



CLEAN TIMES

December 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.

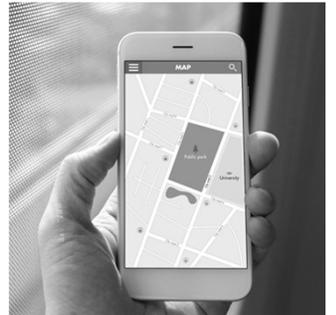




Regional Helpline



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.

Just For Today Meditation



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.

Basic Text Audio

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.



Regift the Gift of Recovery



"I could never date a recovering addict; I like to party too much." These were the words I said to my best friend when she started dating her boyfriend (a recovering addict) in early 2018.

The Cari from back then was very different than she is today. She liked to party too much, that was for sure. All night binges caused her to need uppers to get going in the morning. Some mornings she would steal her daughter's medication to get over her hangover.



She took out payday loans and title loans to pay for her habit. Her bank account was overdrawn by \$1800. She even tried to cash a check that wasn't entirely hers once (that's a whole different story).

Her addiction told her that this was normal. She didn't think she was an addict because her addiction told her she had it together. She had a house, a job, and a car. She believed she was managing her substance usage.

Her addiction led her to leave her daughter at home to fend for herself most nights. As young as 10 years old, her daughter was left to cook dinner, do her homework, and put herself to bed because mom was out with her friends. Her daughter was basically motherless.

Then when her daughter was a little older, Cari's addiction told her it would be fun to include her daughter in the partying. She started allowing her daughter to use with her. That subjected her daughter to an entirely different level of vulnerability that would come to light a few years later (a few years too late). She even drove home under the influence of drugs while her daughter was in the car.



2018 was a challenging year for Cari. Her addiction caused her to seek more potent drugs to numb the pain. She was at a crossroads and was ready to end her life. Then her higher power stepped in and pointed her towards recovery through a recovering addict.



Today, Cari (me) has three years clean. I'm no longer the same person as I was in early 2018. Recovery has given me my life back, shown me a new way to live, and renewed my relationship with my daughter. I'm eternally grateful for the gifts that recovery has given me. Without recovery, I would probably be dead by now. My daughter would still be motherless. I no longer steal medication or use drugs to numb the pain.

Recovery has shown me how to handle my emotions, reach out when I need help, and live life on life's terms. I am free from the shackles of addiction. Life isn't all rainbows and unicorns, but I am learning how to live with life's ups and downs through NA. I am still growing, but my life is better than it ever was in active addiction because of this fellowship.

A year ago, I learned that the best way to show my gratitude for the gift of recovery was to regift it. I turned to service work to keep giving back. You can regift recovery too. Talk to your sponsor, visit the area website, or come to an area service committee meeting to learn how you can do service work to regift the gifts of recovery. ILS, Cari B.

Recovery

Grateful and clean, calm and serene;
can you tell me, what these feelings mean?
They help to raise your self-esteem;
by making your life, a delightful scene.
If you keep it simple, and follow the steps;
later on down the road, you'll have no regrets.

But if you do it your way, not following the text.
chances are later on, you'll turn to us next.
It may not seem easy, taking a look at yourself;
so see what we have, come share the wealth.
The suggestions you hear, may make you want to hide;
simply come on and try us, just swallow your pride.
Life can get better, I'm here to say,
it keeps getting better, day after day.
We all have our problems, each and everyone;
only when we think clearly, we don't have to run.
There's other's to help you, every step of the way,
to share with, to cry with, and even to pray!
They've had their own milestones, in life to overcome;
so maybe with their help, you'll overcome some!
Yet to keep on living, a life clouded in pain;
seems so sadly overwhelming, there's no spiritual gain.

Anonymous

A Father's Joyful Sorrow

What a joy to have a newborn son,
and know he is your number one.
As the dawn of youth slowly unfolds,
His intelligence and kindness, begin to show.
He has that sweet, infectious smile;
My memory carries, for the perpetual mile.
His childhood days, were not always grand;
So many hopes and dreams left unplanned.

