

# Just for Today On the Bay

Bay Area Newsletter

January 2010

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**Inside this issue:**

*Topics*

*Personal Stories, po-*

*Comics and puzzles*

*Florida Help-lines*

*Area Service Info*

*Recovery Anniversaries*

*Activities*

*Newsletter Guidelines*

Gailla R. clean date 10-28-84—This was taken from a tape of Gailla's Greif share at a convention workshop in about 2001. To get a copy of the complete story please e-mail to lit@basna.org.

After my Dad died, I kept getting this feeling this job's not over yet why do you not feel right? The next phase was, I had gone to a campout, I was in a house, it was the owner's property, the campout was over. I had this strange feeling all weekend that something isn't right. My daughter had diabetes all her life. I called Greg P and his wife who were living at my house. That was the first weekend I had let go and let her stay at home and do what she wanted to do and it was still with a controlled environment because there was somebody living there. I would call home and she would tease me saying she was eating crackers lying in my bed watching TV which she knew was wrong because you eat nothing in my bed. And I knew if she was joking she was fine. We were putting everything away, and I'm one of those kind of people if I'm in your house I don't answer your phone. This thing in my gut was making me sick like I need to answer this phone. And just before the phone rang there was a chandelier in the third story of this log cabin all open with a big loft and the chandelier was hanging from the ceiling there wasn't a breath of air in there, it was August, there was no air conditioner on and the whole house was closed up and it was hot in there I felt a breeze come through the house, a real cool breeze, and all his kids stuff that was hanging on the refrigerator all blew off and it freaked me out. The chandelier was tinkling, and one of the globes fell, and came right down by my nose and blew up right at my feet and the girl I sponsored looked at me and said "Man, I got a chill, that was really strange". Then the phone rang. After that sick feeling I knew I had to answer that phone. They said your daughter is in intensive care and we don't think she's going to make it. The emergency vehicle had found her at home, she had been working on some kind of NA surprise for me on my birthday out in the garage and she had collapsed in the garage in a low sugar seizure and by the time they found her, her sugar was about 500 and I know what that means but I was in denial, this is your kid, this isn't going to happen. So she was hooked up to all the machines by the time I got in there. And nobody told me she came in there with no brain waves for three days, I was the last one to know. Almost the whole fellowship where I lived was there already before Mom got there and she was wondering who all these "no name" people were, she calls you guys the "no name" people club. The dr came in and told me we are going to unhook her because she is dying. At six years of recovery I told her, you know what? You've waited three days to tell me that and if you unhook her now you won't make it to your car you'll be looking like a Christmas turkey before you get in your car. So here comes security, I almost had to go downtown but one of the biggest guys in our area told security that he would just sit on me, with love. The dr came in within 20 minutes of me threatening her life and told me that she had reconsidered. I told her when I finally got some sanity, it's hard for you to tell me this, it's hard to accept it, but there's things I got to tell her before you shut that heart off. I called somebody in the fellowship that I knew was a minister. I wanted to make sure I tried to get as much acceptance of this as I could. He came into the room with me. I told my Mom I didn't want her to come in, because she wouldn't look at me with compassion like you guys do, she would not understand why I did the things I did. Having her out of the room was just easiest for me. It gets down to brass tacks what's going to work for you this isn't a dress rehearsal anymore so what's going to save your ass. I wasn't going to let her die without saying things to her that I needed to say. Saying I was sorry, because she talked so much I would tell her would you please go over there and please shut the hell up you are making me crazy. A lot of us Mothers say those things most of you out here are going to get a chance to make amends for that and I needed to take my time to make those amends and that I was sorry that I wasn't there for her because I was busy using for 12 years of her life. We developed a buddy system that I couldn't be her Mom much anymore and she come to me one time about 3 months before she died and she asked me, why don't you just treat me like your sponsees? And it hit me "gong" that's all she wanted, to be treated like one of us, instead of being the kid. Because that's what we nicknamed her, she was Missy the Kid. When he came in to help me do that 5<sup>th</sup> step, 4<sup>th</sup> step, 9<sup>th</sup> step, whatever it was there wasn't any time to write it so we definitely had to improvise. When we shut the machines off there were probably 45 minutes that her heart beat strong but nothing else was happening and I stayed with her. And as I watched her turn blue I realized the reality of this program told me that I didn't get clean for me, I wanted to use, I called my sponsor and I told her and she said if there is a bed get to the foot of it like you always have done and pray that God open your heart to his will and I didn't want to because it meant it was going to be over. There were a lot of things that were going through my mind and most of it was about recovery, thank God. I had said at a meeting after my Dad died, the only thing I can't stay clean through is if something happens to my kid. But I got 16 years today.

