to.

that Dr. Bob was suffering from a fatal continent and other land where the illness. The Trustees always had relied people are citizens of Canada or the heavily on Dr. Bob and Bill W. for advice. They had taken a firm grip on money expenditures but necessarily turned to Bill W. and Dr. Bob every time a policy question member, arose. The average preoccupied with his group life and his own "Twelfth Stepping" knew almost coordinated services to any alcoholic nothing of A.A.'s World Services. Not one member in a thousand could tell who our Trustees were. Not one in a hundred had the least idea what had been done for A.A.'s general welfare. Tens of thousands already owed their chance at sobriety to the little noticed activity of our Trustees and General Services. But few realized this was true.

The fact had to be faced that A.A.'s the founders were perishable. So too were sometimes secret the Group founders perishable. When these originators were gone who could membership of 100,000 people in link our little known Board to our thousands of Groups?

Trustees and Groups alike had strongly opposed calling together representative conference of A.A. out to become a Group member. The delegates, to whom they could become accountable. They thought that the risk was immense and that politics, confusion, expense, and fruitless strife surely would result. It was true that the woes of much lesser undertakings, such as local services (Intergroups and

(Continued on page 4)

SEVEN DEADLY SINS

FOR THOSE WHO MAKE NEW YEAR'S RESOLUTIONS—HERE ARE A FEW QUESTIONS TO HELP GUIDE YOU...

These considerations were taken from pages 48, 49, 66 & 67 of the Twelve and Twelve The bold type presents definitions from Webster's Unabridged Dictionary.

PRIDE: An over high opinion of oneself; exaggerated self-esteem; conceit, arrogance, vanity, self-satisfaction.

- + Have I been so proud that I've been scorned (disrespected) as a braggart (bragger)?
- + Have I acted prideful, consciously or unconsciously out of fear?
- ★ Have I used pride to justify my excesses in my sex conduct?
- → Do I like to feel and act superior to others?

GREED: Excessive desire for acquiring or having; desire for more than one needs or deserves.

- → Have I been so greedy that I've been or could be labeled a thief?
- + Do I long for the possessions of others out of fear of not getting enough?
- → Do I let greed masquerade as ambition?

LUST: To feel an intense desire, especially sexual desire; to long: after or for.

- → Have I been lustful enough to disrespect another, if not physically what about in my mind?
- → Do I fear I will never have the sex relations I need?
- + Do I have sex excursions that have been dressed up in dreams or delusions of romance?

ANGER: A strong feeling excited by a real or supposed injury; often accompanied by a desire to take vengeance, or to obtain satisfaction from the offending party; resentment; wrath.

- → Have I been angry enough to murder?
- → Do I get angry out of fear when my instinctive demands are threatened?
- → Have I enjoyed self-righteous anger in the fact that many people annoy me and that makes me superior to them?
- + Have I enjoyed gossiping as a polite form of murder by character assassination?

GLUTTONY: One who eats too much. One with a great capacity for something; as, a glutton for work.

- + Have I been gluttonous enough to ruin my health?
- → Do I grab for everything I can, fearing I'll never have enough?
- + Do I bury myself in my work, hobbies or activities?

ENVY: To resent another for excellence or superiority in any way, and to be desirous of acquiring it.

- → Do I agonize over the chronic (persistent or recurring) pain of envy?
- + Does seeing the ambitions of others materialize make me fear that mine haven't?
- → Do I suffer from never being satisfied with what I have?
- → Have I spent more time wishing for what others have than working towards them?

SLOTH: Disinclination to action or labor; sluggishness; habitual indolence; laziness, idleness; slowness; delay.

- → Have I been paralyzed by sloth?
- → Do I get alarmed with fear at the prospect of work?
- → Do I work hard with no better motive than to be secure and slothful later on?
- → Do I loaf and procrastinate?
- → Do I work grudgingly and under half steam?

(Continued from page 2)

calamity would be in the making if ever a conference representing all of A.A. assembled. These arguments were not without merit; they were difficult to contest. It took little imagination to see that future collapse would be the certain penalty if we did not act boldly and decisively.



Thus, propelled by events, and guided by able Central Offices) and clubs, had sometimes been leadership at all levels of our organization, we did great. Hence the conviction was widespread that take that necessary action. Now that the Conference is well established these many years, we find that our former fears of the troubles a Conference might involve were largely groundless. The results of the Conference have exceeded the highest expectation of the pioneers of A.A. It now stands that the A.A. groups can and will take the final responsibility for their World Services.

