

The MESSENGER

Middle Tennessee Central Office Intergroup

JAN 2024
MESSENGER

THE JUGGLER

Step One

We admitted we were powerless over alcohol-that our lives had become unmanageable.

Tradition One

Our common welfare should come first; personal recovery depends upon A.A. unity

Concept One

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

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

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**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

THE JUGGLER

(Continued from page 1)

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—January 2021

**Middle Tennessee Central Office—
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DURATION OF THE MOVEMENT

How long the Washingtonian movement continued in full force is a difficult question to answer. The most dramatic strides were made between the summers of 1841 and 1842, but apparently the peak of activity was reached in 1843. That year, Gough was touring New England, and Hawkins northern and western New York as well as sections of Vermont, New Hampshire and Maine. R.P. Taylor was doing effective work in Georgia. Late that autumn Hawkins campaigned in North Carolina and Georgia, stimulating great Washingtonian activity in that region. It was a year of high activity, with the major portion of the work carried on, as it was through most of the life of the movement, by numerous Washingtonians whose names are unrecorded.

On May 28, 1844, in Boston, the Washingtonians were the sponsors of, and leading participants in, the largest temperance demonstration ever held, up to that time, with nearly 30,000 members of various temperance organizations participating. Governor George N. Briggs, William K. Mitchell and John B. Gough were the leading speakers.

In the fall of 1845 Hawkins began one of his most intensive campaigns, in Ohio, Indiana and Illinois, winding up in the spring of 1846 with very successful meetings in New Orleans and Mobile. During this 8-month period Hawkins not only spoke daily but also directed the work of many assistants and helped, as he always did, to organize societies to continue the work. In much of the territory covered by Hawkins on this campaign the Washingtonian movement was still at full tide in 1845 and 1846. This tends

to corroborate the generalization of Wooley and Johnson that "for four years it continued to sweep the country." But in some of the cities which had been reached by the movement in 1841, a decline had already set in.

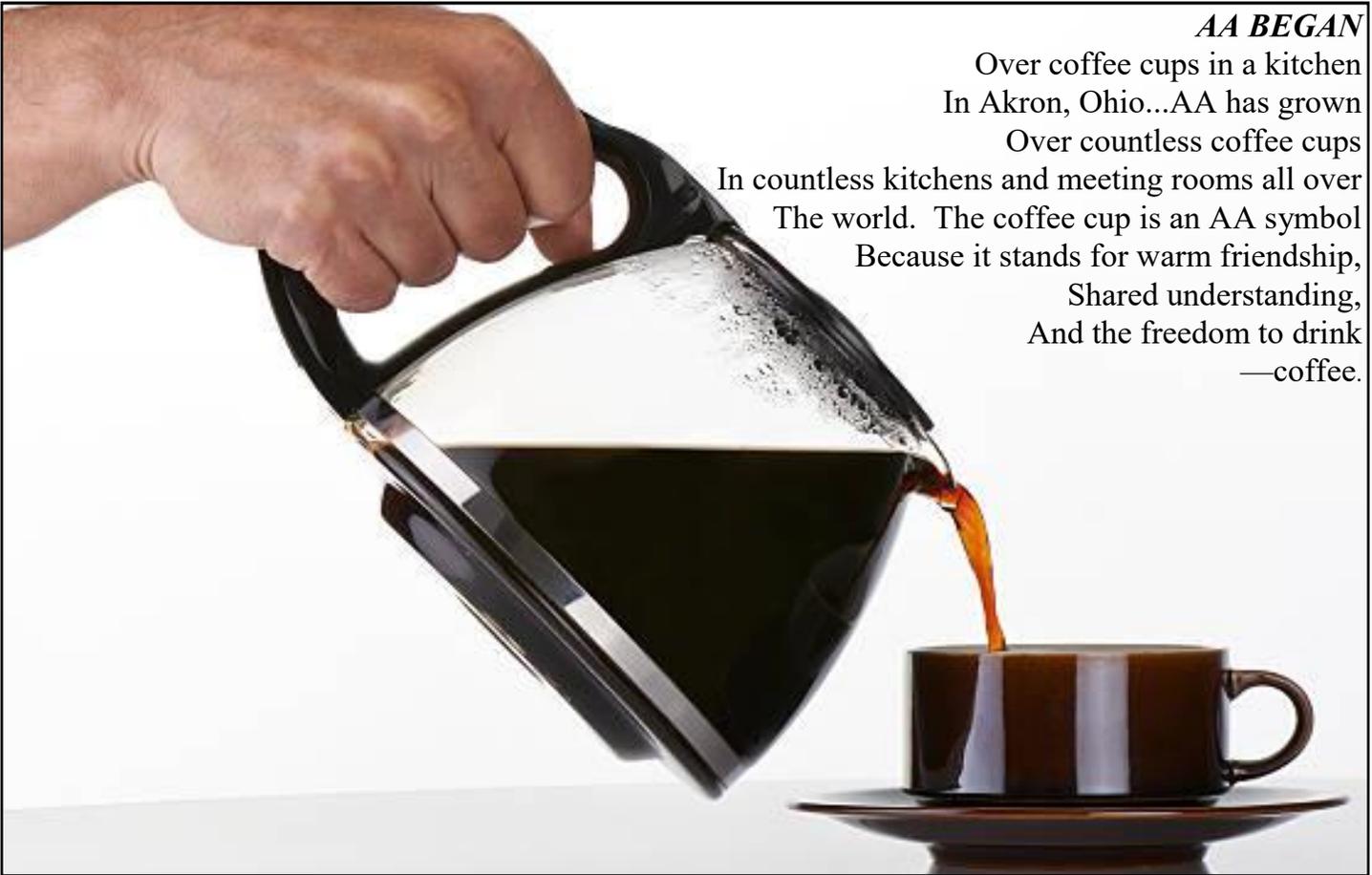
In New York City the Sons of Temperance, a total abstinence order which had been founded with the help and blessing of Washingtonians, had begun, late in 1842, to receive into its membership many Washingtonians. Slowly but increasingly, it displaced the function of the Washington societies.

