

The MESSENGER

Middle Tennessee Central Office Intergroup

APRIL 2025
MESSENGER

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."



STEP FOUR: THE OTHER MAN'S INVENTORY

A member experiments

Don't take other people's inventory!" chides an AA sponsor to an AA sponsee, sometimes gently, sometimes fiercely. As champions at figuring out the faults of others, we alcoholics in recovery often have to be reminded to look at our side of the equation. "The inventory was ours, not the other man's," says the Big Book on page 67. On the other hand, it is a time-honored axiom that we often see the faults in others that we ourselves have, so perhaps when we take someone else's inventory, we are really taking our own. I decided to test out this proposition, with remarkably good results.



As an experiment, I decided to deliberately take the inventory of a fellow member of AA, then put my name on it. I wrote down exactly what bothered me about that person: he wore his religion on his sleeve, he thought he had practically invented AA, he talked endlessly about politics, even in meetings. My anger toward this person was exacerbated by the fact that his politics and religion were virtually the opposite of mine. I typed up a neat list of his defects of character on my computer. Then, I erased his name from the top

(Continued on page 3)

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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

**COMMUNICATIONS
GROUP**

Nearly 40-year-old legacy meeting needs

OUR SUPPORT!

SUNDAYS AND TUESDAYS!

7:00PM

**Concordia Lutheran Church
3501 Central Avenue, Nashville,
37205**

**Servicing West End communities
and beyond!**

Always cookies! Always coffee!

**Conversational, literature inspired
Intimate & Smart**

HEARD AT MEETINGS

"My friend finally gave up drinking. He was beginning to see the handwriting on the floor."

**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**

STEP FOUR: THE OTHER MAN'S INVENTORY

(Continued from page 1)

of the list and typed in my own. I printed the list and carried it in my schedule book for two weeks, reading it daily. Each day, I saw my name above a list of his defects. The first few days, I told myself these were really his defects, not mine. But after four or five days of reading the list, some insights into my own behavior appeared. I saw that I also talked too much about religion and politics around the meetings and sometimes even in the course of my sharing at meetings. I had offended lots of people doing that, but I had always blamed them, saying to myself that they just didn't like me. I had not looked at how my own behavior might be the cause of their rebuffs and scorn. I saw that I also tended to pontificate at meetings, as if I were a very knowing old-timer who really knew how to work the program. By the end of the two-week period, I knew whose defects I had listed: my own.

More important than even the insight into my own character that this exercise provided, was the change in my relationship with that fellow AA member. Before starting the experiment, I could not be in the same room with him without feeling a great deal of rage. I often avoided his presence for that

reason. However, I was involved in a new meeting that he had started, so it was actually necessary for me to interact with him on certain days of the week. During the course of the experiment, I suddenly lost my anger. I felt absolutely no emotion whatsoever toward this individual. I accepted him precisely as he was, neither approving nor disapproving. I was too busy concentrating on the list of defects, which I was beginning to own as mine. By the end of the two weeks, he had changed toward me as well, congratulating me on a fine sharing here, asking for my advice on something there, and generally being an all-around good fellow. It was truly miraculous.

Since that experiment was successful, I have tried the technique twice more when I found myself extremely angry with someone. It has worked just as well as the first time. In each case, I discovered some unpleasant truths about myself, was able to accept the other person without judgment, and made changes in my own behavior and attitudes that have greatly improved my growth in the life of the spirit.

*John B. | San Jose, California—April 2007
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APRIL ANNIVERSARIES

ANY LENGTHS	
Chris M	4.04.24
Chris H	3.18.21
MT JULIET	
David M	4.05.18
James D	4.14.22
Jayson M	4.22.24
Mike H	4.18.14

NIPPERS CORNER	
Austin T	4.29.21
Greg S	4.23.23
Jennifer L	4.16.18
John H	4.17.02
Mark M	4.18.12
Stephen S	4.18.22

Quotes and sayings for addiction recovery and sobriety

“It does not matter how slowly you go as long as you do not stop.” – Confucius

“Recovery is about progression, not perfection.” – Unknown

“Rock bottom became the solid foundation on which I rebuilt my life.” – J.K. Rowling

“One of the hardest things was learning that I was worth recovery.” – Demi Lovato

“You have to break down before you can breakthrough.” – Marilyn Ferguson

“The goal isn’t to be sober. The goal is to love yourself so much that you don’t need to drink.” – Anonymous

“Addiction denied is recovery delayed.” - Mokokoma Mokhonoana

“Your addiction is not you, but it feels like you because you’ve spent so much intimate time together.” – Toni Sorenson

“I’m not telling you it is going to be easy. I’m telling you it’s going to be worth it!” – Anonymous

“I am not defined by my relapses, but by my decision to remain in recovery despite them.” – Anonymous.