## January Issue Topic Submissions

When I came to N.A I only knew one way to live so therefore I continued to live that way for a little while. I remember hearing in meetings stay from prayer to prayer or sit on your hands. Those were some of the first things I learned from others. I continued going to meetings and other people taught me meeting etiquette. I watched people to see how they acted and I started to behave differently. My sponsor would show me, by how she acted and I admired that. Other people in the rooms would say things to me also. I always initially resisted their advice but later thought about it and would apply it to my life. Today I know I am at a meeting to hear the message and to help others learn this new way of life. My friends will tell me when I am talking in a meeting or texting and now I don't resist as much. I don't do anything perfect never the less I try to live to the best of my ability and respect myself and others. We never know when someone is watching to learn this new way of life, just as I was. To me that is what meeting etiquette is. I can only change me but, I can be an example for others or I can even say what was said to me by other members. We share with others the N.A. Way. If it wasn't shared with me I wouldn't have known anything about meeting etiquette.

Danita K.

Cleaning up our atmosphere.....

Our newcomers are supposed to be the most important people at our meetings. Some may say about a newcomer who doesn't come back to our meetings, "It wasn't their time to get clean." Even though this might be true, shouldn't we feel like we at least planted a seed of hope and that we offered an attractive atmosphere of recovery?

We could ask ourselves some of the following questions in taking a group Fourth or Tenth step. Are we working together to help make recovery available to newcomers? Do we mention other fellowships or quote out of literature other than our own at meetings? Are we steering away from advice giving and simply sharing our recovery, experience, and hope? Are there a lot of distractions during the meeting? Are there people whispering or coming in or out of the room? Does cross talk or interruptions of the sharing go on during the course of the meeting? Do we use the meetings as a place to interact with our friends, forgetting what the meeting is really there for? Are we watchful of our traditions?

If any of these questions have sparked an interest in our primary purpose we'll all benefit from doing the best we can. We're not perfect so we'll make mistakes. The positive side of these mistakes is that we can apply the Second step so that we don't have to make the same ones over and over again expecting different results. It hurts us all when a person comes back around to share with us that at their first meeting, they didn't like what they saw. They might have felt like they were really insignificant and got the impression that nobody really cared if they stayed clean or not. And think about the addicts who came around and left feeling that way who haven't made it back yet - or - couldn't make it back the second time.

Sometimes it might be difficult for us to see when the disease of addiction is making its way into the atmosphere of recovery. And other times it may be obvious. Just as we individuals find that when we apply spiritual principles we can start to recover and grow, the group as a whole can also experience the same kind of spiritual growth by using the same vehicles as individual members: our Steps and Traditions. The fellowship as a whole and our individual meetings are truly gifts. This bit of sharing is simply out of concern that we don't abuse our gifts and that we make our fellowship as available as we possibly can to the new person walking into their first meeting. Someone's life may well depend on it. Most of us would agree that ours did.

Anonymous

## March Issue Topic

Where ever I go, there's NA. It is always such a warm and fuzzy feeling to be in the area where you first got clean. All the people you originally got clean with, the first meeting you went to, the first sponsor you had. Then you had to move to a new service area of NA. The wonderful thing about NA is where ever we go we always have a family in recovery. We instantly get new phone numbers, a new home group, and new friends and family in recovery. What was your experience? Share about what it was like when you had to move to a new City, state or even country.

