

The **ESSENGER**

Middle Tennessee Central Office Intergroup

DEC 2023
MESSENGER

A CHRISTMAS STORY

Step **Twelve**

Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Tradition **Twelve**

Anonymity is the spiritual foundation of all Traditions, ever reminding us to place principles before personalities.

Concept **Twelve**

The conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operation funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that I reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

An old-timer helps out a newcomer who relapsed during the holidays

Each year here in Saskatoon we have what we call the alcathon which consists of AA meetings starting on Christmas eve and running straight through till midnight Christmas day. There's a new meeting every 45 minutes. The meetings are held at a church in the inner city and AA members from all groups show up with food and beverages and take turns chairing. It has been a great success here. The alcathon was started by a member who was concerned for those new to sobriety and thought they had nowhere to go over the holiday season.

One year, when I was chairing one of the meetings, I heard the following story:

A fellow member of AA was getting ready to load his family up for the Christmas tour to visit their family over Christmas day and thought he would take the time to go fill up the car while the family finished getting ready.

On his way back from the gas station, he saw a fellow that had been coming to his home group, but he had not seen at the meeting for a little while. As the fellow drove by on the other side of the road, a small voice told him turn around and follow him and talk to him.

Now, I know for myself I would have just

(Continued on page 9)

INSIDE THIS ISSUE

A CHRISTMAS STORY	1
BILL W—ON THE 12th TRADITION	2
INTERGROUP OFFICERS / TRUSTED SERVANTS	4
NEW YEAR'S EVE	5
EVENTS	6 & 7
TOOLS OF RECOVERY	7
ANNIVERSARIES	7
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).**



VENMO

TRADITION TWELVE

BY: BILL W.

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

One may say that anonymity is the spiritual base, the sure key to all the rest of our Traditions. It has come to stand for prudence and, most importantly, for self-effacement. True consideration for the newcomer if he desires to be nameless; vital protection against misuse of the name Alcoholics Anonymous at the public level; and to each of us a constant reminder that principles come before personal interest--such is the wide scope of this all-embracing principle. In it we see the cornerstone of our security as a movement; at a deeper spiritual level it points us to still greater self-renunciation.

A glance at the Twelve Traditions will instantly assure anyone that "giving up" is the essential idea of them all. In each Tradition, the individual or the group is asked to give up something for our general welfare.

1. Tradition One asks us to place the common good ahead of personal desire.
2. Tradition Two asks us to listen to God as he may speak in the group conscience.
3. Tradition Three requires that we exclude *no* alcoholic from AA membership.
4. Tradition Four implies that we abandon all idea of centralized human authority or government. But each group is enjoined to consult widely in matters affecting us all.

(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

(Continued from page 2)

5. Tradition Five restricts the AA group to a single purpose, carrying our message to other alcoholics.
6. Tradition Six points at the corroding influence of money, property, and personal authority; it begs that we keep these influences at a minimum by separate incorporation and management of our special services. It also warns against the natural temptation to make alliances or give endorsements.
7. Tradition Seven states that we had best pay our own bills; that large contributions or those carrying obligations ought not be received; that public solicitation using the name Alcoholics Anonymous is positively dangerous.
8. Tradition Eight forswears professionalizing our Twelfth Step work but it does guarantee our few paid service workers an unquestioned amateur status.
9. Tradition Nine asks that we give up all idea of expensive organization; enough is needed to permit effective work by our special services--and no more. This Tradition breathes democracy; our leadership is one of service and it is rotating; our few titles never clothe their holders with arbitrary personal authority; they hold authorizations *to serve, never to govern*.
10. Tradition Ten is an emphatic restraint of serious controversy; it implores each of us to take care against committing AA to the fires of reform, political or religious dissension.
11. Tradition Eleven asks, in our public

relations, that we be alert against sensationalism and it declares there is never need to praise ourselves. Personal anonymity at the level of press, radio, and film is urgently required, thus avoiding the pitfall of vanity, and the temptation through broken anonymity to link AA to other causes.

