



CLEAN TIMES

May 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 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.



Cari B.

Service Work

What is service work? Why is it necessary? These are questions many addicts ask. Service work can be anything from opening the doors and setting up for a home group meeting, sponsoring another addict, serving your homegroup as GSR or other trusted servant, holding a position at the area, regional, or world service, and much more. Our Area committee has many open service positions now.

Chair: 2 Years Clean Time

Vice-Chair: 1 Year Clean Time

Alt-Secretary: 1 Year Clean Time

Treasurer: 3 Years Clean Time

Alt-Treasurer: 2 Years Clean Time

Alt-RCM: 2 Years Clean Time

Activities: 1 Year Clean Time

Outreach: 1 Year Clean Time

Service work is necessary because we, as a fellowship, do not have paid officers to conduct our business for us. We have to do it ourselves. Service is the backbone of NA functioning to help the still-suffering addict. You are needed; you ALL are needed. There are many opportunities to serve our fellowship. It is generally true that a small percentage of addicts continually do a large percentage of the service that needs to be done. It is also generally true that those willing to serve are among those who tend to stick around the longest.

Why do I participate in service? I participate in service work because it helps my recovery. Service work keeps me accountable. We can't keep what we have without giving it away. NA saved my life, and that is a debt I can never repay. I have zero doubt that I would not be breathing without it.



Letter To 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. So, let me refresh your memory. You tore me down and beat me up, but like the song says "I get knocked down but I get up again".

You took my life. You had me lying, cheating, and manipulating. Doing whatever it took to whomever I could do it to. I thought I had you under control but I didn't. I was working, but I was doing it high. I had a roof over my head, but it was a motel room with two other adults. You made me think I was functioning, but I wasn't.

I was the rain that was flowing toward the gutter that was going into the sewage system. I was the odor that garbage left behind. You had me down, but I got up.

I stopped the lying, stealing, manipulating, etc. Slowly, I became the person I always knew I could be. I have my family back. I have a real roof over my head, food in the fridge, a bed to sleep in, and I'm paying back my debts. I am that person that helps others when possible. I am a published author, not a very successful one but one nonetheless. Now, I'm not perfect but I am much better than I was sixteen years ago. That's right, I said sixteen years. That's how long I've got clean and been able to beat you. You may be in the corner doing pushups and you can do them all you want I'm not letting you back on my back. Goodbye.

From,
Me

**From The
Archives:
Clean Times 4
2016
By Anonymous**



Copied from
[Bridges of Hope](#) .

Mother of an Addict

I am the Mother of an Addict

This is not like being the mother of a child with cancer, diabetes or aids
This is not like being the mother of a child who is serving with honor in a foreign land

This is not like being the mother of a child who lives no more and is mourned by all

I am the Mother of an Addict

There are no marathons or fund raisers for this disease, no sweet girls selling cookies

There are no flags flying, or bumper stickers to proudly acknowledge my child's deeds

There are only tears and silent screams, dread of what the next knock or phone call brings

I am the Mother of an Addict

I see my child and I am not glad, for though I ache to save my child, with relief I let them go

I see my child with fear and suspicion, as I hear all they say and I can but endlessly hope

I see my child and wonder will I ever know them again, hold them again, see them again

I am the Mother of an Addict

They say it is not my fault, that I did nothing wrong, there's little I can do

They say it is not my child's fault, just a disease of disgrace, with no pity, no cure

They say be strong, but my life stands still and my friends and relatives move on

I am the Mother of an Addict

I watch the rest of my family suffer with sorrow and pain through the addiction

I watch the evening news and cringe as another mother's addict child is arrested and called scum

I watch a young man beg for change, for food and know he could be my own

I am the Mother of an Addict

I remember the smiles and look at pictures of my sweet little child

I remember the hugs, and kisses, the scrapped knees, the soccer games

I remember their plans, their goals, their hopes and dreams

I am the Mother of an Addict

I look for my child to come home, to call, and so I do not sleep

I look for my child to find the strength to battle this terrible disease

I look for solace, for help, for a cure and I grasp at what straws of promise I can

