



# **CLEAN TIMES**

**July 2021**

**West Tennessee Area**

**NA**

**Newsletter Chairperson:**

**Cari B.**

## **Table Of Contents**

Resources - 2  
Dear Addiction - 3  
Meeting Announcements - 4  
Anniversaries - 5  
Upcoming Events - 7  
We Do Recover - 9

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

# Resources

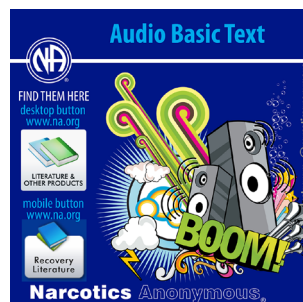


The regional helpline number is **901-350-5030**. You can call OR text this number and enter your zip code, and it will tell you or text you back the next five closest meetings to your location. The program that makes this happen is called Yap, and it connects to the area meeting list. Add Yap as a contact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



# Dear Addiction

Dear Addiction, You know who I am, and you know what you have done to me. It's been a long time since we last talked. You are the best worst thing to ever happen to me. You're the best because you led me to the fantastic people I have met in recovery. You're the worst because, well, you know why.

You took my life and twisted it into an existence I was ashamed of. You had me lying and manipulating. My best friends weren't immune to this behavior. For a while, you were my best friend, at least that's what you made me think.

I thought I had you under control, but I didn't. I was working, but I was counting the minutes until my next fix. I had a roof over my head, but I was continuously facing eviction or staying with friends when they would let me. You made me think I was functioning, but I wasn't. You made me lose friends, and you ruined my relationships with my children. Before coming to the rooms of NA, my life was a mess, but you made me think I was doing just fine. I was on the verge of ending it all, but you lost that battle.

My HP stepped in and showed me a new way to live. I started going to meetings and even racked up some clean time. You were always right around the corner, though, just waiting for a moment of weakness. You almost got your way in 2020, that was a rough year, but I discovered that I could meet with my new friends online. I even found new recovery groups filled with people from all across the globe, feeling the same emotions I feel and fighting the same battle against you.

So, thank you. Thank you for providing me the opportunity to meet so many incredible people and forcing me to open my eyes. I am better than I ever was.

Sincerely,

*An addict in recovery*

PS. We are NEVER getting back together.





## 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

# ANNIVERSARIES



# july

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 	5	6	7	8 SAM C 7 YRS THURSDAY NIGHTERS	9	10 TRAVIS R 1 YR NEW BEGINNINGS 2
11 JUAN S 25 YRS LUNCH BUNCH	12	13	14	15	16 HANK Y 6 YRS SPIRITUAL AWAKENINGS	17
18 PAUL W 32 YRS PRIMARY PURPOSE JOELLE 1 YR WELCOME HOME	19	20 PAMELA R 2 YRS GIFT	21	22	23	24
25 DANIELLE S 1 YR HOPE	26 DAVID A - 7 YRS MANDY R - 6 YRS GHOD	27	28	29 CHRIS R 4 YRS CLARITY	30	31





# UPCOMING EVENTS

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



**Activity Committee:  
Picnic Potluck  
July 17<sup>th</sup>  
5PM  
Marquette Park**

**VRC 39 Programming  
7.11.21 | 1pm  
ZOOM ID - 936 6007 7811**

**H&I Subcommittee  
7.15.21 | 6pm  
ZOOM ID - 852 7199 0249  
PW 2021**

**Public Relations  
7.18.21 | 1:30pm  
Dunkin Donuts  
5150 Poplar Ave**

**Newsletter Subcommittee  
Meeting  
7.24.21 | 2pm  
ZOOM ID - 929 0101 7093  
PW - NAnews**

**West Tennessee Area  
Service Committee Meeting  
7.25.21 | 2pm  
ZOOM ID - 812 2271 0595**

**NEW ORLEANS AREA OF NA  
CONVENTION NOACNA XIII  
JULY 8 - 11, 2021  
NEW ORLEANS, LA**

Riverside Hilton Hotel  
Room Rates start at \$109

*Laissez  
Les Bon Temps  
Roller*

**Pre-Registration Form**

Full Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_  
 # of Entry Registration(s): \_\_\_\_\_ \$20 each = \$ \_\_\_\_\_  
 # of Full Registration(s): \_\_\_\_\_ \$120 each = \$ \_\_\_\_\_  
 Newcomer Donation: \$ \_\_\_\_\_ TOTAL: \$ \_\_\_\_\_

Mail registration form along with your check or money order made payable to:  
 NOACNA XIII, Registration Chair, P O Box 26475, New Orleans, Louisiana 70186-6475

PRE-REGISTRATION MUST BE POSTMARK BY JANUARY 8, 2021

For more information or to register online visit:  
[www.noacna.org](http://www.noacna.org) / [www.registration@noacna.org](mailto:www.registration@noacna.org)



**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: \_\_\_\_\_

# 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.

**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	12:00a
1:00p	3:00a
6:00p	8:30p
8:30p	10:30p
12:00p	5:00a
2:00p	7:00p
5:00p	10:30p

# UPCOMING EVENTS



MISSISSIPPI REGIONAL CONVENTION  
OF NARCOTICS ANONYMOUS  
**MRCNA-36**

*Sometimes*  *Never*  
ISOLATED. 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>		<b>\$ _____</b>

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

**CONTACT INFORMATION:**  
Chair: Haley B. • 601-665-2392 | Vice Chair: Larry F. • 601-624-4672  
Programming: Autumn P. • 601-519-7575 | Registration: Misty H. • 601-519-8012

**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 ARSCNA.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**



## VRC 2021

The purpose of the annual Volunteer Regional Convention of Narcotics Anonymous (VRCNA) is to bring our membership together in a celebration of Recovery, to share our experience, strength, and hope, and to fund services of the Volunteer Regional Service Committee. Meetings, workshops, and activities are scheduled to encourage unity and fellowship among our members and to help newcomers learn and understand our Fellowship, Steps, and Traditions.



# WE DO RECOVER

**END**



**BEGINNING**

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"