

CleanTimes

April - June 2006

Serving the West Tennessee Area of Narcotics Anonymous

NA in MAY in Memphis - May 5, 6 and 7, 2006



From the Chair

I just want to thank the West Tennessee Area for allowing me to serve as Newsletter Chair for the past 2 years. It has been a privilege and honor. I have tried to keep my personality out of the newsletter as much as possible, relying on other addicts to share their experience, strength and hope. It has been a fantastic way for me to give back to a fellowship that has so freely given to me. It has made me talk to addicts that normally I don't talk to and to get out of my shell, in search of articles. I want to thank each and

every person that has helped contribute to this newsletter.

For me, I have to be involved in service. This has been a great vehicle for me to be involved in. I could never repay Narcotics Anonymous all that I have received. Today I have a life. Today I have friends. Today I can be a productive member of society. And best of all I can give of myself today.

When I first ran for Newsletter Chair, I was scared. First I didn't have the self esteem. I was scared to put myself out there and then the possibility of rejection of not getting the position. Second I was scared that I couldn't live up to the task. But today I have great confidence in myself and I truly believe this was a great way for me to give back.

I encourage each and every person to find that nitch of service that they feel comfortable with. Whether it be a sponsor, hold a service position in your homegroup, or at the area or regional level. It is such a rewarding experience to be involved in such an awesome Fellowship.

I know the time has come for me to let someone else step up to the plate for this service position. It is kind of bittersweet. I have thoroughly enjoyed this service position. But with the end of this commitment, I can move on to another position. I truly enjoy service. Again, thank you to the area for entrusting this responsibility to me. I love each and everyone of you!

ILS,

Connie G.

Get Involved In Your Recovery!

Do Service Work

Self-worth and Service

*"Being involved in service makes
me feel worthwhile."*

Basic Text, p. 212

“STILL KEEPING IT SIMPLE”

Hello my NA family, I'm just an other addict, named Louisa W. When I first got involved with Narcotics Anonymous, little did I realize what an awesome fellowship I was stepping into. I never even heard of unconditional love, let alone knew what it meant. But the more I kept “coming back” to meetings, the more I began to learn.

I still remember when I was a newcomer, how important our NA fellow members made me feel. My predecessors made sure that they were filling me up with recovery information and how much they showed me that they really did care about me. Now at first, I was baffled and confused on why a bunch of people that didn't even know me, why did they care so much about this addict's life? A life which was so chaotic, insane, unmanageable and uncontrollable? Little did I realize, that in me, they also seen a little of themselves. Well, let me tell you...just listening to other fellow addicts share their experience, strength and hopes was just amazing to me. I was attracted to the language (lingo) of how they talked and the slogans that are used. The first time that I heard an addict speak of denial, they mentioned how they thought that it was a river in Egypt. Get it? The Nile? I just about fell out of my chair when I heard that one! Oh yes, my predecessors definitely kept my attention and that's one of the many reasons why I kept coming back to meetings.

From the very beginning, I was taught to hang out with the winners of the program. I was told that not everyone was here for the right reasons. I had to “keep coming back” to figure this one out. I thought that for sure everyone here wanted to save their life, because I knew that I did. My behind was thoroughly whipped and I knew that if I continued to use, that I would die. I've learned that it's so easy for the disease of addiction to take one of us back out there and it's so hard to get one of us out there, to come in here (within the rooms) and stay. So I had to sit back and people watch. I listened carefully to who was talking program talk and who was talking out the side of their neck. This is how I distinguished who was safe for me to be around, especially during one on one time.

There were lots of addicts in recovery that became my role model and I wanted to be just like them. So I got real busy, by showing up early and staying late. I became involved in service work (and still continue to do so). I was eager to write on the steps and share it with my sponsor. Also, sometimes when a topic at a meeting would be on a certain step, I could share on it, because I had the experience. By the grace of my H.P., I still remain humble with the number of clean time years that I'm blessed with. I still practice all the tools that I learned from my very early life in recovery. I know that it's my responsibility to keep my commitments with N.A. and to let you know where I am at, in my life. I'm living in my 13+ years of recovery life and I reap the benefits that N.A. has given me. I'm going to always, “Keep coming back.”

I.L.S.

Louisa W.