I am the Mother of an Addict

And I hope, in endless hope for a future free from drugs

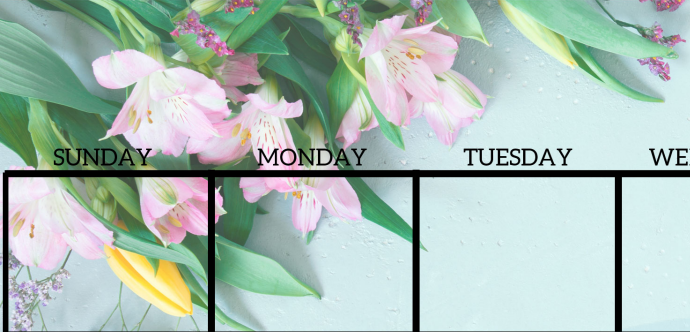
And I hope in restless sleep of a way out of this nightmare

And I hope, and I pray, and I cry, and I plead, but forever I love my child.



Want to showcase your talent on stage for captive audience? Still got slots open for VRC 39!!

Contact Marcus (901) 649-6284



MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 2	 3	 4	 5	 6	 7	TRINITY P 17 YRS CLEAN AIR 1
ED F 2 YRS CORDOVA HOPE 2	 3	 4	 5	 6	 7	CHRISTINE J 34 YRS CLEAN AIR 8
STEVE A 20 YRS 9	 10	 11	 12	 13	SARA S 6YRS SPIRITUAL AWAKENINGS 14	 15
WOODIE C 10 YEARS 16	 17	 18	 19	 20	 21	 22
CORTEZ J 25 YRS PRIMARY PURPOSE 23	WENDYE H 2YRS HARMONY 24	 25	 26	 27	 28	 29
 30	AMANDA H 13 YRS SOMETHING DIFFERENT 31	 	 	 	 	 

ANNIVERSARIES



UPCOMING EVENTS

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

VRC Quarterly Meeting
5.02.21 | 9:30 AM
[ZOOM](#)

VRC Remembering Joe P.
5.08.21 | 3pm
ZOOM ID – 821 9586 3232

VRC Programming Committee Meeting
5.09.21 | 2pm
ZOOM ID – 878 7818 3691

Newsletter Subcommittee Meeting
5.29.21 | 2pm
ZOOM ID – 929 0101 7093
PW – xX47Ff

West Tennessee Area Service Committee Meeting
5.30.21 | 2pm
ZOOM ID – 812 2271 0595

Remembering Joseph Proctor

A remembrance for Joseph Proctor is being held to commemorate the 40th anniversary year of the 2nd World Literature Conference (WLC3) in Memphis, TN (Jan 31-Feb 2, 1981). Joseph was instrumental in starting NA in Memphis in 1979 and played a big part in bringing the WLC3 to Memphis, as well as the printing and distribution of the Grey Book (review draft of the Basic Text).

Saturday May 8, 2021
1pm PST, 3pm CST, 4pm EST
Zoom ID: 821-9586-3232

The 2021 Volunteer Regional Convention (VRC39) is being held in Memphis, TN over Thanksgiving weekend across the street from the location of WLC3. Come and fellowship at this in person convention with Speakers, Workshops and Auctions. 2021.vrcna.org

MISSISSIPPI REGIONAL CONVENTION OF NARCOTICS ANONYMOUS
MRCNA-36

Sometimes  *Never*
ISOLATED. ALONE.

October 22, 2021 - October 24, 2021
Hotel Information: Holiday Inn in Memphis, 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)	\$35.00	\$ _____
• Registration (after September 1, 2021)	\$25.00	\$ _____
• Newcomer donation	\$ _____	\$ _____
Total:		\$ _____

PAYMENT INFORMATION:
Check/Money Order Payable to: MRCNA 36
Mail to: MRCNA 36
Post Office Box 5826
Pearl, MS 39208

CONTACT INFORMATION:
Chair: Jody B • 601-685-2552 • Vice-Chair: Larry H • 601-626-4672
Registration: William P • 601-518-7073 • Registration: Jody H • 601-518-5002

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

Laissez Les Bon Temps Rouler

Riverside Hilton Hotel
Room Rates start at \$109

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 70186-4475
PRE-REGISTRATION'S MUST BE POSTMARK BY JANUARY 8, 2021

For more information or to register online visit:
www.noacna.org / registration@noacna.org

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"