

The MESSENGER

Middle Tennessee Central Office Intergroup

MAY 2024
MESSENGER

DRINKING DREAMS

Step Five

Were entirely ready to have God remove all these defects of character.

Tradition Five

Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

Concept Five

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

An old timer talks about the phenomenon of drunk dreams in sobriety.

I recently had a "drinking dream." After almost twenty-five years of continued sobriety, one of those dreams entered my sleeping mind. A "drinking dream," for those who are recovering from alcoholism, is having a drinking experience in a dream. The frequency of such dreams varies with everyone. For me, it has been sporadic—sometimes years apart and sometimes close to each other. My last one, a few days ago, was after a break of more than a year.



People vary in their responses to their drinking dreams. Some become alarmed and others just accept the fact they had such dreams. For me, I view a drinking dream as a message that my brain is still processing past alcohol exposures to the drug. It is a message of how deeply imprinted are the memories of alcohol experiences which had both stimulated and depressed my body. Yet, I am not alarmed at these phenomena. I interpret my drinking dreams to be my unconscious mind letting me know of my disease and that I must take personal action to thwart the recurrence of drinking. The message is to go to a recovery meeting and, if need be, increase the frequency of my attendance so that I will be able to absorb the experiences of others and be vividly reminded that I am still an alcoholic. Hence, action follows the dream.

One may wax philosophical about the interpretation of dreams and even view them portending events. Whatever are the inner and

(Continued on page 2)

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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

DRINKING DREAMS

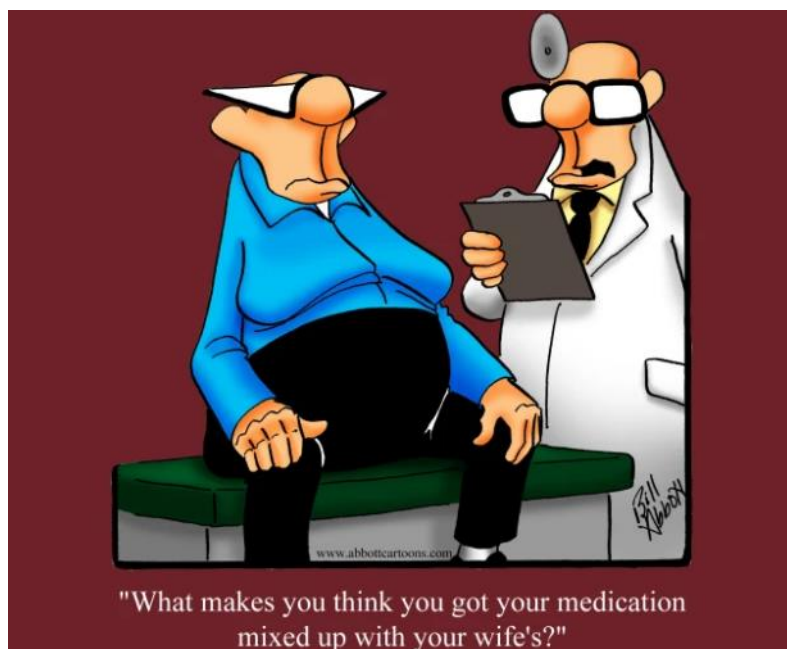
(Continued from page 1)

psychic meanings of dreams, dreams are part of the human experience. In fact, many other animals dream. If so many species have dreams, these dreams must perform valuable functions. Dreams are a normal way minds process recent experiences, memories, and inner stimulations. Drinking dreams are but part of the same workings of the unconscious mind as are all other dreams and, therefore, also normal and restorative for the body. This is the way I view drinking dreams. Thus, if I have a drinking dream, I do not fret about it but take action. Since I have recently had a drinking dream, that evening I went to a recovery group meeting, very briefly mentioned it's occurrence, and left feeling more centered.

No big deal.

Tom L.—New Orleans, LA

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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

IN THE DETOX

Talking with a formerly homeless alcoholic convinced him that there was hope for him

As an alcoholic I don't have the power to control my drinking. I do not even have the power to remember the suffering of my drinking from a week or month ago, let alone a year ago. Any excuse is a good excuse for a sober alcoholic to pick up that first drink, caving to the insanity of alcoholism. By myself, I cannot resist the obsession that someday, somehow, I will drink like a gentleman again.

