

# Volunteer Spirit *Fall 2025*

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***I felt my relationship with myself repair and grow, and it has only progressed since then. I felt myself truly forgive myself.***

## The First Person On My Ninth Step

*James B, Little River Group, Knoxville, TN*

**T**HE first person that was on my Ninth Step list was also the first person I addressed about resentments I had towards them in my Fourth Step, and they were also the first person I listed in my Eighth Step - myself.

The parts of the Step Working Guides where it prepares me for making amends in letting go of resentment and how the other person may have harmed me really hit me in the gut here. I had to already come at it with a certain level of forgiveness for myself before even making my amends, which struck me as backwards or out of order. It was a little surreal, all around.

What's even more trippy is that I was the only person on my Ninth Step list that was there the whole time while I was preparing, planning, and writing my amends to them. I was seeing the letter that I wrote as I was writing it and editing it with my sponsor's help.

I had a lot of resentments towards myself that I got to look at in my 4th step, and many different ways that I harmed and betrayed myself. There is a certain part of me, the young child version of me, that hoped I would grow up to be a good role model, respect that younger version of me and take care of him, and be a good person. I didn't do that in active addiction. I tore myself and the world around me apart, and I became my own villain.

I chose a letter for myself because I wanted to sit down, meditate, and read it to myself in the mirror.

This may be an unorthodox method, but it meant something to me: I also created a basic instrumental song about my own amends that I played in the background while reading the letter to myself.

Every step of the process led to deeper and more profound feelings of freedom, with milestone moments being the first draft I sat down and wrote, the first time I read it to my sponsor, and of course when I read it to myself.

I know that the Steps advise me not to seek forgiveness as the goal in the amends process, but I want to tell you that I did get it. I felt my relationship with myself repair and grow, and it has only progressed since then. I felt myself truly forgive myself.

This was important to me to do first before any of my other amends, because I wanted to right the wrongs against myself towards feeling like a more whole and complete person who had experienced an impactful "other side" of the amends. What it feels like to be approached with amends from an NA member. I wanted to do that in order to deepen my empathy for others I would later approach.

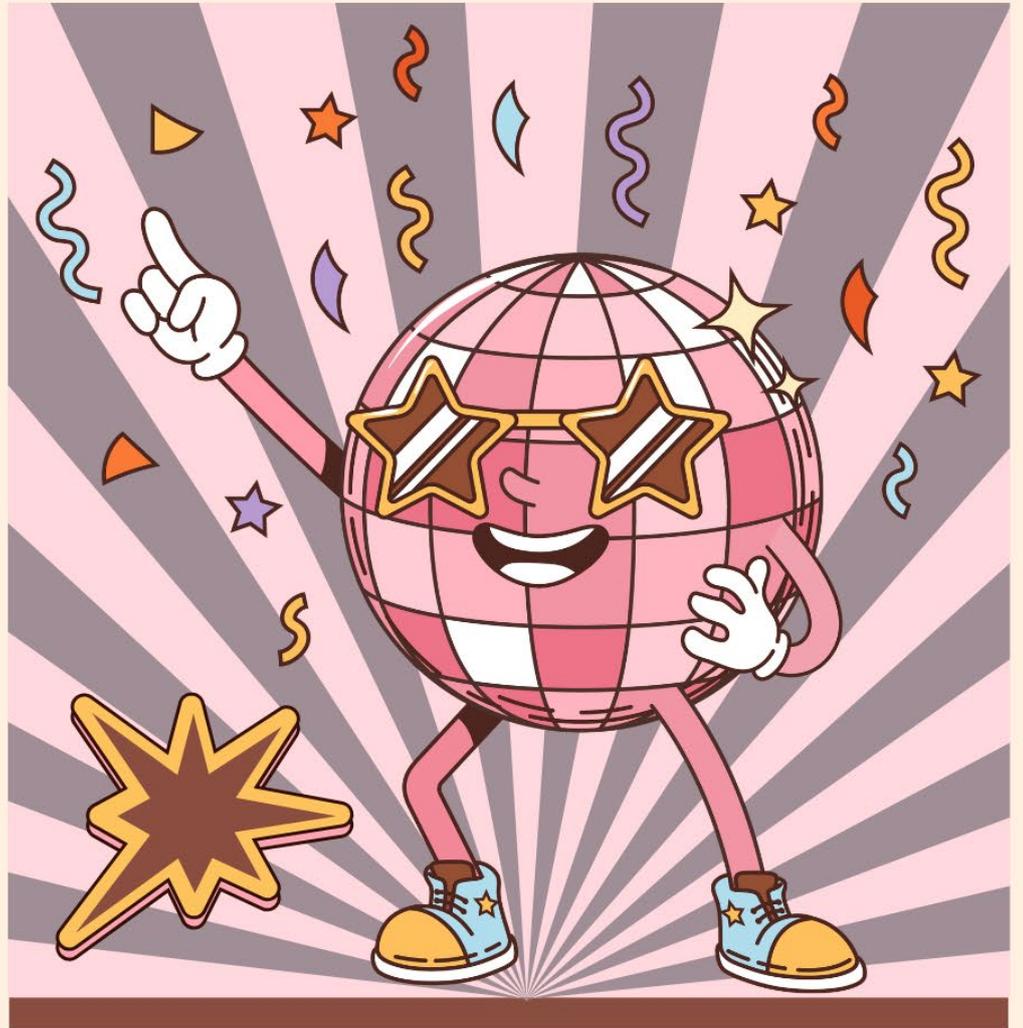
In all, it was a critical part of my healing journey. I highly recommend adding one's self to the Ninth Step, but I'm not here to tell anyone else how to work the Steps. I can't promise the same results, I can only share my experience, strength, and hope.

It was truly a blessing for me, and if you go down the same path, I pray the same for you.

