



CLEAN TIMES

September 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.

Submit articles or artwork for the next newsletter at cleantimesnewsletter@gmail.com.

Would you like to receive this newsletter in your email?
Subscribe here: <https://www.na-wt.org/signup/>

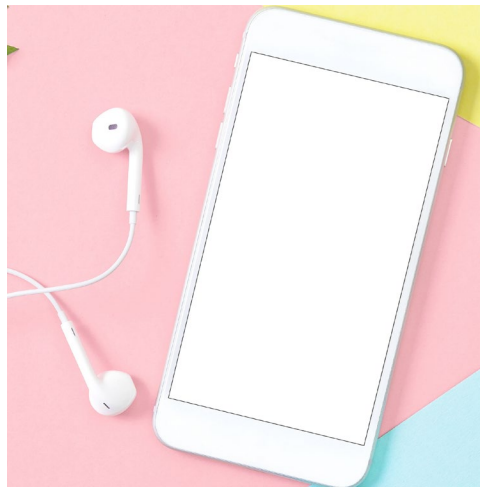
Do you need help? Call the helpline: (901) 276-LIVE.



Regional Helpline

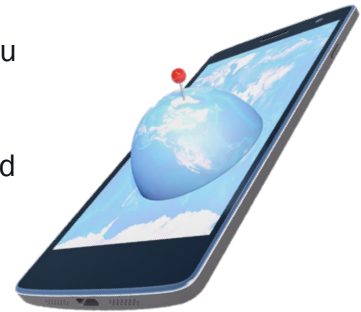
Just For Today Meditation

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.

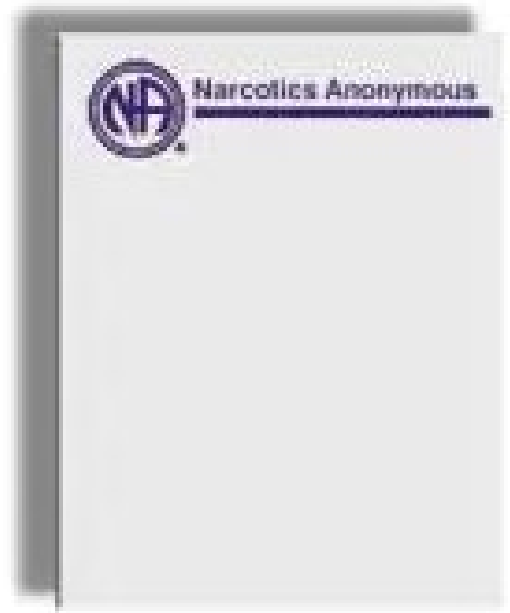
The Basic Text has been recorded in audio and can be found on the [NA World Services Website](#). Languages include English, Arabic, Hungarian, Russian, Spanish, and Thai. Files for streaming and download have been provided.





The Little White Book

The Little White Book, one of NA's oldest publications, is celebrating it's 60th anniversary. This book is published in 30 different languages from around the world. It provides basic definitions of the addict as well as how and why the NA program works. Thirteen of the translated versions include local stories. The US version contains eight such stories. To celebrate the 60th anniversary, World Services is going to publish a special edition which translates the stories from all 13 versions into English. To learn more about this effort, view the [Notice of Intent](#) published in June. To order the current booklet visit the [NA website](#).



NEW Informational Pamphlet

IP No. 30

Mental Health in Recovery

This piece of literature reflects the shared experiences of NA members, including those who have found it necessary to seek outside help for mental health concerns and other members who are recovering alongside them.

www.na.org/webstore
Instagram: @narcoticsanonymous

www.na.org/webstore

Batch #6!



