

The **ESSENCER**

Middle Tennessee Central Office Intergroup

OCT 2023
MESSENGER

Step Ten

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition Ten

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Concept Ten

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

MIDDLE TENNESSEE INTERGROUP
ANNUAL

SOBRIETY DINNER

FRIDAY, NOVEMBER 17, 2023

**WOODMONT HILLS CHURCH
3710 FRANKLIN PIKE,
NASHVILLE, TN 37204**

TICKETS \$15

**6PM RECEPTION
7PM POTLUCK DINNER
8PM SPEAKER**

Meat, Desserts & Drinks Provided
Please bring Casseroles, Vegetables,
Salads, Side Dishes, & Bread
Please have on site by 6:30pm



venmo

Central Office 615-831-1050

INSIDE THIS ISSUE

| | |
|---------------------------------------|--------------------|
| ANNUAL SOBRIETY DINNER | 1 |
| BILL W—ON THE 10th TRADITION | 2 |
| WHERE'S THE NEWCOMER | 4 |
| INTERGROUP OFFICERS / SERVANTS | 4 |
| DEVELOPING AN AWARENESS | 5 |
| EVENTS | 6 & 7 |
| ANNIVERSARIES | 7 |
| STEP 10: I HATE THIS STEP! | 8 |
| AA MYTHS | 9 |
| FINANCIALS | 10 |
| CONTRIBUTIONS | 10 & 11 |

**MESSENGER
DESIGNATED
DONATIONS
APPRECIATED at
aanashville.org**

Suggested donations are \$1.00 an issue—which hasn't gone up in years (or any amount you would like to specify).

TRADITION 10—Bill W

AA HAS NO OPINION ON OUTSIDE ISSUES;
HENCE THE AA NAME OUGHT NEVER BE
DRAWN INTO PUBLIC CONTROVERSY.

NEVER since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it, for as one old-timer recently declared, "Practically never have I heard a heated religious, political or reform argument among AA members. So long as we don't argue these matters privately, it's a cinch we never shall publicly."

As by some deep instinct, we AAs have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Others fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification. In our own times we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how the products of nature and toil shall be divided among them. That is the spiritual climate in which AA was born, and by God's grace has nevertheless flourished.

Let us re-emphasize that this reluctance to fight each other or anybody else is not counted

(Continued on page 3)

Middle Tennessee Central Office—

417 Welshwood Dr., # 207, Nashville, TN 37211,

Mon-Fri, 9am-1pm,

Phone —(615) 832-1136 * Fax—(615) 834-5982,

Hot Line (615) 831-1050, (800) 559-2252

Email- mtcoaa@aol.com * Website- www.aanashville.org

TRADITION 10—Bill W

(Continued from page 2)

as some special virtue in which we feel superior to other people. Nor does it mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to AA as a whole, that's quite a different matter. In this respect we do not enter into public controversy, because we know that our society will perish if it does. We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause. Since recovery from



alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival.

Maybe this sounds as though the alcoholics in AA had suddenly gone peaceable, and become one great big happy family. Of course this isn't so at all. Human beings that we are, we squabble. Before we leveled off a bit, AA looked more like one prodigious squabble than anything else, at least on the surface. A corporation director who had just voted a company expenditure of a hundred thousand dollars would appear at an AA business meeting and blow his top over an outlay of twenty-five dollars' worth of needed postage stamps. Disliking the attempt of some to manage a group, half its membership might angrily rush off to form another group more to their liking. Elders, temporarily turned Pharisee, have hurled rocks. Bitter attacks have been directed against people suspected of mixed motives. Despite their din, our puny rows never did AA a particle of harm. They were just part and parcel of

learning to work and live together. Let it be noted, too, that they were almost always concerned with how to make AA more effective, how to do the most good for the most alcoholics.

