



# **CLEAN TIMES**

**March 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://NA-WT.org).

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

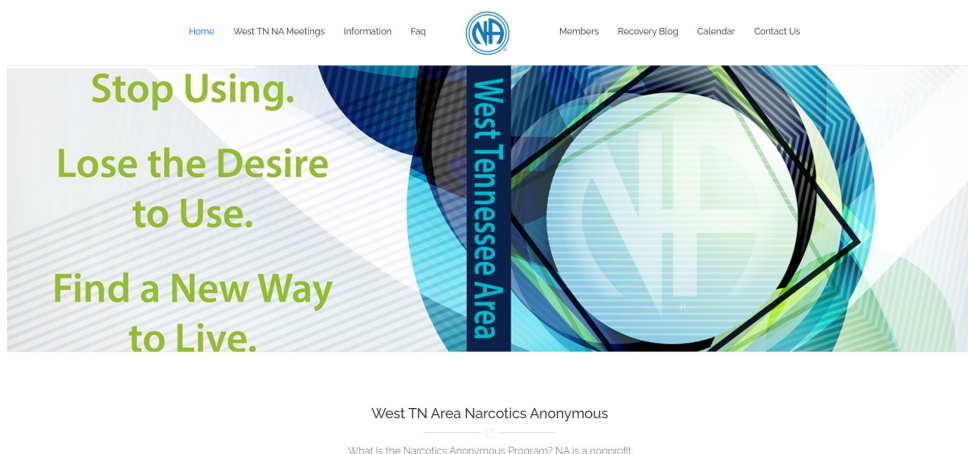
<https://airtable.com/shrOsBYL9HEIZgRpB>

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

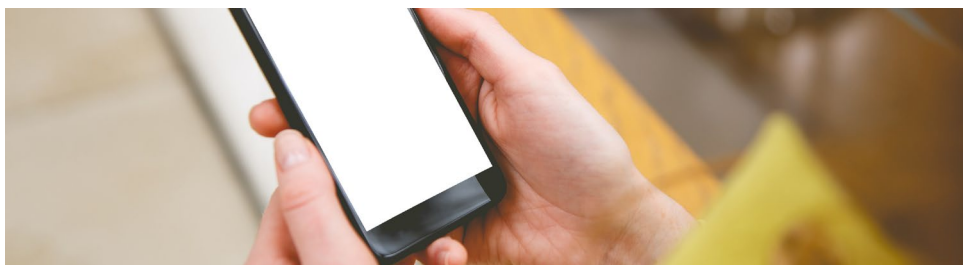


# NA-WT.ORG

# REGIONAL HELPLINE



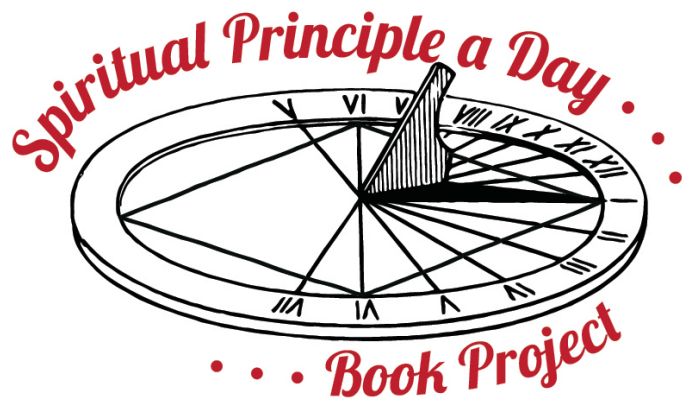
This past month, the area website was rebuilt using WordPress. The previous website was built in Drupal which is a fine content management system (CMS), but we were due for a remake. WordPress is the more widely used CMS and it's a little simpler to work with. This makes it easier for our current web servant, **Brad H**, to get a little more help and **Glen H**, and **Lucy O** are doing just that. They're keeping it updated with birthdays, subcommittee meetings, keeping the plugins updated and continually looking for ways to improve and add to the site. Much of the content remains the same but another huge benefit of switching to WordPress is that the meeting list we use, the Basic Meeting List Toolbox, is no longer maintained for Drupal, but there is a great team of folks who keep the meeting plugins for WordPress updated. When COVID hit, they got busy and added fields for the zoom meetings and phone meetings and extra info fields for these virtual meetings, and more. If you haven't looked at the changes, you'll especially see the changes in the meeting list.



