

Just for Today on the Bay

March/April 2011

Patience by Gregg B.

We put spiritual living first and learn to practice patience, tolerance and humility...

Patience: an ability or willingness to suppress restlessness or annoyance when confronted with delay.

I came to the program eleven years ago, completely worn out from chasing the things I thought I needed. They told me "You did not become addicted in one day, so remember easy does it." I, however, wanted instant gratification. I wanted all the things other addicts had gotten. I wanted the job, the car, the house, and most of all the relationship. I did not realize some of them went through great trials and tribulations in order to get the outside appearances of recovery. You see, for me it is all about instant gratification.

This is extremely evident in the area of relationships. For some reason, I think that having a relationship will make me normal and not having one makes me the odd man out. So, instead of waiting



for my HP to provide in that area of my life, I impatiently take control and seek my own resolution to the situation.

My friend calls them "Bonnie and Clyde" relationships. This is where I am: in a self-willed relationship that has become so painful that I know that I should get out of it. However, I am afraid of letting go of the relationship out of fear of being alone

and feeling inadequate. Thus, I have the keys to the jail cell, but refuse to let myself out. I have found myself going through these types of situations over and over in my recovery process as a direct result of

my need for instant gratification.

Perhaps my inability to apply the spiritual principle of patience in all my affairs is due to a lack of faith. I have areas in my life that I do not trust my HP to provide what I think I need. It is in these areas that I try to force my will, only to end up in more self-inflicted pain. The bad part is that I also inflict pain on those willing to participate in my endless search

for instant gratification. I am reminded that when the pain of staying the same is greater than the pain of change... Then I will change. My sponsor always asks me, "Have you had enough pain yet?"

Perhaps my inability to apply the spiritual principle of patience in all my affairs is due to a lack of faith.

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March/April Newsletter Topic:

What spiritual principle has been the most difficult for you to learn and use in your life?

Spiritual Principles by Roger P.

Spiritual principle? What is that? Little did I know that I would come to believe in spiritual principles. "Tweren't easy... Today, on a daily basis, I try to live by spiritual principles and practice and apply them daily. This is what was suggested to me, and NA taught me how to take suggestions.

When I first came into the rooms of NA I did not have a clue what the spiritual principles were or what a spiritual principle was. I did the "fake it 'til you make" and just kept showing up. They said, "Don't leave until the miracle happens." Little did I know the journey and path I was about to embark on.

I would hear in the rooms about people that had surrendered to the way of life and said, "I now have a life beyond my wildest dreams." This has happened to me many times, over and over. But, it did not come easily or lightly. I hadn't a clue what a principle was, let alone a spiritual principle. They said: "**Our Program is a "set of principles" written so simply that we can follow them in our daily lives. The most important thing about them is that they work,"** and that "**"spiritual principles" are fundamental truths, where positive changes can occur.** They're suggested entities in itself that are proven to work. They are not rules. In order for them to work, they must be adopted and incorporated into our recovery, our life, our mind-body and spirit. They transfer and change the way we live our lives.

My first encounter with spiritual principles came with Steps 1-2-3. (Hope-Surrender-Acceptance); they're the cornerstone of my recovery. Simply put: (1)(2) I can't - he can - (3) let Him. The only way I was able to really get what a spiritual principle was to work the Steps. And in order to do that, I had to get a sponsor: a sponsor who had a working knowledge of the Steps and who applied them in his life. The only way to work the steps is with a sponsor - period! So get a sponsor, whether it be a temporary sponsor, or just for that step sponsor - just get one! And try to keep it simple. You don't have to learn or know everything at first. Just take your time. It's not a race; it's about the progress.

The free literature brochures were great insightful guides to my recovery and helped me immensely in understanding spiritual principles as well. This stuff didn't come easy. I had to work at it. The most important and hardest thing for me to do was, "keep it simple." My sponsor kept drilling that into my mind. Eventually it started to sink in.

The *Basic Text* states: "The **12 Steps are written so simply that we can apply their principles in our daily lives. Each Step deals with a spiritual principle.**" we've heard at one time or another in the Program. Some even say, "The Steps keep us from suicide and The Traditions from homicide."