There was a time in days gone past; His mom
decided she couldn't last.
Without a word or reason why,
I started shaking and began to cry.
The tears in my eyes, I could not hide; As my little
young man stood by my side.
He caressed my cheek with heartfelt pride;
Saying c'mon dad, let's play outside.
There's a time to be happy, and a time to be sad;
That's one thing I remember you taught me dad.
So come and sit on my tree swing and see the
joy that it will bring.



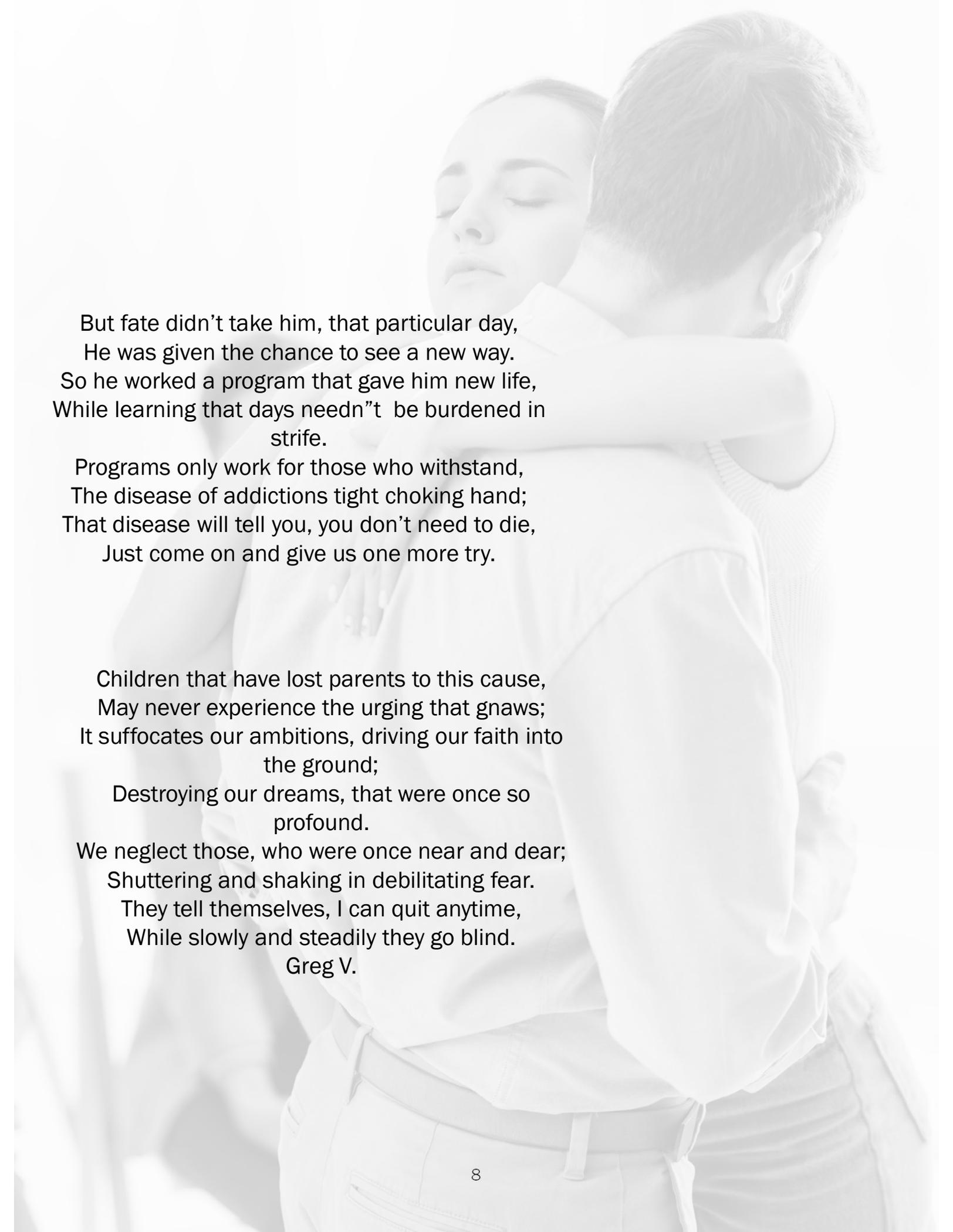
Several decades have passed, since that
memorable time;
As that sweet boy became a young man in kind.
There's no longer a swing or a tree to see;
While those memories slowly faded away from
me.