In loving service,  
*James B*



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**INVITE THE WORLD!**

**MAKE A LIST**  
**FRIENDS - FAMILY - CO-**  
**WORKERS - STRANGERS**  
**EVERYONE!**

Man, we really caused a lot of harm.



## Steps Seven, Eight, And Nine

*Anonymous*

I LEARNED, after my first time through the steps, that I needed to start over with One again. Up until that time, I had the idea that once I finished Twelve all I needed to “work” were Steps Ten, Eleven, and Twelve. I guess that might work for some if they were thorough enough going through them the first time, and thorough enough with Steps Ten, Eleven, and Twelve. Personally, I started slacking with my Step Work. I needed to start over with One again. Honestly, I don’t know how many times I’ve worked through the Steps. But I’m always working through - reading, studying, writing, talking about - the Steps, Traditions, Concepts, or some piece of NA literature.

I really saw the value with starting over with the Steps at about sixteen-or-so years clean. Regarding Step Seven, I thought that it was me removing my shortcomings by working on them. Yes, I still needed to do the work, but God is the one that removes them. I can’t will them away any more than I could stop using on my own. The longer I stayed clean and more I studied Step Seven, the more apparent this became to me.

Most of the amends on my list were financial, but definitely not my only amends. Shoplifting at nearly every store I entered the last few years of my using (and some even in early recovery), writing bad checks, stealing money from work (while using and in early recovery) made it hard to find a way to truly make amends for that. First, I didn’t know a monetary value for everything I took that wasn’t mine. Second, I didn’t even know all the stores I stole from. It was overwhelming. The first time I tried to get clean, I stopped working the Steps when I got to Nine. I relapsed soon after.

When I got clean in 1987, I did two things to make restitution. I filed a chapter thirteen wage earner, and began paying back all the businesses and organizations that I knew I owed money to - like the phone and electric companies, old student loans, and more.

A member told me one way to make amends for all the places I had taken from was to do some form of community service, so I began helping out at a soup kitchen and did this for a number of years. It just never felt like I was truly making amends and restitution for all the stores

I had stolen from. One day, after leaving my sponsor’s house after some Step Work, it hit me. Nearly every store I went in had some sort of way to give to the community financially. So I started giving to the food bank every time I went in the grocery store. I wasn’t a good pet parent either. More than once I abandoned pets when I moved out or got kicked out. I gave to pet rescues when I went in the pet store. Sometimes it asks if I want to give to St. Jude, and any number of other charities. I started this twenty-two years ago. I finally felt like I was making amends for this huge wrong I’d committed on my amends list. Instead of taking something every time I walked in a store without paying, I was giving back. Have all these small amounts added up to what I actually took? I have no idea, but its an amends I will continue as long as I live.

Before, I’d think to myself when asked if I wanted to give to this or that charity, “I work too hard for my money, I’m not giving it to anyone.” I’m grateful today that I’m able and willing to give a little away and, in doing so, I’m making amends and helping others.

## Seventh Step Haiku And Warning...

*Anonymous, Knoxville Area*

**B**ALLOONS at ceiling,  
Higher Power took them up:  
I can pull them back.

SPIRITUAL SOLUTIONS GROUP  
OF NARCOTICS ANONYMOUS

*Tenth Anniversary*

# GRILL & COOKOUT

*Noon, Sunday September 7th  
Barfield Park, Pavilion 8*



# VRC Memories



(NA)

HAVE WE GOT A CONVENTION FOR YOU!

THE FIRST VOLUNTEER REGIONAL CONVENTION...  
 "LIVING THROUGH GIVING"  
 NOV. 24-27, 1983 IN NASHVILLE, TENNESSEE  
 AT THE HYATT REGENCY 629 UNION ST (W) 254-1234  
 \$35.00 PER ROOM (1-6 PERSONS) NASHVILLE, TN 37219  
 SPEAKERS FROM OHIO, MISSOURI + CALIFORNIA!  
 > THANKSGIVING BANQUET <  
 \* FELLOWSHIP \*  
 DJ DANCE / COFFEEHOUSE FEATURING N.A. TALENT  
 TOURS OF MUSIC CITY / GREAT ROCK 'N' ROLL /  
 WSC WORKSHOPS AND EVEN  
 JAZZERIZE TO HELP YOU GET ENERGIZED  
 AND WORK OFF SOME OF THAT CONVENTION  
 ELECTRICITY  
 DO NOT DELAY! REGISTER TODAY!  
 SEND \$12.00 REGISTRATION \$15.00 FOR BANQUET  
 TO:  
 F.A.V.R.C. / BOX 15B326  
 NASHVILLE, TN. 37215  
 BE THERE OR BE  !!!

