



# **CLEAN TIMES**

**August 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](http://NA-WT.org).

Submit articles or artwork for the next newsletter at [cleantimesnewsletter@gmail.com](mailto:cleantimesnewsletter@gmail.com).

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.



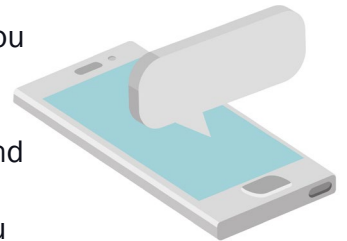
## Regional Helpline

## Just For Today Meditation

## Basic Text Audio

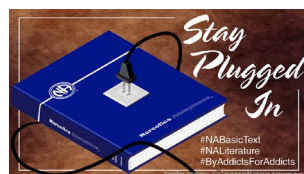


The regional helpline number is **901-350-5030**. You can call OR text this number and enter your zip code, and it will tell you or text you back the next five closest meetings to your location. The program that makes this happen is called Yap, and it connects to the area meeting list. Add Yap as a contact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





## **IT'S NOT GOING TO HAPPEN BY ITSELF**

When I found NA, my first meetings were welcoming and a source of strength to make it through the day. As I continued to attend meetings and was coming out of my extreme self-centeredness, I realized the doors to meetings were not opening themselves. The coffee was not making itself. The literature was not writing itself. Nothing was happening without a NA member doing it and doing it for free!

Why would I want to do it? What was in it for me? The answers to those questions were very important to me being a self-centered addict with expectations of everyone doing for me lol. I was told to do it for my recovery. So, I started off slow with group level service and began to feel a part of and important. My ego told me feeling important was good, so I quickly took on too many positions and then eventually burned out. I learned that service isn't about boosting my ego as I found myself butting heads constantly. I made a decision that group level service was where I was most comfortable. This taught me balance. Service work has given me the opportunity to learn compromise, powerlessness and humility by working with many different personalities. This has helped me in my personal relationships and jobs through my years clean. The results now give me a sense of pride, responsibility and belonging to something bigger than myself.

I believe we all want what we believe is best for the NA fellowship—some more passionately than others. Ultimately, our higher power working through us has brought the fellowship to where we are today. We are a vibrant, growing fellowship with a bright future!

Debbie H





# Widen Your Network

Just a few days past my One-year clean mark, I decided to jump in with both feet and fulfill the much-needed service position as Area Secretary. They had mentioned for several months about the position being open at the area meetings. I had been the GSR for several months for my homegroup Gift and attending the Area meetings. To be honest- I didn't even know what "the minutes" were when I gave my willingness statement. However, I knew I needed to be more a part of what was so freely given to me. I needed to take on the responsibility and have that accountability. I had an extensive active addiction and needed something more in my recovery to keep me clean. I felt I needed to go as hard as I did to get high to stay clean. Although, I still have a lot to learn. Since taking the position of secretary, my recovery has been enriched beyond what I thought was possible. My sense of gratitude for the program left the auto-pilot mode. I was able to be a part of instead of just a quiet face in the rooms. The patients and eagerness of my fellow addicts in the area to teach and guide me are amazing! You know when you are lucky enough to make it to your first meeting, where you are the newcomer and everyone spits out all those suggestions; meeting makers make it, keep coming back, 90 in 90, get a sponsor, work the steps, and get involved in service. I think that the whole service part is one of those that fall to the wayside. Most of us are just struggling to get another hour clean in those first few months. However, you take those suggestion and accomplish some goals, and before you know it all that is left is that other suggestion "Get involved in service" which is just as important as making your second meeting or your third and so forth. The truth is the meeting doors don't open by themselves, and literature or key tags we seek doesn't magically appear. There are people working behind the scenes to make "all the things" happen. Service is a great way to widen your network of people you can call friends and learn more about just how big this NA "thang" really is!

