



Letter from the Editor:

This is one way to carry the message of recovery and to reach sick and suffering addicts. On some days that is me. Please share your stories. Share your experience strength and hope or share your art. This is your newsletter. This is your area. All you have to do is email us at: lit@bascna.org to submit something!

Thank You!

24-Hour Helpline

888-779-7117

Call before you use!

Good Things

Clean fresh sheets. The Beatles album Revolver, actually any Beatles album. Baby cuddles.

Facetiming family. Sweet potatoes. Friends who are nurses. Really really cold water. Epson salt baths. Baby giggles. Naps. Sweatpants. Friends who are willing to help. Meditation. Swings for babies. Friends who check on you. Tylenol. Doctors. Breakfast for dinner. Art that gets you. Songs that get you. People who get you. Forehead kisses. People who say good morning and good night. Your mothers concern. Comfy beds. Comfy pillows. Comfy couches.

The human body.

Not taking these things for granted.

Dayna D

A gift...

I believe that imagination changes the future of all we know...
that myths are the nature of our history,...
that our dreams can become reality...
that hope encourages miracles to happen,...
and humor can often dispel anger, grief, or disease...

I believe that love is a spirit that finds expression in all we do and defines purpose in our lives...

Just for today...

I am becoming closer to that intention and better able to serve that purpose within me.



Poetry for the Newcomer

Fly High like a bird for the whole world to see. I see the sun shining bright down on me. Used to be stuck in my own reality. No more being high, so now I can see clearly. My world was breaking right in front of me. Felt so blind it was hard for me to see. I felt stuck in my own prison it became my reality. Break these chains that had imprisoned me. I want to fly high for the world to see. My chains are gone, and this is the new me. Free to be who I was meant to be. We do recover from life strains. My view from 30,000 feet high in the sky. Everything looks so small, so far away. Blue skies with a shade of gray. Up high where the angels play. Close to the sun as it shines through my window. Pick up my pen and watch my words flow. Coming out like water from a spring. Life full of journey's of things yet to come. Trying to face life head on and trying not to run. The more I run the less I face. Life is full of obstacles of which we all have yet to face. Sometimes it seems there is no way out. Our worries turn to doubts. Our doubts turn to dreams. Lost dreams awaken when inside we scream. Many have dreamed, but never put their dreams into action for the world to see. Keep on flying never stop trying, and keep going becoming the person you were meant to be. We all walk in different shoes from many different places. The pain in people's faces tells of their story where they came from. How can we relate when we don't know where they came from. Sit, listen, learn reach out your hand help the newcomer stand. For that newcomer was me lost, broken, all alone far from home. Keep coming back you say. I began to sit, listen, and learn. Now it's my turn to say fly high like a bird for the whole world to see. Many different shoes many different walks of life come through that door. Today is your day to break free break those chains walk in new shoes one's without holes or soles. Walk free, walk tall heads high on new wings we soar and fly high.

HOPE, FAITH, and LOVE

Hi, I am an addict. My name is Jim. I was introduced to Narcotics Anonymous in early 1982. I was in a facility waiting to go to prison I knew people like me did not get clean. I went to the NA meeting full of apprehension. I was constantly looking for somebody like me, an addict that had sold his soul to the dope man. There was one older man there that I knew he was a dope fiend. He had physical signs of it. His being there gave me a maybe.

NA turned that maybe into HOPE. In the following few months, while waiting on the prison sentence, I started reading NA literature, writing about my life, praying, and going to meetings. I was feeling better, even knowing I was heading to prison. Another addict called prison a spiritual retreat in a gated community. He told me once I found freedom from active addiction I would understand. Before coming to NA I was a beggar, my prayer was please God help me. Once coming to meetings I tried lip service Then NA taught me to get on my knees to pray. I learned sincere prayer, meaning how to pray for others. I got a home group, a sponsor, and started learning to be a friend to myself. These things gave me HOPE.

I was told I knew how to trust. It was shared we would get some guy our money hoping the dope he gave us was good. Hearing this helped me trust my sponsor I took his suggestions. It was not easy to feel good about myself knowing I was going to prison. I wanted to run. I was scared, I was told to stay in the now. I was told my higher power had a plan for me. Stay and let the miracles happen.