Handwritten Flyer, VRC I,  
 Nashville, 1983

## Why VRC Means So Much To Me

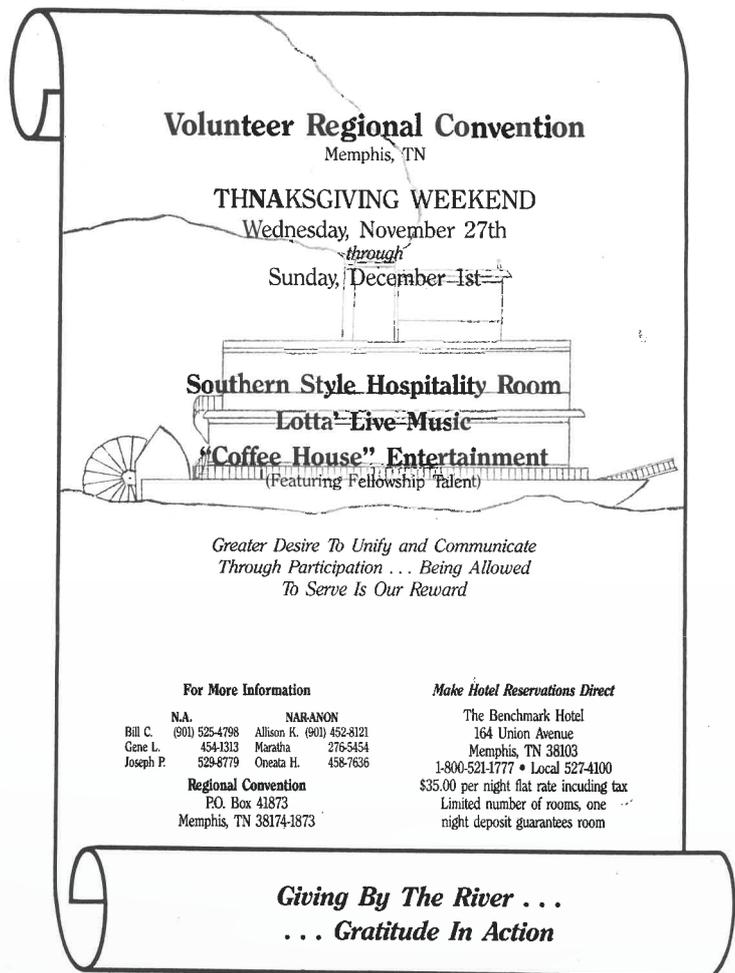
Suzanne M, VRC XLIII Chair

I'd like to share with you - and really anyone who'd like to know - why VRC means so much to me.

I had a little over a year clean at my first VRC in Memphis in 2013. My family - and I mean my *WHOLE* family - had blown apart. I'd spent my whole life trying to hold my family together and in that first year it had all just completely slipped away. My aging Mom, who was by that time dependent on my brother, did her best to carry on her tradition with dinner on Thanksgiving Day. But the family dynamics had not changed - I had not changed - and I felt so *uncomfortable*. For the first time in my life I felt I had no place to be. So my sponsor suggested that I come to VRC and help with her committee. I remember only one thing about that convention - a deep knowing

in my soul - that I was with family. At the next convention in 2017, I was still in such chaos with my kids - one lived six hours away, one barely spoke to me and was still in active addiction. I had been going to the VRC committee meetings, just listening, and showed a little willingness to help if I was asked. Again, with no place to be during that holiday, I spent every moment I could at that convention.

Four years later, in February or March of 2021, I was "voluntold" to be Merchandising Chair for VRC XXXIX. I had no experience, no confidence in myself, and no comprehension of how my Higher Power could move mountains for me if I just showed a tiny bit of willingness and got out of the way. I took the suggestion, and the whole committee came together to help me with that position. But the miracle of that decision really occurred when I once again



Care To Share or Chair? Send Tape To VRC III c/o Program Committee  
 Please! Pre-Register By Friday, November 22nd  
 No Cash. Complete And Turn It Over To VRC III, Box 41873, Memphis, TN 38174-1873

Name \_\_\_\_\_ Address \_\_\_\_\_ Zip \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_ Phone ( ) \_\_\_\_\_

\$15.00 Registration  N.A.  NAR-ANON  Oh, Shucks! Cannot Attend Due To Prior Commitment  
 \$11.00 Thanksgiving Buffet Feast, Thursday 6:00 p.m.-8:00 p.m.  Darn It. However, Enclosed Is A Donation To Help Newcomers Participate  
 \$6.00 Sunset Jazz Cruise on Mississippi River, Friday 4:00 p.m.-6:00 p.m.  
 \$21.00 Saturday Buffet Banquet and Dance  
 \$6.00 Sunday Brunch Buffet, 8:00 a.m.-10:00 a.m.

Registration Form, VRC III, Memphis, 1985

found myself with nowhere to be and no one to be with at Thanksgiving. Once again my little family that had just begun to come back together - blew apart when Scarlet and I found Zach, her dad, dead from an overdose three weeks before Thanksgiving. I truly believe that I would not have survived that year - much less stayed clean - had it not been for that convention.

It's taken me some time to understand why and how that's worked for me over the years. It's the relationships that were built on those committees, the connections that were made at those conventions, and most of all it was an opportunity for me to get outside of myself and do my tiny little bit of service while simultaneously being loved by my NA family. The effects of that piece of my recovery helped tremendously to build and strengthen my recovery.

I won't lie. When asked to chair VRC XLIII, I was very hesitant - not because I didn't want to be involved. I already knew there was no way I wouldn't be involved as long as I was breathing. But, again, my hesitance was because I had no experience and no confidence in myself. But I did have one thing - the experience of being one addict whose life was saved by that convention. And just enough humility to let the committee help me get out of the way. After all, it's HP's business not mine. (Some days I'm better at remembering that than others!)

I pray for every addict to not be alone, especially during the holidays. I pray that newcomers and long timers find our convention and experience that. I pray that those who don't think they need it and aren't able to be there because of other commitments will open their hearts and minds to those of us who do and support the convention any way they can.