12. Tradition Twelve, in its mood of humble anonymity, plainly enough comprehends the preceding eleven. The Twelve Points of Tradition are little else than a specific application of the spirit of the Twelve Steps of recovery to our group life and to our relations with society in general. The recovery Steps would make each individual AA whole and one with God; the Twelve Points of Tradition would make us one with each other and whole with the world about us. Unity is our aim.

Gratitude keeps your heart open. When you give with an open heart, you get the profound gift of humility.

- 13..Our AA Traditions are, we trust, securely anchored in those wise precepts: charity, gratitude, and humility. Nor have we forgotten *prudence*. May these virtues ever stand clear before us in our meditations; may Alcoholics Anonymous serve God in happy unison for so long as he may need us.

HA

(from the November 1948
Grapevine)



<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 Jan 22nd
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

Tales Of a New Year's Eve Party

Something very strange was going on

December 31, 1988--I was coming up on twelve years of sobriety and was invited to a New Year's party. Some long-term friends of my family (I went to high school with their children) hosted it. The guest list was mostly professors, scientists, engineers, and mathematicians, i.e., various Ph.D. types. Nearly everyone brought a bottle of something as a gift for the hosts. There was champagne, wine, and various liquors, including a half-gallon of an exquisite scotch.

Even though I had been sober several years, I still watched how people drank. The way these obviously normal social drinkers drank was amazing. A typical drinker would go to the kitchen, carefully measure a shot of booze, mix it with ice and mixers, then take the drink (and a coaster) with him back to his conversation. Once there, he would sip off about one sixteenth of an inch of the drink, set it down on the coffee table (on the coaster), and then forget about it. He would then continue the conversation with his companion, leaving the drink sitting there on the table until the ice melted. At some point, he would notice the drink and say something like, "Oops, my drink is ruined. Let me go pour it out and make myself another one," which he would then proceed to do. I watched several people do essentially the same thing.

I saw people say really strange things like, "Oh, no more for me, thanks. I'm starting to feel it now." I think the most I saw anyone



drink that night was one man who actually drank two five-ounce glasses of wine in three or four hours. When the midnight toast was offered, the majority of the guests took sparkling cider, not champagne! I saw this with my own eyes after years of sobriety, and it still makes little sense to me.

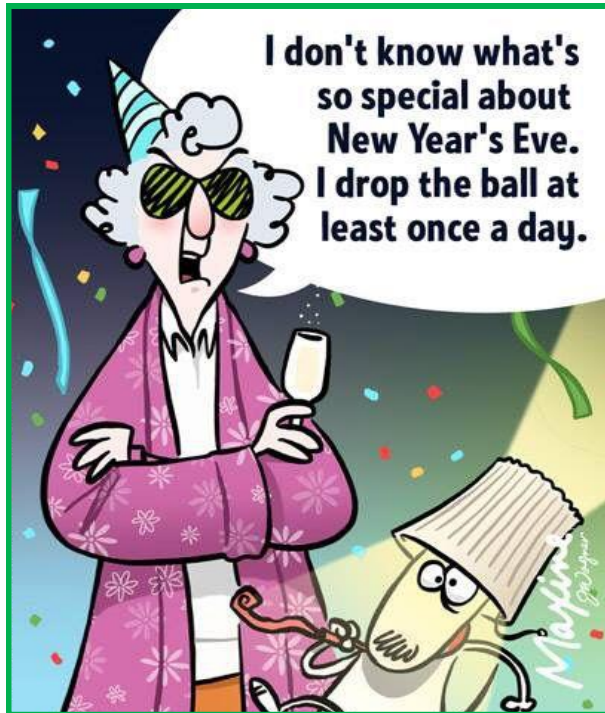
The kicker to all this happened the next morning. I stayed the night, and when I came downstairs the next morning, I saw the half-gallon of that exquisite scotch. The seal was broken and the neck was empty--perhaps two shots had been poured out of it. I had a flash of awareness on seeing that. I knew what I would have done had I still been drinking: that bottle of scotch (and probably as many other bottles as I could steal) would have landed in a bush outside the house and then gone home with me when I left. Yet, there sat an entire collection of bottles from the night before, many of them unopened, just sitting on the counter.