I was learning to trust. I wanted to believe in miracles. A few months had past, I had 90 days clean. I went to my sentencing. I was very scared, actually frightened. There was some issues brought up, the main one was I was too old for the prison hospital. I remember the judge asking me some questions, then my first miracle happened, he suspended my sentence. That was the first situation that helped me develop FAITH. I told myself and God that I would stay clean. NA was young here. They

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told me they needed me.

I learned how to practice spiritual principles in my life. Narcotics Anonymous taught me to say a prayer to my god and let others say a prayer to their God. That was a great learning experience for me a gift we could give to our higher power. I was told my journey was from my head to my heart. I know that Narcotics Anonymous is about learning how to practice spiritual principles in all our affairs. I know it may seem crazy to some, but this spiritual kindergarten called Narcotics Anonymous, can be spelled with four letters:

L O V E.

Jim S.

Faith, Love & Hope

My journey in recovery began almost 20 years ago & I could give you experiences that I have had in the past, but instead I would like to share how these principles have been showing up in my life now. I came into N.A. in 1998 & I am 30 days clean today. I have had lengths of time clean, but I am so grateful that I finally feel like I am home again, and that is a miracle to me because I know the reality is that no one is promised another chance for recovery once they pick up.

Love is defined as an intense feeling of deep affection. I have received love in many places, but the unconditional love that I have found in N.A. is something I have never found anywhere else. My experience is that no matter how many times I have gone in and out, people in this fellowship continue to love me. This last white key tag on top of getting clean, I am dealing with the death of my only son who committed suicide as a result of this disease & a combined mental illness of depression. Through all of this, the fellowship has suited up and shown out, holding me up & walking with me through it all. I have received so much love, that the walls that kept everyone out are all but gone & today because of that, I believe I deserve this life of recovery. Hope is defined as a feeling of expectation & desire for certain things to happen.

When I came back to N.A. this time, I not only was dealing with the difficulties of getting clean, I was also having to face the reality that my son died 15 days earlier & his death was a direct result of this disease & his clinical depression that he battled. He took his own life & is one of those who will never be able to come back in the rooms & get another chance. Since coming back I have met several other persons in the program that have dealt with the death of their children & they are clean today for many years. For me the biggest shot of hope came from a man in the program that I have known for several years. When I came back, I reached out to him & as we were talking he told me, or should I say reminded me that his son had passed away also, & as I told him the story of how my son died, he told me the story of how his son died. I was in shock & the hairs on my arms stood straight up as he told me the exact same story as how my son died almost to a T. Our children had the exact same circumstances happen to them & they both died the same way. If that wasn't enough, my son died on April 21st & that was his son's birthday!!!! I have to say I was in awe. I've had 2nd step coincidences in the past, but this was more like a burning bush. God was doing tricks for me to show me how loved I am & he put this man in my life to help me walk through this. The man I speak of has 5 years clean, is happy & in a relationship with a wonderful woman. I feel like the lie that I was so broken & beyond repair & would never make it back to have any sort of happy productive life is dead because of this program & the people in it have shown me that there is always hope, & today I truly believe that. Faith is defined as the complete trust or confidence in something or someone. I can tell you that even with 30 days clean; I have a page & a half of the coincidences & MIRACLES!!! I AM STILL IN THE PROCESS OF DISCOVERING WHO God is for me, but I have so much evidence that I can't deny that there is a God. I can say that today I have faith that God got me in his warm embrace. As most of us could say there is no reason I should be alive,

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so there must be a God. (Group of Druggies) lol. And I am not him!!!

That is this addicts experience with Faith, Love & Hope. Although I would have to argue about them being intangible principles, because I believe that when I am in the process of the steps & growing in my program I can see, feel, and almost touch the principles of faith, love & hope. Thank you all from the bottom of my heart for always welcoming me back with open arms. Today I believe it is possible for me to recover. Just for today.