“Before you can break out of prison, you must realize you are locked up.” – Anonymous

“If you can quit for a day, you can quit for a lifetime.” – Benjamin Alire Sáenz“

“Every noble work is at first impossible.” – Thomas Carlyle

<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

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

AA.org/International-Convention

Save the Date!

2025 A.A. International Convention

July 3-6, 2025







Scan here!

Language of the Heart
Lenguaje del corazón
Le langage du cœur

THE FOUR HORSEMEN OF "Q"

I went to San Quentin initially for about five years, at which time I decided that I had probably worn out my effectiveness as an outsider bringing the AA message inside.

During these many trips to the two prisons (I had also gotten involved at Folsom Prison), I encountered quite a few interesting happenings. For example, the group at San Quentin had an



After a lapse of two or three months I was approached by a glib-tongued member who convinced me that I should join with three other members and go back to San Quentin once a month. The reason for this was that the inmate members at "Q" were tired of "drunkalogs" and wanted the four of us to come and talk about the *program* of AA. They all knew our stories, so I joined the group that came to be known as "The Four Horsemen." Where the inmate members picked up this title we never did find out. I always suspected that they had purposely left out one descriptive part of their title having to do with the back end of a horse. So I went to San Quentin for four more years. All of the other three members of the original group had died.


One year I went to San Quentin so often that Warden Clinton Duffy issued me an ID card after telling me that as often as I came to San Quentin I should not take up the valuable time of a security officer. As a result of this decision I was able to come and go without a security officer escorting me. I still am the proud possessor of the now very old ID from San Quentin dated January 18, 1951.

inmate steering committee. They asked me to attend one of these meetings. At this meeting, they wanted to know why when God was mentioned the person who had made the remark always hurried on to another subject. They pointed out that God was indeed in San Quentin and that they would like to have the outside visitors explain God in their lives. Another thing they did not like was the use of profanity and obscenities by outside members, including dirty stories and off-color jokes. They pointed out there was a plethora of such muck in prison without having it brought in by outsiders.

On another occasion I had a note from the inmate secretary at Folsom asking me to be sure and bring the maximum number (eight) to the next meeting I chaired. We drove up from San Francisco on our Sunday, a distance of over 300 miles round trip. I dropped him a card saying something like this: "Will arrive at Folsom as usual and WE ARE COMING LOADED." When we arrived at Folsom, we were subjected to the most rigid and thorough shakedown we had ever experienced. The following week I had a letter

(Continued on page 9)

Check out Grapevine on YOUTUBE!



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Watch hundreds of GV & La Viña videos in English and Spanish!

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- Check out our audio playlists
- Watch our helpful app how-to videos
- Hear members share in their own voices
- Find videos to share at AA events

www.youtube.com/aagrapevine

SAVE THE DATE MAY 3RD, 2025

Spring Fling!!

Address: Gallatin Civic Center
210 Albert Gallatin Ave, Gallatin, TN 3706

Setup: 8am – 9:30am Silent Auction-Opens 9:30-Close-11:00am Lunch-11:30 meat, coffee, drinks, and water provided.

Groups: Bring a dish and basket for silent auction.

Speakers- Tyler B & Jason S.

Sobriety Count down- 1pm






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

District 35 1st annual

Concepts Workshop

April 5th 2pm-5pm
Aldersgate United Methodist
512 Rosebank Ave, 37206
Led by past, delegate Shannon C!

Pizza and beverages provided!



