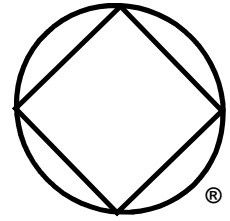


Sharing the Message



The Bay Area Newsletter

www.bascna.org

March/April 2002

Don't Pick Up No Matter What

"WE SHARE THE PRINCIPLES OF RECOVERY AS THEY HAVE WORKED IN OUR LIVES."
BASIC TEXT, P. 51

Looking back on my life, I can boast my fair share of "don't-ful" accomplishments. Don't eat the last cookie! I didn't. Don't be late! I wasn't. Don't forget! I didn't. But then comes, "Don't pick up no matter what", and I couldn't. As many times as I have tried not to, I have failed. The harder I tried, the worse I failed.

I finally had to admit defeat, I had to admit that I had absolutely no control over my addiction (and other things) as well. This was very hard for me because I believed that being powerless over something was a weakness. In the case of addiction, this is anything but true. In fact the only way you can begin to recover is by doing a thorough Step One. "We admitted that we were powerless over our addiction, that our lives had become unmanageable."

The good news is that when I did admit that I was powerless over my addiction, I discovered for every one thing that "I" could not do, there were at least two things that "we" could do. My admission of powerlessness became part of "our" strength.

I do bear some responsibility in making sure I "don't pick up no matter what". I bear the responsibility of caring for myself as I would a wounded child in my charge. I pay extra attention to my thoughts, feelings and actions. By talking about those feelings with a sponsor or trusted friend, I have found that I can eliminate or decrease (it even for one day), those feelings which sabotage my recovery such as impatience, anger and resentment.

I don't want my life so full of chaos that I feel the only way to calm myself is

through the use of drugs. To prevent this I take precautions like not allowing myself to make any rash or snap decisions without thinking things all the way through. I no longer allow myself the luxury of living in a fantasy world reinforced with excuses, half-truths and lies. If I don't understand something or am feeling overwhelmed, I have become humble and honest enough to say that, to say I am confused, I don't feel strong, or I really want to use. I find that it's ok to say this. I am after all only human and part of my deal with reality tells me that I have to put and keep the "superwoman" cape stowed.

Most importantly I find is that if I am willing to put my recovery as my absolute number one priority "not picking up no matter what", becomes a little easier. My willingness to do what my sponsor and this program tells me to is essential. I can stop fighting myself and let the serenity of honesty and willingness along with my higher power take the lead. I follow, I listen, I pray and I am willing. I am everything except in control or in charge. I am grateful.

Pam

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The Monster, Working the 1st Step

It is 2:30 am, and as I look at my surroundings, I see 14 women. As I think about each one I am amazed to see such different individuals, but I am puzzled by one word that clearly defines us all...ADDICTS.

Addict. Why does this seem to be a difficult word to say, to think, to write. It would be easier for my "mind" to describe me or my friends, yes, I feel we have become friends, as women caught up in "Addiction".

The fifteen of us have been caught and trapped, imprisoned with an illness to blame, a disease to accept called addiction. We pray each day for God to forgive us. We cry each day knowing there is no cure.

I, we, have but one thing to be proud of, we believe in a Higher Power who will accept our statement that we are powerless over this disease. Our addiction.

I pray for God to grant us the Serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference. One day at a time.

I wonder which one of us will survive. I wonder which one of us will lose our life to our "addiction".

Have we ever been able to admit that our world has been devoured by a monster called "addiction"?

This monster has caused us, the 15 of us, to bring pain to ourselves, to destroy our families and to have done things that without the help of this monster



we would have never stomached.

As children we feared monsters. We ran from them. We hid from them. Why do we welcome them into our lives?

For those of you not yet imprisoned due to your addiction, for those of you who have not "yet" reached this bottom, I pray for you, and hope you have the "courage" to change what has not "yet" been your destiny.

May we all find peace together with our "friends" for together we can cage this monster.

Debi H.

Florida Regional Activities Calendar

Mar.15-17, 2002 RSC / 2002 GSR Assembly
The Ramada Conference Center 7400 International Drive Orlando, FL 32819 407/996-7400

March 28-31, 2002 FRCNA XXI.
Adam's Mark Hotel and Resort
100 North Atlantic Ave.
Daytona Beach, FL 32118
386/254-8200
800/444-ADAM

April 19,20,22, 2002 Treasure Coast Area Convention
Raddison Beach Front resort
2600 North A1A
Fort Pierce, FL 34949
561/465-5544

The deadline for the next issue of the Bay Area Newsletter is April 20, 2002 .