- Step 1 – Hope
- Step 2 – Surrender
- Step 3 – Acceptance
- Step 4 – Honesty
- Step 5 – Open-Mindedness
- Step 6 – Willingness
- Step 7 – Faith
- Step 8 – Tolerance
- Step 9 – Patience
- Step 10 – Humility
- Step 11 – Unconditionally
- Step 12 – Sharing and Caring

How It Works: "There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance towards **spiritual principles.**" These three Steps (4-5-6) that are indispensable are **honesty, open-mindedness, and willingness.**

*Higher Power, I've learned to trust your guidance, yet I still have my own ideas about how I want to live my life. Let me share those ideas with you, and then let me clearly understand your will for me. **In the end, let your will, not mine, be done.** -NAWS, 1991*

“ Forgiveness is the fragrance the violet sheds on the heel that has crushed it. ”

—An anonymous addict

Next Newsletter Topic:
How do you offer forgiveness to yourself and to others?

Spotlight on... "Flooding"



Addicts on Asphalt by Gregg B.

"Our *Basic Text*, for instance, reminds us that NA members from other areas are willing to drive long distances to support groups." -*The Group Booklet*

I remember when I would come to my home group and the GSR would report that the meeting in Spring Grove, Minnesota, was struggling and in need of our support. I would think Spring Grove... That's over an hour away, and in a snowstorm could be two hours. But, my sponsor would explain, the Outreach Subcommittee needs us to help support meetings to keep the doors open for the still suffering addict.

Being new to recovery, I was still adventurous, enthusiastic, energetic, and grateful for this God given program and willing to help others. I showed up in the parking lot, and much to my surprise, there were more than ten cars full of addicts ready to make that road trip. Perhaps they too still had the type of gratitude that spoke when they cared

and when they shared the NA WAY. We used to say back in those days "Addicts on Asphalt." We would have some of our best meetings in the car on the way to support a struggling NA Group. Sometimes we would pop in a speaker tape (this was pre-CD), and have a wonderful message on those hour drives.

We would arrive at the meeting and find possibly two addicts with the door open, the readings laid out and some good hot coffee. They would welcome us as if they were welcoming us into their home. They would begin the meeting and a few more souls would drift in. We would notice the surprise on the newer members' faces. They seemed amazed that there really were other members of the fellowship. They were grateful to hear the depth of recovery that our experience, strength, and hope brought to the meeting.

After the meeting ended, with the serenity prayer, they would invite us

to their local coffee shop. The conversation would turn to what we can do to help support the meeting. We would listen to their needs and concern. We would make a commitment to "keep coming back." They would make a commitment to keep the doors open for the still suffering addict yet to come. Once again, the Outreach Subcommittee had fulfilled its purpose to help keep a meeting alive. Once again, I had freely given back what had been freely given to me: "HOPE." Once again I got to stay clean another day.

We need to remember that every meeting is a thread in the fabric of NA. When meetings are in need, perhaps we can "flood" them and bring some hope to those dedicated trusted servants. In the future we will publish a meeting each week in the Area that needs help. Please join me and other "Addicts on Asphalt" who still have the enthusiasm, energy, and gratitude to give back. Check out the upcoming schedule...

MEETING FLOOD SCHEDULE—DON'T MISS OUT!

APRIL							MAY							
Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	
	10	11	12	13	14	15		8	9	10	11	12	13	14
	Just for Today 10:30 p.m. Terra Nova					H.O.W. 8:00 p.m. Good Sheppard			Always Here Noon Terra Nova			New Attitudes 8:00 p.m. St. Paul's		
	17	18	19	20	21	22	23	15	16	17	18	19	20	21
				Serenity in Addiction 8:00 p.m. Serenity Club			Clean Harbor 10:00 p.m. Dry Docks	Youth Freedom 5:30 p.m. The Place				Acceptance & Change 8:00 p.m. Oldsmar		
	24	25	26	27	28	29	30	22	23	24	25	26	27	28
		Miracles Happen 6:00 p.m. St. John's				Young, Free, & Clean 8:00 p.m. Albright			No Pain No Gain 8:00 p.m. Westcare					Keep It Real 5:30 p.m. REBOS
MAY 1	2	3	4	5	6	7		29	30	31	JUN 1	2	3	4
			Primary Porpoise 7:00 p.m. Calvary Epis.			Just for Today 10:00 p.m. Terra Nova				Morning Serenity 7:45 a.m. The Place		Surrender 8:00 p.m. St. Giles		

Public Relations Post

One of the Public Relations Subcommittee's goals is to make NA members more aware of their role in NA's public image. We, your Public Relations Subcommittee, have decided to have an ongoing section printed in the Bay Area Newsletter. What does "public relations" mean for NA members?

