

The **MESSENGER**

Middle Tennessee Central Office Intergroup

JUN 2023
MESSENGER

**MESSENGER
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APPRECIATED**

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Articles for

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or

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Website—
www.aanashville.org

Tradition Six

The A.A. Grapevine, Inc., May 1948

Tradition Six—Long Form

"Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name. Their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A. - and medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one."

The sixth of our Twelve Points of AA Tradition is deemed so important that it states at length the relation of the AA movement to money and property.

This Tradition declares in substance that the accumulation of money, property, and the unwanted personal authority so often generated by material wealth comprise a cluster of serious hazards against which an AA group must ever be on guard.

Tradition Six also enjoins the group never to go into business nor ever to lend the AA name or money credit to any "outside" enterprise, no matter how good. Strongly expressed is the opinion that even clubs should not bear the AA name; that they ought to be separately incorporated and managed by those individual AAs who need or want clubs enough to financially support them.

We would thus divide the spiritual from the material,

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CROSSTALK

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What Does "Crosstalk" Have to Do with Our Primary Purpose?

Just what is this thing called "crosstalk"? Why are concerned A.A.s writing to the General Service Office for clarification about it? And, bottom line, what does it have to do with our primary purpose: "to stay sober and help other alcoholics to achieve sobriety"?

The word has been with us at least since 1887. Webster's 10th Edition defines crosstalk as "unwanted signals in a communication channel caused by transference of energy from another circuit" - as when, for instance, two members sitting side by side at an A.A. meeting carry on a private, yet not so quiet, conversation or when one member interrupts another rudely or inappropriately. But this is not the kind of crosstalk that members are asking about; specifically, it is traceable to a list of guidelines for behavior at A.A. meetings - erroneously attributed to "World Service"- that appears in 1992 in a central office newsletter and has since been reprinted and circulated more widely.

The guidelines state, in part, that "Any comments, negative or positive, about another's share, experience, life, program or remarks are crosstalk - that is interference."..."The only appropriate comment about anyone else's share - a speaker's or another member's - is 'Thank you for your share.'" "A member may talk about his or her own experience as it relates directly or indirectly to another's share, but should not refer to that person's share. Even comments such as 'When you talk about... it reminded me of my own experience...' are possibly

inappropriate."

The so-called guidelines did not emanate from the General Service Office. What random investigation reveals is that they may have filtered into some A.A. groups through members who also attend other Twelve Step recovery groups. For example:

1. In its literature, one fellowship includes a boxed item head, "Suggested Announcement Regarding Crosstalk & Feedback (adopted (1/13/87))." It reads: "In sharing during meetings, we proceed in an orderly, respectful manner. The chairperson (or speaker) will call on people to share. We do not interrupt one another or engage in discussion - this is called "crosstalk." While we encourage expressions of identification with a speaker and appreciation for speakers, we also do not judge or comment on what people say or tell them what to do - this is called 'feedback'"
2. Another anonymous organization, in its "Suggested Meeting Format," asks attendees "to please not interrupt someone else's sharing, not to make comments about other people's statements... and to talk only about yourself"
3. Although many self-help groups emulate A.A.'s Twelve Steps and Twelve Traditions, their practices often differ from ours in other respects. As they may have discovered in adapting the A.A. program to their own needs, what's sauce for the goose may be poison for the

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Insanity is not doing the same thing over and over again expecting different results; insanity is doing the same thing over and over again knowing full well what the results will be.

The Four Horsemen of AA

When someone starts drinking alcohol, it's typically an enjoyable experience. Many people can continue drinking periodically without ever developing a dependence on this substance, but for a variety of reasons, others cannot. Instead, they begin drinking more and more frequently until they develop an everyday habit. For many people, this is when consuming alcohol stops being fun and instead becomes a necessity. According to AA, this is when the Four Horsemen start to appear and negatively affect the lives of those dealing with AUD.

The Four Horsemen of AA are **terror, bewilderment, frustration, and despair**. Here, we'll define them and explain how they can create obstacles to recovery.