To submit your article, poem, game, etc.

- ◆ Contact your Bay Area Literature Chair: Sandy R. 727/392-7372
- ◆ E-mail to: lit@basna.org
- ◆ E-mail to: sandroad@hotmail.com
- ◆ Fax to: 727/544-0922
- ◆ Or mail to: **BASCNA**
Sharing the Message Newsletter
P.O. Box 703
Largo, FL 34649

*Thank you for your contributions
and your continued support!*

INSIDE RECOVERY

I was honored to write an article in the Nov./Dec. Newsletter. I am also honored to share my experience, strength and hope with you today.

I like to share my incredible journey over the last 4 months. As I shared in that issue, I've been a guest at the Pinellas County Jail for approximately 125 days, but who's counting. I have been working so hard on standing in my faith instead of standing in my fear. I would like to share with you my miracle on 49th street.

Today the red sea parted for me. I attended my final court hearing. I've been before this judge four times in the last four months due to my addiction. Each time I have been offered one thing... 33 months in a Florida Prison. Period. Do not pass go or collect \$200.

Talk about faith moving mountains. Never in my life have I seen a mountain moved like this.

My lesson is crystal clear. God does work when I stay out of his way and stay focused on what's directly in front of me, the "here and now".

Several days before my hearing I was making myself physically sick. I was a basket of nerves, until I decided to quit pushing, shoving and forcing my situation and trying to manipulate life. If it doesn't flow maybe life is trying to tell me something. I learned a lot of things today, life is a gentle teacher. I can recognize when I'm forcing myself down the wrong path.

I felt how strong I really am. I saw my faith and God work in the court room today. I felt him touch my life. I learned that if the desires of my heart are for my highest good, they become my reality. The gift is mine. All I have to do is stay open to this process called life. I've found my true power within to rise above my darkness, my trials, my failures, my severe depression, my suicidal thoughts. I am blessed today to be able to use my stumbling blocks for my true stepping stones. I have the privilege today to be in touch with all the inner strength I'll ever need to get through any situation that crosses my path. Today I do not look back in anger or forward in fear but around in awareness. I am willing to stay open to each and every lesson life presents and embrace the process. If I've learned anything on this journey, it is to always welcome each day with an Open Heart and never resist what will always persist.

This very intense journey I've been on to the road leading back home, has been the most rewarding path I've traveled over my entire 43 years. I have something today that I honestly thought was impossible, it is

"God does work when I stay out of his way, and stay focused on what's directly in front of me, The here and now."

the ability and desire to listen to my inner voice. The voice that leads me towards the light. Not into the darkness, the loneliness, the psych wards, jails and the intensive care units. I have that ultimate connection with the universe.

I experienced and watch the truth set me free. There's a little saying "Being truthful, when you know it will cost you, is the true test of honesty." I'm here to tell you even when I had legal advice against sharing my experience, due to the fact in their opinion it would hurt my case, that same information set me free and saved me. I followed that inner voice and stepped out in total faith and decided to let God work in my life regardless of what he chooses for me. Believing it will always be for my best. I am willing to surrender to his power and love and surprising plan for me. Nothing could be worse than the life I was leaving behind. Believing with no doubt that he didn't carry me this far to kick me to the curb.

I know what it is to pray to God with loud sobs. I've wrestled with feelings that's nearly torn me to pieces. I know I been through it and I can feel with you today. Real power comes when I stop holding others

responsible for my pain and I take responsibility for all my feelings. Emotional pain does not have to devastate me today, I can sit still, feel the pain, figure out if there's something I need to do to take care of myself, and then go on with my life.

I recall a very desperate time in my life. More than anything I wanted someone to believe in me, it could be anyone, it didn't matter who. I finally found that person and it does matter who. Today I believe in myself with all my heart and more. Today I

can stand in my own truth and say "I believe in Kym". The reward is "me". Being that one person who's voice says kym I believe in you to stand proud with my head up high, even in jail.

