

The MESSENGER

Middle Tennessee Central Office Intergroup

APR 2024
MESSENGER

WE AREN'T A GLUM LOT

Step Four

Made a searching and fearless moral inventory of ourselves.

Tradition Four

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Concept Four

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

Just another Slogan or valuable Anecdote?

"We have been speaking to you of serious, sometimes tragic things. We have been dealing with alcohol in its worst aspect. But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life. When we see a person sinking into the mire that is alcoholism, we give them first aid and place what we have at their disposal. For their sake, we do recount and almost relive the horrors of our past. But those of us who have tried to shoulder the entire burden and trouble of others find we are soon overcome by them. (Alcoholics Anonymous p. 132)

I like to look at the sentences that surround our favorite quotes to see the deeper meaning of the popular "slogans" we often repeat at meetings. In this particular paragraph containing two very well known phrases, "We aren't a glum lot.", and "We absolutely insist on enjoying life," I'm struck with how important it is to keep these two sets of instructions from our founders front and center in our lives.

Not only is it essential to live joyfully to show the newcomer the hope they have ahead of them, but its critical for our own well-being. There are some warnings to heed in the above paragraph. When working with newcomers, in order to relate to them we need to recount and relive our own horrors."

It's easy at times to get caught up in the darkness, guilt and shame from our past, even if we've worked the steps. The layers of our own recovery onion often peel when we least expect it, many times when working with someone new. It's good to balance these sometime depressing reactions with a reminder that "We aren't a glum lot." Our job is to learn how to enjoy life without alcohol. Not always an easy task, especially in the first months or years of sobriety.

It's especially crucial to remember these sentiments when "we find

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

Suggested donations are \$12.00 a year—which hasn't gone up in over 13+ years (or any amount you would like to specify).



VENMO

WE AREN'T A GLUM LOT

(Continued from page 1)

ourselves overcome by trying to shoulder the entire burden of the desperate newcomer.” If you stick around long enough you will have the opportunity to experience this. It’s easy to grow attached to new people in sobriety, sometimes too much. If it wasn’t a regular occurrence among us, it would not be in the book.

When I first came to AA the joy and laughter scared me. I was afraid you all weren’t taking this seriously enough. It made me wonder if I was in the right place. Luckily, I was desperate enough to stick around to see the truth, summed up perfectly in the next paragraph.

“So, we think cheerfulness and laughter make for usefulness. Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn’t we laugh? “We have recovered and have been given the power to help others.”

Anonymous

What do sober people and magicians have in common?
They both know how to disappear from parties without being noticed.

Why do sober people never get lost?
They have quit going around in circles.

Why are sober people like cats?
They have nine lives.

Why are sober people like builders?
They lay a strong foundation, brick by brick.

Why did the accountant do so well in AA?
She was already a friend of bills.

How did the lawyer become sober?
He passed the bar.

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

EMOTIONAL MATURITY

The mature person has developed attitudes in relation to himself and his environment which have lifted him above “childishness” in thought and behavior.

*My mind is my garden
My thoughts are my seeds.
I will harvest
Either flowers or weeds.*

Some of the characteristics of the person who has achieved true adulthood are suggested here:

1. He accepts criticism gratefully, being honestly glad for an opportunity to improve.
2. He does not indulge in self-pity. He has begun to feel the laws of compensation operating in all life.
3. He does not expect special consideration from anyone.
4. He controls his temper.
5. He meets emergencies with poise.
6. His feelings are not easily hurt.
7. He accepts the responsibility of his own actions without trying to “alibi.”
8. He has outgrown the “all or nothing” stage. He recognizes that no person or situation is wholly good or wholly bad, and he begins to appreciate the Golden Mean.

9. He is not impatient at reasonable delays. He has learned that he is not the arbiter of the universe and that he must often adjust himself to other people and their convenience.
10. He is a good loser. He can endure defeat and disappointment without whining or complaining.
11. He does not worry unduly about things he cannot help.
12. He is not given to boasting or “showing off” in socially unacceptable ways.
13. He is honestly glad when others enjoy success or good fortune. He has outgrown envy and jealousy.
14. He is open-minded enough to listen thoughtfully to the opinions of others.
15. He is not a chronic “fault-finder.”
16. He plans things in advance rather than trusting to the inspiration of the moment.