1. Terror

The first of the Four Horsemen of AA is terror. Unfortunately, terror is a feeling that many people suffering from alcoholism become very familiar with. There are many reasons why someone with an addiction to alcohol would feel terror regularly in their lives. For example, if you or a loved one has issues with binge drinking, you **may feel terror after a particularly bad binge**. That terror may be based on a fear of the consequences of your actions or a fear of what you could be capable of. If you've made bad choices because of alcohol use, such as driving drunk or saying hurtful things to a loved one, you may also feel terror about those regrettable actions.

That said, terror during alcoholism isn't always related to specific events or choices. As a person's

alcohol addiction becomes more serious and has more negative effects on their life, a general feeling of terror often becomes commonplace. For example, if you are deep into alcoholism, you may start to regularly experience fear for the direction in which your life is heading. You may also feel terror about the possibility of things continuing to get worse and your alcohol issue continuing to get more serious. Unfortunately, the feeling of terror on its own is not usually enough to make someone stop drinking — especially when they're already heavily dependent on alcohol. So, as the drinking continues, the terror becomes more frequent, creating a cycle that can be extremely difficult to cope with.

2. Bewilderment

Another of the Four Horsemen of Alcoholics Anonymous is bewilderment. Most people who enjoy drinking don't ever expect to become alcoholics. Oftentimes, they see drinking alcohol as a harmless activity that they enjoy socially or just for the purpose of having a little fun now and then. So, when they find themselves struggling with an AUD later on, they're often bewildered about how they've come to that point. If you or someone in your life is dealing with alcoholism, you may be bewildered about how the situation became so serious. You may also question when the fun, harmless activity turned into something that's having so many negative effects on your life and health.

Another source of bewilderment for people with alcoholism tends to be other people. For example, if you have an issue with drinking, you may become bewildered as to why other people are able to regularly drink alcohol without having similar problems. This can seem unfair and lead to feelings of depression and resentment. If your friends and family members all enjoy alcohol, why are you the only one who can't seem to practice moderation? Ultimately, there are **many reasons** why some people are more prone to alcohol dependence than others. But when you're the one experiencing the difficulties of alcohol addiction, it tends to feel cruel and bewildering.

(Continued on page 5)

Tradition Six

(Continued from page 1)

confine the AA movement to its sole aim, and ensure (however wealthy as individuals we may become) that AA itself shall always remain poor. We dare not risk the distractions of corporate wealth. They have become certainties, absolute verities for us.

Thank God, we AAs have never yet been caught in the kind of religious or political disputes which embroil the world of today. But we ought to face the fact that we have often quarreled violently about money, property, and the administration thereof. Money, in quantity, has always been a baleful influence in group life. Let a well-meaning donor present an AA group with a sizable sum and we break loose. Nor does trouble abate until that group, as such, somehow disposes of its bankroll. This experience is practically universal. "But," say our friends, "isn't this a confession of weakness? Other organizations do a lot of good with money. Why not AA?"

Of course, we of AA would be the first to say that many a fine enterprise does a lot of good with a lot of money. To these efforts money is usually primary; it is their lifeblood. But money is not the lifeblood of AA. With us, it is very secondary. Even in small quantities, it is scarcely more than a necessary nuisance, something we wish we could do without entirely. Why is that so?

We explain that easily enough; we don't need money. The core of AA procedure is one alcoholic talking to another, whether that be sitting on a curbstone, in a home, or at a meeting. It's the message, not the place; it's the talk, not the alms. That does our work. Just places to meet and talk, that's about all AA needs. Beyond these, a few small offices, a few secretaries at their desks, a few dollars apiece a year, easily met by voluntary contributions. Trivial indeed, our expenses!