For our purposes in Narcotics Anonymous, the term "public relations" refers to all of the relationships we create and maintain with the general public, professionals, potential members, and each other in our groups and service communities. We have been establishing relationships with the public all along, whether we have made a choice to be aware of and participate in those relationships or not. It is time to look more closely at how we relate to the rest of society as well as to fellow members. It is time to gather our collective experience, and improve our service efforts so NA can continue to become a more reliable and recognizable program of recovery.

"Public relations" implies an ongoing relationship. Many of us have experienced our most powerful PR opportunity when we least expected it. Maybe it was the time a property manager watched us thoroughly clean a facility following an NA event. In that instance, we may have left an impression that NA members are considerate and

responsible. In other situations, we may make a more negative impact. Leaving a meeting facility in a loud and disrespectful manner, or fighting at NA events, can harm NA's reputation. We have choices about the impression we leave on those around us. Our actions tend to serve as our strongest public relations message.

We can also think about public relations in terms of how we interact with each other. Do our service committees provide training and orientation for new trusted servants? Do we thank each other for doing a good job in a service position? Do we value and use the knowledge of more experienced members? The positive relationships we build with each other can only help our interactions with the public—which helps us better fulfill our primary purpose. Many of us may be performing public relations without having been elected to a trusted servant position, without any prior service experience or any focused public relations efforts in our local area. These "public relations" are the relationships we build with the public through the individual impressions we leave. It is easy to overlook the impact of these brief personal encounters.

Remember: The actions we take in forming relationships with the public can have a profound effect on whether or not addicts can find NA.

"NA Nazi" or "NA Purist"? by Marla N.

When I got clean on April 20, 1990, I came as a broken woman who had lost her way in life. This included my nationality.

I found early on that growing up in NY where you were celebrated to moving to a city 3,000 miles away from what felt comfortable that I was immediately ostracized. By that I mean I was told by a bully down the street that because I was a Jew and the Jews killed Jesus (which I know today is not true), I was not allowed on her street.

I felt shamed and less than as a 12-year-old. This continued until I got clean.

One of the first meetings I attended in Narcotics Anonymous was a meeting in a coffee shop in Long Beach and one addict referred to another addict as an NA Nazi... There in started a dialogue regarding proper identification of an addict who

remains true to the NA lifestyle of continuous change and growth.

When we as addicts refer to another addict as a Nazi, not only are we in violation of traditions we are violating that individual's rights to remain true to the essence of Narcotics Anonymous.

The definition of a Nazi is: one who is likened to German Nazi, a harshly domineering, dictatorial, or intolerant person.

Narcotics Anonymous is far from being said definition. If you came to NA to change everything in your life than that which is unfamiliar to you will become what is solely intended to change your life.

Narcotics Anonymous is about change of self, which is everything.

Purist is one who desires that an item remain true to its essence and free from adulterating or diluting influences.

There are lots of us who have lost relatives in concentration camps,

therefore, there is not one loving and kind thing associated with the word Nazi. Remember when you refer to any addict who remains true to Narcotics Anonymous as an NA Nazi, you are diluting a message of hope.

From one Jewish addict to another addict, please realize that words can be very hateful and we know that Narcotics Anonymous is not about hate; it is about surrendering to a complete change of everything. I am and will always be an NA purist. I, for one, will always stand up for Narcotics Anonymous, my Higher Power (of my understanding), the Steps, Traditions, and Concepts. If you don't stand up for something, you WILL fall for anything.

Today thru the fellowship and love of other addicts, I am proud to say I am an addict who speaks of truth, integrity and compassion for all who desire their lives to change for the better of love.

In loving service, Namaste

Dear Addict,

Love is an opportunity: an opportunity to give of one's self and receive from another; an opportunity for two to equal one. And like all opportunities, we never know when love might come, so we learn not to try to force it, but just be ready when it comes.