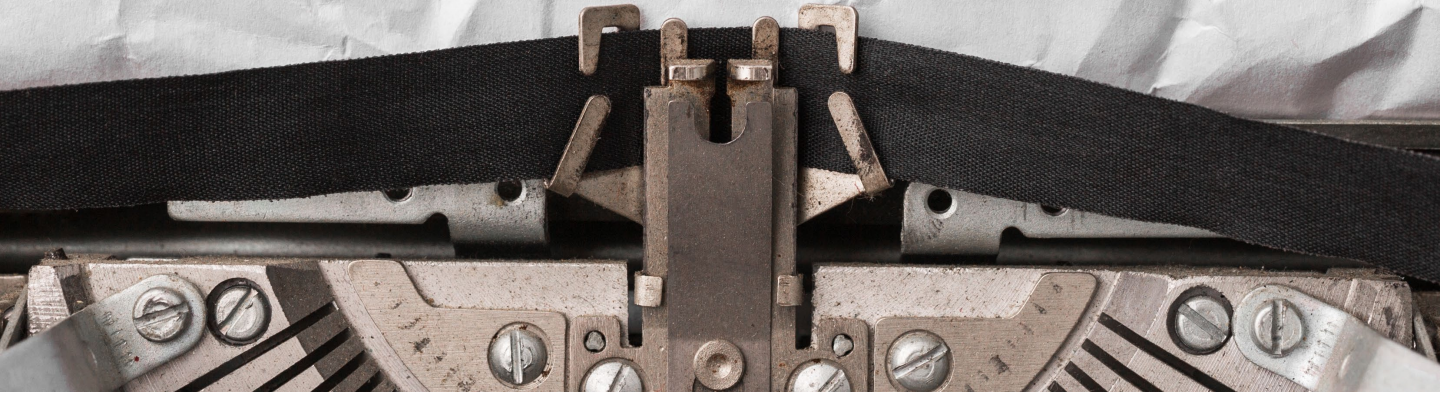
attentiveness	generosity	reliability
autonomy	honesty	restraint
breakfast	honor	safety
caring	humility	selflessness
communication	independence	serenity
conscience	individuality	simplicity
consistency	interdependence	sincerity
cooperation	joy	solidarity
curiosity	listening	steadfastness
encouragement	participation	thoughtfulness
equality	passion	trust
equanimity	powerlessness	wonder
fidelity	purpose	

Review entries on these principles at www.na.org/spad by 13 September 2021.

Instagram: @narcoticsanonymous

www.na.org/spad

LESSONS LEARNED



I came into recovery three years ago as a hopeless, strung-out, broken shell of a human. I was tired, and I couldn't keep going the way I was. I knew I'd be dead soon if I didn't do something different.

I had heard about these meetings and the fellowship of Narcotics Anonymous, so I figured why not see what it's about? I had nothing to lose after all. I went to my first meeting 8 hours after I was released from jail.

I didn't know what to think, but I knew I was in a room full of people that had been where I was, and they had found a new way of life. I wanted it too. They told me to keep coming back, so I did. The more meetings I went to, the more I started to "get it." I was learning how to live in a new state of mind. I got a sponsor and started working the steps. The more I did this, the more my life improved. I was slowly rebuilding relationships with my children, my parents, and society. I was feeling a little better each day.

After three months of daily meetings, I got a job. I had slowly learned the importance of responsibility, reliability, accountability, humility, gratitude, and integrity. I didn't want to lose any of that, so I made sure I did what was expected of me and continued applying spiritual principles in my life. I was becoming a productive member of society again! It felt great. As time went on, I found myself doing things I thought I'd never do. I was able to save some money, I got a car, I got a place to live, I got a promotion at work, but most importantly, I had a connection with a Higher Power and had started to love myself again. My life was finally worth living.

Since I've been clean, I've also been faced with many real-life situations- divorce, illness, tragedy, and death, to name a few. Some days are hard, but I'm at a place today where I know what to do and how to reach out and ask for help. None of the "life on life's terms" I've dealt with has cost me my clean time because I know where to turn when I want to give up or feel like I can't keep pushing. I have found the solution in Narcotics Anonymous and could not be more grateful for it. I'll keep coming back.

Jackie M.

Positive Thinking

By: Cari B.

