

# JUST FOR TODAY

*On the Bay*



November/December 2011

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“We cannot change the nature of the addict or addiction. We can help change the old lie “Once and addict always an addict,” by striving to make recovery more available. God help us to remember this difference.”

### **BASIC TEXT**

#### **HE KEPT IT...BY GIVING IT AWAY**

“If I ever had an epitaph on my headstone...It should read something like this: All we did was sow some seeds and worked and wrought to make this work, so that we and others could live in Peace, in Freedom, and in Love”

**James P. Kinnon, 1982**

James P. Kinnon (April 5, 1911-July 9, 1985) also known as “Jimmy K.” was the co-founder of Narcotics Anonymous. He never referred to himself as the founder or co-founder of NA, although the record clearly shows he played a founding role. From the very start, Narcotics Anonymous was based on both the Twelve Steps and the Twelve Traditions of Alcoholics Anonymous and adapted to the specific needs of NA.

Kinnon was born in Paisley, Scotland and immigrated to the US, arriving with his family on Ellis Island, NY in 1923. He worked as a roofer, struggling with his addiction until he achieved permanent and complete abstinence from all drugs in AA on February 2, 1950.

As Jimmy stated in the basic text, he found AA “Insufficient” for addicts who needed identification at a deeper level of emotions and feelings, rather than the level of apparent symptoms, as commonly accepted in the AA fellowship and philosophy. He and a few other addicts who had met in AA started holding meetings for drug addicts, beginning August 7, 1953 in Southern California. Today Narcotics Anonymous has more than 58,000 meetings weekly in over 131 countries worldwide. Our Basic Text is currently being printed in 39 different languages and with several millions of books sold.

Jimmy K is a key figure in the history of Narcotics Anonymous. He wrote several portions of the *Little White Booklet*, which formed the basis for NA’s basic text published in 1983 under the title *Narcotics Anonymous*. Our book also contains his anonymous biography titled *We Do Recover*. Jimmy was there to pick up the pieces and restart NA when it closed down in 1959 due to traditions being broken. Jimmy also designed the NA logo and served as the volunteer office manager of NA’s World Service Office from the time it began to 1983.

Jimmy K. died on July 9, 1985 in Los Angeles, having spent the last 35 years of his life as a clean recovering member of Narcotics Anonymous.

*“That wordless language of recognition, belief and faith, which we call empathy, created the atmosphere in which we could feel time, touch reality, and recognize spiritual values long lost to many of us.” Basic Text*

## Learning to Live the Steps

After going thru the steps and getting a little more healthy, I've come to an awareness of the Steps.

Our literature talks about the threefold disease that each admitted addict possess; The Physical, The Mental & The Spiritual.

While standing in a room one cannot see the entire room, the room can only be seen after moving back from it to see the entire picture, like flying on a plane and looking down to the earth, one does not see the full scope of land until far enough away to see the big picture.

Seeing this picture has left me in awe, being able to see what the planet looks like from a different perspective and for what it really is has been a grateful and freeing experience.

Well like that experience, the steps are freeing in and of themselves, once I have been able to see the full picture: meaning have lived the Twelve Steps.

### ENTERING NA

Walking into the NA Fellowship had OPENED the possibility of physically no longer being dependent on any mood or mind altering chemicals.

### STEP 1

Applying and living Step One FREED me from those physical affects; my body was no longer dependent upon those chemicals.



### STEPS 2 & 3

Applying and living Steps Two and Three OPENED my mind to the possibility that I no longer had to live the way that I was living and I no longer had to depend solely on me.

### STEPS 4 thru 10

Applying and living Steps Four thru Ten FREED my mind, I looked at my past and why I am the way I am. I have forgiven myself and others and I continue to forgive and look at me to keep my mind free.

### STEP 11

Applying and living Step Eleven OPENED my spirit, this is where I became

truly loving of myself and others; I realized how much I was being loved and now seek to learn how I too can be loving.