> There were other reasons for this basic shift of ultimate responsibility and authority to A.A. as whole. These reasons center around Tradition Two, which declares, "For our group purpose, there is but one ultimate authority - a loving God as He may express Himself in our Group Conscience. Our leaders are but trusted servants; they do not govern."

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CENTRAL OFFICE POSITIONS	OFFICER NAME	PHONE NUMBER	
Chairperson	Garrett D	615.957.7674	
Central Office Manager	Charles C	615.973.9898	
Central Office Bookkeeper	Bill M	615.512.5710	
Vice Chairperson	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

Twelve Traditions Experience

How to have a personal experience with the 12 Traditions of Alcoholics Anonymous

The following questions were taken from the core of what it says in the Big Book page 562- 566 and the Twelve and Twelve. Stripping away the stories and examples that Bill gives and reducing them down to simple questions for consideration. Also supported by discussions in the book "Pass It On" which is also AA literature.

Here's how you can have a personal experience with the 12 Traditions: Start by reading the First Tradition out of the Big Book, both the long and short version. Then read the corresponding question below. Consider how your Group or Groups around you may have broken these. If you can answer yes to any of these questions it may be in violation of that Tradition. Setting aside all your theories and ideas and just create a vision of what it looks like to violate each. Attaching a personal example of what it looks like to break the Traditions will create an awakening to the spirit of the Traditions.

After considering each Tradition and what it looks like to break it, ask how Tradition 12 applies to it. For example: How is anonymity the Spiritual foundation of Tradition One? Are the Principles of AA put before individual Personalities in the Group? Do this with each Tradition after considering each Tradition's question. The Principles of AA are the 12 Steps, 12 Traditions and the 12 Concepts of World Service.

One: Does the group put the interests of any individual above the welfare of the group or of AA

as a whole?

Two: Does the group do anything that misrepresents the conscience of the majority of the group?

Three: Does the group exclude anyone with a drinking problem from attending the group?

Four: Does the group do anything that does not conform to AA principles and affect other groups or AA

as a whole?

Five: Does the group do anything that conflicts with our carrying the AA message to alcoholics

who want a way out from their drinking problem?

Six: Does anything that is done affiliate, endorse or bind the group, actual or implied, to any related

facility or outside enterprise?

Seven: Does the group receive donations from anyone other than an AA member?

Eight: Are there any fees besides meeting expenses being charged for Twelve Step work,

IE: fellowship, sponsoring, step work, counseling?

Nine: Is there a governing individual or exclusive group authority that dictates organization to our group?

Ten: Does the group do anything that publicly states an opinion or takes sides on any issues or

controversy that are outside of AA?

Eleven: At the general public level, does the group publicize any individual AA member's name or

picture as a self-appointed representative of AA?

Twelve: Does the group give personal distinction to any AA member either among fellow alcoholics or the

general public that puts their opinions above the conscience of the group or AA as a whole?



JOIN US FOR OUR NEXT MEETING

SERVICE POSITIONS ARE AVAILABLE

Hotel Liaison | Registration | Hospitality | Entertainment | Agenda | Coffee Supporting Events & More!

Tennessee State Convention 2023

- Area 64 -

...Do you know Bill W. ?

Hosted by District 11 & District 12

September 29,30 Oct 1st 2023

Advance registration and Information www.tnaaconvention2023.com

AA Speakers

Craig W. CT, Peter M. FL, Ralph W. CA Kevin H. AL, Jennifer D. NC, Amy D. KY

Al-Anon speakers - Bud S. NH and Sue P. VA

\$35.00 Pre-Registration Registration \$40.00 per person after July 31, 2023

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Holiday Inn Express 111 Hospitality Blvd Phone 931-728-9383



152 Hospitality Blvd Phone 931-228-8393





RENT-A-SPONSOR

- o Are you tired of being told like it is?
- o Still looking for that easier, softer way?
- o Had enough of that same old time-tested direction?

No Reading! No Writing! No Deadlines! STANDARD FEATURES INCLUDE:

- Listening to your sniveling without constant reference to the Big Book or Steps!
- Co-signing your excuses and rationalizations!
- Work only the Steps you want, in the order you choose!
- Learn the secret of giving it away before you even
- Why "walk the walk" when you can just "talk the
- Remember, it's better to look good than to feel
- Why save your ass at the cost of __ your face?