The Washingtonian Society, a movement among alcoholics of a century ago, almost discovered the answer to alcoholism. At first the society was composed entirely of alcoholics trying to help each other. The early members foresaw that they should dedicate themselves to this sole aim. In many respects, the Washingtonians were akin to AA of today. Their membership passed the hundred-thousand mark. Had they been left to themselves, and had they stuck to their one goal, they might have found the rest of the answer. But this didn't happen. Instead, the Washingtonians permitted politicians and reformers, both alcoholic and non-alcoholic, to use the society for their own purposes. Abolition of slavery, for example, was a stormy political issue then. Soon Washingtonian speakers violently and publicly took sides on this question. Maybe the society could have survived the Abolition controversy, but it didn't have a chance from the moment it determined to reform America's drinking habits. When the Washingtonians became crusaders, within a very few years they had completely lost their effectiveness in helping alcoholics.

The lesson to be learned from the Washingtonians was not overlooked by Alcoholics Anonymous. As we surveyed the wreck of that movement, early AA members resolved to keep our society out of public controversy. Thus was laid the cornerstone for Tradition Ten: "Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy."

1953—Bill W.

WHERE'S THE NEWCOMER?

Feeling ugly and broken, he warmed up to his first meeting, even though it seemed really weird.

When I first walked into the rooms of AA, I was too broken to be nervous. I felt like a ghost of myself as I just floated through the door. I didn't know what to expect and had forgotten how to care. My life was a mess and always had been so, but I was oblivious to that fact then.

I remember looking at the floor, confused, then looking up, seeing all these happy, smiling faces. The chatter of happiness echoed through my empty being. Then an open hand appeared before me. I'll always remember that hand. That image is imprinted in my mind forever. That hand led up to an open, smiling face. That face, so full of joy, smiling, welcoming, comforting.

The man introduced himself to me and asked me what my name was. He made a fuss about me. This man that I had never seen before seemed excited to meet me. Me? Why? I was broken, ugly, weird. Nobody cared about me. I didn't

even care about me. Actually, I hated myself. Why would a complete stranger be so happy to see me? He didn't even know me. But I knew me, and I was sad, embarrassed, guilty and confused.

Before long, I was sitting on a chair with a cup of tea in my hand. Random strangers came up to me, happily introducing themselves and shaking my hand. I look back now and could almost say that they were sympathizing with me for the wreckage of what I'd become, which I felt I'd left just outside the door.

All of a sudden, there was a loud knocking noise. A plastic bowl banging on a wooden table. To me it sounded scary, almost aggressive. But no, people quietly stopped talking and looked up, ready to be called to attention. It was a Step meeting, whatever that meant. Something called the Preamble was read out and a newcomer was mentioned. I looked around the room for the newcomer, which brought a strange thought to me. This was an Alcoholics Anonymous meeting,

(Continued on page 8)

| <i>CENTRAL OFFICE POSITIONS</i> | <i>OFFICER NAME</i> | <i>PHONE NUMBER</i> |
|---|----------------------------|----------------------------|
| Chairperson | Garrett D | 615.957.7674 |
| Central Office Manager | Charles C | 615.973.9898 |
| Central Office Bookkeeper | Bill M | 615.512.5710 |
| Vice Chairperson | Jason 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 | Charlie B | 615.554.9085 |
| Treatment Facilities | | |
| Events Chair | Brian | 615.406.6361 |
| Archives | | |
| Sobriety Dinner | Brian | 615.406.6361 |
| Newsletter Editor | Pat P | 228.254.7053 |

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

SECOND MONDAY OF EVERY MONTH:
Intergroup Meeting
When: 5:45pm – 6:45pm
Where: Central Office
417 Welshwood

STEERING COMMITTEE
When: Monday Oct 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

At six months I had begun to speak at different meetings. Pretty soon my halo was killing me. My ermine (white fur) cloak was smothering me. I used to look down and wonder what the other little people did for a living. I didn't walk in, I swept in. All that I'd accomplished in six months was sobriety. I was as dry as dust, and just about as useless.

One night we went into the Club and Jack said, "Bill, we're short a speaker, will you say a few words tonight?" "Of course!" The meeting started, and I didn't see Jack any more.

