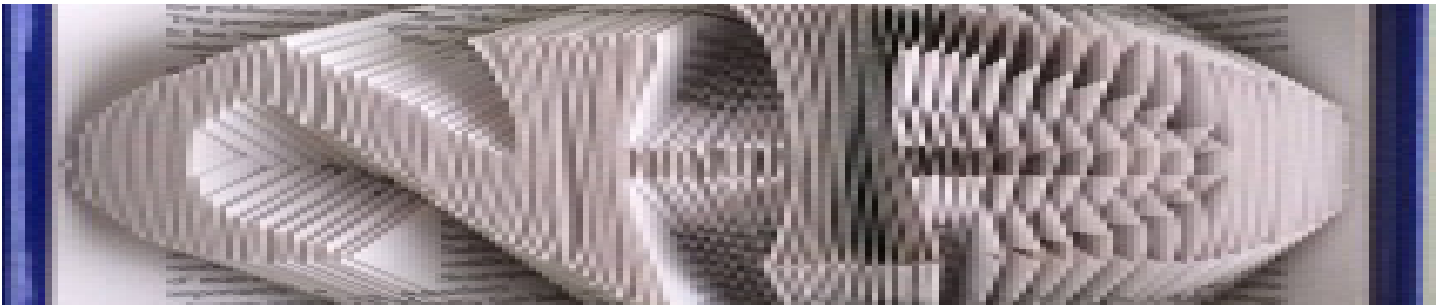




### **LETTER FROM THE EDITOR:**

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!*



### **Going to Any Lengths**

"Going to any lengths," It's one of my favorite "Just for Today's." I actually was thinking about it last night...I tend to go to any lengths by taking most of the suggestions each day. Reflecting on it now, the thing I don't do all the time is having the right mindset going into a meeting. When I do have the right mindset, I am able to listen to everyone with an open mind. There are plenty of times I go into a meeting with the wrong mindset; I only listen when certain people share, which is okay sometimes, because the people I listen to have good recovery; however, I need to remember that I can receive a message from anyone. With the right mindset, I'm able to get a message from someone sharing with a day clean just as well as someone with 30 years clean. Something I forget that I heard listening to a speaker was, "We open every meeting to allow God in and we never know who God's speaking through in that meeting." If I'm only listening for certain people to share, I may miss the message I needed to receive. Guess I need to work on this... Today I will definitely do my best to listen to everyone. I know God speaks to me through others; if I'm not listening then how would I receive his message? -Dan T.

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

## **FORTY-EIGHT MUSTS IN NARCOTICS ANONYMOUS as found in the Basic Text**

1. "Everything that occurs in the course of N.A. service **MUST** be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers." - pg. XXVI
2. "We **MUST** always remember that as individual members, groups, and service committees we are not and should never be in competition with each other." pg. XXVI
3. "We **MUST** face our problems and our feelings." - pg. 15
4. "We are people with the disease of addiction who **MUST** abstain from all drugs in order to recover." - pg. 18
5. "A second admission **MUST** be made before our foundation is complete." - pg. 21 Explanation: It is not enough to admit that we are powerless over drugs, we **MUST** also admit that our lives had become unmanageable.
6. "We **MUST** be done with the past and not cling to it." - pg. 29
7. "Assets **MUST** also be considered, if we are to get an accurate and complete picture of ourselves." - pg. 29
8. "Although He already knows, the admission **MUST** come from our own lips to be truly effective. Step five is not simply a reading of step four." - pg. 32
9. & 10. "We **MUST** carefully choose the person who is to hear our fifth step. We **MUST** make sure that they know what we are doing and why we are doing it." - pg. 32
11. "We **MUST** be exact." - pg. 33
12. "We **MUST** realize that we are not perfect." - pg. 36
13. "Our experience tells us that we **MUST** become willing before this step will have any effect." - pg. 37 (step eight)
14. "We **MUST** separate what was done to us from what we did to others." - pg. 38
15. "As with each step we **MUST**, be thorough." - pg. 39
16. "We **MUST** remember the pain that they have known." - pg. 41
17. "It is said that for meditation to be of value, the results **MUST** show in our daily lives." - pg. 47
18. "We **MUST** give freely and gratefully that which has been freely and gratefully given to us." pg. 49
19. "Our disease involved much more than just using drugs, so our recovery **MUST** involve much more than simple abstinence." - pg. 55
20. "We **MUST** give up this old concept and face the fact that reality and life go on, whether we choose to accept them or not." - pg. 55
21. & 22. "When we are prepared, we **MUST** try out our newly found way of life. We learn -the program won't work when we try to adapt it to our life. We **MUST** learn to adapt our life to the program." - pg. 57
23. "Unity is a **MUST** in Narcotics Anonymous." - pg. 63
24. "We **MUST** live and work together as a group to ensure that in a storm our ship does not sink and our members do not perish." - pg. 63
25. "We **MUST** be constantly on guard that our decisions are truly an expression of God's will." pg. 64
26. "An atmosphere of recovery in our groups is one of the most valued assets, and we **MUST** guard it carefully, lest we lose it to politics and personalities." - pg. 64
27. "We **MUST** remember that officers have been placed in trust that we are trusted servants, and that at no time do any of us govern." - pg. 64
28. "Our Sixth Tradition tells us some of the things we **MUST** do to preserve and protect our primary purpose." - pg. 69
29. "We **MUST** first understand what N.A. is. Narcotics Anonymous is addicts who have the desire to stop using, and have joined together to do so." - pg. 73

