

Just for Today on the Bay

January/February 2011

From Turning Point to Turning Point

No Matter What

by Shangria W.

My journey in recovery started on August 16, 2008. I walked in to The Turning Point defeated and open to anything that would help me!

At about seven days clean I found out that my daughter who was at the time in foster care, had been prostituted, and beaten by some guy. That same night H&I for Narcotics Anonymous brought a meeting in, the guest speaker was Sheryl G. What a powerful story. I knew then that when I could go out on a pass, I was going to NA. Well, she (Sheryl) was at that Save Your Ass meeting, and she became my sponsor on that day!

I started out by just cleaning up Terra Nova everyday. At six months clean, I was back at The Turning Point carrying the message of my newfound freedom. What a great experience! At

one year clean, I became panel leader. I was at The T.P. every Saturday night; going back brought me so much joy and such a feeling of freedom that I really can't put into words.

At two years clean, I was approached by the Program Manager at T.P. and asked to apply for a job there! Wow! I got the job! Thank you GOD and Narcotics Anonymous for showing me a new way to live.

The Sunday before Thanksgiving, 2010, I experienced the worst pain in my recovery: I got a phone call from my oldest daughter telling me that my son (her brother) had molested my grandson (her son). What great pain. But I did what you guys in Narcotics Anonymous taught me: I got on the phone, talked to my grand sponsor, gathered myself, and went home and dealt with the problem!

My hope for anyone reading this is that they know that we don't use No Matter What, or no matter how great

the pain is! If you want to know more, see me at a meeting. Thank You NA for bringing the message in so that I could carry the message out! I love recovery and H&I of NA! I hope this (my) story in recovery helps anybody who may be thinking of using, to do something different, like go to a meeting or call somebody in your support group.

Thank You,
Shangria W.



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H & I by Danita K.

One of the suggestions when I got clean was to do service. Not really knowing what the outcome would be, my first service commitment was Activities, because they had no clean time requirement. After staying clean for a while I decided to join H and I and I am so glad I did! Each week on Tuesday's I do my H and I commitment, it keeps it fresh in my mind at where I've been and how far I have truly come. I also learned about commitment & responsibility. It is one of the best gifts to go to outside meetings and see people I've met thought the institution. It fills my heart with gratitude! On our

panel we have 5 people that go each week and it is amazing, to see each of us touch different client's hearts and to see their eyes open with hope. By us each having our different personalities and individual experiences we reach a wide variety of people each and every time we go there. The disease is the same and our experience can vary, to see the hope in their eyes when we are talking gives me more motivation each day to stay clean and keep coming back. I love h and I and the experience I have gotten from it. Thanks for showing me this way of life!

January/February Newsletter Topic: Our H & I Subcommittee does wonderful things to help addicts that are in Hospitals and Institutions. Please share any experience you have from being a volunteer for our H & I Subcommittee or if you have received hope from NA while hospitalized or in jail or prison.

A God Thing by Samuel B.



Newsletter

Whether you are an NA member or a professional who works with recovering addicts, experiencing recovery on the inside or on the outside, this NA World Services newsletter could be a resource for you. *Reaching Out* is designed to help incarcerated addicts connect to the NA program and enhance H&I efforts.

There are two sections: "From the Inside" is filled with letters from incarcerated addicts sharing their experience, strength, and hope as they find and maintain recovery from addiction through NA. In the second section, "From the Outside," NA members on the outside and Hospitals & Institutions subcommittees have a chance to offer their experience, strength, and hope. Many of these letters come from members who are deeply committed to carrying the NA message of recovery to addicts who are unable to attend regular meetings. You may also find personal experience from those members who heard the NA message on the inside and are now living and enjoying life on the outside. These letters provide evidence of the efficacy of the NA program for any reader.

Subscribe! We are pleased to offer an easy electronic subscription at http://na.org/?ID=reaching_out-index, a free subscription for incarcerated addicts, or 20-copy bulk subscriptions for \$31 per year.

Contribute! We encourage written contributions for *Reaching Out* from members and H&I subcommittees. Please consider that we are more likely to publish articles that focus on how NA has helped an individual to recover while incarcerated, rather than those that concentrate on the horrors of addiction. Thank you for helping us carry our message of hope!

Send your stories or subscription forms to: Reaching Out; NAWS, PO Box 9999; Van Nuys, CA 91409-9999; USA, or to HandI@na.org.

I love my commitment with Hospitals and Institutions, I know for a fact that it is a God thing and my service commitment to H and I saved my life below I will briefly explain.

I went to my very first H and I sub committee meeting with 9 days clean and I was told that I did not have enough clean time to do anything. I came back the next month and asked on the floor why I was always being told to get in the middle of the boat with service, but my clean time did not allow me access to the boat. I left out of that sub committee meeting with every intention of going to get high when the person handling the literature came out and stopped me, brought me back in, and said **"you can help me with the literature."** That was the start of my H and I experience. I went on to go to a facility as a panel member, then panel leader, H and I secretary, H and I vice chair, and now H and I chair. What a wonderful journey.