CENTRAL OFFICE POSITIONS	OFFICER NAME	PHONE NUMBER	FIRST MONDAY OF EVERY MONTH: District 30 Meeting When: 6:30pm – 7:30pm Zoom ID: 283 536 1220
Chairperson	Garrett D	615.957.7674	SECOND MONDAY OF EVERY MONTH: Intergroup Meeting When: 5:45pm – 6:45pm Where: Central Office 417 Welshwood
Central Office Manager	Charles C	615.973.9898	
Central Office Bookkeeper	Bill M	615.512.5710	
Vice Chairperson	Jason S		STEERING COMMITTEE When: Monday Apr 24th 5:45pm – 6:45pm Where: Central Office 417 Welshwood
Secretary	Lindsey T	615.260.6295	
Treasurer	Karla H	619.804.5786	
Public Information/Cooperation with the Professional Community	Al C	615.587.1616	FIRST TUESDAY OF EVERY MONTH: District 32 Meeting When: 6:30pm Where: Last Stop Club 2122 Utopia
Accessibility Committee			
Corrections	Stephen T	615.926.9467	
Treatment Facilities	Darin M	615.423.2620	SECOND SATURDAY OF EVERY MONTH District 34 Meeting When: 10am Where: 200 E. Cedar St Goodlettsville
Events Chair	Brian	615.406.6361	
Archives			
Sobriety Dinner	Brian	615.406.6361	
Newsletter Editor	Pat P	228.254.7053	

The Four Horsemen of AA

(Continued from page 3)

3. Frustration

Frustration is the third of the Four Horsemen of AA, and it's a feeling that anyone dealing with an addiction is likely to be very familiar with. Frustration can be a common feeling in several different stages of AUD. It can start when you notice that you are making poor decisions due to your alcohol use. For example, you might say regretful things to people you care about, injure yourself, or even get in trouble with the police. When any of these things happen, it's entirely normal to feel frustrated with yourself.

As an alcohol addiction becomes more serious, the frustration can evolve into a general frustration with life. You may notice that your overall circumstances have worsened due to your drinking, and that's a very frustrating realization. Frustration is also common when you're attempting to stop consuming alcohol. If you try to quit and fail to do so, you'll likely be very frustrated with your failure. That can easily progress to feeling demoralized and losing your motivation to work toward sobriety. Frustration can also lead to **anger and potentially even aggression**, both of which can cause you to make more decisions that you'll eventually regret.

4. Despair

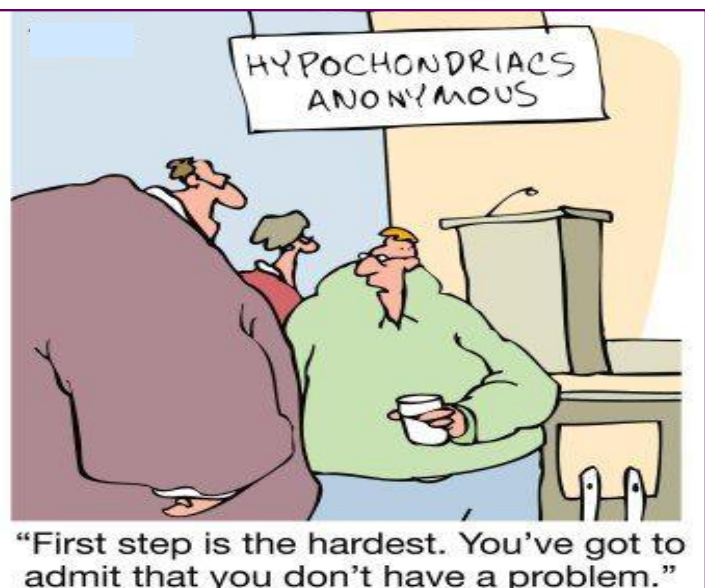
The last of the Four Horsemen of AA is despair. Fortunately, not everyone who deals with alcohol

addiction reaches a point where they experience true despair. And for those who do, it's an emotion that typically doesn't arrive until the person's addiction has progressed significantly. Despair is defined as **an utter loss of hope**, and it often accompanies serious addictions of all kinds. If you or your loved one has been battling alcohol use disorder for months or years, you may have tried to stop drinking several times throughout that period. And if you've been unable to quit alcohol, it can be natural to start feeling hopeless. As humans, failing at anything repeatedly tends to make us feel like we'll never be able to accomplish it, and overcoming an addiction is no exception.

No matter how bad a person may feel about their life and their alcohol issues, it's important not to give in to despair. As dark and hopeless as alcohol addiction can feel at its worst, there is always help available to you. Although it may be a cliché, "It's always darkest before the dawn" rings true. Whether you've been trying to stop drinking for a day, a year, or a decade, it's never too late to find sobriety and a more fulfilling life. Whether you decide to attend Alcoholics Anonymous or an inpatient treatment program, resources are available to you. Ultimately, you may not be able to prevent yourself from feeling despair, but you can decide how you react to it.