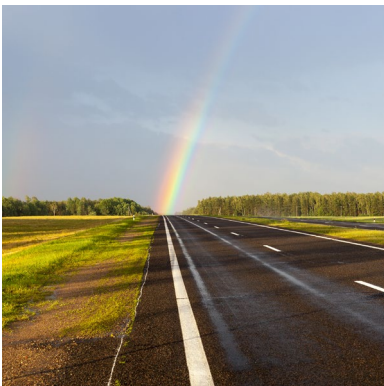


How has recovery changed me? The theme for this month's newsletter challenged me to think about my own story of recovery.

Before joining NA, I suffered from negative thinking. I believed everyone was out to get me, even those closest to me. I lived in fear of failing and would often run when things looked dark. I blamed others for my failures of negative consequences. I believed I was never going to be good enough. Just before coming to NA, I was at my darkest point. I was ready to end my life because I believed nobody cared.

Then my life changed. My HP showed up and pointed me in the direction of NA. It took a few meetings of sitting in the back and listening for things to sink in. On September 7th, 2018, I used drugs for the last time.

Today, I try to stay positive. I can't control others or how they think, but my thoughts are my own. They are the final determiner of my mood and attitude. When I can control what I think, I have control over myself. I know that negative thoughts result in negative emotions and a pessimistic outlook, while positive ones do the opposite. It is challenging to control my thoughts, but my ability to do so is growing. I make a conscious effort to keep my mind focused on the positive in any situation. Today, I monitor my thoughts and keep a positive attitude. I take control of my mind. My thinking is positive and productive.



I choose only to allow positive thoughts into my life. Everything I do has purpose and meaning. ***I choose to make my life a positive experience.*** Each day is joyful because I choose positive thoughts. Negative things can happen, but how I look at them can put them in a positive light. This pandemic has made life difficult, but I am healthy, my family is relatively healthy, and we are safe. When I find myself thinking negatively, I remind myself of all the positive things in my life. I ask myself these questions:

- 1.What is my part in this situation?
- 2.Is this something I can control?
- 3.What is the best choice I can make right now?
- 4.How can I stay focused on positive thoughts today?

It works: Hi My name is Mary and I'm an Addict.

Growing up, I always felt like an imposter, I never felt genuine. I never felt good enough. I never had a sense of innate belonging. I always felt out of place. My father is a former Episcopalian priest, so I was frequently moving from church to church every couple years, consequently making me the perpetual new kid at school. Just when I found myself settled and established, we moved again. And I'm like "oh great! A new place to feel out of place". The imposter syndrome deepens.



My parents were always living beyond their means, and never managed money well. We would live in nice houses and have nice things, but always came up short. So, I was living in this great big house in this prestigious neighborhood, all the while not being able to afford any of it. My parents always somehow managed to let me know how expensive me and my siblings were, making me feel like a burden. Going to a private school amongst some of the wealthiest people in Jackson, MS and feeling like the odd one out yet again only made matters worse. I went to the same school as these people, but I couldn't have been more different. I hated having people over to my house for play dates or sleepovers. I never allowed myself to have close friends throughout high school. I couldn't have anybody finding out how dysfunctional and disingenuous I really was.

To sum up my adolescent self, I was basically an OCD-control-freak-perfectionist who never felt worthy. I was an imposter without control. Then I found the answer to all my problems: drugs. The high numbed away the pain, lack of control, and belonging I felt in my life. I was 15 years old the first time I got high. Funny enough, I didn't like getting high at first. I actually hated it. Being high made me feel panicked and even more out of control. About a year later I decided to try it again. I was 16, a sophomore in high school, and it was cool to party. God knows I was willing to do anything to fit in and belong. This began an eight-year saga of drug use and abuse that ultimately led to some of the darkest, loneliest, most desolate places of my life.