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 5 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 in your phone and you will always be able to get the next 5 meetings closest to you! **Please Note:** You might get some strange results if there are no meetings coming up soon. It may give you meetings from other parts of Tennessee, but generally speaking, it will give you meetings in Memphis.



From NA World Services  
submitted by Lucy O. -  
Primary Purpose



Thanks to our collective efforts, a book that explores a spiritual principle each day of the year is taking shape. As you may recall, the 2018 World Service Conference initiated this work by approving a project plan for work over two Conference cycles. Since then, we've been busily engaged in creating a book that's truly by addicts, for addicts.

With direction and oversight from the World Board, the Spiritual Principle A Day work group has...

- processed writing from members from around the world
- developed 227 entries by weaving together members' writing
- distributed several batches of "Review & Input"

We anticipate publishing an approval draft for the book in the 2022 Conference Agenda Report.

How can you participate?

Be a part of creating NA literature—Send in your writing!

Visit [na.org/spad](https://na.org/spad) and click on the individual principles listed to write online using any connected device or download the PDF that lists all the quotations for this round.

Principles & quotations to write on between now & the **end of March 2021**:  
attentiveness | caring | consistency | interdependence | purpose |  
selflessness | sincerity | solidarity | steadfastness

And there are some odds & ends in response to Fellowship input and to fill some gaps. (It's a fun collection—please take a look and pitch in!)

You can also download the PDF of quotations on ALL 23 principles in this final round.

Review and Input (R&I) Batch #5—We need your feedback!

Thanks, in advance, for taking the time to read and respond to any or all of this fifth batch of drafts.

Please respond by **31 May 2021**.

Links to review the following entries electronically can be found at [na.org/spad](https://na.org/spad).

Accountability, Authenticity, Awareness, Commitment, Communication, Connectedness, Courage, Discipline, Flexibility, Freedom, Hospitality, Humor, Inclusiveness, Integrity, Optimism, Patience, Prudence, Self-Acceptance, Self-Support, Tolerance, Unconditional Love, We



# NEWCOMER KEYS TO SUCCESS



The advice we often give to newcomers can be summarized in three key points:

1. Attend 90 meetings in 90 days.
2. Get a home group.
3. Find a sponsor.

The following topics discuss these three points in greater detail.





It takes 90 days for something to become a habit. We recommend newcomers attend one meeting a day for 90 days (**90 in 90**), but the same recommendation applies to anyone who has recently relapsed or feels like they are slipping too. In fact, many “old timers” will repeat **90 in 90** when they are going through difficult times in their recovery. Attending meetings is essential to any program of recovery; therefore, attending 90 meetings in 90 days is key to developing this habit.

Daily attendance of NA meetings can serve several purposes. The first is human contact. Newcomers are welcomed into a community of people who understand them - something they have always had trouble finding. Through that contact, they make new relationships which give them some hope as they face the reality of their situation. Another benefit of daily meeting attendance is that many newcomers are unconvinced that NA and abstinence from drugs will be the right path for them. Everything inside the newcomer is telling them to run away, that the substances they used are still the answer. They are sure they are different, that NA is not for them. But as the 90 days unfold, newcomers hear many stories other NA members share. Eventually, someone's story resonates with the newcomer. They begin to identify with the situations and feelings they hear. In this way, **90 in 90** solidifies the newcomer's connection to recovery and the NA community.

Performing this key action leads to other habits too. It puts recovery at the front of your mind, where it should be. It makes sharing and reaching out easier. You meet new people and make new connections. Attending **90 in 90** makes selecting a home group and sponsor easier.