*Suzanne M,  
VRC XLIII Chair*

## Past VRC Themes

### • VRC I

1983, Nashville

*Living Through Giving*

### • VRC II

1984, Knoxville

*Seeing Clearly, Giving Freely*

### • VRC III

1985, Memphis

*Giving By The River,  
Gratitude In Action*

### • VRC IV

1986, Nashville

*Together Again - The  
Tradition Continues*

### • VRC V

1987, Knoxville

*Living Thru Giving,  
The Volunteer Tradition*

### • VRC VI

1988, Johnson City

*Caring Thru Sharing, The  
Volunteer Tradition Continues*

### • VRC VII

1989, Memphis

*Carry The Message,  
Continue The Tradition*

### • VRC VIII

1990, Nashville

*Travel The Road To Recovery...  
Encounter The Miracles At Work*

### • VRC IX

1991, Gatlinburg

*A Healing Journey In Tennessee*

### • VRC X

1992, Memphis

*One Promise... Freedom*

### • VRC XI

1993, Nashville

*At the End Of The Road*

### • VRC XII

1994, Knoxville

*A Celebration Of Recovery  
In The Volunteer Spirit*

### • VRC XIII

1995, Memphis

*Lost Dreams Awaken,*

*New Possibilities Arise*

• **VRC XIV**

1996, Nashville

*On The Journey*

• **VRC XV**

1997, Knoxville

*Face Your Fears,*

*Live Your Dreams*

• **VRC XVI**

1998, Memphis

*Gratitude For The Gift*

• **VRC XVII**

1999, Nashville

*Tune Into The Miracle*

• **VRC XVIII**

2000, Knoxville

*Dawn Of A New Millennium*

• **VRC XIX**

2001, Memphis

*Vision Of Hope*

• **VRC XX**

2002, Nashville

*Without Parallel*

• **VRC XXI**

2003, Gatlinburg

*Mountains Full Of Miracles*

• **VRC XXII**

2004, Chattanooga

*The Greater The Base, The*

*Higher The Point Of Freedom*

• **VRC XXIII**

2005, Memphis

*Recovering On The River*

• **VRC XXIV**

2006, Nashville

*Sowing The Seeds Of Recovery*

• **VRC XXV**

2007, Knoxville

*Celebrating Twenty-Five Years Of*

*A Continuing Chain Of Recovery*

• **VRC XXVI**

2008, Chattanooga

*Circle Of Recovery*

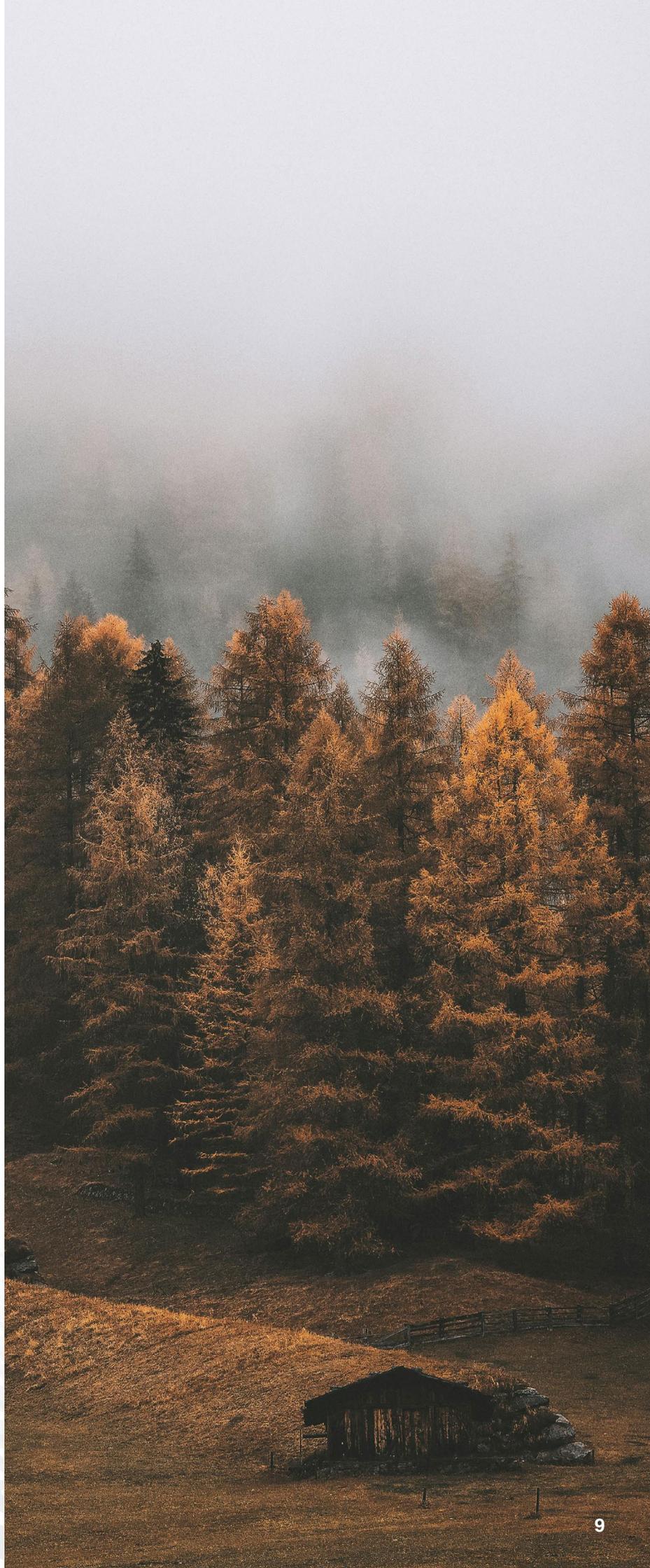
• **VRC XXVII**

2009, Memphis

*The Ties That Bind Us Together*

• **VRC XXVIII**

2010, Nashville





*The Promise Is Freedom*

• **VRC XXIX**

2011, Knoxville

*Attitude Of Gratitude*

• **VRC XXX**

2012, Chattanooga

*New Vision, New Life*

• **VRC XXXI**

2013, Memphis

*The Basics Don't Change*

• **VRC XXXII**

2014, Nashville

*Serenity In Music City*

• **VRC XXXIII**

2015, Pigeon Forge

*Celebrate Change*

• **VRC XXXIV**

2016, Chattanooga

*Unity In Diversity*

• **VRC XXXV**

2017, Memphis

*Recovery Rocks*

• **VRC XXXVI**

2018, Nashville

*Carrying The Message*

• **VRC XXXVII**

2019, Chattanooga

*Labor Of Love*

• **VRC XXXVIII**

2020, Knoxville (Via Zoom)