### STEP 12

Applying and living Step Twelve FREED my spirit, to help myself and to help others, to be open enough to be helped and "To Carry The Message To The Still Suffering Addict"

Anonymous NA Member

## 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 to 200 – 400 words. The Newsletter is published bi-monthly, please provide submissions at least two weeks prior to print. Please e-mail all contributions to: [lit@basna.org](mailto:lit@basna.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.

## HELL HAS AN EXIT

### HELL'S 9<sup>TH</sup> LEVEL

#### *A SERCHING AND FEARLESS MORAL INVENTORY*

So here I stand at a point where I must take a fearless look at the one person that I claim to understand, that I claim to be, when in all truth the one person that eludes all understanding, **ME**. The hardest thing that I now face to take an honest look at self. Fear, I am told, is merely a lack of faith. In the three previous levels I followed the progression “**HOPE TO FAITH TO TRUST**,” now I begin to use these tools that help me ascend from the previous levels as these were given as necessary preparation for me to proceed in this journey. Although I have fears, these tools help me to be fearless in my search. What does it mean to be moral? This word does seem to conflict with my journey as I just begin to understand a God of my own understanding. Is moral normal? For me to continue this journey normal must be redefined. I find that normal is not an objective term but rather a subjective standard, making moral neither as good nor as bad as one may think, but rather a way of defining a set of principles that were given to me as I began this journey, from the depths of despair to this point. As in the previous levels I seek help from those that come before. It was suggested that I make this simple request from the God of my understanding that I began to trust with *my will and my life* in the previous level.

*“God grant me the courage to be searching and fearless in my ascension from this level.”*

I am told that I must now call on all the principles that I have been given in the previous levels.

With this in mind I was offered the following tools with an emphasis on the following to ascend from Hell's 9<sup>th</sup> levels

- ☉ **Courage:** is this a complete absence of fear? On the contrary, the fear does remain and I must move forward despite my fears. Am I this creature that is so evil in all my actions that I am afraid to face my own demons? Despite this fear, those who have taken this journey before me are there to continue to offer guidance. Thus I move forward despite these fears...  
**COURAGE** what a wonderful new concept.
- ☉ **Trust:** in the previous level I began an exercise in trust that must continue to grow as I ascend from this level. As I now also exercise a lesson in courage, without trust in this process the courage is in vain. Although

this is a path that has eluded me, I have those who have experienced this who continue to guide me so I begin to understand “**TRUST THE PROCESS.**”

- ☉ **Faith:** looking back all that which has been given to me, the transformation which has taken place in me thus far has been a journey in faith. Now it is time to put action with that faith, if I wish to continue on this journey. Although at times this faith may seem shaky at best, I remember what I was taught in the previous level, “*at times during our recovery the ability to ask for God's help can be our greatest source of strength and courage.*” Thus I continue to move forward.
- ☉ **Honesty:** Although I have been at this place with this honesty tool before, I realize that I now face a deeper level of honesty. In this level of honesty I must strip away all the fabrications of those things that I begin to discover. For so long I have placed so many facades around so many things in my life. Now I stand with the need to be meticulously honest. Again I ask that I am given this ability and I continue.
- ☉ **Willingness:** perhaps the first question that I need ask in the level is “Am I truly ready for the work required here?” Without this willingness, an ascension from this level is not possible, but with it I move forward.

With these tools I begin a journey of discovery. I discover those things which I think may be liabilities but also something that I did not believe I have, assets. Wow what a concept. I take an honest look at those things that for so long I have tried to deny or at the very least cover up. I see them in a new light for what they really are.

My foundation has been set thus I ascend from Hell's 9<sup>th</sup> level with a sense of urgency. I must move forward.

*Samuel B.*



## HOW TO GET THROUGH THE HOLIDAYS

First and foremost...my recovery comes first, and so does yours! This is what I have always been told by my sponsors and other members.

It's tough trying to please everyone...heck it's impossible. All I can do is my best and what is comfortable for me. People who truly love me will accept and understand.