ILS, Pamela R



My name is Suzanne and I'm an addict. When I first got to NA I heard "go to 90 meetings in 90 days, get a sponsor, work the steps and get involved. And of course, don't pick up no matter what!" I didn't know exactly what get involved meant so I hung around before and after meetings to find out. I was told to doing service work was a great way to get involved. I didn't have any idea what service work was and figured whatever it was, I sure wasn't qualified or sane enough to do it. But a home group member, Tammy S, pointed out to me that cleaning up our meeting room was service so with just a few weeks clean, I did that. Soon I was told that I had enough clean time to chair meetings at my home group, so I committed to that. Then I followed older (well they were younger but had more clean time than me, LOL) to Area where I gained a better understanding of the importance of Service. Then I was introduced to H&I. I sat on a panel with 90 days clean and I knew immediately that this was what I wanted to do. Making the commitment eventually to serve on the H&I subcommittee, I began taking a meeting to a treatment center. I can't tell you what that has meant to me. Many times, over the years service work has been what kept me from isolating at times when I was struggling. Being involved with the committee kept me in touch with other recovering addicts and helped me grow my network of women. Sharing my story kept me honest about why I'm here and how much I need this program. Since then, I've been involved at different levels including having a Sponsor and being a Sponsor-perhaps one of the most fundamental types of service. I've discovered that all these different ways of giving back what was so freely given to me, have grown me in ways I could never have imagined. I'm so grateful for this program. Thank you, Tammy S, for teaching me when I first got here to get involved. It saved my life.

Best regards,

Suzanne

# NA UNITY



Around the time I had a year clean, the outreach committee put on an event to help struggling home groups. (Thanks Marcus!) Because of that event, I joined a struggling home group and that was one of the best decisions I made in my recovery. The two members of that home group at the time taught me how to chair a meeting and how to be secretary, treasurer and GSR before they gave me the key and moved on to other things. Being the keyholder (and all other positions at the time - ha-ha) made me show up to that church every Friday night to set up the meeting and I stayed late to close it up. Eventually that home group grew and had more members willing to be of service. My first year, I stayed clean to stay out of jail. That home group kept me clean my second year.

I have also served in different positions at the area and on subcommittees. Being the area secretary helped me meet people from every group who were willing to do service. Knowing everything that was going on with each group and the area and getting to check the mailbox really made me feel part of the fellowship as a whole.

H&I is near and dear to my heart, and I am always willing to share my story with other women. I don't remember much of what was shared at H&I meetings when I was in treatment, but I remember how it made me feel and that it made me come find NA when I got out. It is great to be able to share that with others.

NA in May has taught me how to put on a successful event. In fact, my parents' 50th Anniversary is in a few weeks, and I am using what I learned on that subcommittee to throw them an Anniversary party as part of my amends to them.

My experience has shown that "it usually isn't until we get involved with service that someone points out that personal recovery depends on NA unity and that unity depends on how well we follow our traditions." Service work isn't always easy or fun, but it can be, and I have learned so much from it. The principles I have been able to put into practice from working the traditions and applying those to my service work in the fellowship, at work, in my community and at home have been truly life changing.

There are times that I get complacent in my recovery or get irritated with the fellowship or other recovering addicts. Keeping at least one service commitment keeps me coming back - even when I don't feel like it.

ILS,

Mandy R.

# The Many Gifts of Service

When I first came into the NA program, I frequently heard the suggestions included in our printed meeting schedule — attend a meeting every day for at least 90 days and regularly thereafter; get and use a phone list; read our literature; get a sponsor and work the 12 steps; avoid people, places and things associated with using; and of course, don't use, no matter what. But I will always remember one particular member with substantial clean time, Chuck H., sharing frequently that his recovery had been greatly enhanced by also doing service work.

Hearing those words, alone, wasn't particularly impactful to me. Like so many things in my journey, actions are how the greatest benefits of our program are harvested. But when I decided to try adding some service work to my program, I discovered how right Chuck was. Even small ways of service have rewarded me far beyond the effort required.

