

The MESSENGER

Middle Tennessee Central Office Intergroup

MARCH 2025
MESSENGER

Step Three

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Tradition Three

“The only requirement for A.A. membership is a desire to stop drinking.”

Concept Three

“To insure effective leadership, we should endow each element of A.A.– the Conference, the General Service Board and its service corporations, staffs, committees, and executives– with a traditional “Right of Decision.”



DECISION IN THE DESERT

Emotional Sobriety | Step Three

Lonely, angry and exhausted, a newly sober flight operator has a rageful day in hell. Her mission: Step Three

It was 8:00 P.M. and I had just finished most of the post-flight routine after a 10-hour surveillance and reconnaissance mission while deployed somewhere out in the desert. Post-flight duties included turning off all my mission systems, cleaning and bagging up the trash, putting covers on the engines of the aircraft and gathering all my intelligence collected from the mission. I was tired to say the least.

All I wanted to do was jump in the duty van and ride back to our tents for some food and shut eye. But I was still a “nugget,” an unqualified non-acoustic operator, that had to take out the...well I won't say what it's called. Let's just say it was one of the awful duties handed off to the new “guys” like me.

What I had to empty was a slender four-foot-tall canister with a lid on the top. Yes, that is what we relieved ourselves into during flights as there wasn't a real toilet. I was hauling this awful bucket across the flight line to dump it into a real toilet, which was really a trailer holding a few portable toilets. As I was hauling it, I swung it too hard and it spilled 10 different aircrewmen's urine all down my leg, soaking my flight suit.

In my rage, I flung the container to the gravel just off the flight line and dumped it. After returning it to the airplane, I stomped to the flight gear tent. I was the last one of my crew to drop off my vest and gear. As I made my way to the smoke pit, I noticed none of my crew was anywhere in sight. They had left without me, leaving me to find my own way back to the tent compound. Luckily, there was another crew heading back and I jumped into the van with them, reeking of you know what.

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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

Southern Hospitality

Moving to Nashville has been quite an interesting experience for this recently arrived sober old-timer from New York. “Controlled drinking” is an art form here in Tennessee. Everybody is in AA—or should be. It seems like every block has a country music bar, it’s own favorite sports saloon and a church. You judge a restaurant not by its food, atmosphere or service, but by the selection of bourbons they offer. Wine is sold in every supermarket. They’re even trying to overturn their silly law that prevents the selling of booze on Sunday.



In case you are interested in moving here to resume your drinking career, you might want to know that Nashville boasts its own rehab, detox, bail bondsmen, many defense lawyers, a jail and a courthouse. Hope this
(Continued on page 9)

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

My drunkalog is one of the shortest and least dramatic I've ever heard. I began drinking at sixteen and stopped seven years later, never having been jailed or hospitalized or fired as a result of my alcoholism. My last drink did not produce disastrous consequences (although it did point out to me my growing obsession with alcohol), and I suffered no physical withdrawal symptoms. At the time of that last drink, I'd been attending open AA meetings with my alcoholic partner, but it was only after an emotional upheaval a couple of years later that I gave up the struggle to stay sober on my own, acknowledged my alcoholism, and joined AA.

That was twenty-five years ago, and in those days I often heard the term "high-bottom drunk." How I hated that term! I knew it applied to me, and it made me feel as if my welcome in AA were tenuous, that I was only tolerated, not being a "real" alcoholic. It took me years to get over the feeling that I was in AA under false pretenses. So strong was that feeling that I might have bolted if the Preamble to each meeting had not reminded me of the Third Tradition: the only requirement for membership is a desire to stop drinking. That desire I had, and it was enough to get me past the imaginary bouncer

at the meeting door.

In reading about the Third Tradition, I saw that it arose as an answer to intolerance of people who had, in addition to alcoholism, traits or problems that were viewed as threats to AA's reputation and survival. *Twelve Steps and Twelve Traditions* quotes an early member as saying, not without irony, "We were resolved to admit nobody to AA but that hypothetical class of people we termed 'pure alcoholics'. . .beggars, tramps, asylum inmates, prisoners, queers, plain crackpots, and fallen women were definitely out!" As a member who qualifies for two or three of those labels, I'm grateful that AA's General Service Office eventually came down on the side of tolerance. Apparently, though, it did so to ensure that no alcoholic be branded as too far gone or too disreputable for membership in AA. The question of welcoming those who had suffered comparatively little might never have come up.