They called on the first speaker – and it wasn't me, and they called the second speaker, and the third speaker – and the meeting was over! I had brought my harp to the party, but I didn't get to play!



That taught me the most important lesson I have

What a lesson about pride & ego.

ever learned in my entire life. That is that A.A. doesn't need me, but I need A.A. Very desperately, very sincerely, very humbly.

Not all at once, because you can't get it all at once, just a little bit at a time. They told me, "You've got to get out and work a little; you've got to give." They told me that giving was living, and that living was loving, and loving was God. And you don't have to worry about God, because He's sitting right in front of your eyes.

You get just a little sobriety, and you get just a little humility. Not much, just a little. Not the humility of sackcloth and ashes, but the humility of a man who's glad he's alive and can serve. You get just a little tolerance, not too much, but just enough to sit and listen to the other guy.

Somewhere along the line, if you've forgotten how to pray, you learn a little about that too. I divorced myself from the Church when I was twenty-one. I got to thinking about that, and I spoke to Father McNulty about it. "Don't worry, Bill," he said, "you'll develop an awareness of God."

We had a basement apartment, and it faced right on the sidewalk, and outside our bedroom window there was a little bush about so high. One morning I awoke, and there was a little sparrow taking a bath on this little bush. The weight of this tiny creature's body caused the branch to rise and fall. Isn't that a wonderful thing to see? An awareness of God, yes! You're aware of the sunset, you're aware of the blades of grass, you're aware of food cooking on the stove.

You delight in walking down the street, and you see someone you know, and the first thing that enters your mind is, "What is there good about that guy that I know?" You find that big people discuss ideas, average people discuss things, and little people – they just talk about other people. And you realize that if you put this all together, you get a little humility, a little tolerance, a little honesty, a little sincerity, a little prayer – and a lot of A.A.

-From the Second Edition Big Book story
"There's Nothing the Matter with Me!"
page 507 & 508

be gentle

you are meeting
parts of yourself
you have been at
war with



2023 FALL RETREAT COST \$235
NOVEMBER 3-5, 2023 AT ST. MARY'S SEWANEE
<https://primetimeretreat.com/>

BROUGHT TO YOU BY THE
BRENTWOOD PRIME TIME MEN'S GROUP
The Prime Time Men's Retreat
is a Spiritual Retreat
for men in Twelve Step
recovery. This will be a weekend
we won't
have to do anything else, we won't
have to be anywhere else,
and we won't have to occupy our minds
with
anything else. Meals are provided,
sleeping quarters are provided, phones and
computer devices are turned off,
and we have the
entire weekend in a beautiful setting.
Please plan to spend the entire weekend with us.

STEPPING INTO SERENITY
WOMEN'S CONFERENCE
FEBRUARY 23-25, 2024
CHATTANOOGA, TN



Hotel Info:
Doubletree by Hilton
407 Chestnut Street
Chattanooga, TN 37402
423-756-5150

Room Rates: \$121.00
Reservation Code: SIS
Reserve by: 01/23/2024

SPEAKERS

Jennifer D. Wilmington, NC
Mari G. Markham, Canada
Judith R. Bismark, ND
Amy D. Louisville, KY
Leslie S. Atlanta, GA
Jessica J. Georgetown, TX
Brenda J. McKinney, TX
Diane A. Nashville, TN

Step 1
Step 2 & 3
Step 4 & 5
Step 6 & 7
Step 8 & 9
Step 10 & 11
Step 12
Alanon

Registration: \$30 until January 1st, 2024
At the Door: \$35 after January 1st, 2024
Please make check or money order to "SIS" and mail to
Stepping Into Serenity
P.O. Box 21203
Chattanooga, TN 37424
Or
www.steppingintoserenity.org

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SOBRIETY DINNER

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8PM SPEAKER



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Central Office 615.831.1050

Meat, Desserts & Drinks Provided
Please bring Casseroles, Vegetables,
Salads, Side Dishes, & Bread
Please have on site by 6:30pm