This has been one heck of a rough, bumpy, muddy, winding and sometimes endless road I've been on. Today I'm grateful for all the dips and valleys. All the bumps, mud and endless days. I've been given an awesome gift, the gift of taking charge of my life, instead of my addiction making all my choices for me. I am available to pick up all my little blessings each day. My biggest blessing is what I was given instead of 33 months in prison. A program called "Project Success". The name alone is inspirational. Just by being a participant of this program, I feel like a success.

(Continued on page 5)

(Continued from page 4)

Project Success is a 180 day in jail program.

The judge sentenced me to 1 year county time, not project success. I have been a volunteer in this program for six weeks now. My release date from my one year county time is 3/16/02, my release date from project Success is 5/6/02.

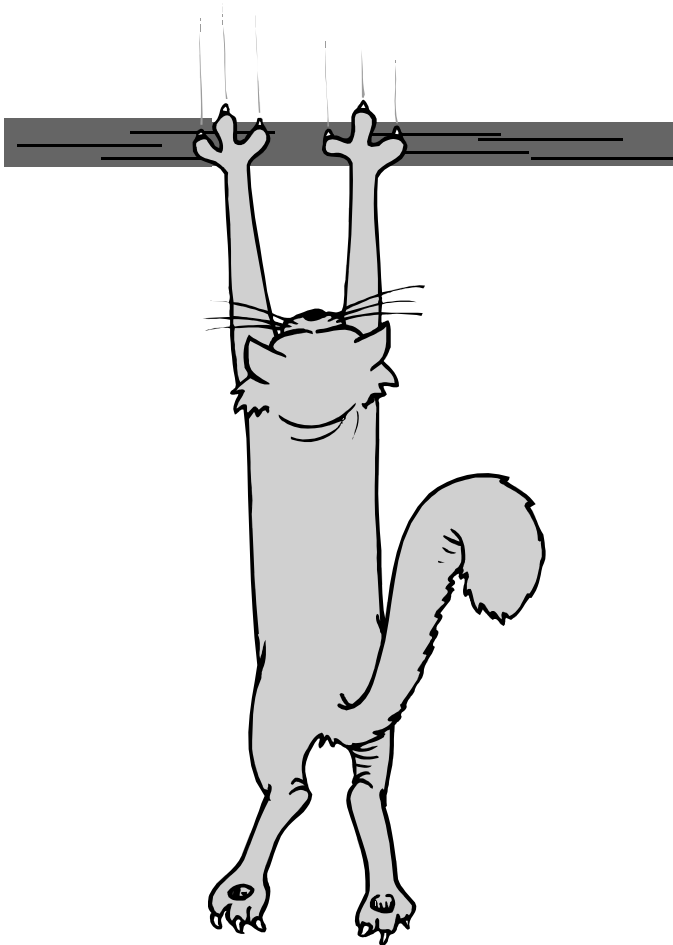
If you would have told me 4 months ago that I would be searching for a way to prolong my release from jail, I'd call you crazy. Today I have never felt more freedom than I do now sitting here in jail. I am a phenomenon woman.

KYM

MEET JENNA-FUR

Hang on Jenna-fur

Whatever you do... Don't pick up !!!



TOOLS

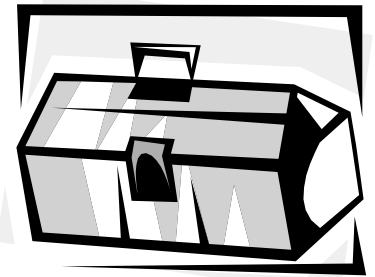
The phase "Don't Pick up no Matter What" has been one of the most useful tools in my recovery. From the beginning of my recovery to now, I still remember this phase and at times I still repeat it in my head just like I did when I first came in to the rooms.

Thinking back, I can remember hearing this at my very first meeting. It didn't seem that important to me at the time. It was like one of those phrases that you feel is easy to say but not easy to do. And I didn't have much hope that these words could ever help. In fact, I would even find myself getting angry at those who would tell me this. I wanted to know how, how do I not pick up no matter what. What I have learned is a simple phase, that when heard over and over again, it gets implanted in your brain and that is what happened to me.

All those addicts whom I thought did not care because all they offered was 6 little words, "Don't pick-up No matter What." Boy was I wrong. Those 6 words stuck in my head and every time I felt like using I would just say this phase to myself over and over until the feeling to use passed. It worked for me and it still works to this very day.