We are currently in the planning stages of our annual learning day. We have had some great ones over the years and I believe this year will be a wonderful opportunity to share with our area, **BAY AREA**, how wonderful this experience can be. Be on the lookout for fliers to come announcing date, time and location of this year's event we look forward to seeing you there.

If you would like to know more please feel free to contact me at hi@basna.org.

In loving service

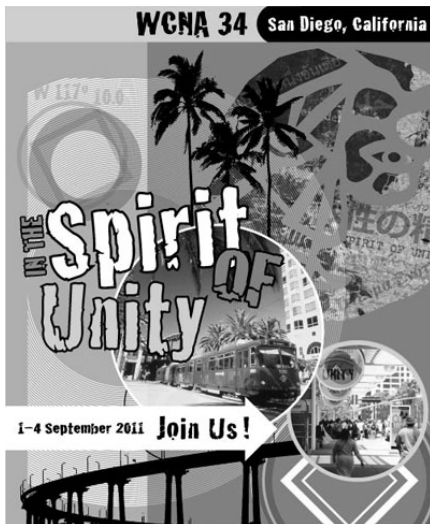
Samuel B., Hospital and Institution Chair

March/April Newsletter Topic:
What spiritual principle has been the most difficult for you to learn and use in your life?

Word Search - H & I

s	d	j	v	n	h	i	n	f	c	z	m	u	n	e	e	c	h	sharing	facility
b	e	g	n	e	o	g	a	c	c	o	u	n	t	a	b	l	e	experience	introduce
e	r	s	l	t	p	n	i	v	o	u	v	r	c	p	u	o	l	strength	involvement
n	e	h	e	i	e	f	h	e	l	d	n	c	f	o	n	d	i	hope	demonstrate
c	f	a	g	n	o	s	t	b	l	e	a	n	a	o	i	t	o	accountable	message
i	f	r	e	t	r	e	e	e	e	m	o	n	c	e	y	r	p	hospital	subcommittee
e	z	i	t	r	t	r	m	c	h	o	y	l	i	x	o	o	p	institution	commitment
d	i	n	v	o	l	v	e	m	e	n	t	y	l	p	t	f	o	service	opportunity
o	t	g	e	d	h	i	o	o	t	s	w	a	i	e	a	h	r		
m	h	o	d	u	e	c	s	m	x	t	o	t	t	r	d	o	t		
r	e	n	t	c	s	e	p	e	a	r	r	o	y	i	n	t	u		
u	r	e	b	e	a	h	i	w	l	a	e	c	d	e	a	s	n		
o	y	f	o	e	k	s	r	o	e	t	e	v	a	n	e	t	i		
m	o	c	c	o	m	m	i	t	m	e	n	t	a	c	h	r	t		
i	n	s	t	i	t	u	t	i	o	n	r	i	o	e	r	e	y		
y	n	e	n	u	r	m	e	s	t	r	t	s	g	o	f	n	s		
e	w	h	o	s	p	i	t	a	l	d	o	r	r	s	a	g	d		
r	o	t	e	d	a	a	r	e	a	n	s	u	e	d	m	t	n		
o	r	s	m	y	f	l	m	e	s	s	a	g	e	n	n	h	e		
w	s	u	b	c	o	m	m	i	t	t	e	e	r	e	f	r	i		

Created by: Alley S.



NA Literature Survey

NA World Service is excited to announce that the 2010 Fellowship Literature Survey is now available at www.na.org/litsurvey and in the October 2010 *NA Way Magazine*. Feedback from the survey will help provide the World Board with a sense of the fellowship's needs and ideas. As you complete the survey, please try to consider not only your own literature needs, but also those of the fellowship worldwide. While many of us are fortunate to find exactly what we need in our literature, we must also think about the needs of NA communities around the world and addicts still seeking NA recovery. We welcome all of your ideas and feedback. We encourage each NA member to complete the survey and to share the link with others. Thank you for participating. Please submit your survey by 1 April 2011. You can complete the survey online at www.na.org/litsurvey; fax it to 818-700-0700; or mail it to NAWS: 19737 Nordhoff Place; Chatsworth CA 91311 USA.

Fourth Florida Service Symposium Hits Tampa

The 4th Florida Service Symposium will run from 12:00 p.m. on Thursday, March 24, through 3:00 p.m. on Sunday, March 27. The Symposium will be held at Crowne Plaza Hotel East on Princess Palm Avenue in Tampa, Fla. Rooms are \$109 per night.

Events will include a Roundtable Box Lunch on Friday (\$15), Women in Service Dinner on Friday evening (\$30), Southeast Zonal Forum Breakfast on Saturday morning (\$15), the Routable Box Lunch on Saturday afternoon (\$15), and the Banquet on Saturday night (\$35).

This event was envisioned specifically as an opportunity for trusted servants to experience training that would enhance their skills and knowledge in areas not typically available elsewhere. These 32 Trusted Servant Workshops are broken down into four tracks: NAWS Presentations, Internet Technologies, Public Relations and Local Service Training.

