

The MESSENGER

Middle Tennessee Central Office Intergroup

JAN 2025
MESSENGER

Step One

"Admitted we were powerless over alcohol and our lives had become unmanageable."

Tradition One

"For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

Concept One

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



THE SPIRITUAL PRINCIPLES OF THE 12 TRADITIONS

The Twelve Traditions are often referred to as,
"Why it works".

They ensure the continuance of A.A. as a whole, by providing guidelines for groups to evaluate their activities and actions. In a practical way they are, individually and collectively, humility builders for the group; they ask that the group consider its conduct from a broader perspective and, when necessary, give up something for the overall good of A.A.

The Traditions also contain spiritual principles. These principles, when applied in our lives, complement the Steps as a guide to personal recovery. Here, taken from Twelve Steps and Twelve Traditions, (with minor editorial modification) are the spiritual principles of the Traditions that I strive to apply in my daily life:

1. The A.A. member conforms to the principles of recovery; at first because he must, later because he discovers a way of life he really wants to live. **(Unity)**
2. When we come to understand the wisdom of the group decision and the necessity of patiently awaiting developments, the real and permanent leadership of A.A. can offer the quiet opinion, the sure knowledge and humble example that resolve a crisis, leading by example, rather than driving by mandate. **(Group Conscience)**
3. When confronted by the fear that is the true basis of intolerance, we need only ask, "What would the Master do?" **(Membership)**
4. Eventually, we must conform to our tested principles that guarantee survival. Sobriety must be our sole objective. In all other respects there is perfect freedom of will and action. We have the right to be wrong, but we no longer have the right to harm others. **(Autonomy)**

(Continued on page 3)

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JANUARY ANNIVERSARIES

AWOL

Amber B	01.25.97
Jane W	01.01.07

MT JULIET

Dan G	01.03.23
Jason M	01.08.24
Ronnie W	01.17.05
Shayla E	01.11.23
Stanley N	01.19.04

NIPPERS CORNER

Tom W	01.01.93
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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

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

THE SPIRITUAL PRINCIPLES OF THE 12 TRADITIONS

(Continued from page 1)

5. It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. **(Primary Purpose)**

6. We are all perfectionists who, failing perfection, have gone to the other extreme. We cannot be all things to all men, nor should we try. **(Non-Affiliation)**

7. We, too, should be self-supporting through our own contributions. Not only is it a responsibility of sobriety, it is essential to our self-esteem. **(Self-Supporting)**

8. We give freely what has been given freely to us. **(Non-Professional)**

9. Unless each A.A. member follows to the best of his ability our suggested Twelve Steps to recovery, he almost certainly signs his death warrant. His drunkenness and dissolution are not penalties inflicted by people in authority; they result from his personal disobedience to spiritual principles. **(Spirit of Service)**

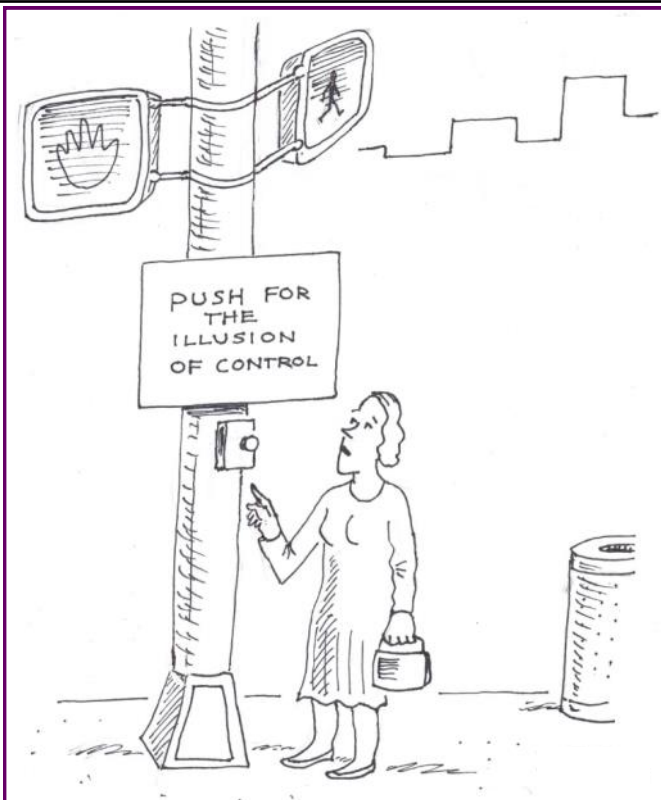
10. We should not back away from our individual responsibility to act as we believe upon the issues of our time, yet self-righteousness should not cause us to enforce our will on others. **(Outside Issues)**

