



## **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](mailto:lit@bascna.org) to submit something! *Thank You!*

### **Somedays**

Not everyday can I wake up and rattle off what I am grateful for...

Some days I must pray, and then pray again and then again... Some days I pray super hard on my knees sobbing because the bad stuff seems to drown out the good.

I know this is my disease...I am grateful to know that.

I am grateful that some people, even the ones right up close to me, teach me the hardest lessons that suck the most. But these lessons will NOT jade me to this world.

My purpose is to love and forgive.

Some people hurt me, not because of me, but because of themselves. I'm grateful I can love them through it and love myself enough to set healthy boundaries. I'm

grateful I can see when it's necessary and take immediate action to protect myself today. For all these things I have learned from my higher power (God) and NA.

Shawn C



**Bay Area website: [bascna.org](http://bascna.org)**  
**24-Hour Helpline 888-779-7117 Call before you use!**

## Not My Timing, Yet Perfect Timing

When I got clean, I had no idea what to expect. I knew I couldn't handle the hopeless feeling I had in my gut anymore. I knew that somewhere along the line, I had given up on myself and I wasn't sure how to believe in me anymore. Early on, I grew to believe that there was at least ONE person in the rooms of NA that believed in me and wanted to help me in my recovery. That belief, that tiny seed of hope, was paramount.

I have two kids that lived thousands of miles away from me when I got clean. I hadn't seen them in a couple of years. I remember thinking several times during my first year: "surely it's time for me to get them back!" or "I deserve to have my kids back now that I'm doing well." I also remember having those hopeless moments again thinking "they are better off without me" or "I'm just going to screw this up, maybe I don't deserve to get them back".

Slightly more than four and a half years later, my HP put my children back into my life. I had worked hard with my sponsor(s) to develop a strong program of recovery. I had nurtured my relationships with women and, subsequently, been blessed with an amazing network of people who supported me in my recovery and everyday life. I had gotten my career back and I had a safe and love-filled home. Most importantly, I had learned that I'm worth staying clean for. This was true regardless of any other gifts received. I didn't feel entitled to get my kids back and I didn't have expectations regarding how my life would be. The freedom from active addiction and self-love that I had gained was enough, and I was so grateful for it. It allowed me to love others as well.

Looking back at it now, I'm so grateful for the timing of it all. Had this happened when I thought it should - according to my will - I don't know that it would have been healthy for anyone involved. Parenting is no easy task. I'm learning so much from the struggles and successes that I'm already experiencing with my children here. I'm finding joy in the most unexpected places, and I'm told that the discomfort I feel means that I am growing. I believe people when they tell me this. I believe that a power greater than myself is watching over my family.

My higher power has impeccable timing, for which I am so blessed. It's easy for me to fall back into that old, entitled, attitude; thinking that I've "earned" something or "deserve" something. My experience has been that my HP allows things to come into my life when I have not formed an expectation and when I have developed some acceptance of the way things already are. I have to remind myself, on a regular basis, that I'm living, grateful, loved, clean and that I only have to stay in the moment (Just for Today). I don't always know what's best for me but my HP surely does! I'm feeling so grateful today that things happen in my HP's time and not in mine!