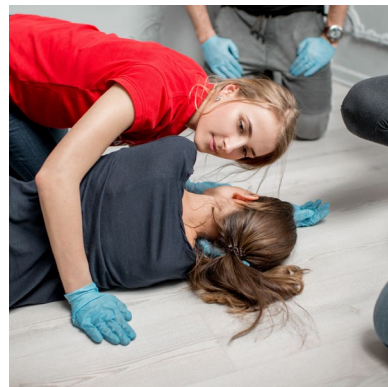


Fast forward to freshman year of college. I somehow managed to get through my first two years of honors college while using. I like to look at this time as the “semi-functional using period” of my active addiction. I was getting high 24/7, still managing to show up to class and make good grades.



But then I had a very tragic event happen within my family. It came out that my dad was using drugs on the job at the church and was going through his own full-blown state of active addiction. I don't really want to go into the gruesome details of this part of my life, but I can tell you how it made me feel and how it affected my using. I was the most embarrassed, ashamed, scared, and self-loathing I had ever been in my entire life. This was when my addiction completely took over my life. The control I thought I had over my using vanished. The only time I wasn't using was when I was asleep. I was high all day everyday. I isolated myself from my family and friends. I neglected all of my scholastic obligations and completely gave up on anything that didn't have to do with drugs. I expanded into other kinds of drugs, harder drugs that lasted longer and got you higher. I ended up withdrawing from college and essentially took a year and a half off, 100% dedicated to getting high.

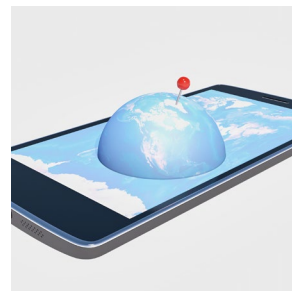
The night I overdosed and almost died is the night my parents decided to put me in treatment. The paramedics stuck me three times with Narcan before they got a respiration on me. I went through about a month of treatment, and then opted to undergo IOP. I wish I could tell you I got clean and stayed clean after treatment, but I did not. My mindset at the time was that I just needed a break from using. I thought I had taken the time off I needed to reevaluate my life, and that I had just gone a little too far. I didn't really have a problem with drugs, I just needed a nice t-break and I could successfully use in moderation this time around. I had grown up and matured since my stint in rehab. I could do it different this time.



I would like to add that while I was in treatment, I was not apart of NA, nor did I know NA existed. I was made to go to AA meetings in treatment, and I couldn't relate to the program at all. I couldn't do so for two reasons, the first being that I never really drank. I did not identify as an alcoholic. Since I didn't think I was an alcoholic, I didn't feel that the program applied to me or could help me. The second reason was because of the GOD word. At that point in my life, I wanted god, Buddha, Allah, and any other divine being to go fuck themselves. I didn't have a religious or spiritual bone in my body. I didn't know at that time that alcohol is a drug, just like any other mind- or mood-altering substance. I didn't have NA in my life to teach me yet. So, I stayed clean all of two months after being discharged, and I moved in with my boyfriend and picked back up.

I started using again, all day everyday. The insanity and unmanageability of my life prior to beginning treatment came crashing back down on me. I was running on pure self will, all on my own. Fast forward about a year and I'm still balls deep in my active addiction. It's July of 2019, and I've just moved in with my grandmother in Midtown, two months after my grandfather died. She's a chronic pain patient, so I've got access to lots of medication. I didn't know any connects in Memphis for my drugs of choice, so I settled for stealing her pain medication instead.

I did this for about a month and was just as miserable, hopeless, and helpless as ever. On the night of August 10th, 2019, I remember it so clearly. I thought to myself "I've had enough. If this is what life is like, if this is how I'm destined to be for the rest of my life, I don't want it." I had decided to end my life, because the life I was living was worse than any death. But something inside me, the last hopeful cell in my body was saying "maybe try going to AA one more time. At least you'll be able to tell whoever is waiting on the other side that you tried one more time before giving up". So, I googled "AA meetings near me" and in the results were also some NA meetings near me. This immediately caught my attention because I saw the word "NARCOTICS" before ANONYMOUS and I thought to myself "Yeah I like narcotics, so maybe this is a more logical fit for me". I saw that Primary Purpose on Peabody and Belvedere was meeting the following night at 8:00 pm and it was only 3 minutes away from my house.