Download the registration form at: <http://naflorida.org/florida-service-symposium/>

Trusted Servant Workshop Topics

- Professional Roundtable Discussion – Professionals by Invitation – Thursday
- Professional Panel Discussion – Mandated Meetings – Drug Court and Treatment
- Advocacy and Anonymity – Faces & Voices of America – Saturday
- Jails & Prisons – The Inside Out
- Anonymity.com – The Internet & Anonymity
- NAWS Service System Discussion – Topics To Be Decided – Friday
- NAWS Service System Discussion – Topics To Be Decided – Saturday
- NAWS Our PR Handbook & Mock Presentations
- NAWS Local Environmental Scanning – Viewing the World We Live In
- NA History Presentation
- NAWS Town Hall Meeting
- NAWS Fellowship Development Presentation
- Internet Technology Session – Website Development
- Internet Technology Session – Fellowship Intellectual Property Trust Online
- Internet Technology Session – Basic Meeting List Technology
- Internet Technology Session – Online Discussion & Recovery
- Internet Technology Session – QuickBooks & eCommerce (RSO's & Conventions)
- Building Strong Home Groups
- Group Trusted Servants – Roles & Responsibilities
- Creating Attractive PowerPoint Reports
- Convention Planning – Resorts Consortium & Graphic Designer
- Consensus Based Decision Making – Feel the Love!
- Becoming a More Effective RCM
- Principles and Leadership in Service
- Money Matters!
- Writing Effective Reports
- The Florida Service System Presentation – Process, People & Consensus
- Florida Regional Service Conference – Sunday

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 submissions between 200-400 words. Please submit at least two weeks before the newsletter is due bi-monthly. Please e-mail all contributions to: lit@basena.org. **Please Note...** The opinions expressed herein are those of individual contributors, and not the opinions of the Bay Area Literature Subcommittee, or Narcotics Anonymous as a whole. The Handbook for Narcotics Anonymous states, "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 Subcommittee 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.

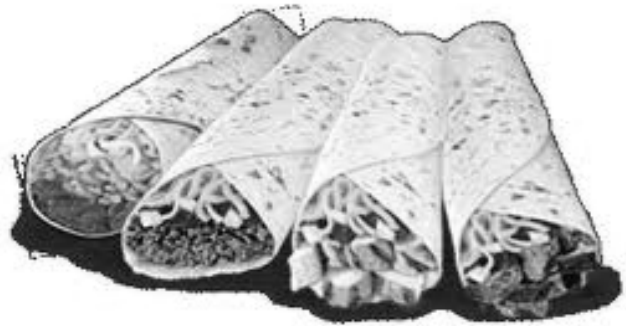
Can You “Purify” a Burrito? A True Story by Joe F.

Whenever my friends and I sit and talk about addiction, the conversation is almost never about drugs. It may start with drugs, but usually finds its way into how messed up we all are without them. After being clean for over a decade, sometimes, drugs seem so far away. However, addiction continues to wreak havoc in all our lives. I was told when I first got clean that drugs were just a symptom of my problem. That addiction will manifest itself in my life in so many ways. I figured that it would be in relationships, friendships, and such. But I never thought addiction would get me again... in the form of “The Grilled Stuffed Burrito” from Taco Bell.

It was a typical day at work. The clock was moving slow, boss was in a bad mood, and I was hung over from 2 nights of staying up late feeling sorry for myself. That’s usually my addictions first attack... get me feeling sorry for myself, and I will surely begin thoughts that will sabotage my life. It keeps me tired and very obedient to negative desires. I decide that a little lunch will do me good, and I head out to the local Taco Bell. I see a sign for the “All New Grilled Stuffed Burrito - A large, warm, soft, flour tortilla wrapped around seasoned ground beef, hearty beans, seasoned rice, a blend of three cheeses - cheddar, pepper jack and mozzarella, creamy Pepper Jack sauce, and Fiesta Salsa, then grilled to perfection. (You can also upgrade this item with marinated and grilled all-white-meat chicken or authentic carne asada steak.)” I put the actual description to illustrate what sold me. Even writing this makes me salivate. When I held this warm burrito that was grilled to perfection, I knew it was going to be great. When I took the first bite, I had the same thought that I had when I did my first line, “Where have you been all my life?” There are no words to describe how delicious this was. How comforting it made me feel. I no longer felt sorry for myself, the day no longer dragged... I was full... and I felt good... real good... too good.

For the next 2 weeks I ate the burrito everyday at lunch. I changed it up a little, sometimes with hot sauce, sometimes with chicken or steak. Every combination, better than the next. Can I find a way to make this even better, more pure? Can I freebase a burrito? I was hooked, and I had no idea. One day my boss asked me what I was doing for lunch and I told him that I was going to get a burrito. He said, “Joe, I’ve noticed you have been eating that burrito a lot lately.” I could only respond the way an addict in true denial does, “I’m alright, I got it under control.”