GPC

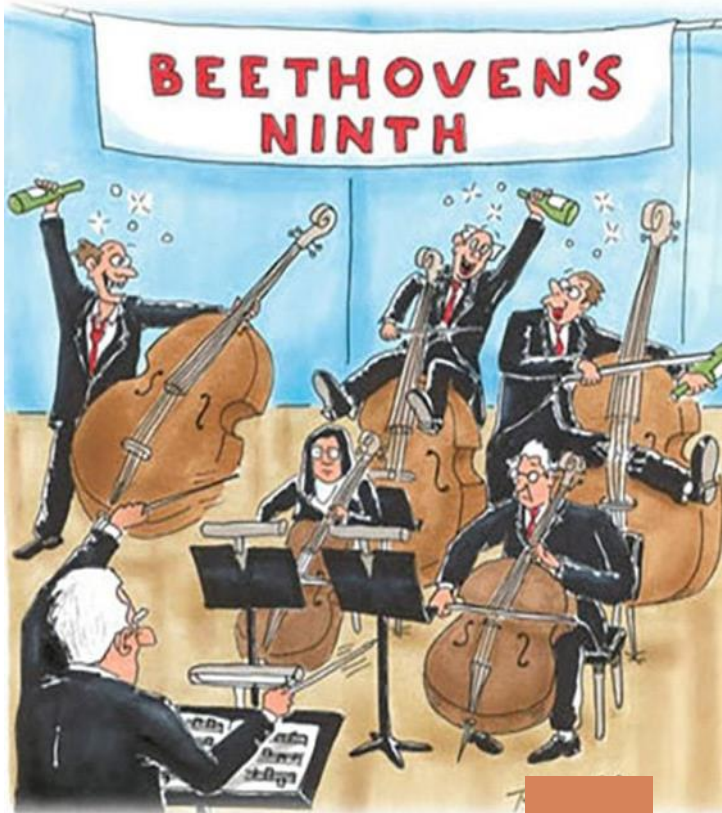
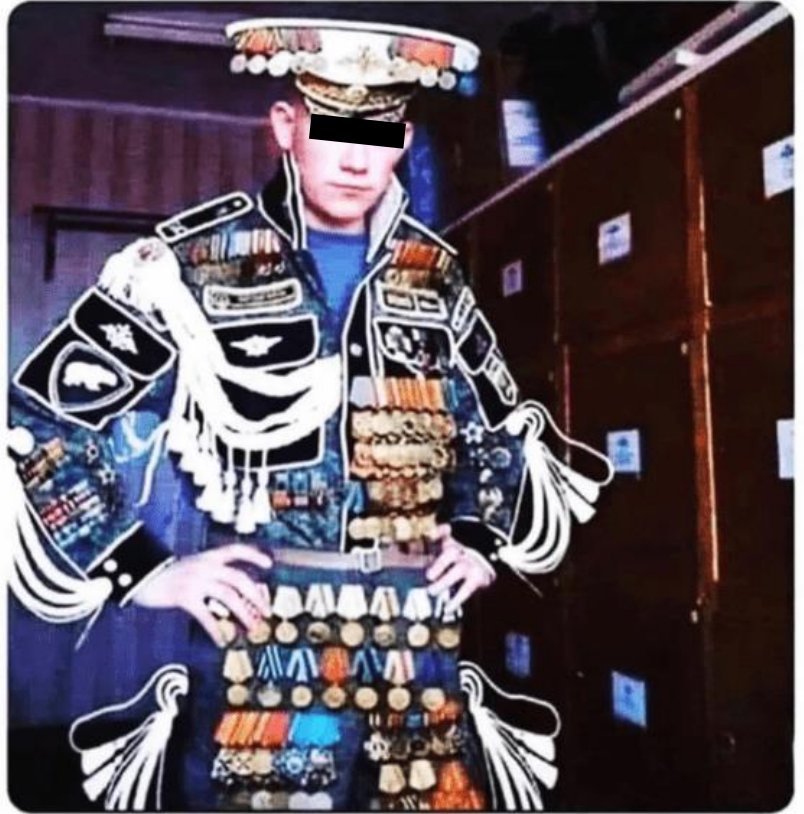
“Remember - when you make your amends, try not to be so defensive.”



SOBRIETY

Making being in the moment a possibility

Me if I had a badge for every drunk adventure I've survived.



It was the bottom of the ninth and the bassists were loaded.