Still, it is clear that framers of the Third Tradition meant exactly what they said, that anyone who wants to be sober is qualified to join AA. The Third Tradition tells us that if we declare ourselves to be members of AA,

(Continued on page 11)

**MARCH
ANNIVERSARIES**

AWOL BIRTHDAYS
Auroura M 3.13.2014

MT JULIET
Bud W 3.03.1974
Tiffany H 3.20.2013

NIPPERS CORNER
Billy T 3.14.2022

Newcomer on a treadmill
My sponsor suggested I incorporate exercise into my recovery program. He asked me the other day how it was going, and I told him not so great. The only exercise I seem to be doing is jumping to conclusions, running around in circles and bending over backwards to avoid my amends.
J.D.- Big Lake, Minn

Thoughts for the Newcomer

YOU, for whom this is particularly intended, are new.

Every so often you run into cynics and skeptics among your old acquaintances, friends, and even members of your family. These pseudo prophets of disaster make you wonder whether you are going to make the grade, and their attitude fills you with anxiety and worry.

Be concerned to the point of doing all that is possible to remedy unhappy conditions, but do not be fretful. And do not worry about the past. Nothing is more useless than to drift into morbid reflection.

Instead, let us remember that, so long as the future remains, omissions of the past need not determine our life. We have shortcomings that can be corrected with the help of our own particular Higher Power.

We also have handicaps which we must accept and make the best of. Let us not, however, dwell only on our limitations, *but let us make an inventory of our good points*, and with the help of the Higher Power, let us recognize and develop good points as we look to the future with confidence.

P.S.H. | Nashville, Tennessee

<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 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



RULE 62

OCTOBER 24-26 2025

TN STATE CONVENTION

REGISTRATION OPEN
WEBSITE AVAILABLE
WITH UPDATED DETAILS



WWW.2025AREA64STATECONVENTION.COM



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

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



Save the Date!

AA.org/International-Convention

2025 A.A. International Convention

July 3-6, 2025




Scan here!

VANCOUVER 2025

Language of the Heart
Lenguaje del corazón
Le langage du cœur

DECISION IN THE DESERT

(Continued from page 1)

I was dropped off at the common area. This common area consisted of a huge tent with tables, chairs and of course, a makeshift bar. People were drinking, playing cards and socializing. Everyone was having a good time drinking, except me.

A fellow aircrew member came up to me, joyfully drunk, slurred something at me with his beer breath and bounced away. I was exhausted, angry, lonely and sober. All I knew was I didn't want to drink and yet his breath whispered sweet nothings into my mind, reminding me how easily I could blur out these emotions.



I walked back to my tent, showered and changed. I grabbed my Big Book and went to the smoke pit. While chain smoking with tears flowing down my cheeks, I began to say over and over in my head, I don't want to drink.

I prayed through sand-gritted teeth asking my Higher Power to keep me sober. It was more like begging and pleading. I didn't want to go back to that horrid dark place I had just crawled out of not a year ago. I flipped to a page in the Big Book and started to read. Eventually I read, "Once more: The alcoholic at certain times has no effective mental defense against the first drink. Except in a few cases, neither he nor any other human being can provide such a defense. His defense must come from a Higher Power."

From the moment I read, "His defense must come from a Higher Power," I knew what I had to do. A feeling of calm and serenity flooded over me. No one was going to stop me if I wanted to drink. Knowing I was an alcoholic wouldn't stop me

either because I had continued to drink in the face of negative consequences for years.

From the age of 15, when I had my first drink, I was a full-blown alcoholic. There was never a middle ground for me. The second that alcohol hit my stomach and warmed my insides, I knew I had arrived. Immediately, it quieted the obsession gnawing away at my gut because it was finally quenched.

With the thought of my Higher Power being my only defense out here in the endless desert, I closed my eyes and took a deep breath. I began to think of the first three Steps that I had done with a sponsor before I left. Until that moment in the desert, I had been giving lip service. I had the best intentions, but the work I was doing with another alcoholic just wasn't hitting home, until now.

First, I conceded to my innermost self that I was an alcoholic. I surrendered with everything inside my being. Second, I came to believe in a Higher Power because I could feel its presence all around me at that moment. All my fellow alcoholics' faith encompassed me, and I was in the middle. Third, I relinquished all power I thought I had and handed it over to that Power. I had no idea what that Power was, nor did I care, but I knew if I wanted to live I had to do it.

That was the first spiritual experience I'd had since I was a little girl who had forsaken God when terrible things happened in her life, and she didn't understand why or how this God had forgotten her. Now I was an adult who had made it through hell. I thought I had made it through entirely by myself, but now I realized that all along my Higher Power was there guiding me so I could make it to the other side alive.

I made it through that night without a drink with the help of a Power greater than myself. And all the other days after so far.