Plan ahead. If I know I have to go somewhere where there will be alcohol or the possibility of anything, I talk about it and I'm lucky enough to have a spouse in recovery so another addict goes with me. That's what I have been told take another addict with you and share about it so people know where you are and what's going on.

If I start feeling stressed out I hear my sponsor's voice in my head saying "1, 2, 3, and breathe"! She means go over steps one, two, and three; and remember to breathe. When I stop myself and do these, things always seem to settle down. If it doesn't, I pick up the phone. I call my sponsor or someone in my support group, or I just text someone because sometimes just a few words of encouragement is all I need.

If I get a craving I remember what others have said, wait it out. A craving comes and goes, even when I quit smoking the cravings never lasted more than 30 minutes, so I tried to turn my attention on something else. Some say a bit of something sugary fools the brain long enough for the craving to go. Maybe it's mind over matter.



Hey whatever helps...I'm willing to try. If it gets really bad I'll pick up the phone and tell on myself and ask for help. I never liked doing that before I came to NA.

Putting the focus on something or someone else also helps me get out of myself. When I can't seem to think or figure things out, I try to focus my attention on helping a newcomer or sponsee or even one of my kids. When I'm feeling really funky and nothing seems to work I turn to my step work. Writing helps me return the focus back to where I need it. I ALWAYS feel better after doing step work. I don't always want to do it and at times it's too much of a bother to pick up a pen and answer some questions, but that's when I know I need to more.

My Christmas/Hanukkah/Kwanza (and any other December Holidays I may have overlooked) wish is for all to have a happy, healthy, and safe year. To those who don't believe in any of it...may you have peace. May all your dreams come true and more. They will if you stick and stay! If no one else has told you, I love you today...I love you all. I don't have to like everyone but I do love everyone in NA, you all help me to be the person I'm meant to be.

## REMEMBER

We are powerless over our addiction and our lives are unmanageable.

Although we are not responsible for our disease, we are responsible for our recovery.

WE can no longer blame other people, places, and things for our addiction. We must face our problems and our feelings

***And Breathe !!!!!!!***

***Sharon C***

***Reprinted from Passaic Area Newsletter 12/01/08***

## Learning to Live

Anonymous

Hello, I am an Addict. I am a young lady who spent Thanksgiving, Christmas, and New Years in detox, rehab, and perpetual relapse. During this period I was able to put a few days together perhaps even a week. I lied, telling everyone around me and myself, how much clean time I had. I even picked up key tag after key tag, knowing that I had been using all the while. I really struggled leaving rehab and coming to Narcotics Anonymous.

My breakthrough came when I finally made a complete change. I let go of those old people, places, and things. I moved into a recovery house and stayed there for a whole year. I finally got clean on February 24<sup>th</sup> 2010 and I have not found it necessary to use drugs since.



When the 2010 “holiday season” came around, I was lost! I felt worthless, I did not have anything, and I did not know anything. I was no longer a dope whore, so I could not act out in those old behaviors. I was no longer a prisoner in my own home. The only things that were familiar were the things I had done throughout my active addiction. But, these things had only brought me crippling pain.

As for my family, I had stuffed every emotion and masked every feeling with dope. This allowed me to act as if everything was fine for so many years. I began obsessing about the “holiday season” months in advance. I did not have a clue what to do to get through. I finally broke down and told someone close to me about my fear, anxiety, and pain. Then, much to my surprise, I was able to tell another person about my insecurity. I actually began to listen in meetings to other members share about the holidays and how they get through. Through gut wrenching pain and a flood of tears, I began to share about my true feelings and emotions.

It was everything I could do to occupy my time with meetings, a loving support group, reaching out to meet new people, and keeping a job. I tried to do absolutely anything that sparked my interest. But, no matter what or how much I did, I had to keep talking to someone; anyone who would listen. I talked about whatever I had on my mind.