11. Personal ambition has no place in A.A. There is never need to praise ourselves. **(Attraction Rather Than Promotion)**

12. The spiritual substance of anonymity is sacrifice. We try to give up our natural desires for personal distinction as A.A. members, both among fellow alcoholics and the general public. We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have. **(Principles Before Personalities)**

The spiritual principles of the traditions teach us that, "we are actually to practice genuine humility. To this end, our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all."

Jack D. (The Home Group)



"Our New Year's resolution is to not talk politics at home."



REGISTRATION IS
 NOW OPEN FOR
 THE
 2025 A.A.
 INTERNATIONAL
 CONVENTION

GO TO
 AA.org/
 International –
 convention
 for registration

<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 Assistant Manager	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	615.513.3341
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 13th
 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

Stepping Into Serenity
 STEPPING INTO SERENITY
 WOMEN'S CONFERENCE
 FEBRUARY 21-23, 2025
 CHATTANOOGA, TN
we found the Great Reality

SPEAKERS

POLLY P JACKSONVILLE FL	STEP 1
DEB H. AKRON, OH	STEP 2 & 3
MARI G. MARKHAM, CANADA	STEP 4 & 5
DEBRA V. JACKSONVILLE, FL	STEP 6 & 7
CYNDI M. LOUISVILLE, KY	STEP 8 & 9
AMANDA B. MONTGOMERY, AL	STEP 10 & 11
CYNDE T. DES MOINES IA	STEP 12
LORI G. OKLAHOMA CITY, OK	ALANON

Registration: \$30 until January 1st, 2025
 At the Door: \$35 after January 1st, 2025
 Please make check or money order to "SIS" mail to
 Stepping Into Serenity
 P.O. Box 21203
 Chattanooga, TN 37424
 www.steppingintoserenity.org

AA ALANON VOLUNTEER ASL
 NAME: _____ ADDRESS: _____
 CITY: _____ STATE: _____
 ZIP: _____ PHONE: _____
 EMAIL: _____ NAME ON BADGE: _____

Hotel Info:
 Room Rates: \$149.00 Reserve by: 01/23/2025
 Doubletree by Hilton Reservation Code: Stepping into serenity
 407 Chestnut Street 423-756-5150
 Chattanooga, TN 37402 ASL/Interpreter
 Email questions to siscommittee@gmail.com
 Follow us on FB Stepping into Serenity

