

The **MESSENGER** *Middle Tennessee Central Office Intergroup*

MESSENGER DESIGNATED
DONATIONS APPRECIATED

Tradition Three

MAR 2023
MESSENGER

Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.

The Third Tradition is a sweeping statement indeed; it takes in a lot of territory. Some people might think it too idealistic to be practical. It tells every alcoholic in the world that he may become, and remain, a member of Alcoholics Anonymous so long as he says so. In short, Alcoholics Anonymous has no membership rule.

Why is this so? Our answer is simple and practical. Even in self-protection, we do

not wish to erect the slightest barrier between ourselves and the fellow alcoholic who still suffers. We know that society has been demanding that he conform to its laws and conventions. But the essence of his alcoholic malady is the fact that he has been unable or unwilling to conform either to the laws of man or God. If he is anything, the sick alcoholic is a rebellious nonconformist. How well we understand that; every member of Alcoholics Anonymous was once a rebel himself. Hence, we cannot offer to meet him at any halfway mark. We must enter the dark cave where he is and show him that we understand. We realize that he is altogether too weak and confused to jump hurdles. If we raise obstacles, he might stay away and perish. He might be denied his priceless opportunity.

So when he asks, "Are there any conditions?" we joyfully reply, "No, not a one." When skeptically he comes back saying, "But certainly there must be things that I have to do and believe," we quickly answer, "In Alcoholics Anonymous there are no musts." Cynically, perhaps, he then inquires, "What is this all going to cost me?" We are able to laugh and say, "Nothing at all, there are no fees and dues." Thus, in a brief hour, is our friend disarmed of his suspicion and rebellion. His eyes begin to open on a new world of friendship and understanding. Bankrupt idealist that he has been, his ideal is no longer a dream. After years of lonely search, it now stands revealed. The reality of Alcoholics Anonymous bursts upon him. For Alcoholics Anonymous is saying, "We have something priceless to give, if only you will receive." That is all. But to our new friend, it is everything. Without more ado, he becomes one of us.

Our membership Tradition does contain, however, one vitally important qualification.

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Tradition Three

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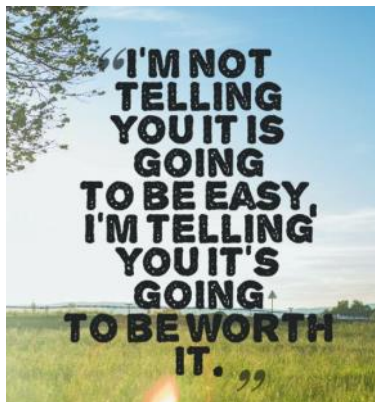
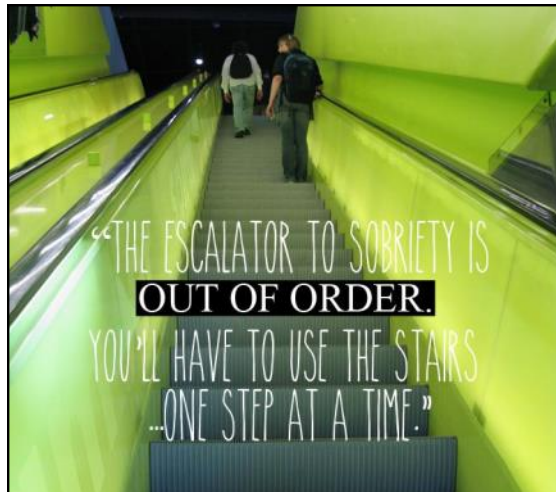
(Continued from page 1)

That qualification relates to the use of our name, Alcoholics Anonymous. We believe that any two or three alcoholics gathered for sobriety may call themselves an AA group provided that, as a group, they have no other affiliation. Here our purpose is clear and unequivocal. For obvious reasons we wish the name Alcoholics Anonymous to be used only in connection with straight AA activities. One can think of no AA member who would like, for example, to see the formation of "dry" AA groups, "wet" AA groups, communist AA groups. Few, if any, would wish our groups to be designated by religious

denominations. We cannot lend the AA name, even indirectly, to other activities, however worthy. If we do so we shall become hopelessly compromised and divided. We think that AA should offer its experience to the whole world for whatever use can be made of it. But not its name. Nothing could be more certain.