CELEBRATE THE HOLIDAY SEASON
WITH WOMEN IN AA

Sunday, December 10th



N.O.W. Annual Women's Holiday Party 2023

SUNDAY, DECEMBER 10 AT 4 PM

TREVECCA COMMUNITY CHURCH
335 MURFREESBORO PIKE • NASHVILLE 37210



Please bring a dish to share with others



ADMISSION IS FREE BUT A \$5 DONATION IS SUGGESTED

DISTRICT 9 FALL PICNIC

SUNDAY, OCTOBER 8, 2023

10:00am – 4:00pm

CUMBERLAND MOUNTAIN STATE PARK

24 OFFICE DR.

CROSSVILLE, TN 38555

SHELTER 1

CARPOOL IF POSSIBLE



11:00 AM AUCTION BASKETS, BOXES, TUBS

HAVE AUCTION BASKETS ON SITE BY 10:30

Auctioneer: World renown Rod M.

Cornhole and other outside games throughout the day

12:00 PM EAT / PICNIC BURGERS, HOTDOGS AND DRINKS PROVIDED

BRING SIDE DISHES & DESSERTS TO SHARE

1:30 PM OPEN AA SPEAKER MEETING

SHANNON C., AREA 64 DELEGATE

Audio provided by Don. R.

Known across TN for recording AA events

CONTACT: KERRI B. 931-239-4635 or NORA M. 931-510-5726

BRING LAWN CHAIRS AND \$ FOR AUCTION

POSSIBLE CABINS OR CAMPSITES AVAILABLE 931-484-6138

PLEASE STAY AND HELP CLEAN UP



33rd Annual Gratitude Roundup

- An Experience You Must Not Miss

November 24, 25, and 26, 2023

Hilton Garden Inn

2703 Denny Ave • Pascagoula, MS 39567

Phone: 228-762-7182 • Reservations: 800-445-8667

(Identify as a part of Gratitude Round Up for Special \$99 rate + applicable fees & taxes)

For further information and online registration, please visit

www.mississippicoastroundups.org

Speaker Panel, Raffles, 50/50 Drawing, Marathon Meetings, Big Raffle, Hospitality Room,
T-Shirts Available for \$20 (Limited Availability) and More...

THIS YEAR'S SPEAKERS:

| | | | |
|---------------------|-----------------|------------------------|------------------|
| Jimmy D. (AA) | Dallas, TX | Barbara A. (AFG) | Crestwood, KY |
| Zach G. (AA) | New Orleans, LA | Luke B. (AA) | Dothan, AL |
| Dick A. (AA) | Crestwood, KY | Holly D. (AA) | Jacksonville, FL |

OCTOBER ANNIVERSARIES

3 LEGACIES

| | |
|---------------|-----------------|
| Issa S | 10.01.98 |
| Tommie Lee | 10.12.20 |

ANY LENGTHS

| | |
|------------|----------|
| Hayden P | 10.28.19 |
| Jennifer P | 10.09.22 |
| Tommie Lee | 10.12.20 |

KEEP IT SIMPLE

| | |
|-----------------|-----------------|
| Brenda S | 10.29.83 |
| Margaret W | 10.07.08 |



I'm one of those alcoholics who has a hard time admitting that they were wr--. I even have trouble saying or typing the word. I know I'm not alone. Anyway, I hate this Step.

I had a particularly bad relationship with my older daughter. We screamed at each other a lot. I kept doing things or saying things--hateful, mean things. Or screaming. Then I'd talk to my sponsor and snivel and whine about making amends. I hated to make amends to that kid. I'd rather scrub toilets with a toothbrush than make amends with her. She would look at me with that look (you know, the one that says, "If I cared at all, I'd hate you") and say, "It's about time." She was nasty and hateful and mean and spiteful.

