



CLEAN TIMES

October 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!

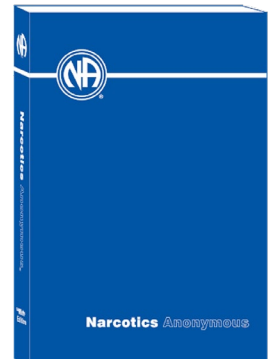


Please Note: You might get some strange results if no meetings are coming up soon. It may give you meetings from other parts of Tennessee, but it will generally give you meetings in Memphis.



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.



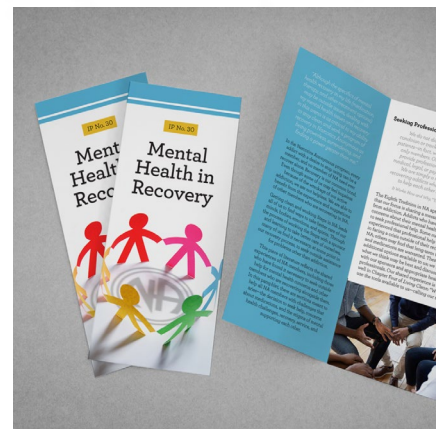
How the Mental Health IP Came to Be

The process for creating this new IP began from two sources. This regional motion from the 2016 Conference Agenda Report (CAR) was passed by consensus at the WSC:

Motion 3: That the NA World Board develop a project plan which includes a budget and timeline to create an informational pamphlet specifically about mental illness and recovery for consideration at the 2018 World Service Conference.

Intent: To have a fellowship approved, clear Narcotics Anonymous message about the important issue of mental illness and recovery that is available in a pamphlet format.

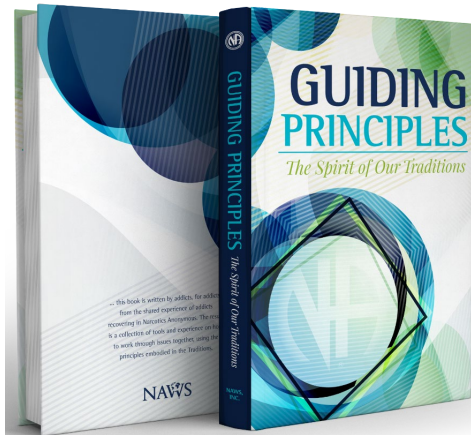
Mental health was also one of the most highly prioritized topics in the booklet- or pamphlet-length recovery literature section of the 2016 CAR survey. With this direction from the Fellowship, work on framing the project plan and gathering members' thoughts began with a survey open to any interested member. We received over 1,500 individual responses to the questions in the survey from 48 states in the US and 27 other countries between November 2016 and June 2017. This input helped shape the project plan included with the 2018 Conference Approval Track material.



www.na.org/webstore

WSC 2018 approved the project plan, and over two-thirds of Conference participants rated its priority as “high.” The Board put together a workgroup who met face-to-face in September 2018, using the survey input as the initial source material for their work.

Both the workgroup and a focus group met to complete a draft that was then reviewed by the workgroup and the Board. The draft was posted for input from any interested member of the Fellowship from 1 February to 15 May 2019. We received 498 responses to the draft from throughout the US and 15 other countries. The workgroup met again in June 2019 to consider the Fellowship’s input and to develop the approval draft of the IP.



The informational pamphlet has topic headings to assist members who have specific concerns. Some ideas about mental health conditions in recovery are reiterated throughout the piece, as we believe it is helpful to illustrate their significance. As an example, we thought that experience with maintaining one's recovery and mental health well-being is important, so it is mentioned a few times. To support the experience in this IP, we have included quotes from members and quotes from the Basic Text, *It Works: How and Why*, *Living Clean*, *Just for Today*, *In Times of Illness*, and *Guiding Principles*.



THE 2020 VOTE OUTCOME

Motion: To approve the IP contained in Addendum A, “Mental Health in Recovery,” as Fellowship-approved recovery literature.