Then as his future began to unfold,
he brought three beautiful children into this
world to hold.

But times were hard on their dad,
most of his time was spent feeling sad.

Then with the conviction of addiction,
He was drawn to dereliction;
Living days that slowly pass,
sleeping nights under an overpass.
After he learned, his brother died;
He slipped even deeper, into the other side.
Bringing his children to me to live,
Saying he had nothing more left to give.

Those children were given up,
by parents that lost all hope;
Shunning responsibilities,
In the pursuit of more dope.
Then to hear their young son say,
one dreary dismal day;
"Why is daddy asleep, behind the wheel,
with a needle in his arm he does not feel?"
I wonder will this be my last chance,
to see my dad in an ambulance?



But fate didn't take him, that particular day,
He was given the chance to see a new way.
So he worked a program that gave him new life,
While learning that days needn't be burdened in
strife.

Programs only work for those who withstand,
The disease of addictions tight choking hand;
That disease will tell you, you don't need to die,
Just come on and give us one more try.

Children that have lost parents to this cause,
May never experience the urging that gnaws;
It suffocates our ambitions, driving our faith into
the ground;
Destroying our dreams, that were once so
profound.

We neglect those, who were once near and dear;
Shuttering and shaking in debilitating fear.
They tell themselves, I can quit anytime,
While slowly and steadily they go blind.

Greg V.



Participating in the Worldwide Decision-Making Process

CAR/CAT/WSC/RCM and more

Every 2 years Regional Delegates (RD) and their alternates (RDA), the World Board (WB) members, NA World Services staff members, and more recently Zonal Delegates (ZD) and their alternates (ZDA), come together for the World Service Conference (WSC). Until the pandemic this was a week-long meeting in California in late April / early May.

Last year an abbreviated conference happened virtually which was a huge deal. The good thing about this? Most of it was available for members to watch online! Although conventions and conferences have started gathering in person this year, because the WSC is made up of participants from around the world, it is still not feasible to meet in person.



The WSC is a BIG deal in part because this gives ALL members of NA the opportunity to participate in the decision-making process for our worldwide fellowship. The Conference Agenda Report (CAR) typically comes out in late November before the WSC and includes items for voting and discussion. The Conference Approval Track (CAT) typically comes out in late January and includes items like the budget, project plans for the next conference cycle and more. This cycle, because of another abbreviated virtual conference, the CAR and CAT have been combined into one document, the ICC (Interim CAR/CAT).



Typically, the regional delegates of our region or other experienced members have workshops or a regional assembly to go over the CAR and CAT and give members the opportunity to ask any questions so that when we vote in our homegroups we will understand better what we are voting for.

To get a head start on preparing your groups to make an informed decision, you can download the ICC by following this link. AND, a draft of our new book, Spiritual Principle a Day (SPAD), which has been in the making for several years now, is available for download. If you want a paper copy for \$10, it is available to order.