*Changing Our Perspective*

• **VRC XXXIX**

2021, Memphis

*Recovery Is A Full-Contact,*

*Lifelong Process*

• **VRC XL**

2022, Murfreesboro

*Limitless Horizons*

• **VRC XLI**

2023, Chattanooga

*Hear Our Voices*

• **VRC XLII**

2024, Knoxville

*Everything Is Subject To Revision*

• **VRC XLIII**

2025, Memphis

*Love And Gratitude In Action*



# LOVE AND GRATITUDE IN ACTION

**VRC 43** **2025** **MEMPHIS, TENNESSEE**

## REGISTRATION for Nov 28 - 30, 2025

(You may also register & pay online @ [2025.vrcna.org](http://2025.vrcna.org))

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Phone: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_



Pre-Registration \$25 by 10/31/2025  X \$25 = \$ \_\_\_\_\_

Registration \$35 after 10/31/2025  X \$35 = \$ \_\_\_\_\_

Donation for Newcomers: \_\_\_\_\_

Total Amount Enclosed: \_\_\_\_\_

(no refunds after 11/15)

If Mailed the Method of Payment (circle one) Cash Check Money Order

## LOCATION

**Marriot Memphis East**

5795 Poplar Ave., Memphis, TN 38119

888-236-2427

**\$139 per Night + Tax**

(Must Identify being with the Volunteer

Regional Convention 43

or Use QR link)



## Willingness to Serve (please check)

Workshop Speaker  (3 Yrs Clean) Marathon Meeting  (2 Yrs Clean)

Workshop Chair  (1 Yr Clean) Participate in Talent Show

Clean Date \_\_\_\_\_

Mail Registrations to: VRC 43 PO Box 2184, Cordova, TN 38088

Email Jennifer B. [registrationVRC43@vrcna.org](mailto:registrationVRC43@vrcna.org) for more info

## VRC XLIII

**T**HE Volunteer Regional Convention (VRC) has a rich history of fostering recovery and unity in Narcotics Anonymous. The first VRC was held in Nashville in 1983. Since then, the convention has rotated across Tennessee, with VRC II in Knoxville and VRC III in Memphis.

Even during the challenges of COVID-19, the VRC continued uninterrupted. Knoxville hosted VRC 2020 virtually, demonstrating the strength and resilience of our Fellowship.

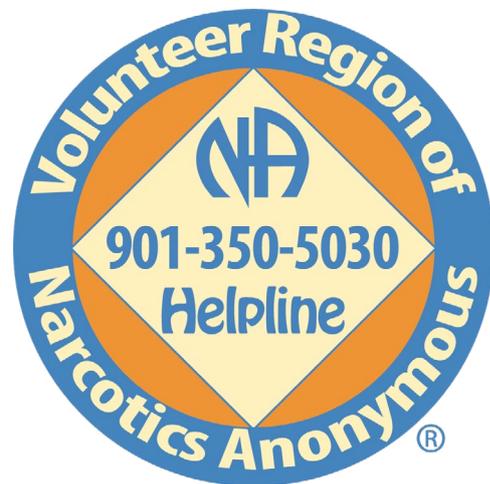
Over the years, convention locations have included Memphis, Nashville, Chattanooga, Knoxville, Johnson City, Pigeon Forge, Gatlinburg, and Murfreesboro, keeping the spirit of the VRC alive throughout the state.

For many years, VRC was a five-day convention held over Thanksgiving weekend, from Wednesday through Sunday. It was a rare tradition, drawing members from across the country to spend Thanksgiving with their NA family. While the host committee now has the option of hosting a three, four, or five day convention, most conventions today are three-to-four days long. Areas in Tennessee bid for hosting privileges, ensuring the VRC continues to rotate and bring members together throughout the state.

The purpose of the Host Committee is to coordinate and organize the annual Volunteer Regional Convention of Narcotics Anonymous (VRCNA). This event celebrates recovery while fostering unity and fellowship. With meetings, workshops, and activities designed to share experience, strength, and hope, the convention also provides an opportunity for newcomers to learn about our Fellowship, the Steps, and the Traditions.

Memphis is thrilled host VRC XLIII in 2025, and we're planning an incredible convention experience.

**We can't wait for you to join us!**



## Volunteer Region of NA Helpline

**D**ID you know you can text our Helpline (901-350-5030) a zip code that you are looking for a meeting near and it will respond with meetings coming up soon and the closest ones near you. You can also call the number and tell it a zip code. If you call and choose to talk to someone, it will ring the helpline for the closest area to that zip code.

The Helpline uses the Yap program, created by the same folks who made the BMLT Meeting List (Basic Meeting List Toolbox).

These programs work together.

As soon as a meeting is changed on the BMLT, it is changed around the region on other websites that use the BMLT, plus the helpline will be updated as well!



## August VRSC Meeting Highlights

**H**ELLO, family!

We had a well-attended Volunteer Region Service Committee (VRSC) meeting this August, 2025. All Areas that counted towards quorum showed up (nine in total), and we look forward to seeing Clarksville join us again in the future when they find an active Regional Committee Member (RCM) again.

Areas reported doing well, with conventions and other events coming down the line - check [natennessee.org](http://natennessee.org) for our Region calendar, or visit individual Area websites to see their local events for more info. There are some vacancies throughout the Region, as well as efforts to make service work more attractive. Multiple Areas were able to send in donations to Region and to Volunteer Region Convention (VRC) XLIII, showing support by sending the flow of funds down the service structure.

Speaking of VRC XLIII, the committee could really use your help getting the word out - register early and book your hotel at [2025.vrcna.org](http://2025.vrcna.org).

