The Elisabeth Services of the Control of the Contro

Míddle Tennessee Central Office Intergroup

FEB 2025 MESSENGER

Step Two

"Came to believe that a Power greater than ourselves could restore us to sanity."

Tradition Two

"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 Two

"The General Service
Conference of A.A. has
become, for nearly
every practical purpose,
the active voice and the
effective conscience of
our whole Society in its
world affairs.."



BAD HABITS

A teenage AA connects to life

I was getting ready to go out with my best friend, primping in the mirror, and thinking, "This is going to be the best night of my life!" I was fourteen years old, acting as if I were thirty, and heading off to meet my girlfriend at my first high school outdoor event. But of course, it's not a party unless you have a few drinks in you.

With that in mind, we found a couple of seniors to help us buy some booze. My favorite was blackberry brandy, straight and warm. My friend had three gulps and I slammed the rest of the quart. I can only remember walking into the stadium and telling a good friend that she was fat and needed a diet. Afterwards, all went black.



When I awoke in the hospital, I recall my mother sounding faintly relieved, saying, "She is out of a coma!" I had blown a .40 and I weighed ninety-eight pounds. Alcohol had acted as a poison in my body; I had tripled in size and had swollen up like a balloon. I was also

nauseous, and exhibiting signs of delirium tremens. This happened in the 1980s, and where I was from, teenagers didn't have a plush place to go, so I was put into a mental ward with adults and padded rooms. When I came to, three days had passed. And, just like many times before, I had no recollection of what had happened.

A doctor told me that at the rate I was drinking, I would be dead (Continued on page 3)

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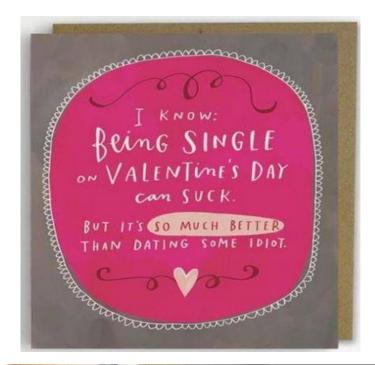
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Suggested donations are \$12.00 a year—which hasn't gone up in over 13+ years (or any amount you would like to specify).



VENMO





Middle Tennessee Central Office—
417 Welshwood Dr., # 207, Nashville, TN 37211,

Mon-Sat, 9am-1pm,

Phone —(615) 832-1136 * Hot Line (615) 831-1050,

Email- mtcoaa@aol.com Website- www.aanashville.org

(Continued from page 1)

alcohol then it could handle. For two weeks, I stayed in that hospital and then I was put into outpatient treatment. My parents wouldn't see me, and I was scared straight.

That was the last time I drank or drugged. I decided to try AA, but only for thirty days. I was angry, abusive, abrasive, and defiant--a brat whirling in the mire of alcoholism. I was not going to be told by strangers what to do. I was different, and they could not understand.

There was no way for me to stay sober without the help of others. I had some tough cookies who gave it to me straight, and I believe it saved my life. I was the kind of girl that if you gave me an inch, I would take ten miles. A speaker once said, "I always wanted the new car; I just didn't want to make the payments." That was me, wanting something for nothing.

I am now thirty-five years old and I have been sober for longer than I had been drinking. I would love to say that everything is perfect, but that's not the case. Today, however, I am connected to life, I use a sponsor, and I work the Twelve Steps.

AA gave me good habits to replace my bad habits. Instead of sitting in self-pity, I was told to hit meetings early and do service by helping to set up chairs doing whatever needed and was

(usefulness). Instead of fighting, I was told to do within a few weeks. My body demanded more something nice for people without getting caught (humility). Instead of sitting in my head, I was told to go down my home group's phone list, call other members on their sobriety birthday, and wish them a wonderful day (thinking of others). Instead of taking friends hostage, I was told to meet at least two new females wherever I went and reach out the hand of AA to them (giving back what was given to me).

> I still do these things today; they are the principles that I live my life by. Back then, I couldn't understand how it was going to keep me sober, but now I know that it's the actions I take--not my thoughts--that make me feel good.

> I thought I was too young to be a full-blown alcoholic, but I am a true alcoholic: when I drank, I did not know what was going to happen next.

> Today, I have more than twenty years of sobriety. I've earned a master's degree, I own a disc jockey service, and I have a family who loves me and depends upon me.

> I have been graced by following twelve simple suggestions to the best of my ability. I am grateful that God allowed me to save my butt long enough so that I could hear the message.