YOU'RE INVITED TO

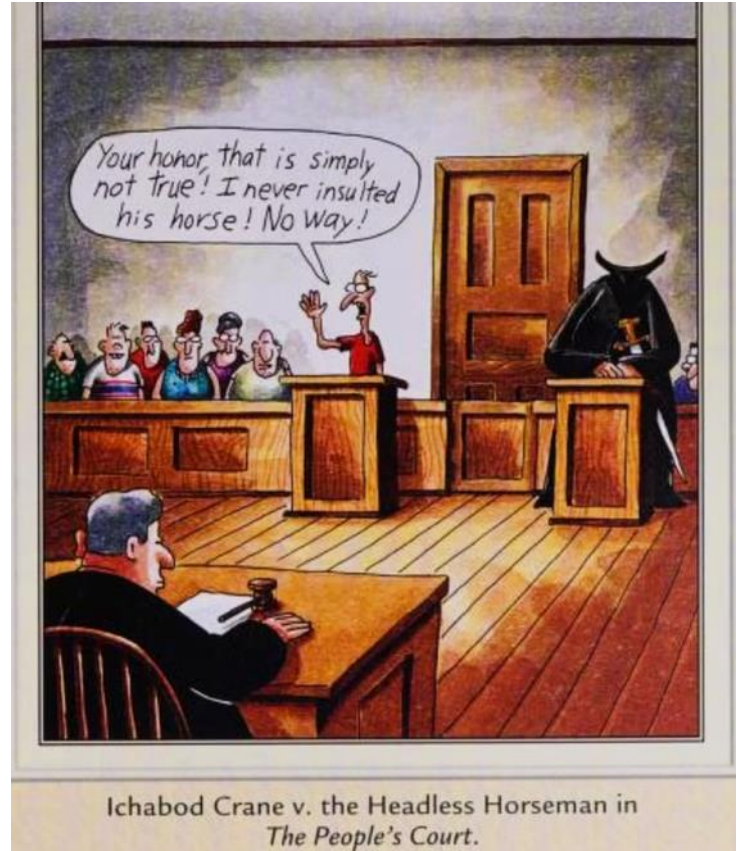
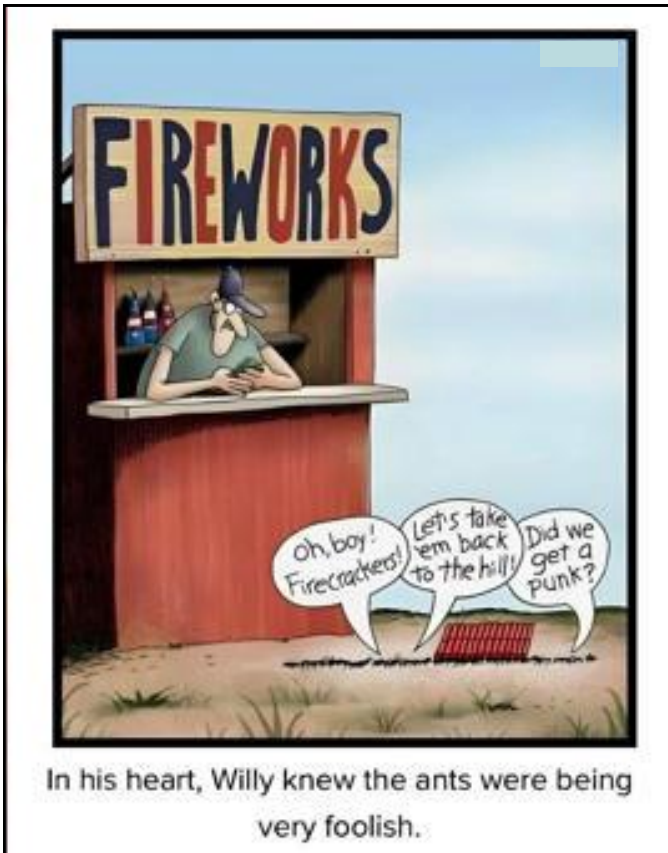
2025 TN STATE CONVENTION HOST COMMITTEE ZOOM MEETING

**2ND TUESDAY @
7:30 PM**

**ZOOM ID: 878-486-5527
PASSWORD: SERENITY**

DISTRICT 13 & DISTRICT 31

**MORE INFORMATION
CHAIR: JOHN E. 240-246-3481
CO-CHAIR: MEGHAN F. 615-713-9174**



MANAGER'S REPORT

DECEMBER 9, 2024

This is last Intergroup meeting of a fantastic 2024. The Office has overcome a few challenges this year, but as always, The office has fulfilled it's purpose. The Office is you, the Intergroup and all members of the Middle Tennessee fellowship of Alcoholics Anonymous. It is also about our families, friends and supporters that know what AA does. Stephen Covey calls it "*synergy*", *defined as when the sum is greater than its parts.*

**WOW! WHAT ABOUT THAT CELEBRATION OF SOBRIETY DINNER !!?
WHAT ABOUT THAT FANTASTIC SPEAKER!! THANKS, MEGHAN.**

The Plain Language Big Book has been well received. We have sold 500 copies, so have 400 left. We do not know when more available, or when the revised copy will be printed. The word "addiction" will be changed, per letter received.