In Cincinnati, in January 1845, Lyman Beecher wrote to John Marsh about the "resurgence of the liquor tide" and of the need for a new type of temperance appeal. He thought that "though the Washingtonians have endured and worked well, their thunder is worn out".

Fehlandt states that "By 1843...interest began to wane, and soon Washingtonianism had spent its force." It might be correct to say that the first signs of waning interest appeared in 1843 but it is not probable that such signs were detectable in most areas before 1844 – and in some areas not until latter. Hence, no generalization seems to apply to the entire country.

Most significant as an index of general interest are the references to the Washingtonian movement in the annual Reports of the executive committee of the American Temperance Union, published in May of each year. The 1842 Report enthusiastically details the spread of the

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AA BEGAN

Over coffee cups in a kitchen
 In Akron, Ohio...AA has grown
 Over countless coffee cups
 In countless kitchens and meeting rooms all over
 The world. The coffee cup is an AA symbol
 Because it stands for warm friendship,
 Shared understanding,
 And the freedom to drink
 —coffee.

<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

<p>FIRST MONDAY OF EVERY MONTH: District 30 Meeting When: 6:30pm – 7:30pm Zoom ID: 283 536 1220</p>
<p>SECOND MONDAY OF EVERY MONTH: Intergroup Meeting When: 5:45pm – 6:45pm Where: Central Office 417 Welshwood</p>
<p>STEERING COMMITTEE When: Monday Jan 22nd 5:45pm – 6:45pm Where: Central Office 417 Welshwood</p>
<p>FIRST TUESDAY OF EVERY MONTH: District 32 Meeting When: 6:30pm Where: Last Stop Club 2122 Utopia</p>
<p>SECOND SATURDAY OF EVERY MONTH District 34 Meeting When: 10am Where: 200 E. Cedar St Goodlettsville</p>

The profound insight of the great President into the dilemma of the habitual drunkard.