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Your sobriety has truly demonstrated to me that people don't need alcohol to be annoying.



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

QOW 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:
 ir: 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 t
 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

CROSSTALK

(Continued from page 2)

gander. Says Anne T., of Rome, New York, who belongs to A.A. and also attends meetings of a different fellowship: "From the very beginning, one drunk talking to another has made the A.A. program go round. But in meetings (of the other fellowship), I feel, it makes sense to refrain from crosstalk. People are trying to free themselves from extraordinary shame.

When someone shares in response to something I've said, that's okay, but only so long as there's not even a hint of censure, belittlement, scolding or preaching, all under the guise of sharing. Knowing there's no risk of judgment makes me feel safe."

Looking at the subject from an A.A.'s point of view, a G.S.O. staff member says, "Comparing notes, many of us realized that nonjudgmental suggestions we had received in meetings in response to something we had shared, was very beneficial to our

recovery. It is how we learn, and that's what 'sharing experience, strength and hope' is all about. Also, there is a thin line between guidelines and rules; and experience suggests that in A.A.'s 'benign anarchy,' rules, rigidity and attempts to control don't work very well."

Whether an individual A.A. group chooses to include the crosstalk "guidelines" in its meeting format is entirely up to its group conscience to determine, of course. But please do not say that such guidelines came from the General Service Office.

From Box 459 - published bi-monthly by General Services Office of Alcoholics Anonymous



CENTRAL OFFICE WILL HAVE A LITERATURE TABLE FROM THURSDAY NIGHT TO SUNDAY NOON, at the Music City Roundup.

JOIN US FOR THE
40TH ANNUAL
MUSIC CITY ROUNDUP
JUNE 29-JULY 2, 2023

ALL REGISTRATION IS
ONLINE! SEE OUR
WEBSITE FOR DETAILS

musiccityroundup.com

AA SPEAKERS
RALPH W - LOS ANGELES, CA
ANSEL B - CARBORNE, WA
CLIF G - OKLAHOMA CITY, OK
JACK W - CARBONDALE, CO
AMY T - JENKS, OKLAHOMA
ALANON SPEAKERS
LOUI G - OKLAHOMA CITY, OK
GORDY B - RENTON, WA
WORKSHOPS
EDITH P - OMAHA, NE
RICH D - OCEAN CITY, WA

WE WILL BE ENLISTING VOLUNTEERS TO ASSIST AT THIS TABLE.

PLEASE CALL CENTRAL OFFICE
AT 615.832.1136



Save The Date

September 8th - 10th, 2023

Shenandoah University
Winchester, VA

National AA Technology Workshop

"Solving, Sharing, and Scaling Solutions"

<https://naatw.org>



Inviting all AA members in Service
(and Geeks in Recovery)

We would love for you to join us in person if you can make it
or we'll see you on Zoom!

Hotel rooms available at two local hotels for \$139/night
Rooms also available with the "Stay with a Local" program
Transportation from Dulles Airport will be coordinated

Event & Hotel Registration coming soon!



ALCOHOLICS ANONYMOUS SLOGANS

- Don't compare your insides to other people's outsides.
- You're as sick as your secrets.
- Humility is not thinking less of yourself, it's thinking of yourself less.
- Serenity isn't freedom from the storm; it is peace within the storm.
- Isolation is the dark room where we develop our "negatives."
- If you do what you always did, you'll get what you always got.
- You don't need to "find God"; He isn't lost.
- You can be just as crazy sober as you were drunk, you'll just remember it the next day.
- Expectations are preconceived resentments.
- If nothing changes, nothing changes.

I am
more
powerful
than the
combined
armies
of the world
I have
destroyed
more men
than all the
wars
of all the nations
I have caused
millions
of accidents and
wrecked more homes
than all the floods
tornadoes and hurricanes
put together
I am the worlds slickest thief
I steal billions of dollars
I find my victims among
the rich and poor alike
I am relentless insidious
unpredictable
I bring sickness, poverty and death
I give **nothing** and take all
I am your worst enemy
I am
alcohol

TWELVE CONCEPTS

Lets Ask Bill W.