Our Region Chair reported that we are still trying to get our tax exempt status back, and that the Region MID-CASUAL meeting went well and was well attended with plenty of discussion - among other items in his report. Any addict can join our MID-CASUAL meeting. The next MID-CASUAL meeting is September 17, 2025 at 6pm Central Standard Time.

*Region Zoom*

*ID: 901 350 5030*

*Passcode: NATN*

Our Vice Chair reported that the RCM orientation was attended by a few addicts, and that a small team in the Region has put together an early draft of a Sponsorship presentation. You can get the presentation along with notes and an outline from your RCM - the plan is to refine this presentation and then present it at VRC XLIII, if the convention committee has a spot for us to do so.

Your friendly neighborhood web crawler in ITCC reports all is well, and he has installed a new events plugin on the website that was created by NA members for NA service bodies called *Mayo* - it works in tandem with the

*Basic Meeting List Toolbox* (BMLT) that our Region and many Areas use, which was also created for service body websites. This will replace the Google Calendar we have embedded on the website.

The RD team reports several updates, including a breakdown of workshops and topics at the Southern Zonal Forum (SZF). See your RCM or the upcoming Region minutes for more info. Some highlights from the SZF include a DRT/MAT workshop, a step guide for institutions, making service attractive, Public Relations (PR) for professionals, the effects of racism in the SZF, the upcoming CAR (coming out November 3, 2025), and a special opportunity for our Region to present about what's been going on in our Areas at World Unity Day. Our RDA also reports that the Lone Star Region of NA will no longer be selling literature, in case any of you have been purchasing through them.

Our Newsletter committee reports that submissions are still needed and always welcome - we may have a topic such as specific Steps, Traditions, or Concepts, but any and all experience, strength, and hope is encouraged and welcome. It can be short, long, an essay, a poem, art work, **anything!** We'd love to have your Area and Home Group represented in upcoming editions of the newsletter. Send submissions to [newsletter@natennessee.org](mailto:newsletter@natennessee.org).

PR reports working with Outreach about an upcoming prison sponsorship program that Outreach is spearheading. PR also continues to meet with Area PR chairs around the Region.

Outreach has been a busy bee, making rounds to different Areas and Home Groups throughout the Region. If your service body would like help brainstorming solutions, or to inquire about Region Outreach resources such as workshops and training days, please send an email to: [outreach@natennessee.org](mailto:outreach@natennessee.org)

Unfortunately, our Policies and Procedures Chair has had to step down. This gives us two vacancies that we could use help with - Policies and Procedures, and H&I. If you have the willingness to serve or have an addict you think would serve well here, reach out to your RCM to seek a nomination and they will help guide you through the nomination and service resume process from there. One thing to note is that we aren't just going to drop you off in a

boat without paddles and let you figure it out by yourself - if you have the drive, and can commit to showing up, we'll figure it out together and help you get settled in. We also have Zonal and World resources for positions like these, as well as Region resources. And as always, in a spirit of rotation, you can always seek out guidance from previous addicts who served in these Region positions. We need your help and we'd love to add you to our motley crew of regional service junkies.

VRC XLIII is really cranking up and getting in high gear - **get excited!** Again, register early and help the committee out. The earlier you register, the easier it is on them. VRC XLIII will be in Memphis this year over Thanksgiving weekend. *We look forward to seeing you!* Also, look for an upcoming series of talent show auditions from VRC XLIII in September that leads to a final round of talent at the convention. We can also look forward to a live DJ and dance, a new and unique hospitality experience with more things to do, and plenty of other great things coming down the line. *Stay excited!* Once again, that registration link is: [2025.vrcna.org](http://2025.vrcna.org)

Our Attractive Service Model Task Force has been having some great responses and discussions with addicts around the Region about what is and what is not attractive service. More will be revealed, but look for a full report soon. Our Region now has a YouTube channel for any service body to

send in audio-only speaker tapes. Currently, all of the speakers from VRC XLII are posted. You can listen to what's there at [natennessee.org/speaker-tapes](http://natennessee.org/speaker-tapes). Addicts are working on guidelines to flesh out how this all works.

We are still looking into a regional liability insurance policy, where we seek to get insurance that covers events around the Region. More will be revealed. The next step is to get a few quotes in, and proceed from there.

Some addicts found overpriced, unofficial, bootleg spiral-bound step working guides on Amazon, and the RD team is going to report this to World Services so that they can handle getting them taken down.

We have been seeking feedback from Areas about VRC funding and other changes, and had some great discussions about things like when and where to continue hosting VRC. The feedback has been heard, and the next step is we are going to present a VRC survey at VRC XLIII and go from there.

Our attorney is still helping us with the bylaws, stay tuned there.

Crag G was voted in as Alternate Regional Delegate (AD), and Ken C was voted in as Alternate Secretary. **Congratulations!**

Our annual financial review is scheduled for August 24, 2025 at noon Central Standard Time on Zoom *using a different Zoom ID and password* - we're looking

for up to two addicts from each area with accounting experience to join us. See your RCM for more information.

RCMs voted on the floor and approved a \$200 budget for Outreach for travel and presentation materials.

Speaking of travel, we do have one motion for Groups to vote on - the RD team is seeking a change in the guidelines about RD team travel funding. The current guidelines gives travel expenses such as hotel reimbursement and per diem for activities such as attending the World Service Conference (WSC), but it has shown to not cover the expenses used by a substantive amount. The previous AD, now our current Regional Delegate (RD), spent \$1,200 of his own money as well as 9 vacation days from work just to participate in the WSC. The opinion was shared that this encroaches on the spirit of the 7th Tradition, where individual addicts are not asked to donate more than their fair share and that participating in service should not be cost-prohibitive. The motion instead asks us to compensate the RD team using government standards for reimbursement, dynamically based on location - so California might reimburse more than Louisville, Kentucky. Whether or not this is the right choice to make is up to your Home Group to decide, but you can always ask the RD team for more information by emailing [rd@natennessee.org](mailto:rd@natennessee.org) or [ad@natennessee.org](mailto:ad@natennessee.org). You can also seek more information from your local RCM.