Last of all, we think in terms of spiritual maturity.

- ♥ He has faith in a Power greater than himself.
- ♥ He feels himself an organic part of humankind as a whole, contributing his part to each group of which he is a member.
- ♥ He obeys the spiritual essence of the Golden Rule: “You shall love your neighbor as yourself.”

An AA pamphlet from the Cleveland District Office

**APRIL
ANNIVERSARIES**

ANY LENGTHS	
Becky B	04.29.16
Brian R	04.30.23
Carolyn N	04.05.23
Chris M	04.26.22
Johnie's F	04.20.23
Nick C	04.17.23
Scarlett S	04.03.23

March 26, 2024

TO: Members of the General Service Conference; Intergroups and Central Offices,
U.S./Canada

FROM: Patrick C., 2025 International Convention Interim Coordinator

Email: 2025ic@aa.org

Warm greetings from the General Service Office in New York!

This is a friendly reminder regarding setting up future local events for 2025, the year that the 2025 International Convention will be held in Vancouver, BC, Canada, July 3-6, 2025.

“Reflecting guidance from the Additional Consideration of the 1999 Conference Committee on International Conventions/Regional Forums, the trustees’ Committee on International Conventions/Regional Forums suggested that the area/state/provincial committees be made aware that experience has shown that planning a local A.A. event such as a convention, too near the dates of an International Convention may result in a smaller attendance at the local event; this notice to be sent out annually starting three years prior to each International Convention.”

Once again, if you would pass this information on to any local or regional planning committees who may be setting up future events for 2025, we would appreciate your cooperation.

<i>CENTRAL OFFICE POSITIONS</i>	<i>OFFICER NAME</i>	<i>PHONE NUMBER</i>
Chairperson	Jason S	615.546.3245
Central Office Manager	Charles C	615.973.9898
Central Office Bookkeeper	Bill M	615.512.5710
Vice Chairperson	Lindsey T	615.260.6295
Secretary	Meghan F	615.713.9174
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	Chip S	615.390.8681
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 Apr 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 BEDROCK OF AA

A member wonders if the Traditions are given short shrift

I began my recovery journey, in Cleveland, a few 24 hours ago. Back then, we had meetings in which members read and discussed the Steps and Traditions. To me, it seems today that the Traditions have become some kind of dinosaur that we feel obliged to mention. Group Conscious meetings vote to agree to read just "the Tradition of the month." Is this because we are so pressed for time or because the Traditions are not that important?

The Traditions are the glue that holds our program together. They are to group recovery and conduct as the Steps are to individual recovery and conduct. Without the Traditions, we would rapidly devolve into a chaotic mess of individual wills and egos.

I saw an example of this recently at a meeting. Someone asked permission of a group secretary to "suspend" the Traditions in order for an announcement to be made asking support for a local sober club.

I was dumbfounded. And because the individual is an old-timer, he was given the floor. We have no rock stars in AA. Because she was new, perhaps the secretary felt blindsided or didn't know how to handle the situation. As a guest at the meeting, I held my comments. However, in retrospect, I know that I did not do service to anyone that day—not to that individual, not to the rest of the meeting, not to myself, and certainly not to the Traditions.

I have since learned that the appropriate response would have been for Tradition Six to be cited with a gentle reminder that anyone is free to talk to individuals about outside matters after a meeting.

The next week at my home group, a flyer was read announcing a sober club with no reference to a specific meeting. In the Group Conscious meeting that was scheduled after the meeting, I brought this up and read the long form of Tradition Six. I felt people did not understand or care about the issue.

TRADITIONS MATTER

Using the Traditions as a guideline in our conduct in groups is one way we can "practice these principles in all our affairs." I appreciate that my sponsors gave me a sense of the importance of the Traditions to my personal recovery as well as to the survival of the AA.

The Traditions were put in place to ensure that the AA would transcend individual egos and personality clashes. If we keep the Traditions in the forefront of our learning and growing as recovering alcoholics, perhaps they will become less of an endangered species and remain the vital glue that binds us together.