But something has changed within me. The night of my last drink was the night I could no longer ignore the truth. It was nothing spectacular at the time. I drank my daily ration, in my careful attempt to maintain my alcoholic way of life. Alcohol no longer shut my mind up. Half way through my second beer, the thought came to me, "You're killing yourself." My next thought was, "I don't want to do this anymore." That was it. I finished my beer. I had said the same thing to myself countless times before. But in that moment something was different. I did not know it at the time, but something was fundamentally different.

The next morning, I still could not accept the fact that drinking was my problem. In that moment, I had been broken, but I had already forgotten the suffering of the previous evening, as I did every morning, and desperately tried to believe that I was still in charge, that everything was alright. But I was homeless and the only thought I could hang on to was "If I drink today, I probably won't

find a place to live." Once I had achieved that goal, I could relax and take a drink and I would be back on my way to the top.

The next month went on like that. I was placed in a county detox facility that offered treatment to anyone who wanted it. After a few days, I ate my first real meal. With a roof over my head, and food in my belly, I was immediately full of good ideas. Luckily, in an attempt to prove how smart I still was, I told them to a sober alcoholic who came to visit. My best idea was to get out of this place and "camp" at the river. He laughed softly and shared his experience, strength and hope with



me. He had been homeless just two years prior, had been in the same detox facility more times than he could count, had been empty and lifeless. He had been where I was, yet he was obviously not there now. I was curious, and he started taking me through the book Alcoholics Anonymous and the Twelve Steps of AA. I was not convinced I was an alcoholic, but I had run out of good ideas.

(Continued on page 9)

MAY & JUNE ANNIVERSARIES

KEEP IT SIMPLE

Daniel O	06.01.86
Laura H	06.01.20
Matt D	06.10.22
Steven C	06.09.23
Travis B	06.19.23

ANY LENGTHS

Casey W	05.24.21
Chris P	05.27.23
Monica J	05.16.23
Patty J	05.10.21

NIPPERS CORNER

Ron H	05.14.94
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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	Matt M	
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 Jul 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>

WHAT DOES “CONFERENCE-APPROVED LITERATURE” MEAN?

Service Material from G.S.O.

“Conference-approved” – What It Means to You

The term “Conference-approved” describes written or audiovisual material approved by the Conference for publication by G.S.O. This process assures that everything in such literature is in accord with A.A. principles.

Conference-approved material always deals with the recovery program of Alcoholics Anonymous or with information about the A.A. Fellowship.

The term has no relation to material not published by G.S.O. It does not imply Conference disapproval of other material about A.A. A great deal of literature helpful to alcoholics is published by others, and A.A. does not try to tell any individual member what he or she may or may not read.

Conference approval assures us that a piece of literature represents solid A.A. experience. Any Conference approved booklet or pamphlet goes through a lengthy and painstaking process, during which a variety of A.A.’s from all over the United States and Canada read and express opinions at every stage of production.

How To Tell What Is and What Is Not Conference-approved

Look for the statement on books, pamphlets, and films: “This is A.A. General Service Conference-approved literature.”

All “A.A. Literature” Is Not Conference-approved.

Central offices and intergroups do write and distribute pamphlets or booklets that are not Conference-approved. If such pieces meet the

needs of the local membership, they may be legitimately classified as “A.A. literature.”

There is no conflict between A.A. World Services, Inc. (A.A.W.S. – publishers of Conference-approved literature), and central offices or intergroups – rather they complement each other. The Conference does not disapprove of such material.

G.S.O. does develop some literature that does not have to be approved by the Conference, such as service material, Guidelines and bulletins. Available at Most A.A. Groups Most local A.A. groups purchase and display a representative sampling of Conference-approval pamphlets, and usually carry a supply of hardcover books. Conference-approved literature may be available at central offices and intergroups, or it may be ordered directly from G.S.O. Groups normally offer pamphlets free of charge, and the books at cost.

Copyright

Conference-approved literature is copyrighted with the Copyright Office, Library of Congress, Washington, D.C., U.S.A. To ensure the continued integrity of A.A. literature, and to make sure the A.A. recovery programs will not be distorted or diluted, permission to reprint must be obtained from A.A.W.S. in writing.