Interim CAR/CAT:

na.org/admin/include/spaw2/uploads/pdf/conference/CAR/2022_ICC.pdf

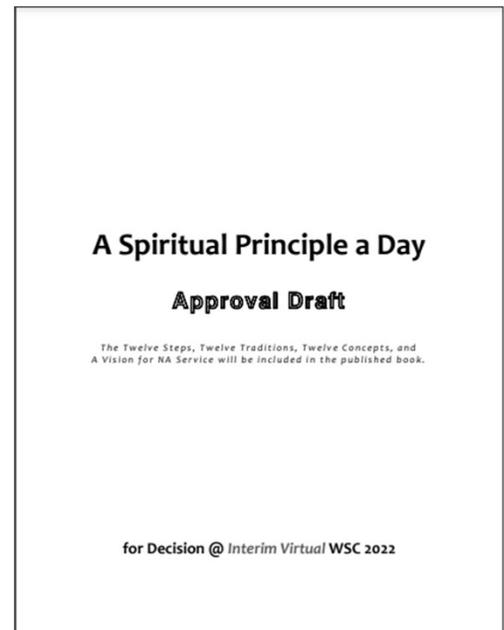
Spiritual Principle a Day draft download:

na.org/admin/include/spaw2/uploads/pdf/conference/CAR/SPAD-ApprovalDraft_WEB.pdf

Spiritual Principle a Day draft in the web

store: <https://cart-us.na.org/spad-approval-draft-9146>

All things WSC related lives on the na.org website here: na.org/conference



As the RCM (Regional Committee Member) for the West Tennessee Area, if you have any questions, please reach out. Lucy O, 901-497-0691, lucy.owens@gmail.com

And don't forget, our area needs an RCM alternate. Please consider being of service in this way. RCM is to the Area what the GSR is to the group. The RCM attends Area and Regional service meetings. The GSR attends Group and Area service meetings. The Regional Service Committee (RSC) meets quarterly. Some meetings are hybrid and one meeting a year is virtual only. To read more about the position of RCM, look at our WTASC guidelines: <https://www.na-wt.org/guidelines>.

In gratitude,
Lucy O



DECEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7 Paula R. 3yrs GIFT	8	9 Candi H. 1yr High On Life	10	11 Carol S 18 yrs Clean Air
12 <i>Alex W. 4 yrs Primary Purpose</i>	13	14 Dana R. 1 yr Clarity	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Calendar Graphic submitted by Carol S.

ANNIVERSARIES



UPCOMING EVENTS

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

Activities Committee
 12.4.21 | 5pm
 The Pancake Shop
 4838 Summer Ave, Memphis

H&I Subcommittee
 12.16.21 | 6pm
 ZOOM ID – 852 7199 0249
 PW 2021

Newsletter Subcommittee Meeting
 12.18.21 | 2pm
 ZOOM ID – 929 0101 7093
 PW – NAnews

H&I Subcommittee Meeting
 12.19.21 | 1pm
 8500 Walnut Grove Rd,
 Cordova, TN

West Tennessee Area Service Committee Meeting
 12.19.21 | 2pm
 ZOOM ID – 812 2271 0595
 8500 Walnut Grove Rd,
 Cordova, TN

NA Men's Virtual Retreat Dec. 3-5
 - Registration is open – no donation required @ www.MensNAretreat.com -

Friday 12/3/21:

- 6:00-6:45 PM PST – Meditation with Greg P., Las Vegas, NV
- 7:00-9:00 PM PST – Meeting with Host Jimmy S., Las Vegas, NV
 - Richard H., Las Vegas, NV
 - Travis S., San Diego, CA
 - Anthony E., Canyon Country, CA

Saturday 12/4/21:

- 8:30-9:15 AM PST – Meditation with Dan M., Las Vegas, NV
- 10:00 AM-12:00 PM PST – Meeting with Host Robin K., Ventura, CA
 - Charles C., Philadelphia, PA
 - John E., Phenix, AZ
 - Marc S., San Diego, CA
- 2:00-4:30 PM PST – Breakout Groups with Host George M., San Diego, CA
- 6:00-6:45 PM PST – Meditation with John B., Carbondale, CO
- 7:00-9:00 PM PST – Meeting with Host Kevin T., San Diego, CA
 - Abdul Hamid R., Hollywood, CA
 - Ruben C., San Antonio, TX
 - Billy R., Scottsdale, AZ