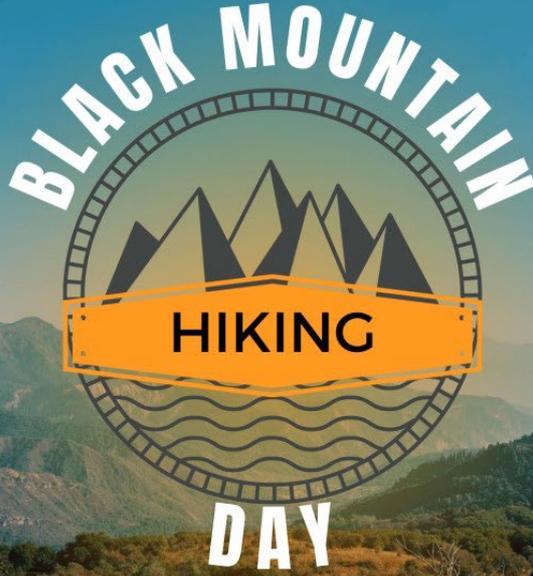
Finally, the RCMs decided to table sending any funds to NAWS or SZF until the next VRSC, due to unknown travel expenses. The November VRSC is always held at VRC of that year on Sunday, and many Region Trusted Servants will be traveling to Memphis from the other side of the state.

If you have any questions about the past VRSC, the VRSC minutes, or participating at the Region level, please feel free to reach out to [chair@natennessee.org](mailto:chair@natennessee.org) or myself at [secretary@natennessee.org](mailto:secretary@natennessee.org).

In loving service,  
*James B & Ken C*  
*VRSC Secretary & Alternate Secretary*



KNOXVILLE AREA NA PRESENTS



SAT  
SEPT  
6

OFF CRAB ORCHARD (I-40 EXIT 329)  
1PM MEET IN RADIO TOWER PARKING LOT  
1:30 PM BASIC HIKE  
2PM BRING-YOUR-OWN-PICNIC  
3PM MOUNTAIN MEDITATION MEETING  
4PM ADVANCED HIKE / ROCK CLIMB



ROR XXIX PRESENTS

Unity  
Day '25

DISCOUNT ROR TICKETS  
ROR PRE-REGISTRATION SHIRTS

UNITY FUNDRAISER

PIZZA  
GAMES  
SPEAKER  
MORE WILL BE REVEALED

AT THE GATEWAY  
530 W 5<sup>TH</sup> AVENUE

OPEN FROM  
1PM-6PM

SAT SEPT 20<sup>TH</sup> - FREE

## Upcoming Volunteer Region Events

- **Southern Zonal Forum Fellowship Development Committee Meeting**  
Third Sunday of every month, 11am - 12:30pm CST  
Zoom ID - 815-4497-0779  
Password - 1212
- **Swim, Grill, and Heal**  
August 23, 9:30am - 2pm  
Salacoa Creek Park  
388 Park Drive  
Ranger, GA 30734
- **Summer Pool Party**  
August 23, 6pm - 8pm  
Legions Street Pool  
111 Legions Street  
Johnson City
- **VRSC Financial Review**  
August 24, 12pm CST  
Zoom ID - 892 1058 0486  
Password - 375271
- **Marion Survivor's Group Labor Day Weekend Campout**  
August 29 - September 1  
Hungry Mother Lutheran Retreat Center  
722 E. Hungry Mother Drive  
Marion, VA 24354
- **Chattanooga Area H&I Celebration Bash**  
August 30, 12pm  
Chickamauga Dam
- **Nashville NA Activities Labor Day Picnic and Celebration**  
September 1, 11am - 3pm  
860 Old Hickory Boulevard  
Madison, TN 37115
- **World Unity Day**  
September 5 - 6  
[na.org/naws-events/annual-events/](http://na.org/naws-events/annual-events/)
- **Black Mountain Hiking Day**

September 6, 1pm  
Off Crab Orchard,  
I-40 Exit 329

- **Spiritual Solutions Group of NA Tenth Anniversary Cookout**  
September 7, 12pm  
Barfield Park, Pavillion 8
- **VRSC MID-CASUAL**  
September 17, 6pm CST  
Zoom ID - 901 350 5030  
Password - NATN
- **ROR Presents:**  
**Unity Day '25**  
September 20, 1pm - 6pm  
530 West Fifth Avenue  
Knoxville, TN 37917
- **Surrender XXXVIII - Annual Recovery Cookout**  
September 26 - 28  
Dogwood Lodge  
1900 Lee Pike  
Soddy Daisy, TN 37379
- **Lunch With the Bunch Speaker Meeting**  
September 27, 12pm-2pm  
Lunch Bunch  
258 North Merton  
Memphis, TN 38112
- **Clarksville NA Area Bonfire**  
September 27, 6pm-9pm  
121 Magnolia Street  
Pembroke, KY 42266
- **Knoxville Area H&I Service Learning Day**  
October 4, 12pm - 5pm  
Cokesbury Church  
9919 Kingston Pike
- **Unity in the Mountains**  
September 10 - 12
- **Recovery on the Ridge XXIX**  
October 17 - 19  
Big Ridge State Park  
1015 Big Ridge Park Road  
Maynardville, TN 37807
- **NAWS English Conference**  
**Agenda Report Available**



KNOXVILLE AREA NA PRESENTS

# H&I

*Service Learning Day*

**SATURDAY, OCTOBER 4TH**  
**NOON TO 5PM**

Speakers from the Knoxville Area H&I Committee  
H&I Orientations  
Potluck  
Awards to best main dish, best side, and best dessert

COKEBURY CHURCH  
9919 KINGSTON PIKE



KNOXVILLE AREA NARCOPTICS ANONYMOUS PRESENTS

## RECOVERY ON THE RIDGE

# XXIX

KNOXVILLE, TN  
OCT. 17-19, 2025  
BIG RIDGE STATE PARK

**PRE-REGISTRATION UNTIL UNITY DAY: \$20**  
**REGULAR FEE AFTER UNITY DAY: \$30**

SCAN ME!