What purposes do the Twelve Concepts for World Services serve?

“The Concepts are primarily an interpretation of AA’s world service structure. They spell out the traditional practices and the Conference charter principles that relate the component parts of our world structure into a working whole. Our Third Legacy manual is largely a document of procedure. Up to now the Manual tells us how to operate our service structure. But there is considerable lack of detailed information which would tell us why the structure has developed as it has and why it’s working parts are related together in the fashion that our Conference and General Service Board charters provide.

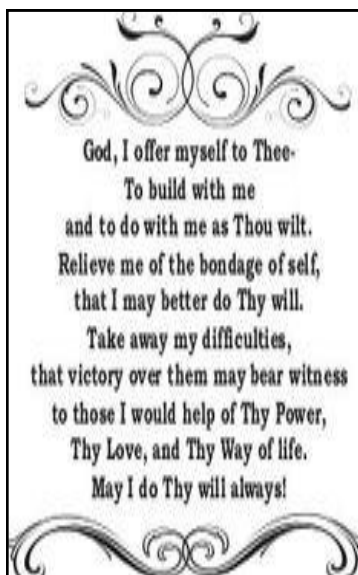
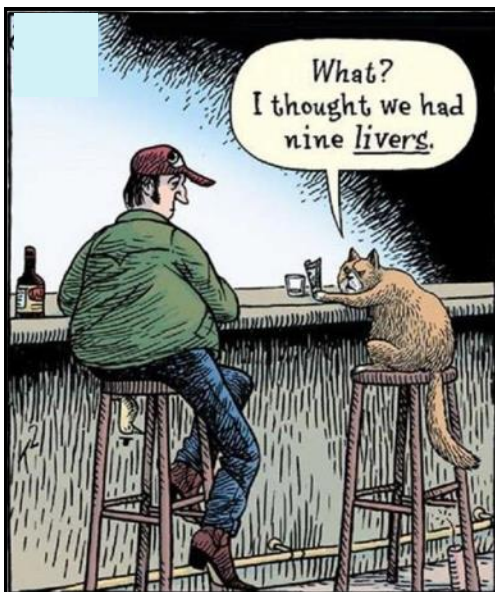
“These Twelve Concepts therefore represent an attempt to put on paper the why of our service structure in such a fashion that the highly valuable experience of the past and the conclusions that we have drawn from it cannot be lost.

“These Concepts are no attempt to freeze our operation against needed change. They only describe the present situation, the forces and principles that have molded it. It is to be remembered that in most respects the Conference charter can be

readily amended. This interpretation of the past and present can, however, have a high value for the future. Every oncoming generation of service workers will be eager to change and improve our structure and operations. This is good. No doubt change will be needed. Perhaps unforeseen flaws will emerge. These will have to be remedied.

But along with this very constructive outlook, there will be bound to be still another, a destructive one. We shall always be tempted to throw out the baby with the bathwater. We shall suffer the illusion that change, any plausible change, will necessarily represent progress. When so animated, we may carelessly cast aside the hard won lessons of early experience and so fall back into many of the great errors of the past.

Hence, a prime purpose of these Twelve Concepts is to hold the experience and lessons of the early days constantly before us. This should reduce the chance of hasty and unnecessary change. And if alterations are made that happen to work out badly, then it is hoped that these Twelve Concepts will make a point of safe return.” (GSC, 1960)



His ambivalence about sobriety ended with a series of violent sprees.

When I was handed a plane ticket granting me a flight to South Florida for inpatient treatment, images of bikini-clad women and emerald-colored palm trees did not enter my mind. Instead the lonely and fearful thoughts of life without alcohol clouded every action and thought of mine. I had recently passed the clinically-ordained life expectancy from my doctors following another grand mal seizure induced coma. As I entered my fifth treatment center, I did not have feelings of optimism and hope about recovery.

Instead, I experienced strange fleeting moments of inspiration that were soon squashed by the imperious desire for the next drink. Like a stage magician, I sat in various treatment centers trying to juggle the willingness to work a program in one hand with the uneasy thought of how to drink successfully in the other. It was as if one of those dark, animated storm clouds I used to see in the cartoons hung over and followed me through life. It was awful. Clinical depression had nothing on the way this 22-year-old felt.