Let us of AA therefore resolve that we shall always be inclusive and never exclusive, offering all we have to all, save our title. May all barriers be thus leveled; may our unity thus be preserved. And may God grant us a long life — and a useful one!

Bill W. The A.A. Grapevine, Inc., February 1948



A drunk guy in Alaska decides to go ice fishing. So he packs up his stuff and goes out onto the ice.

He starts sawing a hole in the ice, and a loud booming voice says, "YOU WILL FIND NO FISH UNDER THAT ICE!"

The drunk looks up, ignores it, and continues on. The voice repeats, "YOU WILL FIND NO FISH UNDER THE ICE."

The drunk looks up and says, "God? Is this God trying to warn me?"

The voice says "NO, I'M THE MANAGER OF THIS ICE RINK."

This pamphlet explains how anonymity serves as both a safeguard at the personal level and a spiritual principle at the public level, and outlines what this means for A.A. members both within A.A. and outside of it. Includes FAQs on social media and the Internet, as well as suggestions for dealing with friends and family.

General Service Conference-approved.

"When using digital media, A.A. members are responsible for their own anonymity and that of others. When we post, text, or blog, we should assume that we are publishing at the public level. When we break our anonymity in these forums, we may inadvertently break the anonymity of others."

The word "anonymous" in our name is meant to provide as much privacy as an individual may desire regarding membership in A.A.

Anonymity on a person-to-person basis

From its earliest days, A.A. has promised personal anonymity to all who attend its meetings. Because its founders and first members were recovering alcoholics themselves, they knew from their own experience how ashamed most alcoholics are about their drinking, how fearful they are of public exposure. The social stigma of alcoholism was great, and those early A.A. members recognized that a firm assurance of confidentiality was imperative if they were to succeed in attracting and helping other alcoholics to achieve sobriety." p. 5-6



A.A. ANONYMITY

(Announcement for reading at meetings open to the public)

There may be some here who are not familiar with our Tradition of personal anonymity at the public level:

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

We respectfully ask that A.A. speakers and A.A. members not be photographed, videoed, or identified by full name on all media platforms or in any published reports of our meetings, including those reports on public media platforms.

The assurance of anonymity is essential in our efforts to help other problem drinkers who may wish to share our recovery program with us. And our Tradition of anonymity reminds us that A.A. principles come before personalities.

A DESIRE TO STOP DRINKING

Although she couldn't say the words at first, she knew she was an alcoholic in every fiber of her being

When I attended my first AA meeting, it was only to keep a promise to my husband, whom I had told I would attend a meeting before the summer was over. August came and it was almost time to go back to my teaching assistant job, so I went. I did not attend that meeting with a "desire to stop drinking," but only to keep a promise. I was very scared and nervous when I walked in, but I stayed for the entire meeting and I even raised my hand when asked if it was anyone's first meeting. It would be two more summers before I would walk through the doorway of another AA meeting with a true "desire to stop drinking."

In January of that year, my husband requested "one of those we need to talk" talks. I had slurred my words badly the night before, again. I had been innocently drinking myself into a stupor in my bedroom while watching TV. I came out to say goodnight. I was barely able to push the words "goodnight" out of my mouth to my husband who was watching TV in the family room. I didn't dare walk over to kiss him, as I might stumble, but really because we had long since stopped those insincere attempts at affection. I crawled into bed and slept on and off. I woke up with a hangover, made it through the day

(Continued on page 5)

<i>CENTRAL OFFICE POSITIONS</i>	<i>OFFICER NAME</i>	<i>PHONE NUMBER</i>	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 Apr 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 Goodlettsville
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 S		
Secretary	Lindsey T	615.260.6295	
Treasurer	Karla H	619.804.5786	
Public Information/Cooperation with the Professional Community	Al C	615.587.1616	
Accessibility Committee			
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	

A DESIRE TO STOP DRINKING

(Continued from page 4)

at work, as was my routine, and returned home. When he said, “we had to talk,” I had an idea of what was to come.