30. "In order to achieve our spiritual aim, Narcotics Anonymous MUST be known and respected." pg. 74
31. "To improve ourselves takes effort and since there is no way in the world to graft a new idea on a closed mind, an opening MUST be made somehow." - pg. 78
32. "We MUST relearn many things that we have forgotten and develop a new approach to life if we are to survive." - pg. 81
33. "We realize we MUST do something." - pg. 81 (read the prior sentences)
34. "When we feel the old urges come over us, we think there MUST be something wrong with us, and that other people in Narcotics Anonymous couldn't possibly understand." - pg. 82
35. "We come here powerless and the power that we seek comes to us through other people in Narcotics Anonymous, but we MUST reach out for it." - pg. 83
36. "Recovery found in Narcotics Anonymous MUST come from within, and no one stays clean for anyone but themselves." - pg. 83
37. "If we have relapsed it is important to keep in mind that we MUST get back to meetings as soon as possible." - pg. 83
38. "We MUST totally surrender ourselves to the program." - pg. 84
39. "We MUST use what we learn or we will lose it in a relapse." -pg. 84
40. "We MUST, use what we learn or we will lose it, no matter how long we have been clean." - pg. 85
41. "Eventually we are shown that we MUST get honest or we will use again." - pg. 85
42. "We MUST smash the illusion that we can do it alone." - pg. 85
43. "Staying clean MUST always come first." - pg. 85
44. "Some things we MUST accept, others we can change." - pg. 95
45. "We MUST be willing to do whatever is necessary to recover." -pg. 96
46. "We never know when the time will come when we MUST put forth all the effort and strength we have just to stay clean." - pg. 96
47. "No matter how painful life's tragedies can be for us, one thing is clear we MUST not use no matter what!" - pg. 102
48. "In order to receive we MUST be willing to give." - pg. 107





# ANNIVERSARIES

## July

Blynda N, Welcome Home, July 4th, 19 yrs  
Jill L., Primary Porpoise, July 4th, 7 yrs  
Mark S., It Works, July 5th, 13 yrs  
Michael S, Living Clean, July 5th, 7 yrs  
Gerry H, Come As You Are, July 11th, 28 yrs  
Janet D, SYA, July 11th, 5 yrs  
Jimmy F., It Works, July 13th, 10 yrs  
Travis S., It Works, July 13th, 1 yr  
Paul S., Regardless Of, July 18th, 15 yrs  
Russell, SYA, July 19th  
Shelly, SYA, July 19th  
Sara W, Trust the Process, July 21st, 13 yrs  
Frank S., Morning Serenity, July 23rd, 3 yrs  
Kim H, Women on Wednesday, July 27th, 3 yrs  
Janie T., Happy & Free, July 30th, 8 yrs  
Michael D., Happy & Free, July 30th, 5 yrs  
Ryan Y, Trust the Process, July 30th, 1 yr  
Janie T, Happy & Free, 9 yrs  
Michael D, Happy & Free, 5 yrs  
Rosalina Q, Happy & Free, 20 yrs