**Thanks for letting me share.**

**-an anonymous, GRATEFUL, addict in Florida**





# ANNIVERSARIES

## March

Autumn, What Can I Do, March 1st, 22 yrs  
Emily M, Keys to Recovery, March 1st, 13 yrs  
Craig K, SYA, March 1st, 3 yrs  
John S, What Can I Do, March 2nd, 8 yrs  
Greg W, SYA, March 3rd, 1 yr  
Steve K, Morning Serenity, March 4th, 3 yrs  
Joe G, Welcome Home, March 4th, 35 yrs  
Heidi K, Save Your Ass, March 4th, 10 yrs  
Rick N, Save Your Ass, March 4th, 10 yrs  
Tom P, Morning Serenity, March 5th, 5 yrs  
Jay M, ReSurrender, March 5th, 12 years  
Gary F, DOA, March 7th, 18 yrs  
Kendra C, Regardless Of, March 8th, 31 yrs  
Christine K, Do You Really Want To Know, March 10th, 21 yrs  
Dathan J, A Grateful Addict, March 11th, 24 yrs  
Sheila C, Women on Wed, March 12th, 12 yrs  
Ashley C, Morning Serenity, March 14th, 18 months  
Shauna S, Do You Really Want To Know, March 16th, 3 yrs  
Megan B, Soul Sistas, March 17th, 1 yr  
Pamela N, Soul Sistas, March 22nd, 19 yrs  
Eric H, Welcome Home, March 23rd, 7 yrs  
Tim K, Regardless Of, March 23rd, 13 yrs  
Jenna B, Women on Wednesday, March 27th, 7 yrs  
David J, Do You Really Want To Know, March 29th, 29 yrs  
Regina N, A Grateful Addict, March 29th, 1 yr  
Lewis S, Morning Serenity, March 30th, 1 yr

## April

Josh M, Just for Today, April 5th, 1 yr  
Ninnah R, What Can I Do, April 6th, 29 yrs  
Michele M, What Can I Do, April 9th, 6 yrs  
Christina B, Morning Serenity, April 11th, 3 yrs  
Clinton L, Welcome Home, April 12th, 21 yrs  
Chaise H, SYA, April 15th, 5 yrs  
Jonathan W, Freedom Group, April 18th, 35 yrs  
Jodi Ann B, Do You Really Want To Know, April 19th, 33 yrs  
Joe B, Morning Serenity, April 19th, 18 months  
Jess Y, Do You Really Want To Know, April 23rd, 4 yrs  
Daniel B, Welcome Home, April 24th, 4 yrs  
Chrissy P, What Can I Do, April 24th, 4 yrs  
Richard H, Blue Skies, April 25th, 10 yrs  
Ross B, What Can I Do, April 25th, 3 yrs  
Johnny M, Morning Serenity, April 31st, 18 months

## May

Lisa T, Resurrender, May 1st, 17 yrs  
Dave P, Morning Serenity, May 1st, 6 yrs  
Andrew H, Real Talk, May 1st, 4 yrs  
Connie B, Morning Serenity, May 3rd, 4 yrs  
Randy B, Morning Serenity, May 3rd, 4 yrs  
Jeff R, Freedom Group, May 7th, 34 yrs  
Stephanie B, Ladies to the Core, May 10th, 1 yr  
Sarah S, SYA, May 21st, 5 yrs  
Margaret H, Women & Recovery, May 21st, 2 yrs  
Steve G, Come As You Are, May 22nd, 9 yrs  
Jenna D R, What Can I Do, May 25th, 4 yrs  
Ben VK, Welcome Home, May 27th, 5 yrs  
Maria R, Resurrender, May 27th, 1 yr





## **Anger**

A few years ago somebody stated “I think you have anger issues.” My response was “What do you mean I have an anger problem?” After coming into Narcotics Anonymous and sitting down with a sponsor to do step work, I then realized that anger was an issue. In active addiction, anger protected me and when I got clean, I remained angry. I remember reflecting one night before bed, that the only difference between me in recovery and me in active addiction was that my eyes were not dilated and my speech was not slurred. This made me realize on a deep level that drugs were not my sole problem.

With slogans in my mind like: “It works if you work it, Keep coming back or don’t give up before the miracle happens,” I approached these issues just like I did with my drug abuse. Some days the anger and rage consumed me and it felt like an enormous job to try and restrain myself. Some days I totally failed and it felt much like I did when I was using. The anger was intoxicating and once I acted out, it was very hard for me to calm down. I felt that if I were going to remain clean I knew I would have to apply the spiritual principles to these anger issues.