Typically, he would address the issue of my drinking, of him not wanting to be married to an alcoholic and of my denial. I really wasn’t in denial; I knew I had a big problem. I just didn’t want to admit it or do anything about it. We had these “talks” regularly, but this time was different. His face was ashen white and he announced that he had contacted an attorney about a divorce. I had to make a choice. He said I should think about it and did not have to make a decision right then. This time there was no options—no drinking modifications, conditions, threats or negotiations. It was our marriage or the bottle. Period! Even though the idea of moving out and living alone with the ability to drink whenever I wanted to without hiding it went through my head, I knew I had had to stop. I felt sick to my stomach, like someone had just punched me. I had to face this.

I wanted my marriage, my husband and our life together to go on and improve. I was “scared straight” for several months. I quit drinking and stayed sober on my own. I consulted with a psychologist on a regular basis. Together we confronted my dilemma. Was I an alcoholic or not? After trying some controlled drinking, I asked a friend who had quit some months before to have coffee with me. I had no idea she was a member of AA. She shared her story. I saw in her experience, something that I could related to. I heard positivity in her words that led me to attending an open speaker meeting with her that night. I don’t remember much about it, but she invited me to their next meeting, a Big Book study, a few nights later. This was a closed meeting. I would have to introduce myself as an alcoholic or as having “a desire to stop drinking.” I chose the latter.

I still wasn’t sure if I was an alcoholic, but all the signs were there. I would pick up a white chip the next week as a sign of my surrender. I continued going to meetings and introducing myself that same way—“a desire to stop drinking.” Some weeks later, I admitted only to myself that I was an alcoholic, but couldn’t get the words out. I just could not say: “I’m and alcoholic. My name is Linda Jo.” I made this my home group and went to weekly Big Book and Step Study meetings. Some things were starting to sink in and make sense. A temporary sponsor was assigned to me and after a couple months, I finally mouthed the words, “My name is Linda Jo, and I am an alcoholic.”

I think there were a few spontaneous cheers and some congratulatory hugs after the meeting. I now felt really at home—a part of the group. If the AA requirement had been to admit that I was an alcoholic from the beginning, I don’t think I would have ever made it. My awesome home group patiently supported and knew before I did that I was “one of them.” But, it was upon my own declaration of my alcoholism, that I really felt like I became a proud and involved member of this Fellowship! I have been sober over 4 years now.

LINDA JO ST. | HENDERSONVILLE, N.C.

ANNUAL SOUTHEAST WOMAN TO WOMAN CONFERENCE

"SECRETS WOMEN DON'T SHARE"

A Conference for Sober Alcoholic Women with Al-Anon Participation.
No Children Allowed at Conference Events!



BECOMING A BETTER YOU

LOW COUNTRY CONFERENCE CENTER
405 SIGMA DRIVE
SUMMERVILLE, SC

AUGUST 18-20, 2023

Hotel Reservations: Hilton Garden Inn - 406 Sigma Drive Summerville, SC 29483
843-832-1304 Code: SEW King \$159 2 Queens \$169 + tax per night (Cut off rate 7/19/2023)

Contacts:
Chair: Annette M. 843-810-5327 Co Chair: Darleen M. 803-218-8330 Registrar: Pat B. 803-270-
Email: annettemacon@gmail.com Website: www.sewomantowoman.org

Conference Registration: Early Bird \$55.00 (Until Feb 28, 2023) \$60.00 (Mar 1 - Aug 17) \$65.00 (At the time of the conference)
Banquet: "Ladies in Red" \$65.00 Southern Buffet
Clip and Mail Registration: SEWTW 2023 P.O. Box 61 Ladson, SC 29456
Please make Checks/M.O. payable to SEWTW
Registration Form (Please print clearly)