I actually spent the Holidays at work and as soon as I got off, I went to a meeting, any meeting. I went to clean holiday parties with NA members, I barely even knew. Most of all, I stayed CLEAN. It is possible to stay clean through the “holiday season” and well worth it. I had to trust the fact that others had been through this and stayed clean. This was not easy for me. I doubted and questioned everything and everyone. But, I wanted what they had, if it existed, and I found out that it does. Anyone can get through the Holidays Clean!!! Call the helpline, stay in meetings, talk to someone who has been there, get outside of yourself and live.

**SURVIVING THE HOLIDAYS: THERE'S NO PLACE LIKE HOME FOR THE HOLIDAYS**

Anonymous

Really? Are you kidding me???? In my active addiction I felt that returning to my blood relatives for the holidays was like Harry Potter returning to a family of muggles: totally misunderstood and completely alienated; not only that, but I had moved so many times that reunification with my family became geographically impossible. Twenty eight states later, I didn't even know where my family was! So I began my journey for the meaning of the word "home."

Webster said that home was

1. The place of one's residence: a domicile or house
2. The social unit formed by a family living together
3. A familiar or usual setting \*:\* congenial

Environment <<http://www.merriam-webster.com/dictionary/home>>

\*also\* \*:\* the focus of one's domestic attention <\*home\*

is where the heart is.

Ultimately, it was in the last definition that my yearning for SOME type of home was satisfied. It wasn't everybody's definition, but it was my definition. And where precisely was MY heart???? Well... I didn't find my heart with my blood relatives. I didn't find my heart in a temple or in a church. I certainly didn't find my heart in active addiction. I found my heart in "a simple, spiritual, not religious program known as Narcotics Anonymous."

And it is here, in Narcotics Anonymous, that I have found a way to survive the holidays. In early recovery, the best I could do was survive the holidays. I didn't have any positive holiday experiences to draw from. The previous three years prior to coming into recovery were largely spent in isolation. I had moved so many times that I certainly didn't develop any relationships with people and my acquaintances weren't with people that I could spend the holidays with. Totally alienated and isolated from my family, boil a bag turkey was the best fare that I could produce. I was my own worst enemy and the only company I kept.

When I got here, I became accustomed to the people and learned to spend time at NA functions during the holidays. I began to put together some positive holiday experiences. These positive holiday experiences were centered around people who loved me unconditionally. They started asking me questions like... what was I grateful for? Quite frankly, at the time, I wasn't actually grateful FOR anything but I certainly was grateful for the ABSENCE of a few things. I was actually able to identify gratitude for the absence of some things long before I was able to identify being actually grateful FOR something. I was grateful for the absence of being dope sick on a daily basis. I was grateful for the absence of obsession. I was grateful for the absence of the need to chase. I was grateful for not having injuries of unknown origins. I was grateful for having continuous memory without these blank spots---I knew how the car got home. I was grateful I wasn't wondering "I wonder what happened last night."

Eventually, I learned how to do at home what my home group did. My home group sponsored holiday meals and had a meeting and fed everybody that came through the door. I learned how to plan and be a part of that process. And then I learned how to carry that process into my own life. I learned how to extend that process to more than just holidays. I learned how to celebrate not only holidays, but birthdays of all kinds, baptisms, marriages, and the legacy that someone leaves after they leave this plane of existence. I can survive and thrive by surrounding myself with a group of likeminded recovering addicts. One day clean is a miracle. And just for today... there's no place like homegroup for the holidays!!!



## Getting Through The First One

The Holidays can present some unique challenges for addicts, newcomers and oldtimers alike. I got clean in a small town in Wisconsin. I had no relatives except my two children who lived with their mother. I had spent every holiday season using one type of substance or another until I could not feel anything. I never dealt with any of the issues or contradictions of the holidays that had haunted me since I was a child. As long as I was loaded I never had to face the loneliness, lack of true family bond, or lack of traditions. However, being clean for the first time in recovery opened up issues and emotions I had suppressed for many years.