I'd tell all this to my sponsor. I'd try to justify and rationalize my behavior so I wouldn't have to make amends. One day my sponsor suggested that, if I hated making amends so much, maybe I ought to try not doing the things I had to make amends for (i.e., change my behavior). What an idea! She suggested that I practice restraint of tongue and pen.

I took my sponsor's suggestion. I worked really hard at changing my behavior. I knew it wouldn't change anything because my daughter was still mean, hateful, and spiteful, but at least I wouldn't have to make amends with her.

As you probably guessed, a remarkable thing occurred. Not only did I not have to make amends, but she became less mean, less spiteful, less hateful. In fact, she started being nice. We started talking. We formed a relationship. It even occurred to me that maybe it wasn't all her fault that we didn't get along.

Today we have a wonderful relationship. She talks to me about her life, her loves, her problems. I owe this relationship to the Tenth Step. If I hadn't hated making amends so much, I might not have been willing to change my behavior.



I have found similar results in all of my relationships. Over the years, I have tried to keep my behavior "below amends level" because I hate making amends. As a result, I act differently. And as a result of that, people respond differently. It's amazing.

Nancy H.—Lake Forest, California—
Oct 2005

Reprinted with permission:
AAGrapevine.org

WHERE'S THE NEWCOMER?

(Continued from page 4)

wasn't it? Where were all the alcoholics? These were all fresh-looking, normal people. To me, it looked like a town hall committee meeting. Where were all the alcoholics?

I looked around and still didn't see the newcomer, but everyone else did. Because a newcomer was there, they said, the group decided to talk about Step One: "We admitted we were powerless over alcohol—that our lives had become unmanageable."

I wasn't sure if that made sense to me. Had I

made a mistake coming here? I didn't drink a bottle of liquor every day. That's what an alcoholic does. I didn't hang around the town, clad in dirty rags, drinking from a paper bag. That's what an alcoholic does. I didn't go from work to the pub every day. That's what an alcoholic does. Or so I thought. So why did I come then? What was I doing there? I thought about it and I decided to stay.

But then I looked around again. I still didn't see that newcomer.

Reprinted with permission: AAGrapevine.org
Aaron F, Cork Ireland March.2020

The Myth of “Don’t make any major decisions for the first year in recovery”

I hear this advice being given to the newcomer all the time. In most cases, if they be real alcoholics or addicts, they die with this kind of counsel.

“Easy does it” is a variation of this theme. If you want to kill newcomers, if that is your intention, then by all means, go on using it, but if you’re here to be helpful, STOP USING IT, it’s not what our program is about.

Our program is comprised of 12 Steps, ALL OF WHICH ARE MAJOR DECISIONS!

Step 1: Admit I’m powerless and my life is unmanageable? This was a MAJOR point of awareness and realization to me and one of the most important decisions I made in my life.

Step 2: Coming to the realization that only a spiritual power can restore me to sanity seems to me like another MAJOR realization. No middle of the road solution, either I go on to the bitter end or I accept spiritual help.

Step 3: Turn my will and life over to God, as I understand it! Sounds like a MAJOR decision to me.

Step 4 and 5: Made a fearless moral inventory, looked at my part and confessed my defects to another person! That was a MAJOR move in my life!

Step 8 and 9: Made amends, restitution, and set right the wrongs I had made in my life where ever possible – This was a huge decision and

undertaking in my life and IT SAVED MY LIFE!

Step 10 and 11: Every day for the rest of my life, continue to take inventory, confess defects, set right wrongs and pray and meditate — Another MAJOR decision!