My steps to recovery, psychological health and emotional stability



(Continued from page 6)

from the warden suggesting that I carefully select the words I used in any communication with an inmate. They got the impression that I was going to engineer a "breakout."

Another time I took an AA member who was a former prisoner to Folsom where he really gave the members the message that AA works on the outside. That was the week that I received yet another letter from the warden that to bring an ex-convict into a prison without prior permission was in fact a felony. Luckily for me, the warden took no further action except to warn me forcibly to watch my step.

On another occasion, a newly released AA member from Folsom was sitting at the hospitality table of the San Francisco Alano club trying to find out the name of a certain fellow who came to Folsom regularly. The three fellows sitting at the table started out by asking "Was it so -and-so?" The answer to about four of the suggested names was negative. Finally, the Folsom graduate blurted out with "He looks like a well-dressed pimp," and wouldn't you know all three guys said at once, "That's P----."

There were several occasions that made all the trips I made to both institutions very worthwhile.

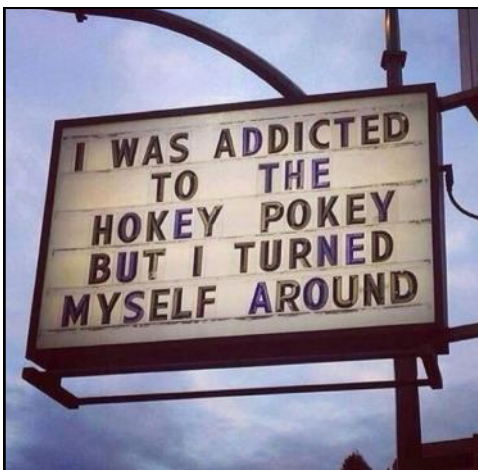
For example: at an AA conference a man came up to me and asked if I remembered him. I didn't. He reintroduced himself to me and said that he had

finished his probation from San Quentin two years earlier and had been an AA member ever since. He then introduced me to his wife and two little daughters.

Another time while I was chairman of a beginners meeting in San Francisco a man came up to me with the same question, "Do you remember me?" I didn't. He reintroduced himself as a former secretary of the San Quentin group--his name was "Mac." He said that he lived in San Diego and was visiting in San Francisco. He then told me he was having his fifth AA birthday in September and wanted to know if I would come to San Diego to present him with his birthday cake. Since this was early March I agreed, thinking that he would soon forget the whole thing. Like an elephant, he didn't forget and reminded me of it a few weeks before the time. So my wife and I hopped in our car and drove 550 miles, went to the meeting, gave Mac his cake, spent two nights in a motel, and drove back to San Francisco. Mac became a director of a halfway house in southern California where he was working when he died. Mac made the program.

Just these two incidents made all the trips I ever made to San Quentin and Folsom very much worthwhile. Two ex-convicts--living proof that this program works.

P. G. | Mill Valley, California—July 1987
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Middle Tennessee Intergroup Association
Statement of Activities - Actual and Budgeted - Schedule 1
 For the Two Months and Year Ended February 28, 2025

	February 2025			YTD 2025		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	3,112.54	2,500.00	612.54	6,615.45	5,000.00	1,615.45
Group Donations	6,675.56	7,082.00	(406.44)	15,422.72	14,164.00	1,258.72
Individual Donations	465.83	1,462.00	(996.17)	1,919.94	2,924.00	(1,004.06)
Messenger Donations	-	13.00	(13.00)	24.00	26.00	(2.00)
Website Donations	-	-	-	-	-	-
Special Events	105.00	784.00	(679.00)	105.00	1,568.00	(1,463.00)
Interest	1,164.04	167.00	997.04	1,165.64	334.00	831.64
Total Income	11,522.97	12,008.00	(485.03)	25,252.75	24,016.00	1,236.75
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	988.00	(42.00)	1,952.00	1,976.00	(24.00)
Printing	-	45.00	(45.00)	-	90.00	(90.00)
Payroll Taxes	537.00	545.00	(8.00)	1,248.00	1,090.00	158.00
Repairs & Maintenance	-	25.00	(25.00)	-	50.00	(50.00)
Equipment Rental	37.00	127.00	(90.00)	153.06	254.00	(100.94)
Telephone & Fax	810.38	720.00	90.38	1,572.09	1,440.00	132.09
Answering Service	233.68	250.00	(16.32)	461.68	500.00	(38.32)
Postage	97.94	150.00	(52.06)	269.93	300.00	(30.07)
Office Supplies	-	200.00	(200.00)	557.76	400.00	157.76
Bank Service Charges	40.00	40.00	-	80.00	80.00	-
Computer & Technology	308.65	288.00	20.65	711.93	576.00	135.93
Credit Card Service Fees	212.74	200.00	12.74	352.17	400.00	(47.83)
Intergroup Expense	-	55.00	(55.00)	-	110.00	(110.00)
Insurance	1,772.00	200.00	1,572.00	1,772.00	400.00	1,372.00
Special Events	-	417.00	(417.00)	-	834.00	(834.00)
Travel	-	133.00	(133.00)	-	266.00	(266.00)
Miscellaneous	-	-	-	-	-	-
Depreciation	-	-	-	-	-	-
Over/Under	-	-	-	-	-	-
Total Expenses	12,620.39	12,008.00	612.39	24,380.62	24,016.00	364.62
Net Income	(1,097.42)	-	(1,097.42)	872.13	-	872.13