### Women's NA Meetings in the Jail

NA Meetings are brought into the jail by the H&I Committee. The purpose is to carry the message. Most women inmates are glad for the meetings. It gives them a chance to be heard, how they got there, newcomers and the repeaters. They share their experiences. Inmates too are looking for freedom from addiction. They too are looking for Hope. They discuss women's issues related to their drug use. If they want it, they learn that there is Hope, support and that if they want they can (with help) break the cycle of addiction.

Literature and books are provided at these meetings by the H&I Committee. There is a Drug Court which is being used to help their recovery. There are other services to help them as well: PAR, Salvation Army and various church related help.

In the interview (a good point was made) it was discussed that there are sometimes an issue when the women are released. A lot of times they are released in the wee hours of the morning. Some just want to get high. Cab drivers pick these women up and take them to get drugs or provide drugs for these women. Or they have no place to go and go back to where & what got them into jail.

It would be nice if there was a plan implemented where they were released at a time where someone thru NA could pick them up at a reasonable hour and take them to a meeting. Get them to a safe place where they can start in a safe environment. Have a form of contact/sponsor to help bridge them. A starting point to get them plugged in, in addition to a NA meeting list.

## RECOVERY RECIPE OF THE MONTH

### SMASHED, BUT NOT INTOXICATED, SWEET POTATOES

12 sweet potatoes	1/2 cup light brown sugar
1 cup heavy cream	2 tsp. ground nutmeg
1 cup fresh squeezed orange juice	1 tsp. cinnamon
1 stick melted butter	2 tsp. black pepper

Preheat oven to 375 degrees. Scrub potatoes, then prick with fork. Bake 1 hour, until soft. Combine rest of ingredients, plus 2 teaspoons of black pepper. Remove skins from potatoes. Place 1/2 potatoes in electric mixer, add 1/2 cream mixer until blended, but not smooth. Repeat with remaining potatoes and cream, add to dish. Bake until hot.

Relapse is a reality. It can and does happen. Experience shows that those who do not work our program of recovery on a daily basis may relapse. Basic Text, Fifth Edition: page 75

### WHAT IS 13th STEPPING IN NA ??

It is something you will not find in the literature but you will hear about it in the rooms. This is how I perceive it to be.

It is when a newcomer to the rooms of NA is taken advantage of.

**(It is considered unacceptable)**

**\*13th Steppers motives are not pure.**

It is when a newcomer is hit on because of their vulnerability by someone who has been around the rooms. By someone who may even have numerable years. Just because you have some years' clean does not mean you work a good principled program. Certain people will prey upon someone under false motives. They can appear to be sympathetic, caring, guiding and helpful. When all they really want is something from you.

It can scare someone away from NA Mtgs. It can prevent someone from getting life saving help, recovery, from being clean. It can definitely lead to RELAPSE.

Especially women. Guys hit on girls. Women hit on men too. It can be for sex, money or drugs or some other advanced motive. Misery loves company. That is why it is suggested when new to the program women stick with women and men stick with men. Especially in sponsorship in the beginning of starting to work the NA Program. Men usually won't co-sign on other men's BS, and women won't either.

\*I know what I'm talking about, I learned the hard way.....I was 13th stepped right after rehab. It cost me 3yrs of my life, money, heart and sanity.

Anonymous

I once picked a rose, and what did I find. I found all its beauty there was to find. Though at times, I've chose to set life aside. Our paths have crossed, so many times. My life of addiction was not for me to decide. Where mountains screamed, and seas sung songs of laughter. It has at times slipped from my hands, and fell to the ground. Breaking my silence, without a sound. Ones destiny is here to be told. When there's no longer peace, Who is left for GOD to hold. With an echo the seed began to re-grow.  
...Author. Doug B. aka FRESHLINES 08...

No drug ever made me higher  
Than a meeting of addicts in recovery  
No friends ever set me on fire  
Like the friends who unconditionally love me

In recovery I have learned to be grateful  
To let go of the defect of fear  
To share about what I did that was hateful  
To share love that could bring a tear.

My life is rich with people I love  
People who will love and never hurt me  
For this I am deeply grateful to God above  
Who I know will never desert me.