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

Scan to go to
registration
page



Workshops and Events

Manchester Hotels -



Holiday Inn Express
111 Hospitality Blvd
Rate \$108 / code TSC
Phone 931-728-9383



Comfort Inn
152 Hospitality Blvd
Rate \$105 / code AA
Phone 931-228-8393



LX Hotel (3miles)
201 Murfreesboro Hwy
Rate \$99 / code TNCon23
Phone 931-954-0946

NASHVILLE

Q1 2024

HOST COMMITTEE MEETINGS

What
Bid for Nashville to Host Q1 Area 64 Assembly

When
3rd Sunday of every month @ 5 pm

Where
Zoom
ID: 875 493 2997
PW: 6QeqTM

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

UPCOMING MEETINGS

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

Registration | Hospitality | Entertainment
Agenda | Coffee & More!

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



It's Over

A poem by Alli H.

Goodbye oh beloved drugs, one and all
Yes, even to you, my sweet alcohol
My first day without you, I'd never been so lost
Then come day three, I'da done anything, it didn't matter the cost
I never thought it would be so painful or just downright hard
But while numbing it all out, I didn't realize how badly I'd been scarred
The physical agony and aches were just barely the beginning
Recovering my mind, now that was one hell of an inning
The damage that had been done was devastatingly real
Clear as day were all the things I'd been refusing to feel
I thought for sure I'd crumble just from the exhausting weight
Now I've never been more thankful; it was never too late
Because sticking it out and seeing myself through
Was undoubtedly the greatest thing I ever could do
I've never known such peace, or felt more alive
It feels there's nothing I can't do, as long as I try
Oh what a discovery it has been to figure out who is me
Who would've thought, there's no one else I'd rather be
From absolute misery, and the unrelenting pain
I found more than just myself and still there's yet to gain
The possibilities are never-ending now that I am finally set free
Try as you might to regain control, coming back you'll never find me
I've wasted enough of my life falling for your fake, disastrous charm
Never again will I grant you the power to do any such harm
To myself, leaving you for good was the greatest gift I ever could give
I finally found the meaning, and truly know what it is to live
So goodbye despicable drugs, one and all
Yes, especially to you, seductive alcohol
This is My Life now, and the adventure has just begun
The battle between you and I though, it's over, I won

I understand and appreciate that AA is not about religion. It's about sobriety. My choice of a Higher Power is up to me, not AA or its members.

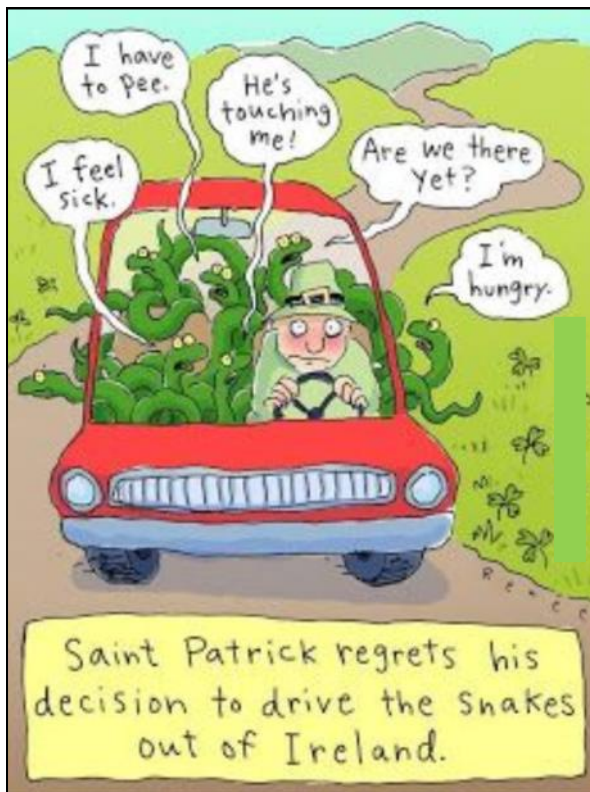
In June of 2007, I was out wandering the streets at 7 a.m., still drunk. Eventually I found myself on the doorstep of a homeless shelter. I realized the people inside followed a certain religion. I was not a fan of religion, having had a few bad experiences with it in the past.

