



CLEAN TIMES

November 2021

**West Tennessee Area
NA**

**Newsletter Chairperson:
Cari B.**

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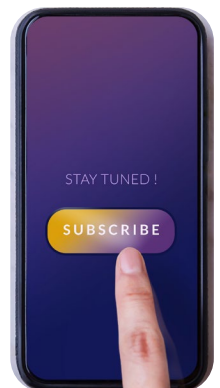
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This newsletter and other recovery resources can be found at NA-WT.org.

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!



Artwork submitted by:
Paula Jayne B.
Clean Sheets Archives

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 Gratitude Prayer

NA Basic Text

My gratitude speaks when I care and
when I share with others the NA way.



Artwork submitted by:
Lucy O.



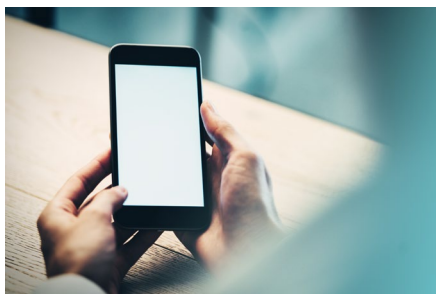
GRATITUDE

I have to say that I am incredibly grateful for the program of Narcotics Anonymous. Not because I grew up wanting to be an addict or raising my hand on career day to say that I wanted to be an addict but because I have needed this program.



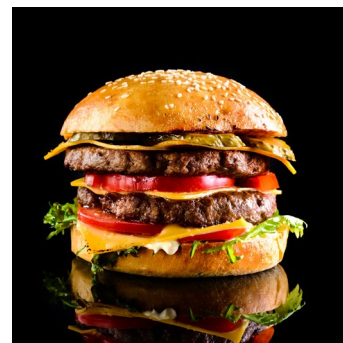
When you read this, it will be days before the one-year anniversary of my mom's death. I don't say this for sympathy or sadness. I say this to show just how grateful I am for this program and how together, WE can get through anything.

Let me start here, NA showed me who I am and who I can be. I'm not perfect, but it showed me how to be responsible and that when I say I'll be there for someone, I need to be there. I've been there for my "nieces" and "nephew," as well as other addicts.



As grateful as I am for that, I am just as grateful for the other addicts who have been there for me, including my first sponsor, some of you know him. I had six months clean when my cousin got married, and I was worried about my clean time due to a certain drug. He told me to call him before and after, and I did. Don't tell him, but it helped.

All this leads me back to my mom. When she was in the hospital, an addict took me to see her ... this was just days after the hospital lifted the rule that you can't go in unless you're the patient. After that, the addict took me to get one of the best burgers I've had ... on them.



Days later, when she passed, my sponsor was at the apartment and was about to leave when my phone rang, and I looked at the number and told him who it was. He sat down and waited for me to get off the phone and let me cry. Finally, he left, and I made phone calls. This after he and his wife were the first ones I called when mom had the heart attack. His wife ... an addict herself, took me to the cemetery the next day ... he would have been there but couldn't because of work, and I was only allowed to have ten people anyway.

These two people have been there for me this last year, helping me with all sorts of things. Other addicts kept coming up to me and calling to check on me. Without this program, I have no idea where I would be. Hell, I might not even be here today.

Today, I am GSR for my home group, involved in service work at the area level. I do other things at the group level because of this program of Narcotics Anonymous.



Thank you, NA. That's my story, and I'm sticking to it! David T High On Life

Start everyday with attitude of gratitude

When I arrived back in the rooms of Narcotics Anonymous in 2016, I heard so many times that I should have an "**attitude of gratitude**." I was told that the shame is not in the relapse; the shame is not coming back.

I remember being so broken and fragile that I didn't think I had an ounce of gratitude left in me. When I was finally open-minded enough to get a sponsor, I was told to make gratitude lists quite a bit. I would cringe every time. I would complain about something trivial or something so minuscule, and she would say, "Ok! Time to write out a gratitude list and call me!"



I didn't really understand why but I had that gift of desperation from truly hitting a bottom I had never hit before, so I was willing to do anything. I was living in my car when I returned to the program for the first few weeks, so my car and my clean time were all I really had. Gradually, I started adding things like sunshine, music, and cigarettes. I remember being so grateful to have a bed to sleep in again, access to food, and a fellowship of people that loved me until I could love myself.

One other piece of gratitude that I remember was being told that gratitude is an action word. How do I show that I am grateful for something? If I was grateful for my car, did I get my oil changed? Did I keep it filled up with gas? Did I keep it clean? At the time, no.



If I was grateful for where I was living, would I make my bed? Did I pay rent on time? Did I leave dishes in the sink, or did I even clean up after myself? If I was grateful for my recovery, did I call my sponsor regularly, work steps, call other women, and be of service? I knew if I were truly grateful for something, I needed to put action behind it.

Today I am so grateful for all sorts of things in my life. The material things are temporary and replaceable, but my spiritual state and recovery are both things that I certainly put action behind today.

