

CleanTimes

January - March 2005

Serving the West Tennessee Area of Narcotics Anonymous

Happy Holidays Season Greetings Happy New Year

H& I! WHY? "Service With A Purpose"

I'm an addict called Jamey A.

I know that service work is one of the suggestions I've heard, that can and will, help me in my recovery.

Well I am fairly new to the program and have been involved with H & I for just over a month. I will gladly go pretty much anywhere, to help carry the message to the addict that still suffers.

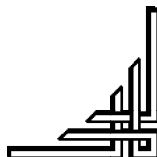
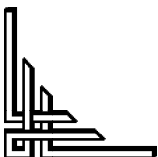
I feel if I can reach one person in one room, and get them to come to meetings outside of treatment, the chances of them changing their lives is that much better. Honestly I feel better after every H & I meeting because I know someone at least one person in that room heard what I had to say and can relate. One little revelation can cause someone to think "If he can do it, then so can I."

If there is anyone that has spare time and would like to go to hospitals and institutions to carry the NA message, please show up at 3000 Getwell at 1 pm on the fourth Sunday of each month (where New Beginnings meets) to help you, us and others.

Editors note: H & I meets on the 3rd Sunday in November and December in lieu of the holidays. Also H & I needs women with 1 year or more clean time to go into Grace House for Women, Serenity House for Women and Caaps for Women.



**My Gratitude
Shows
When I Care
and When I Share
the
NA Way**



YOUTH IN RECOVERY

The editor and I were talking at the MRCNA on Saturday (10/16/04) and I was asked if I wanted to write an article in CLEAN TIMES called "Youth in Recovery." I immediately said "yes" to this opportunity.

I'm 14 years old and in the NA Program. I started using when I was 12 and my disease rapidly took over my life until March 25, 2004. I've been given crazy looks and been questioned when my age is brought up. I guess the phrase "better young than old" is real, but if you want it bad enough to work for it, you'll get it. This ties in with the NA program, because NA does not discriminate against sex, race, creed, religion or lack of religion, just the desire to stop using dope. I couldn't take another day of my lifestyle and the way I was living, so I thank my Higher Power for guiding me to my first Narcotics Anonymous meeting at the Attic.

The age gap doesn't bother me because these are people I call when something comes up...my family. To all the new people, "Keep Coming Back!" To everyone, Keeping Workin'. For the youth...Just stay and be the next generation of the program.

Just For Today,
Colbey

.....

I can't, but we can

"From the isolation of our addiction, we find a fellowship of people with a common bond... Our faith, strength, and hope come from people sharing their recovery..."

Basic Text, pp. 94-95

REMODELING - THE NA WAY



I'm Jayni...I'm an addict. All of my life I was abandoned by people I cared about and trusted. As a self-defense, I build up walls to shut people out, so that I wouldn't be hurt again. All that was inside the walls were a scared, lonely child and "Bud (Light)." Even though I allowed "Bud" to treat me badly, I found comfort in his chaos. "Bud" never abandoned me - I left him.

I went to detox without "Bud" - just a scared, lonely child behind walls. I met people like me and was introduced to NA. I was in treatment for 7 weeks and met more people like me. I started putting storm windows in my walls by going out for coffee after a meeting or hanging out in the smoke hole for a minute. I even started hugging 1 or 2 people. I wasn't alone, but I was still afraid of being abandoned.

This is where I was when I hooked up with my sponsor. I wanted so badly to do everything right, so she wouldn't leave. But, since I'm a perfectionist - I will never do anything right. I nailed the windows shut and fortified my walls while desperately reaching out to her. I was confusing and frustrating both of us. I had nothing left to lose and everything to gain. I was honest with her about my fears. We talked openly and honestly for a long time that day. I installed a nice ornamental storm door and only the two of us had keys.

She was my sole point of contact for a month. I was going through things that she hadn't experienced. She told me to call women that had experience with what I was going through. She didn't tell me who they were, I had to do my own footwork. If I wanted to live in the solution, I had to reach out. She taught me how to network! What a sneaky "she-dog!!"

So I took the nails out of the windows and yelled through the screens. I met some neat women before I found a few that had what I was looking for. Even though I would chat with these ladies, my sponsor was my sole point of contact.