Unknown Author





MIRUS— the shared voice of Intergroup • January 2023





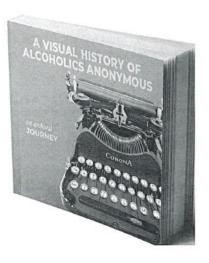
A.A. Pamphlet of the Month:
It Happened To Alice
What Happened To Joe....



Grapevine Book of the Month:
Take Me To Your Sponsor



AA Book of the Month: A Visual History of Alcoholics Anonymous



Group Contributions - November 2022 Thank you all, in the Spirit of Hope.

12 Steppers Audubon Park 2218 Squad 72 2218 Squad 61 7-Hi Group A New Freedom - Excelsion Andover Alano Squad 5 Annandale Lakers Anoka AA Group Basic 12 Group Bridges AA Group - Prior Lake Cavalier West Sat Night Group Cliffhangers 1 - Thurs 7 30 Group Common Solution Big Book Study Continuous Action Crushed Grapes Dead On Arrival

Edina Thurs Men's Group I

Excelsior Wednesday Night Group Flight Plan Foxhall Chapter 7 Grp Friday Night Shift Home Boyz Squad Isanti Alano Squad 12 It Might Have Been Worse Joe and Charlie Big Book Meeting Kozy's Noon Men's AA Ladies Night Happy Hour-Sahara Club Lakers Saturday Morning AA Minnetonka Big Book Study Group Monday Primary Purpose Group Monticello Alano Squad 10 New Freedom - Chanhassen New Hope 2 pm Newcomers New Hope Alano - Squad 12 New Hope Alano-Squad 16

New Hope Squad 59 Nicollet AA Group North Road AA Parkway AA Group Pax Christi Thursday Night Rich/Blmngtn Alano Squad 4E Rich/Blmngtn Alano Sun Mtg Richfield/Bloomington Squad 1y Ridge Runners I Group River Valley AA Group Rule 62 Cavalier Saturday Morning Fever Saturday Morning Men's AA Saturday Night Live Group Senior Men's Barn Group Serenus AA Group Silver Lake AA Group SPD-Tuesday Night Group St. Louis Park Sunday Night AA

Step Brothers
Sunday Night Grace
Sunlight of the Spirit
Sunrisers (Thursdays)
The Becker Group
Third Tradition Group of AA
This Simple Program
Thursday Night Women's Group
Tonka Alano Society
Tradition One
Turning Point Women's
Voices Of Recovery
Wayzata Sunday Night Step Group
We Are Not Saints-Richfield
Women on the Wagon-WOW

Every AA group that sends a contribution is sent a receipt along with a "Thank You" letter with their respective group. Every AA group that sends a contribution will be listed in the MIRUS. Upon inquiry your AA group can request a contribution summary.

Group Contributions/Birthday Plan** November 2022

Foxhall Chapter 7

**On their sobriety birthday, many AA members contribute one dollar or more for each year of sobriety to any or all of our four service entities; District, Area Assembly, the General Service Office and the local Intergroup. Some members attribute their birthday contribution to their home group. Those groups receive a receipt and "Thank You" letter from the office and are listed in the MIRUS.



📤 I am grateful that:

I am part of the Fellowship, one among many, but I am one.

I need to work the Steps for the development of the buried life within me. Our Program may be human in its organization, but it is Divine in its purpose. The purpose is to continue my spiritual awakening.

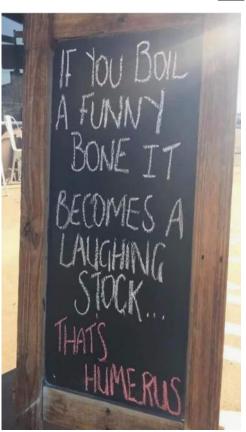
Participating in the privileges of the movement, I shall share in the responsibilities, taking it upon myself to carry my fair share of the load, not grudgingly, but joyfully.

To the extent that I fail in my responsibilities, the Program fails. To the extent that I succeed, the Program succeeds.

I shall not wait to be drafted for service to my fellow members, I shall volunteer. I shall be loyal in my attendance, generous in my giving, kind in my criticism, intuitive in my suggestions, loving in my attitudes. I shall give to the Program my interest, my enthusiasm, my devotion, and, most of all, myself.



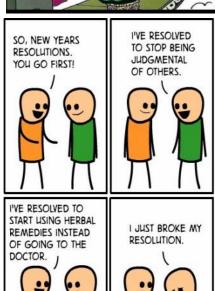




Here's to all the people who will be spending New Year's Eve at home in their PJs with their pets.