Another week of daily burrito consumption went by. The only outward sign of this affecting my life was the massive accumulation of hours I was wasting in the bathroom. There was only two explanations for this... either the daily doses of burritos, or the onslaught of Dysentery. Thankfully, I was living alone at the time, and



had to explain myself to no one. My downward spiral was on, addiction had me in its clutches, and I chose to ignore all negative signs.

A few days later I found myself on the road for a TV shoot and hours away from any hook ups for my current “food of choice.” I wasn’t panicked because I knew this was a national chain. I asked the guy I was working for if he knew where I could find any. He said that he didn’t think there was any in the area. From that moment on obsession grabbed me and wouldn’t let go. Knowing that there weren’t any in the area, made my cravings for one all the more strong. I would have compromised myself at that moment, just to smell one... or know that one was near. I frantically found a computer and Googled it. I found one 30 minutes away. Can I drive 30 minutes and make it back in time for our shoot? I had to try. I printed out the directions and left without telling anyone. I was in full addict mode on the way to his fix.

Any addict will tell you, that the act of going to get your stuff is always the best part. The anticipation is exhilarating. You run through all the scenarios of how great it will be once you get it. Will I get chicken, beef, or steak?

Hot or mild sauce? Should I not get a drink so I could savor the flavor for hours? I was insane. I was speeding and looking out for police so I didn’t get pulled over. I had not one second to give if I wanted to get back in time. Then, on my left, in the distance, I saw the purple sign with the big yellow Bell. I even turned down my radio for full concentration. My stomach started moving and growling in anticipation of the greasy goodness that was about to be had. As I approached I saw a no left turn sign and that the u-turn was a quarter mile up the road. I couldn’t risk it so I pulled a screeching left, cutting off a car and found myself in the drive thru window. I ordered my burrito and pulled into the back corner of the parking lot. As I unwrapped, I noticed that it was not grilled. Not Grilled! But that’s what makes it so great! That was the difference between that and lesser burritos on the menu. I was furious! But, I couldn’t go argue with them to get another. It was lunch time and busy. I would have been late for the shoot. I looked at myself in the rear view mirror. As I was about to say to myself... ‘Do you believe this?’... I paused. I looked at myself, and for the first time had a moment of clarity. I saw

There I was, a young man with years of recovery from drugs, shamefully weeping in his car, with a burrito in his mouth.

Burrito cont.

it all clear... and I was ashamed. I figured I would take a few breaths and calm down. I would eat this burrito and then stop... for good. As I placed this big, fat, greasy, devil in my mouth I started to cry. I couldn't even bite it. I looked to my left and saw a family staring at me. There I was, a young man with years of recovery from drugs, shamefully weeping in his car, with a burrito in his mouth. The woman asked me, "Is everything OK?" Without even taking the burrito out of my mouth I said, "I don't know." She quickly got her family away from me. I shamefully ate the burrito, and got back to my shoot in time.

When I got home that night I started to get honest with my sponsor about what I've been up to. We talked about the power of addiction and in all the ways in can affect us. I am proud to say that I went a whole year without the grilled

stuffed burrito. My sponsor said it was unnecessary for me to give it up totally. It wasn't the burrito that was the problem. I just came to it in a vulnerable time in my life and that went out of control. He knew I was in a better frame of mind now. I decided to go get one and see what happened. Though I wanted one, when I got there, I felt like it was an old relationship that hurt me. Even though it wasn't the burritos fault, I thought it was best I stay away. I decided to look forward with my life, try something new. I went for the "Spicy Chicken Burrito - A warm, soft, flour tortilla wrapped around shredded chicken that has been slow simmered in authentic Mexican spices, seasoned rice, creamy Jalapeno sauce, and Fiesta Salsa." It sounded good... real good... too good. So, I did what any addict with clarity does when confronted with that strong an urge and doesn't know what to do... I got the hell out of there.

Comedy Corner

Burrito Boredom Affliction by Roger P.

I want to talk to you about a very disturbing disorder. It's called Burrito Boredom Affliction, and it affects zillions of people no matter where you go. It all started with one boring chicken burrito; now, people all over the world are faced with the same blah entrée options day after day. There is hope: Food Lovers Fighting Burrito Boredom has created a Support Group where sufferers can share their stories and learn about new cures. Share your experience, strength and hope with your own Burrito Boredom Affliction Recovery Recipes. ¡Bueno! The time to fight back against Burrito Boredom is now. Join the FLFB Support Group and we can fight it together.

Recovery Recipe of the Month

From The Kitchen of
Roger P.