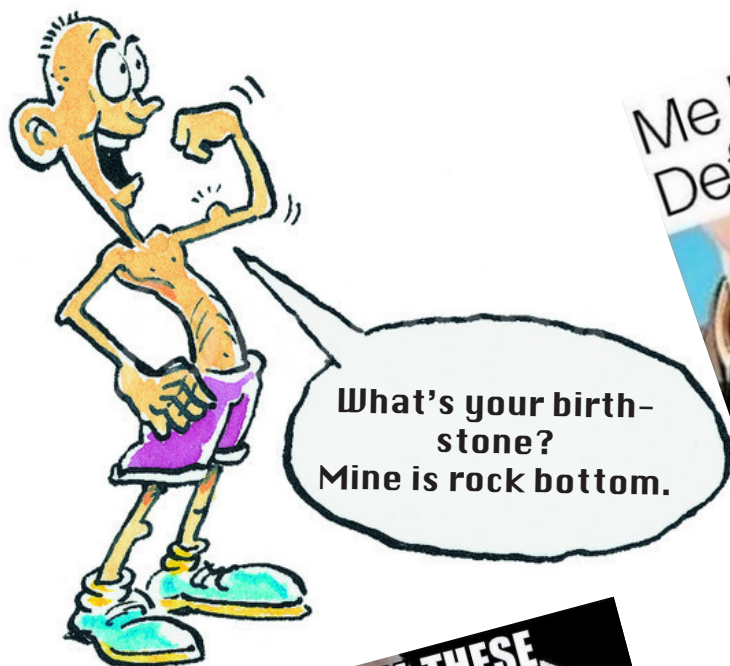
## August

Diane G., Welcome Home, August 4th, 27 yrs  
Brendon M., Morning Serenity, August 4th, 1 yr  
Matthew W., First Things First, August 6th, 1 yr  
David F., Welcome Home, August 9th, 34 yrs  
Gil M., Morning Serenity, August 24th, 8 yrs

## September

Megan G., Ladies to the Core, September 6th, 7 yrs  
Angela W., Ladies to the Core, September 8th, 1 yr  
Teresa P., Morning Serenity, September 10th, 1 yr  
Andrew T., Morning Serenity, September 12th, 1 yr  
Ashley C., Morning Serenity, September 14th, 2 yrs  
Bert Y., Welcome Home, September 15th, 36 yrs  
Paul S., How Group, September 15th, 9 yrs  
Kimberly S., Ladies to the Core, September 19th, 1 yr

LOL



Me looking for my  
Defects of character



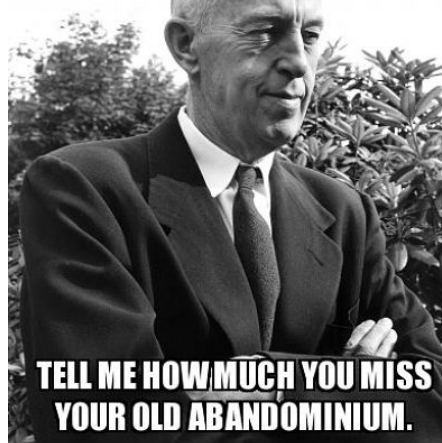
Friend: "You're so dramatic"

Me: "No I'm not"

Also me:



YOU HATE YOUR RECOVERY  
HOUSE?



TELL ME HOW MUCH YOU MISS  
YOUR OLD ABANDONMINIUM.





## Being Gay in Recovery

I enjoyed reading the article in November 2018, about the LGBT meeting. I too, coming into recovery, relied on the LGBT meeting in New York City, where I started my journey of recovery. I needed rooms like that to help identify not only with my addiction, but the behavior as a gay man, that I thought was normal. I got involved with a sponsor who suggested doing service at the home group level. He set the presence of helping others and not looking for anything in return. Then as I worked on my first step, its "Open Avenue" of seeing it wasn't the drugs that were the problem, it was deeper. The rooms became my outlet to share my experience at first. I had no hope. As I continued to work the steps, I became okay with me and not looking for other to validate who I am. I moved to Fort Lauderdale, which also offers a LGBT meeting. There, I continued to work on myself. Then I moved to Pinellas County in a panic. They offered no LGBT meeting. I had no choice, but to attend "The Straight" meetings. I was nervous and kept to myself. I felt I was going to be judged, and not comfortable of sharing honestly. I noticed at the meetings I was attending; there were a lot of gay women. It was then, that "comfortable" set in and I opened up and could be myself. After getting a new sponsor, who is straight and working steps, I felt this freedom of attending any meeting. Now living in St. Petersburg for over 7 years, I do service at the Regional level, all my sponsees are straight men. It's amazing how Pinellas County embraces all addicts. I am aware, some people judge me, but a lot more love me for me. I was sitting in a sponsorship gathering and heard someone sharing how he is judged for his sexuality. I turned to another addict and said, "Thank you for not judging me for my sexually." He turned around and said, "Thank you for giving us a chance." It doesn't get any better than that!