Middle Tennessee Intergroup Association

Statement of Activities - Actual and Budgeted - Schedule 1 For the Eleven Months and Year Ended Novemberr 30, 2022

		November 2022			YTD 2022	
			Budget			Budget
	Actual	Budget	Variance	Actual	Budget	Variance
Income						
Net Literature Sales	1,889.28	2,500.00	(610.72)	28,110.36	22,500.00	5,610.36
Group Donations	5,967.51	6,153.00	(185.49)	76,692.48	55,377.00	21,315.48
Individual Donations	4,707.41	1,489.33	3,218.08	15,841.54	13,403.97	2,437.57
Messenger Donations	-		-	123.36	-	123.36
Website Donations	-	-	-	-	-	-
Special Events	8,150.00	416.67	7,733.33	10,590.00	3,750.03	6,839.97
Interest	18.18	94.17	(75.99)	77.63	847.53	(769.90)
Total Income	20,732.38	10,653.17	10,079.21	131,435.37	95,878.53	35,556.84
Expenses						
Casual Labor	250.00	250.00		2,750.00	2,250.00	500.00
Payroll	6,271.00	6,271.00		68,981.00	56,439.00	12,542.00
Legal & Professional	350.00	350.00		3,850.00	3,150.00	700.00
Rent	1,066.00	1,100.00	(34.00)	10,726.00	9,900.00	826.00
Printing	-	33.33	(33.33)	6.00	299.97	(293.97)
Payroll Taxes	480.00	483.33	(3.33)	5,280.00	4,349.97	930.03
Repairs & Maintenance	50.00	29.18	20.82	550.00	262.62	287.38
Equipment Rental	128.39	100.00	28.39	1,258.03	900.00	358.03
Telephone & Fax	599.08	515.00	84.08	6,705.06	4,635.00	2,070.06
Answering Service	191.00	250.00	(59.00)	2,104.30	2,250.00	(145.70)
Postage	47.19	113.00	(65.81)	1,512.61	1,017.00	495.61
Office Supplies	75.63	183.33	(107.70)	765.49	1,649.97	(884.48)
Bank Service Charges	62.00	40.00	22.00	648.00	360.00	288.00
Computer & Technology	272.86	208.33	64.53	1,829.27	1,874.97	(45.70)
Credit Card Service Fees	96.96	85.00	11.96	1,820.54	765.00	1,055.54
Intergroup Expense	-	100.00	(100.00)	867.82	900.00	(32.18)
Insurance	-	166.67	(166.67)	1,994.00	1,500.03	493.97
Special Events	5,252.54	125.00	5,127.54	5,404.34	1,125.00	4,279.34
Travel	2,000.00	250.00	1,750.00	3,371.85	2,250.00	1,121.85
Miscellaneous			-			-
Depreciation			-		-	-
Over/Under						•
Total Expenses	17,192.65	10,653.17	6,539.48	120,424.31	95,878.53	24,545.78
Net Income	3,539.73		3,539.73	11,011.06		11,011.06

GROUP / MEETING	NOV 2022	YTD	GROUP / MEETING	NOV 2022	YTD
21st AVENUE		20	EASTSIDE SUNLIGHTERS		1,655
86'ers	139	791	EVERY WOMAN HAS A STORY		197
A NEW FREEDOM		240	FAIRVIEW		582
ANONYMOUS		16	FAYETTEVILLE		125
ANY LENGTHS		105	FIRST THINGS FIRST	570	2,151
AWOL	35	186	FRANKLIN	709	2,032
BACK TO THE BIG BOOK	30	30	FRANKLIN FELLOWSHIP		600
BACKROOM	93	5,671	FRANKLIN 4TH BB STUDY		1,000
BASEMENT BUNCH		250	FRANKLIN MEN'S		500
BRENTWOOD FULL MOON		1,250	FRANKLIN ROAD WOMEN'S		99
BY THE BOOK, BYRDSTOWN		40	FREE TO BE		536
BY THE BOOK, DICKSON	129	129	FREEDOM FROM BONDAGE		75
BY THE BOOK, LEBANON		160	FRIENDS IN RECOVERY		625
CELEBRATE SERENITY		921	G.A.A. GALLATIN		100
CENTERVILLE	189	1,050	GIFT OF DESPERATION		842
CLARK STREET	100	300	GLADEVILLE		238
COLUMBIA		360	G.O.D.		191
COMFORT ZONE		1,000	GRATEFUL ALIVE		11
COOKEVILLE		270	GRATEFUL GROVE HAPPY DESTINY		307
COURAGE TO CHANGE		25	HAPPY HOUR		109 30
CROSSVILLE		128	HARDING RD		125
CROSSVILLE NONSMKIN' STEP		42	HERMITAGE WOMEN'S		778
CROSSVILLE NOONERS		360	HILLSBORO ROAD		50
CROSSVILLE SERENITY		100	HUNT CLUB AA MEDITATION		690
DAVIDSON RD		6,000	INTERGROUP		4
DEKALB FRIENDSHIP		200	JOELTON		100
DESIGN FOR LIVING		511	KEEP IT SIMPLE		708
DICKSON		32	KEEPING SOBER	125	125
DICKSON, BY THE BOOK		1,200	KEY TO SOBRIETY		700
DISTRICT 9		600	KICK OFF NOT UNTIL NOON		725
DONELSON Y.E.T.		100	LADIES NIGHT OUT		210
DOUBLE DIPPERS		246	LAFAYETTE NEW HOPE		150
-			LAST HOUSE ON THE BLOCK		120
DROP THE ROCK,		125	LATE LUNCH BUNCH		6,800
DRUNKS IN THE PARK		720	LAWRENCEBBURG		100
EAST HICKMAN		500	LINDEN AA		971
EAST NASHVILLE		300	LIVE AND LET LIVE		100
EAST SIDE MEN'S STAG		1,750	LIVE AND LET LIVE,		
EAST SIDE SATURDAY		1,187	COOKEVILLE		56