As Karla, our able Treasurer reported, November was a loss as far as net income. A few observations: The Steering Committee approved \$2,250 in well received bonuses for Bill and Me; Intergroup Committee expenses helped Charlie B. go to National Corrections Conference; The Dinner proceeds were down, but still profitable; and Group contributions were below budget. We are poised to have a big finish for 2024.

The Office will be open until 1:00 on Christmas Eve, and we will be closed Christmas day and Thursday, December 26th. Open on Friday, 27th.

Please let us know if you have any "special needs" with this schedule. We will try to accommodate, if possible. My cell number is 615-973-9898. The staff and volunteers are appreciative for the holiday break.

I cannot verbalize the personal gratitude and appreciation I have for the Middle Tennessee Central Intergroup. I have formed relationships with this body and with the other volunteers that are far deeper and more rewarding than words can begin to express. THANK YOU>

SPEAKING OF APPRECIATION, ITS TATO TIME !!

If you have not received a PLBB, I still have one for you as well as the monthly Tonight and Tonight Only offering.

Mission: Tradition

I left my home group tonight feeling sad. We spent much of the meeting discussing a topic lead that quickly crossed the line in Tradition Ten: "Alcoholics Anonymous has no opinion on outside issues ..." The discussion started to unravel right away with the first share from a member with many years of sobriety who mentioned a radio interview of a politician proposing changes in our state's drunk driving

law. Next, a member with 11 months shared about how jail policies and rehabs should be changed. Soon others were sharing their ideas on how funding should be found for more alcohol education, about the ways gas stations display and sell alcohol, and the pros and cons of ignition interlocks. Someone then mentioned the states

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IN PERSON & ONLINE PROGRAM



61ST INTERNATIONAL WOMEN'S CONFERENCE
 SAN DIEGO, CA | JANUARY 30TH - FEBRUARY 2ND, 2025

You can register here: In person, \$70.00 (USD)
 and online, \$15.00 (USD)

<https://internationalwomensconference.org/registration-form-2025/>

Speaker, Marathon, and Panel Meetings!!
Hospitality Room – Fun, Games, Yoga, Meditation

Questions – onlineiwc61@gmail.com



Fridays at 7pm, 5925 O'Brien Ave

District 33's Annual
Chili
COOK-OFF
 & DESSERT AUCTION

SATURDAY
 FEBRUARY 1, 2025

125 STEPHEN YOKICH PARKWAY, SPRING HILL

Bring Chili for judging between 4 and 4:45pm. Desserts and side dishes no later than 4:45pm. Buffet starts at 5pm. Dessert auction at 6:00 pm. District will provide hotdogs, buns, and drinks. Speaker Allie E-S. at 7:15pm. Call Pam C. for questions 615-424-6650

Chili Judging at 4:45pm

PLEASE BRING A SIDE DISH I.E. CORN CHIPS AND CORNBREAD, SALADS, CASSEROLES, ECT.

RULE 62

OCTOBER 24-26 2025

TN STATE CONVENTION

REGISTRATION OPEN
 WEBSITE AVAILABLE
 WITH UPDATED DETAILS

WWW.2025AREA64STATECONVENTION.COM

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that are legalizing marijuana. I felt uncomfortable during the meeting, yet didn't share about my knowledge of the Tradition.

When I did share, I tried to move the conversation around toward Step One: how each of us has to reach our own personal bottom and become willing to admit our powerlessness. It didn't matter what the laws were, or consequences, or costs or anything else. I managed to find alcohol no matter what, and abused it regardless of what the law said. I didn't stop drinking until I was ready. Period.

Just before our meeting closed, the youngest member in the room spoke up. "Aren't we kind of violating Tradition Ten?" he asked. A few of us nodded our heads, and the room grew quiet. Then the meeting closed without other discussion.

I came into AA in a city where many groups were Step and Tradition oriented. Each week we would cover one Step, and the corresponding Tradition. In our small groups, people could share as much or as little on each as they wanted. So every 12 weeks we started over, coming back around to Step and Tradition One.