Burritos (6)

Ingredients: 1 lb. lean ground beef, 1/2 c. chopped onion, 1 clove garlic (minced), 2 t. chili powder, 1 t. dried leaf oregano (crumbled), 1/2 t. ground cumin, 1/2 t. salt, 1/4 t. ground pepper, 1 can (16 oz.) refried beans, 1 can (10 oz.) enchilada sauce (divided), 6 (8-in.) flour tortillas, shredded lettuce, garnishes

Preparation: In a large skillet over medium heat, cook ground beef, onion, and garlic until meat is browned, stirring often to break up meat. Drain well. Add chili powder, oregano, cumin, salt, and pepper; simmer for 10 minutes. Add refried beans and 1/2 cup of enchilada sauce. Heat thoroughly. Wrap tortillas in foil and place in a 350° oven to heat for 10 minutes. Spoon about 1/2 cup of the ground beef mixture onto each tortilla; roll tightly and place seam-side down on serving platter lined with shredded lettuce. Spoon remaining enchilada sauce over tortillas. Garnish and serve with any of the following: shredded cheese, sliced ripe olives, chopped tomatoes, sour cream or guacamole, and more shredded lettuce.



Area Help Lines for the Florida Region



Bahamas... 242-426-5245 (naflorida.net/bahamas)

Bay Area (Saint Petersburg, Clearwater, Pinellas County)...
888-779-7117 / 727-547-0444 (bascna.org)

Big Bend Area (Tallahassee)..... 877-340-5096 / 850-224-2321 (bigbendna.org)

Chain O' Lakes Area (Leesburg, Eustis, Tavares, Clermont, Groveland)..... 352-319-5617 (colana.org)

Daytona Beach Area (Ormond, Holly Hill, Port Orange, New Smyrna Beach, Edgewater, Flagler Beach, Palm Coast, Deland, Orange City, Deltona) 800-206-0731 / 386-628-0318 (daytonana.org)

First Coast Area (Jacksonville, Jacksonville Beaches, Fernandina Beach, MacClenny, Orange Park, Middleburg, Green Cove Springs, Palatka) 904-723-5683 (firstcoastna.org)

Forest Area (Ocala, Belleview, Dunnellon)352-368-6061 (forestna.org)

Gold Coast Area (Fort Myers, Ft. Lauderdale, Port Charlotte, Cape Coral).....888-524-1777 (goldcoastna.org)

Greater Orlando Area (Longwood, Sanford, Casselberry, Altamonte, Kissimmee) .407-425-5157 (orlandona.org)

Greater Pensacola Area (Pensacola, Ft. Walton Beach)..... 850-496-1673 / 850-723-4813 (pensacolana.org)

Gulf Coast Area (Port Charlotte)866-389-1344 (nagulfcoastfla.org)

Heartland Area (Lakeland, Polk County, Highlands County, Hardee County)863-683-0630 (naflheartland.org)

Midcoast Area (Delray Beach, Boca Raton, Boynton Beach, Deerfield Beach)561-393-0303 (midcoastarea.org)

Nature Coast Area.....352-464-4135

North Dade Area866-935-8811 (northdadearea.org)

Palm Coast Area (West Palm Beach)561-848-6262 (palmcoastna.org)

Recovery Coast Area (New Port Richey)727-842-2433 (napasco.org)

River Coast Area (Citrus County, Hernando County)352-382-0851 / 352-754-7200 (rivercoastareana.org)

Serenity Coast Area (Jacksonville, Jacksonville Beach, Mandarin, Middleburg, Orange Park, St. Augustine)
904-358-NANA (6262) (serenitycoastna.org)

Space Coast Area (Cocoa, Cocoa Beach, Indialantic, Melbourne, Merritt Island, Palm Bay, Port St. John, Rockledge, Satellite Beach, Sebastian, Suntree, Titusville) 321-631-4357 (spacecoastna.org)

Suncoast Area (Sarasota, Bradenton)941-257-5055 (suncoastna.org)

Sunset Coast Area (Naples, Bonita Springs).....
888-435-7301 / 239-249-1398 / 239-591-2804 / 888-435-7301 (sunsetcoastna.com)

Tampa Funcoast Area (Hillsborough County, Tampa, Brandon, Lutz, Riverview, Ruskin)813-879-4357
..... (tampa-na.org)

Treasure Coast Area (Fort Pierce, Port St. Lucie, Stuart, Okeechobee, Vero Beach)772-343-8373
..... (treasurecoastareana.com)

Uncoast Area (Alachua, Branford, Gainesville, High Springs, Lake City, Live Oak, Newberry, Old Town, Worthington Springs)352-376-8008 / 866-352-5323 (uncoastna.org)

Get Involved...

Bay Area Service Committee Meetings

Activities	6:30 p.m. 1 st & 3 rd Wednesday, The Place
Area Service Committee	9:30 a.m. 2 nd Sunday, The Place
Helpline	TBA Sat. before 2 nd Sunday, The Place
Hospitals & Institutions	8:30 a.m. 1 st Sunday, The Place
Literature (Newsletter)	TBA Contact lit@basna.org for more info
Policy	8:30 a.m. 2 nd Sunday, The Place
Public Relations	6:45 p.m. 1 st Thursday, 639 Edgewater Dr., Dunedin

NA is not affiliated with any of the facilities listed.

Other Useful Contacts...

