



CLEAN TIMES

June 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.

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

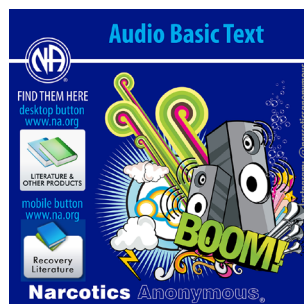
Basic Text Audio




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.



There is a spiritual
satisfaction in freely
giving to support
the fellowship that
saved our lives.

IP #24, *Money Matters:*
Self-Support in NA



www.na.org/contribute

Instagram: @narcoticsanonymous

#InvestInOurVision

#SupportNAWS

#CarrytheNAMessage

Service Work

Our Area committee still has open service positions. To volunteer for an open service position, you must provide a willingness statement, be nominated (self nominations or group), and attend the area service meeting either in person, or via Zoom.

Clean time requirements for open positions are:

- **Alt-Secretary: 1 Year Clean Time**
- **RCM: 3 Years Clean Time**
- **Alt-RCM: 2 Years Clean Time**
- **Outreach: 1 Year Clean Time**
- **NA in May: 2 Years Clean Time**

What is a Home Group?

Lucy O. Primary Purpose

What being a member of a home group means to me...

Not only is NA first in my life today, even after 34 years, but going to my home group is a part of putting NA first for me.

I don't make plans to do other things on Sunday night, of course I'm occasionally out of town, and on rare occasions a work commitment might come up, but those times are few and far between.

When I am going to be absent, I let the group know. What would happen if all the group members just happened to be away and not let anyone know? Who would open the meeting and be there for addicts seeking recovery?

It means taking on a service position in my group and being willing to rotate out of that position and let others have that opportunity.

It means being there for each other. My group doesn't hang out as a group outside the meeting usually, but we are still there for each other and help each other out, lend an ear, give a ride. We have become true friends.

It means going to the business meeting, and not scheduling things at that time on that night either.

I know having a home group is not necessarily something that is the norm all around the world in NA, but I think for the most part it is and has been a very important suggestion for me to continue to follow... just like having a sponsor, working steps, praying, being of service.

Personally, I'm a one home group kinda girl. I have other groups I support. But only one I call a home group. That takes away the question of what do I vote on in this group, or that group... should I vote, should I not vote. I definitely don't need to be voting twice on things that come back to the groups from area, region, world.

There was a time in my recovery that my involvement in NA had dwindled. If not for my commitment to a home group, I'm not sure I would still be here today. Because I did keep coming back to my home group even if I wasn't doing much else at the time.

Saying I'm grateful for my home group is one thing. Showing I'm grateful is doing all the above.

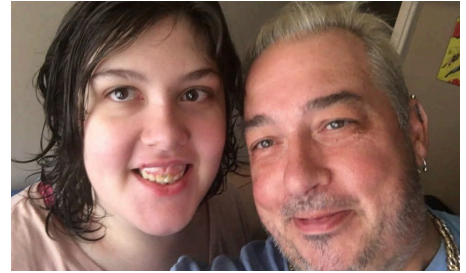
You can read what The Group Booklet has to say about a home group by following this link:

tinyurl.com/GroupBooklet



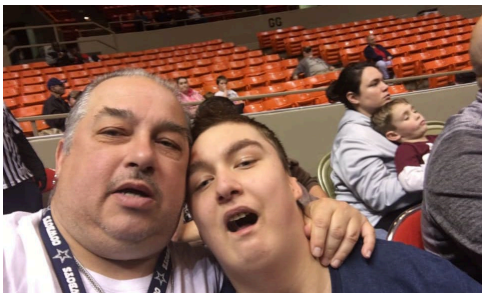
Addiction, Recovery, and Fatherhood

Thomas Billings
GHOD



Being a father to me when I became one was a lot of unknowns. I did not have a father growing up. The man I knew as my father died on my sixth birthday. I did not really have anything to base on what to do as a father other than what I thought was right. I was in active addiction when my oldest child was born. I wasn't out of control, though. I knew I had to have some type of control to be a good parent. But in the situation I was in, my addiction only increased in use, and at times, substances. After leaving a turbulent marriage, I only got to see my two oldest children sporadically. After moving to a different city and coming back, I didn't get to see them as much. It wasn't for lack of effort on my part, though. The isolation from them sent me into a depression that, in turn, would increase my drug use. My isolation wasn't just from them but from everyone. The depression from sitting in my apartment alone, not seeing my kids made me want to not feel. So, I would use it to numb the pain.