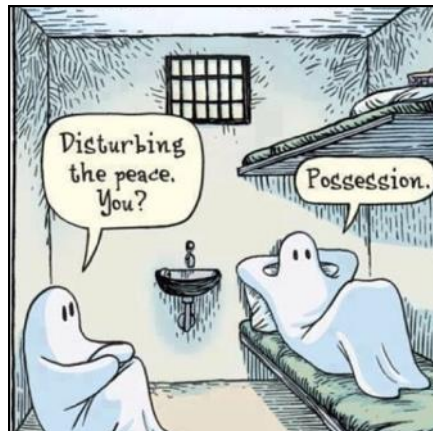
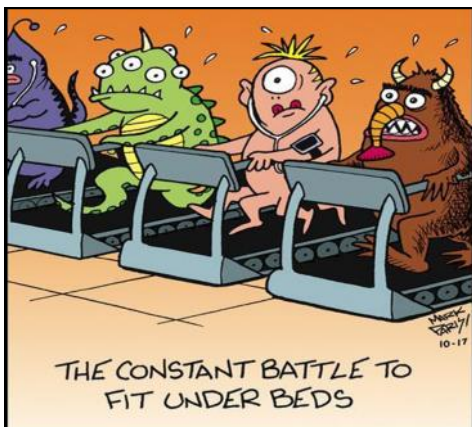
Step 12: Practice the principles of the program in all my affairs and to carry the message to the seemingly hopeless. To give unselfishly of myself to alcoholics and addicts and show them the way out – WOW, this was the BIGGEST decision I ever made and it continues to work in my life everyday.

If I follow the advice of “no major decisions in the first year of recovery”, then working the 12 Steps of the program are out and for me NOT to work the 12 Steps everyday in my life is to die.



“Meeting Makers Make It”, “Keep coming back”, “Wait for the Miracle to happen”, “No major decisions in the first year”, these mottos or slogans, in my experience, are not only, NOT part of our program, they actually harm others, deluding the newcomer into easier softer ways.

Anonymous



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

| | August 2023 | | | YTD 2023 | | |
|--------------------------|------------------|------------------|--------------------|------------------|------------------|--------------------|
| | | Budget | Budget Variance | Actual | Budget | Budget Variance |
| Income | | | | | | |
| Net Literature Sales | 2,279.82 | 2,700.00 | (420.18) | 21,518.26 | 21,600.00 | (81.74) |
| Group Donations | 5,246.86 | 6,598.00 | (1,351.14) | 55,775.39 | 52,784.00 | 2,991.39 |
| Individual Donations | 3,406.41 | 1,480.00 | 1,926.41 | 11,954.49 | 11,840.00 | 114.49 |
| Messenger Donations | - | 5.00 | (5.00) | 135.00 | 40.00 | 95.00 |
| Website Donations | - | - | - | - | - | - |
| Special Events | - | 416.00 | (416.00) | - | 3,328.00 | (3,328.00) |
| Interest | 5.15 | 10.00 | (4.85) | 2,439.34 | 80.00 | 2,359.34 |
| Total Income | 10,938.24 | 11,209.00 | (270.76) | 91,822.48 | 89,672.00 | 2,150.48 |
| Expenses | | | | | | |
| Bad debt | - | - | - | 199.28 | - | 199.28 |
| Casual Labor | 275.00 | 275.00 | - | 2,200.00 | 2,200.00 | - |
| Payroll | 6,530.00 | 6,530.00 | - | 52,240.00 | 52,240.00 | - |
| Legal & Professional | 350.00 | 350.00 | - | 2,100.00 | 2,800.00 | (700.00) |
| Rent | 946.00 | 1,100.00 | (154.00) | 7,934.50 | 8,800.00 | (865.50) |
| Printing | - | 33.00 | (33.00) | - | 264.00 | (264.00) |
| Payroll Taxes | 500.00 | 500.00 | - | 3,980.00 | 4,000.00 | (20.00) |
| Repairs & Maintenance | 50.00 | 35.00 | 15.00 | 470.89 | 280.00 | 190.89 |
| Equipment Rental | 114.44 | 100.00 | 14.44 | 949.00 | 800.00 | 149.00 |
| Telephone & Fax | 622.05 | 630.00 | (7.95) | 4,954.06 | 5,040.00 | (85.94) |
| Answering Service | 205.06 | 250.00 | (44.94) | 1,673.39 | 2,000.00 | (326.61) |
| Postage | 58.06 | 125.00 | (66.94) | 1,117.06 | 1,000.00 | 117.06 |
| Office Supplies | 39.03 | 208.00 | (168.97) | 636.32 | 1,664.00 | (1,027.68) |
| Bank Service Charges | 40.00 | 65.00 | (25.00) | 464.00 | 520.00 | (56.00) |
| Computer & Technology | 278.33 | 140.00 | 138.33 | 2,277.34 | 1,120.00 | 1,157.34 |
| Credit Card Service Fees | 81.78 | 200.00 | (118.22) | 997.71 | 1,600.00 | (602.29) |
| Intergroup Expense | - | 150.00 | (150.00) | 216.51 | 1,200.00 | (983.49) |
| Insurance | - | 175.00 | (175.00) | 1,525.00 | 1,400.00 | 125.00 |
| Special Events | - | 166.00 | (166.00) | - | 1,328.00 | (1,328.00) |
| Travel | - | 177.00 | (177.00) | 150.00 | 1,416.00 | (1,266.00) |
| Miscellaneous | - | - | - | - | - | - |
| Depreciation | - | - | - | - | - | - |
| Over/Under | - | - | - | - | - | - |
| Total Expenses | 10,089.75 | 11,209.00 | (1,119.25) | 84,085.06 | 89,672.00 | (5,786.22) |
| Net Income | 848.49 | - | 848.49 | 7,737.42 | - | 7,936.70 |

