



# **CLEAN TIMES**

**April 2021**

**West Tennessee Area**

**NA**

**Newsletter Chairperson:**

**Cari B.**

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This newsletter and other recovery resources can be found at [NA-WT.org](https://www.na-wt.org).

Would you like to receive this newsletter in your email? Subscribe here:

<https://airtable.com/shrOsBYL9HEIZgRpB>

Do you need help? Call the helpline: (901) 276-LIVE.



## Regional Helpline

## Just For Today Meditation

## Basic Text Audio



The regional helpline number is **901-350-5030**. You can call OR text this number and enter your zip code, and it will tell you or text you back the next five closest meetings to your location. The program that makes this happen is called Yap, and it is connected with the area meeting list. Add Yap as a contact on your phone, and you will always be able to get the next five meetings closest to you!

Please **Note**: You might get some strange results if no meetings are coming up soon. It may give you meetings from other parts of Tennessee, but it will generally give you meetings in Memphis.

Looking for the Just For Today Meditation? Did you lose your copy? No problem. It can be found on the JFTNA website. Get today's English version [here](#) or subscribe to the [Spanish](#) and [German](#) versions.

The Basic Text has been recorded in audio and can be found on the [NA World Services Website](#). Languages include English, Arabic, Hungarian, Russian, Spanish, and Thai. Files for streaming and download have been provided.



Mandy R  
GHOD

## Recovery During a Pandemic



It has been a year since we started lockdown due to Covid-19. I have only attended a few in-person meetings in that time. But I have continued working my program in other ways. As soon as meetings shut down, I encouraged my homegroup to start using Zoom to meet each week. I was already familiar with the Zoom platform from attending some virtual meetings before Covid came along. My sponsor suggested that I attend at least three meetings a week, so virtual meetings were my way of supplementing without being away from home three nights a week. There were times in the last year that were scary and difficult, and I could attend a meeting at any time of the day or night. I attended meetings all over the country and even all around the world. At one point, I was attending at least three meetings a day. There have also been times that were incredibly mundane and boring, and my meeting attendance dropped. But I make it a point to at least attend my home group each week no matter what is going on. Being an active member of a homegroup has always been a very important part of my recovery. During this pandemic, I have done H&I on Zoom; we held both area and NA in May subcommittee meetings on Zoom, I have done step work with my sponsor on Zoom. Most of my sponsees don't do Zoom, so we find ways to go over their step work. My recovery really hasn't changed much other than I get to do it from home now. Phone calls and texts have also become a more important tool for me to use because there are some people in the fellowship who don't care for Zoom, so I have to keep in touch with them in other ways. I know not everyone has enjoyed the virtual environment we have been in for the last 12 months. I especially feel for the newcomers who are struggling to stay clean and FEEL the feeling that I get from in-person meetings. I can definitely feel my higher power in the room when we are all together. I don't get that same feeling from a Zoom meeting. The newcomer may have never heard us say the serenity prayer in unison. The awful serenity prayer we attempt on Zoom does make me laugh every week, though. And I certainly miss the hugs. I think we have made it through the worst of the pandemic (hopefully) and will be back together soon. I miss seeing your real faces.

ILS,

Mandy R.



Cari B  
Open Arms

## Recovery During a Pandemic



It has been a year since the pandemic turned the world upside down. I have been deeply saddened by how Covid-19 has shut so many things down globally and in our community. World Services canceled global events like World Convention 38. Locally we canceled NA in May two years in a row. We canceled Halloween, Christmas, and New Years' activities because of local rules and stay-at-home orders. Most importantly, home groups shut their doors because we were no longer allowed to meet in groups.

As profoundly saddened as I am at the shutdown, I am immensely proud of how our local community adapted. Homegroups that were forced to shut their doors began using ZOOM to meet virtually. Area committees began meeting virtually, and we even provided virtual H&I meetings in some areas. Groups that were able to return to face-to-face meetings did so with social distancing rules in place. We continued to carry the message to the addict that still suffers. Carrying the message is vital to NA, and ultimately, it's what convinced me to get and stay clean.

If there were not face-to-face meetings in September of 2018, I wouldn't have needed to give a particular addict a ride to meetings. I would never have sat in the back of the room listening. I may not have related to what was being said, and I may still be the junkie I was. This year has been full of isolation, and we have lost too many friends to overdoses because of it. Many others have relapsed this year because of the isolating nature of lockdown. I felt my own recovery slip a few times. Still, I stayed active in the community, even taking on an area role, because staying busy keeps me clean. I stayed in contact with my NA friends and continued to connect through text messages and social media. I even attended a few social gatherings. I made it through 2020, but I miss the way things were before the pandemic.