A few years ago, I moved to another state and started attending new meetings. I found one I liked a lot and it has become my home group. Like most meetings in this area it follows a format where, on the first week of the month, a Step is covered. The rest of the month, a volunteer chooses which topics will be discussed. Therefore, I have to wait for a whole year to have my home group discuss Step One again. This happens with all the other Steps, too. However, the Traditions are not discussed at all. It feels really out of balance for me.

I've made it my goal that when I volunteer to lead a meeting topic, I usually discuss one of

the Traditions. Or I weave a reference to a Step or Tradition into my share when I can, trying to tie in with that week's topic. Sometimes it's easy; sometimes it's hard. Many topics have little to do with a specific Step, which is what I yearn for.

I found a meeting in a nearby town where the Steps rotated faster: one week a Step, the next a Tradition, and the next a topic. This was nice, except that when we were going to cover a Tradition the following week, the same couple of members would reluctantly have to raise their hands as silence fell on the large group (sometimes 50 people) when the chair asked for a volunteer. In our small groups, during a Tradition week, the discussion was brief, or people passed, or they just talked about something else. Some even said they just skipped the weeks when the meeting would be on a Tradition.

I missed a few weeks of this meeting, and when I came back I found they had had a group conscience. Now when someone talked about a Tradition, the small groups would not discuss it. Instead, they would just have a "here and now" conversation about, well, basically whatever was on your mind. This lasted a few months. Then, after a couple tries, the group realized it still wasn't working. The same couple of members were still the only ones volunteering for the Traditions.

The meeting now has abandoned discussing the Traditions altogether. We will follow the same format as other meetings: a Step once a month, and the rest of the meetings will be topics. My heart sank when I learned this, and I blame myself for not being present when this was discussed.

I came into AA and moved through recovery by working the Twelve Steps. Once I got done, I

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circled back to the beginning. I read about the Steps in every issue of Grapevine, and when I reached the last page of the “Twelve and Twelve” or the Big Book, it just meant that I went back to start reading again from the first page. I grew up in AA with this same uninterrupted cycle.

I depend on staying sober by joining groups that stay strong, healthy and helpful. I believe they do this by observing the Twelve Traditions. I don’t stay sober by practicing topics. Sorry. I need the

Steps and the Traditions, and I need to hear and talk about them frequently. I need them more than once a year. Plus, how will someone new to AA ever learn the Traditions, be able to practice them and pass them on?

I guess I have a resentment now. I will talk this over with my sponsor. Next, perhaps I’ll get a coffee pot and start a new meeting. We’ll talk about a Step and a Tradition every week. No topics allowed. Come join us!