**-Allen R.**



## Quieting the Mind

"Quieting the mind," what a concept, huh? I can remember a few years ago when it seemed I couldn't process one thought. The seamless thoughts never stopped, it was hard to sleep, let alone take care of daily tasks. I can remember sitting in meetings and not hearing a thing, because my mind wouldn't stop racing. After doing some work and giving myself some time, those voices started to get less and less.

Through lots of practice I've now been able to sit quietly in a room and completely tune them out. Not for very long, but for a little while. I now can sit and actually process thoughts; enough to sit and write out paragraphs that will actually make sense. The best thing it allows me to do is listen. I can sit in a room full of people and focus on one person talking, without even noticing side noises going on around me. Don't get me wrong, I have to get myself in the right mindset to be able to do this, but it's pretty cool that I can, as well as reflecting on how it used to be to where it's at now. Practice makes progress so I'm going to continue to practice.

**-Dan T.**

## To My Fellow Recovery Butterflies:

As recovery butterflies we are of the rarest breed. We don't go through one metamorphosis, we go through many. Every time we crawl out of that cocoon and look down at our wings... they are more beautiful than the last. We must realize that every time we flap those wings we "affect" the outcome of our entire existence. So please remember my fellow butterflies... be careful when you fly.

**-Kurt L.**



Grateful For...

I'm so grateful for my recovery. NA saved my life, is teaching me to grow up and take personal responsibility for my life, and build a relationship with the God of my understanding. I'm never alone and I'm free from active addiction. I'm so grateful. I have hope for a future and was blessed with a good job. Things are looking up!!

God is so good to me!! **-Erica S.**

Grateful for the ability to allow myself the excited feelings of "being on top of the world," and that "something amazing is about to happen," and not talk against it with doubt and negative talk saying and expecting "someone to kick the chair out from under me" when I feel this way. I deserve these feelings and these gifts in my life because I continue to do the next right thing. **-Shawn C.**

Grateful to know that I am a unique individual. Even more grateful to know the disease I live with called addiction makes me the same as every other addict. **-Scott K.**

I'm so grateful for service, it has helped keep me stay clean since I was 60 days in and I'm always so honored when people come to me and ask me to fill in somewhere, because they know they can count on me to be there. It's the little things like this that make me reflect on how far I've come. We are truly the lucky ones. I could never do enough service to pay back what NA has given me.

**-Cait C.**

Grateful that in a few hours I am picking my daughter up and will have her for the next two weeks. This will be the longest time she has been allowed to stay with me since she was 2. I am also grateful that I "get to" take her on our first family vacation out of state. From only seeing her once every few months supervised, to overnights at my mom's, to her being able to stay the weekend, to this....all because I am clean today. I am forever grateful for my recovery.....#NAIOU **-Drew L.**

Truly grateful for the willingness and ability to ride to Palm Coast to support members of my sponsorship family celebrate 25 years clean. I had the chance to meet a lot of old timers and got to sit and talk with them and listen to some of their stories about early recovery. It was a great experience and it was priceless. **-Dan T.**

**Ally G**

The steps!

**Maria R**

I am grateful for Surrender and the steps for showing me I do not need to be in control my higher power has me

**Amber S**

Everything.

**Amber L**

Freedom to workout and smell the rain

**Julie S**

Grateful to be happy and free!

**Catherine W**

I go by Cathy W (8yrs clean) I'm grateful for no matter what life though at me, I don't have to pick up.

**Emily M**

I am grateful for never having forgotten my last, miserable night using; grateful that my HP directed me to NA the next day; grateful for a fellowship that opened their arms and hearts to my sobbing mess; grateful that I have family and friends outside the fellowship who never turned their backs on me; grateful for my predecessors creating a program that even I could follow; grateful I woke up today; grateful to know joy, belief, serenity, and faith today.