A series of violent sprees followed, which were further fueled by my unwilling and swaggering temperament. For a late stage alcoholic, I thought quite highly of myself. I can laugh now about it, thank God, but at

that time there were no smiles. I was impatient for death, but too afraid of suicide. At times, I wondered to myself whether my parents would fair better financially, mentally and physically if I were to end my life. I asked my father to take out a large life insurance policy on me. It was the closest thing to love I could do for my family.

I became hopeless for good reason. I was hopeless. That's the message I was given when I came to Alcoholics Anonymous. The AAs I met told me they were hopeless too and that they couldn't stop drinking.

They told me to show up and I did. They told me to call and I did. They told me to put AA first and I did. Soon the depression left me and the fears became tolerable. I now realize being spiritual isn't living without fear or pain. Rather, by putting spirituality first in my life I am able to show up, trust God and walk through situations despite how I feel. Now I can look back and laugh at where I was and be grateful to AA and God for all the wonderful events I have been able to be a part of. I would have missed out on so much without sobriety. My family would have missed out on so much without my sobriety. We thank God for the people in AA who gave us this gift.

Anonymous

What did
the full
glass say
to the
empty
glass?

I see you
are drunk!



A man walks into a library and asks if they have any books on paranoia.

The librarian says "they are right behind you".

I once dated a one-legged girl who worked in a brewery.

She was in charge of the hops.

I just read an article about the dangers of drinking that scared the crap out of me. That's it. No more reading!

Alcoholics and addicts are the only people who can look down on you from the gutter.



Middle Tennessee Intergroup Association
Statement of Activities - Actual and Budgeted - Schedule 1
For the Four Months and Year Ended April 30, 2023

	April 2023			YTD 2023		
	Budget	Budget Variance	Actual	Budget	Budget Variance	
Income						
Net Literature Sales	2,143.19	2,700.00	(556.81)	10,636.46	10,800.00	(163.54)
Group Donations	8,810.50	6,598.00	2,212.50	32,246.25	26,392.00	5,854.25
Individual Donations	1,346.12	1,480.00	(133.88)	6,077.94	5,920.00	157.94
Messenger Donations	100.00	5.00	95.00	135.00	20.00	115.00
Website Donations	-	-	-	-	-	-
Special Events	-	416.00	(416.00)	-	1,664.00	(1,664.00)
Interest	2.67	10.00	(7.33)	2,429.21	40.00	2,389.21
Total Income	12,402.48	11,209.00	1,193.48	51,524.86	44,836.00	6,688.86
Expenses						
Bad debt	-	-	-	199.28	-	199.28
Casual Labor	275.00	275.00	-	1,100.00	1,100.00	-
Payroll	6,530.00	6,530.00	-	26,120.00	26,120.00	-
Legal & Professional	350.00	350.00	-	1,050.00	1,400.00	(350.00)
Rent	946.00	1,100.00	(154.00)	4,030.50	4,400.00	(369.50)
Printing	-	33.00	(33.00)	-	132.00	(132.00)
Payroll Taxes	500.00	500.00	-	1,980.00	2,000.00	(20.00)
Repairs & Maintenance	120.89	35.00	85.89	270.89	140.00	130.89
Equipment Rental	123.35	100.00	23.35	496.37	400.00	96.37
Telephone & Fax	618.14	630.00	(11.86)	2,480.77	2,520.00	(39.23)
Answering Service	221.24	250.00	(28.76)	866.44	1,000.00	(133.56)
Postage	226.20	125.00	101.20	710.35	500.00	210.35
Office Supplies	93.37	208.00	(114.63)	459.05	832.00	(372.95)
Bank Service Charges	62.00	65.00	(3.00)	248.00	260.00	(12.00)
Computer & Technology	272.86	140.00	132.86	1,091.44	560.00	531.44
Credit Card Service Fees	135.10	200.00	(64.90)	521.04	800.00	(278.96)
Intergroup Expense	17.52	150.00	(132.48)	29.51	600.00	(570.49)
Insurance	-	175.00	(175.00)	1,525.00	700.00	825.00
Special Events	-	166.00	(166.00)	-	664.00	(664.00)
Travel	-	177.00	(177.00)	150.00	708.00	(558.00)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	-	-	-
Total Expenses	10,491.67	11,209.00	(717.33)	43,328.64	44,836.00	(1,706.64)
Net Income	1,910.81	-	1,910.81	8,196.22	-	8,395.50

I wish I didn't have to
be sober to celebrate
my sobriety.