> > By: Tina H. | Waukesha, Wisconsin-November 2007 Reprinted with Permission: AAGrapevine.org

FEBRUARY ANNIVERSARIES

AWOL BIRTHDAYS

Sarah N	02.11.15

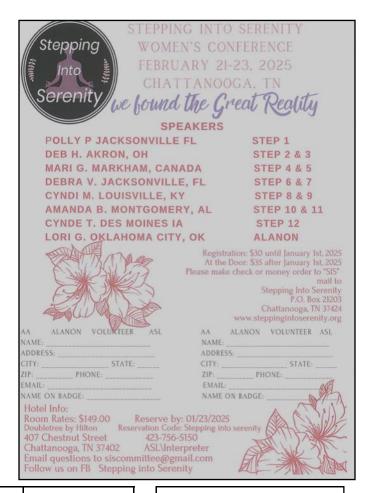
	MT JULIET
Bradley S	02.26.23
Chris L	02.09.24
Jimmy S	02.10.97
Scott C	02.20.23





of Alcoholics Anonymous for the LGBTQ community ... but in the spirit of the 3rd

tradition, all are welcome!



CENTRAL OFFICE	OFFICER	PHONE
POSITIONS	NAME	NUMBER
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

Questions: (615) 617 7596

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 Apr 14th 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 FEB 2025





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



GENERAL SERVICE PRE-CONFERENCE REPORT

Area 64 Nashville Districts Hosting 2025 Pre-Conference Report Speaker: Area 64 Alternate Delegate

Heather Loveland

Questions? Todd H, DCM 35 629-395-4543 March 15th 2025 2pm till 4pm



In Person @ Aldersgate United Methodist Church 512 Rosebank Avenue Nashville TN 37206 Also Accessible via Zoom: 89247291439



I LOVE THAT GUY

I love that guy who has to get used clothes for can't face sharing with another human being all free at the pantry because he spent all of his the horrible things he's done in his life, but he money again on alcohol and drugs, because I was does it anyway, because I am that guy. that guy.

I love that guy who spent his whole paycheck in a few hours on alcohol and drugs, because I was that guy.

I love that guy who's sold his own vehicles, and one of his landlord's, to support his alcohol and drug addictions, because I was that guy.

I love that guy who sold his food stamps to buy booze, because I was that guy.

I love that guy who goes to several meetings a day just so he can get in out of the weather and drink free coffee, because I was that guy.

I love that guy who searches butt cans outside AA meetings when nobody is looking, because I was that guy.

I love that guy at the meeting who sits quietly in the back of the room because he's afraid to talk, and afraid to not talk, thinking people will tell him to leave, because I was that guy.

I love that guy at the meeting who desperately wants to stay for the "meeting after the meeting" and ask someone for help, but he's so frozen with fear that he sneaks out the door, because I was that guy.

I love that guy who became so spiritually, mentally, and physically worn out he thought robbing a bank would finally stop the madness, because I am that guy.

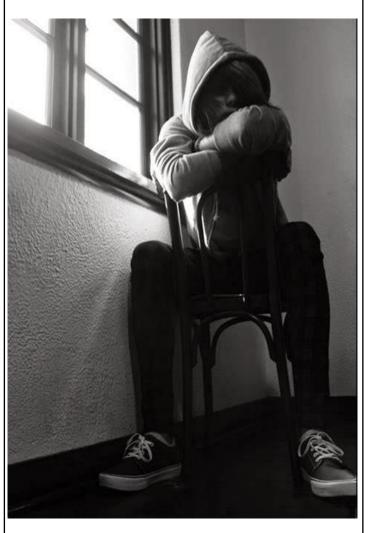
I love the guy who's sitting behind bars, waiting to be sentenced, who decides to go to the jail AA meeting just to get out of his cell for an hour to break the boredom, and finally finds that elusive sobriety he's been seeking for 23 years, because I am that guy.

I love that guy who is deathly afraid to do a fearless and thorough Fourth Step, because he

Finally, I love all the alcoholics who put a dollar or two in the basket when I couldn't and sometimes wouldn't ... who shared their experience, strength and hope with me when I couldn't and wouldn't share mine ... who poured me a cup of coffee and smiled like they were glad to see me, even when I couldn't smile back ... and who gave me so many rides to and from meetings and encouraged me to "keep coming back."

Thank you God and AA for the opportunity to spend the rest of my life trying to help other alcoholics like that guy—because that guy is me.

> —Bill W., El Reno, Okla.—July 2016 Printed with permission: AAGrapevine.org



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MANAGER'S REPORT JANUARY 13, 2025

Well, it is 2025, if you missed it. In my past, I know I was late to the new year a few times. Holidays were great excuses to spend money I did not have for things I did not need, many times with the wrong people. Friends and family could not depend on having what I promised, and children were confused.