| GROUP / MEETING | AUG 2023 | YTD | GROUP / MEETING | AUG 2023 | YTD |
|------------------------|-----------------|------------|-------------------------|-----------------|------------|
| 86'ers | | 825 | COOKEVILLE | | 270 |
| AWOL | 78 | 226 | CROSSVILLE | | 89 |
| BACK TO THE BIG BOOK | | 120 | CROSSVILLE NOONERS | | 350 |
| BACKROOM | 526 | 2,756 | DAVIDSON RD | | 4,500 |
| BELLEVUE | | 1,500 | DESIGN FOR LIVING | | 335 |
| BERRY'S HILLS | | 124 | DICKSON | | 140 |
| BRENTWOOD FULL MOON | | 875 | DISTRICT 13 | | 100 |
| BROWN BAG | | 240 | DOWNTOWN LUNCH | | 190 |
| BY THE BOOK, DICKSON | | 102 | EAST SIDE MEN'S STAG | | 800 |
| BYRDSTOWN | | 40 | EAST SIDE SATURDAY | | 1,047 |
| CELEBRATE SERENITY | | 105 | EASTSIDE SUNLIGHTERS | 172 | 608 |
| CENTERVILLE | 239 | 734 | EVERY WOMAN HAS A STORY | 72 | 219 |
| CHAPEL HILL | | 120 | FAIRFIELD GLADE | 100 | 200 |
| CHICKEN PLUCKERS | 363 | 1,539 | FAYETTEVILLE | | 75 |
| CLARK STREET | | 200 | FIRST THINGS FIRST | | 659 |
| COLUMBIA | | 270 | FIVE AND FIVE | | 900 |
| COMFORT ZONE | | 1,500 | | | |