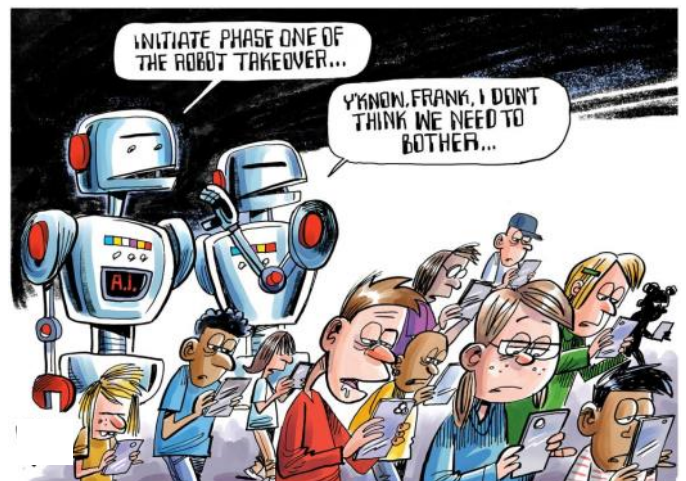
Anonymous—2014 AAGrapevine.org

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

	November 2024			YTD 2024		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	3,613.31	2,572.00	1,041.31	18,926.03	28,292.00	(9,365.97)
Group Donations	3,074.75	6,833.00	(3,758.25)	82,304.77	75,163.00	7,141.77
Individual Donations	2,546.73	1,900.00	646.73	16,454.72	20,900.00	(4,445.28)
Messenger Donations	-	10.00	(10.00)	75.00	110.00	(35.00)
Website Donations	-	-	-	-	-	-
Special Events	6,741.00	700.00	6,041.00	7,386.00	7,700.00	(314.00)
Interest	790.71	292.00	498.71	8,629.67	3,212.00	5,417.67
Total Income	16,766.50	12,307.00	4,459.50	133,776.19	135,377.00	(1,600.81)
Expenses						
Bad debt	-	-	-	-	-	-
Casual Labor	275.00	275.00	-	3,025.00	3,025.00	-
Payroll	9,250.00	7,000.00	2,250.00	79,250.00	77,000.00	2,250.00
Legal & Professional	350.00	350.00	-	3,850.00	3,850.00	-
Rent	946.00	996.00	(50.00)	10,697.50	10,956.00	(258.50)
Printing	-	70.00	(70.00)	390.00	770.00	(380.00)
Payroll Taxes	537.00	536.00	1.00	5,870.00	5,896.00	(26.00)
Repairs & Maintenance	-	65.00	(65.00)	28.32	715.00	(686.68)
Equipment Rental	131.99	125.00	6.99	1,329.67	1,375.00	(45.33)
Telephone & Fax	724.95	700.00	24.95	7,930.95	7,700.00	230.95
Answering Service	210.21	250.00	(39.79)	3,077.48	2,750.00	327.48
Postage	71.57	150.00	(78.43)	1,431.55	1,650.00	(218.45)
Office Supplies	147.52	200.00	(52.48)	1,130.62	2,200.00	(1,069.38)
Bank Service Charges	40.00	40.00	-	440.00	440.00	-
Computer & Technology	468.16	250.00	218.16	3,337.61	2,750.00	587.61
Credit Card Service Fees	171.21	150.00	21.21	1,738.19	1,650.00	88.19
Intergroup Expense	500.00	150.00	350.00	647.99	1,650.00	(1,002.01)
Insurance	-	200.00	(200.00)	2,261.00	2,200.00	61.00
Special Events	5,414.19	400.00	5,014.19	5,565.99	4,400.00	1,165.99
Travel	-	400.00	(400.00)	2,299.69	4,400.00	(2,100.31)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	-	-	-
Total Expenses	19,237.80	12,307.00	6,930.80	134,301.56	135,377.00	(1,075.44)
Net Income	(2,471.30)	-	(2,471.30)	(525.37)	-	(525.37)