Sunday 12/5/21:

- 8:30-9:15 AM PST – Meditation with Drew S., Berkeley, CA
- 10:00-11:30 AM PST – Closing Participation Meeting with Pete K., San Diego, CA

SURRENDER BY THE SEASHORE 36



Friday - Sunday, January 7th - January 9th, 2022

Date: / / Clean Date: / /
 Address: _____ City: _____ State: _____ Zip: _____
 Phone Number: _____
 E-Mail: _____
 # Pre-registration(s) @ \$20.00 (August 2021 – Nov. 30, 2021) \$ _____
 # Registration(s) @ \$25.00 (After Dec. 1, 2021) \$ _____
 Newcomer Donation = \$ _____ Total = \$ _____

Please mail form along with your check or money order made payable to:

Surrender by the Seashore
 P.O. Box 4175
 Biloxi, MS 39535

Any questions, call our Convention Chair, Helene Levine @ 228-239-5224 or our Programming Chair, Stephanie Ann @ 228-229-6087

(!!! Room Rates \$114 - mention Surrender by the Seashore 36 !!!)

Hilton Garden Inn
 2703 Denny Avenue
 Pascagoula MS 39567
 (228) 762-7182

Pre-registration - \$20.00 (Prepay and save today!)
 Registration at the door - \$25.00

Standing on Spiritual Principles
CAACNA 2022
 "FREE AT LAST" XXV
 JANUARY 14TH - 16TH
Living Life on Life Terms

MONTGOMERY, ALABAMA
 DOUBLETREE HOTEL - DOWNTOWN
 120 Madison Ave - Montgomery, AL 36104
 Hotel Number: 334-245-2320

USE CODE : C-AZP / ROOM RATE \$129 + TAX
 DEADLINE TO BOOK WITH DISCOUNT: 12-22-21 PARKING \$12 PER DAY

PRE-REGISTRATION ENDS NOV. 30, 2021 CAACNA XXV 2022 REGISTRATION \$35 NAME: _____ ADDRESS: _____ CLEAN DATE: _____ EMAIL: _____ PHONE NUMBER: _____ NUMBER OF PRE-REGISTRATIONS (\$30 X _____) + NEWCOMER DONATION (_____) = TOTAL _____ ALL WHITE BANQUET/LIVE PERFORMANCE/ COMEDY SHOW BUNDLE DEAL \$75 - ALL WHITE BANQUET/LIVE PERFORMANCE \$40 - COMEDY SHOW \$12.50 -	CONVENTION CONTACT: Chair: Curtis P. (334) 473-8498 Treasurer: Carl S. (334) 324-7509 Programming: Tunja T. (334) 207-0061 Merchandise: Tiffany M. (334) 655-3287 Registration: Lachele W. (334-370-5352 Hospitality: George R. (334)316-9593 Hotel: Tyrone M. (334)467-1050
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"Stay, Pray and Live" Convention III
 Keep It Simple Area
 (KISANA)
 Everyone will be asked to register
 March 11 -13, 2022

The Gateway Conference Center**
 3900 Commerce Drive
 Ridgburg, SC 29729
 (803) 789-0614

Registration # _____

Registration \$25 (6/16/2020 and Corrections)

Hotel Information
 Holiday Inn Express
 8190 Commerce Dr.
 Ridgburg, SC 29729
 803-789-9000
 Room rates \$109.00 plus tax
 Room block SPL3

Club's Check or Money Order ***
 See: Stay and Live
 c/o Keep It Simple Area
 P.O. Box 12279
 Rock Hill, SC 29731-8279
 Club App #41510NA, Put SPL 3 in the reference line

Convention Chair Clarence W. (803) 554-0547
 Programming Chair Mayjorie C. (803)374-0213
 Registration Chair Robbie R. (803) 370-5568

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____ Email: _____

Please Print Clearly
 ** For Conference Center and Hotel, use 177 Box 93
 *** Do not mail club

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.