The Pandemic of 2020 made attending meetings difficult for some recovering addicts, especially newcomers. Thankfully, the West TN NA community (and others around the globe) rapidly adapted. Now there are meetings being held in person and virtually. Attending **90 in 90** is even easier than ever. You can find a list of local meetings at <https://www.na-wt.org/meetings/>. If you are interested in attending meetings with addicts in other parts of the world, check out <https://www.na.org/meetingsearch/>. For a global list of virtual meetings, visit [virtual-na.org](https://virtual-na.org).





Hannah M -  
Thursday Nighters



# HOME GROUP



## GET A HOME GROUP

“A Narcotics Anonymous group is any meeting of two or more recovering addicts who meet regularly at a specific time and place for the purpose of recovery from the disease of addiction. All Narcotics Anonymous groups are bound by the principles of the Twelve Steps and Twelve Traditions of NA. primary purpose—to carry the message of recovery to the addict who still suffers.” — IP The Group.

Thinking of an NA Home Group reminds me of...accountability, belonging, service, commitment, love, compassion, freedom, safety, unity, teamwork, encouragement & sharing experience, strength, and hope.

All of these words describe my immortal and important very first home group (Yes it also describes my current one and others I've had!). I LOVED my first home group. It has been suggested to me that maybe I have even put it on a pedestal. Of course, I have an overwhelming feeling of gratitude, love & affection for a group I truly believed saved my life and gave me a foundation to build a life in recovery. It was the first time I can remember really feeling like I belonged and completely safe to share my innermost thoughts and feelings without judgment.

I grew up in a family where feelings were discouraged, and it was better to act like everything was all right. For the first time, this home group gave me freedom to be completely myself, crying, crazy and all that mess. Nothing hidden, no secrets, no pretending. Oh, such freedom! I looked forward to going every week. The group gave me the position of secretary and I felt like they needed me to help. We had structured business meetings and they encouraged me to continue and learn different service positions, like GSR. Over the years I've held them all.

When I found my current home group, I chose it because it reminds me of my first group. I love the honesty and open sharing. Feeling safe to share whatever is on my heart is one of the most important parts of a group for me. I heard when I first got clean, “You never know what might get you high, so share it all!” It is important to me to feel safe, encouraged, and compassion from my fellow home group members. So, if you are looking for that kind of group, come visit us. We would love to have you!



# FIND A SPONSOR

Parts of this article were reprinted from the NA Sponsorship pamphlet which can be found at [https://www.na.org/admin/include/spaw2/uploads/pdf/litfiles/us\\_english/IP/EN3111.pdf](https://www.na.org/admin/include/spaw2/uploads/pdf/litfiles/us_english/IP/EN3111.pdf)

“Someone once asked, ‘Why do I need a sponsor?’ The sponsor replied, ‘Well it’s pretty hard to spot self-deception...by yourself.’”

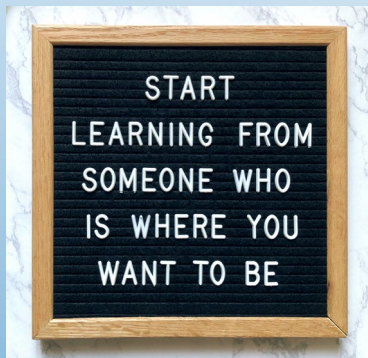
You cannot know everything there is to know about how to get and stay clean. While it’s possible to learn the needed skills, this will take time to work the steps. You need someone who can help guide you through the process. The advice to newcomers is to get a sponsor as soon as possible, but you may want to take some time to look around, visit various groups, and meet new people. While we are looking for a sponsor, if someone offers, we do not have to say yes. One thing to remember is that, if we get a sponsor to help us in our early recovery, we are free to change sponsors later if that person isn’t meeting our needs. The sponsor you choose should have the traits you desire to learn. Be sure to ask lots of questions about what they expect from you and ask what you can expect from them. This expectation is important. Otherwise, you won’t have any means of knowing whether the sponsoring relationship is working. A good rule of thumb is to look for someone with similar experiences who can relate to our struggles and accomplishments.