I started with the spiritual principles behind the first three steps: acceptance, hope and faith. To apply acceptance, I had to first admit that anger was an issue for me. I acquired hope from the fellowship. I saw other addicts grow in recovery. I heard other addicts share their stories and I could identify with them. I believed I too, could do something different. I used prayer, meditation and lots of practice to quiet my mind and help me get closer to my Higher Power. My faith grew through using these spiritual exercises. My life and my reactions to things are not perfectly serene, but I have made vast improvements with my defect of character. My first response to things is not always anger anymore. Thank you Narcotics Anonymous for this freedom.

## **Anonymous**

## **Dear God,**

This journey that began June 8, 2001, has been one blessed with your grace. I started my reconnection with you in an isolated jail cell, reduced to sobbing tears. You heard my step 1, 2, 3 desperate prayer. I wanted immediate relief and I was incapable of trusting you completely. My mind believed, but my spirit was depleted. I felt your magic when I went to that first NA meeting they had in jail. You showed me the solution that night by H&I. My understanding of hope and faith has grown. I believe you wish me great happiness today. I have learned that things are not always as they seem. I have seen you hide blessings in darkness. Your way is always impressive. These days I seek your strength to accept and follow your will for me. I have witnessed much evidence in my life and the lives of others, that you work miracles. When panic and fear take me hostage, I use the tools I learned in recovery to find my way back to the flow of your love. Many times, I find strength from a member of my support network who is closer to you at that moment. Others help me find my way back to you. I know my human pain comes from lacking faith. Despite these human imperfections, you keep me moving forward. You work through me and frequently show me magic. My will is yours. Jackie O.



## **My Purpose**

Growing up, I never knew what my purpose in life was going to be.

When I was a young child, I had dreams of becoming a movie star, lawyer, doctor, or teacher, and believed that if I became one of these things, my purpose would be fulfilled. As the years went by, I remember getting involved in many activities, such as Girl Scouts, Cheerleading, Chorus, and various clubs in High School to see where I “fit in.” Although I could blend in wherever I went, I never felt “at home.” Once all those things were gone, I was lost and eventually turned to drugs.

Over the next 10 years, my life would spiral completely out of control. I remember changing my major many times throughout college believing if I just chose the perfect career, I would find my purpose...Boy was I wrong. I searched for something to complete me, drive me, and make me feel whole, but much to my dismay, I never found it.

After my final surrender, I had finally decided to give Narcotics Anonymous a shot, because I really had nothing to lose. I hated myself, I was ashamed of myself, and wanted to be anyone but me.

Over the next couple of years, I began working steps, found a “loving and caring” Higher Power, gained some self-worth, began doing H&I and found my “home.”

Week after week, I went into the treatment facility where I got clean at and carried a message of hope to the sick and suffering addicts that were giving this way of life a try. I shared my experience and strength, in hopes that just one person would hear a message and stay clean for one more day. At around 3 years clean, I finally discovered what my purpose was.

I always wondered why I had been given a second chance or why the overdoses didn’t take my life. I had a revelation that I had a gift. I believe I was saved, so that I could share my experience, strength and hope with another addict because I knew and lived the pain of active addiction. I knew the feeling of hopelessness and by the grace of God, found a way out. I had tangible proof that by working steps, having faith in a Higher Power, and working a daily program, my life got significantly better.

Today, I believe it is my job to share this with the newcomer. This is my purpose in life, because if I can reach just one person and help them stay clean, then my purpose is fulfilled.



## REGIONAL ACTIVITIES

### FRCNA XXXVIII Florida Regional Convention Narcotics Anonymous "Shattering The Illusion"

Being held in Orlando at:  
Rosen Centre 9840 International Drive  
Orlando, Fl. 32819  
July 4-7, 2019

## The Florida Service Symposium

March 21-24, 2019

Sheraton Tampa Brandon  
10221 Princess Palm Avenue, Tampa,  
FL 33610



Upon this  
common ground  
we stand  
committed.