**Joe D**

Grateful for a program that teaches me that Self care is just as important as taking care of everyone. Sometimes we have to be selfish for ourselves to do so and we may feel guilty about it. But, if you don't take care of yourself, you can't take care of anyone else.

**Jason L**

Grateful to be an active parent.

**Felicia S**

I am grateful for sponsorship meetings and support group.

**Brian H**

Grateful that I have stuck around long enough to truly experience the steps working in my life.

**Shawn C**

Grateful that I know I am an addict, grateful to know there is a real disease I suffer from and I am not just a terrible person just knowing it can be arrested as long as I follow the program and work the steps of N.A. gives me hope that I can be a successful and productive member of society. I can live a healthy and happy life.

**Jennifer G**

My family. My recovery and good health. A clean, safe comfortable life and home.

**Vanessa K**

Awareness and communication skills.

**Chrissy H**

I am Grateful that a NA Recovering Addict suggested this free program & as long as I work it to the best of my ability I am alive with HOPE (hold on pain ends)

**Melissa G**

I'm just grateful to be clean...from all mind and mood altering substances wootwoot!!

**Mike F**

Gr8ful not to eat with a spork today...

**Melissa W**

I am grateful to be clean, healthy, and alive. I am grateful that I have a choice!

**Kristi-Beth F**

Our literature.

**Camille G**

Grateful to live in the present without reliving the past or worrying about the future. One day at a time!

**Chris P**

That the doors still open so I can come home.

**Tom M**

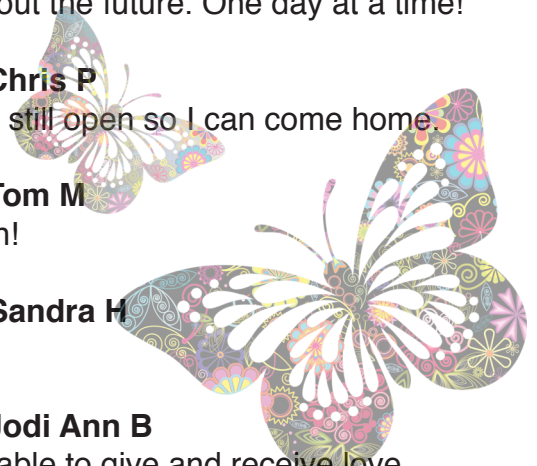
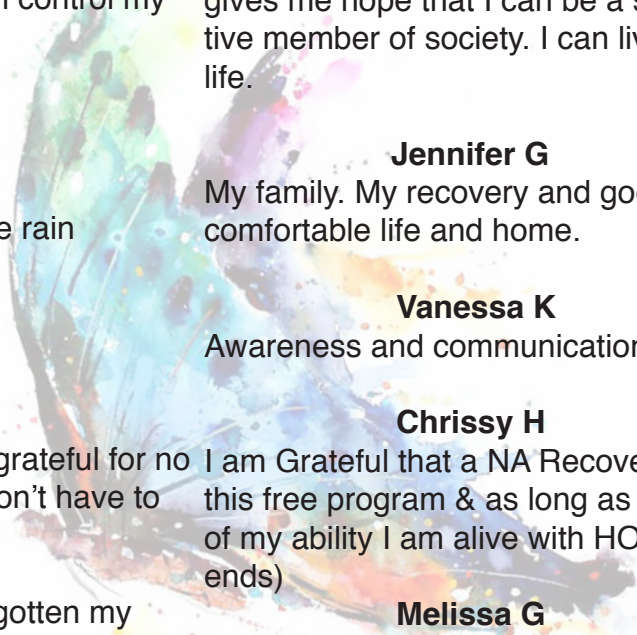
One year clean!

**Sandra H**

Freedom.

**Jodi Ann B**

Grateful to be able to give and receive love.





**Luise G**

Grateful for a peaceful existence.

**Susan C**

Grateful I've had a spiritual awakening as a result of working the steps. Grateful to know my true purpose is to be useful and helpful to other people.

**Lisa T**

Grateful for freedom of choice, grateful I can be truly authentic in my life today, grateful to have a life that doesn't demand I use because today I live by spiritual principles to the best of my ability. I'm grateful to be grateful! Seriously.