I remember that first holiday clean. I remember all the happy, happy, joy, joy commercials; all the family homecoming scenes; and most of all the drinking commercials. I felt a longing deep inside to go back to my old playgrounds, playmates, and playthings. But, I knew that the ends would no doubt be jails, institutions, and death. I had to find a new way to cope with the loneliness and anxiety that came with the "holiday season."

I went to as many meetings as possible; I invited addicts to come over for dinner or movies. I spent many nights at the local coffee shop with recovering addicts. I remember being at a meeting and hearing an addict named Mark say "my house is open for the next 48 hours for any addict who needs a place to hang out." My disease told me, "you do not need to go there, you will be alright." I found the courage to go to Mark's house and much to my surprise there were a lot of addicts there and I felt both welcomed and comfortable. I understood that I had to reach out for the help and allow myself to be a part of this fellowship.

I also heard about this function in Madison, Wisconsin called "Cold Turkey." Some addicts from my area loaded up about ten cars and we proceeded on a two hour journey to eat, dance and fellowship with other addicts. I began to realize that there are things other than drugging myself into oblivion that I can do. I started a holiday speaker tape meeting in my homegroup, where everyone brought food and we listen to a speaker tape. I got involved in the local drop in center's holiday meal for the recovering community. I

took a shift to help keep the center open for 48 hours. I found that the more I stayed busy helping to make the holiday brighter for others, the less I stayed in my head, and the less I was caught up in addictive thinking.

I made it a point to attend more meetings and many more NA functions all over the tri-state region. I went to functions in Wisconsin, Minnesota, and Iowa. I met many new recovering addicts and heard many stories of hope, love, and perseverance. I began to believe that I too could stay clean. I shared honestly about my past, my childhood, my fear, and my loneliness. It seemed like every time I shared someone would come to me and invite me to hang out with them. Those addicts refused to allow me to be alone. They even had a party and bought me presents. I remember telling them "one day I am going to pay you all back." They told me that when I got the chance to "pay it forward" by helping someone else.

What I learned is that in active addiction I had formed these traditions. I went to the same places year after year and I did the same things year after year and I got the same results year after year. In recovery I had to form new traditions. My new traditions included meetings, staying in contact with my sponsor, being of service to others, honest sharing, and attending NA events. I am happy to say I made it through my first holiday season clean. I have used the tools that I learned that first holiday season to make it through many more and I have been able to help many more addicts by freely giving what was given to me. I try to never allow an addict to be alone during this time of year. My door is always open. I will take you out for coffee. Come with me to an NA function. It is my honor and my duty to be available for any addict who needs help. My name is Gregg, I am an Addict, and you can call me anytime 813.380.0049.



**Seasons**

This is the time of year that can be so hard for so many recovering addicts. It starts with the end of summer and the weather starts to change. You know, cloudy, a little rainy, and sometimes windy. The leaves come off the trees and everything begins to lose color. The Halloween, usually great fun, but that leads us to November, elections-that's all I'll say, and Thanksgiving! The food is great but what can be so hard for many of us...you know it...family. Many addicts have lost theirs due of course to our own behavior, so this can be an emotional time for us. Then Christmas is coming with again all the family stuff and the shopping we are trained to do. Who has money??? We pay fines and are lucky if we have employment, even part time at Mickey Dees. Trying to recoup from the wreckage of our using past, we don't need this "holiday season" giving us any help in maybe losing what we have found. If you are recently clean or may have some trouble with the upcoming "holiday season," I urge you to get that phone number and use it. Go to meetings. Be a part of the recovery community and attend the functions. We all Need You

**No Matter What, Don't Pick Up**

**Anonymous**

**Backwards Serenity Prayer**

I spent most of my life doing the Serenity prayer backwards, that is, trying to change the external things over which I had no control - other people and life events mostly - and taking no responsibility (except shaming and blaming myself) for my own internal process - over which I can have some degree of control. Having some control is not a bad thing; trying to control something or somebody over which I have no control is what is dysfunctional. It was very important for me to start learning how to recognize the boundaries of where I ended and other people began, and to start realizing that I can have some control over my internal process in ways that are not shaming and judgmental - that I can stop being the victim of myself