Alcohol had dragged me so far from spirituality. God was an entity I rarely acknowledged. Out of desperation, I gave their God a chance—and AA. I said a few 911-type prayers and managed to get and stay sober. For the first few years of sobriety, along with living the AA program, I also attended church regularly. Slowly I became deeply involved with the intricacies of that particular church. At some point, the church leadership began to crumble and I moved away from the area.

I always harbored resentments for the things I did not understand about religion. AA, being a spiritual program, thankfully does not push any specific view of God. However, I've noticed that sometimes some members do push their beliefs. I tune out when people begin preaching in AA. If I want to hear about religion, I'll go to church. I go to AA to maintain my sobriety.

I've been studying various religions and archaeology and have come to my own conclusion about the identity of God. My conclusion is that there is no concrete conclusion. A Higher Power exists but its name remains a mystery to me. My conclusions about religion will keep me from going to certain churches but will certainly not keep me from AA.

When I first got sober, I considered the word "spiritual" synonymous with the word "religious" and ignored the phrase, "It's a spiritual, not a religious, program." Eleven years later, I've finally realized the importance of each word's definition. I understand and appreciate that AA is not about religion. It's about sobriety. My choice of a Higher Power is up to me, not AA or its members.



**DRUNK ME
AND SOBER ME ARE NOT
THE SAME PERSON.
IF DRUNK ME UPSET
YOU DON'T COME AT SOBER ME.
WE WEREN'T THERE.
WE DON'T KNOW WHAT HAPPENED.**

ASLEEP BY
NINE

SAFETY CARD FOR A.A. GROUPS

The General Service Office has made this optional card available as an A.A. service piece for in-person/online groups that wish to use it. Please feel free to utilize, choose a section(s) or adapt the text to your group's needs.

Tradition Five states: Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

Any person seeking help with a drinking problem is welcome at this group. No A.A. entity determines an individual's membership in Alcoholics Anonymous. It is this group's conscience that if any person endangers another individual or disrupts the group's efforts to carry A.A.'s message, the group may ask that person to leave the meeting.

This group strives to safeguard the anonymity of A.A. members and attendees; however, keep in mind that anonymity in A.A. is not a cloak for unsafe and illegal behavior. Addressing such behavior and/or contacting the proper authorities when appropriate, does not go against any A.A. Traditions and is meant to ensure the safety of all in attendance.

The short form of Tradition One states: "Our common welfare should come first; personal recovery depends upon A.A. unity." Recognizing the importance of group unity, our group strives to create a safe meeting environment in which alcoholics can focus on achieving sobriety.

Service Material from the General Service Office

Middle Tennessee Intergroup Association
Statement of Activities - Actual and Budgeted - Schedule 1
For the Month and Year Ended January 31, 2023