From Lincoln's address to the Washington Temperance Society, Springfield, Ill. February 22 1842

"In my judgment such of us who have never fallen victims have been spared more by the absence of appetite than from any mental or moral superiority over those who have. Indeed, I believe if we take habitual drunkards as a class, their heads and their hearts will bear an advantageous comparison with those of any other class."

"When one who has long been known as a victim of intemperance bursts the fetters that have bound him, and appears before his neighbors 'clothed and in his right mind,' a redeemed specimen of long-lost humanity, and stands up, with tears of joy trembling in his eyes, to tell of the miseries once endured, now to be endured no more forever: of his once naked and starving children, now clad and fed comfortable; of a wife long weighed down with woe, weeping, and a broken heart, now restored to health, happiness, and a renewed affection; and how easily it is all done, once it is resolved to be done-how simple his language! Human feelings cannot resist."

"I have not inquired at what period of time the use of intoxicating liquors commenced; nor is it important to know. It is sufficient that, to all of us who now inhabit the world, the practice of drinking them is just as old as the world itself-that is, we have seen the one just as long as we have seen the other."

"Those who have suffered by intemperance personally, and have reformed, are the most powerful and efficient instruments to push the reformation to ultimate success. It does not follow that those who have not suffered have no part left them to perform. Whether or not the

world would be vastly benefited by a total and final banishment from it of all intoxicating drinks seems to me not now an open question."

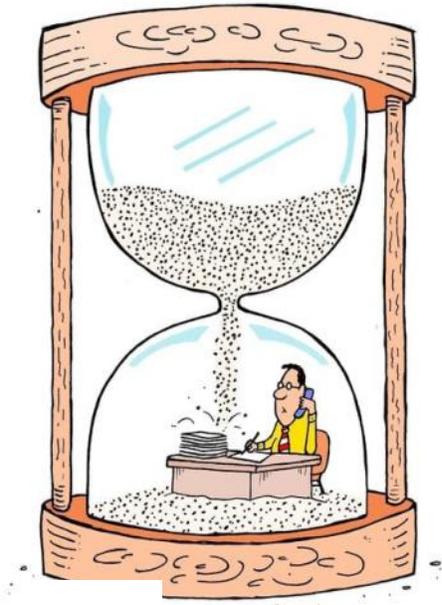
"The victims of it (alcoholism) were to be pitied and compassioned, just as are the heirs of consumption and other hereditary diseases. Their failing was treated as a misfortune and not as a crime, or even as a disgrace."

"There seems ever to have been a proneness in the brilliant and warm blooded to fall into the vice-the demon of intemperance, ever seems to have delighted in sucking the blood of genius and of generosity. What one of us but can call to mind some relative, more promising in youth than all his fellows, who has fallen a sacrifice to his rapacity? He seems ever to have gone forth like the Egyptian angel of death, commissioned to slay, if not the first, the fairest born of every family."

"Happy day when-all appetites controlled, all passions subdued, all matter subjugated-mind, all-conquering mind, shall live and move, the monarch of the world. Glorious consummation! Hail, fall of fury? Reign of reason, all hail!

And when the victory shall be complete-when there shall be neither slave nor drunkard on the earth-how proud the title of that land which may truly claim to be the birthplace and the cradle of both those resolutions that shall have ended in that victory. How nobly distinguished that people who shall have planted and nurtured to maturity both the political and moral freedom of their species."

"For the man suddenly or in any other way to break off from the use of drams, who has indulged in them for a long course of years and until his appetite for them has grown tenor a hundred-fold stronger and more craving than any natural appetite can be, requires a most powerful moral effort. In such an undertaking he needs every moral support and influence that



"I HAVE TO HANG UP NOW, I HAVE ONLY AN HOUR TO GET THESE REPORTS DONE."



JANUARY ANNIVERSARIES

DONELSON YET

J.R. R	01.06.19
Walter L	01.09.91
Kenny H	01.16.86

DONELSON YET

Will C	02.19.20
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ONE DAY AT A TIME
Potluck & speaker meeting

50TH ANNIVERSARY

512 Rosebank Ave

Bring a dish

Saturday, January 27th
6p dinner • 8p speaker

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

A New Year . . . Needs a New Look

WELL, why not take time out for another personal inventory?