For me, this tool comes in handy on the days that I am extremely happy. I get that feeling of euphoria and I get the urge to use. I recite those 6 words and It soon goes away. I don't know why it is like this for me, I mean I would think that it would be the other way around. On those days that I am sad, but it never happens like that. This however doesn't stop me from having awesome days.

I have a tool and I'm not afraid to use it.



Literature's Subcommittee Note: The opinions expressed herein are those of the individual contributor, and not the opinions of the Bay Area Literature Subcommittee, 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 Subcommittee have been made with these guidelines in mind. We welcome any feedback in accordance with the 2nd Tradition. Please indicate if you would like that feedback published.

CLARITY STATEMENTS

I received the NA Way in the mail today. As I browsed through it, I stopped to read the response from H&I Slim. In it was a reference to “clarity statements” used in Narcotics Anonymous meetings and H&I panel presentations. I would like to express my opinion as to why these statements are inappropriate and how I feel they contradict the spiritual principals of many of our traditions. I share this as a result of my deep and undying gratitude towards Narcotics Anonymous and the recovery that has been made available to me as a result of this fellowship.

Let me begin by saying I feel our First Tradition calls on each individual member to overlook the differences that may divide us (language) and focus on our ‘common identity’ – as unified members of a greater whole. Tradition One does NOT justify self-righteous attempts to shoe-horn members into the belief of language specificity. Our common welfare hinges not on our ability to compose uniformity, but in every individual members willingness to surrender any defect standing in the way of unconditional acceptance. Allowing us to appreciate the fact of “our diversity being our strength.”

These statements are adopted in the name of group conscience; Tradition Two in our Basic Text tells us that the spiritual conscience of a group will NEVER contradict ANY of our traditions. The will of our Ultimate Authority is what ought to be expressed through this conscience. Not that of a few popular individuals in their attempt to disguise bad motives as apparent good ones.

The Basic Text tells us our reaction to drugs is what makes us addicts; not what we used. Our Third Tradition tells us our desire is what makes us members, not what we say. It is not our job to pressure other members to talk or act ‘correctly.’ We teach by example, offering others welcome, as they comfortably come to their own understanding, in God’s time.

Tradition Four, speaks of “autonomy,” with it comes a great measure of implied freedom, although this freedom does not justify the disregard of principals embodied in other traditions. As stated in our Basic Text when contradiction exists we have usually already slipped away from those very principals.

I believe that all we feel today can be separated into two categories; love and fear. First and foremost ‘our message’ as carried through our Fifth Tradition, ought to express love. To focus our collective energy through the spirit of encouragement, patience, tolerance, and acceptance of all members at any phase in their development. To criticize, correct, reject, categorize, or disapprove of other members (language) is a result of a

message rooted in fear. If ever I was to believe our message might be ‘blurred’ it would be as a result of the latter.

Many clarity statements borrow the name of Narcotics Anonymous and carry with them an implied blanket endorsement of our fellowship by using the term “we.” I for one am a member of NA and have not; nor will I ever endorse such a concept. To me, having served on a literature committee in NA and experienced some of the laborious efforts put into every piece of APPROVED literature in our fellowship, these statements are very disturbing. I believe there is a specific process in which every piece of literature or fellowship statement must pass in order to be approved as NA ‘literature’ or ‘opinion.’ These statements have not gone through this process of approval in NA. Consequently, groups and committees displaying, printing, and reading these statements are themselves contradicting our Sixth Tradition.

What is the purpose of such statements? The answer seems clear. To edit wording used by our members while communicating their experience, strengths, and hope in our meetings. It seems to me a self-righteous, misguided, “control” issue. Thus creating a top down bureaucracy dictating to our members, and an attempt to place our members responsible to our committees. Remember... “NA, as such, ought NEVER be organized.”

So then what is NA’s opinion of the ‘sober alcoholic’ member? NA has no opinion. NA does not endorse language or idealism related to specific drugs, ... neither does NA oppose. That is the simplicity of Tradition Ten. NA stands neutral on these issues neither to endorse, NOR oppose. Therefore committees or groups using statements opposing causes (language) are also in opposition to Tradition Ten.

And finally, language specificity could NEVER BE an issue when humility is practiced through the spirit of anonymity. When anonymity is squarely in place, members can never be earmarked as adjective-addicts, but as simple anonymous parts of ... rather than maliciously apart from. The principals of recovery that unite us ought always stand paramount the personalities that may divide.