	January 2023			YTD 2023		
		Budget	Budget		Budget	Budget
		Variance	Variance	Actual	Variance	Variance
Income						
Net Literature Sales	2,420.02	2,700.00	(279.98)	2,420.02	2,700.00	(279.98)
Group Donations	12,370.32	6,598.00	5,772.32	12,370.32	6,598.00	5,772.32
Individual Donations	2,683.22	1,480.00	1,203.22	2,683.22	1,480.00	1,203.22
Messenger Donations	35.00	5.00	30.00	35.00	5.00	30.00
Website Donations	-	-	-	-	-	-
Special Events	-	416.00	(416.00)	-	416.00	(416.00)
Interest	2,418.36	10.00	2,408.36	2,418.36	10.00	2,408.36
Total Income	19,926.92	11,209.00	8,717.92	19,926.92	11,209.00	8,717.92
Expenses						
Casual Labor	275.00	275.00	-	275.00	275.00	-
Payroll	6,530.00	6,530.00	-	6,530.00	6,530.00	-
Legal & Professional	-	350.00	(350.00)	-	350.00	(350.00)
Rent	946.00	1,100.00	(154.00)	946.00	1,100.00	(154.00)
Printing	-	33.00	(33.00)	-	33.00	(33.00)
Payroll Taxes	480.00	500.00	(20.00)	480.00	500.00	(20.00)
Repairs & Maintenance	50.00	35.00	15.00	50.00	35.00	15.00
Equipment Rental	116.33	100.00	16.33	116.33	100.00	16.33
Telephone & Fax	619.48	630.00	(10.52)	619.48	630.00	(10.52)
Answering Service	229.64	250.00	(20.36)	229.64	250.00	(20.36)
Postage	140.30	125.00	15.30	140.30	125.00	15.30
Office Supplies	6.36	208.00	(201.64)	6.36	208.00	(201.64)
Bank Service Charges	62.00	65.00	(3.00)	62.00	65.00	(3.00)
Computer & Technology	272.86	140.00	132.86	272.86	140.00	132.86
Credit Card Service Fees	137.53	200.00	(62.47)	137.53	200.00	(62.47)
Intergroup Expense	11.99	150.00	(138.01)	11.99	150.00	(138.01)
Insurance	1,525.00	175.00	1,350.00	1,525.00	175.00	1,350.00
Special Events	-	166.00	(166.00)	-	166.00	(166.00)
Travel	-	177.00	(177.00)	-	177.00	(177.00)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	-	-	-
Total Expenses	11,402.49	11,209.00	193.49	11,402.49	11,209.00	193.49
Net Income	8,524.43	-	8,524.43	8,524.43	-	8,524.43

GROUP / MEETING	JAN 2023	YTD
BACK TO THE BIG BOOK	60	60
BACKROOM	747	747
BROWN BAG	120	120
CENTERVILLE	100	100
CHICKEN PLUCKERS	1,176	1,176
CLARK STREET	100	100
COLUMBIA	90	90
COMFORT ZONE	450	450
CROSSVILLE	34	34
DAVIDSON RD	1,500	1,500
DICKSON	75	75
EAST SIDE MEN'S STAG	800	800
EAST SIDE SATURDAY	291	291
EVERY WOMAN HAS A STORY	55	55
FAYETTEVILLE	25	25
FIVE AND FIVE	200	200
FREE TO BE	132	132
FRIENDS IN RECOVERY	225	225
G.A.A. GALLATIN	25	25
HARDING RD	125	125
HOW IT WORKS, MENS	100	100
LAMBDA	294	294
LATE LUNCH BUNCH	1,100	1,100
LIVINGSTON 12x12	25	25
MURFREESBORO	15	15
ONE PURPOSE	25	25

GROUP / MEETING	JAN 2023	YTD
ONE STEP CLOSER	313	313
OUT OF FOG/OUT OF BOG	400	400
OUT TO BREAKFAST	251	251
PRIMARY PURPOSE ROLLING HILLS	176	176
PULASKI	30	30
RECOVERY ON THE ROW	778	778
ROBERTSON COUNTY	10	10
SAFE PLACE	73	73
ST. A'S	130	130
SANGO SOLUTIONS	150	150
SATURDAY NIGHT ALIVE	20	20
SERENITY IN THE PARK	96	96
SISTERS IN SOBRIETY CROSSVILLE	33	33
SSS, HERMITAGE	364	364
STRAGGLERS	350	350
TURNING POINT	733	733
WAVERLY	60	60
WEEKENDERS	300	300
WEST NASHVILLE	50	50
WINNERS & BEGINNERS	167	167

GROUP MONTHLY TOTALS	12,370	12,370
INDIVIDUALS	2,683	2,683
MESSENGER	35	35
COMBINED TOTALS TO DATE	15,089	15,089

**Middle Tennessee
Central Intergroup
Association**

417 Welshwood Drive
Suite 207
Nashville, TN 37211

615.832.1136
800.559.2252

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