Anonymous

As we grow, we come to understand humility as acceptance of both our assets and our liabilities. What we want most is to feel good about ourselves. Today we have real feelings of love, joy, hope, sadness, excitement. Our feelings are not our old drug-induced feelings.

Basic Text, Fifth Edition: page 97

**WORD SEARCH - MEETING ETIQUETTE**

C A N D E W H I S P E R I N G S V Z W A  
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 C O I E A A E F H E L P F U L R L G S G  
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- Texting
- Crosstalk
- Whispering
- Noisy
- Smoking
- Judging
- Negativity
- Tardiness
- Exiting
- Controversy
- Glorifying
- Controlling
- Longwinded
- Doubledipping
- Patience
- Prayers
- Traditions
- Concepts
- Stepwork
- Respect
- Tolerance
- Honesty
- Teamwork
- Welcoming
- Openly
- Reliable
- Contributing
- Supporting

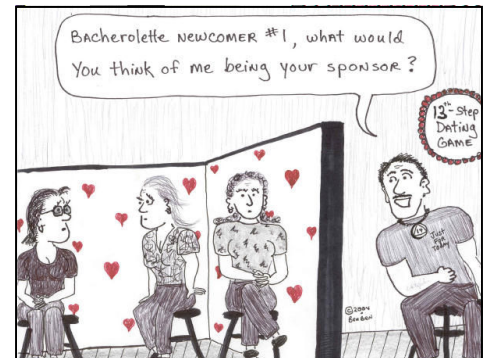
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**The 12 Steps to Total and Complete Insanity**

1. We admitted we were powerless over nothing. We could manage our lives perfectly and we could manage those of anyone else that would allow it.
2. Came to believe that there was no power greater than ourselves, and the rest of the world was insane.
3. Made a decision to have our loved ones and friends turn their wills and their lives over to our care.
4. Made a searching and fearless moral inventory of everyone we knew.
5. Admitted to the whole world at large the exact nature of their wrongs.
6. Were entirely ready to make others straighten up and do right.
7. Demanded others to either "shape up or ship out".
8. Made a list of anyone who had ever harmed us and became willing to go to any lengths to get even with them all.
9. Got direct revenge on such people whenever possible except when to do so would cost us our own lives, or at the very least, a jail sentence.
10. Continued to take inventory of others, and when they were wrong promptly and repeatedly told them about it.
11. Sought through nagging to improve our relations with others as we couldn't understand them at all, asking only that they knuckle under and do things our way.
12. Having had a complete physical, emotional and spiritual breakdown as a result of these steps, we tried to blame it on others and to get sympathy and pity in all our affairs.