-A Grateful Recovering Addict

ACTIVITIES

Other areas that have submitted events:

SunCoast Area

Suncoast Area of Narcotics Anonymous Presents...



Join us on June 9th from 12pm – 6pm at GT Bray Park – 5502 33rd Ave Drive Bradenton FL

Pavilion #7- Bright Outlook

Public Swim from 12pm - 4pm \$3 per person – Paid to GT Bray Park

Karaoke Contest – 2pm – 3pm

Must register by 1:30...Open to first 10 people to register.

Prizes for 1st and 2nd Place!

Food, Fun and Fellowship

\$5 suggested donation – NO ADDICT TURNED AWAY

Covered Dishes Welcomed

Speaker starts at 5pm

Please bring chairs for extra seating

Music provided by DJ RPM & DJ AMP

Narcotics Anonymous is not affiliated with the organizations where meetings or activities are held.

Florida Region



FRCNA is taking place at the
 Hilton Tampa Downtown
 211 N Tampa St
 Tampa, FL 33602
 Tel: 813-204-3000

If you are looking for things to do locally, go to **basena.org** on the internet. There you can access a meeting list and other current events around the **Bay Area.**

River Coast Area

RIVER COAST



4th of July Picnic



Wednesday
 July 4th 2018
 4pm-7pm

ALL AREAS WELCOME!

3\$ NO ADDICT TURNED AWAY
 Includes:
 Hamburgers/Hotdogs, Chips, Drinks, etc.

4pm- Kickball Game Bring the kids!
 5pm- Food
 6pm- Funcoast Speaker

Delta Woods Park
 3400 Deltona Blvd
 Spring Hill, FL 34606

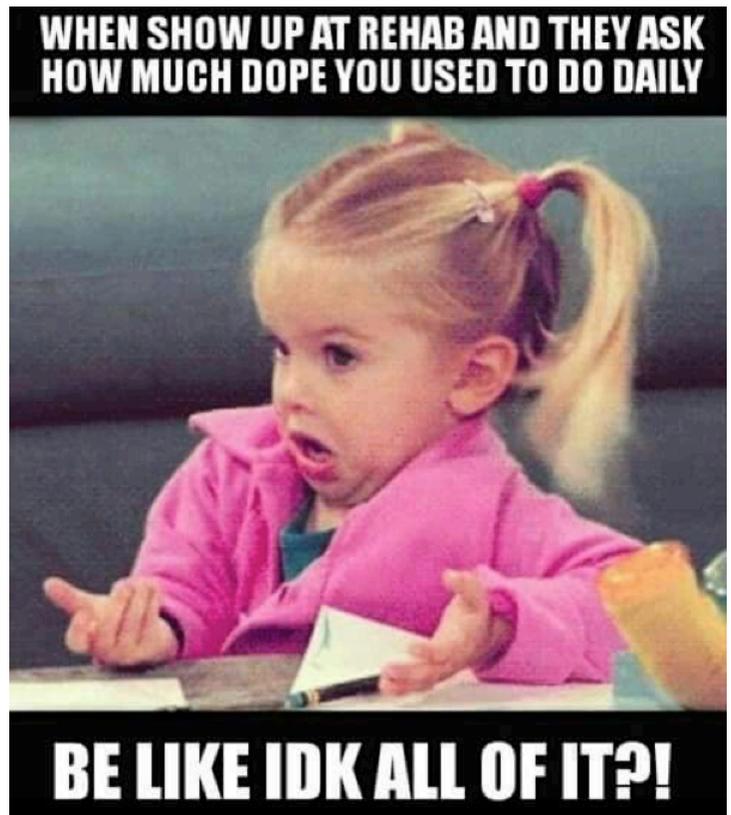
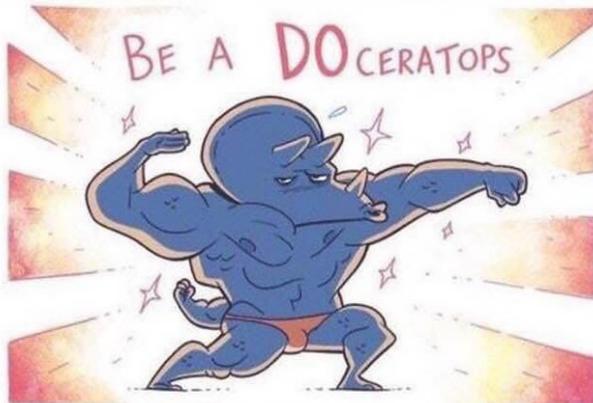
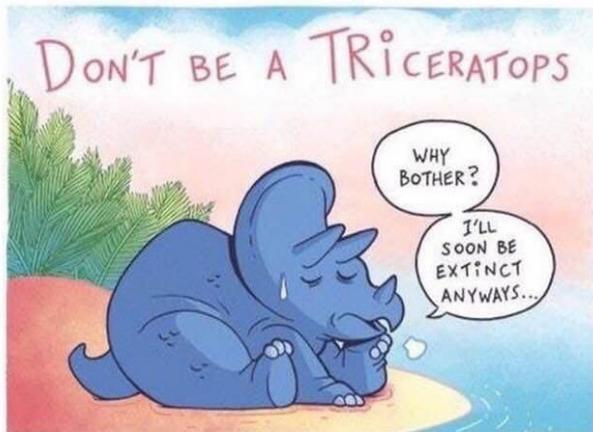