Deb A.—Cleveland, OH

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Franklin Way of Life's



4th Anniversary Potluck May 23, 2024

Historic Franklin First United Methodist
148 Fifth Avenue South
Franklin, TN

6pm Pizza/Potluck
7pm Speaker Meeting

Speaker: Steve L. - Nashville, TN
Speaker/Pizza/Pot Luck/Birthdays/Group History
reading

Sober Fun!

CAME TO BELIEVE
First Presbyterian Church | 101 Legends Club Lane | Franklin, TN

LONG-TIMERS EVENT

going the distance together



**SAT.
JUNE
15**

**DOORS
OPEN @
4:30PM**

**DINNER
@ 5PM**

Group will supply meat, breads & beverages!
Please bring casseroles, salads & desserts.
Parking & Entrance in the back of the building.



QUESTIONS?
Contact: Pam C. at 615-424-6650



WHAT THE...?!
WHO PAINTED MY
HAMMER PINK?!

Avenger April Fool's Prank

United We Recover



SMA[△]CC

Motorcycles
Not Required

Southern Motorcyclists in Alcoholics Anonymous Camping Convention, XI

WHEN: Aug. 22-25, 2024

WHERE: Fall Creek Falls TN State Park,
Newton Ford Bunk House.

REGISTRATION: \$50, after Jul. 31st - \$60.
The registration fee will cover meals & lodging.

TO PRE-REGISTER WITH CASHAPP: [Pay \\$SMAACC931 on Cash App](#)

TEE SHIRTS M, L, XL, 2X \$20 Use [Pay \\$SMAACC931 on Cash App](#) to preorder

SPEAKERS: Jason J - Chattanooga, TN. Stacy N. Akron, Ohio -
Workshop: James B. and Tom O., - Cookville TN

CONTACTS: DON G 270-576-8035 or DON R 931-239-1523



**1 YEAR ANNIVERSARY
CELEBRATION!**

**THE MCEWEN
“NO MATTER WHAT” GROUP**

Help us celebrate our group’s
one year anniversary ... with food, fellowship
and a wonderful speaker!

**Sober potluck! Bring your favorite side dish, dessert or
beverage. Chile & hot dogs provided by the group.
FOOD @ 6PM**

SPEAKER @ 7PM

**Group member Samantha H. will share her
experience, strength and hope**

**When: SUNDAY APRIL 7, 2024
6-8 PM**

WHERE:
**McEwen First Baptist Church Fellowship Hall
75 E. Long St. McEwen TN, 37101**

Right off Highway 70 across from the Dairy Queen.
The fellowship hall is the yellow building behind the
church close to the water tower.

District 9 Spring Picnic
Sunday April 28th
From 10 am - 4 pm
Standing Stone State Park (Shelter 5)



<p>Auction 10:30-11:45 (Rod M) <i>Great items to bid on!</i> <i>Home Groups Bring your Baskets Full!!!</i></p>	<p>Lunch 12:00 <i>Grilled Hamburgers and Hot dogs and plenty of home cooking!</i> <i>Side dishes and deserts welcome!</i></p>	<p>Speaker 1:00 pm <i>Alt. Delegate</i> <i>Heather L</i></p>
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*Rent a Cabin or Canoe!
There is plenty to do @
Standing Stone State Park!*


1674 Standing Stone Park Hwy.
Hilham, TN 38568
[931-823-6347](tel:931-823-6347)



For more information contact:
Kerri B. 931-239-4635
Nora M. 931-510-5726 or
Visit: district9.online

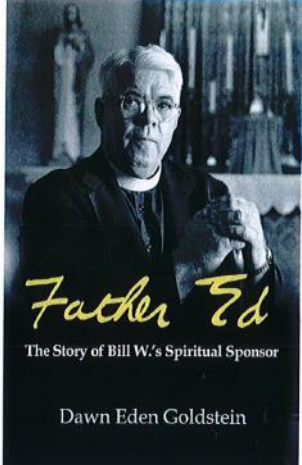


Fun Food and Fellowship for 'Your 'Whole Family!!!