Maker: World Board

Intent: To have a piece of Fellowship-approved material available about this issue as a resource for NA members

Initial Straw Poll: 108 yes, 0 no, 1 abstention, 19 present not voting
99.1% Consensus Support

Zonal Delegate Vote: 6 yes, 0 no, 0 abstentions, 0 present not voting

Decision (RD only): 104 yes, 0 no, 0 abstentions, 1 present not voting

Carried by Unanimous support



From the Editors:

Several addicts were reluctant to write articles for this newsletter on their mental health. Some said they feared opening themselves up to judgment and gossip by disclosing their mental illness and the treatment they get for it. But they also said that they hope by being honest and vulnerable they can make things better for sick and suffering addicts here in Narcotics Anonymous and that made it worth the effort.

The A in NA stands for Anonymous. It is **always** an option to publish your article anonymously if it makes you feel more comfortable. The purpose of the newsletter is to carry the message. Everyone of us has a story worth sharing. It is our hope that no one is judged or gossiped about for sharing their story in our newsletter. The articles in this month's newsletter have been published anonymously to protect the author – unless requested differently.



DOUBLE TROUBLE

Lucy O.

I'm one of those members who thought folks on mental health meds or any "mood or mind-changing drugs" should go to another fellowship or 'we' should start a new fellowship, or we should start 'complete abstinence' meetings.

I changed sponsors early on because she started taking a new type of antidepressant. Was I openminded? No. All I saw was the fact that "I used to abuse my mom's antidepressants and I was afraid that if I started thinking they were okay to take, I'd use that as an excuse to take them myself and relapse.

When I had 9 years clean my brother-in-law tried to get clean. He reached out to me for help. I took him to a meeting. He said the doctor prescribed him anti-depressants and that he wasn't going to take a drug to get off another drug. Unfortunately, I agreed with him. I told him I was depressed too when I first got clean. He committed suicide not long after that.



I sponsored various women over time and while I didn't tell them to get off their medication, I pushed the idea that NA was a program of complete abstinence from ALL drugs. After all the Basic Text says: 'There is no safe use of drugs for us.'

Anytime someone would talk about their medication in a meeting, I would share behind them, things like: 'I was depressed too, who's not depressed when they get clean, I cried in every meeting I was in, etc. and proceed to quote our literature.

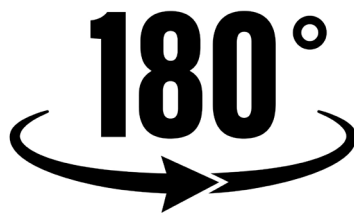
I even tried to get NAWS to change something on their website because it alluded to the fact that you were clean if you were on mental health meds. Why did I have a problem with that? Because maybe not everyone is taking them for the right reason, and they can be abused too!! I was not fond of the In Times of Illness booklet because it had a chapter on mental health and medication (that I thought was an outside issue).



The only good things I did during this time regarding this topic was that I started referring women on medication who asked me to be their sponsor to other ladies who had this type experience and could better help them.

Fast forward to 2012. I was at one of my very favorite conventions, the Mississippi Delta Convention. One of their workshops was Double Trouble. There were several of us like-minded members talking about this workshop. How dare they have a workshop on this outside issue at an NA convention!! Most folks I was talking to wouldn't even go into the workshop. But I went because I wanted to see what kind of messed up stuff they said!

Well, let me tell you. I came out of that workshop with my thinking on this issue 180 degrees changed. There were 3 speakers who shared their personal experience strength and hope on this topic... all who lived with addiction AND mental health problems. When it was over and there was some time for sharing, a member from Memphis shared briefly.



About a week or so after this convention a member from Memphis committed suicide. At the time I heard she did not get the support in meetings she needed. She needed to have a safe place to talk about everything affecting her recovery, including her mental health.

I made copies of the CD I bought of the Double Trouble Workshop from the convention and gave it to anyone who would take it. When I'd go on road trips with folks to region or other conventions, I'd bring that CD along to play.