My first service commitment was to my home group, and was simple — volunteering for my share of our monthly chair rotations, setting up and cleaning up the meeting room, and the like. After a time, I undertook responsibility for maintaining our inventory of literature, key tags, and medallions, something I have continued to do for more than a decade now. There are lots of similar things every addict can do to serve his or her group.

For me, every contribution of that sort to the program has enhanced my spirituality, positivity, and self-recognition of my value as a person. It's an additional way to practice spiritual principles, and carry our message.

The service work that has fostered my recovery the most, by far, has been membership in the panels of NA members who visit and conduct meetings for addicts in treatment centers and penal institutions — so-called "H&I" work. In my case, being vulnerable to excess and burnout, I have done this in phases through the years, with periods in between to refresh.

I started, with just a few months clean, visiting St. Francis Hospital every Friday evening as part of an unusually large weekly panel of 6-10 fellowship members. Like most H&I visits, we had a few patients read our "Who," "What," and "Why" pages, and sometimes "How It Works;" and then a few of us shared for 10-15 minutes about our lives before and after coming into the program. These are, in effect, "pre-newcomer" meetings.

When St. Francis shut down its addiction treatment program and began referring those patients to Lakeside, our panel moved our weekly meeting there. Later, Brooks S. and I started a second weekly meeting at Lakeside. Still later, at Chuck's invitation, I switched my panel membership to the men's jail at 201 Poplar. And subsequently, I served a one-year term as "leader" of the panel visiting Parkwood Hospital.

Here's the most magical thing about H&I meetings for me: Even the most long-time NA members often share their gratitude for newcomer meetings. Seeing a new member come in, or come back, reminds us of the misery and desperate obsession of our previous lives in active addiction, and that we suffer from an incurable disease that could take any of us back out in just one day. In H&I meetings, where we see so many at the very threshold between that misery and a new way to live, my own recognition of our deadly disease and the gifts of our program has been powerfully reinforced. I have truly gotten far more than I've given.

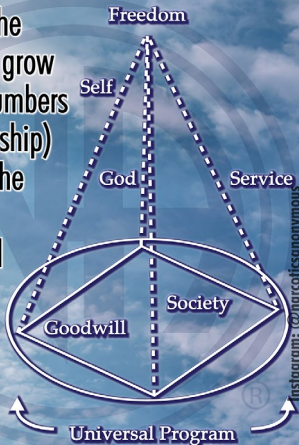
Mark V-B





# SYMBOLISM

The greater the base, (as we grow in unity in numbers and in fellowship) the broader the sides of the pyramid, and the higher the point of freedom.



Basic Text,  
Our Symbol

Artwork from  
[https://www.na.org/?ID=social\\_media](https://www.na.org/?ID=social_media)

Our symbol is a four-sided pyramid with sides that rise from the base in a three-dimensional figure that represent Self, Society, Service, and God. All rise to the point of Freedom. All parts are closely related to the needs and aims of the addict who is seeking recovery, and to the purpose of the Fellowship which is to make recovery available to all. The greater the base, (as we grow in unity in numbers and in fellowship) the broader the sides of the pyramid, and the higher the point of freedom. (Basic Text pg. xv).

NA service doesn't just happen, and it is at least a quarter of the program. So, what has service given me? Doing service is such a huge part of my recovery. I have always enjoyed going to meetings and starting meetings has been a great way to fit the needs of addicts seeking recovery. We must give it away to keep it!

Service provides me an opportunity to offer my time and love for the program to get the message out to the addict that still out there and serving members already in the program. Being involved has really enriched my recovery. When I was new in the program (in the 80's, lol) I needed service to help me feel apart of and I wanted to make sure that someone would miss me if I went away. Getting in the boat instead of swimming alongside.

Performing area and regional level service I have found a lot of growth. When I was early in recovery, I had no idea how to deal with others and I thought I had all the answers. Service at the area level taught me how to listen and how to negotiate. The abilities that I have learned helped me at work to collaborate and listen in work meetings and with clients. Dealing with difficult people, being honest, saying what I mean and being flexible are all skills that I have worked on in service.