**Susie K**

God has not brought me far to continuing to give back.

**Leighton N**

I'm grateful Mexican Restaurants have bathrooms.

**Amber S**

New opportunities.

**Jessica S**

I am grateful for a year clean. I am grateful for N.A. and the hope it has given me. I am grateful that today I am clean and I don't ever have to live the way I was again.

**Bill L**

Every single damn thing.

**Ross C**

I am grateful to love.

**Ray H**

Grateful for forgiveness and non judgemental people.

**Anthony B**

I'm grateful for food and sleep because it was soooo over rated for such a long time.

**Jeffrey C**

I'm grateful for the members that still came back for me.

**Betsey B**

I'm grateful to finally find that peace of mind. That's all I've ever wanted in life.

**Stephanie O**

Grateful for the gift of desperation that brought me back in the fellowship with an open mind to learn a new way to live.

**Melissa M**

That I don't have to react today. There is a solution to all my problems.

**Sophia S**

New experiences, new friends and a new job! all good stuff and only from staying clean!

**April T**

Grateful for acceptance and unconditional love.

**Chris T**

Grateful the first thought when my head comes off that pillow isn't ugghhhhhhh paired with thoughts of how to un-ugghhhhh myself, and able to think of how I can be productive for myself and others today.

**Shelley B**

I am grateful to help others out of their own darkness.

**Keljean G**

I am grateful for spiritual principles and that I've learned how to apply them in all areas of my life.

**Karen M**

I am grateful for the meetings at Indian Rocks beach on Sundays.



Thank You!

## Time with my Higher Power

A note to the reader: Please know that I was raised in a cult that taught there was no higher power and there was only self. I suffered many forms of abuse that were designed to instill this. I could never find a higher power until coming to the rooms of Narcotics Anonymous. My higher power started out as music and me dancing in the parking lot before the meeting. I know a guy who has 28 years clean and his higher power started as a rainbow... this program is that simple. As someone who struggled with this part of the program for years, I do not use the "G" word lightly but only for lack of a better one. Please insert your music or rainbow wherever I use this word. After being told what to believe for years, it's so liberating to create your own belief system. Also know that I have this sort of connection with my higher power and have never read one page of religious literature. My journeys are a spiritual one and please enjoy the miracle below that was found in the rooms of Narcotics Anonymous.

What's up FAM? After skydiving yesterday my feet are safely back on the ground but my head is still in the clouds. It was truly a spiritual experience and I was moved to write on it. I found a park by the water, a bench in the shade, put my music in, and was unable to lift pen from paper for 3 hours. The ink that poured out onto those 8 pages of my journal is briefly summarized below. It currently has two working titles that might just become one. "The only way to find this kind of serenity on earth is to leave the ground" or "11000 feet closer to heaven and never closer to him." I had jumped out of a plane before but not since I began my recovery. The two experiences couldn't have been any different. The first time I took my life in my own hands while the second time I put it in his.

Previously, I described it as the greatest natural high on earth. This time it was the greatest spiritual freedom found anywhere. Last time I was seeking a high. This time I was seeking to be closer to the god of my understanding. Last time was filled with nerves, anxiety, fear, and foxhole prayers. This time was filled with a calm energy, courage, and unwavering faith. On the flight up I was so connected that there were times I couldn't hear everyone screaming, or even the engine of the plane. Just him ... just silence. I was first out and as I let go of that bar above the door, my heart did skip a single beat. I realize now that I was holding on to one last thing about myself. In that moment, that single heartbeat, I gave whatever it was to God so I'll never know; I'll never need to know. He had me now. During the 45 second free fall I looked around and saw nothing but was connected to everything.

That minute went by instantaneously, in the blink of an eye. I now understand that a second in his reality is an eternity in ours. Last time the chute opened violently and was painful. This time we were slowed down gently because he caught us. I soared towards earth in his hands and just melted in them. As we got close to the ground I could see three shadows of what appeared to be fellow jumpers above. I now understand it was the Holy Trinity and they were with me. I was back on the ground but had trouble transitioning between the two realms. I was in a trance for many hours. I still am, and I almost feel like I'm walking through both worlds at the same time. I will go back to visit again, although I know he walks by my side with each step and if I want to see him, all I have to do is look anywhere. Amen.