As the first quarter of 2021 draws to an end, some say that normalcy is just around the corner. I pray to my higher power that we will one day get back to social gatherings and hugs and circling up at the end of meetings. Even if things don't return to the old "normal," our area will continue to adapt and grow. We will continue to carry the message.

ILS,

Cari B.



## Southern Zonal Forum

# Southern Zonal Forum



Serving Arkansas, Southern  
Indiana, Kentucky, Louisiana,  
Missouri, Mississippi, Southeast  
Oklahoma, Texas, & Tennessee

Sent out at the request of Henry C, our Zonal Delegate.

### Invest In Our Vision

Supporting services through contributions has been a goal at World Services for a long time, but the pandemic has forced us to redouble our efforts. We know that we have to look within because we decline outside contributions.

In 2010, the WSC approved two self-support IP's Money Matters and Funding NA Services. The CAR essay introducing the pamphlets said the Board hoped that the IP's would "help to change the way the average member think about self-support and individual contributions, and to encourage groups to contribute directly to each level of service for a more stable fund flow that better covers the cost of services."

We know that these concerns are shared at regions, areas, and zones across the world, especially now, as group contributions have been altered by the pandemic, events have been forced to cancel or migrate online, and literature sales have decreased

The self-support pamphlets clearly didn't result in major changes in our contribution habits. We need to become more Self-Supporting through our own contributions. Members who are able can visit the portal on NA.org and make a recurring monthly donation. Groups can donate \$2.04 per meeting per month directly to World Services to achieve this goal of self-support. Literature sales have served us for a long time but this pandemic has exposed us as a Fellowship.

Thanks for letting me serve!

Lucy  
SZF Secretary

PS: Learn more about "A month of caring and sharing" by following [this link](#).





				KATHRYN G 13 YRS THURSDAY NIGHTERS	1	2	3	
4	5	MELISSA R 3 YRS SIMPLICITY IS THE KEY	6	STANLEY S 38 YRS STEP WRITE IN	7	8	9	10
THOMAS R 6 YRS AND JERRY B 29 YRS PRIMARY PURPOSE KEITH N 1 YR CORDOVA HOPE	11	12	13	14	15	16	DEBBIE H 39 YRS CLEAN AIR	17
18	19	20	21	22	23	JACKIE P 4 YRS NEW BEGINNINGS JEFF L 8YRS PRIMARY PURPOSE	24	
25	LAURA S 4 YRS HOPE DEALERS	26	27	SHERRY W 28 YRS DESIRE BRAD H 13 YRS DOING THIS THING	28	29	30	

## ANNIVERSARIES



# UPCOMING EVENTS

For a list of all NA related events and their ZOOM links visit: <https://www.na-wt.org/events/>



Fellowship Development activities at NA World Services and around the world May 1<sup>st</sup>, 2021, 11 am - 1 pm PST

## How will your group celebrate the Third Annual Service Day?

- Host a service-related speaker jam?
- Hold a virtual workshop?
- Organize a Service-Learning Day?

NAWS will host a webinar on Fellowship Development.

More information will be posted at [www.na.org/webinar](http://www.na.org/webinar). Please send your ideas and comments to [worldboard@na.org](mailto:worldboard@na.org).

### H&I Guidelines Meeting

4.08.21 | 6pm

ZOOM ID - 852 7199 0249

PW - 1953

### VRC Programming

#### Committee Meeting

4.11.21 | 2pm

ZOOM ID - 878 9516 2953

### H&I Subcommittee Meeting

4.15.21 | 6pm

ZOOM ID 852 7199 0249

PW 2021

### VRC Convention Meeting

4.18.21 | 6pm

ZOOM ID 878 9516 2953

### Newsletter Subcommittee Meeting

4.24.21 | 2pm

ZOOM ID - 929 0101 7093

PW - xX47Ff

### West Tennessee Area

#### Service Committee Meeting

4.25.21 | 2pm

ZOOM ID - 812 2271 0595



The East Coast Convention XXIV will be held June 25-27, 2021 at Washington College in Chestertown, Maryland.

Accommodations are limited so early registration is encouraged.

Claim your spot by visiting <https://eccna-inc.square.site/s/shop>.



Artwork submitted by:  
An Anonymous Member

## WE DO RECOVER

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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. This is a simple spiritual—not religious—program, known as Narcotics Anonymous. Narcotics Anonymous, “We Do Recover”