However, A.A. newsletters, bulletins, or meeting lists have blanket permission to use the material, providing proper credit to ensure that the copyrights of A.A. literature are protected. The A.A. Preamble is copyrighted by The A.A. Grapevine, Inc. (not by A.A. World Services). Beneath it, these words should appear:

(Continued on page 8)

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

THE LOVE & SERVICE



Where We Share Stories of Applying the AA Steps, Traditions and Concepts
FORMERLY THE UNITY & SERVICE CONFERENCE
HOSTED BY THE LOVE & SERVICE GROUP

MAIN SPEAKERS:
BILLY N. - PALM BEACH GARDENS, FL
ARISA B. - BOSTON, MA

OCT FRI 2024 11	OCT SAT 2024 12
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REGISTRATION OPENS : 3:00PM EVENT STARTS : 9:00AM
EVENT : 6:00PM - 8:30PM EVENT ENDS : 10:00PM

EVENT COST \$45
INCLUDES SATURDAY CONTINENTAL BREAKFAST & LUNCH

SATURDAY DINNER COST \$55
OPTIONAL

HYBRID EVENT
SPANISH INTERPRETATION
ASL INTERPRETATION




THE HOPE CENTER | 2275 MORELLO AVE | PLEASANT HILL | CA
For more information email 3LegaciesConf@LoveAndServiceGroup.org

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.

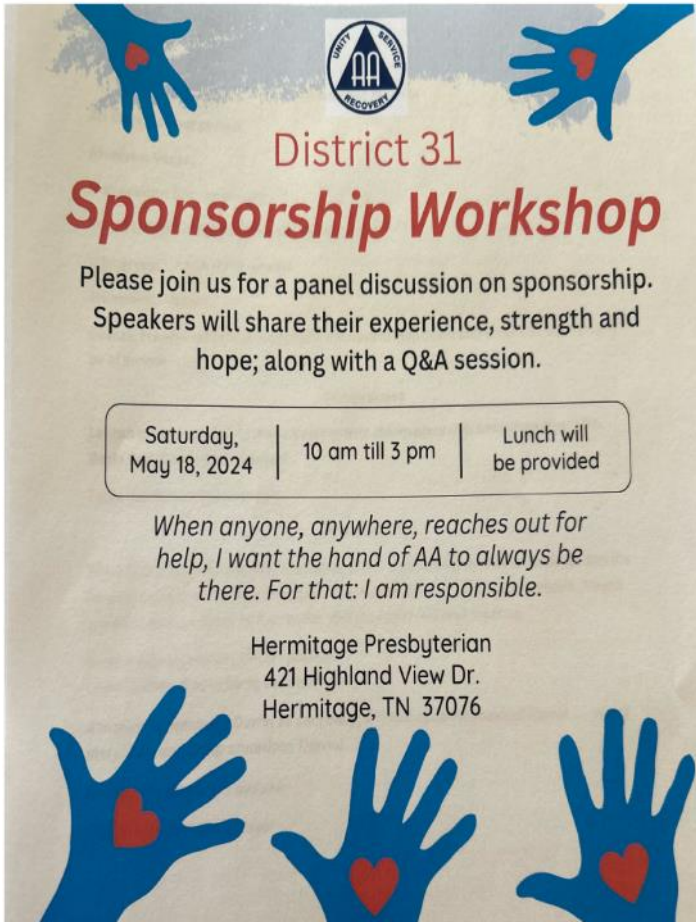
TO PRE-REGISTER WITH CASHAPP: Pay \$SMAACC931 on Cash App



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



District 31 Sponsorship Workshop

Please join us for a panel discussion on sponsorship. Speakers will share their experience, strength and hope; along with a Q&A session.

Saturday, May 18, 2024 | 10 am till 3 pm | Lunch will be provided

When anyone, anywhere, reaches out for help, I want the hand of AA to always be there. For that: I am responsible.