Florida Regional Service Office... 863-683-8224 (floridarso.org)

Southeast Zonal Forum (sezf.org)

Narcotics Anonymous World Services... 813-773-9999 (na.org)



The ASC needs a Literature (Newsletter) Subcommittee Chairperson. Please send questions to lit@basna.org and attend the next Area Service Committee meeting.

Submit your ideas for topic questions, jokes, suggestions, accolades, questions, poetry, topic answers, photographs (no identifying details, faces, etc.), cartoons, rants, raves, more ideas, news articles, etc., etc., etc. to lit@basna.org.

FRCNA

Florida Regional Convention of NA

XXX

Thu., Jun. 30, 12AM
Thru Mon., Jul. 4, 12AM
West Palm Beach

Public Relations Learning Day

Coffee - Desserts - Games - Prizes

Feb. 27, 2-4pm

The Place (5540 Park Blvd.)
NA is not affiliated with this facility

For more information,
call Sandy R. at 727-851-0082

Meetings That Need Support

Every Day

7:45 AM MORNING SERENITY (OD)
The Place, 5540 Park Blvd.

Mondays

8:00 PM SERENITY IN ADDICTION (OD) – Serenity Club,
631 Turner St., Clearwater

10:30 PM JUST FOR TODAY (ST) –
New Terra Nova, 2927 Central Ave.

Wednesdays

7:00 PM PRIMARY PORPOISE (CD, S&T) – Calvary Episcopal,
1615 1st St., Indian Rocks Beach

10:00 PM JUST FOR TODAY (CD, LS) – New Terra Nova,
2927 Central Ave. (90 minutes)

Fridays

8:00 PM NEW ATTITUDES (OD) –
St. Paul's Methodist,
1897 Highland Ave., Largo

8:00 PM NO PAIN NO GAIN (OD, H, SPL) – Wescare,
1735 Dr. MLK Jr. St. S., St. Pete

8:00 PM H.O.W. (OD, H) –
Church of the Good Sheppard,
639 Edgewater Dr., Dunedin

10:00 PM JUST FOR TODAY (CD, CL, LS) – New Terra Nova,
2927 Central Ave. (90 minutes)

Saturdays

10:00 PM JUST FOR TODAY (OD, CL, LS) – New Terra Nova,
2927 Central Ave. (90 minutes)

OD = Open Discussion (All Welcome)
CD = Closed Discussion (Addicts only)
CL = Candlelight
SPL = Speaker Last Day of Month
S&T = Steps & Traditions
ST = Step Meeting
H = Handicap Access
LS = Literature Study

Poetry Page

Bad to Good by Steve S.

Father please forgive me for you know of what I've done
It was not to go reject you but to satisfy this one
You knocked before I learned to hear, and rocked before I learned fear
My inchoate days I had nothing to say
Sought isolation and depraved my soul to a desolate way
I was young and dumb and full of foolish runs
I schemed and plotted to get pockets full of dat blotted
A kleptomaniac was no brainiac just choreographed my attack
I can't stand the pain it rips me like a chainsaw
Lookin for rigs while my skin was being ripped off
The joints I toked and rocks I smoked, filled my lungs to collapse and stroke
I flipped and fried trying to twist the tie,
Hoping the release would bring tears of joy in my eyes
It just brought sorrow and pain from the displacement of your name
Demons torment my soul, grippin veins and rippin holes like hot coals
My goal was to get high like the sky you've imagined
But I fell hard like a plane when it crashes
The plethora of nepenthe my hands dispensed till I couldn't see
The sooted bent utensils, a reminder were I used to be
Fleshly worlds whip and twirl
Bringing chaotic jactations of the immortal soul
My rapacious ways brought merciless days,
Till in desperation I quit the despoliation
The volition of my prodigious high
Was nothing compared to your face in the sky
Seeing a dragon sleep in the night,
Nothing like when he sinks his teeth n bites
My evil deeds plead for no seed, when I'm on my knees and begin to read.
The devil rented my mind to try an hinder God in difficult times
Acceptance is the anecdote to shame, leaving my blame to a place already claimed
A veteran of the villains can't veer to a real career
So steer clear of the things the devil doesn't fear
Ready or not you came and knocked, C4 to blow the steel door off my core
Dealers and stealers ask me what I do, I'm about my father get a clue
Things just aint the same for this psycho
Can't zip the ties to release and let my mind go
My itching ears want to hear the things unseen to the unclean
Then I stepped into the doorway to see your coruscating rays
Neglecting hunger pains brings me closer to your name
Finally reaching fruition, Great gratification for there being no tuition
Just the price of blood from which the one who has already come
He taught the way accepting the pain, knowing it would lead to much greater things
His reputation among men acts and miracles nuff said
Always told to be a tough soldier, but a man can't stand so go try to be like the molder
I always felt like I was less than none, but need to strive to the almighty one
Our glorious Lord is illustrious as were told, so close your eyes and try to wait for da prize
I am nothing but a grain in a lions main, in a sea of sand held by his hand
The viscosity of my virtuosity veers most verbose
but it's an honorable pose to the lord and Holy Ghost.