GROUP / MEETING	NOV 2022	YTD		NOV	VIII D
LIVING THE PRINCIPLES	341	576	GROUP / MEETING	2022	YTD
LIVING BY THE PRINT		900	SISTERS IN SOBRIETY CROSSVILLE		89
LIVINGSTON 12x12		100	SISTERS OF SOBRIETY (S.O.S.)		81
MEN'S LOG CABIN	276	692		055	
MONTEREY FRIDAY NIGHT		100	SMYRNA GRATITUDE	275	4,598
MURFREESBORO		165	SOBRIETY FIRST LEBANON	100	400
MUSIC ROW		50	SPRING HILL		169
MUSTARD SEED	200	1,400	SPIRITUAL WARFARE		1,025
NIPPER'S CORNER		235	SSS, HERMITAGE		182
N.O.W.		368	STRAGGLERS		195
ON AWAKENING		1,000	SUNDAY 10AM, DROSSVILLE		90
ONE DAY AT A TIME		50	THERE IS A SOLUTION		435
ONE PURPOSE	25	300	TRUDGING THE ROAD		1,000
ONE STEP CLOSER		793	TURNING POINT		1,305
OPEN DOOR		132			
OUT OF FOG/OUT OF BOG		958	UNCOMMON WOMEN	76	91
OUT TO BREAKFAST		250	UNITED		900
PAGE 112		410	VALLEY VIEW		300
PORTLAND UNITY		50	WAKE UP		121
PRIMARY PURPOSE		6	WANGL		39
PRIMARY PURPOSE		100	WAVERLY		180
LEWISBURG		100	WAY OF LIFE	98	98
PRIMARY PURPOSE MADISON		45	WEEKENDERS		300
PRIMARY PURPOSE MURF		91	WEST MEADE	300	500
PRIMARY PURPOSE ROLLING HILLS		536	WESTMINSTER		214
PULASKI	30	240	WEST NASHVILLE	88	271
RECOVERY ON THE ROW		300	WINNERS & BEGINNERS		584
RIDGETOP BASIC		100	WOMAN'S WAY		150
ROBERTSON COUNTY	10	84	WOMEN IN THE SOLUTION	100	600
RUSHH HOUR		400		100	
RUTS		250	WOMEN'S FREEDOM		950
SAFE HARBOR		590	WOMEN'S KITCHEN TABLE		220
SAFE PLACE		296	GROUP MONTHLY		
SANGO SOLUTIONS		120	TOTALS	5,968	76,692
SATURDAY NIGHT ALIVE	20	240	INDIVIDUALS	4,707	15,842
SEEKERS		600	MESSENGER	-,	123
SERENITY, MURF	100	300	MIESSENGEN		143
SERENITY IN THE PARK	1,431	1,820	COMBINED TOTALS TO		
SHADE TREE	329	4,111	DATE	10,675	92,657

Middle Tennessee Central Intergroup Association

417 Welshwood Drive Suite 207 Nashville, TN 37211

 $615.832.1136 \\800.559.2252$

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