Happy 4th of July



*NA is not affiliated with this location

LOL



A Letter to my Sponsor:

Dear Sarah,

I remember the first time I met you. You were praying in someone's backyard so you didn't build a resentment to Garth Brooks for canceling his Florida tour. I thought you were ridiculous. I was told to get a sponsor and although I didn't really understand what they did I saw you again. This time you were laughing because you couldn't believe you might catch a felony with a year clean and it was then I knew, you were the girl for me.

I had heard a sponsor was someone that would change your life. A fellow drug addict that could help you find a new way to live. This was the stupidest thing I had heard in my life and I could not wait for you to fail.

When I asked you the simple truth you told me "to just be honest with me" and we can get through anything. I was honestly a little afraid of that as I had never been honest with anyone, ever. You told me that if I lie to you, you will lie back to me. I didn't really understand that at the time, but I agreed.

I remember doing step 1, still dope sick in a crowded DMV and how fearless you were that people could hear what you were like. When I asked you about that, you laughed and said "Everyone that loves me knows the mess I used to be and besides, I'm not that girl anymore. If they want to judge that version of me I am better off without them"! I have clung to that motto for 3 years now.

Step 4 was going to be the end of us; I knew that so I went prepared to fight. I came out swinging with some of the most appalling, atrocious behavior I was involved in and braced myself for the disgust and outrage. To which you replied "Man, I really never want to get high with you. That shit sounds horrible". And we laughed. We laughed till our cheeks hurt, our eyes watered and our stomachs cramped. It wasn't funny, but we roared into the night.

That was the night I fell in love with you.

That was the night I believed in you, in NA, in step work, in sponsorship and I thanked my Higher Power for bringing you into my life.

As our relationship grows I am still stunned by your grace, beauty and strength. Awed by your courage and bravery and your undying loyalty, you have taught me SO much more than how to stay clean and find a new way to live. You teach me grace and humility daily without making me feel small. You remind me that it is ok to be scared or unsure so long as I am talking about it. How to be a woman in recovery that other woman can count on.

I thank my Higher Power every night for you. You are the breathing version of "I didn't do this: we did."

Thank you
HH



Obituary

On June 14, 2018 Owen P. passed away. His homegroup was Welcome Home that meets every Thursday at 8PM in Clearwater. He shared his love of art with many. He was a patient teacher and a loving humanitarian. Owen was a force of will in the community as well as the art world in St. Petersburg and Tampa. He is a mentor, teacher, philosopher and brilliant artist. He could take imagination and turn it into reality. But more than that he used the same creative power to help people. He touched immeasurable lives. We lost our friend and family member to cancer on June 14th.