8 Just for Today on the Bay

Me by Danita K.

The freedom to be,
to be just me,
to laugh inside
when sometimes I wanna hide
hide from the person I am,
and not give a damn
that's not how I feel
but it can be how I deal
deal with my feelings of pain
and feelings of insane
instead I just walk instead
I just talk instead
I open up these feeling inside
and I don't run and hide
today I feel
that I can deal
deal with life today
I'd have to say

12 Steps author unknown

I took Step One, began to moan,
I can't do this one on my own.
I took Step Two, began to pray,
Restore me God, please now, today.
I took Step Three, gave up my will.
Maybe God could love me still.
I took a Fourth, I looked inside
Nothing more would I hide.
And on the Fifth, I said aloud,
I've done some wrong, and I'm not proud.
I took Step Six, and got prepared
To lose the defects, I was scared.
Now I'm at Seven, take them away,
My God, for this I do pray.
And on Eight, the list was long,
Amends to make for all the wrongs.
I took Step Nine, put down my pride,
Amends made, I will not hide.
Step Ten I take, each day I pray.
I make amends along the way.
And on Eleven I pray to know,
Each day His will, which way to go.
I take Step Twelve, I'm like a bird
To others now, I spread the word...

Leap of Faith Campout is Almost Here! by Erin R.

Get ready for the event of the *year*, the 8th Annual Leap of Faith Campout & Spiritual Retreat! This event will be held on March 4th, 5th and 6th, 2011 at Boyd Hill Nature Park.

The weekend will include speaker meetings featuring local and out-of-town speakers. Speakers will be featured in meetings on Friday and Saturday evenings, as well as a Sunday morning meeting with a spiritual theme. As a new addition, we will also feature *three* speakers during a Step Study Workshop on early Saturday afternoon!

Favorites of many are the Friday and Saturday midnight campfire meetings. Sitting around a roaring fire with dozens of addicts is the perfect way to end a day of camping.

Saturday afternoon is the annual Treasure Hunt with unique prizes. This always draws a ton of excitement and it's almost as fun to watch as to participate! Also on Saturday afternoon are children's activities and crafts – only one of the features of the weekend that makes the Leap of Faith Campout kid-friendly.

The Saturday night auction will feature an array of specialty items – from original artwork donated by artists in the fellowship, to Leap of Faith memorabilia from 2011 and years past, to one-of-a-kind items – you don't want to miss it!

If you're wondering about food for the weekend, rest assured that a full breakfast will be served on both Saturday and Sunday morning thanks to two of our Bay Area home groups. There is also a snack bar that offers hot dogs, pretzels, soda, water, and other snacks at a low price.

Cabins are available that sleep 10 for only \$50 each. Money is due at the time of reservation, first come, first served. Contact Erin R. (727) 460-3911 for more information.

If you are new to NA, this is the perfect opportunity to build your support circle and to get involved in the fellowship of Narcotics Anonymous. And if you are not new to NA, Leap of Faith is always the perfect way to "reignite" your recovery with a weekend of fun, food, and fellowship! We count on the support of members like you to make this event a success; not only with your attendance, but with your helping hands and hearts. Whether you're an expert fire tender, a master chef, an excellent organizer, or an amazing team leader, all volunteers are welcome!



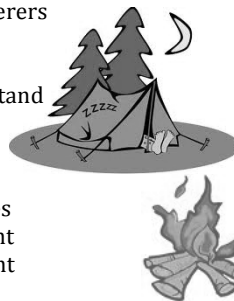
Boyd Hill Nature Park is located at 2900 31st Street South, St. Petersburg. The Campout is Friday, March 4, 2011, at 2 p.m. thru Sunday, Mar. 6, 2011, at 2 p.m.

Seeking Volunteers! Are you looking to get involved in the fellowship of Narcotics Anonymous, stay connected, or perhaps wanting to recommit yourself to recovery? Now is the time to **take action** and sign up for a service commitment at this year's Leap of Faith Campout & Spiritual Retreat.

Volunteers are needed for the following areas:

- Meeting Chairperson
- Midnight Campfire Meeting Chairperson
- Angel Whisperers
- Setup
- Cleanup
- Concession Stand
- Fire Tender
- Cook
- Food Server
- Kids Activities
- Treasure Hunt
- Entertainment
- Admissions
- Registration

See Erin R. (727) 460-3911 or any other activities member to sign up today!



Calling All Artists!

The Activities Subcommittee is looking for YOUR logo to be featured on merchandise at the annual Leap of Faith Campout & Spiritual Retreat! All submissions must feature three or fewer colors and be turned in by January 30, 2011. A winner will be announced on February 2nd and will see their original artwork featured at Leap of Faith 2011. Get your creative juices flowing and submit your entry to any Activities Member today!

Activities Subcommittee is Looking for New Members!

Who: Any member of Narcotics Anonymous – no clean time requirement!

What: Activities Subcommittee of Narcotics Anonymous – we plan events and parties for the Bay Area.