Sunday, August 11th, I walked into my very first NA meeting. Now I'm here, 2 years later. This program works. I am proof of this. Any addict with one hour, one day, one month, or one year clean and so on is proof of this. It took me a little while to get comfortable and familiar with my truth.



My truth is that I am an addict. I am a person with the disease of addiction. I have an allergy to drugs. I do not react like the normal, average person to mind and mood-altering substances. I lose all sense of sanity, spirituality, self-love, and respect the second I use. I am a selfish, obsessive, compulsive person by nature. Left to my own devices, I will self-sabotage and destroy good things in my life without the good orderly direction of the program. I need fellowship, the steps, meetings, and conscious contact with my higher power. I am never alone, never again in the rooms of NA. It took hard work and dedication for me to get to where I am today. It took faith and commitment to a program that went against everything that felt natural and right. But every second of uncertainty and discomfort has paved the way for blessings and joy beyond my wildest dreams.

Today, I do not have the desire to use. Today I would rather die than go back out and relive my active addiction. Today, I love myself enough to not put poison in my body. Hell, today I can honestly say I love myself, and that was not the case for a very long time. Today, I belong. I belong in the rooms of NA. I have found my people; I have found my tribe. Any addict in recovery seeking a new way to live is my family. I'm no longer an imposter. I'm no longer a phony. Because my name is Mary, and I'm an addict. That statement right there tells you everything you need to know about me. This is the most honest thing I can tell you about myself, because it will never change. I don't entirely know what my future holds, but I do know that this disease is apart of me forever. I can, however, successfully arrest it with the NA program, the NA fellowship, and my higher power.

This program is the only thing that works for me. I needed to be taught a new way to live. For so long, the only life I knew was one centered around drugs. There is not much I fully believe in in this world, but NA has saved my life. At the end of the day, I would stake my life on this program. Living this program can be difficult at times as a 24-year-old college student. The average 20-something year old is not working a spiritual 12-step program around their disease of addiction and ensuing character defects. But I'm here doing it, and it works when I work it. If I could leave you with one thing to remember, I would want you to remember that is program can and will work for anybody. You only have to change one thing, and that's everything. This program, this fellowship, a loving higher power, working the steps, and a sponsor will give you a new lease on life. You just have to be willing to take the first step.



See Clearly

I came into the rooms not knowing what to expect. In the beginning, I thought maybe I could stay clean for just a little while. I then started believing I could stay clean for the rest of my life. However, this was only one aspect of the change that has happened and is continuing to happen in my life.

Recovery has given me a life worth living. It has given me a reason to be here, and a message to share. I used to simply exist, and now I can truly live. I look at life through a much different lens than I did in active addiction. When I was using, the world was a cold and scary place. A place where I never felt like I belonged. Now that I am clean and have a strong recovery family, I am able to see things I couldn't before. I see the seasons changing, I see shapes in the clouds, I see smiles on my loved one's faces because I am actively engaging with them in a positive way.

I used to think I couldn't do anything right. I gave up on things I had loved to do, in favor of the hunt for one more, and the chaos of the using world. Now I am rediscovering passions of mine that I once believed to be dead and gone. I am able to do the things I enjoy, and fully enjoy doing them. I know that I can look forward to things to come, even when I don't know what they are yet. I can look forward to life, instead of wishing for death. For this, I am eternally grateful.

-Joelle





MEETING ANNOUNCEMENTS

Now Meeting In Person:

Keep It Green

Friday Nights
7:00 PM

Trinity United Methodist Church
1738 Galloway Ave Memphis, TN 38112
Masks and social distancing required.

Primary Purpose – Zoom has been discontinued.

Sunday Nights
7:00 PM

Grace St. Luke's Church
1720 Peabody Ave., Memphis, TN,
38104
Enter west side of church, up the ramp,
ring doorbell.

Now Meeting On Zoom:

Get Honest or Die (GHOD)

Monday Nights
6:30 PM
Zoom ID: 9018461836
Password: GHOD

Change In Format:

Welcome Home - This meeting is closed to non-addicts.