Most of my painful memories were my responsibility.

It is not that way now, so if I have promised you something, I BELIEVE I HAVE DELIVERED. If not, speak now..... or forever "hold your peace" (maybe your piece). AIN'T IT GREAT TO BE SOBER AND KNOW YOU HAVE A CLEAN SLATE FOR 2025.

2024 was a great year for our Central Office. Thanks to our fellowship in Middle Tennessee, 2025 will be also. Our financial statement reflects our intention for 2024. If you are new, Central Office sells AA literature and supplies. We depend on contributions to sell at the lowest prices and meet the needs of all AA entities and individuals. We distributed many items, pamphlets and books at no charge or no profit in 2024, as the office shared our blessings. More books were put in jails and prisons, and those were purchased with specific contributions. If you have questions about operations, finances or who does what, you can ask anytime. The office number is 615-831-1050, my cell number is 615-973-9898, email is mtcoaa@aol.com.

Of course, there are many things we can do better. One is improve our technology for Zoom meetings. If you would like to participate in that area, please talk to Bill or myself. I hope to have our website improved, with more interactive resources and as always, have as many volunteers as possible on our Committees, Steering Committee and volunteers. I plan to be more active outside the Office, and I have some specific goals to include more Groups, and to share our resources with the community. Al C. has started one project, giving Big Books to schools and libraries. An "inventory" for the Intergroup will reveal many needed changes, so be available to participate. I know you are excited as ever, so thanks for all your support and encouragement.

If not here before, we have a unique tradition here called "TATO", TONIGHT AND TONIGHT ONLY. You will be glad you are here.

"God forbid that Alcoholics Anonymous ever become frozen or rigid in its ways of doing or thinking." Bill W. in a letter to Ed Webster, author of The Little Red Book.

<<Ed Webster, a founding member of the Nicollet Group of Minneapolis began teaching "Twelve Step Study" classes to other members of the local fellowship in 1942. By 1946, The Grapevine reported that according to the group's records, 75% of its members achieved recovery. This phenomenal success was attributed in large part to Ed's contributions. Ed and Barry Collins, another founding member of Minneapolis A.A., decided to collect the lectures in a small publication originally titled The Twelve Steps but later nicknamed "The Little Red Book."</p>

Though never officially a part of the A.A. canon of conference-approved literature, The Little Red Book was endorsed by both Dr. Bob, who had a hand in its writing, and by Bill W. Bill W. wrote Barry Collins about the Minneapolis book in November 1950:

"The Little Red Book does fill a definite need and has wide circulation. Therefore, its usefulness is unquestioned. AA has a definite place for such a book. Someday I may try to write an introduction book myself which I hope might complement favorably with The Little Red Book. Here at the Foundation we are not policemen; we're a service and AAs are free to read any book they choose." Bill W.

This letter from the Archives is dated May 31, 1949 from Bill W. to Ed Webster thanking him for his contribution to the fellowship.>> Harbor Area Central Office website

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Middle Tennessee Intergroup Association

Statement of Activities - Actual and Budgeted - Schedule 1 For the Month and Year Ended December, 2024