Mid-June 2002--I went over to the same friends' house and there, on a shelf in their garage, sat a half-gallon of that same scotch, covered with dust. The level of booze in the bottle was the same as I remembered it. They probably never even touched the bottle since putting it away after that New Year's party fourteen and a half years ago. If I ever need a reminder about how differently I think about booze than social drinkers, I just think about my friends and their bottle of scotch. I have remembered it for many years; they have probably forgotten they still have it.

Keith M—Livermore, CA Jan 2003


Reprinted with permission: AAGrapevine.org

Stay safe for the holidays



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

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	Step 1
Mari G. Markham, Canada	Step 2 & 3
Judith R. Bismark, ND	Step 4 & 5
Amy D. Louisville, KY	Step 6 & 7
Leslie S. Atlanta, GA	Step 8 & 9
Jessica J. Georgetown, TX	Step 10 & 11
Brenda J. McKinney, TX	Step 12
Diane A. Nashville, TN	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



Way of Life Women's Group Holiday Party!!!

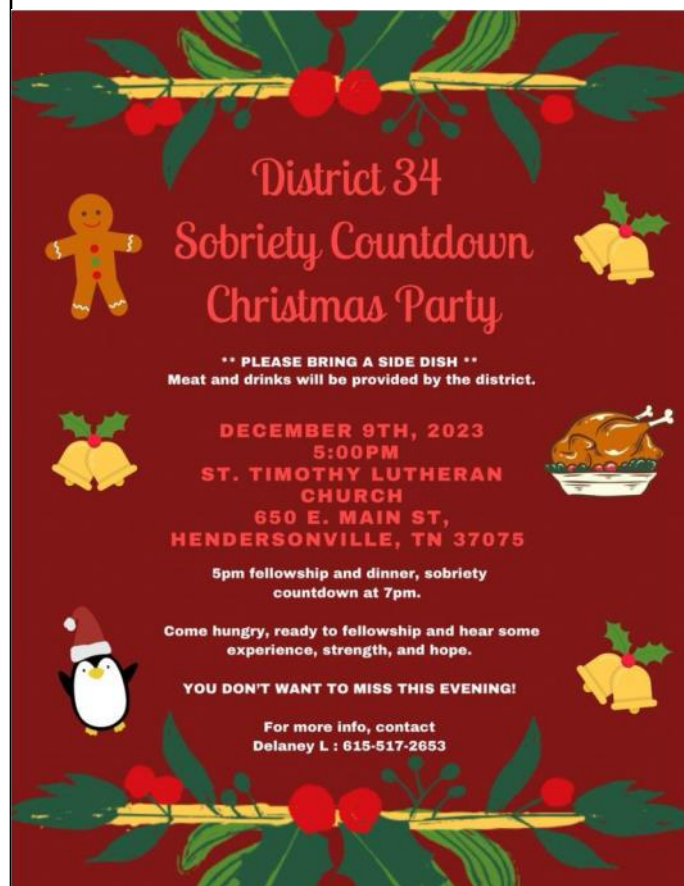
Where: Episcopal Church of the Resurrection: 1216 Sneed Road West, Franklin

When: Sunday Dec. 3rd, at 5:00 pm, before the 6:30 meeting

What: Our annual holiday potluck party

Who: Anyone woman who might like to join - especially newcomers! Invite them, please!

What to bring: your favorite dish...or just bring yourself



**District 34
Sobriety Countdown
Christmas Party**

**** PLEASE BRING A SIDE DISH ****
Meat and drinks will be provided by the district.

**DECEMBER 9TH, 2023
5:00PM
ST. TIMOTHY LUTHERAN
CHURCH
650 E. MAIN ST,
HENDERSONVILLE, TN 37075**

5pm fellowship and dinner, sobriety countdown at 7pm.