White House Just Past the Church.
Tuesdays & Thursdays - 5:30
3711 Pleasant Hill Road, Olive Branch, MS,
38654
Sundays – 2:30 – This meeting is still open
to addicts and non-addicts alike.

SEPTEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8 CARI B 3 YRS	9	10	11 LARRY H 36 YRS CLEAN AIR
12	13	14	15	16	17	18
19 JOANNA N 2 YRS YOU + ME = WE DENNIS L 10 YRS WELCOME HOME	20	21	22	23	24 JONATHAN W 1 YR SPIRITUAL AWAKENINGS	25
26	27 THOMAS B (A.K.A.MILKSHAKE) 5 YRS GHOD	28	29	30		

ANNIVERSARIES



UPCOMING EVENTS

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

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

Location	Time
10:00a	1:00p
6:00p	8:30p
12:00p	5:00p
4 September	7:00p
5 September	5:30p

Mississippi Regional Convention
OF NARCOTICS ANONYMOUS
OCTOBER 22, 2021 - OCTOBER 24, 2021

MRCNA 36
Sometimes Isolated Never Alone

Hotel Information: Holiday Inn Pearl, MS 601-929-5328 on Boss Pro Drive
Reservations: Ask for Regional Convention Room Rate (\$109). Breakfast Included (\$119)
Cutoff date for reservations is September 16. No guarantee of availability after this date.

Friday Night: MAIN SPEAKER ⁴⁰⁰ Dornight, Karaoke ⁴⁰⁰ Ice-Cream Bar
Saturday Night: MAIN SPEAKER ⁴⁰⁰ Womanless Beauty Pageant

Pre-Registration Information

Last Name:	First:	Address:	City:	State:	Zip Code:	Phone: () - -	Number of Additional Registrants:	Amount:
							Pre-Registration (through September 1, 2021)	\$15.00
							Registration (after September 1, 2021)	\$25.00
							Womanless Beauty Pageant	\$20.00
							Newcomer donation	\$
							Total:	\$

Payment Information: Checks/Money Orders Payable to: MRCNA 36
Mail to: MRCNA 36, Post Office Box 5326, Pearl, MS 39208

CONTACT INFORMATION: Chair: Mike B. 601-665-7797 Vice Chair: Larry F. 601-674-4677
Programming: Andrew P. 601-539-7675 Registration: Mike B. 601-539-6807

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

OCTOBER 29TH-31ST
*BEST WESTERN INN OF THE OZARKS
807 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: \$189, 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 Committee
9.12.21 | Noon
ZOOM ID - 936 007 7811
<https://zoom.us/j/93660077811>

H&I Subcommittee
9.16.21 | 6pm
ZOOM ID - 852 7199 0249
PW 2021

Newsletter Subcommittee Meeting
9.25.21 | 2pm
ZOOM ID - 929 0101 7093
PW - NAnews

West Tennessee Area Service Committee Meeting
9.26.21 | 2pm
ZOOM ID - 812 2271 0595



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** ●

Pre-Registration by 10/1 \$20

Registration after 10/1 \$30

Saturday Banquet \$30

Sunday Brunch \$25

(no refunds after 11/15)



Do you want to showcase your talent on-stage for a captive audience at VRC?

Singing, comedy act or routine, magic, poetry, a skit or more...

Contact Marcus M. at (901) 649-6284

*Register for the Convention
or Volunteer for Service Opportunities*

*Online at **2021.VRCNA.org***

or Use Your Mobile Device with the QR Code Below





The Newsletter Committee Needs You!

October is Mental Health Awareness month and to celebrate the new pamphlet, the October Newsletter theme is Mental Health in Recovery. How do you address mental health in your recovery?

Suggested topics:

- Meditation routines
- Recovery music
- Stress relief activities

Email submissions to cleantimesnewsletter@gmail.com.

Next Newsletter committee meeting:

- 9.25.21 | 2pm
- ZOOM ID – 929 0101 7093
- PW – NAnews



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.