**Anonymous**

**Your Lit/News Letter Committee Needs You**

**We need your articles**

**We need your Input**

**We need Your Help to Review "Living Clean"**

**Please contact us at: [lit@bascna.org](mailto:lit@bascna.org)**

**Or Contact Gregg B. @ 813.380.0049**

**Bay Area Service Committee Meetings**

<b>Activities</b>	6:30 p.m.	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday, The Place
<b>Area SVC Committee</b>	9:30 a.m.	2 <sup>nd</sup> Sunday, The Place
<b>Helpline</b>	TBA	Sat. before 2 <sup>nd</sup> Sunday, The Place
<b>Hospitals &amp; Institutions</b>	8:30 a.m.	1 <sup>st</sup> Sunday, The Place
<b>Lit/Newsletter</b>	10:00 a.m.	1st Sat. Kristina's 3590 34th St N · St Pete
<b>Policy</b>	8:30 a.m.	2 <sup>nd</sup> Sunday, The Place
<b>Public Relations</b>	6:45 p.m.	1 <sup>st</sup> Thursday, 639 Edgewater Dr., Dunedin

NA is not affiliated with any of the facilities listed.

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 to 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 life, 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.

# Art and Poetry from Around the Fellowship



Jails Institutes or Death



Quicker

## ~Beautiful Pain~

If I said that you are beautiful,  
 would it take away your pain?  
 If I showed you life is meaningful,  
 would it get you through the rain?  
 I understand and feel your despair,  
 I know you want to run and hide.  
 But please believe I really care,  
 I see a wonderful person there in-  
 side.  
 Those dangerous thoughts in your  
 mind,  
 don't listen to them they're not  
 real.  
 Its just a symptom of our kind,  
 they will only confuse the way you  
 feel.  
 See I have been where you are now,  
 and I have been where you have gone.  
 But If you let me show you how,  
 you'll see its darkest just before  
 the dawn.

Your life is much too great,  
 just to throw it all away.  
 To give up now is not your fate,  
 please just make it through the day.  
 You have so much to give,  
 and you have even more to gain.  
 Give yourself the chance to live,  
 no matter what just make it through  
 the pain.  
 If you want just hold my hand,  
 I will help you get back home.  
 I'm here and I understand,  
 you don't need to feel alone.  
 And if you haven't heard today,  
 a voice that said I love you.  
 Then let me be the one to say,  
 your beautiful and I truly love you.

Steve G. clean date- 5/22/2010

# 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 Area** ..... 866-935-8811 (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)

# Around The Area



Bay  
Area



Narcotics  
Anonymous

**Nov. 16 Every Wed 8:00pm - 9:00pm**

Point of Freedom Group Speaker Mtg.,

The Place

**Nov. 19 3rd Sat Every Month 10:00am - 4:00pm**

Work The Steps or Die, Serenity UMC, St. Pete

**Nov. 19. Service Structure Project Workshop Sat 10:00am - Until**

Clarion Inn and Suites (Best Western) 20967 US 19, Clearwater, FL

**Nov. 24 Thur. 7:45am -- 11:00 pm**

NA Groups Marathon Mtg., Terra Nova

**Nov. 24 Thur. 6:00pm-until**

Welcome Home Thanksgiving Eating Meeting (Bring Dish)

**Nov. 24 Last Thur. 7:45 am - 9:00pm**

NA Groups Marathon Mtg., The Place

**Nov. 24 Last Thur. Every Month 7:00 pm - 9:00pm**

Defeating Our Addiction, Potluck & Speaker Mtg., Gulfport Presbyterian

**Dec. 11 2nd. Sun Every Month 9:00am - 12:00pm**

Bay Area Service Committee Meeting , The Place

**Dec. 4 Sunday 8pm Every Sunday in Dec.**

Sunshine Group 25th Anniversary (Speakers: )

**Dec. 20 3rd Sun. Even Month 10:00am - 1:00 pm**

FRCNA Support Committee, Marriot Waterside, Tampa, FL

**Dec. 31st Sat 6pm More will be Revealed**

Bay Area New Years Celebration, Calvary Episcopal Church (See Erin)

NA is not affiliated with any of the facilities listed.