Come hungry, ready to fellowship and hear some experience, strength, and hope.

YOU DON'T WANT TO MISS THIS EVENING!

For more info, contact
Delaney L : 615-517-2653



THE FRANKLIN NOON GROUP

QUARTERLY EATER/SPEAKER MEETING

Franklin First United Methodist Church (Front Lobby Area)

120 Aldersgate Way

Franklin, TN 37069

SATURDAY, December 2nd, 2023

MEAT and BEVERAGES PROVIDED

(Please bring a side dish or dessert to share)

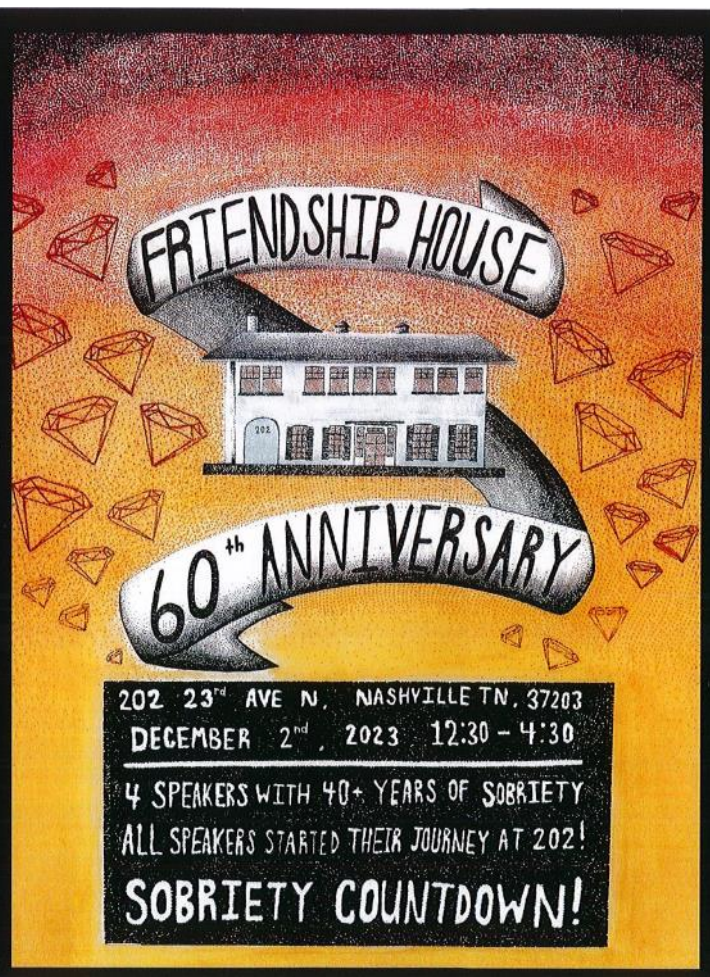
5:30 pm Doors Open

6:00 pm Buffet

7:00 pm Guest SPEAKER- Scott L



A Supporting Event for the Area 64 Nashville Host Committee



FRIENDSHIP HOUSE

60th ANNIVERSARY

202 23rd AVE N, NASHVILLE TN, 37203
DECEMBER 2nd, 2023 12:30 - 4:30

4 SPEAKERS WITH 40+ YEARS OF SOBRIETY
ALL SPEAKERS STARTED THEIR JOURNEY AT 202!

SOBRIETY COUNTDOWN!

The A.A. Tools of Recovery

This short summary of the way people get sober in A.A. is passed along to newcomers so they are aware of the things that are suggested to do. As the Tools of Recovery say, "action is the magic word in this program." This little reading was put together by one of the good old-timers, it is basically just a suggestion of what any A.A. old-timer would tell a newcomer, put in the traditional language of the Big Book and other A.A. literature.

Abstinence

We commit ourselves to stay away from the first drink, one day at a time.

Meetings

We attend A.A. meetings to learn how the program works, to share our experience, strength and hope with each other. Through the support of the fellowship, we can do what we could never do alone.