| GROUP / MEETING | AUG 2023 | YTD |
|-----------------------------|----------|-------|
| FRANKLIN | | 764 |
| FRANKLIN ROAD WOMEN'S | | 72 |
| FREE TO BE | | 303 |
| FREEDOM FROM BONDAGE | | 25 |
| FRIENDS IN RECOVERY | 600 | 1,075 |
| FRIENDS OF BILL, LAKE TANSI | | 253 |
| G.A.A. GALLATIN | | 75 |
| G.O.D. (GROUP OF DRUNKS) | 244 | 366 |
| HAPPY HOUR | | 182 |
| HARDING | | 61 |
| HARDING RD | | 65 |
| HERMITAGE S.S.S. | | 306 |
| HERMITAGE WOMEN'S | | 555 |
| HIGH NOON | 275 | 275 |
| HOW IT WORKS, MENS | | 300 |
| KEEP IT SIMPLE | | 199 |
| KEY TO SOBRIETY | | 240 |
| KICK OFF NOT UNTIL NOON | | 150 |
| LADIES NIGHT OUT | | 189 |
| LAFAYETTE NEW HOPE | | 50 |
| LAMBDA | | 294 |
| LATE LUNCH BUNCH | | 2,125 |
| LAWRENCEBURG | | 60 |
| LIFE SAVERS | | 150 |
| LIVING THE PRINCIPLES | | 388 |
| LIVING BY THE PRINT | | 600 |
| LIVINGSTON AA | | 175 |
| LIVINGSTON 12x12 | | 75 |
| MEN'S LOG CABIN | | 573 |
| MIDDLE TENNESSEE | | 20 |
| MURFREESBORO | 28 | 197 |
| MUSIC ROW | | 150 |
| MUSTARD SEED | | 600 |
| NEW HOPE | 30 | 30 |
| NORTHSIDE | | 12 |
| N.O.W. | | 109 |
| ON AWAKENING | | 800 |
| ONE PURPOSE | 25 | 200 |
| ONE STEP CLOSER | | 313 |
| OUT OF FOG/OUT OF BOG | | 1,500 |
| OUT TO BREAKFAST | | 477 |
| PAGE 112 | 425 | 573 |
| PAY DAY | | 300 |
| PEACE IN THE PARK | | 440 |
| PORTLAND UNITY | | 60 |
| PRIMARY PURPOSE | | |
| ROLLING HILLS | | 370 |

| GROUP / MEETING | AUG 2023 | YTD |
|--------------------------------|--------------|---------------|
| PULASKI | 530 | 740 |
| RECOVERY HILL | | 629 |
| RECOVERY ON THE ROW | | 778 |
| ROBERTSON COUNTY | 10 | 70 |
| RUSHH HOUR | | 1,000 |
| SAFE HARBOR | | 200 |
| SAFE PLACE | | 145 |
| ST. A'S | | 130 |
| SANGO SOLUTIONS | | 150 |
| SATURDAY NIGHT ALIVE | 20 | 160 |
| SEEKERS | | 500 |
| SERENITY, MURF | | 100 |
| SERENITY IN THE PARK | | 252 |
| SHADE TREE | 672 | 4,687 |
| SHELBYVILLE | | 25 |
| SISTERS IN SOBRIETY | | |
| CROSSVILLE | 39 | 72 |
| SOBRIETY FIRST | | 97 |
| SPRING HILL | | 55 |
| SSS, HERMITAGE | | 364 |
| STRAGGLERS | | 1,050 |
| STRUCK GOLD | 306 | 306 |
| SUNDAY 10AM, CROSSVILLE | | 50 |
| THANKFUL | | |
| CONTEMPLATION | | 775 |
| THERE IS A SOLUTION | | 256 |
| THREE LEGACIES | 275 | 275 |
| TURNING POINT | | 1,926 |
| UNCOMMON WOMEN | | 43 |
| UNITED, GALLATIN | | 600 |
| UNITY AT 6 | | 250 |
| WAKE UP | 22 | 76 |
| WAVERLY | | 120 |
| WAY OF LIFE | | 53 |
| WEEKENDERS | | 300 |
| WEST NASHVILLE | 79 | 235 |
| WINNERS & BEGINNERS | | 532 |
| WOMAN'S WAY | | 115 |
| WOMEN IN THE SOLUTION | 100 | 250 |
| WOMEN'S FREEDOM | | 202 |
| WOMEN'S OPEN DOOR | | 163 |
| WOODBINE | | 128 |
| GROUP MONTHLY TOTALS | | |
| | 5,247 | 55,755 |
| INDIVIDUALS | | |
| | 3,406 | 11,954 |
| MESSENGER | | |
| | - | 135 |
| COMBINED TOTALS TO DATE | | |
| | 8,653 | 67,845 |

**M i d d l e T e n n e s s e e
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