We can only offer that which we have to give and we can't make others accept it. Life is a time for learning. We must learn that our life is as important as any other person on earth, but never more important. We must learn that we have every right to happiness, yet it is up to us to find it and recognize it. We must learn that life is not easy, nor is it permanent. Others will come and go and often their departure will cause us pain. We must learn to develop a positive attitude that can handle life's disappointments. We must learn that in order to find love, we must look inside our hearts, for if we can't find it within, we will never find it without.

When I take stock in all the times we shared
 Strangely enough
 The memories I hold most dear
 Are not from the moments of fun and laughter
 But of the times
 When knowledge was scarce and times were tough
 And you found your strength in me
 And I in you
 For surely those were the times
 That we truly learned the meaning
 Of love.

In closing, I would like to remind you that it is not the things that happen to us that determine the quality of our life, it is strictly our attitude towards the things that happen. We cannot control what other people say and do; we can only control

ourselves. Therefore, we must concentrate on "knowing ourselves," who we are, what our abilities are, and what we want to do with our life.

We must have our dreams and the courage to pursue them, while respecting the rights of others to do the same. We must accept the fact that life is ever changing, and the people, pets, and possessions that are in our life may be gone tomorrow. Although it is painful when this happens, we must find the strength to continue with our lives, and we must learn that at times like these the more we care about others and their problems, the quicker our problems diminish.

I love you with all my heart and soul. Trust the process!!! It gets better and the IT is YOU!!!

Signed,
 A fellow addict

Written by Lori Jean B.



WEST PALM BEACH, FL
 June 30th - July 3rd, 2011

For more information about FRCNA 30 and how to get involved, go to: naflorida.org/frc

Recovery Recipe of the Month



From The Kitchen of
 Roger P.

I CAN'T, WE CAN CHALUPAS

- shortening 2 c. grated cheese
- 12 corn tortillas 1 1/2 c. shredded lettuce
- salt 2 chopped tomatoes
- 3 c. refried beans 1 1/2 c. quacamole

Heat 4 inches of shortening over a med. high heat. Fry each tortilla in the hot shortening, submerging with a ladle or similar object (tortilla will form into a cup shape). Drain on absorbent towels and sprinkle lightly with salt. Fill chalupas with 1/4 cup of beans, 2 tablespoons of salsa and 2 tablespoons of cheese. Place chalupas on baking dish and heat in oven approximately 10 min. or until cheese melts. Garnish with lettuce, tomatoes and quacamole and serve.

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@basdna.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.



The ASC needs a Literature (Newsletter) Subcommittee Chairperson. Please send questions to lit@basdna.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@basdna.org.

*Upcoming Events In
The Florida Region*

DACNA 12
Fri., Apr. 29, 4:00 p.m. -
Sun., May 1, 1:00 p.m.

**GCCNA XXI Mother's Day
Fashion/Talent Show**
Sat., May 7, 4:00 p.m. - midnight

Galactic Bowling Night Friday, May 11, 9:00 p.m.

Seminole Lanes,
8668 Park Blvd., Largo, FL 33777
Narcotics Anonymous is not affiliated with Seminole Lanes.

2 Games + Shoes = \$8.50 (plus tax)
100 Recovering Addicts + Galactic Bowling = Crazy FUN!



For more information please contact Erin R (727) 460-3911 or Becky S (727) 644-6787.

Save Your Ass Group's 19th Annual Picnic

Saturday, April 16, 10:00 a.m. to 6:00 p.m.
Fort DeSoto Park, Shelter #7, 3500 Pinellas Bayway S., Tierra Verde, 33715
NA is not affiliated with Fort DeSoto Park

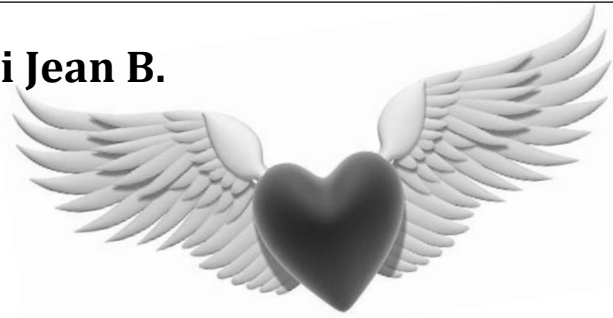
**For info on this event or the purchase of T-shirts please contact
Mike S. at 727-417-8287 or Heidi K. at 716-201-9644.**

Just How High by Lori Jean B.