Then my second wife came into the picture. And after a year, we had our first child together. I felt like I had been given a second chance at being a father. I was still using, but I had scaled back to just using one drug. Before, I would use whatever I could get my hands on. I wanted to be the best father for this little girl. I had gotten custody of my son during this time also. By the time my second child with my second wife was on the way, the disease of addiction had a firm grasp on me. It wasn't long after she was born my addiction would get the best of me. After a binge session of my DOC and another substance, I would end up in a facility/treatment center. I would spend five days there. When I got out, my two youngest girls were in the custody of the state. And the state would find out about my dirty little secret. I had a year to get my shit together in hopes I could regain custody of my girls. This was when I decided I need the rooms of Narcotics Anonymous. I knew then that would be my best defense against the disease of addiction. At the time, my two oldest were with their grandmother. She wouldn't allow me to see them. I would get to see my two youngest girls through supervised visits every couple of weeks. This kept on for a year until I went back to court.



I had been living in the same place I got high in during this period. Unknowing to me at the time, I was still contaminated. I was attending meetings regularly. When the court date came, despite being clean for a year, I lost my girls. Living in a contaminated trailer, I unknowingly had traces of my DOC in my hair. This would be my downfall as a parent. Less than a week after celebrating three years clean, I was contacted by a lady from DCS. She informed me my oldest daughter had been left at a hospital after her mother had a heart attack. My son had gone into state custody. At this point, I had not seen either of these two for close to four years. Through a legal loophole, I could regain custody of my son, and my oldest daughter lives with me also. Staying clean and in the fellowship helped make this possible.

JUNE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30	AMANDA H 13 YRS SOMETHING DIFFERENT	1	2	3	4	KAT R. 8 YRS CLEAN AIR
6	7	8	9	10	ALAN D 5 YRS	12
13	14	15	CHUCK 16 YRS	16	17	EDDIE A. 11 YRS KENDU L. 18 YRS WILLIE T. 21 YRS LUNCH BUNCH
20	DAVE K 13 YEARS SOMETHING DIFFERENT	22	23	24	25	26
27	28	KAREN W. 11 YRS U + ME	29	30	1	2
						3

ANNIVERSARIES



UPCOMING EVENTS

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

Regional P&P
6.6.21 | 4 PM
ZOOM ID - 901 350 5030
Passcode - NATN

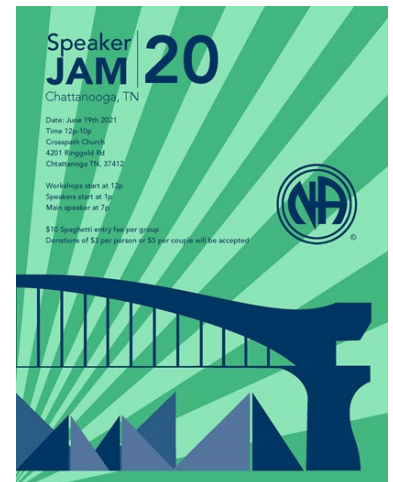
Regional In-Between Meeting
6.13.21 | 4pm
ZOOM ID - 901 350 5030
Passcode - NATN

H&I Subcommittee
6.17.21 | 6pm
ZOOM ID - 852 7199 0249

VRC 39 Committee Meeting
6.20.21 | 2pm
[ZOOM](#)

Newsletter Subcommittee
Meeting
6.26.21 | 2pm
ZOOM ID - 929 0101 7093
PW - NAnews

West Tennessee Area
Service Committee Meeting
6.27.21 | 2pm
ZOOM ID - 812 2271 0595



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. The first event was held in 2014 in St. Louis, followed by Milwaukee in 2016, and Omaha in 2018. Last year's event in San Antonio was postponed due to COVID and is rescheduled for August 27-29! 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 information and to register, visit <https://mzssna.org/>. Explore the website. The "About" page shows a map and list of member regions. The "Archives" page is full of workshop files, including audio, of past symposiums. And, 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.

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		\$ _____
Total:		\$ _____

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

Join Us in November 2021



Thanksgiving in Memphis Nov. 25-28
2021.vrcna.org

[VRC 2021](#)

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. Narcotics Anonymous, “We Do Recover”