We can't do it without you!

Terry B

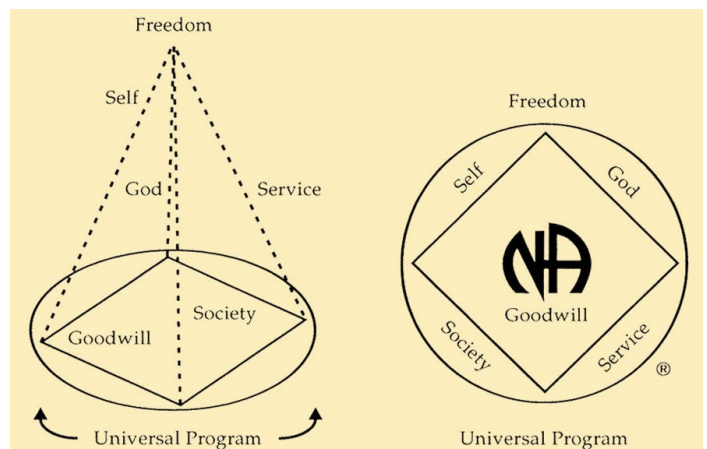




Photo submitted by Mike H.

# SERVICE BEYOND THE AREA LEVEL

For years, my service for Narcotics Anonymous was right here in Memphis. Group service (GSR, Secretary, Treasurer, chair, greeter, coffee maker...), area service (secretary, treasurer, hospitals and institutions, PI/PR, helpline, policy and procedure, web servant, archivist...) and after I discovered the internet in the 90s, service to an online chat group that held meetings daily. For years, I held back on regional service for a couple reasons. Being a single parent, I didn't feel I could commit to being out of town one weekend every other month, and for years I didn't have a reliable car.

Alternate RCM (Regional Committee Member) was open back in 2006 and I thought I would give it a try. And while I love being of service in our area, I equally benefitted from being of service at the regional service committee. There's a quote in our basic text "The broader the base, the higher the point of freedom." Being of service on the regional level was one way of broadening my base. I grew to love traveling to region, of doing what I could to further carry the message. RCM is the link between region and area like GSR is the link between area and group.

There are so many benefits of service for me. The RCM position has given me the opportunity and tools to carry the message beyond our area AND to our area. Being an RCM also gave me a taste of what service outside of our area was like. Although RCM is an "Area" position, I got the opportunity to travel around our state. I got to hear first-hand about Public Relations in Tennessee. I got to hear first-hand from the Regional Delegate the information coming from NA World Services. I learned exactly what a Zonal Forum was and the benefits of this service body. Many folks stop at RCM in that they don't continue in regional service, but if you're like me and you enjoy service beyond the area, the opportunities to be of service are endless. It's a wonderful thing to find your niche, to find new and different ways to serve that excite you. Instead of dreading service meetings, I look forward to being of service.

Maybe you feel that you don't have time to travel. Travel isn't required! Since 2018, the regional meetings have been hybrid, so if you would rather attend remotely, you can, just like you can attend the area remotely via Zoom. You might think, I can't financially afford to travel to regional meetings. The Region reimburses RCMs for mileage and hotel. The Area reimburses RCM Alternates for mileage and hotel.

If you have any questions about RCM/Alternate, or any other aspect of service and how it has impacted my recovery, please ask. I'd love to tell you more about it. Honestly, I don't think I would still be clean if not for a commitment to give back to this fellowship by being of service.



Sharing our  
recovery restores  
our faith and  
gratitude.

*Guiding Principles,  
Tradition Eight*

**Open Now:**

- Regional Committee Member (RCM) 3 yrs. Clean Time
- RCM Alternate – 2 yrs. clean time
- NA in May – 2 yrs. Clean time
- ASC Alternate Secretary 1 yr. Clean Time
- Outreach 1 yr. Clean Time

**Open In September:**

- Hospitals & Institutions Chair – 2 yrs. Clean time
- Outreach 1 yr. Clean Time
- Policy & Procedures 4 yrs. Clean Time
- Public Relations 1 yr. Clean Time
- Archivist – 5 yrs. Clean Time
- ASC Secretary 1 yr. Clean Time

To volunteer for an open service position, complete the following steps.