Hermitage Presbyterian
421 Highland View Dr.
Hermitage, TN 37076



TRANSFORMERS

A District 30 speaker meeting focused on supporting permanent three-legacy recovery

Service

Unity

Recovery

- 1st Tuesday Back Room Group
- 2nd Tuesday Keep It Simple
- 3rd Tuesday Women in Recovery
- 4th Tuesday Out to Breakfast Bunch
- 5th Tuesday Wakeup Group

5925 O'Brien Avenue, Nashville
Tuesdays at 6:30 PM
Forty-minute speaker followed by Q & A

UNITY SERVICE & RECOVERY



District 13
WORKSHOP

JULY 19 & 20 2024

Friday Speaker Meeting 7pm
Saturday Workshop 9:30am-1:30pm
(sat lunch provided)

AMY D. LOUISVILLE, KY
JIMMY W. CHATTANOOGA, TN
KEVIN H. OXFORD, AL

Join us 30 min early for fellowship, coffee & food!

First Presbyterian Church
304 W. Main St
Lebanon, TN



SAVE THE DATES
Sept. 13 – 15, 2024

When it comes to Technology...
We're going...

BACK TO THE FUTURE

For its 10th Anniversary,
the NATIONAL A.A. TECHNOLOGY WORKSHOP (NAATW)
returns to where it all began:
St. Louis, Missouri

- Join us for a weekend of in-depth presentations, discussion and fellowship
- The call for presentations as well as in-person and online registration information is forthcoming
- Check our website - NAATW.org - for workshop info updates



WHAT DOES "CONFERENCE-APPROVED LITERATURE" MEAN?

(Continued from page 5)

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A letter from Bobby Burger, the secretary at the New York A.A. headquarters (then called the Alcoholic Foundation), dated November 11, 1944, written to Barry Collins in Minneapolis, gives their full approval to the idea of Minneapolis publishing and using an A.A. pamphlet or booklet which the Minneapolis A.A. people had written themselves:

Dear Barry: . . . The Washington D.C. pamphlet and the new Cleveland "Sponsorship" pamphlet and a host of others are all local projects. *** We do not actually approve or disapprove of these local pieces; by that I mean that the Foundation feels each Group is entitled to write up its own "can opener" and let it stand on its own merits. All of them have good points and very few have caused any controversy. But as in all things of a local nature, we keep hands off, either pro or con. I think there must be at least 25 local pamphlets now being used and I've yet to see one that hasn't had some good points. I think it is up to each individual Group whether it wants to use and buy these pamphlets from the Group that puts them out.

Sincerely, Bobby (Margaret R. Burger)

This further explains and is from the GSO 'Service Material From GSO' document number F-29 dated. 10/93. I do not know if it is still available. But it says the following regarding 'Conference-Approved literature': "The term

"Conference-approved" describes written or audiovisual material approved by the Conference for publication by G.S.O. This process assures that everything in such literature is in accord with A.A. principles.

Conference-approved material always deals with the recovery program of Alcoholics Anonymous or with information about the A.A. Fellowship. "The term has no relation to material not published by G.S.O. It does NOT imply Conference Disapproval of other material about A.A. A great deal of literature helpful to alcoholics is published by others, and A.A. does not try to tell any individual member what he or she may or may not read.

"Conference approval assures us that a piece of literature represents solid A.A. experience. Any Conference approved booklet or pamphlet goes through a lengthy and painstaking process, during which a variety of A.A.s from all over the United States and Canada read and express opinions at every stage of production."

It also states a little later: "All 'A.A. Literature' Is Not Conference-approved. Central offices and intergroups do write and distribute pamphlets or booklets that are not Conference-approved. If such pieces meet the needs of the local membership, they may be legitimately classified as 'A.A. literature.' There is no conflict between A.A. World Services, Inc. (A.A.W.S. -- publishers of Conference-approved literature), and central offices or intergroups - rather they complement each other. The Conference does not DISAPPROVE of such material. "G.S.O. does develop some literature that does not have to be approved by the Conference, such as service material, Guidelines and bulletins." *****

(Continued from page 3)

It was not until three weeks later, kneeling with him and repeating the Third Step prayer, that I knew what it meant to be powerless. In approaching a power greater than myself, I could admit to my innermost self that I was an alcoholic, powerless over alcohol. Looking back, it was easy to see that this Power had already been doing for me what I could not do for myself. The fact that a powerless drunk was