Sponsor

A sponsor is a person in the A.A. program who has what we want, has a sponsor, works the 12 steps and is continually sober. A sponsor is someone who can take you through the 12

steps, have access to and can confide in.

Telephone

The telephone is our lifeline - our meetings between meetings. Call before you take the first drink. The more numbers you have, the more insurance you have.

Literature

The Big Book of Alcoholics Anonymous is our basic tool and text. The Twelve Steps and Twelve Traditions and Alcoholics Anonymous pamphlets are recommended reading and are available at most meetings.

Service

Service helps our personal program grow. Service is giving in A.A. by leading a meeting, making coffee, moving chairs, being a sponsor, or doing anything needed. Service is action, and action is the magic word in this program.

Anonymity

Whom you see here, what you hear here, when you leave here, let it stay here. Anonymity is the spiritual foundation of our program.

*Reprinted with permission:
Justloveaudio.com*

DECEMBER ANNIVERSARIES

ANY LENGTHS

Eric B	12.08.05
Jason L	12.01.07
Jody H	12.25.19
Kathryn H	12.26.19
Shana L	12.21.22

DONELSON YET

Charlie B	12.12.05
Stacy H	12.28.03

NIPPERS CORNER

Alex G	12.27.21
Bob C	12.08.13
Bob H	12.30.77
Bryan T	12.02.13
Nancy M	12.01.21
Stuart S	12.21.14

SHADE TREE

Chanel	12.06.14
Charles C	12.09.87

THREE LEGACIES

Billy A	12.24.17
Paul H	12.17.16

NEVER BUY A HORSE WHEN
YOU'RE DRUNK.



A CHRISTMAS STORY

(Continued from page 1)

ignored that little voice thinking I was too busy with my own life. I guess that is why God choose to use this fellow and not me!

This long-time member of AA choose to turn the car around and follow the newcomer. By the time he caught up to him, they had gone beyond the city limits. The newcomer's car was parked by the side of the road. The car was empty and there were foot tracks heading off into the woods. He followed the tracks through the snow until he came upon the newcomer sitting with a bottle of whiskey in hand.

The old-timer sat down beside the newcomer and asked him what he was doing. The newcomer replied that he had gone over to spend Christmas with his wife and children the night before. He and his wife were in a trial separation due to his alcoholism and that things seemed to be on the mend.

Other family members came over that night for supper and Christmas cheer and the newcomer thought that a couple of glasses of eggnog couldn't hurt anything. After all, he had not had a drink for months. Well, he ended up so drunk that his wife called the police. He spent the night in the drunk tank.

When he got out of jail that morning he felt all was lost, got a cab, picked up his car and went to the bootleggers and bought the whiskey. His plan was to drive out of town, drink the whiskey till he passed out, and freeze to death in the elements.

Somehow, the AA old-timer convinced him to pour out the whiskey, get in his car and follow him down to the alcathon downtown where I was chairing.

When I heard this story, it made me think of all the times I have ignored that little voice in my head over the years—the voice just asking me to do little things, but which I choose to ignore because I'm too busy with my own life. Since hearing this story, I have a new priority to listen to the guidance of my Higher Power more closely and put it first and foremost and pray people closest to me understand that. I can't say that God has used me to save a life as this man did, but you never know what a cup of coffee with someone who is hurting can do.