Then something terrible happened...she (my sponsor) went out of town!!! Well I called her everyday, as I still do, while she was gone. But this was my 1st July 4th clean...it was rough, I got squirrely and "Bud" wanted me to come out and play for old times sake. Did I know that cell phones don't always work in the mountain...? Did I really care?? I was about to relapse. I didn't head back to the "mountains" I knew. I called one of the women I had been chatting with, then another and another. I prayed, talked and went to meetings. I had made it through the weekend without using. I knew that I had to have a back-up plan. After all, sponsors are allowed to go on vacation. :)

I started making a point of calling a new woman every 2 weeks. I met people for a cup of coffee to get to know them better. Today I have friends, some are front door guests. Some I still yell at through the windows, but today the windows have curtains instead of nails. I even have a few back door guests.

Because I network, the walls of my internal hell are becoming the walls of my home - a place where people are welcome. Am I still scared? Sometimes. Am I still lonely? No, because I networked to saved my ass and am making friendships that are saving my life.

I'm thinking about adding a fence and a sitting area - what if we meet over coffee to talk about it? Don't be afraid...it's just me - Jayni D.

Metamorphosis

I can feel her trying to break away
I know it's her by the smiles that try to sneak out
Involuntary joy
Fluttering, like wings, but I know it's her, struggling
to be recognized
She's been there the whole time, squashed and
pounded
by the enemy of my immortality
I feel her bubbling, laughing, taunting.
I begin to feel ashamed
I want to pull her out, rescue,
embrace her, love her, apologize explain everything.
I want to do penance -
tell her "I'm sorry I forgot you existed."
But I begin to remember her nature,
She won't have it
She's mellow and carefree.
(And she loves me)
She knows about forgiveness.
This time, when I feel her wanting to come out,
I'm gonna set her free
It's NOT too late!
I can be me -
(and she is me!)
Now I know what to do to keep him,
enemy of my immortality,
from crushing her, me.
He will linger on, sinister and sickeningly beautiful.
But we will stand together
with the light that helped me find her
We'll merge, evolve,
her innocence, her joy,
my knowledge, my pain,
Natures grace and beauty,
A better me,
Free.

I wrote that one today. It's about the person I forgot I was, and bringing her out, tearing down my walls and becoming someone that is a combination of her, the addict in recovery, and higher power. Using my pain as learning experiences instead of a lifestyle. It's also about putting a face and personality to my addiction...this helps for some reason to make it more real...today I saw through my own eyes just what power Addiction really has over me! Definitely a turning point in my recovery. Hopefully it will help someone remember, no matter how far you have gone, or what you have done, you are still in there somewhere even if it's just so tiny you only feel it like an itch...this recovery thing can make it grow! I love you guys.

Blessed Be,
Trinity P.

NEW MEETING IN TOWN

Taking Care of Self
"TCS"

THURSDAYS

12:15 PM TO 1:15 PM

1 North Third St.
Third and Madison

*Starting on Thursday,
December 2nd*

Don't Forget!

Lunch with the Bunch

every 3rd Sunday at the Lunch Bunch
258 Merton
Everett Memorial United Methodist Church

An NA in May Fundraiser

Spaghetti Dinner

January 15, 2005
258 Merton
Everett Memorial United Methodist Church

Be there or be square!

If you have a group you would like show-cased in the Cleantimes Newsletter, or have an article, cartoon, poetry, or whatever sharing experience, strength and hope, please contact me, Connie G., 266-2430 or at kateyesldy@hotmail.com.

Birthdays and Anniversaries

January

Margaret S. - 1/1 - 5 Years - Positive Image
Lauren G. - 1/1 - 1 Year - Cordova Hope
Jai E. - 1/1 - 1 Year - Cordova Hope
K.C. S. - 1/4 - 14 Years - The Attic
Kent W. - 1/4 - 2 Years - Lunch Bunch
Glen H. - 1/6 - 1 Year - Nothing to Fear
Jesse J. - 1/16 - ??? - Clean A.I.R. of Jackson
Eugene F. - 1/18 - 4 Years - Living Free
Alfred T. - 1/9 - 12 Years - Positive Image
Alice T. - 1/11 - 11 Years - New Beginnings
Lamar G. - 1/12 - 16 Years - Positive Image
Lawanna L. - 1/13 - 2 Years - Cordova Hope
Patricia C. - 1/14 - 3 Years - Positive Image
James I. - 1/14 - 1 Year - Positive Image
Michael - 1/14 - 3 Years - The Attic
Bretta C. - 1/15 - 2 Years - Positive Image
Chuck H. - 1/20 - 7 Years - New Beginnings
Lucy O. - 1/21 - 18 Years - Primary Purpose
Kelsey F.W. - 1/24 - 4 Years - The Attic
West L. - 1/27 - 10 Years - Positive Image
Allison W. - 1/31 - 3 Years - Cordova Hope