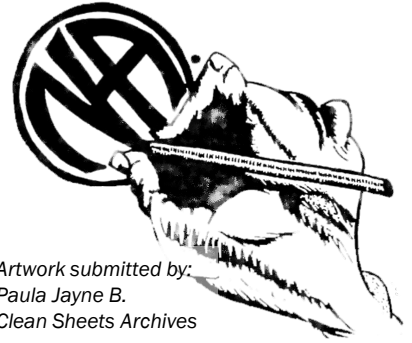
The definition of gratitude is the quality of being thankful and readiness to show appreciation for and return kindness. I am so grateful for the readiness I have today, thanks to the Narcotics Anonymous program. Thank you for letting me share my experience because I can only keep what I have by giving it away.



Sam T.

Hope, Love, or Fear

Gratitude, today I understand that my entire life and everything I have inside and out is because of the program of Narcotics Anonymous.



Artwork submitted by:
Paula Jayne B.
Clean Sheets Archives

At 20 years old, when I walked in and had nothing, just got out of jail; I had nowhere to live. I was ready to go back out and start my life again exactly the same way I've been living it. But something in the rooms kept me here, I don't know if it was **hope or love or fear**, but I stayed.



Many times, in the early years, I thought fuck it, I'm just gonna get fucked up ... I can't handle this. I wasn't getting everything I wanted, and everything was so big, I didn't know how to handle anything. I was selfish, self-centered, a victim of everything, and angry, very angry. I knew you were out to screw me over, so I would screw you over first.

Being a part of narcotics anonymous gave me the opportunity to grow up and become the person that I've always wanted to be. The steps changed me in so many ways. I am a better person, a more caring person, someone that I can be proud of. This is all because of Narcotics Anonymous. Without this program, I would be dead or worse.

Terry B.

ANNIVERSARIES

November

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Rebekah V 1 yr You + Me = We	3	4	5	6
7	8	9	10	11	12	13 Taylor W 1 yr Lunch Bunch
14	15	16	17	18	19	20
21	22 Carol D 7 yrs High on Life	23	24 Rick A 11 yrs You + Me = We	25	26	27
28	29 Marcus M 15 yrs Hope Dealers	30				



UPCOMING EVENTS

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

Activities Committee
11.6.21 | 5pm
The Pancake Shop
4838 Summer Ave, Memphis

VRC Committee
11.7.21 | 12pm
ZOOM ID – 936 007 7811

VRC Committee
11.14.21 | 12pm
ZOOM ID – 936 007 7811

H&I Subcommittee
11.18.21 | 6pm
ZOOM ID – 852 7199 0249
PW 2021

Newsletter Subcommittee
Meeting
11.20.21 | 2pm
ZOOM ID – 929 0101 7093
PW – NAnews

VRC Committee
11.21.21 | 12pm
ZOOM ID – 936 007 7811

West Tennessee Area
Service Committee Meeting
11.20.21 | 2pm
ZOOM ID – 812 2271 0595

"STAYING CONNECTED TO STAY PROTECTED"



HOTEL RESERVATIONS
SHERATON HOTEL CHALET WESTPORT
191 WESTPORT PLAZA
ST. LOUIS, MISSOURI 63146

SLACNA ROOM RATE:
\$107/NIGHT
(STANDARD DOUBLE)

FOR HOTEL RESERVATIONS CALL
1-888-627-7066

***When booking your hotel reservation, please mention **SLACNA**
SLACNA (St Louis Area Convention of Narcotics Anonymous) to
ensure you receive the discounted convention rate,
\$107.00/night plus taxes and fees.

FREE parking for registered guests
FREE shuttle to the hotel from St. Louis
International Airport

Daytona Area Narcotics Anonymous
"It Starts Here" Group Invites you to:

"The Feast Before The Feast"

Thanksgiving Dinner

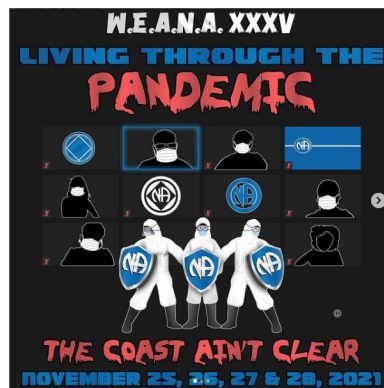
Wednesday, November 24th, 2021
Starting at 6:30pm
6:30pm-8:00pm Food, Fun, and Fellowship
8:00pm Speaker Meeting
9pm: Pie in the Face Auction
\$5 Suggested Door Donation

First Christian Church

326 S Palmetto Ave | Daytona Beach, FL

Volunteer to get pied in the face!
Proceeds will be used to purchase NA Literature
Bring a side dish

Made with PosterMyWall.com



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.



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



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)



The theme for the December newsletter is The Gift of Recovery. We can only keep what we giveaway. What has recovery given you?

Email submissions to
cleantimesnewsletter@gmail.com.

Next Newsletter committee meeting:

11.20 | 2pm

ZOOM ID – 929 0101 7093

PW – NAnews



Artwork submitted by:
Paula Jayne B.
Clean Sheets Archives

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.