Doctor: *You need a brain transplant.*

Patient: *Really, can you do that?*

Doctor: *Yes, I just got a shipment in.*

- 1. I have a salesman's brain for \$5000*
- 2. a doctor's brain for \$10,000*
- 3. or an alcoholic's brain for \$100,000*

Patient: *Why is the alcoholic's brain so expensive?*

Doctor: *It's never been used.*

GROUP / MEETING	FEB 2025	YTD	GROUP / MEETING	FEB 2025	YTD
A NEW FREEDOM	250	250	ONE PURPOSE (x2)	50	50
ACTION NOW WOMEN'S		110	OUT OF FOG/OUT OF BOG	304	897
AGAINST THE GRAIN	627	627	PAY DAY	250	250
AWOL	39	39	PEACH TREE	5	5
BACKROOM		587	PRIMARY PURPOSE		223
BERRY'S CHAPEL BB		65	ROLLING HILLS		
CELEBRATE SERENITY		156	PULASKI	100	100
CHICKEN PLUCKERS		237	RECOVERY ON THE ROW	1,250	1,250
CLARK STREET	200	200	ROBERTSON COUNTY (x2)	20	20
COLUMBIA		90	SAINT A'S		200
CROSSVILLE NOONERS	100	240	SANGO SOLUTIONS		200
DAVIDSON RD		2,000	SEARCHERS		180
DICKSON		119	SHADE TREE (refund due to mistake of double payment last month)	224	(45)
EAST NASHVILLE		150	SISTERS IN SOBRIETY	41	41
EAST SIDE SATURDAY	500	500	SMYRNA GRATITUDE	147	177
EASTSIDE SUNLIGHTERS ONLINE	129	129	SPRING HILL		58
EVERY WOMAN HAS A STORY		273	STRAGGLERS		500
FAYETTEVILLE		25	THANKFUL CONTEMPLATION		280
FIVE & FIVE (5 AND 5)	200	200	VALLEY VIEW		840
F.O.B. WOMEN'S		72	WAVERLY	90	90
FRANKLIN MEN'S		750	WAY OF LIFE WOMEN'S		24
FREE TO BE		153	WESTMINSTER	434	434
FRIDAY WOMENS'	246	246	WEST NASHVILLE	49	49
FRIENDS IN RECOVERY	150	150	WINNERS & BEGINNERS		277
FRIENDS OF BILL, LAKE TANSI	82	82	WOMEN IN RECOVERY	125	125
HARDING RD	125	125	WOODBINE	29	50
HERMITAGE WOMEN'S		227			
LAMBDA		236			
LIVING THE PRINCIPLES	458	458			
LIVINGSTON 12x12		25			
MURFREESBORO (x2)	57	85			
NIPPER'S CORNER		150			
N.O.W. WOMENS'	95	95			
ON AWAKENING	300	300			

GROUP MONTHLY TOTALS	6,676	15,423
INDIVIDUALS	465	1,919
MESSENGER	-	24
COMBINED TOTALS TO DATE	7,141	17,366

**Middle Tennessee
Central Intergroup
Association**



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Nashville, TN 37211

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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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