	December 2024		YTD 2024			
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income	* *				*	
Net Literature Sales	2,192.85	2,572.00	(379.15)	21,118.88	28,292.00	(7,173.12)
Group Donations	8,220.56	6,833.00	1,387.56	90,514.33	75,163.00	15,351.33
Individual Donations	1,179.84	1,900.00	(720.16)	17,645.56	20,900.00	(3,254.44)
Messenger Donations	- 	10.00	(10.00)	75.00	110.00	(35.00)
Website Donations	-	-	2	-		
Special Events	120.00	700.00	(580.00)	7,506.00	7,700.00	(194.00)
Interest	1.79	292.00	(290.21)	8,631.46	3,212.00	5,419.46
Total Income	11,715.04	12,307.00	(591.96)	145,491.23	135,377.00	10,114.23
Expenses						
Bad debt	-	-	-	0.0	€.	(-
Casual Labor	375.00	275.00	100.00	3,400.00	3,025.00	375.00
Payroll	7,000.00	7,000.00	-	86,250.00	77,000.00	9,250.00
Legal & Professional	350.00	350.00	-	4,200.00	3,850.00	350.00
Rent	946.00	996.00	(50.00)	11,643.50	10,956.00	687.50
Printing	109.75	70.00	39.75	499.75	770.00	(270.25)
Payroll Taxes	537.00	536.00	1.00	6,407.00	5,896.00	511.00
Repairs & Maintenance	-	65.00	(65.00)	28.32	715.00	(686.68)
Equipment Rental	423.80	125.00	298.80	1,753.47	1,375.00	378.47
Telephone & Fax	726.26	700.00	26.26	8,657.21	7,700.00	957.21
Answering Service	197.68	250.00	(52.32)	3,275.16	2,750.00	525.16
Postage	249.42	150.00	99.42	1,680.97	1,650.00	30.97
Office Supplies	29.98	200.00	(170.02)	1,160.60	2,200.00	(1,039.40)
Bank Service Charges	40.00	40.00	-	480.00	440.00	40.00
Computer & Technology	288.16	250.00	38.16	3,625.77	2,750.00	875.77
Credit Card Service Fees	144.71	150.00	(5.29)	1,882.90	1,650.00	232.90
Intergroup Expense	100	150.00	(150.00)	647.99	1,650.00	(1,002.01)
Insurance	2	200.00	(200.00)	2,261.00	2,200.00	61.00
Special Events	14 .0	400.00	(400.00)	5,565.99	4,400.00	1,165.99
Travel	1 2 5	400.00	(400.00)	2,299.69	4,400.00	(2,100.31)
Miscellaneous	-	-	-	-	-	10 m
Depreciation	-	-	-	-	-	-
Over/Under		19	<u> </u>		<u>*</u>	
Total Expenses	11,417.76	12,307.00	(889.24)	145,719.32	135,377.00	10,342.32
Net Income	297.28	-	297.28	(228.09)	(-	(228.09)

GROUP / MEETING	DEC 2024	YTD
805		-
A NEW FREEDOM		-
AGAINST THE GRAIN		702
ANY LENGTHS		240
AWOL		215
BACK TO THE BIG BOOK	33	206
BACKROOM	674	5,291
BASEMENT BUNCH		-
BELLEVUE		-
BERRY'S CHAPEL BB		321
BRENTWOOD FULL MOON		500
BROWN BAG	60	180
BY THE BOOK		116
BY THE BOOK, BYRDSTOWN		162
BY THE BOOK, DICKSON		261
·		

GROUP / MEETING	DEC 2024	YTD
CAME TO BELIEVE		-
CAMINO A LA SOBRIEDAD		150
CELEBRATE SERENITY		394
CENTERVILLE		551
CHAPEL HILL		289
CHICKEN PLUCKERS	707	2,251
CLARK STREET		700
COLUMBIA		270
COLUMBIA BASEMENT		-
COMFORT ZONE	240	1,703
COMMUNICATIONS		-
COOKEVILLE		180
COURAGE TO CHANGE		-
CROSSVILLE		86
CROSSVILLE NONSMKIN'		
STEP		-
=		

GROUP / MEETING	DEC 2024	YTD	GROUP / MEETING	DEC 2024	YTD
CROSSVILLE NOONERS		545	HERMITAGE WOMEN'S		947
DAVIDSON RD		5,000	HIGH NOON	125	575
DEKALB FRIENDSHIP		-	HILLSBORO ROAD		25
DESIGN FOR LIVING		864	HOW IT WORKS, MENS		100
DICKSON		45	HUT	100	400
DICKSON, BY THE BOOK		-	IT'S A GREAT DAY		45
DISTRICT 9	150	750	JOELTON		_
DISTRICT 15		38	KEEPING SOBER		175
DONELSON Y.E.T.		100	KEY TO SOBRIETY		100
DOWNTOWN LUNCH		_	KICK OFF NOT UNTIL NOON		_
DROP THE ROCK,			LADIES NIGHT OUT	80	80
TULLAHOMA		-	LAFAYETTE NEW HOPE	50	100
DRUNKS IN THE PARK		800	LAMBDA		_
EAST HICKMAN		-	LAST HOUSE ON THE BLOCK		_
EAST SIDE		700	LATE LUNCH BUNCH		5,900
EAST SIDE MEN'S STAG		221	LAWRENCEBURG		825
EAST SIDE SATURDAY		664	LIFE SAVERS		100
EASTSIDE SUNLIGHTERS		3,660	LIVE AND LET LIVE		100
EASTSIDE SUNLIGHTERS		0,000	LIVING BY THE PRINT		900
ONLINE		490	LIVING THE PRINCIPLES		761
86'ERS		1,527	LIVINGSTON		300
EASY DOES IT MT. JULIET		-	LIVINGSTON 12x12		100
EVERY WOMAN HAS A			McMINNVILLE SERENITY		
STORY		267	MEN'S LOG CABIN		584
FAIRFIELD GLADE	50	325	MEN'S STAG		1,100
FAIRVIEW		-	MID-DAY BREAK		
FAYETTEVILLE		100	MIDDLE TENNESSEE		90
FIRST THINGS FIRST		-	MONDAY NUGHT MEN'S		2,887
5 AND 5		1,000	MONTEREY FRIDAY NIGHT		
FRANKLIN		2,020	MT. JULIET FELLOWSHIP		400
FRANKLIN FELLOWSHIP		-	MURFREESBORO	28	378
FRANKLIN 4TH BB STUDY		-	MUSIC ROW	20	310
FRANKLIN MEN'S		500	MUSTARD SEED		
FRANKLIN ROAD WOMEN'S		51	NEW BEGINNINGS		1,100
FREE TO BE		724	WOMEN'S		200
FREEDOM FROM BONDAGE		25	NEW DAY		
FRIDAY NIGHT PRIME TIME		-	NEW HOPE		70
FRIENDS IN RECOVERY		660	NEW LIFE		
FRIENDS OF BILL, LAKE			NIPPER'S CORNER		223
TANSI		100	NORTHSIDE		220
G.A.A. GALLATIN	25	100	N.O.W.		110
GLADEVILLE GRATITUDE		250			113
G.O.D. (GROUP OF DRUNKS)		-	ON AWAKENING		1,575
GRATEFUL GROVE		-	ONE DAY AT A TIME		25
HAPPY DESTINY		-	ONE PURPOSE	75	350
HAPPY HOUR		120	ONE STEP CLOSER		
HARDING RD		125	OUT OF FOG/OUT OF BOG	1,818	3,247