-Kurt L.



## RIVER COAST ACTIVITIES

### 2019 Rivercoast Area Campout

**When:** September 27<sup>th</sup>-29<sup>th</sup>, 2019

**Where:** Weeki Wachee Christian Camp\*,  
7360 Erin Road, Weeki Wachee, FL 34607

**Who:** The Rivercoast Area of Narcotics Anonymous

**Cost:** Preregistration online or by mail: **\$40**,  
Registration at the gate the weekend of: **\$50**,  
Saturday only: **\$25** at the gate.

- Fellowship
- Speaker Meetings
- Saturday night dinner included with registration
- Concessions available throughout the weekend
- Children's activities
- River Tubing
- T-Shirts Available for sale, \$15



*A limited number of RV spots are available. These are reserved on a first come-first served basis. We will notify you by phone or email if slots remain at the time of your registration. There are over a hundred cabin bunks available and plenty of room for tents throughout the campground. Showers and bathroom facilities also available.*

Online registration is available! To defray costs, a 3.5% service charge will be added to online orders. Visit [www.rivercoastnana.org](http://www.rivercoastnana.org) and click the link for the 2019 Campout to register online. To register by mail, please fill out the following form, enclose a check or money order, and mail to Rivercoast Area Service Committee, P.O. Box 143, Brooksville, FL 34605

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Number of registrations at \$40 per camper (\$10 for children under the age of ten): \_\_\_\_\_  
Number of T-Shirts at \$15 per shirt: Sm: \_\_\_\_\_ Md: \_\_\_\_\_ Lg: \_\_\_\_\_ XLg: \_\_\_\_\_ 2XLg: \_\_\_\_\_ 3XLg: \_\_\_\_\_  
RV slot requested: \_\_\_\_\_

**Please direct all inquiries to the Rivercoast Area Campout Subcommittee via our Facebook Event page. Please do not contact the campground directly.**

\*This facility is not affiliated with Narcotics Anonymous



## BAY AREA AND GROUP ACTIVITIES



# BAY AREA'S ANNIVERSARY PARTY

AUGUST 24, 2019 @ 5PM-11PM

TREASURE ISLAND COMMUNITY CENTER

154 106TH AVE, TREASURE ISLAND, FL

DRESS IN YOUR FAVORITE DECADE STYLE!



DINNER STARTS AT 5:30PM @ SPEAKER MEETING AT 7:30PM @ DANCE 8:30PM-11PM

DINNER & DANCE \$10 @ DANCE ONLY \$5

NO ADDICT TURNED AWAY

NA IS NOT AFFILIATED WITH TREASURE ISLAND COMMUNITY CENTER



# FUNCOAST ACTIVITIES



**LIVING PROOF IT WORKS**

**Funcoast Area Convention, Tampa Florida**  
SEPTEMBER 27, 28, 29, 2019

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

Area / Region: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_ Clean Date: \_\_\_\_\_

Non Addict: \_\_\_\_\_ Do you want to volunteer? \_\_\_\_\_

Registration 01-27-2019 \$35.00 \_\_\_\_\_ Donation to the Newcomer \_\_\_\_\_

Brunch Friday \$15.00 \_\_\_\_\_ \*\*Chair a Workshop \_\_\_\_\_  
Brunch Saturday \$15.00 \_\_\_\_\_ \*\*Speaker \_\_\_\_\_  
Main Banquet \$35.00 \_\_\_\_\_ \*\*Hospitality \_\_\_\_\_  
T-Shirt \$15.00 Size @ \_\_\_\_\_ \*\*Marathon Meeting \_\_\_\_\_  
TOTAL \_\_\_\_\_