First: I am sober and have been for three years, and that is the longest period of sobriety I have enjoyed in forty years, for I am sixty, and for twenty years I thought I handled liquor (although I now know I didn't) and the next twenty years it handled, or rather mauled, me. I am most thankful that AA had brought me this freedom from alcohol.

Second: I have come to know some really fine people, fine because refined by the same consuming fire I went through. They are tempered and considerate, practicing their new-found knowledge of humility and kindness, and as this now attracts me and seems good to me, I am led to believe I must be swinging in the right direction, and for that I am thankful.

Third: I am not so lonely or bored; there are activities, meetings, 'phone calls, and you commence to get a feeling of belonging and of being a part

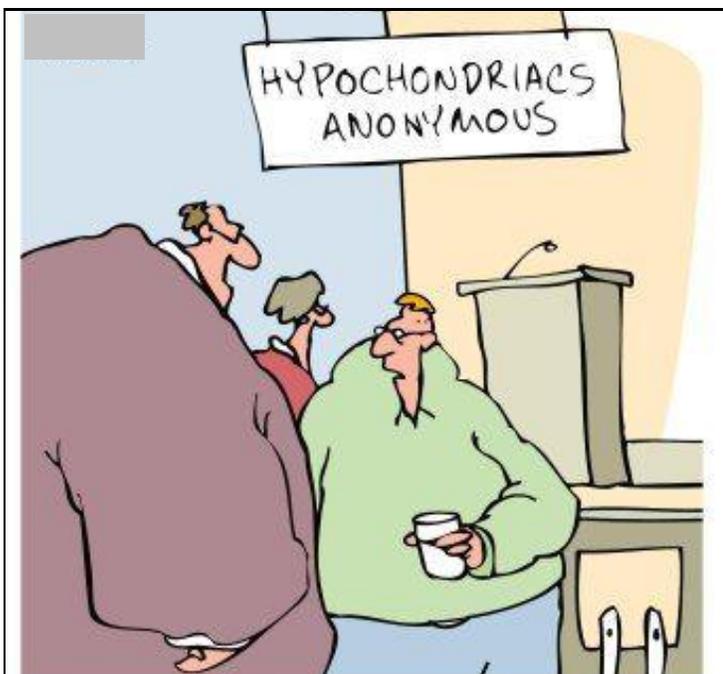
of something good.

Fourth: I hope I am at a rather late age growing up so that I exercise more control over my emotions and I believe I am because I can let the other fellow have his way, at least some of the time, and not be too disturbed about is as a rule.

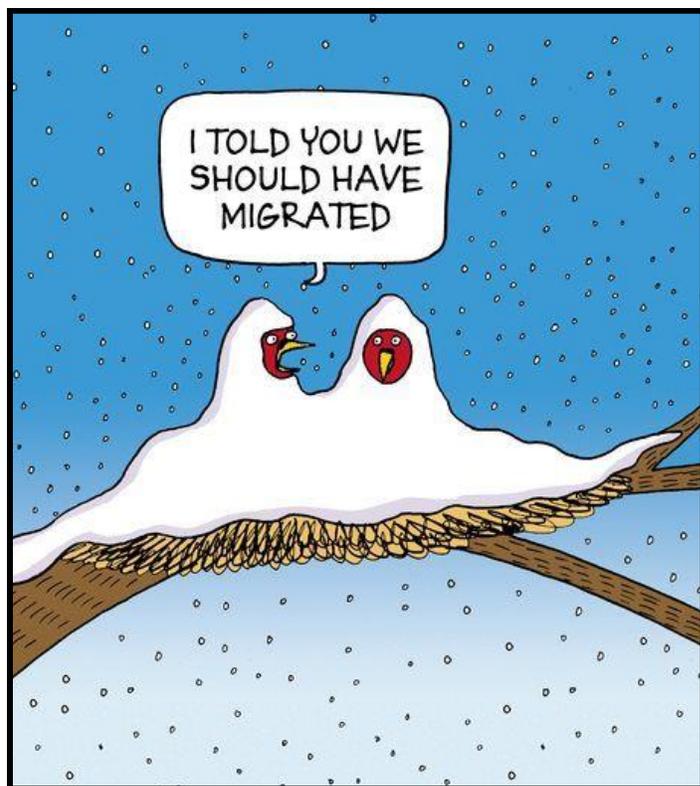
Fifth: I am conscious of the fact that many thinking people of this world are daily coming to respect AA more and more, and that pleases my ego a little, but seems a not too dangerous elation to experience.