I desperately wanted someone to start a special interest meeting on "in times of illness" so folks would have a safe place to go and share about any illnesses that affected their recovery. (I was also VERY opposed to special interest meetings up until this time as well!) It Works How and Why says: "Does the Tenth Tradition tell us that, as individual recovering addicts, we must not talk in NA meetings about the challenges we face? No, it does not. While a particular problem may be an outside issue, its effect on our recovery is not; everything affecting a recovering addict's life is material for sharing. If a problem we are having impacts our ability to stay clean and grow spiritually, it's not an outside issue."



I was thrilled when the motion passed at the World Service Conference to create the IP, Mental Health in Recovery.

While I was good early on at spouting the traditions and literature on this issue that I thought agreed with my opinion, I was overlooking the 1st tradition: “Our common welfare should come first, personal recovery depends on NA UNITY.” It’s first for a reason. As we read at every meeting: “Understanding these traditions comes slowly over a period of time...” That has been true for me.



I’m grateful that our fellowship has slowly changed over the years as well – we now have a great new piece of literature on the subject



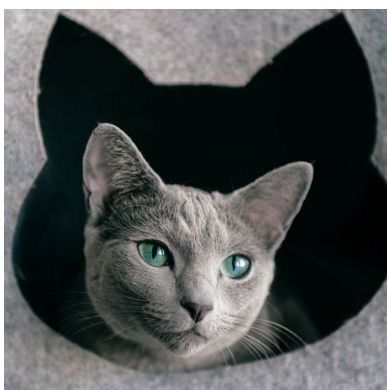
I was not alone in my opinion on this topic back in the day. I have a feeling that others have also slowly changed their understanding that when we say “complete abstinence” it does not include meds prescribed by a doctor for our health, mental or otherwise. Can we abuse these meds even if prescribed by a doctor? Yes. And, that’s why we have a sponsor, close friends in the fellowship, and doctors we trust.

Most of all I’m grateful for that Double Trouble workshop or I might be stuck back in the 80s with the close-mindedness I carried with me for so many years on this subject.

***“Everything we know is
subject to revision,
especially what we know
about the truth.”***

Basic Text



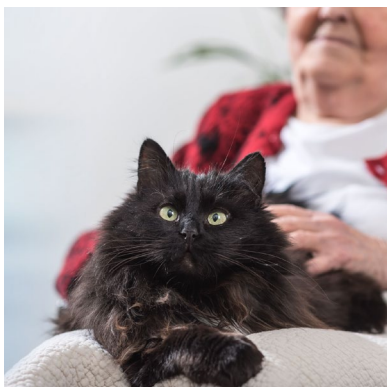


9 Lives

I am a recovering addict that also happens to have mental illness that I deal with on a daily basis. I can remember as a small child of about five years old having to go see a psychiatrist and I was diagnosed with PTSD at a very young age. I was not put on medications due to my age.

Just like with addiction there is a stigma towards people with mental health issues. I learned pretty quick about the stigma and as such learned to keep my feelings and issues with my illness to myself. I also learned at about eight years old that I could drown those feelings and issues with alcohol. By the time I hit high school I discovered other drugs helped even better. During my early adult years the doctors diagnosed and told me I was also Bipolar. Today i suffer more from the depressive state than the manic state. Drugs helped me control my bipolar.

Then came Narcotics Anonymous and I wondered if I could stop using the drugs amd control my illnesses. It was not an easy road and every step I worked I had to to work on both my addiction and my illnesses. I had to find other ways to keep my illnesses under control. I turned to my cats. I discovered that when I let them they can be very calming and relaxing. They can also be little clowns at times. Just the other day I had one of my cats jump into a five gallon bucket of water my husband had paint brushes and rollers soaking in and now I have white paw prints all over my kitchen floor. I also discovered I could use music to change how I feel. If I am heading for mania I can listen to slow, sad music to being me down and if I am getting depressed I can listen to upbeat music.



Now that I am getting into my later years in life I have found that I can do craft work to help keep my mind busy, to keep me from getting depressed. I have also learned that there are people who understand what having a mental illness like that I can talk to, kind of like a sponsor except or mental illness. I still see a doctor for my mental illness. She knows that I am in recovery and she is very cautious with what medication she gives me making sure can't and don't abuse it. I have a support group for my illness also. All this helps me stay healthy mentally.