Lakeside Behavioral Health System and
the Catholic Diocese of Memphis proudly present


An Evening with the Author of
**“Father Ed:
The Story of Bill W’s
Spiritual Sponsor”**




Fr. Ed helped guide AA Co-Founder Bill W’s
spiritual life from 1940 until his death in
Memphis on April 3, 1960.

Wednesday, April 3, 2024, 7:00pm
Cathedral of the Immaculate Conception
1695 Central Ave., Memphis

**Meet the Author:
Dawn Eden Goldstein**
Our evening with Dawn Eden Goldstein will take place on the
64th anniversary of Fr. Ed’s passing. Her book is the first definitive
biography of Fr. Edward Dowling, SJ, and his life of service . Books
will be available for purchase at the event.



This is a no-cost event. Pre-Registration is required.
Please scan the code or visit, tinyurl.com/FatherEdBookEvent.



***Three Legacies Group
Lebanon, TN***



Three Legacies Group at
Cumberland Presbyterian Church
522 Castle Heights Avenue, Lebanon, TN
37087

*Come and celebrate with us! Group provides
barbecue, sides and cake!*

ONE YEAR ANNIVERSARY

April 25th, 2024

Fellowship at 6 pm, Dinner at 6.30 pm, Speaker at 7.30 pm
Speaker-meeting with Speaker:

Mike A., Nashville, TN



THE ALCOHOLIC EXPRESS

A chance encounter on a commuter train introduces a man to the idea of sobriety.

I boarded the empty 6:30 a.m. commuter train out of Grand Central Station bound for Brewster to help my pops move into a new apartment. Settling into a seat with my tall cup of coffee, I feel an overwhelming sense of gratitude for yet another sober Saturday morning, three years into working the program.

A gentleman plops into a seat to the left of me, across the aisle, immediately attempting to strike up conversation. Bug-eyed, he asks me, "Do I look okay?" and explains that he had just gotten off work, tending bar, boozing hard amongst other things; gesturing a snort of dry goods off the back of his hand. "You're alright," I say, shaking him off, not wanting to engage in conversation, especially with a "low life" like him. I reach into my bag and pull-out the Grapevine, open to a random story and isolate.

I read and reread the first paragraph several times and can't get past it. My thoughts are on the man to my left—the alcoholic side of my personality feels envy that he's high, the sober side, disgusted.

Just then, a twenty-something-year-old gentleman wobbles down the isle of the nearly empty car. With a 20-ounce in hand, he invites himself to join the bartender and has a seat. The young man starts spewing his life story out to the bartender for the next 15 minutes. I listen intently while pretending to read my book.

I listen to the anger, resentment, confusion, and utter despair of what sounds to me to be the likes of an active alcoholic and what sounds to me like the ramblings of someone much like myself. That used to be me. Both of those men could easily still be me, I think to myself, if it

weren't for the people of AA that reached out to nurse a once sick and suffering newcomer like me back to life.

The bartender excuses himself and doesn't return, probably having had heard one too many sob stories during his shift. Alone now with the young man, I know it's coming. "What book you reading," he slurs. I turn to get a good look at him. Not only did his life story sound similar, but he also resembled me—not too far off age wise either.

"Grapevine. It's a book of stories about recovering alcoholics. I am a recovering alcoholic, "I say to my own surprise, as well as his. With that, a man rises from the seat in front me, gathering his belongings to get off at the next stop, whom had been there all along unbeknownst to me. Leaning over the seat he discreetly whispers, "Hey, I am in the fellowship and if you need to move, move", seeing that my sobriety may be in danger.

The moment is becoming all too surreal, and I can't help but accept that there is absolutely a higher power at work here. I am clearly being summoned to carry out my primary purpose of giving away what has so freely been given to me. "I got this," I say. The fellow exits at the next stop.

The young man shoots out a question or two. I sit stumped, then catapult myself out of isolation. Sliding closer to the young man doing the only thing that I know, and can do. "Let me tell you a story", I reply.

It flows from me, molded just for him. He tells me how everything I say is true. His eyes well up and he asks me if I can help him. He says he can't imagine a life without alcohol. I tell him, neither could I. He identifies every step of the

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way and clearly wants "what we have." I tell him I will show him how to get it. He enthusiastically gives me his number and I share mine. I tell him I am here for him whenever he needs me. We talked for a long time, all the way to his stop.