JUNE ANNIVERSARIES

KEEP IT SIMPLE

Laura H 6.01.20

Matt D 6.10.22

GROUP / MEETING	APR 23	YTD
86'ers	102	435
AWOL		64
BACK TO THE BIG BOOK		60
BACKROOM	591	1,567
BERRY'S HILLS	124	124
BROWN BAG	60	180
BY THE BOOK, DICKSON		102
BYRDSTOWN		40
CELEBRATE SERENITY		105
CENTERVILLE	200	300
CHICKEN PLUCKERS		1,176
CLARK STREET	100	200
COLUMBIA	90	180
COMFORT ZONE	350	800
COOKEVILLE		90
CROSSVILLE	28	62
CROSSVILLE NOONERS		225
DAVIDSON RD	1,500	3,000
DICKSON		75
DISTRICT 13		100
EAST SIDE MEN'S STAG		800
EAST SIDE SATURDAY	406	697
EASTSIDE SUNLIGHTERS		122
EVERY WOMAN HAS A STORY	92	146
FAYETTEVILLE	25	50
FIRST THINGS FIRST	300	300
FIVE AND FIVE	350	900
FRANKLIN	415	764
FREE TO BE	96	228
FRIENDS IN RECOVERY		475
FRIENDS OF BILL, LAKE TANSI	158	158
G.A.A. GALLATIN		50
G.O.D. (GROUP OF DRUNKS)		122
HARDING RD		125
HERMITAGE WOMEN'S	369	369
HOW IT WORKS, MENS		100
KEEP IT SIMPLE		199
KEY TO SOBRIETY		120
KICK OFF NOT UNTIL NOON		150
LADIES NIGHT OUT		105
LAFAYETTE NEW HOPE		50
LAMBDA		294
LATE LUNCH BUNCH	1,025	2,125
LAWRENCEBURG	15	30
LIVING THE PRINCIPLES	388	388
LIVING BY THE PRINT		300
LIVINGSTON AA	100	100
LIVINGSTON 12x12	25	50
MEN'S LOG CABIN		237

GROUP / MEETING	APR '23	YTD
MURFREESBORO	28	83
MUSTARD SEED	200	400
ON AWAKENING		800
ONE PURPOSE	25	100
ONE STEP CLOSER		313
OUT OF FOG/OUT OF BOG		400
OUT TO BREAKFAST		251
PAGE 112		148
PAY DAY		300
PEACE IN THE PARK		350
PORTLAND UNITY	30	60
PRIMARY PURPOSE ROLLING HILLS	128	304
PULASKI	30	120
RECOVERY ON THE ROW		778
ROBERTSON COUNTY		40
RUSHH HOUR		1,000
SAFE HARBOR		100
SAFE PLACE		73
ST. A'S		130
SANGO SOLUTIONS		150
SATURDAY NIGHT ALIVE	20	80
SEEKERS		500
SERENITY, MURF		100
SERENITY IN THE PARK		252
SHADE TREE	204	2,436
SISTERS IN SOBRIETY, CRSVIL		33
SOBRIETY FIRST		49
SPRING HILL	55	55
SSS, HERMITAGE		364
STRAGGLERS	250	600
THANKFUL CONTEMPLATION		600
THERE IS A SOLUTION	120	120
TURNING POINT	559	1,292
UNITED, GALLATIN		300
UNITY AT 6	50	200
WAKE UP		33
WAVERLY		60
WEEKENDERS		300
WEST NASHVILLE		50
WINNERS & BEGINNERS		167
WOMAN'S WAY		115
WOMEN'S FREEDOM	202	202
GROUP MONTHLY TOTALS		
	8,811	32,246
INDIVIDUALS		
	1,346	6,078
MESSENGER		
	100	135
COMBINED TOTALS TO DATE		
	10,257	38,459

**Middle Tennessee
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