Sixth: I realize an honest atheist is a searcher after truth, and having an keen and inquiring mind, will most surely come to realize that there is a power, a good power, at work, and all we have to do is to get ourselves in tune to commence to catch some of these note vibrations, dictates of consciousness, for who has not decided to lay aside a problem for the moment and wait for inspiration and suddenly been

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"First step is the hardest. You've got to admit that you don't have a problem."



(Continued from page 3)

movement. The 1843 Report reflects continued enthusiasm. The 1844 Report notes that the movement "has continued through its fourth year with as much interest as could be expected." The 1845 Report contains news of the crowded weekly meetings and increased success of the Hartford, Conn., Washington Temperance Society, but there is also expressed the feeling of John Marsh that the movement "has in a considerable measure spent its force." In the 1846 Report the movement is referred to as "once so deeply enlisting the sympathies." In the 1847 Report it is admitted that "The reformation of drunkards has not, as in former years, formed a prominent part of the year now past." The 1848 Report contains no mention of the Washingtonian movement at all.

Hawkins, Gough and others were called Washingtonians to the end of their lives, but there is no record, to the writer's knowledge, of organized Washingtonian activity beyond 1847 except in the Boston area. There in March 1847, the Washingtonians of New England held a large convention. In January 1848 the Boston Washington Society reported having 56,380 signatures since the date of its founding in 1841. According to Harrison, writing in 1860, the Boston society continued to exist and meet weekly up to 1860, at which time 70,000 signatures were claimed. In 1858 the Home for the Fallen, using Washingtonian principles in the rehabilitation of alcoholics, was in existence in Boston. But in other parts of the country, by 1858, there were to be found references to "the early days" when Washingtonianism swept the country.

A New Year . . . Needs a New Look

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confronted with the solution, the proper step to take. . .and for this I am likewise thankful.

Seventh: I am still extravagant and this is something I must put a little more thought to. I have made a little progress and I am trying to be honest and place the emphasis more nearly in the right place.

Eighth: I have made a little progress at home but I still have a lot of Twelfth Step work to do there for I have broken a lot of china, and I feel it is most important to not be satisfied with just doing Twelfth Step work on the outside, for others.

Ninth: I am grateful that more young people are coming to recognize the alcoholic pattern and through AA do

something about it and thereby save themselves and others years of suffering and unhappiness.

Tenth: I am grateful that employers and business men are recognizing the good philosophy in AA and that many of them are giving such splendid cooperation to aid alcoholic employees.

Eleventh: I am grateful for the *Grapevine*, the big AA book, and the pamphlets, and for the meetings. . .all a source of inspiration.

Twelfth: Now I have reached Number Twelve, our number of Steps, and if I can practice the last part of the Twelfth Step, that is to "practice these principles in all my affairs," and if I can continue to realize that this is a life job and must continue so to be, I will, I am sure, continue to be grateful

H. H. Q. | WEST HARTFORD, CONNECTICUT

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can possibly be brought to his aid and thrown around him.”

“It is an old and a true maxim that ‘a drop of honey catches more flies than a gallon of gall.’ So with men. If you would win a man to your cause, first convince him that you are his sincere friend.”

“Is it just to assail, condemn, or despise them? The universal sense of mankind on any subject is an argument, or at least an influence, not easily overcome. The success of the argument in favor of the existence of an overruling providence mainly depends upon that sense;

and men ought not in justice to be denounced for yielding to it in any case, or giving it up slowly, especially when they are backed by interest, fixed habits, or burning appetites.”