I watch him get off the train and I digest everything that has just happened. I am filled with "A peace and serenity that surpasses all understanding." I think of how this moment happened for me at the just the right time of my recovery, how service is more than helping pops with the move, how I can only keep "it" if I give it away, and I am reminded of the card that is in my wallet—the Declaration of Unity.

"I am responsible ...

When anyone, anywhere, reaches out for help,

I want the hand of A.A. always to be there.

And for that: I am responsible.

This we owe to A.A's future:
To place our common welfare first;

To keep our fellowship united.

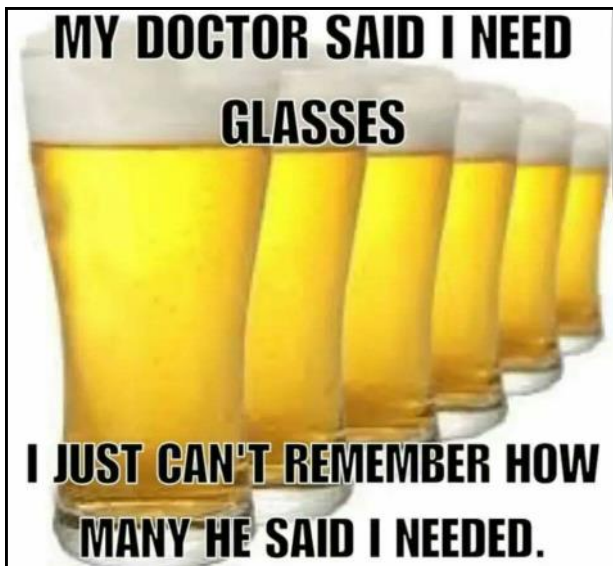
For on A.A. unity depend our lives;

And the lives of those to come."

Paul S.—New York, NY

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Drunk dude: 1/4 pounder w cheese!
Employee: sir this is a tattoo parl...
Drunk dude: I SAID 1/4 POUNDER W CHEESE



Middle Tennessee Intergroup Association
Statement of Activities - Actual and Budgeted - Schedule 1
For the Two Months and Year Ended February, 2024

	February 2024			YTD 2024		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	1,557.63	2,572.00	(1,014.37)	3,993.92	5,144.00	(1,150.08)
Group Donations	9,845.46	6,833.00	3,012.46	20,577.85	13,666.00	6,911.85
Individual Donations	1,243.80	1,900.00	(656.20)	1,781.00	3,800.00	(2,019.00)
Messenger Donations	-	10.00	(10.00)	24.00	20.00	4.00
Website Donations	-	-	-	-	-	-
Special Events	-	700.00	(700.00)	-	1,400.00	(1,400.00)
Interest	3,797.19	292.00	3,505.19	3,801.25	584.00	3,217.25
Total Income	16,444.08	12,307.00	4,137.08	30,178.02	24,614.00	5,564.02
Expenses						
Bad debt	-	-	-	-	-	-
Casual Labor	275.00	275.00	-	550.00	550.00	-
Payroll	7,000.00	7,000.00	-	14,000.00	14,000.00	-
Legal & Professional	350.00	350.00	-	700.00	700.00	-
Rent	946.00	996.00	(50.00)	1,992.00	1,992.00	-
Printing	-	70.00	(70.00)	-	140.00	(140.00)
Payroll Taxes	537.00	536.00	1.00	1,037.00	1,072.00	(35.00)
Repairs & Maintenance	-	65.00	(65.00)	-	130.00	(130.00)
Equipment Rental	119.66	125.00	(5.34)	230.95	250.00	(19.05)
Telephone & Fax	726.62	700.00	26.62	1,419.54	1,400.00	19.54
Answering Service	374.66	250.00	124.66	797.62	500.00	297.62
Postage	231.51	150.00	81.51	333.13	300.00	33.13
Office Supplies	167.50	200.00	(32.50)	275.24	400.00	(124.76)
Bank Service Charges	40.00	40.00	-	80.00	80.00	-
Computer & Technology	278.33	250.00	28.33	556.66	500.00	56.66
Credit Card Service Fees	96.65	150.00	(53.35)	275.65	300.00	(24.35)
Intergroup Expense	-	150.00	(150.00)	-	300.00	(300.00)
Insurance	1,772.00	200.00	1,572.00	1,772.00	400.00	1,372.00
Special Events	-	400.00	(400.00)	-	800.00	(800.00)
Travel	-	400.00	(400.00)	23.57	800.00	(776.43)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	-	-	-
Total Expenses	12,914.93	12,307.00	607.93	24,043.36	24,614.00	(570.64)
Net Income	3,529.15	-	3,529.15	6,134.66	-	6,134.66