Truly, anonymity is the spiritual foundation of all our traditions. Without it, the unity upon which personal recovery depends would dissolve in a chaos of conflicting personalities. With it, our groups are given a body of guiding principle, our Twelve Traditions, helping them join the personal strengths of their members in a fellowship that supports and nurtures the recovery of us all.

With loving service,
andyaddict

Imagine a world where time stands still,
Where nothing you do is your own free will.
Stripped of your freedom, your hopes and your pride.
Surrounded by strangers with no where to hide.
Imagine a world where your told what to wear.
A place where nobody seems to care.
Your told each day not to talk,
And where you can and cannot walk.
A world where you sleep surrounded by hate,
And alls you can do is just sit here and wait.
Imagine a world where you have no choice,
Where you cannot think because of the noise.
A place where the days crawl by like a snail,
Where all you have to hope for is a piece of mail.
Imagine a world surrounded by razor wire,
To walk from that place is your greatest desire.
A place like this is hard to conceive,
Yet here I sit and cannot leave.
And this is where my addiction landed me.
Sue

HOLD ON TO TODAY

Tomorrow is always another day.
One which can fill yesterday and today's hopes.
Pray for that ray of sunshine to dawn your day.
Hope for it to last and not go by to fast.
Ask your Higher Power for the gift of life to reach others not just yourself.
Take the recovery route.
It's a path so positive.
Don't have any doubts.
There's no time to pout or shout about what's not or could have been.
Make your day with a meeting or two.
That's a good thing to do.
Reach out to another addict.
They're not too far away.
Make one part of your everyday.
You need them as much as they need you.
Hold on to today and wait for tomorrow.
Lisa F.

The Tree

The tree stands almighty
A wise and quiet being,
He lives on mountaintops
Never to be seen
He needs nothing from
No one but God alone,
Is wise and strong and
Patient to grow.
His life is long, longer than
Any,
He lives it giving love, home
And shelter to so many.
He does not anger or hate
Nor envy nor cry,
Day after day reaching for
Heavens and sky.
He stands solace happy proud and
free
How much better for man if
He learned from the tree.
Valerie

Poetry Corner

For the Newcomer

The feelings rush back
like a storm hitting land
sometimes its hard to breath
like being buried with sand
but I push on through fighting for life
kicking and punching
like cutting butter with a cold knife
its getting easier to deal with
this disease of mine
the only problem I have now
is its going to take time
so if your reading this
and your not sure what it means
call your sponsor, do the steps
then you'll understand this disease.
Sean Y.

GOOD

Dear any Narc.,

I spent 6 years and 8 months clean until I met you through a back injury and my bad judgment. I made a bad decision letting you in my life. I spent all of my money, money that wasn't mine, some real good lies, countless hours and 12 long hard months relapsing on you. In short, I invested

everything and anything with you. In return, you absolutely wrecked my life. You were my friend, my companion, even my confidant. I trusted you. You were suppose to take away my anxiety, you actually heightened it to a level of seizures. You were to relieve me of the feelings of being overwhelmed, I became so overwhelmed that I almost stopped breathing indefinitely. One of you was suppose to take away the back pain the was bringing tears to my eyes, instead you caused me so much pain that it spilled over to everyone that I loved and cared about. Another one of you was only responsible for subsiding my back spasms, you instead submarine my entire life. The bottom line is this, I made a lot of bad decisions by turning to you to make things better. Those decisions are my responsibility and so is this one, I no longer want you in my life in any form. Good bye!

David G.

Dear Drug,

We have had quite a long relationship, But I'm glad to say that it is now over.

Over the years I've given you all of my energy, time, money, my whole life. You have only let me down, time and time again. I have given up everything for you and you screwed me over every time.

Every time I came back to you, you tell me it will be different. But it never is. It always gets worse and worse. I can't take it anymore. The more I give the more you take and then you want more. Well, I don't have anymore for you. You tell me how good I'm going to feel. Well you lie every time.

Every time I come back you treat me worse. I can't believe I've put up with as much crap as I have. I hate your guts. It's over for ever.

Jason

P.S. I loved you for a very long time even when I knew how bad you were for me. Now I hate you more than anything in this whole world. You have caused me to destroy all the good things in my life. I have ruined the lives of most all the people that I care about. You have caused me to lie, cheat, steal, manipulate and ruin the trust that my family and friends had in me. And never forgive you for that. Nor will I ever forget what you are, you used me till I had absolutely nothing left. No respect for myself or others. You striped me of my dignity, my self-esteem, my soul. You made character defects seem worse than they really were. I wish I knew why I've come back to you so often. But I know that I will never come back to you ever again. You have helped me to ruin my life the whole time telling me lies.