February

Gino B. - 2/1 - 1 Year - Desire
Dave - 2/2 - 5 Years - Solutions
Kari P. - 2/4 - 1 Year - D.H.F.
Jay W. - 2/6 - 1 Year - Lunch Bunch
Gill K. - 2/6 - 1 Year - Cordova Hope
Shannon F. - 2/8 - 1 Year - Cordova Hope
Brooks S. - 2/12 - 3 Years - Lunch Bunch
Bryan N. - 2/13 - 1 Year - Living Free
Cortez J. - 2/14 - 10 Years - Primary Purpose
Atitia C. - 2/15 - 14 Years - Positive Image
Tammy M. - 2/15 - 2 Years - D.H.F.
Andy S. - 2/18 - 14 Years - Nothing to Fear
Irene J. - 2/18 - 5 Years - New Beginnings
Coni J. - 2/19 - 19 Years - Clear A.I.R. of Memphis
Modess N. - 2/22 - 9 Years - Positive Image
Dave H. - 2/27 - 1 Year - Desire
George P. - 2/28 - 8 Years - Living Free
Lori K. - 2/28 - 2 Years - Clean A.I.R. of Memphis

March

Shelly L. - 3/2 - 1 Year - Nothing to Fear
Salahud M. - 3/3 - 6 Years - Positive Image
Michelle C. - 3/5 - 1 Year - Clean A.I.R. of Mphs.
Tim H. - 3/6 - 6 Years - Lunch Bunch
Ben E. - 3/9 - 1 Year - Cordova Hope
Shannon T. - 3/9 - 1 Year - Clean A.I.R. of Memphis
Julie H. - 3/10 - 1 Year - Cordova Hope
Lisa R. - 3/12 - 3 Years - Positive Image
Pat F. - 3/14 - 2 Years - Cordova Hope
Susan S. - 3/15 - 15 Years - Lunch Bunch
Terry B. - 3/16 - 23 Years - Clean A.I.R. of Memphis
Jayni D. - 3/20 - 1 Year - Desire
Michelle W. - 3/23 - 12 Years - Positive Image
Colbey L. - 3/25 - 1 Year - Desire
Donna W. - 3/29 - 11 Years - Positive Image
Darrin C. - 3/30 - 1 Year - Living Free

Editors Note: I apologize if your birthday has been omitted. Please get with your GSR of your Home Group and have them contact me, Connie G. - 266-2430 or at kateyesldy@hotmail.com for the next issue. 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.

Black & White Ball

Dress to Impress!

You're invited to join the
West Tennessee Area of NA
for an evening of glitz and glamour!

Purchase admission tickets in advance!
\$3.00 per ticket

Ticket enters you in a raffle for:
1st Prize - Special Edition Basic Text
2nd Prize - 25th Anniversary Banner

Date: December 31, 2004
Time: 7:00 pm Dinner, 8:30 Speaker,
10:00 Dance
Place: First Congregation Church
1000 S. Cooper St. - Memphis, TN

A Call For ARTWORK!

**The NA in May in Memphis
Subcommittee is looking for YOUR
theme and artwork to adorn our
t-shirts, flyers, programs, etc.**

Come up with a theme and artwork and submit
it by **NO LATER THAN January 15th, 2005!**
And please make it recovery oriented.

You can do this by mailing (must reach mailbox by
January 14th) to P.O. Box 111105, Memphis, TN 38111.
Or you can deliver it to the Spaghetti Dinner planned on
January 15th or any member of the subcommittee
before that date.

**The winner will receive a full registration for NA in
May 2005!**

**For more information contact
Trisha B: 901-628-4762 or Jamie E. 901-859-0690
Or email to NainMay@hotmail.com
On the web at www.geocities.com/nainmay**