Mental Health In Recovery

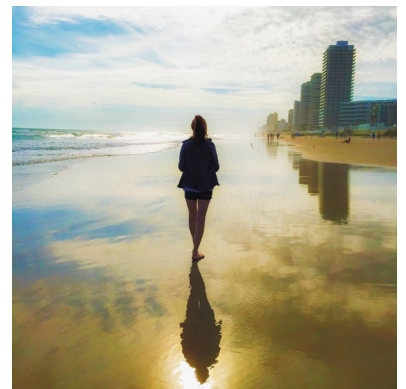


Hey Family my name is Amanda and I'm an addict. When I was a little girl my daddy's parents lived down the street from us so I spent a lot of time with my grandmother oh how I loved her, she was full of life and loved bright colors and loud music and taught me so much about cooking and kindness and compassion ...



I was four years old when she became my grandmother, and you would have never known I wasn't her "blood" ... My mom had just divorced my dad and married my stepdad and we had moved out to the forest and so began this life I've come to remember. My dad and his father both were "men's men" rough and tough, hard workers, extremely God-fearing men and put that fear in their children. Thanks to NA I can see they had some beautiful qualities too and I think they wanted what was best for their kids.

I remember a couple times during my childhood my grandmother going "away" and no one telling me where and wouldn't talk to me about it.. .. I come from a family that kids are to be seen and not heard and they keep things a secret, so my feelings were never really thought of at least that's how I felt. My grandmother would return and be a little distant and would always have what I thought was a creepy smile on her face that scared me. (and as I'm sitting writing this I'm having to stop and cry because now I understand, now I know and I'm heartbroken for her I have to call someone in my support circle because I did not expect these feelings to bubble up and I'm a mess.)





Ok I'm back , what I now know my grandmother was leaving for she was being committed for her "fits of hysteria" she was sad and depressed and had mental health issues. To this day I still do not know what my grandfather saw or whatnot that caused him to "commit" her and they have both since passed but I mention this specific story because it starts the ugly cycle of shame and guilt, I felt for having a mental illness MYSELF!

What I've realized is I have literally lived in FEAR my WHOLE little life! Do you know how exhausting that is? So, my father was raised to treat mental illness as something that "women" do to get attention and my mom did whatever he said and then she did whatever the Lord/Church said.

So, you pray it away. You have faith enough to make yourself better. You mask it, hide it, lie about it, and stuff it. You can't talk to doctors about because they are just going to fill your mind with mojo and drugs ...



What do you do???

Well I looked for the solution like anybody would right.. ... SEX, DRUGS, and Rock and roll and more drugs. By the time I got to NA I felt my soul was no longer with me. I was a shell of a person. You all taught me how to live a new life Clean (I thought y'all would teach me how to use without getting consequences but uh nope)



And with that new life you taught me how all those things I used to survive the lying, hiding, mask wearing, manipulative, shady slick ass behaviors would not be supportive of a lifestyle in recovery ... You all taught me how to live the spiritual principles by working the 12 steps with my sponsor Like honesty and integrity and open mindedness and compassion, kindness! NA gave me my soul back.



You all loved me and held my hand as I learned to love myself, accept myself and I will forever be grateful! We talk about Addiction being a family disease BUT Recovery is a Family peace.

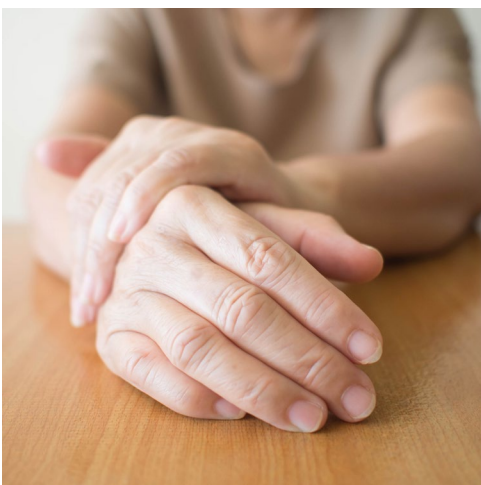


People that know me know my relationship with my mom hasn't always been good, the last couple years we have both really grown, well some "more will be revealed" bullshit surfaced that led me to seek therapy this last year and it's been so fucking hard! I shared a cliffs note version with my mom and her response was I'm not sure why you need therapy though?? I explained mom you just got through telling me how proud of me you were and where I am in my recovery, do you not understand I am here because I keep DOING these thing to work on myself as they are revealed to me? She responded oh I didn't know 2 weeks later she calls to tell me she thinks she needs therapy ...