“Another error, as it seems to me, into which the old reformers fell, was the position that all habitual drunkards were utterly incorrigible, and therefore must be turned adrift and damned without remedy in order that the grace of temperance might abound, to the temperate then, and to all mankind some hundreds of years thereafter. There is in this attitude something so repugnant to humanity, so uncharitable, so cold-blooded and feelingless, that it never did nor ever can enlist the enthusiasm of a popular cause.”

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

	November 2023			YTD 2023		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	4,348.90	2,700.00	1,648.90	33,083.00	29,700.00	3,383.00
Group Donations	4,894.03	6,598.00	(1,703.97)	76,082.93	72,578.00	3,504.93
Individual Donations	12,726.13	1,480.00	11,246.13	29,659.28	16,280.00	13,379.28
Messenger Donations	12.00	5.00	7.00	147.00	55.00	92.00
Website Donations	-	-	-	-	-	-
Special Events	7,600.00	416.00	7,184.00	8,445.00	4,576.00	3,869.00
Interest	2.61	10.00	(7.39)	2,446.77	110.00	2,336.77
Total Income	29,583.67	11,209.00	18,374.67	149,863.98	123,299.00	26,564.98
Expenses						
Bad debt	-	-	-	199.28	-	199.28
Casual Labor	275.00	275.00	-	3,025.00	3,025.00	-
Payroll	6,530.00	6,530.00	-	71,830.00	71,830.00	-
Legal & Professional	350.00	350.00	-	3,850.00	3,850.00	-
Rent	946.00	1,100.00	(154.00)	10,876.50	12,100.00	(1,223.50)
Printing	-	33.00	(33.00)	173.59	363.00	(189.41)
Payroll Taxes	500.00	500.00	-	5,480.00	5,500.00	(20.00)
Repairs & Maintenance	-	35.00	(35.00)	520.89	385.00	135.89
Equipment Rental	116.06	100.00	16.06	1,341.01	1,100.00	241.01
Telephone & Fax	625.79	630.00	(4.21)	6,818.27	6,930.00	(111.73)
Answering Service	446.67	250.00	196.67	2,553.72	2,750.00	(196.28)
Postage	23.11	125.00	(101.89)	1,561.27	1,375.00	186.27
Office Supplies	74.77	208.00	(133.23)	1,144.78	2,288.00	(1,143.22)
Bank Service Charges	40.00	65.00	(25.00)	584.00	715.00	(131.00)
Computer & Technology	278.33	140.00	138.33	3,138.49	1,540.00	1,598.49
Credit Card Service Fees	231.97	200.00	31.97	1,674.69	2,200.00	(525.31)
Intergroup Expense	993.00	150.00	843.00	1,209.51	1,650.00	(440.49)
Insurance	-	175.00	(175.00)	2,012.14	1,925.00	87.14
Special Events	4,856.53	166.00	4,690.53	5,017.83	1,826.00	3,191.83
Travel	2,400.00	177.00	2,223.00	3,636.64	1,947.00	1,689.64
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	-	-	-
Total Expenses	18,687.23	11,209.00	7,478.23	126,647.61	123,299.00	3,149.33
Net Income	10,896.44	-	10,896.44	23,216.37	-	23,415.65