One addict helping another is an essential part of the N.A. program. It is therefore highly recommended that members of Narcotics Anonymous find a sponsor. A sponsor is a member of N.A. who helps another member of the fellowship by sharing their experience, strength and hope in recovery and serves as guide through the Twelve Steps. A substantial number of N.A. members suggest getting a sponsor of the same sex (or of opposite sexual preference) with over one-year clean time, with a working knowledge of the 12 Steps, as they are How It Works....although there are no such real rules. Any N.A. member is free to choose any other member as a sponsor, if both parties agree. A sponsor is a guide to help you understand and work our program, including and especially the 12 Steps of Recovery.

A sponsor is someone who currently works the steps and is where you want to be in recovery. Sponsors have experience and have gone through the growing pains in recovery. When we are new to NA, a sponsor can help us understand things that may confuse us about the program, from NA language, meeting formats, and the service structure, to the meaning of NA principles and the nature of spiritual awakening. They cannot fix you or give you growth, but they can help you grow. They will help you become more productive, autonomous, and loving towards yourself. More importantly, sponsors can give you needed guidance on how to work the steps, but they cannot work the steps for you. Sponsors share their experience, strength, and hope with their sponsees. Some describe their sponsor as loving and compassionate, someone they can count on to listen and support them no matter what. Others value the objectivity and detachment a sponsor can offer, relying on their direct and honest input even when it may be difficult to accept. Still others turn to a sponsor mainly for guidance through the Twelve Steps.

A sponsor’s role is not that of a legal advisor, a banker, a parent, a marriage counselor, or a social worker. Nor is a sponsor a therapist offering some sort of professional advice. A sponsor is simply another addict in recovery who is willing to share his or her journey through the Twelve Steps.

The best place to look for a sponsor is at an NA meeting. Other places to seek a sponsor are NA events, such as service meetings and conventions.





# ANNIVERSARIES

March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Misty S.M. 3 yrs	5 Mark VB 15 yrs Clean Air
7	8	9	10	11	12	13 Shannon T 17 yrs Thursday Nights
14	15	16	17 	18	19	20 Terry B. 39 yrs Clean Air  Susan S. 31 yrs Clean Air
21 James R 9yrs GHOD  Neal M 37 yrs GHOD	22	23 Lewsi J. 13 yrs	24	25 David H. 3 yrs Harmony	26	27
28	29	30	31	1 Kathryn G 13 yrs Thursday Nights	2 	3





# UPCOMING EVENTS

For a list of all NA related events and their ZOOM links visit:

<https://www.na-wt.org/events/>

H&I Do's and Don't  
3.04.21 | 6pm  
ZOOM ID - 822 3169 6252  
PW - 1953

VRC Programming  
Committee Meeting  
3.14.21 | 2pm  
ZOOM ID - 838 7802 6843

H&I Subcommittee Meeting  
3.18.21 | 6pm  
ZOOM ID 852 7199 0249  
PW 2021

Newsletter Subcommittee  
Meeting  
3.27.21 | 2pm  
ZOOM ID - 929 0101 7093  
PW - xX47Ff

West Tennessee Area  
Service Committee Meeting  
3.28.21 | 2pm  
ZOOM ID - 812 2271 0595

## Volunteer Regional Convention 39

### SPEAKER REQUEST



Main Speakers ( 8 years clean), Workshop speakers ( 3 years clean), and Workshop Chairpersons ( 1 year clean) are needed for VRC 39 at the Holiday Inn Memphis – University of Memphis location from November 25th thru November 28th. Make sure NA terminology is used. Should you have any workshop topic suggestions, please submit those as well. All submissions should be sent to [VRC39program@vrcna.org](mailto:VRC39program@vrcna.org) (Tammy J. and Tom B.)



A silhouette of a person standing on a rocky outcrop, looking out over a sunset sky. The person is wearing a backpack and shorts. The sky is a mix of blue, orange, and red, with clouds. The person's shadow is cast on the rock.

# **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"