1015 BIG RIDGE PARK RD, MAYNARDVILLE, TN 37807



**M.A.N.A. ACTIVITIES  
SUBCOMMITTEE**

*Summer*  
**POOL  
PARTY**

*And Convention Fundraiser*

**23 | AUG**

**6:00 PM - 8 PM**

**SATURDAY**

**\$10  
DONATION**

**LEGIONS STREET POOL  
111 LEGIONS STR JOHNSON CITY**

**NO Addict Turned Away**



November 3

<https://na.org/conference/>

- **NAWS Conference Agenda Report Presentation**

November 15

*Tentative*

<https://na.org/conference/>

- **VRSC XLIII**

November 28 - 30

*Marriott Memphis East*

*5795 Poplar Avenue*

*Memphis, TN 38119*

- **VRSC RCM Orientation**

November 29

*Zoom ID - 901 350 5030*

*Password - NATN*

- **VRSC Meeting**

November 30

*Marriott Memphis East*

*5795 Poplar Avenue*

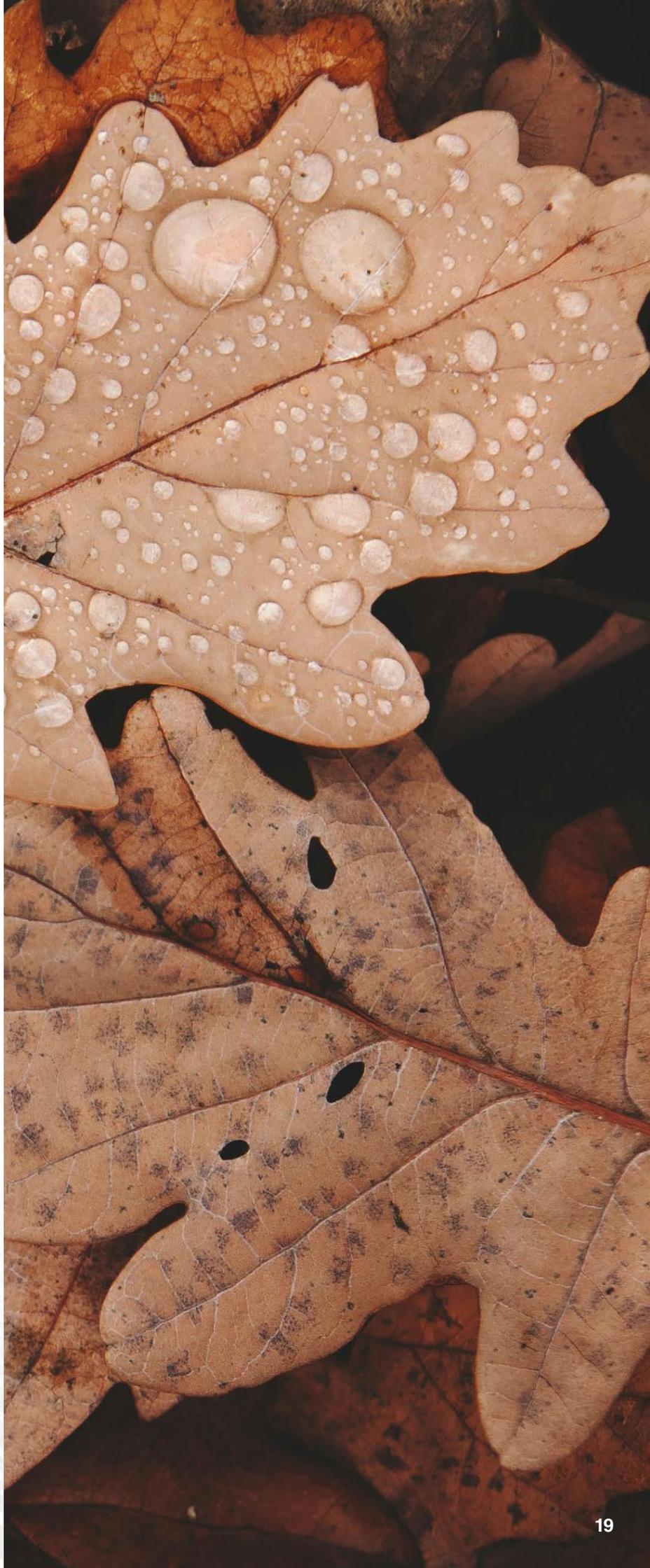
*Memphis, TN 38119*

*Zoom ID - 901 350 5030*

*Password - NATN*

For more information and other events, please visit:

[natennessee.org/events](http://natennessee.org/events)





# Volunteer *Spirit*

## Thank You For Reading!

**W**E at *Volunteer Spirit* would like to take a moment to sincerely thank you for reading! We are truly grateful.

It is a gift to share a message of hope with this publication, and we hope you have enjoyed reading as much as we have enjoyed putting it together!

Whether you have found something helpful, thought-provoking, or even just a little bit entertaining, we truly appreciate your choice to spend your time with us. If you enjoy *Volunteer Spirit*, please share it with others!

You can find this issue, as well as past issues, by visiting the Volunteer Region of Narcotics Anonymous website: <https://natennessee.org/volunteer-spirit/>

If you would like to submit to upcoming issues of *Volunteer Spirit*, feel free to contact us at: [newsletter@natennessee.org](mailto:newsletter@natennessee.org)