**Dee Anne P. | Oak Harbor, Wash.
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THE FRANKLIN NOON GROUP QUARTERLY EATER/SPEAKER MEETING

Franklin First United Methodist Church (Front Lobby Area)

120 Aldersgate Way, Franklin, TN 37069

March 8, 2025

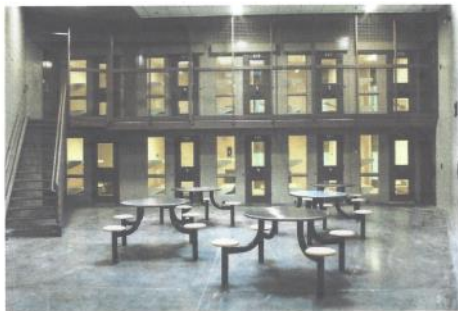
MEAT and BEVERAGES PROVIDED

(Please bring a side dish or dessert to share)

5:30 Doors Open
6:00 Dinner

7:00 PM Guest Speaker

Rob S



SAVE THE DATE NATIONAL CORRECTIONS CONFERENCE 2025

Nashville Tennessee November 7th – 9th 2025

Join us for the 8th Annual National Corrections Conference at "The Inn at Opryland"

Sign up to be a Volunteer!!!
Use QR Code



8th Annual National Corrections Conference

Hear the message of HOPE!
How many became free while
incarcerated because
someone cared enough to
carry the AA message into
their facility

Speakers from
across the country
Live Music

There are over 35,000 AAs in
confinement and over 1,400 prison
groups throughout the United
States and Canada. These meetings
answer only a fraction of the need
for more groups in correctional
facilities across the country. Many
there reach for, but don't find, the
hand of AA.

NCC HOSTING
COMMITTEE

Contact by email
2025.ncc.1@gmail.com
More to be announced

Contact by Email

Third Annual 3 Legacies Weekend

Supportive Event for 2025 Tennessee State Convention

May 30, 31 & June 1, 2025
Fall Creek Falls State Park

Newton Ford Bunk Group Lodge
Fall Creek Falls, Pikeville, TN 37367

This is an
"OPEN EVENT"

Speakers On: Recovery/Steps | Unity/Traditions | Service/Concepts

Pam C. Amanda M. Phil & Shannon C.

Includes 5 meals and lodging. Bring outdoor chairs, bedding, and/or sleeping bag and pillow, towels and personal items. Join us for golf, hiking, kayaking, and campfire meetings.

Men's and women's dorms with showers.

NEWTON FORD BUNK

Price is \$70 prior to April 20th and \$75 after.

Check, Cash, Venmo or Cash App accepted.

Scan for
Venmo

Scan for
Cash App

Check In 3:00-5:00 PM Friday.

For Info: Call Ted (423) 619-3772

Make check or Money Order out to (3 Legacies Weekend)

For reservations, more information, or to mail the fee:



Three Legacies Weekend

28563 SR30, Pikeville, TN 37367



Three Legacies Group, 2nd Anniversary

April 17th with Speaker

Matt C., Franklin, TN

Pizza at 6:30 PM, Speak at 7:30 PM

Bring a dessert if you can

Three Legacies Group, Cumberland Presbyterian
Church - 522 Castle Heights Ave, Lebanon, TN

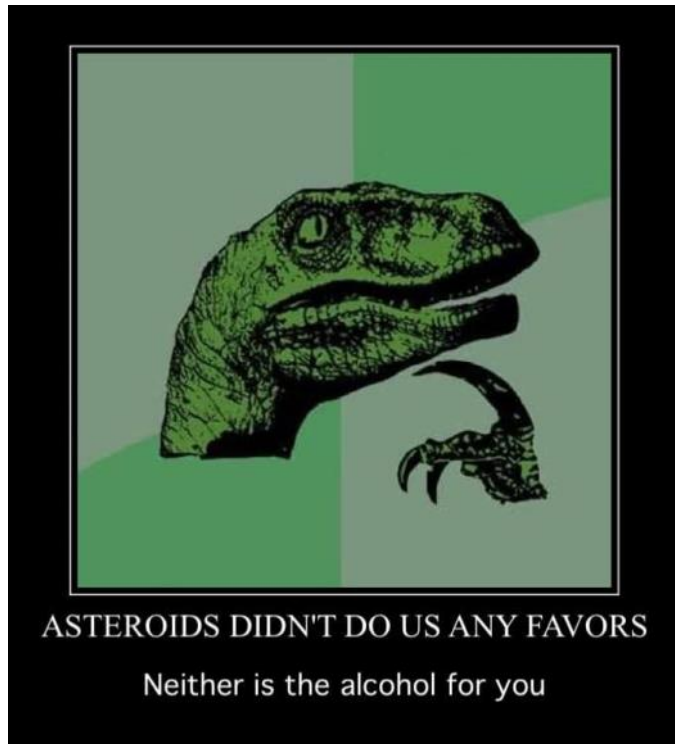
Here is one of many *Suggested Step Rotation Guides*