## FOREST AREA ACTIVITIES



### FOREST AREA SPIRITUAL RETREAT FUNDRAISER BRING YOUR SPONSOR TO BREAKFAST

Saturday, March 30, 2019  
10:00 a.m. - 1:00 p.m.

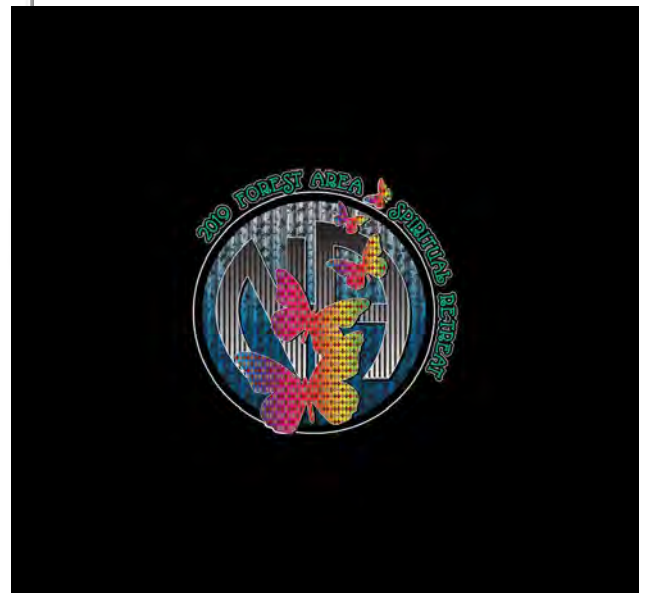
First Love Church  
2529 N. Magnolia Avenue  
Ocala, FL 34475

Food, Fun, Fellowship, 2 Speakers (1 female, 1 male), Raffle, 50/50

Tickets Purchased Prior to Event \$6.00  
Tickets Purchased at the Door \$7.00

Entire Table Reservations Available (must pre-pay for entire table)  
Reserve Quickly to Ensure Your Spot!!  
No addicr will be turned away for event (meal not included)

For Information Please Contact:  
Dave T. 352.425.3273 or Susan C. 954.696.4403



DO YOU REALLY WANT TO KNOW?  
Homegroup

# Celebration

We started our meeting 9 Years ago

**Monday April 29, 2019**

JODI B. 4/19/86 33 YEARS

DAVID J. 3/29/90 29 YEARS

SHAUNA 3/16/16 3 YEARS

JESS Y. 4/23/15 4 YEARS



THATS 69 YEARS OF CLEAN TIME!

**5:30 PM FOOD AND FELLOWSHIP**

**6:30 PM MEETING BASIC TEXT**

*Lots of Nom nomz!  
Cake, Pizza, Wings and MORE*

We meet at:

St. John's Episcopal Church

1676 S Belcher Road, Clearwater, FL



# Monday Meditation's 4th Annual Spiritual Campout

## "Serenity Under the Stars"

(Sponsored by Monday Meditation Group of NA)

May 24th 25th 26th

Cedar Kirk Camp

1920 Streetman Dr. Lithia FL 33541



Lodging – Rustic Cabins (72 spots) or AC Cabins (38 spots). No tents or RVs.

Closed Event – Addicts only, no children

Cutoff date is May 3<sup>rd</sup>, 2019

Name: \_\_\_\_\_ A.C Cabins @ \$ 90 per person: \_\_\_\_\_

Phone: \_\_\_\_\_ Rock Climbing @ \$5 \_\_\_\_\_

Email: \_\_\_\_\_ Ziplining @ \$5 \_\_\_\_\_

Rustic Cabins @ \$25 per person: \_\_\_\_\_ Day Pass @ \$5 \_\_\_\_\_

Total: \$ \_\_\_\_\_

Items to Bring – food, drinks, coolers, ice, things to cook with, grill, bedding, clothes, bathing suit, towel, chair, toiletries.