Greg H.—Saskatoon,
Saskatchewan

Reprinted with permission:
AAGrapevine.org

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

	October 2023			YTD 2023		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	2,472.79	2,700.00	(227.21)	28,734.10	27,000.00	1,734.10
Group Donations	10,232.27	6,598.00	3,634.27	71,188.90	65,980.00	5,208.90
Individual Donations	3,931.43	1,480.00	2,451.43	16,933.15	14,800.00	2,133.15
Messenger Donations	-	5.00	(5.00)	135.00	50.00	85.00
Website Donations	635.00	-	635.00	-	-	-
Special Events	-	416.00	(416.00)	845.00	4,160.00	(3,315.00)
Interest	2.45	10.00	(7.55)	2,444.16	100.00	2,344.16
Total Income	17,273.94	11,209.00	6,064.94	120,280.31	112,090.00	8,190.31
Expenses						
Bad debt	-	-	-	199.28	-	199.28
Casual Labor	275.00	275.00	-	2,750.00	2,750.00	-
Payroll	6,530.00	6,530.00	-	65,300.00	65,300.00	-
Legal & Professional	1,050.00	350.00	700.00	3,500.00	3,500.00	-
Rent	946.00	1,100.00	(154.00)	9,930.50	11,000.00	(1,069.50)
Printing	-	33.00	(33.00)	173.59	330.00	(156.41)
Payroll Taxes	500.00	500.00	-	4,980.00	5,000.00	(20.00)
Repairs & Maintenance	-	35.00	(35.00)	520.89	350.00	170.89
Equipment Rental	174.29	100.00	74.29	1,224.95	1,000.00	224.95
Telephone & Fax	621.40	630.00	(8.60)	6,192.48	6,300.00	(107.52)
Answering Service	229.42	250.00	(20.58)	2,107.05	2,500.00	(392.95)
Postage	307.82	125.00	182.82	1,538.16	1,250.00	288.16
Office Supplies	361.10	208.00	153.10	1,070.01	2,080.00	(1,009.99)
Bank Service Charges	40.00	65.00	(25.00)	544.00	650.00	(106.00)
Computer & Technology	304.49	140.00	164.49	2,860.16	1,400.00	1,460.16
Credit Card Service Fees	277.85	200.00	77.85	1,442.72	2,000.00	(557.28)
Intergroup Expense	-	150.00	(150.00)	216.51	1,500.00	(1,283.49)
Insurance	487.14	175.00	312.14	2,012.14	1,750.00	262.14
Special Events	-	166.00	(166.00)	161.30	1,660.00	(1,498.70)
Travel	823.30	177.00	646.30	1,236.64	1,770.00	(533.36)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	-	-	-
Total Expenses	12,927.81	11,209.00	1,718.81	107,960.38	112,090.00	(4,328.90)
Net Income	4,346.13	-	4,346.13	12,319.93	-	12,519.21

GROUP / MEETING	OCT 2023	YTD
86'ers	248	1,073
AWOL	81	307
BACK TO THE BIG BOOK		120
BACKROOM	572	3,328
BELLEVUE		1,500
BERRY'S HILLS		124
BRENTWOOD FULL MOON		875
BROWN BAG	60	300
BY THE BOOK, DICKSON		102
BYRDSTOWN		40
CELEBRATE SERENITY		105
CENTERVILLE	281	1,014
CHAPEL HILL		120
CHICKEN PLUCKERS		1,539
CLARK STREET		200
COLUMBIA	90	360
COMFORT ZONE	250	1,750
COOKEVILLE		450
CROSSVILLE	37	126
CROSSVILLE NOONERS	125	475
DAVIDSON RD	1,500	6,000
DESIGN FOR LIVING		335
DICKSON		140
DISTRICT 9	150	150

GROUP / MEETING	OCT 2023	YTD
DISTRICT 13		100
DONELSON Y.E.T.	100	100
DOWNTOWN LUNCH		190
EAST SIDE MEN'S STAG		1,900
EAST SIDE SATURDAY	378	1,425
EASTSIDE SUNLIGHTERS	458	2,674
EASTSIDE SUNLIGHTERS		
ONLINE	102	102
EVERY WOMAN HAS A STORY	60	279
FAIRFIELD GLADE		200
FAYETTEVILLE		100
FIRST THINGS FIRST		659
FIVE AND FIVE	200	1,100
FRANKLIN	1,459	2,223
FRANKLIN MEN'S	300	300
FRANKLIN ROAD WOMEN'S		72
FREE TO BE		303
FREEDOM FROM BONDAGE		25
FRIENDS IN RECOVERY		1,075
FRIENDS OF BILL, LAKE TANSI		253