Recovery spreads through our family like a warm blanket the longer we stay clean, thank you NA.

Our [literature](#) talks about sometimes needing outside help. See:

In times of illness and the new mental illness IP #30.



What I have learned is there is a stigma to mental illness out there but damn it if I haven't run across it in the rooms as well. ... we (I) need to do better. I believe it is real, and I have a mental illness my name is Amanda and I love you all!

Life's Ups And Downs



When I first came to the rooms of Narcotics Anonymous, I was a complete mess. I had just gotten out of treatment and was on medication for depression. It helped me stay sane enough to get through working a few steps. By the time I was done with my first round of steps, I found that life had become a lot less painful and I was able to get off that medication. Once I realized that I was the source of most of my problems and that I was able to work toward solutions to those problems, I felt a lot less helpless and hopeless. In my first few years, I even proclaimed "the solution to all of my problems can be found in the steps" and later found that to be inaccurate. While they did solve a lot of my issues in early recovery, things got different. As I have matured and continued on in my recovery and the reality of life set in, I have started encountering new, more complex problems that can't be solved by surrendering and asking my HP for help.



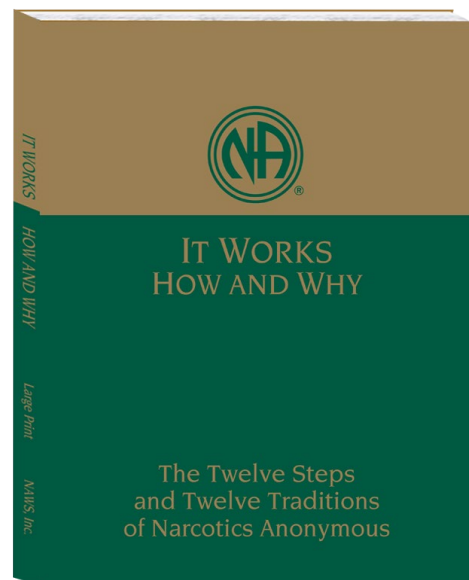
My journey with my mental health has certainly not been a straight line. My mental health can vary from day to day. On days when things are going well, I try to get that one extra thing done that I may not be able to do on a rougher day. I am learning to be gentle with myself on the tough days and be ok with not being as productive as I would like to be. My mental health changes with the seasons as well. As the time change approaches and the weather gets colder and the days get shorter, I tend to sink into some seasonal depression. I know it will be hard for me to get things done in the winter and then as spring comes, it gets better.

Last winter, I did talk to my doctor because my anxiety and depression had gotten pretty unbearable and was interfering with my ability to live a normal life. My doctor knows I am in recovery and we talked about some different options I talked to my sponsor about it as well and we came up with a plan to get my mental health back to a better place. At my physical this year, we talked some more and I am planning to start therapy soon to work on some outside issues.



I went to therapy as a teenager and hated every single second of it. I'm sure I was a horrible patient because I was forced to go and I was an angry, bratty teen. I wish I had taken advantage of it back then, but I wasn't in a place where I was ready to work on any of my stuff. I'm in a place today where I am ready to dig a little deeper into some of these things and see what other layers of this onion I can peel back. It is scary but I have seen it work wonders for a lot of other addicts.

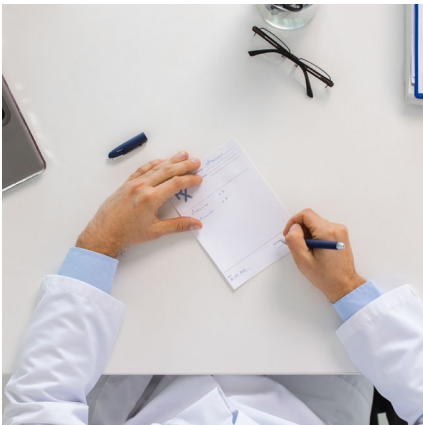
I wouldn't be where I am today without working the steps. That was certainly the foundation that I needed. It has brought a ton of relief to my life. I'm so grateful for other addicts who shared their experience, strength and hope with me and showed me how they were able to not only recover, but to live full, healthy lives, both physically and mentally.