Information/Questions, please call: Rachal B 813-764-4907 – Scott K 727-276-0573

Tricia N 813-523-0534 - Craig M 908-616-4040 – Brendon C 813-562-6901

or email us: [mondymeditationcampout@gmail.com](mailto:mondymeditationcampout@gmail.com)

CAN'T WAIT TO SEE YOU GUYS THERE!!!!

## 4TH ANNUAL WEST COAST UNITY DAY



### SATURDAY, MARCH 16TH

Sunset Coast, Gulf Coast, Shark Coast,  
Peace River

Lakes Park Pavilion C  
7330 Gladiolus Dr.  
Fort Myers, FL 33908  
11:00 am - 3:00 pm

Suggested Donation \$10  
(no addict turned away)

T-shirts available for sale \$10

Food	Speakers
Games	Give Aways
Raffle	Fellowship

## ⊗ SOUTH FLORIDA REGIONAL CONVENTION ⊗

# SFRCNA XXIV ⊗

Labor Day Weekend – Aug 30 to Sep 2, 2019

- \$20.00 until Feb 29
- \$30.00 March 1 to May 31
- \$35.00 June 1 to Aug 29
- \$40.00 at the door

*WIN! WIN! Win, a (3) days (2) night stay at the Host Hotel!*

*Enter the raffle by being one of first 200 to book your room at the host hotel. Book NOW!*

USE ONE FORM PER REGISTRANT – \*NA not affiliated with Marriott

Name		
Email		
Telephone		
Clean Date and Area		
Banquet	\$60.00 ( )	Check the ones that apply to you.
BBQ Lunch	\$35.00 ( )	
Breakfast	\$35.00 ( )	
Ice Cream Social	\$20.00 ( )	
Comedy Show	\$20.00 ( )	
Package	\$100.00 ( )	Ice Cream Social, BBQ lunch, and Banquet
Basic Text Donation	\$15.00 (OPTIONAL)	
Registration	\$ _____	
Total Enclosed	\$ _____	(make check to "SFRCNA")

Mail to- SFRCNA P.O BOX 220782 Hollywood, FL 33022  
or online at [SFRCNA.COM](http://SFRCNA.COM) (Register, Rooms and Add-ons), or call:  
the Marriott Harbor Beach Resort and Spa Ft. Lauderdale at:

**Hotel Liaison: Yvette B. 561-859-6264** 954-525-4000  
1-800-222-6543

⊗ For additional info call: Arielle D. 786-768-1055 -or- Ray G. 954-839-5958



## **A Tree of People**

I'm sitting here thinking about all the friends I have in my life today...I'm truly grateful. Something a sponsor of mine told me years ago popped in my head. He explained it as; the people in our lives are like a tree.

We are the trunk of the tree. We have people that enter our lives that are like the leaves. As the seasons turn or the wind blows a little too hard these people tend to fall off. There are others that are like branches. These people tend to be in our lives for longer than those people that are leaves. But after a period of time branches always end up getting too heavy and fall off, or a huge storm may come along and they may get blown down. I've had many of these people in my life. The last group of people is the roots. These people, we really need in our lives so they can hold us up when the strongest storms of life come along. These people continue to keep us up whenever we want to self destruct.

I've had many people come into my life that I thought were roots, when they were really only branches and even though it didn't feel good when they left my life, I'm grateful they were a part of my process. Today I have lots of people in my life that are roots...I'm truly grateful for these people. Even though life gets busy and we don't get to talk all the time or spend time together that much, I know that these people are always there if I need them. It's awesome that when I do get to spend time with them, it's like we talk every day. I'm truly blessed to have all these types of people in my life, even those that are only around for short periods.

When I look back, I have learned something from everyone that has crossed my path. I look forward to continuing this journey with all the people I have in my life and I'm looking forward to seeing who else comes and joins us along the way.