1. Email a willingness statement to [secretary.wtasc@gmail.com](mailto:secretary.wtasc@gmail.com)
2. Nominate yourself or get someone in your homegroup to nominate you.
3. Attend the area service meeting on 8/22/21 either in person, or via Zoom.

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**Open Service Positions  
West Tennessee Area Narcotics  
Anonymous**





# ANNOUNCEMENTS

## Now Meeting In Person:

### Get Honest or Die (GHOD)

Monday Nights

6:30 PM

Second Baptist Church

4680 Walnut Grove Rd, Memphis, TN, 38117

Walnut Grove entrance. 1st set of doors to left, Ring bell.

## Meetings Needing Support:

### Lunch Bunch

Sunday Afternoon

2:00 PM

Tuesday Afternoon

12:00 PM

The Commons

258 N Merton St.,  
Memphis, TN, 38112  
Enter on the north  
side of the bldg.,  
downstairs in the  
basement

### Positive Awareness

Monday, Wednesday, Friday

10:30 AM

Believing Church

4798 Summer Ave,  
Memphis, TN, 38122

### High On Life

Monday Nights

8:30 PM

Believing Church

4798 Summer Ave,  
Memphis, TN, 38122

### Clarity

Tuesday and

Thursday Nights

7:30 PM

Hope Presbyterian

8500 Walnut Grove,  
Cordova, TN, 38018  
Room 224

### One is Too Many

Friday Nights

7:00 PM

303 W. Ripley St,  
Covington, TN,  
38019



# August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CARL H 15 YRS SOMETHING DIFFERENT	3	4	5	6	7
8	9 HOMER K 21 YRS LUNCH BUNCH	10	11	12 SAM D. 9YRS LUNCH BUNCH	13	14
15	16	17	18	19	20	21
22 KERRY T 18 YRS LUNCH BUNCH LISA C 2 YRS SAMANTHA P. 1 YR WELCOME HOME MARY T 2 YRS PRIMARY PURPOSE	23 JACKIE M 3 YRS SOMETHING DIFFERENT	24	25	26	27	28 TAMMY S 17 YRS YOU +ME=WE
29 PATTY G YOU + ME = WE	30 GENE L 37 YRS MIKE H 20 YRS JONATHAN M 4 YRS GHOD	31	1	2	3	4

## ANNIVERSARIES



# UPCOMING EVENTS

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



Photo submitted by Mike H.



August 20-22, 2021  
Holiday Inn Little Rock  
Presidential Downtown  
600 I-30, Little Rock, AR

Register online at <http://centralarkconvention.square.site/>

Or mail a check to: CAACNA, PO Box 165205, Little Rock, AR 72216

Name: \_\_\_\_\_  
Email: \_\_\_\_\_  
Number of Registrations: \_\_\_\_\_ x \$25 = \_\_\_\_\_  
Clean Date: \_\_\_\_\_  
Willing to be of service: \_\_\_\_\_

VRSC Quarterly Meeting  
(Hybrid)  
8/01/21 | 9:30am  
ZOOM ID - 901 350 5030  
PW - NATN  
403 Hickerson Dr,  
Murfreesboro, TN 37129

VRC Committee  
8.15.21 | Noon  
ZOOM ID - 936 007 7811  
<https://zoom.us/j/93660077811>

H&I Subcommittee  
8.19.21 | 6pm  
ZOOM ID - 852 7199 0249  
PW 2021

West Tennessee Area  
Service Committee Meeting  
8.22.21 | 2pm  
ZOOM ID - 812 2271 0595

Newsletter Subcommittee  
Meeting  
8.28.21 | 2pm  
ZOOM ID - 929 0101 7093  
PW - NAnews



