



The Clean Slate

JANUARY 1, 2017

VOLUME 1, NUMBER 1

UPCOMING NA EVENTS

January

Newcomer Get Together Day

Date: 1/21/2017

Time:
12pm-6pm

Where: St James
Missionary
600 28th Ave N
Nashville, TN

Why We Need A Newsletter

It's an exciting time to live in Nashville Tennessee and its surrounding counties. Things are growing at a rate that is unprecedented. The same goes for the Narcotics Anonymous community here as well. There are meetings opening all over the city serving our diverse population. In addition to that, there are members outside of Nashville Davidson County that have found it necessary to start meetings in the communities that they now live. The question now is how can we continue to connect, communicate and serve this fellowship and let our members know what is happening both in their local communities and those surrounding them? Since our beginnings here in 1979, there have been several efforts in establishing a newsletter for our members. Some have been more consistent than others. We are making the early efforts to establish a standing committee that will hopefully provide a service to the now 70 plus groups that call Middle Tennessee home. In our discussions on what to call this version of the newsletter we decided to return to the original name **THE CLEAN SLATE** in a salute to those that had the courage and willingness to establish those first efforts in carrying our message to the addict that still suffers. Please let our members know of our efforts, go to your groups and tell them that we are here to serve. Go to your committees and communicate with them as well. We do things simply to promote our common welfare and to let those both new and experienced to our fellowship see what can happen when we organize our efforts for the common good of the fellowship. 2017 is a year of change for all of us. Please allow us to communicate that change to the close to 2 million people that call this place home and are affected in one way or another by the disease of addiction. Most importantly, we will let them know that together....

WE DO RECOVER...



Communication in Narcotics Anonymous

February

Unity presents Mardi Gras in Nashville

Date: 2/25/2017

Time:
4pm-10pm

Where: City Road
Church
(Where Sweet
Surrender meets)
701 Gallatin Pike
Madison TN
37215

Unity Questions:
Contact Brian O.
615.879.2190

Communication is the life flow of love, energy, thoughts and ideas from one person to another. Communication is the foundation for how human beings interact with one another and is pivotal in our success as addicts to get another day clean. Communication in NA takes a variety of forms and serves as the fundamental building block of how the Narcotics Anonymous program works. Without communication between one another, we would all still be suffering from our addiction and struggling to get another day clean.

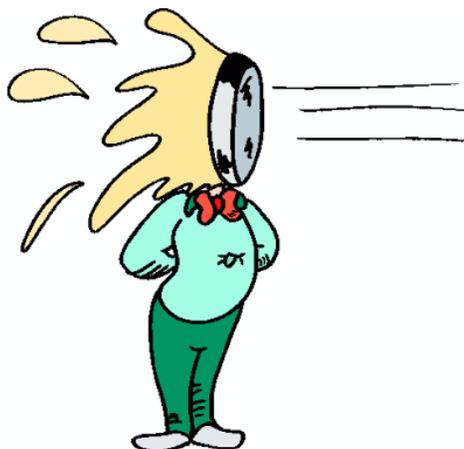
As addicts, effective communication has never been one of our strong suits. We had to learn how to interact and communicate with one another, from one another. Sponsorship is the key in learning and identifying healthy means of communication. My sponsor and I communicate about life, feelings and most importantly my thinking and perspectives. Someone once asked, "Why do I need a sponsor?", and the sponsor replied, "Because it is hard to spot self-deception by yourself." When I communicate with my sponsor about my feelings and thoughts he is able to communicate his experience to me, which enables me to get a better perspective on my life. Hence the, "Through NA I get a better perspective on my life" quote. If I do not get humble, practice some willingness and faith by allowing someone else to know what I am thinking and feeling how is anyone suppose to know that I need help? Without communication, I would be left to my own thinking, which we all know is a scary place to be.

Another way we communicate in Narcotics Anonymous is through service work. Even when I do not feel like it, service work affords me the opportunity to help others while working together towards a common goal of reaching out to the addict that still suffers. Not only does service work teach me how to communicate and interact with others, it also communicates love, selflessness, humility and compassion. Service work communicates to the newcomer that we care, we are here for you and that we are willing to give without expecting anything in return. Not to mention the entire existence of Narcotics Anonymous as a whole is dependent on its members serving one another to keep our fellowship alive and strong.

This brings me to my last point, non-verbal communication. How I act, behave and carry myself speaks volumes to other members, newcomers and most importantly what I think about myself. When I actively apply spiritual principles in my life I am communicating that I am willing and that I have a desire to stay clean. My behavior, or lack of, speaks to others about who I am and what the program of Narcotics Anonymous program has taught me.

We are each other's eyes and ears. We need each other in order to stay clean. And staying clean starts with opening up and communicating. I needed someone to show me how to get high, just as I need someone to show me how to stay clean. And that all starts with my willingness to open up and communicate to other addicts.

Fundraisers for KISS KAMPOUT



Presents:
PIE IN THE FACE

Homegroups are encouraged to start raising money now for whomever they do **NOT** want to get a pie in the face. The member who raises the most money will put a pie in the other's face!!!!

Bring any money raised to the Chili Cook-off and drop it in the corresponding member's box.
(Individual donations accepted onsite)



Saturday, February 25th 2017
Judging begins @ 5:30 p.m.
(Home Groups should submit Chili by 5:00 p.m.)

Speaker meeting @ 7:30 p.m.

Location:
St. Luke Cumberland Presbyterian
901 Old Hickory Blvd Madison 37115

Questions? Contact:
Len P. 615-593-9232
Mandy M. 615-598-6036



NA Events

March

March Madness
at Patterson Park

Date: 3/11/2017

Time:
11am-3pm

Info:
3- 4 people
per team. \$7.00
per person to play

April

Panama City
Fun in the Sun
Convention

Date: 4/27-4/30



WE WANT YOU

**“Spring Into a New Way of Thinking”
April edition**

Be on the lookout for the April issue of the Clean Slate where we will explore members experience with gratitude from multiple perspectives.

We want your experience, strength and hope. If you would like to submit you experience with Gratitude please email your submissions to:

Newsletter@NaNashville.org



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