GROUP / MEETING	DEC 2024	YTD
OUT TO BREAKFAST	201	541
PAGE 112		99
PAY DAY		-
PEACE IN THE PARK		_
PEACHTREE		
PORTER'S CHAPEL		36
PORTLAND UNITED		
PRIMARY PURPOSE MURF		188
PRIMARY PURPOSE MUKE		100
LEWISBURG		525
PRIMARY PURPOSE ROLLING		
HILLS		188
PROGRESS NOT		
PERFECTION		57
PULASKI	100	630
RECOVERY HILL		25
RECOVERY ON THE ROW		951
RIDGETOP BASIC		-
RIGHT DIRECTION		-
ROBERTSON COUNTY	10	110
RUSHH HOUR		700
RUTS		-
SAFE HARBOR		
SAFE PLACE	165	270
SAINT A'S		
SANGO SOLUTIONS		150
SSS, HERMITAGE		478
SATURDAY NIGHT ALIVE		
SAVE HER A SEAT		
SEEKERS		
SEEKING SANITY		835
SERENITY, MURF		198
SERENITY IN THE PARK		430
SHADE TREE	1,172	
SHELBYVILLE	1,112	4,875
SHELTER IN PLACE	490	1.070
-	490	1,979
SIMPLY SUNDAY		515
SISTERS IN SOBRIETY	0.4	193
SMYRNA GRATITUDE	84	1,320
SPEAK EASY		259
SPRING HILL		251
SPIRITUAL WARFARE		250
STRAGGLERS		1,775
SUNDAY 10AM, CROSSVILLE		

GROUP / MEETING	DEC 2024	YTD
THANKFUL		
CONTEMPLATION		1,990
THERE IS A SOLUTION		129
THREE LEGACIES	110	757
TRINITY		-
TRUDGING THE ROAD		-
TWELVE STEPS TO		100
FREEDOM TURNING POINT	860	155
-	000	2,894
UNCOMMON WOMEN	200	- 1 100
UNITED, GALLATIN	300	1,100
UNITY @ 6		50
VALLEY VIEW		886
WAKE UP		57
WAVERLY		60
WAY OF LIFE		23
WEEKENDERS	50	608
WEST MEADE		-
WESTMINSTER		240
WEST NASHVILLE		344
WHITE HOUSE		200
WINNERS & BEGINNERS		917
WOMEN IN RECOVERY		281
WOMEN IN THE SOLUTION		250
WOMEN'S FREEDOM	150	360
WOMEN'S KITCHEN TABLE		-
WOMEN'S OPEN DOOR	300	600
WOMEN'S SPEAKER		-
WOODBINE	14	74
GROUP MONTHLY TOTALS	8,221	90,514
INDIVIDUALS	1,180	17,646
MESSENGER	-	75
COMBINED TOTALS TO DATE	9,400	108,235



Middle Tennessee Central Intergroup Association



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