Bancorp South Conference Center  
387 East Main St  
Tupelo, MS 38804

Rooms can be reserved at the Hilton Garden Inn  
Rooms start at \$109 a night. Use Code NA 21  
(662) 718-3300

Name \_\_\_\_\_ Clean date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State & Zip code \_\_\_\_\_

Registration \$20 before July 31, 2021 and \$25 After

Registration \_\_\_\_\_ Newcomer donation \_\_\_\_\_

Mark L. Friday night speaker and Trena F. Saturday night speaker

Sunday morning speaker will be determined by committee from registrations

Mail Registrations Forms to: Kyra Neal

For more information contact:

1106 Evelyn Street

Tupelo, MS 38801

Chair: Bart B (662) 883-1018

Vice Chair: Tina C (662) 603-9830

Registration: Kyra N (662) 687-3601

Programming: Linda G (662) 413-0251



August 21<sup>st</sup>, 2021  
Details TBA

Check <https://www.na-wt.org/events/>  
for more information.



# UPCOMING EVENTS



August 27-29, 2021, San Antonio TX.

The Multi-Zonal Service Symposium is made up of the Southern Zonal Forum (of which our region and area are a part of), the Plains States Zonal Forum and Midwest Zonal Forum. This is a great event for service enthusiasts that offers an opportunity for the exchange of experience, strength, and hope between members involved in NA service. For more, visit <https://mzssna.org/>. Explore the website. Don't forget to register while you're there and make your hotel reservation! Also, you can reach out to Lucy O (901-497-0691) for more information about this event.



Photo submitted by Mike H.

**4  
SEPTEMBER  
2021  
10 AM PDT**

Join NA members for a heartfelt expression of NA's worldwide unity as we take a moment to reflect on our global Fellowship and our primary purpose: to carry the NA message to the addict who still suffers.

On 4 September (5 September for our friends across the date line), we will all join together to share the Serenity Prayer.

Participate however you are able—attend a Unity Day event or meeting, gather with friends in person or virtually, or take a moment to yourself at any time on Unity Day to celebrate our worldwide NA Fellowship.

**WORLD  
UNITY  
DAY**

**WHEN WE COME  
TOGETHER IN UNITY,  
WE SHINE.**

*Guiding Principles,  
Tradition Two*

**A sampling of worldwide times for Unity Day**

4 September	5 September
10:00a	8:00a
1:00p	12:00p
5:00p	10:30p
12:00p	8:00a
2:00p	5:00p
7:00p	

# UPCOMING EVENTS



## THE JOURNEY CONTINUES

REVISITED - 2021

Over 100 worldwide speakers sharing their experience strength and hope

Celebrate a life worth living and support Narcotics Anonymous World Services

SEPT 3RD 12 NOON PACIFIC - SEPT 6TH 12 NOON PACIFIC  
72 NON-STOP HOURS OF RECOVERY

ZOOM ID AND PASSWORD COMING SOON!

HOSTED BY  
WASHINGTON NORTHERN IDAHO REGION

www.TJCN.org



## MISSISSIPPI REGIONAL CONVENTION OF NARCOTICS ANONYMOUS MRCNA-36

Sometimes ISOLATED. Never ALONE.

October 22, 2021 - October 24, 2021  
Hotel Information: Holiday Inn in Pearl, MS - 601-939-5238 - Bass Pro Drive


### PRE-REGISTRATION INFORMATION

Last Name: \_\_\_\_\_ First: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Phone: ( ) \_\_\_\_\_ Number of Additional Registrants: \_\_\_\_\_

Event (per person)	Price	Amount
• Pre-Registration (through September 1, 2021)	\$15.00	\$ _____
• Registration (after September 1, 2021)	\$25.00	\$ _____
• Newcomer donation		\$ _____
<b>Total:</b>		\$ _____