It feels good to tell you how I feel about you now. Goodbye Forever.





Dear Drugs,

I'm writing this letter to let you know that our relationship has come to an end. I can't express anymore how well my life has been since I stop using you. Although I think of you from time to time, I can't help but to think about all the hard times you put me through. The loss of sleep, not paying my bills, neglecting my responsibilities, forgetting about myself, missing work, constantly changing jobs, not spending quality time with my son, isolating myself from my friends and family, not paying my bills, constantly depressed, angry at the world, feeling worthless, risking my life every night, taking chances, feeling lonely, not eating, always borrowing because I wasted all on you, but most of all, forgetting about God.

I must admit at the beginning I did enjoy being with you. Reason being, I would forget about my problems while I was with you but the next day those problems would be even worse. As you can see there's always a consequence when ever I get together with you and to be honest, I'm tired of it.

I met this program called NA, I have this funny feeling God put it in my path for a reason and to be honest it's the best thing that ever happened to me, for they are teaching me how to deal with myself which is something I never knew how to do even before I met you. They're teaching me how to be in constant contact with God and how to let him guide me through life and making decisions. They gave me a Sponsor who I consider to be more a friend than you have ever been. He's taught me so much that I don't think I will ever be able to repay him. The difference between him and you is that he doesn't expect me to repay him and that's a true friend.

It's amazing the things that I could accomplish when I'm not with you in my life. I'm sure the thought of you will follow me through my journey but to be honest I don't miss you. The other day that I spent time with you was the most miserable day I had in the past 7 months. That's why I'm letting you know that it's not the same anymore. I learned a valuable lesson that day, that lesson is that there are more important things in my life than being with you.

There are goals that I want to achieve, there are positive people I want to meet, there is spiritual people I want to meet, there is spiritual principles that I want to have and most of all there's a God waiting for me to come back to him and forgives every harm I've done.

I can't make it any clearer to you where my focus will be from now on and with this letter I'm letting you know that it is over between us and that I must move on.

Good bye
Edwin

Dear Drugs,

I am not really sure how to say this, but you are no longer the love of my life. At one time I thought we were real close and we were watching each others back but after a while I started doing things for you that made me ashamed of myself. The more I did for you the less you cared about me. You didn't care if I didn't make it to work or lost friends, or degraded myself as long as you were in control of my life, you were happy.

I know there was a short period of time that we didn't see each other but every time you came back I was not strong enough to say no and I was putty in your hands. Today I no longer have to feel that way, I have people in

my life that care about me. They are my friend no matter how I feel, as long as I stay away from you they will be proud of me. I will be able to walk down the street with my head up high. You ruined my life. Today I have a choice, to have you in my life which would make it miserable or have a loving caring God of my understanding which accepts me the way I am. They say all good things must come to an end but it was not a good thing having you in my life. So please stay away!!

Vern

BYE

Anniversary Celebrations!