**Contact the  
Bay Area  
Service  
Committee**

**Subcommittee  
e-mail**

**addresses are:**

activities@basna.org,

areasecretary@basna.org,

helpline@basna.org,

hi@basna.org,

lit@basna.org,

pr@basna.org,

rcm@basna.org,

web@basna.org

Or contact us by

pony express at

B.A.S.C.N.A., INC.

P.O. Box 703,

Largo, FL,

33779-0703.

# Around The Region



Narcotics Anonymous®



## Check Regional Website for Events

### Nov. 19. Florida Regional Service Speaker meeting Sat 8:30pm - Until

FL Regional Service Conference Clarion Inn and Suites (Best Western) 20967 US 19, Clearwater, FL  
Speaker Meeting Karaoke and Coffee Shop and Treats

### Nov. 24 Thur. 7:00am— Until ??

Thanksgiving Day Marathon Mtg. The Meeting Place Tampa, FL

### Nov. 24 Thur. — Nov. 27 Sun

Palm Coast Convention, West Palm Beach, FL

### Nov. 27th Sat 6:30pm—until

Heartland Area Weekend Wind Down FL

### Dec . 24 Thur.— Dec 25 Fri

Greater Orlando Holiday Marathon Mtg. Longwood, FL

**FOREST AREA  
THANKSGIVING MARATHON  
MEETINGS**

**WHERE @ C.A.T.S\***  
**730 SE Osceola Ave**  
**Ocala, Fl. 34471**

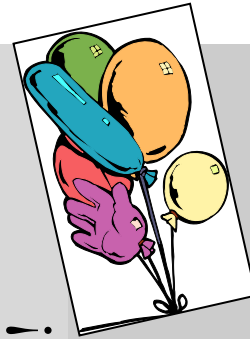
**Time 10 pm Wed November 23rd**  
**Till 7pm Nov 24th Thanksgiving Day**

Florida Regional  
 Convention of NA  
 Subcommittee  
 Meets  
 Sunday December 18th  
 Tampa Marriot Waterside  
 700 South Florida Ave.  
 10:00am— 12:00pm

NA is not affiliated with any of the facilities listed.

# Bay Area Anniversaries

Sept. 8 Sharon C. ( )	10 years
Sept. 14 Matt S. (Come As You Are)	2 years
Oct. 1 Jerry D. (Come As You Are)	31 years
Oct. 2 Janet H. (Come As You Are)	25 years
Oct. 8 Tom C. (Come As You Are)	18 months
Oct. 10 Kristina S. (The Point Of Freedom)	1 year
Oct. 13 Cindy W. (Trust The Process)	7 years
Oct. 13 Alice M. (Morning Serenity)	5 years
Oct. 21 Paul S. (Trust The Process)	10 years
Oct. 25 Sherri K. (We Found A Way Out)	1 year
Oct. 28 Mia M. (The HOW Group)	20 years
Oct. 28 Ted P. (I.C.O.F.)	7 years
Oct. 29 John G. (New Attitudes)	1 year
Nov. 1 Ariel L. (Morning Serenity)	1 year
Nov. 1 Sally M. (Trust The Process)	2 years
Nov. 4 Scott K. (Welcome Home)	8 years
Nov. 5 Rodney F. ( )	17 years
Nov. 6 Paul . (Keys To Recovery)	15 years
Nov. 7 Don R. (Come As You Are)	18 months
Nov. 7 Joe D. (Wake Up Clean)	1 year
Nov. 7 Kim J. (Wake Up Clean)	1 year
Nov. 10 Daraille. (Welcome Home)	5 years



Congratulations celebrants! Cheers for your dedication!