With additional suggestions to be presented in forthcoming newsletters

Step		Reading	Week
1	“We admitted we were powerless over alcohol...”	The Doctor’s Opinion pp. xxiii-xxx	1
1	“...that our lives had become unmanageable.”	Chapter 3: More About Alcoholism pp. 30-43	2
2	“Came to believe that a Power greater than ourselves could restore us to sanity.”	Chapter 2: There is A Solution pp 17–29; and Appendix II: Spiritual Experience pp. 567–568 (4th edition)	3
2	“Came to believe that a Power greater than ourselves could restore us to sanity.”	Chapter 4: We Agnostics pp. 44-57	4
3	“Made a decision to turn our will and our lives over to the care of God as we understood Him.”	Chapter 5: How It Works pp. 58-64	5
4	“Made a searching and fearless moral inventory of ourselves.” Resentment	Chapter 5: How It Works pp. 64-67	6
4	“Made a searching and fearless moral inventory of ourselves.” Fear	Chapter 5: How It Works pp. 67-68	7
4	“Made a searching and fearless moral inventory of ourselves.” Sex	Chapter 5: How It Works pp. 68-71	8
5	“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”	Chapter 6: Into Action pp. 72-75	9
6-7	“Were entirely ready to have God remove all these defects of character.” “Humbly asked Him to remove our shortcomings.”	Chapter 6: Into Action pp. 76	10
8-9	“Made a list of all persons we had harmed, and became willing to make amends to them all.” “Made direct amends to such people wherever possible, except when to do so would injure them or others.” Harms	Chapter 6: Into Action pp. 76-84	11
10	“Continued to take personal inventory and when we were wrong promptly admitted it.”	Chapter 6: Into Action pp. 84-85	12
11	“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the	Chapter 6: Into Action pp. 85-88	13
12	“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics...”	Chapter 7: Working with Others - pp. 89-96	14
12	“...and to practice these principles in all our affairs.”	Chapter 7: Working with Others - pp. 96-103	15



“Joe” Edward Joseph Morgan passed on 2.14.25. Joe saw the need for affordable treatment and established the Discovery Place. A facility that has helped over 5,000 men. Before this he worked at Cumberland Heights. Joe was sober since 1975.



Southern Hospitality

(Continued from page 2)

will help you manage your transition back to your previous life.

On the other hand, if sobriety is still your choice, we have hundreds, yes hundreds, of AA meetings here a week. They're a little different. With a southern drawl, it takes people 20 minutes just to say the Serenity Prayer. So be patient.

Also, Tennessee State Troopers have a limited sense of humor. Especially if the “perp” is a short, Jewish, New York-sounding, retired dentist from Great Neck. I've already gotten one “speeding” ticket so far—going 35 in a 30 mph zone! Oy vey!

If you want to stay clean and sober down south (or any place else for that matter) listen to everything I have to say, and do the exact opposite. If you had told me that I would be moving to Nashville after 72 years of living in New York, I would have asked you what you were smoking. But God had other plans for me and my family and AA gave me the courage to carry them out.

In spite of my endless repetitive sharing, weird sense of humor, and irritating personality, I was happily welcomed into Nashville's AA community. Well, at least most of the members here were happy. I heard the group conscience vote wasn't unanimous.

I'm still dry...and sometimes even sober.

Definitely Steve | Nashville, Tennessee

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Middle Tennessee Intergroup Association
Statement of Activities - Actual and Budgeted - Schedule 1
For the Month and Year Ended January 2025