Just how high
 Can the human heart rise
 In a world so full of uncaring eyes
 Where animals suffer and children die
 And people fight wars without knowing why
 Where alcohol and drugs cause wasted lives
 And shelters are full of unwed mothers and battered wives.

But should the day come that we learn to care
 And we no longer want just to take, but also to share
 And we learn that everything has the right to live
 And life is something we can take, but cannot give
 When we learn to approach life with a heart full of love
 For everything on Earth and in the heavens above.

When we learn to do these things
 We will have opened the door
 To knowing just how high
 The Human Heart can soar!



Poetry

Page



Anger by Lori Jean B.

Don't tell me that you understand,
 Don't tell me that you know.
 Don't tell me that I will survive
 How I will surely grow.
 Don't tell me this is just a test
 That I am truly blessed
 That I am chosen for this task,
 Apart from all the rest
 Don't come at me with answers
 That can only come from me
 Don't tell me how my grief will pass...
 That I will soon be free
 Don't stand in pious judgment
 Of the bonds I must untie,
 Don't tell me how to suffer
 And don't tell me how to cry.
 Right now I'm feeling selfish
 My pain is all I see.
 But I need you and I need your love...
 Unconditionally
 Accept me in my ups and downs.
 I need someone to share,
 Just hold my hand and let me cry,
 And say, "My friend, I care."

How **it Happens in NA by an anonymous addict

In the beginning, there was the Plan.
 And then came the Assumptions.
 The Assumptions were without form.
 And the Plan was without substance.
 Darkness was upon the face of the Membership.
 They spoke among themselves saying,
 It's a crock of **it, and it stinks.




The Members went to their Areas saying,
 It is a pile of dung, we can't live with the smell.
 The Areas went to their Regions saying,
 It is a container of excrement, it's very strong, none may abide by it.
 The Regions went to the World Board saying,
 It is a vessel of fertilizer, no one may abide its strength.

The World Board spoke among themselves, saying to each other,
 It contains that which aids plant growth, it's very strong.
 The World Board went back to the Regions saying,
 It promotes growth, and it's very powerful.
 The Regions went back to the Areas saying,
 This new plan will actively promote growth and vigor of the Fellowship.
 The Membership looked upon the Plan, and said that it was good.

The Plan became Policy.
 This is how **it happens in NA



Bay Area  Activities presents:
 Buccaneer Bay Chartered Day Trip
 Saturday, June 18, 2011

Itinerary

8:00 AM

Meet up at "The Place" and
 Board the Bus

8:30 AM

Depart for Buccaneer Bay

10:00 AM

Arrive at Buccaneer Bay

10:00 AM - 4:00 PM

Enjoy the Park!

4:00 PM

Depart Buccaneer Bay

6:00 PM

Arrive in St. Pete

We're taking a field trip!! Activities is planning a **Chartered Bus Trip** to Buccaneer Bay at Weeki Wachee Springs State Park: Florida's only spring-fed water park with thrilling flume rides, water slides, beach volleyball, lazy river, kiddie pool, mermaid show, picnic area, and snack bar.

Tickets are on sale now and a limited number are available. Price includes Chartered Bus Ride and Admission to Park: Adults \$25 & Children \$18.

You are welcome to bring chairs, tubes, coolers, and your beach gear to be stored under the bus. Bring a packed lunch or purchase yours at the snack bar. Please, no eating or drinking other than bottled water on the bus.

For tickets, questions, or more info please contact Erin R. (727) 460-3911 or Becky S. (727) 644-6787.

Narcotics Anonymous is not affiliated with The Place, Weeki Wachee State Park, Buccaneer Bay, or Travel Lovers Tours & Cruises.

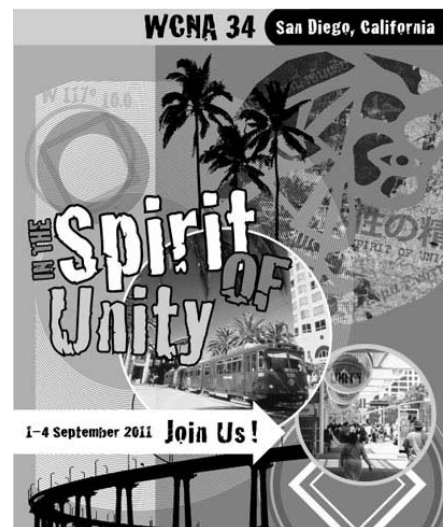


Newsletter Guidelines...