We Do Recover

I'll keep my name anonymous, but I am an addict, and I'm an NA member from Memphis. I came to NA from treatment where I was diagnosed with not only drug addiction but mental illness. This is not the exception. I am not unique.

The first and most important thing I want to stress is that If I hadn't found recovery, I would have died from overdose or suicide. NA saved my life! For the first time in my adult life, I had hope that the horrors of addiction could be paused, and I could find a new way to live. I was given this gift by NA members who brought H&I presentations while I was hospitalized. Two to three times a week, I heard the message that an addict – ANY addict – can stop using drugs, lose the desire to use, and find a new way to live.



As a using addict, I spent decades not taking “appropriate” medications for my mental health because the pills and capsules doctors gave me didn't make me high. In my opinion, they didn't do anything for me. That was all I was looking for in those years. I tossed aside dozens of scripts without second thoughts and just went to another doctor who would prescribe me what I was really looking for: uppers and downers and if those weren't available, I would go to find drugs on the streets. I was self-medicating myself and didn't know it.

In recovery and by outside resources, I learned that my mental illness was like any other medical illness. This is an important fact for addicts. Not only was I a drug addict but the traumatic events of my life had caused brain lesions. I also learned that I had a chemical imbalance of neurotransmitters which was a result of years of drug use, mental, physical, and emotional trauma.

I also had developmental disorders which had been caused by continuous stress, abuse, and abandonment. Like many addicts, my life was a physical and emotional hell growing up and continued to be that way as an adult.

I learned that I couldn't just wish this condition away or only apply a 12-step program to it and be done. I didn't get better just because I suddenly quit using or began going to NA meetings, but I did raise my odds when I did this. My life started improving.



For me, participation in Narcotics Anonymous allowed for the physical healing of my brain to begin as well as my emotional healing to start. In early recovery, I found an NA sponsor and began doing the basics: using that sponsor, reading literature, doing steps, praying to my higher power, doing service, and carrying the message of recovery to other suffering addicts. But I also followed the directions of my psychiatrist who told me it was vital that I commit to 12-Step meetings indefinitely, and they prescribed non-narcotic and non-addictive medications as indicated.

While I have struggled at times, having a life worth living has certainly been worth it. I am grateful that I am able to continue moving forward and making progress in my recovery. It has only been through my faith in NA, my higher power, my physicians, and the program of Narcotics Anonymous that I remain clean and committed to my recovery, healing, and growth.

As a recovering addict with mental illness, I was very relieved to see the NA approved IP called Mental Health in Recovery. While some addicts in the rooms understand and support people like me and our need to take medication, the stigma of mental illness in NA is a real thing that can cause lasting harm or even death. It is my hope that this pamphlet and other articles like mine can begin the work of removing that stigma and allow other addicts like me to recover.



Another message that I want to leave you with is that it takes hard work, dedication, and support to recover mentally, physically, and spiritually. Don't give up.

Finally, if you can relate to my story, it is my wish that I have given you some hope. By telling you part of my story, I leave you with this...Remember. You are not alone, and **We Do Recover.**

ANNIVERSARIES

October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 Summerville C. 29 yrs Primary Purpose	4	5 Frank H 30 yrs G.I.F.T	6	7 Jenny H 4 yrs Clarity	8	9
10	11	12	13	14	15 Tom B. 18 yrs You + Me = We	16
17	18	19	20	21	22	23
24	25	26	27	28	29 Kate G 7 yrs Spiritual Awakenings	30
31						



UPCOMING EVENTS

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

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 Bass Pro Drive
Reservations: Ask for Regional Convention Room Rate (\$109) Breakfast Included (\$19)
Cutoff Date for reservations is September 10. No guarantee of availability after that date.