GROUP / MEETING	FEB 2024	YTD	GROUP / MEETING	FEB 2024	YTD
ANY LENGTHS		240	MURFREESBORO	28	57
AWOL	79	79	MUSIC ROW		75
BACK TO THE BIG BOOK	110	160	NIPPER'S CORNER		83
BACKROOM	761	1,343	ON AWAKENING		375
BERRY'S CHAPEL BB STUDY		42	ONE PURPOSE	25	50
BY THE BOOK, BYRDSTOWN		162	OUT OF FOG/OUT OF BOG		603
CAMINO A LA SOBRIEDAD	50	100	OUT TO BREAKFAST		54
CELEBRATE SERENITY		200	PRIMARY PURPOSE	51	51
CHAPEL HILL	49	49	PULASKI	50	80
CLARK STREET	100	100	RECOVERY ON THE ROW	951	951
COLUMBIA		90	ROBERTSON COUNTY	15	20
COMFORT ZONE		600	SANGO SOLUTIONS		150
CROSSVILLE		37	SSS, HERMITAGE		223
CROSSVILLE NOONERS	150	275	SERENITY, MURF	66	66
DAVIDSON RD	1,000	1,000	SHADE TREE	871	871
DESIGN FOR LIVING		264	SHELTER IN PLACE		1,000
DISTRICT 9	300	300	SISTERS IN SOBRIETY	51	51
EAST SIDE SATURDAY		220	SPRING HILL		36
EASTSIDE SUNLIGHTERS		1,004	STRAGGLERS		300
86'ERS		475	THANKFUL CONTEMPLATION		630
EVERY WOMAN HAS A STORY		27	THREE LEGACIES	210	210
FAIRFIELD GLADE	100	100	TWELVE STEPS TO FREEDOM		80
FAYETTEVILLE		25	TURNING POINT	544	544
FIVE AND FIVE	200	600	WAKE UP		57
FRANKLIN	451	451	WEEKENDERS	213	213
FRANKLIN ROAD WOMEN'S		51	WESTMINSTER	240	240
FREE TO BE		148	WEST NASHVILLE	74	74
HAPPY HOUR	20	20	WINNERS & BEGINNERS		300
HERMITAGE WOMEN'S		272	WOMEN IN THE SOLUTION		50
HILLSBORO ROAD		25	GROUP MONTHLY TOTALS	9,845	20,578
HOW IT WORKS, MENS	100	100	INDIVIDUALS	1,244	1,781
KEY TO SOBRIETY	100	100	MESSENGER	-	24
LAFAYETTE NEW HOPE		50	COMBINED TOTALS TO DATE	11,089	22,383
LIVINGSTON 12x12		25			
MEN'S LOG CABIN		165			
MEN'S STAG		1,100			
MONDAY NUGHT MEN'S	2,887	2,887			
MT. JULIET FELLOWSHIP		200			

**Middle Tennessee
Central Intergroup
Association**



NON PROFIT
ORGANIZATION
U.S. Postage Paid
Nashville, TN
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615.832.1136
800.559.2252

RETURN SERVICE REQUESTED

**Middle TN Central Intergroup As-
sociation**

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:
mtcoa@aol.com

**Moving or need to update your
subscription?**

- New / Renewal Subscription
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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.

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ADDRESS _____

APT _____

CITY _____ **STATE** _____

ZIP _____

NEW ADDRESS: _____

APT _____

CITY _____ **STATE** _____

ZIP _____