I love those who can smile in trouble, who can gather strength from distress, and grow brave by reflection. 'Tis the business of little minds to shrink, but they whose heart is firm, and whose conscience approves their conduct, will pursue their principles unto death. ~**Leonardo da Vinci**

STEP ONE

By: Anonymous

Steps One: We admitted that we were powerless over our addiction, that our lives had become unmanageable.

I can remember trying to stop using, drugs or anything else, with willpower. At the end, when I was using every day, insane willpower-based attempts to stop using resulted with me trapped in my car or a bathroom for hours or days. I could not stop until all of the drugs were gone; however, this only resulted in the re-start of my using as soon as possible; upon obtaining more drugs.

“I” represents hopeless willpower, trying to quit alone. “We” translates into the power of NA, an incredibly strong power that enables me to accomplish things, like staying clean; things that I cannot do alone.

“Admitted” is my unconditional admission, without reservations, to Step One and the NA Program and Fellowship.

For me, “powerless” meant that I used against my will, that I possessed no power; no power to stop using, no power to stop criminal behavior, and no power to change or evolve into a bona-fide human being. Unmanageability defined every area of my life. Addiction, as it applies to NA’s first step, is a single insidious disease that lives inside of me; addiction is part of my DNA, it defines me, it controls me, it can destroy me, and it can kill me. I seem to feel my addiction inside of me; it is my dark side, my Mr. Hyde, my evil twin. Active addiction was my condition when I used any drug, no game playing, alcohol included, any drug! I used every day for many years, starting as a teenager. My life was filled with chaotic unmanageability. The NA legacy, that includes a message of hope against the disease of addiction, serves as a powerful re-minder that any addict can stay clean, Just for Today. That is what I learned as a newcomer to NA. I achieved a modest amount of manageability, not perfect, but far removed from the un-manageability of my active addiction.

During my first decade clean, the first step became my guiding principle, my realization of NA’s singular promise: Freedom from active addiction. This is my life’s promise. The NA legacy, in my experience, must be completely internalized, unconditionally; a daily dose of recovery, joy, feelings, all of the things that clean-time brings with it. In my experience, NA meetings must insist upon clarity of a message, as a life or death matter, and as required within our Twelve Traditions. I have observed the relapse of hundreds of addicts as newcomers, or within their first decade clean, and I wonder how many of those addicts lived in the realm of Step Zero.

Step Zero is a dark void, the place all addicts live prior to working and actualizing the first step of NA within their daily lives. The disease of addiction thrives within Step Zero, that dark matter, that pit of despair. The disease of addiction grows more powerful and manifests itself in every area of my life as an addict. Manifestations are not individual addictions; this message would be a corruption of NA’s Step One. Addiction, a singular disease, manifests itself in drug use, self abuse, over eating, gambling, hatred, anger, self-loathing, retail spending beyond our means or needs, a myriad of possible manifestations. Addiction is a disease of obsession, compulsion, and self-centeredness. Narcissism is a pillar of active addiction. Anger is another familiar trait. As an addict, addiction is my internal illness, not an external threat. Addiction is a sneaky, even ruthless, disease and every addict is subject to potential relapse. The NA legacy, based on our steps and traditions, teaches us: to identify ourselves in meetings as addicts; that our recovery is expressed as clean time; and, that addiction and its manifestations are our true burden, not specific drugs.

Continued

After decades clean, I remain a student of the recovery message of NA; I cannot be fooled by any substitution. I understand that all addicts are equal in recovery, a perfect balance of love and fellowship, of caring and sharing. As a newcomer, during my first decade of recovery, I met individuals at NA meetings who promoted other than the NA message of recovery; even today, this sad fact continues. Because of my persistent commitment to NA, including Step One, I feel sad for lost addicts, whose muddled message challenges the NA legacy in a disrespectful and baseless manner. I feel sadness for addicts stuck in Step Zero. I am fortunate and grateful for absorbing the NA message so completely that I have realized the NA promise of freedom from active addiction, not perfection, and a life that is peaceful, joyful, and humbly manageable.