From The ACA Communicator - March 1990 - Omaha, Council Bluffs Area Intergroup

**Humor Corner**



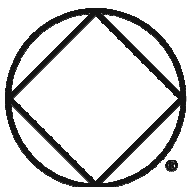
Flush toilet

With Permission: Ben Ben, MD

## Florida Region Help Lines

<b><u>The Bahamas</u></b> :	242-325-6200, 242-462-5245 (Nassau)
<b><u>Bay Area</u></b> :	888-779-7117 or 727-547-0444 (Pinellas Co.; Clearwater, St Petersburg, Largo, Palm Harbor, Tarpon Springs)
<b><u>Big Bend Area</u></b> :	850-599-2876 (Tallahassee, and surrounding area)
<b><u>Chain of Lakes</u></b> :	352-319-5617 (Leesburg, Eustis, Tavares, and surrounding areas)
<b><u>Daytona</u></b> :	800-477-0731 / 904-8312-1660 (Daytona, Deland, Port Orange, Deltona, Flagler beach)
<b><u>First Coast</u></b> :	800-576-4357 / 904-723-5683 (Jacksonville, St Augustine, Orange Park, Fernandina, and surrounding areas)
<b><u>Forest Area</u></b> :	352-368-6061 (Ocala, Dunnellon, Bellview, McIntosh)
<b><u>Heartland Area</u></b> :	863-683-0530 (Polk, Hardee, & Highland Counties; Lakeland, Winter Haven, Plant City, Bartow, Sebring Lake Wales, Haines City, Lk. Alfred, Lk. Placid)
<b><u>Orlando Area</u></b> :	407-425-5157 (Orange, Osceola, Seminole, Lake Counties, Altamonte Springs, Winter Park, Disney World, and surrounding areas)
<b><u>Palm Coast</u></b> :	561-848-6262 (West Palm Beach, Jupiter, Wellington, Royal Palm Bch, Palm Bch Gardens, Lake Worth, Latana, Belle Glade)
<b><u>Recovery Coast</u></b> :	727-842-2433 (Pasco County: New Port Richey, Hudson, Holiday, Zephyrhills and Dade City)
<b><u>River Coast Area</u></b> :	352-754-7200 (Hernando) / 352-382-0851 (Citrus) (Spring Hill, Crystal River, Masarkytown, Brooksville, Floral City, Inverness)
<b><u>Space Coast Area</u></b> :	321-631-4357 (Brevard County: Cocoa, Cocoa Beach, Indialantic, Melbourne, Merrit Island, Rockledge, Titusville, Valkaria, Scottsmoor, Mims, Viera, Satelite Beach, Palm Bay, Melbourne Beach, Indian Harbor)
<b><u>Suncoast</u></b> :	941-957-7910 (Bradenton, Sarasota, Venice)
<b><u>Tampa Funcoast Area</u></b> :	813-879-4357 (Tampa, Brandon and Temple Terrace, Lutz)
<b><u>Treasure Coast</u></b> :	561-564-0664 (Vero/Ft. Pierce) / 561-343-8373 (Ft. Pierce, Vero Beach, Okeechobee County, Port St. Lucie)
<b><u>UnCoast Area</u></b> :	352-376-8008 (Gainesville, and surrounding area)

## Bay Area Service Committee Meetings

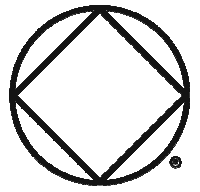
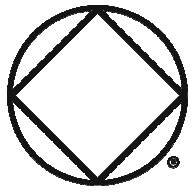


Area Service Committee (ASC):	9:30 AM 2 <sup>nd</sup> Sunday @ Terra Nova*
Hospitals & Institutions:	8:30AM 1 <sup>st</sup> Sunday @ Terra Nova*
Public Relations:	6:45 PM 1 <sup>st</sup> Thursday @ Terra Nova*
Helpline:	11:00 AM Saturday before area @ Terra Nova*
Policy:	8:30 AM 2 <sup>nd</sup> Sunday @ Terra Nova*
Admin.:	9:00 AM 2 <sup>nd</sup> Sunday @ Terra Nova*
Activities:	6:00 PM 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday @ Terra Nova*
Lit./Newsletter:	TBD (for information contact lit@basrna.org)
Web page:	TBD