Welcome Home	Pete C.	3-23-87	15 Yrs	
	Andy O.	4-05-96	6 Yrs	
	Denise F.	4-15-94	8 Yrs	
	Kristy T.	3-20-99	3 Yrs	
	Doug K.	4-01-01	1 Year	
	Steve B.	4-09-01	1 Year	
	Kelly S.	4-24-01	1 Year	
Stairway to Recovery	Lisa L.	1-13-95	7 Yrs	
	David V.	1-16-01	1 Year	
	Louis P.	3-11-91	11 Yrs	
	Claud	3-12-01	1 year	
	Mary	2-23-00	2 Yrs	
	Hilary	4-21-95	7 Yrs	
	Alison	2-28-01	1 Year	
Life's A Beach	Shawn	3-31-01	1 Year	
	Julie C.	2-13-97	5 Yrs	
	Debbie M.	4-28-99	3 Yrs	
	Denise F.	4-15-94	8 Yrs	
	Mark S.	3-05-89	13 Yrs	
	Sean W.	3-31-01	1 Year	
	Vern F.	3-20-01	1 Year	
We Do Recover	J.W.	3-05-79	23 Yrs	
	Larry	3-28-99	3 Yrs	
	Joe P.	4-02-00	1 Year	
	Mike S.	4-04-99	3 Yrs	
	Sandy R.	4-04-99	3 Yrs	
H.O.W. Always Here	Jeannie	3-17-90	12 Yrs	
	Elena	3-28-96	6 Yrs	
	Tom K.	3-08-01	1 Year	
	Vern	3-20-01	1 Year	
	Allen H.	4-01-95	7 Yrs	
	Richard H.	4-28-01	1 Year	
	Tom	4-07-01	1 Year	
	Tara D.	8-21-00	18 Mo	
	Ray	2-14-98	4 Yrs	
	Elena	3-18-96	6 Yrs	
	Martha G.	3-13-97	5 Yrs	
Give It Up	Valerie	3-08-87	15 Yrs	
	Danny B.	2-23-01	1 Year	
	Bruce R.	4-28-99	3 Yrs	
Free To Be Me	Brian D.	8-27-00	18 Mo	
Save Your Ass	Wayne P.	3-11-85	17 Yrs	
Bay Area Youth	Steve D.	4-28-97	5 Yrs	
	Dave W.	7-19-99	3 Yrs	
	Jonathan G.	12-30-99	3 Yrs	
Keys To Recovery Miracles Happen	Dano	3-28-94	8 Yrs	
	David J.	3-29-91	11 Yrs	
	Peter D	4-08-01	1 Year	
	Steve B	4-09-01	1 Year	
	Kevin J.	4-12-93	9 Yrs	
	Stairway to Recovery	Hilary	4-21-95	7 Yrs
		Tim	4-12-00	2 Yrs

TOTAL CLEANTIME IS: 263 YEARS!

Florida Region Helplines

For Hearing Impaired, please call:

Florida Relay Service— 800-955-8770

Bahamas Area: 242/380-2997—The Island, of course!

Bay Area: 727/547-0444—Tarpon Springs, Dunedin, Palm Harbor, Largo, Clearwater, St. Pete, Gulf Beaches, Indian Rocks Beach, Oldsmar

Big Bend Area: 850/599-2876—Tallahassee and Panhandle area

Chain O'Lakes Area: 352/319-5617—Lake County, Eustis, Tavares, Leesburg, Mt. Dora

Daytona Area: 904/831-1660 & 800/847-0731—Daytona Beach, Orange City, Deland, Deltona & New Smyrna Beach

First Coast Area: 904/723-5683 & 800/576-4357—Jacksonville, Fernandina Beach, St. Augustine, Orange Park, Palatka, Green Cove Springs

Forest Area: 352/368-6061—Ocala and surrounding areas

Heartland Area: 863/616-0460 & 800/850-7347—Polk County, Lakeland, Hardee County, Highlands County, Bartow, Haines City

Orlando Area: 407/425-5157—Osceola, Orange, Seminole and parts of Lake County, Kissimmee

Palm Coast Area: 561/848-6262—West Palm Beach, Palm Beach, Lantana, Riviera Beach, Royal Palm

Recovery Coast Area: 727/842-2433 & 800-691-5551—Pasco County, New Port Richey, Hudson, Holiday, Zephyrhills, Dade City

River Coast Area: Citrus County: 352/621-6737, Hernando County: 352/754-2000—Brooksville, Spring Hill, Homosassa, Floral City

Space Coast Area: 321/631-4357—Titusville, Cocoa Beach, Melbourne, Palm Bay, Merritt Island

Sun Coast Area: 941/957-7910—Bradenton, Sarasota & Manatee Counties

Tampa Funcoast Area: 813/879-4357—Hillsborough County, including Tampa, Oldsmar, Lutz & Brandon

Treasure Coast Area: 561/343-8373—Okeechobee, Port St. Lucie, Stuart, Vero Beach, Ft. Pierce

UnCoast Area: 352/376-8008 & 888/982-5937 —Gainesville, Alachua, Lake City, Live Oak, O'Brien & Gilchrist

Upcoming (Possible) Topics for the Bay Area Newsletter

(These are based upon the suggestions that we hear when we first get clean)

May/June Get a Sponsor, Work the Steps

July/Aug. Stay Away from old Playmates, Playgrounds and Playthings

Sep./Oct. Stay Out of Intimate Relationships for the First Year

As always, anything that you submit, whether it is related to the topic or not, would be *greatly* appreciated.