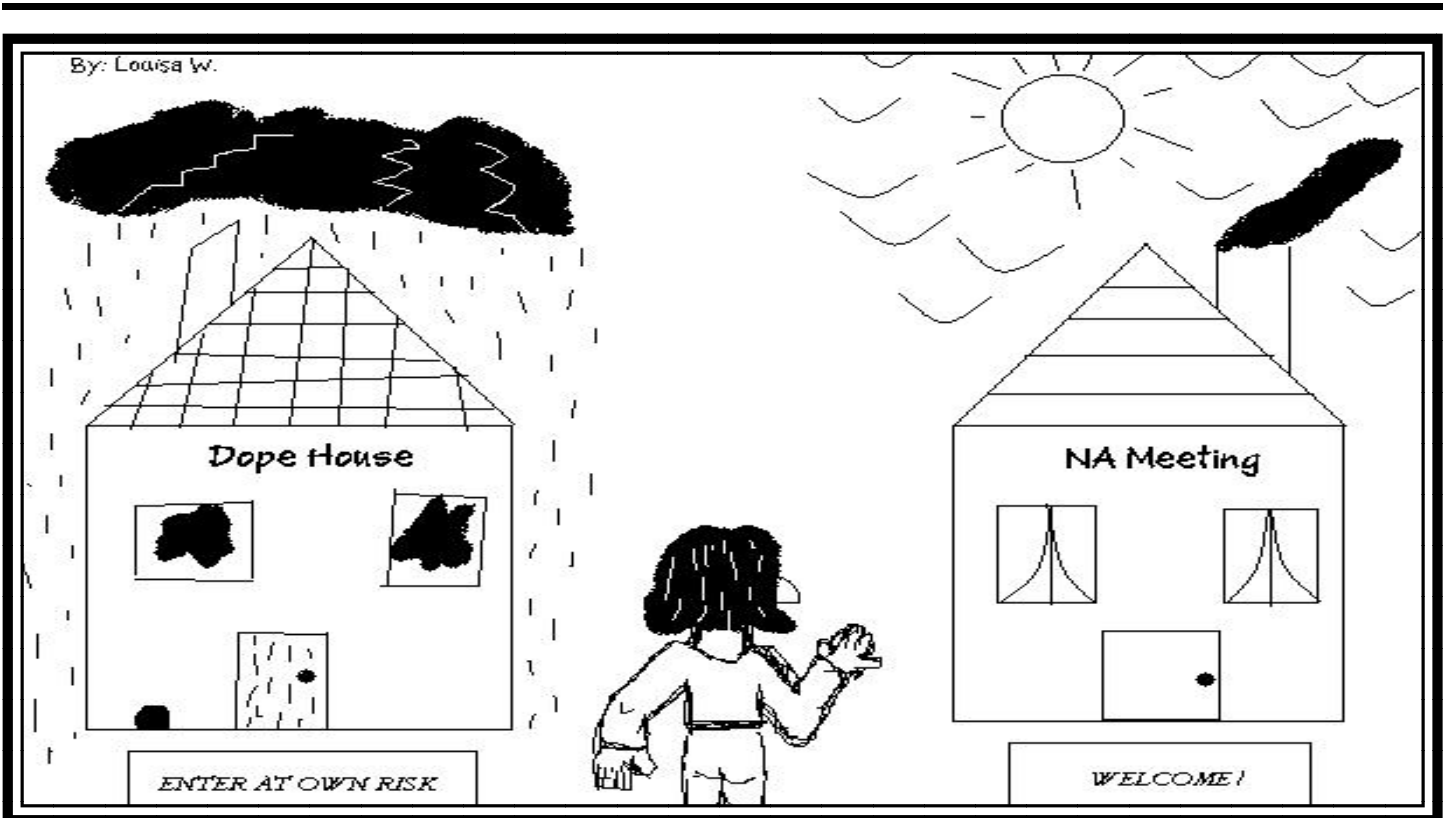
4/3/1992

MIRACLES IN THE FOREST HAPPENING SOON!



It's almost that time of year again. NA in May 2006 is just around the corner. This year's event is May 5th, 6th and 7th at Meeman Shelby Forest. We have a lot of exciting speakers and workshops in store for you. Our Friday night speaker will be Pat P. from Oklahoma

and on Saturday night Diane C. from Ft. Smith. We will have workshops on Saturday with local speakers. We have some really fun activities planned for the kids and, of course BBQ competition. We are still looking for donations for the Saturday night's auction, so if you have anything you wish to donate, contact any NA in May Sub-Committee member. The cost for the weekend is \$45.00 per person, but NO ADDICT will be turned away. Check out our Website at www.nainmay.org. We hope to see everyone out there and look forward to another awesome year of fun, food and fellowship.



Birthdays and Anniversaries

APRIL

Debbie F. - 4/10 - 24 Years - Clean A.I.R.
Tommy W. - 4/12 - 13 Years - Lunch Bunch
Paula J. - 4/14 - 1 Year - Lunch Bunch
MaryAnn D. - 4/15 - 26 Years - Lunch Bunch
Kelly R. - 4/23 - 3 Years - Lunch Bunch
Trinity P. - 4/25 - 2 Years - Clean A.I.R.
Sherry W. - 4/26 - 13 Years - Lunch Bunch

MAY

Tommy M. - 5/5 - 4 Years - Lunch Bunch
Jason E. - 5/6 - 10 Years - Keep It Green
Evelyn H. - 5/8 - 11 Years - Lunch Bunch
Nicholas M. 5/8 - 15 Years - Clean A.I.R.
Steve A. - 5/9 - 5 Years - Cordova Hope
Eric S. - 5/12 - 4 Years - The Attic
Alice F. - 5/13 - 14 Years - Positive Image
Adam K. - 5/20 - 2 Years - Clean A.I.R.
Bill R. - 5/21 - 5 Years - Lunch Bunch
Kevin C. - 5/25 - 7 Years - Clean A.I.R.
John B. - 5/27 - 2 Years - Farfromusen

JUNE

Jane R. - 6/3 - 3 Years - Trenton New Beginnings
Robert W. - 6/6 - 4 Years - Living Free
Kendo L. - 6/18 - 3 Years - Positive Image

Editors Note: I apologize if your birthday has been omitted. Please note these are actual clean dates and birthdays may be celebrated on a different day. Listen for announcements in meetings for exact date of celebration.

18th Annual

NA in MAY in Memphis BBQ Championship & Campout

May 5, 6, & 7, 2006

Meeman-Shelby Forest State Park
Piersol Group Camp

12 Categories

Pork Ribs, Pork Shoulder, Beef, Poultry,
Sauce, Vegetarian, Exotic,
Backyard Style, Cakes N Bakes,
Hot Wings, Showmanship, Beans

NEW MEETING IN TOWN

Name To Be Announced

TUESDAY NIGHTS

7:00 PM TO 8:00 PM

Queen of Peace Catholic Church
8455 Germantown Rd.
Olive Branch, MS

We need your support!

NEW MEETING OUT OF TOWN

Trenton New Beginnings

MONDAY THRU SATURDAY 7:00 PM

507 S. High St. - Trenton TN

Come Support Our Group!

"When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends - jails, institutions or death - or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. It is a simple spiritual - not religious - program, known as Narcotics Anonymous." Basic Text, page 84.