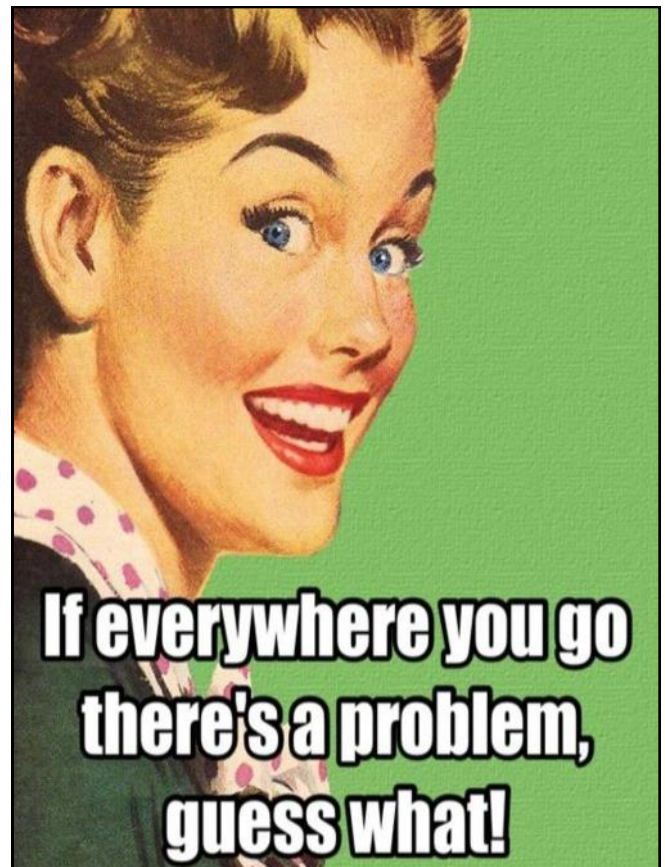
sober is proof that this power was real and available to me. The fact that I could remember the suffering of my last drink, and could share this with another alcoholic was all the proof I really needed. The Great Fact today is that this power has entered into my heart and works in a way that is miraculous.

*Dan
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AAGrapevine.org*

**Your call is very important to us ...
Please continue to hold ...**



**NEXT TIME A
STRANGER TALKS
TO YOU WHEN
YOU'RE ALONE,
JUST LOOK AT
THEM SHOCKED
AND WHISPER,
"You can see me?"**



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

	March 2024			YTD 2024		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	1,985.00	2,572.00	(587.00)	5,978.92	7,716.00	(1,737.08)
Group Donations	9,580.54	6,833.00	2,747.54	30,158.39	20,499.00	9,659.39
Individual Donations	485.74	1,900.00	(1,414.26)	2,266.74	5,700.00	(3,433.26)
Messenger Donations	-	10.00	(10.00)	24.00	30.00	(6.00)
Website Donations	-	-	-	-	-	-
Special Events	-	700.00	(700.00)	-	2,100.00	(2,100.00)
Interest	3.80	292.00	(288.20)	3,805.05	876.00	2,929.05
Total Income	12,055.08	12,307.00	(251.92)	42,233.10	36,921.00	5,312.10
Expenses						
Bad debt	-	-	-	-	-	-
Casual Labor	275.00	275.00	-	825.00	825.00	-
Payroll	7,000.00	7,000.00	-	21,000.00	21,000.00	-
Legal & Professional	350.00	350.00	-	1,050.00	1,050.00	-
Rent	1,046.00	996.00	50.00	3,038.00	2,988.00	50.00
Printing	-	70.00	(70.00)	-	210.00	(210.00)
Payroll Taxes	537.00	536.00	1.00	1,574.00	1,608.00	(34.00)
Repairs & Maintenance	-	65.00	(65.00)	-	195.00	(195.00)
Equipment Rental	112.19	125.00	(12.81)	343.14	375.00	(31.86)
Telephone & Fax	725.33	700.00	25.33	2,144.87	2,100.00	44.87
Answering Service	249.12	250.00	(0.88)	1,046.74	750.00	296.74
Postage	75.37	150.00	(74.63)	408.50	450.00	(41.50)
Office Supplies	32.54	200.00	(167.46)	307.78	600.00	(292.22)
Bank Service Charges	40.00	40.00	-	120.00	120.00	-
Computer & Technology	278.33	250.00	28.33	834.99	750.00	84.99
Credit Card Service Fees	152.93	150.00	2.93	428.58	450.00	(21.42)
Intergroup Expense	125.00	150.00	(25.00)	125.00	450.00	(325.00)
Insurance	-	200.00	(200.00)	1,772.00	600.00	1,172.00
Special Events	-	400.00	(400.00)	-	1,200.00	(1,200.00)
Travel	-	400.00	(400.00)	23.57	1,200.00	(1,176.43)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	-	-	-
Total Expenses	10,998.81	12,307.00	(1,308.19)	35,042.17	36,921.00	(1,878.83)
Net Income	1,056.27	-	1,056.27	7,190.93	-	7,190.93