	January 2025			YTD 2025		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	3,502.91	2,500.00	1,002.91	3,502.91	2,500.00	1,002.91
Group Donations	8,747.16	7,082.00	1,665.16	8,747.16	7,082.00	1,665.16
Individual Donations	1,454.11	1,462.00	(7.89)	1,454.11	1,462.00	(7.89)
Messenger Donations	24.00	13.00	11.00	24.00	13.00	11.00
Website Donations	-	-	-	-	-	-
Special Events	-	784.00	(784.00)	-	784.00	(784.00)
Interest	1.60	167.00	(165.40)	1.60	167.00	(165.40)
Total Income	13,729.78	12,008.00	1,721.78	13,729.78	12,008.00	1,721.78
Expenses						
Bad debt	-	-	-	-	-	-
Casual Labor	275.00	275.00	-	275.00	275.00	-
Payroll	7,000.00	7,000.00	-	7,000.00	7,000.00	-
Legal & Professional	350.00	350.00	-	350.00	350.00	-
Rent	1,006.00	988.00	18.00	1,006.00	988.00	18.00
Printing	-	45.00	(45.00)	-	45.00	(45.00)
Payroll Taxes	711.00	545.00	166.00	711.00	545.00	166.00
Repairs & Maintenance	-	25.00	(25.00)	-	25.00	(25.00)
Equipment Rental	116.06	127.00	(10.94)	116.06	127.00	(10.94)
Telephone & Fax	761.71	720.00	41.71	761.71	720.00	41.71
Answering Service	228.00	250.00	(22.00)	228.00	250.00	(22.00)
Postage	171.99	150.00	21.99	171.99	150.00	21.99
Office Supplies	557.76	200.00	357.76	557.76	200.00	357.76
Bank Service Charges	40.00	40.00	-	40.00	40.00	-
Computer & Technology	308.16	288.00	20.16	308.16	288.00	20.16
Credit Card Service Fees	234.55	200.00	34.55	234.55	200.00	34.55
Intergroup Expense	-	55.00	(55.00)	-	55.00	(55.00)
Insurance	-	200.00	(200.00)	-	200.00	(200.00)
Special Events	-	417.00	(417.00)	-	417.00	(417.00)
Travel	-	133.00	(133.00)	-	133.00	(133.00)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	-	-	-
Total Expenses	11,760.23	12,008.00	(247.77)	11,760.23	12,008.00	(247.77)
Net Income	1,969.55	-	1,969.55	1,969.55	-	1,969.55

GROUP / MEETING	JAN 2025	YTD
ACTION NOW WOMEN'S	110	110
BACKROOM	587	587
BERRY'S CHAPEL BB	65	65
CELEBRATE SERENITY	156	156
CHICKEN PLUCKERS	237	237
COLUMBIA	90	90
CROSSVILLE NOONERS	140	140
DAVIDSON RD	2,000	2,000
DICKSON	119	119
EAST NASHVILLE	150	150
EVERY WOMAN HAS A STORY	273	273
FAYETTEVILLE	25	25
F.O.B. WOMEN'S	72	72
FRANKLIN MEN'S	750	750
FREE TO BE	153	153
HERMITAGE WOMEN'S	227	227
LAMBDA	236	236
LIVINGSTON 12x12	25	25
MURFREESBORO	28	28
NIPPER'S CORNER	150	150
OUT OF FOG/OUT OF BOG	593	593
PRIMARY PURPOSE ROLLING HILLS	223	223
SAINT A'S	200	200
SANGO SOLUTIONS	200	200
SEARCHERS	180	180
SHADE TREE (refund due to error of double payment last month)	(270)	(270)
SMYRNA GRATITUDE	30	30
SPRING HILL	58	58
STRAGGLERS	500	500
THANKFUL CONTEMPLATION	280	280
VALLEY VIEW	840	840
WAY OF LIFE	24	24
WINNERS & BEGINNERS	277	277
WOODBINE	21	21
GROUP MONTHLY TOTALS	8,747	8,747
INDIVIDUALS	1,454	1,454
MESSENGER	24	24
COMBINED TOTALS TO DATE	10,225	10,225

Tradition Three: No Jail Terms Required

(Continued from page 3)

then we are, even if our drinking led us to commit terrible crimes or left us destitute--and even if it didn't. We don't need to pass entrance exams or pay dues or provide character references to join the Fellowship, and we don't need drunkalogs that rival the television movie-of-the-week as drama.

I seldom hear the term "high bottom" today. I hope that is because the public is becoming educated about alcoholism, so that more alcoholics now get sober before their alcoholism has done all the damage it can do. None of us came to AA because we were having a great time drinking. If we got sober before we landed in jail or lost our homes or ruined our physical health, then we did so through the grace of a Higher Power, and we have reason to be grateful, not apologetic.

*Cheryl M. | Manhattan, New York
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A circus performer is stopped by the police for having a faulty brake light.

As he approaches the car, the policeman spots a set of knives on the back seat.

He asks the man why he has them and doesn't he know it's against the law to carry knives?

The man explains that the knives are used in his act. He juggles them.

The policeman insists the man gets out to show him so he stands at the roadside performing his act.

Just then, another car drives by. The driver of the car turns to his wife and says, Thank goodness I gave up drinking, just look how the police do sobriety tests these days.

**Middle Tennessee
Central Intergroup
Association**



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sociation**

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Nashville, TN 37211

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Ph. 800.559.2252
fax. 615.834.5982

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