- MEETINGS IN**
  - NEED OF SUPPORT**
  - Acceptance and Change**  
(Oldsmar Community UMC)
  - Always Here**  
(Terra Nova)
  - Just for Today**  
(Terra Nova)
  - Morning Serenity**  
(The Place)
  - New Attitudes**  
(St. Paul's)
  - No Pain No Gain**  
(West Care)
  - Primary Porpoise**  
(Calvary)
  - Serenity In Addiction**  
(Serenity Club)
  - Spoons R4 Coffee/Lighters R4 Candles**  
(Terra Nova)
  - Trust the Process**  
(G. Port Presbyterian)
- NA is not affiliated with any of the facilities listed.

**NEW MEETING**

**11<sup>TH</sup> STEP MEDITATION**

**10 AM SATURDAYS**

**TERRA NOVA**

**CLOSED/LEAD DISCUSSION**

**Sunshine Group**

**Speakers**

**December**

**4th-Sophia S.**

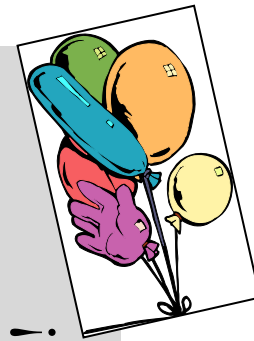
**11th- Ramon R.**

**18th- Sandy S.,**

**25th- Greg K.**

# Bay Area Anniversaries

Nov. 11 Joe S. (We Found A Way Out)	20 years
Nov. 11 Lorie Jean B. (We Do Recover)	1 year
Nov. 17 Janet L. (Keys To Recovery)	17 years
Nov. 19 Kevin B. (Welcome Home)	16 years
Nov. 21 Kristi Beth F. (We Do Recover)	24 years
Nov. 22 Steve G. (Come As You Are)	18 months
Nov. 22 Hilda O. (We Found A Way Out)	4 years
Nov. 30 Walt P. (The Point of Freedom)	17 years
Nov. 30 Rob C. (We Found A Way Out)	1 year
Nov. 30 Bob C. (We Found A Way Out)	1 year
Dec. 9 Mike R. (Welcome Home)	1 year
Dec. 10 Michael V. (Keys To Recovery)	6 years
Dec. 15 C. J. (Welcome Home)	2 years
Dec. 16 Bobby C. (Serenity In Addiction)	13 years
Dec. 21 Whitney O. (Welcome Home)	7 years
Dec. 22 Elizabeth R. (11 <sup>th</sup> Step Beach Meeting)	7 years
Dec. 23 John N. (Welcome Home)	2 years
Dec. 25 Jim S. (Welcome Home)	30 years
Dec. 25 Matthew M. (11 <sup>th</sup> Step Beach Meeting)	1 year
Dec. 30 Mark W. (We Found A Way Out)	1 year

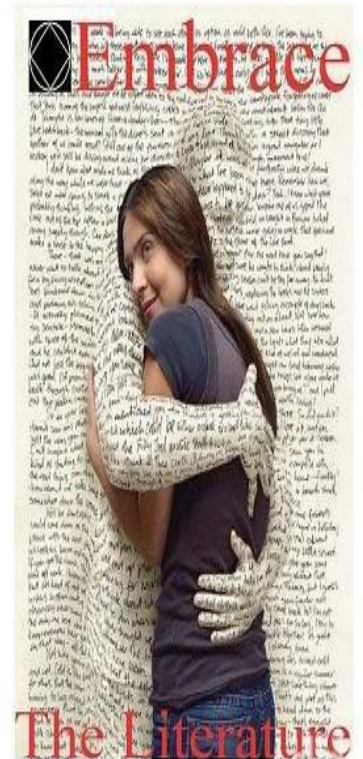


Congratulations celebrants! Cheers for your dedication!

**Women in Recovery Group  
MOVED  
THE PLACE  
Beginning September 3rd  
Saturday 9:30 AM  
and  
Sunday 10:30 AM**



**Ain't Got None!**



**The Literature**