GROUP / MEETING	OCT 2023	YTD
G.A.A. GALLATIN		100
G.O.D. (GROUP OF DRUNKS)		366
H.O.W.W. (HONEST OPEN-MINDED WOMEN)	100	100
HAPPY HOUR	245	427
HARDING		61
HARDING RD		190
HERMITAGE S.S.S.		306
HERMITAGE WOMEN'S		555
HIGH NOON		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
LET IT HAPPEN		180
LIFE SAVERS		150
LIVING THE PRINCIPLES		388
LIVING BY THE PRINT		900
LIVINGSTON AA		175
LIVINGSTON 12x12	25	100
MEN'S LOG CABIN		573
MIDDLE TENNESSEE		20
MURFREESBORO	28	253
MUSIC ROW		150
MUSTARD SEED		600
NEW HOPE		30
NIPPER'S CORNER	325	325
NORTHSIDE		12
N.O.W.		109
ON AWAKENING		800
ONE PURPOSE	25	250
ONE PURPOSE	25	250
ONE STEP CLOSER		313
OUT OF FOG/OUT OF BOG		1,500
OUT TO BREAKFAST		477
PAGE 112		573
PAY DAY		300
PEACE IN THE PARK		440
PORTLAND UNITY	25	85
PRIMARY PURPOSE LEWISBURG	750	750
PRIMARY PURPOSE ROLLING HILLS		370

GROUP / MEETING	OCT 2023	YTD
PULASKI	30	800
RECOVERY HILL		629
RECOVERY ON THE ROW		778
ROBERTSON COUNTY	10	80
RUSHH HOUR		1,000
RUTS		250
SAFE HARBOR		300
SAFE PLACE		145
ST. A'S		263
SANGO SOLUTIONS		150
SATURDAY NIGHT ALIVE	20	200
SEEKERS		500
SERENITY, MURF		100
SERENITY IN THE PARK		252
SHADE TREE	353	5,435
SHELBYVILLE		25
SISTERS IN SOBRIETY		72
CROSSVILLE		97
SOBRIETY FIRST		114
SPRING HILL	59	364
SSS, HERMITAGE		1,500
STRAGGLERS	450	306
STRUCK GOLD		50
SUNDAY 10AM, CROSSVILLE		955
THANKFUL CONTEMPLATION	180	296
THERE IS A SOLUTION	40	275
THREE LEGACIES		2,630
TURNING POINT	704	43
UNCOMMON WOMEN		900
UNITED, GALLATIN		250
UNITY AT 6		76
WAKE UP		120
WAVERLY		150
WAY OF LIFE	98	600
WEEKENDERS	300	235
WEST NASHVILLE		832
WINNERS & BEGINNERS		115
WOMAN'S WAY		250
WOMEN IN THE SOLUTION		202
WOMEN'S FREEDOM		163
WOMEN'S OPEN DOOR		200
WOODBINE	16	
GROUP MONTHLY TOTALS	10,232	71,189
INDIVIDUALS	3,931	16,933
MESSENGER	-	135
COMBINED TOTALS TO DATE	14,164	88,257

**M i d d l e T e n n e s s e e
C e n t r a l I n t e r g r o u p
A s s o c i a t i o n**

417 Welshwood Drive
Suite 207
Nashville, TN 37211

615.832.1136
800.559.2252

NON PROFIT
ORGANIZATION
U.S. Postage Paid
Nashville, TN
Permit No. 517

RETURN SERVICE REQUESTED

Middle TN Central Intergroup Association
417 Welshwood Drive, Suite 207
Nashville, TN 37211

ph. 615.832.1136
Ph. 800.559.2252
fax. 615.834.5982
or e-mail address changes to:
mtcoaa@aol.com



Time to Change?

- ☐ New / Renewal Subscription
- ☐ Address Change

The Messenger is available at an annual subscription price of \$12.00. A limited number of free subscriptions are available upon request by writing or calling the office at the address/phone number listed in this issue.

NAME _____

ADDRESS _____

CITY _____ STATE _____

PHONE _____ ZIP _____

OLD ADDRESS _____