\*Terra Nova is located @ 2800 41<sup>st</sup> Ave N. St Pete

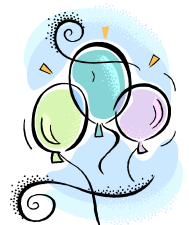
## Anniversaries—January & February



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GROUP:	NAME:	CLEAN DATE:	YEARS CLEAN:
11th Step Beach Meeting	Art R.	01/22/89	21
A New Perspective	Mike M.	02/19/07	3
Acceptance & Change	Lorna M.	01/15/09	1
Give It Up	Dennis	1/?/2004	6
H.O.W.	Donna R.	01/02/89	21
H.O.W.	Brian Y.	01/02/09	1
Life's a Beach	Keith H.	01/07/08	2
Life's a Beach	Kelly C.	01/18/06	4
Life's a Beach	John A.	02/02/02	8
Life's a Beach	Miles H.	02/21/97	13
Miracles Happen	Dave V.	01/16/01	9
Recovery Off Keystone	Carol L.	01/27/94	16
Recovery Off Keystone	Sara J.	02/03/04	6
Relax and Recover	Ramon R.	01/16/09	1
Relax and Recover	Toby P.	01/22/09	1
Relax and Recover	Drew S.	01/29/07	3
Relax and Recover	Robyn B.	02/15/09	1
Saturday Night Live	Doug C.	02/02/06	4
Saturday Night Live	John S.	02/02/09	1
Save Your Ass	Jason H.	01/29/07	3
Stairway to Recovery	Patty S.	01/30/08	2
Stairway to Recovery	Tim E.	02/03/06	4
Stairway to Recovery	Donna M.	02/10/09	1
Stairway to Recovery	Lynne M.	02/23/96	14
Stairway to Recovery	Lynn H.	02/28/97	13
Sunshine Group	Abby	01/20/07	3
Sunshine Group	Barry C.	01/22/02	8
Sunshine Group	Earlene	02/24/83	27
Surrender	Steve M.	01/14/05	5
Surrender	Bill B.	01/14/09	1
Surrender	Jamie H.	01/15/05	5
Surrender	Lou K.	02/28/08	2
We Do Recover	Craig G.	01/01/90	20
We Do Recover	Jesus	01/19/90	20
We Do Recover	Sandy	01/31/08	2
Welcome Home	Mike S.	01/10/07	3
Welcome Home	Robert V.	01/10/08	2
Welcome Home	Richard H.	01/26/07	3
Welcome Home	Ken M.	02/02/08	2
Welcome Home	Sheri S.	02/04/06	4
Welcome Home	Dan K.	02/05/88	22
Welcome Home	Mike B.	02/12/87	23
Welcome Home	Deborah S.	02/19/05	5



# Congratulations!

If you are interested in having your recovery anniversary published in future publications, please e-mail [lit@basrna.org](mailto:lit@basrna.org) or have your GSR report it at the monthly ASC meeting.

# ACTIVITIES

## “LEAP OF FAITH”

Campout & Spiritual Retreat 2010

March 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup>

Boyd Hill Nature Park, 2900 31<sup>st</sup> Street South, St. Petersburg

Join us for: Children's activities, Adult activities, Food, Guest Speaker, & Meditation Meeting. More will be revealed! Bring your Tents, Coolers, Camping Gear, and let's celebrate recovery! Sorry, no pets.

“No Cost to Camp!” - Sponsored by Bay Area Activities

Contact Andrea B. for more information at: [activities@basna.org](mailto:activities@basna.org)

### MEETING NEEDS SUPPORT

**Wake-Up Call**

Saturday 9am

REBOS

6766 54th Ave N., St Pete

### MEETING NEEDS SUPPORT

**Spiritual Solutions**

Monday & Tuesday 8pm 9am

St Pete Vineyard Church

5000 10th St N., St Pete

### We Openly Invite You To The Public Relations Committee Meeting

Every Member has a Place in the Bay Area's Public Relations Committee. PR Values & Needs Your Input, Suggestions, Feedback, and Participation.

Some of the ways we provide information to the public include: Responding to request for speakers, Developing and distributing posters, fliers and other public service announcements, Learning days and workshops, Mailing meeting list, informational letters and pamphlets to people who may come in contact with addicts.

**We Meet at Terra Nova on the first Thursday of every month at 6:45pm**

**\*NA is not affiliated with any of the above facilities**

### **Newsletter Guidelines**

We would like to thank all of you who contributed to the newsletter. It was by your efforts that this publication was made possible. We look forward to your contributions in upcoming publications, and we accept articles, poetry, jokes, and cartoons, please keep them less than 200 words. Please submit at least one week before the newsletter is due bi-monthly. Please e-mail all contributions to: [lit@basna.org](mailto:lit@basna.org)

#### **Literature Sub-committee Note:**

The opinions expressed herein are those of the individual contributors, and not the opinions of the Bay Area Literature Sub-committee, or Narcotics Anonymous as a whole. The Handbook for Narcotics Anonymous states that: “The 12 Traditions of NA should serve as the basic guidelines for editing your newsletter ... the language of NA recovery should be used.” All editorial decisions made by the Literature Sub-committee have been made with these guidelines in mind. We welcome any feedback in accordance with the Second Tradition. Please indicate if you would like that feedback published.

We meet addicts like ourselves who are clean. We watch, listen and realize that they have found a way to live and enjoy life without drugs.

Basic Text, Fifth Edition: page 11