Anniversaries for July, August & September

July

Mark S, It Works, July, 12 years
Steve R, SYA South, 10 years
Jimmy F, It Works, July, 9 years
Mike W, SYA South, 9 years
Charlie F, It Works, July, 8 years
Jull R, Primary Porpoise, July 4th, 6 years
Janet D, SYA, July 11th, 4 years
Dustin, SYA, July 4th, 1 year
Christopher A, Morning Serenity, July 13th, 11 years
Carly I, We Do Recover, July 11th, 2 years
Sara A, SYA, July 12th, 2 years
Janie T, Happy & Free, July 12th, 8 years
Dick B, We Do Recover, July 15th, 43 years
Cathy B, We Do Recover, July 15th, 43 years
Tim P, SYA, July 15th, 17 years
Shelly B, SYA, July 19th, 12 years
Russell A, SYA, July 19th, 12 years
Michael D, Happy & Free, July 23rd, 4 years
Frank S, Morning Serenity, July 23rd, 2 years

August

Clayton B, Freedom Group, August, 29 years
Liz D, Happy & Free, August 5th, 4 years
Malik A, Noon Group, August 24th, 3 years

September

Linda D, A Grateful Addict, 24 years
Aaron S, We Do Recover, 6 years
Mike S, Living Clean, 6 years
Megan G, What Can I Do, September 6th, 6 years
Manny M, SYA, September 11th, 4 years
Kaila W, Just for Today, September 28th, 2 years

HOROSCOPES

Aries - Impulsive and energetic. Ready to jump right in and handle things.

Taurus- Appreciates a well cooked meal. Collects things that last.

Gemini- The keepers of language. Will outmaneuver you verbally.

Cancer- Very empathic. Easily hurt or offended.

Leo- Dislikes being sad in front of others. Lover of attention.

Virgo- Always working in some capacity. Great sense of direction.

Libra- Drawn to beauty in all forms. Dislikes drama.

Scorpio- Extremely focused. Music is the best way to touch them emotionally.

Sagittarius- Loves animals. Childlike adventurer.

Capricorn- Stubborn and persistent. You will not get them to back down.

Aquarius- Values friendships above all. Does not use the words unusual much.

Pisces- Feels what other people are feeling. Very go with the flow personality.

We publish the clean dates that are supplied to area service by your homegroup GSR. You may also submit your clean dates by emailing them to lit@basna.org.

BAY AREA HISTORY



1981 (3 Meetings):

Fresh Start in Bradenton was started around 1978 or 1979

D.O.A. in St. Petersburg was started in July 1981

Also Bill M. from Clearwater started a meeting around 1980 which lasted a short time.

1982 (12 Meetings):

- Fresh Start
- D.O.A.

Additional meetings were formed during the early part of 1982:

- The Steps in St. Petersburg
- Our Way in St Petersburg
- Just for Today in St. Petersburg
- Tampa Heights Hospital in Tampa
- St. Paul's in Tampa
- Horizon Hospital in Clearwater
- New Connections II in Clearwater

- Genesis in Clearwater Beach
- Saturday Night Live in Largo
- A Beginners meeting was formed at Horizon Hospital in St. Petersburg during later part of 1982

The first H&I meetings started in 1982 and were referred to as "By invitation only"-

- Our Way at Bay Pines V.A. Hospital in St. Petersburg in June
- Saturday Night Live in Largo

The first Area Service group was formed September 27, 1982.

The meetings were held at: 2620 5th Ave.N in St. Petersburg

- Chair: Danny G.
- Co-chair: Bill M.
- Secretary and Treasurer: Brenda C.
- A.S.R.: Carol N.
- Alternate A.S.R.: Danny G.
- Public Information: Danny G.

Pain

All I've ever wanted was to kill the pain and silence my brain.

As the voice gets louder, which one is me?The fight is endless as I beg for forgiveness.

I can barely breath this disease is exhausting.It's like I've been running from me.

I've faced myself many times and I have had moments of clarity.

Is this my fate, does deception win?I get on my knees and ask God to remove my sin.

The disease is still very much alive in my head and whispering in my ear

"I'm not done with you, I want you dead"! Is my end in sight, do I lose this this fight?

All I really wanted was to kill the pain.

Ashley C.