**PAYMENT INFORMATION:**  
Checks/Money Orders Payable to: MRCNA 36  
Mail to: MRCNA 36  
Post Office Box 5826  
Pearl, MS 39208

**CONTACT INFORMATION:**  
Chair: Heley B. • 601-965-2392 | Vice Chair: Larry F. • 601-624-4572  
Programming: Autumn P. • 601-519-7575 | Registration: Misty H. • 601-519-2012



## NARCOTICS ANONYMOUS ARKANSAS REGION CONVENTION 2021 "UNITY IN THE OZARKS"

OCTOBER 29TH-31ST  
"BEST WESTERN INN OF THE OZARKS"  
207 VAN BUREN  
EUREKA SPRINGS AR 72632

MAIL REGISTRATIONS TO CRANA P.O. BOX 16941 JONESBORO AR, 72403. OR REGISTER ONLINE AT ARSNA.ORG

MAKE CHECKS PAYABLE TO ARKANSAS REGION CONVENTION OF NA  
FILL OUT FORM BELOW AND CHECK WHERE IT APPLIES TO YOU.  
**NO ADDICT TURNED AWAY**

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
CLEAN DATE: \_\_\_\_\_ ARE YOU WILLING TO BE OF SERVICE? \_\_\_\_\_  
PHONE NUMBER: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
REGISTRATION \_\_\_\_\_ X (\$20 BEFORE 10/1/2021, \$25 AFTER) = \$ \_\_\_\_\_  
NEWCOMER/HARDSHIP DONATION \$ \_\_\_\_\_ GRAND TOTAL = \$ \_\_\_\_\_

MERCHANDISE AVAILABLE AT CONVENTION.

**WHY WE PRE-REGISTER:** THE FUNDS ARE USED TO PUT ON THIS, AND FUTURE CONVENTIONS. THIS IS HOW WE PAY FOR CONVENTION FACILITIES, EQUIPMENT, SERVICES, MAINTENANCE, INSURANCE, REGISTRATION PACKETS, SUPPLIES AND OTHER EXPENSES.


**PRE-REGISTRATION ENDS 10-1-2021**

**DETAILS:** To make reservations, call Best Western Inn of the Ozarks at (479)-253-9768. To get our discount for the rooms you have to say NA convention. Cut off date for room reservations with the discount is 9/28/2021. Reservations after the cut off date will be at their standard prices.

Prices: Prices for rooms with discount are as follows per night.  
Suites: \$169, Balconies: \$129, Standard king: \$116,  
Standard double queen: \$116

\*Narcotics Anonymous does not endorse this hotel, and we are not affiliated with said hotel.

**NO ADDICT TURNED AWAY**



## SHOW YOUR TALENT

Want to showcase your talent on stage for a captive audience at VRC? Contact Marcus M. (901) 649- 6284.





# VRC 39

## Volunteer Regional Convention of NA

### MEMPHIS, TN

COME FOR THE FELLOWSHIP AND HUGS

- **November 25-28, 2021** ●
- **Located in the Holiday Inn** ●
- **University of Memphis** ●

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Pre-Registration by 10/1 \$20

Registration after 10/1 \$30

Saturday Banquet \$30

Sunday Brunch \$25

(no refunds after 11/15)

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### Service Opportunities

Workshop Speaker (3 Yrs Clean)

Marathon Meeting Chairperson (2 Yrs Clean)

Workshop Chairperson (1 Yr Clean)

Participate in Talent Show

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**Register for the Convention  
or Volunteer for Service Opportunities**

**Online at [2021.VRCNA.org](https://2021.VRCNA.org)**

**or Use Your Mobile Device with the QR Code Below**





## **The Newsletter Committee Needs You!**

The September theme is Changing Seasons: How has Recovery changed you?

Email submissions to [cleantimesnewsletter@gmail.com](mailto:cleantimesnewsletter@gmail.com).

Next Newsletter committee meeting:

8.28.21 | 2pm

ZOOM ID – 929 0101 7093

PW – NAnews

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# WE DO RECOVER

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.