**Dan T.**



## Carrying the Message

The message in Narcotics Anonymous is that, an addict, “any addict can stop using drugs, lose the desire to use, and find a new way to live.” The fifth tradition states that each group has one primary purpose, and that is to carry this message to the addict who still suffers. The 12th step says that we try to carry this message to other addicts. There are several ways in which we can carry this message. We chair meetings. We share our experience strength and hope with others at meetings or through sponsorship or by having an H&I commitment. We do service work. We live the principles of the program to show how the program works by being an example to others. Anyone can carry the message of Narcotics Anonymous in any way they choose to do so.

I started out by chairing meetings. I joined H&I at 3 months clean. I became a GSR at 6 months clean. I shared my story for the first time at 18 months clean. I became a sponsor at around two years clean. I have continued to serve Narcotics Anonymous throughout my recovery in different ways. I still chair meetings. I haven't been a GSR for a while and I haven't been a member of H&I for a while. I still sponsor other addicts. I try to be an example and live by the principles of the program to the best of my ability. I have also shared my story a few more times, but I do struggle with sharing at meetings on a group level. This is something that I have struggled with quite often. Sometimes I feel as if I am not doing enough to carry the message because of this one thing. So I keep working on it as I grow in my recovery.

I was thinking about the newsletter a lot about a year and a half ago. It had been out of circulation for a couple of years and I remember how much I enjoyed reading it. I thought maybe other people did as well. I also thought that if there was a newsletter, that could be another way for me to help carry the message by writing about my experience strength and hope. I also was thinking about wanting to do something different for service work, so I decided I wanted to bring the newsletter back. I sought out the Chair position & was voted in shortly after. I found a few other people to join the subcommittee and a few months later we started publishing a newsletter and this is our sixth publication.

I enjoy writing and I have submitted a couple of things to contribute to the newsletter over this past year prior to this, but it's not my responsibility to write the content of the newsletter nor is it the responsibility of my subcommittee members to write the content of the newsletter. We all have contributed to the content and we will continue to do so, but we need contributions from other members of this Fellowship. We as a subcommittee believe that the newsletter is a great way to carry the message and to reach out to other addicts; Addicts inside the rooms and addicts who haven't made it here yet as well, because we do publish the newsletter on our website which is open to the public.

The newsletter for the Bay Area is important to me and to the other members of the subcommittee as well, but it's not our newsletter it's the Bay Area newsletter and we really need more involvement and more participation from other Narcotics Anonymous members. Anyone who is member of this Fellowship has something to share but our participation from the fellowship has been minimal at best. We want to publish your stories, your recovery, your experience strength and hope. People tell me all the time how great the newsletter is and what a great job we're doing and how much they enjoy it. The positive comments and feedback are very much appreciated by all of us, but what we really need is for people to contribute and participate, otherwise the Bay Area newsletter may be short-lived and become dormant again. Maybe the four of us can do it on our own and keep it going, but we shouldn't have to do it alone. Having said all that, I do want to thank everyone who has contributed to the newsletter over the past year. Thank you for allowing me to serve.

**Janet: Newsletter Chair**



**LOL**

**This is the face I make  
when you say**



**you are at Step 9 and  
making amends after  
being clean a week.**

Me doing my 5th step sex inventory



**So youre telling me crabby patties**



**can  
be my higher power?**



## BAY AREA HISTORY



### 1985

#### Meeting Deletions:

- Ocala N.A. Group in Ocala
- New Hope Group in Tarpon Springs

\*\*Early 1985, the Bushnell and Springhill area became known as the River Coast Area and took with it The Only Other Game in Town meeting.

\*\*Sunshine Group in Springhill was dropped from the meeting list.

\*\*Tampa formed its own area with support from the Bay Area.

### 1987 (22 Meetings):

#### Additional Meetings:

- Friday Addition in Largo
- Hardcore in Dunedin
- Unity in St. Petersburg
- More Will be Revealed in South County
- Clean and Serene in Tarpon Springs