Friday Night: **MAIN SPEAKER** *Domenight Karaoke *Ice-Cream Bar
Saturday Night: **MAIN SPEAKER** *Womanless Beauty Pageant

Pre-Registration Information

Event (passport)	Price	Amount
Pre-Registration (through September 1, 2021)	\$15.00	\$
Registration (after September 1, 2021)	\$25.00	\$
Womanless Beauty Pageant	\$79.00	\$
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. 601-665-2297 Vice Chair: Larry F. 601-674-4677
Programming: Anthony P. 601-519-1573 Registration: Misty R. 601-519-8812

**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 10941 JONESBORO AR, 72403. OR [REGISTER ONLINE](https://www.na-wt.org/registeronline)
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 (\$50 BEFORE 10/1/2021, \$55 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

Sponsorship Day

Wednesday
1 December 2021

We are here to share
freely with any addict
who wants to recover.

Basic Text,
"What Is the Narcotics Anonymous Program?"

How will you celebrate?

- Read from the Sponsorship book in your meetings, with your sponsorship "family" or a special gathering of NA friends.
- Focus a speaker jam or speaker meeting on sponsorship.
- Hold a sponsor/sponsee event.

We encourage you to consider and discuss how
your community will celebrate these days.



New medallions to
celebrate Sponsorship
Day are available in the
[Web Store](https://www.na-wt.org/webstore).



We would love to hear your ideas and successes
celebrating Sponsorship Day: worldboard@na.org

VRC Committee
10.17.21 | 1:30pm
ZOOM ID - 936 007 7811
<https://zoom.us/j/93660077811>

H&I Subcommittee
10.21.21 | 6pm
ZOOM ID - 852 7199 0249
PW 2021

Newsletter Subcommittee
Meeting
10.23.21 | 2pm
ZOOM ID - 929 0101 7093
PW - NAnews

West Tennessee Area
Service Committee Meeting
10.24.21 | 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





VRC Program Schedule

THURSDAY Nov 25, 2021

7:00pm- 9:00pm Gratitude Speakers then Open Meeting

FRIDAY Nov 26, 2021

8:00am-8:45am	JFT Mediation Meeting	
9:00am-10:30am	Steps 1, 2 & 3 Workshop	Traditions 2, 5 & 12 Workshop
11:00-12:30pm	Steps 4 & 5 Workshop	For Newcomers (IP) Workshop
2:00pm-3:30pm	Triangle of Self Obsession Workshop	Being Accountable Workshop
4:00pm-5:30pm	Ask It Basket – Oldtimers Workshop	
7:00-9pm Speaker	Jerry S. (LA)	
9:30pm-10:30pm	Game Night	
10:30pm-12:00am	Dance	
10:00pm-7:00am	Marathon Meeting	

SATURDAY Nov 27, 2021

8:00am-8:45am	JFT Mediation meeting	
9:00am-10:30am	Steps 6 & 7 Workshop	Recovery & Relapse Workshop
11:00am-12:30pm	Steps 8 & 9 Workshop	A Spiritual Journey Workshop
	NA Literature Anniversary	
1:30pm-3:00pm	Steps 10, 11 & 12 Workshop	Sponsorship Workshop
3:15pm-4:30pm	My First Convention Workshop	Benefits of Service Workshop
5:00pm-6:30pm	Banquet Dinner	
6:30pm-7pm	Auction	
7-9pm Speaker	Renee F. (PA)	
10:00pm-11:00pm	Talent Show/Entertainment	
10:30pm-12:00am	Dance	
10:00pm-7:00am	Marathon Meeting	

SUNDAY Nov 28, 2021

8:00am-8:45am	JFT Meditation Meeting
8:30am-9:30am	Brunch
10:00am Speaker	Kermit T. (FL)

WE NEED
YOUR
HELP!

The theme for the November newsletter is Gratitude and Thankfulness.
What are you thankful for in Recovery?

Email submissions to cleantimesnewsletter@gmail.com.

Next Newsletter committee meeting:

- 10.23 | 2pm
- ZOOM ID – 929 0101 7093
- PW – NAnews



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.

WE DO RECOVER