GROUP / MEETING	MAR 2024	YTD	GROUP / MEETING	MAR 2024	YTD
ANY LENGTHS		240	MEN'S STAG		1,100
AWOL		79	MIDDLE TENNESSEE	50	50
BACK TO THE BIG BOOK		160	MONDAY NUGHT MEN'S		2,887
BACKROOM		1,343	MT. JULIET FELLOWSHIP		200
BERRY'S CHAPEL BB STUDY		42	MURFREESBORO	28	85
BROWN BAG	60	60	MUSIC ROW		75
BY THE BOOK, BYRDSTOWN		162	MUSTARD SEED	300	300
CAMINO A LA SOBRIEDAD		100	NIPPER'S CORNER		83
CELEBRATE SERENITY		200	ON AWAKENING		375
CENTERVILLE	201	201	ONE PURPOSE	50	100
CHAPEL HILL		49	OUT OF FOG/OUT OF BOG		603
CLARK STREET		100	OUT TO BREAKFAST		54
COLUMBIA		90	PRIMARY PURPOSE	10	61
COMFORT ZONE		600	PULASKI	50	130
CROSSVILLE		37	RECOVERY ON THE ROW		951
CROSSVILLE NOONERS		275	ROBERTSON COUNTY	5	25
DAVIDSON RD		1,000	RUSHH HOUR	700	700
DESIGN FOR LIVING		264	SANGO SOLUTIONS		150
DICKSON	45	45	SSS, HERMITAGE		223
DISTRICT 9		300	SEEKING SANITY	240	240
EAST SIDE SATURDAY		220	SERENITY, MURF		66
EASTSIDE SUNLIGHTERS		1,004	SHADE TREE	929	1,800
EASTSIDE SUNLIGHTERS ONLINE	96	96	SHELTER IN PLACE		1,000
86'ERS		475	SIMPLY SUNDAY	500	500
EVERY WOMAN HAS A STORY		27	SISTERS IN SOBRIETY		51
FAIRFIELD GLADE		100	SPEAK EASY	134	134
FAYETTEVILLE		25	SPRING HILL		36
5 AND 5	200	800	STRAGGLERS		300
FRANKLIN		451	THANKFUL		630
FRANKLIN ROAD WOMEN'S		51	CONTEMPLATION		
FREE TO BE		148	THREE LEGACIES		210
G.A.A. GALLATIN	25	25	TWELVE STEPS TO FREEDOM		80
HAPPY HOUR		20	TURNING POINT	625	1,169
HERMITAGE WOMEN'S		272	UNITED, GALLATIN	300	300
HILLSBORO ROAD		25	WAKE UP		57
HOW IT WORKS, MENS		100	WEEKENDERS	58	270
HUT	100	100	WESTMINSTER		240
KEY TO SOBRIETY		100	WEST NASHVILLE		74
LAFAYETTE NEW HOPE		50	WINNERS & BEGINNERS		300
LATE LUNCH BUNCH	3,850	3,850	WOMEN IN THE SOLUTION		50
LIVING BY THE PRINT	300	300	WOODBINE	60	60
LIVING THE PRINCIPLES	366	366	GROUP MONTHLY TOTALS	9,581	30,158
LIVINGSTON	80	80	INDIVIDUALS	485	2,266
LIVINGSTON 12x12		25	MESSENGER	-	24
MEN'S LOG CABIN	220	384	COMBINED TOTALS TO DATE	10,066	32,448

**Middle Tennessee
Central Intergroup
Association**



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Suite 207
Nashville, TN 37211

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:

mtcoaa@aol.com

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STATE _____

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