GROUP / MEETING	NOV 2023	YTD	GROUP / MEETING	NOV 2023	YTD
86'ers		1,073	EASTSIDE SUNLIGHTERS		102
ANY LENGTHS	120	120	ONLINE		
AWOL		307	EVERY WOMAN HAS A		279
BACK TO THE BIG BOOK		120	STORY		
BACKROOM		3,328	FAIRFIELD GLADE		200
BASEMENT BUNCH	200	200	FAYETTEVILLE		100
BELLEVUE		1,500	FIRST THINGS FIRST		659
BERRY'S CHAPEL BB STUDY	65	65	FIVE AND FIVE		1,100
BERRY'S HILLS		124	FRANKLIN		2,223
BRENTWOOD FULL MOON		875	FRANKLIN MEN'S		300
BROWN BAG		300	FRANKLIN ROAD WOMEN'S		72
BY THE BOOK, DICKSON		102	FREE TO BE	172	475
BYRDSTOWN		40	FREEDOM FROM		25
CELEBRATE SERENITY		105	BONDAGE		
CENTERVILLE		1,014	FRIENDS IN RECOVERY		1,075
CHAPEL HILL		120	FRIENDS OF BILL, LAKE	123	376
CHICKEN PLUCKERS		1,539	TANSI		
CLARK STREET	200	400	G.A.A. GALLATIN		100
COLUMBIA		360	G.O.D. (GROUP OF		366
COMFORT ZONE		1,750	DRUNKS)		
COOKEVILLE		450	GRATEFUL GROVE	572	572
CROSSVILLE		126	H.O.W.W. (HONEST OPEN-		100
CROSSVILLE NOONERS		475	MINDED WOMEN)		
DAVIDSON RD		6,000	HAPPY HOUR		427
DESIGN FOR LIVING		335	HARDING		61
DICKSON		140	HARDING RD		190
DISTRICT 9		150	HERMITAGE S.S.S.		306
DISTRICT 13		100	HERMITAGE WOMEN'S		555
DISTRICT 35	9	9	HIGH NOON		275
DONELSON Y.E.T.		100	HOW IT WORKS, MENS		300
DOWNTOWN LUNCH		190	KEEP IT SIMPLE		199
EAST SIDE MEN'S STAG		1,900	KEY TO SOBRIETY		240
EAST SIDE SATURDAY		1,425	KICK OFF NOT UNTIL		150
EASTSIDE SUNLIGHTERS		2,674	NOON		

GROUP / MEETING	NOV 2023	YTD
LADIES NIGHT OUT	84	273
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		100
MEN'S LOG CABIN	349	922
MIDDLE TENNESSEE		20
MURFREESBORO	28	281
MUSIC ROW	100	250
MUSTARD SEED	400	1,000
NEW HOPE		30
NIPPER'S CORNER	1	326
NORTHSIDE		12
N.O.W.	115	224
ON AWAKENING		800
ONE PURPOSE	25	275
ONE STEP CLOSER		313
OUT OF FOG/OUT OF BOG	1,225	2,725
OUT TO BREAKFAST		477
PAGE 112		573
PAY DAY		300
PEACE IN THE PARK		440
PORTLAND UNITY		85
PRIMARY PURPOSE LEWISBURG		750
PRIMARY PURPOSE ROLLING HILLS		370
PULASKI	30	830
RECOVERY HILL		629
RECOVERY ON THE ROW		778
ROBERTSON COUNTY	5	85
RUSHH HOUR		1,000
RUTS		250

GROUP / MEETING	NOV 2023	YTD
SAFE HARBOR		300
SAFE PLACE		145
ST. A'S		263
SANGO SOLUTIONS		150
SATURDAY NIGHT ALIVE	20	220
SEEKERS		500
SERENITY, MURF		100
SERENITY IN THE PARK		252
SHADE TREE	353	5,788
SHELBYVILLE		25
SISTERS IN SOBRIETY CROSSVILLE	34	106
SOBRIETY FIRST		97
SPRING HILL		114
SSS, HERMITAGE		364
STATE CONVENTION	4	4
STRAGGLERS		1,500
STRUCK GOLD		306
SUNDAY 10AM, CROSSVILLE		50
THANKFUL CONTEMPLATION		955
THERE IS A SOLUTION		296
THREE LEGACIES		275
TURNING POINT		2,630
UNCOMMON WOMEN		43
UNITED, GALLATIN		900
UNITY AT 6		250
WAKE UP		76
WAVERLY		120
WAY OF LIFE		150
WEEKENDERS		600
WEST NASHVILLE	137	372
WINNERS & BEGINNERS		832
WOMAN'S WAY		115
WOMEN IN THE SOLUTION	100	350
WOMEN'S FREEDOM	424	626
WOMEN'S OPEN DOOR		163
WOODBINE		200
GROUP MONTHLY TOTALS	4,894	76,083
INDIVIDUALS	12,726	29,659
MESSENGER	12	147
COMBINED TOTALS TO DATE	17,632	105,889

**Middle Tennessee
Central Intergroup
Association**

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800.559.2252

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