GROUP / MEETING	NOV 2024	YTD	GROUP / MEETING	NOV 2024	YTD
AGAINST THE GRAIN		702	FRANKLIN		2,020
ANY LENGTHS		240	FRANKLIN MEN'S		500
AWOL	44	215	FRANKLIN ROAD WOMEN'S		51
BACK TO THE BIG BOOK		173	FREE TO BE		724
BACKROOM	688	4,617	FREEDOM FROM BONDAGE		25
BERRY'S CHAPEL BB	40	321	FRIENDS IN RECOVERY	160	660
BRENTWOOD FULL MOON		500	FRIENDS OF BILL, LAKE TANSI		100
BROWN BAG		120	G.A.A. GALLATIN		75
BY THE BOOK	116	116	GLADEVILLE GRATITUDE		250
BY THE BOOK, BYRDSTOWN		162	HAPPY HOUR		120
BY THE BOOK, DICKSON		261	HARDING RD		125
CAMINO A LA SOBRIEDAD		150	HERMITAGE WOMEN'S		947
CELEBRATE SERENITY		394	HIGH NOON		450
CENTERVILLE		551	HILLSBORO ROAD		25
CHAPEL HILL	90	289	HOW IT WORKS, MENS		100
CHICKEN PLUCKERS		1,544	HUT		300
CLARK STREET	200	700	IT'S A GREAT DAY		45
COLUMBIA	90	270	KEEPING SOBER		175
COMFORT ZONE		1,463	KEY TO SOBRIETY		100
COOKEVILLE		180	LAFAYETTE NEW HOPE		50
CROSSVILLE		86	LATE LUNCH BUNCH		5,900
CROSSVILLE NOONERS		545	LAWRENCEBURG		825
DAVIDSON RD		5,000	LIFE SAVERS		100
DESIGN FOR LIVING		864	LIVE AND LET LIVE		100
DICKSON		45	LIVING BY THE PRINT		900
DISTRICT 9		600	LIVING THE PRINCIPLES		761
DISTRICT 15		38	LIVINGSTON	100	300
DONELSON Y.E.T.	100	100	LIVINGSTON 12x12		100
DRUNKS IN THE PARK		800	MEN'S LOG CABIN		584
EAST SIDE		700	MEN'S STAG		1,100
EAST SIDE MEN'S STAG		221	MIDDLE TENNESSEE		90
EAST SIDE SATURDAY		664	MONDAY NUGHT MEN'S		2,887
EASTSIDE SUNLIGHTERS		3,660	MT. JULIET FELLOWSHIP		400
EASTSIDE SUNLIGHTERS ONLINE		490	MURFREESBORO	66	350
86'ERS		1,527	MUSIC ROW		300
EVERY WOMAN HAS A STORY		267	MUSTARD SEED	500	1,100
FAIRFIELD GLADE	50	275	NEW BEGINNINGS WOMEN'S		200
FAYETTEVILLE		100	NEW HOPE		70
5 AND 5		1,000			

GROUP / MEETING	NOV 2024	YTD	GROUP / MEETING	NOV 2024	YTD
NIPPER'S CORNER		223	THERE IS A SOLUTION		129
N.O.W.		113	THREE LEGACIES		647
ON AWAKENING		1,575	TWELVE STEPS TO FREEDOM		155
ONE DAY AT A TIME		25	TURNING POINT		2,034
ONE PURPOSE	25	275	UNITED, GALLATIN		800
OUT OF FOG/OUT OF BOG	379	1,429	UNITY @ 6		50
OUT TO BREAKFAST		340	VALLEY VIEW		886
PAGE 112	99	99	WAKE UP		57
PORTER'S CHAPEL	36	36	WAVERLY	60	60
PRIMARY PURPOSE MURF		188	WAY OF LIFE		23
PRIMARY PURPOSE LEWISBURG		525	WEEKENDERS		557
PRIMARY PURPOSE ROLLING HILLS		188	WESTMINSTER		240
PROGRESS NOT PERFECTION			WEST NASHVILLE		344
PULASKI	50	530	WHITE HOUSE		200
RECOVERY HILL		25	WINNERS & BEGINNERS		917
RECOVERY ON THE ROW		951	WOMEN IN RECOVERY		281
ROBERTSON COUNTY	10	100	WOMEN IN THE SOLUTION		250
RUSHH HOUR		700	WOMEN'S FREEDOM		210
SAFE PLACE		105	WOMEN'S OPEN DOOR		300
SANGO SOLUTIONS		150	WOODBINE		60
SSS, HERMITAGE		478	GROUP MONTHLY TOTALS	3,075	82,305
SEEKING SANITY		835	INDIVIDUALS	2,547	16,454
SERENITY, MURF		198	MESSENGER	-	75
SERENITY IN THE PARK		430	COMBINED TOTALS TO DATE	5,621	98,833
SHADE TREE		3,703			
SHELTER IN PLACE		1,490			
SIMPLY SUNDAY		515			
SISTERS IN SOBRIETY	44	193			
SMYRNA GRATITUDE	127	1,236			
SPEAK EASY		259			
SPRING HILL		251			
SPIRITUAL WARFARE		250			
STRAGGLERS		1,775			
THANKFUL CONTEMPLATION		1,990			



**Middle Tennessee
Central Intergroup
Association**



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

417 Welshwood Drive
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:
mtcoa@aol.com

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ZIP _____

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APT _____

CITY _____ **STATE** _____

ZIP _____