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 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.

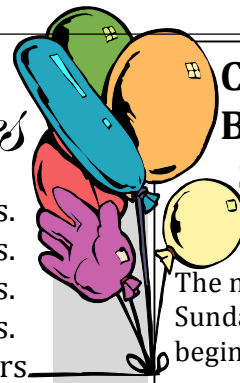
Please Note... The opinions expressed herein are those of individual contributors, and not the opinions of the Bay Area Literature Subcommittee, or Narcotics Anonymous as a whole. Narcotics Anonymous is not affiliated with any of the facilities mentioned. The Handbook for Narcotics Anonymous states, "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.



Bay Area Anniversaries

Feb. 15	Robyn B.	Relax & Recover	2 yrs.
Feb. 19	Mike M.	We Found A Way Out	8 yrs.
Feb. 23	Natile W.	Do You Really Want to Know	2 yrs.
Mar. 1	Markie M.	Recovery Off Keystone	2 yrs.
Mar. 3	Terrie E.	Recovery Off Keystone	18 yrs.
Mar. 4	Heidi K.	Save Your Ass	2 yrs.
Mar. 4	Rick N.	Save Your Ass	2 yrs.
Mar. 7	Robin M.	Primary Porpoise	19 yrs.
Mar. 9	John Y.	Recovery Off Keystone	3 yrs.
Mar. 11	Louis P.	Relax & Recover	20 yrs.
Mar. 12	Sheila C.	Recovery Off Keystone	4 yrs.
Mar. 14	Dave	Unity	16 yrs.
Mar. 15	Justin C.	H.O.W.	1 yr.
Mar. 16	Tommy V.	Primary Porpoise	15 yrs.
Mar. 17	Jenny S.	We Found A Way Out	2 yrs.
Mar. 23	Brenda W.	Primary Porpoise	14 yrs.
Mar. 23	Sherri L.	Primary Porpoise	2 yrs.
Mar. 23	Brian Y.	H.O.W.	1 yr.
Mar. 25	Barbara B.	Wake Up Clean	1 yr.
Mar. 28	Michelle P.	Miracles Happen	2 yrs.
Mar. 29	David J.	Do You Really Want to Know	21 yrs.
Mar. 31	Samuel B.	Do You Really Want to Know	5 yrs.
Apr. 1	Gail O.	Save Your Ass	1 yr.
Apr. 2	Gill B.	Relax & Recover	18 mos.
Apr. 4	Sandy R.	H.O.W.	12 yrs.
Apr. 8	Tom C.	Come As You Are	1 yr.
Apr. 10	Tim A.	Young, Free, and Clean	1 yr.
Apr. 13	Marshall R.	Unity	17 yrs.
Apr. 13	Bethanne H.	Save Your Ass	1 yr.
Apr. 16	Jim F.	Save Your Ass	1 yr.
Apr. 17	Chris O.	H.O.W.	1 yr.
Apr. 23	Nancy B.	Do You Really Want to Know	2 yrs.
Apr. 28	Bill W.	H.O.W.	2 yrs.
Apr. 28	Kellie S.	Save Your Ass	2 yrs.
Apr. 29	Wendy Z.	We Found A Way Out	6 yrs.
May 5	Anthony V.	Unity	1 yr.
May 7	Don R.	Come As You Are	1 yr.
May 8	Cathy L.	Women and Recovery	2 yrs.
May-June	YourName	RemindYourGSR	

= 214.5 yrs.
(and that's
just for this
newsletter!)



Contact the Bay Area Service Committee

The next meeting is Sunday, May 1, beginning at 10:30 a.m.

Subcommittee e-mail addresses are:
activities@bascna.org,
areasecretary@bascna.org,
helpline@bascna.org,
hi@bascna.org,
lit@bascna.org,
pr@bascna.org,
rcm@bascna.org,
web@bascna.org

Or contact us by pony express at B.A.S.C.N.A., P.O. Box 703, Largo, FL, 33779-0703.

Congratulations celebrants! Cheers for your dedication!

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)