When: We meet the 1st and 3rd Wednesday of each month at 6:30 p.m.

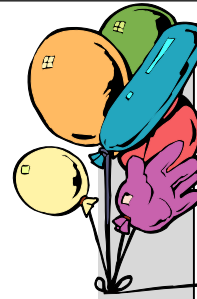
Where: The Place, 5540 Park Blvd (56th St. & 72nd Ave. N.)

Why: Because you're looking for a way to get involved or stay involved in NA, because you love throwing parties and having fun, because your sponsor has told you a least 100 times to "get a service commitment!!"

Attention All Home Groups! Leap of Faith Campout is looking for **YOUR** home group to sponsor our BBQ dinner! As you may know, the Bay Area has fallen on difficult financial times and we are turning to creative solutions to keep our annual campout alive! We are hoping to find at least three home groups to help in sponsoring out Saturday evening BBQ dinner to feed at least 250 people. Please contact Erin R. at (727) 460-3911 if you are interested in participating!

Bay Area Anniversaries

Jan. 1	Johnny B. (It Works)	2 years
Jan. 1	Jesse B. (Welcome Home)	1 year
Jan. 2	Dennis S. (Give It Up)	7 years
Jan. 2	Bill L. (Welcome Home)	2 years
Jan. 4	Joey A. (Welcome Home)	2 years
Jan. 7	Ernest D. (Save Your Ass)	1 year
Jan. 9	Brandon F. (Save Your Ass)	18 months
Jan. 10	John N. (Welcome Home)	3 years
Jan. 10	Mike S. (Welcome Home)	3 years
Jan. 10	Robert V. (Welcome Home)	3 years
Jan. 11	Taylor C. (Welcome Home)	1 year
Jan. 13	Deborah W. (Welcome Home)	6 years
Jan. 13	Tara F. (New Attitudes)	1 year
Jan. 15	Ron G. (Welcome Home)	2 years
Jan. 15	Lori A. (Save Your Ass)	1 year
Jan. 19	Bruce K. (Save Your Ass)	1 year
Jan. 20	Abbi (Sunshine)	4 years
Jan. 21	Octavia B. (Save Your Ass)	2 years
Jan. 22	Aubrey L. (New Attitudes)	13 years
Jan. 22	Barry C. (Sunshine)	9 years
Jan. 25	Andy (Welcome Home)	2 years
Jan. 26	Dan K. (Welcome Home)	23 years
Jan. 26	Julie S. (Women and Recovery)	6 years
Jan. 26	Richard H. (Welcome Home)	4 years
Jan. 28	Adam S. (Welcome Home)	2 years
Jan. 29	Jason H. (Save Your Ass)	4 years
Jan. 29	Mary L. (Save Your Ass)	18 months
Feb. 1	Sheryl A. (Women and Recovery)	11 years
Feb. 1	Lisa M. (Save Your Ass)	18 months
Feb. 2	Ken M. (Welcome Home)	3 years
Feb. 2	Jane P. (Women & Recovery, SYA)	1 year
Feb. 3	Joyce W. (Save Your Ass)	4 years
Feb. 3	Joyce W. (Women and Recovery)	3 years
Feb. 12	Mike B. (Welcome Home)	24 years
Feb. 13	Julie C. (Just for Today)	13 years
Feb. 14	Herbert B. (Save Your Ass)	22 years
Feb. 14	Mike M. (Save Your Ass)	4 years
Feb. 14	Sheri S. (Welcome Home)	3 years
Feb. 15	Eliceo A. (Keys to Recovery)	8 years
Feb. 15	Cheryl D. (Save Your Ass)	18 months
Feb. 16	Joe S. (Welcome Home)	6 years
Feb. 19	Deborah S. (Welcome Home)	6 years
Feb. 23	Ashley D. (Save Your Ass)	1 year
Feb. 25	Earlene (Sunshine)	28 years
Mar. 1	Emily M. (Keys to Recovery)	5 years
Mar. 3	Tracy R. (Keys to Recovery)	5 years
Mar. 5	Lou D. (Keys to Recovery)	11 years = 267 years



Congratulations celebrants! Next newsletter on Mar.

Recovery in Woodlawn has moved

Tuesday evenings at 7 p.m. NOW AT St. Paul's Church, 1320 20th Ave. N. in St. Petersburg (middle building, second floor)

No Pain No Gain has moved

Friday evenings at 8 p.m. NOW AT 1735 9th St. S. in St. Petersburg (located in the Westcare or Mustard Seed treatment facility)

Women & Recovery's Monthly Anniversary Celebration

Bring a "morning" dish to share on the 3rd Sunday of every month at Terra Nova (2927 Central Ave.)

DOA's Pot Luck Dinner

Bring a covered dish to Defeating Our Addiction's "Pot Luck Dinner," the last Thurs. of every month for the dinner at 7 p.m. & speaker at 8 p.m. at Gulfport Presbyterian Church 5313 27th Ave. (Fellowship Hall)