<b>Hotel Information</b> <b>SHERATON TAMPA BRANDON HOTEL</b> 10221 Princess Palm Ave. Tampa, Florida 33610 For Reservation mention TAMPA FUNCOAST CONVENTION To get special rates. Parking is free. <a href="#">Book your group rate for FACHA-Tampa</a> <a href="#">Funcoast of Narcotics Anonymous</a> <b>Conference</b> <small>*NA is not affiliated with this facility.</small>	<b>Make checks payable to:</b> <b>TAMPA FUNCOAST AREA</b> <b>CONVENTION</b> P.O. BOX 9730 TAMPA, FL 33674-9730 Only checks or Money Orders Speaker CD's or MP3 Can be mailed to P.O. box above G/D Programming	<b>Hotel Reservations</b> 1-800-325-3535 <a href="#">Book your group rate for FACHA-Tampa</a> <a href="#">Funcoast of Narcotics Anonymous</a> <b>Conference</b> Single Rate \$99 Double Rate \$99 Triple Rate \$109 Quad Rate \$119 Plus 12% State and local Taxes
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<b>Contacts:</b> Michael S Robert G Elvin S Mike W Convention Vice-Chair Smitty Wade W Tanya F	Convention Chair Convention Vice-Chair Registration Programming Fundraising Hotels & Hospitality Merchandising Information	904-334-0827 813-516-7678 813-431-5699 317-487-3532 813-516-7678 813-470-0050 813-352-8534 305-753-6395
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# RECOVERYCOAST ACTIVITIES

# NEW TAMPA NA

# 18 YEAR

## Anniversary Celebration

## 2015 Raffle August 31st

### Social Hour 6-7pm

### Speakers 7-9pm

### Dance 9-11pm

**FREE FOOD**

**Pulled Pork/ Chicken**  
**Yellow Rice & Black Beans**  
**Salad & Rolls**  
**Dessert**  
**\$1 Drinks**

**16202 Bruce B Downs Bldg #3 Tampa, FL 33647**

NA IS NOT AFFILIATED WITH THIS LOCATION

RECOVERY COAST ACTIVITIES PRESENTS:

# POOL PARTY

**Speaker:**  
**JON N.**

**August 3rd**  
**5-8pm**

## \$10

Includes Pool admission, pizza, and drink

**New Port Richey Rec Center 6630 Van Buren St. NPR, FL 34653**

**\*\*NA is not affiliated \*\*No Addict turned away**

NARCOTICS ANONYMOUS

**SOUTH BROWARD AREA NA**

PRESENTS OUR **H&I** GRATITUDE DINNER

## NEW WAY TO LIVE

**AUGUST 3, 2019 7PM-MIDNIGHT**  
**8003 MIRAMAR PKWY, MIRAMAR FL, 33025**  
**@ST BARTHOLOMEW**  
NA is not affiliated with St. Bartholomew

**\$5 HERE** **FREE DRINKS!**

# LOVE

**7pm POT LUCK (BRING A DISH TO SHARE)**  
**8-9pm MEETING (SPEAKER)**  
**9:30 11:30ish DANCE**  
WITH DJ JAMIE



# REGISTRATION FORM

BBACNA XXI

August 10, 2019 (9:00am to 10:30pm)

Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Clean Date: \_\_\_\_\_

Email: \_\_\_\_\_

I am willing to be of service and chair a meeting or workshop: \_\_\_\_\_

I have a handicap and may require special assistance (describe): \_\_\_\_\_

Pre-registration (before 7/1/2019) = \$ 30 \$ \_\_\_\_\_

Registration (after 7/1/2019) = \$ 40 \$ \_\_\_\_\_

\*Registration packets will include a t-shirt, lunch, dinner and 10 raffle tickets

Newcomer Donation \$ \_\_\_\_\_

TOTAL: \$ \_\_\_\_\_

Hotel Accommodations at Hilton Garden Inn  
850-329-9024

For more information, contact: Marlene (850) 590-8310

AMOUNT PAID: \$ \_\_\_\_\_

Date Paid: \_\_\_\_\_ Received By: \_\_\_\_\_

Place: Freedom Church, 2801 Thomasville Rd, Tallahassee, FL 32308;  
\* Not affiliated with NA



When: Sunday, August 18<sup>th</sup>; Start time  
1:10pm

Where: Tropicana Field, 1 Tropicana Dr. St.  
Petersburg, FL

Details: Tickets are \$26 each

Parking included for vehicles w/4 or more passengers!

Money due by July 21<sup>st</sup>!!!

Meet @ Lakeland Cinemark @ 10:30am to carpool!

Contact Kelly M (314) 625-0984



## HEARTLAND CELEBRATION XXXIII!

COME FOR A DAY OF FUN, FELLOWSHIP, SPEAKERS,  
FOOD AND DANCING!!!

Policy

When: Saturday, August 31<sup>st</sup> from 1pm-11pm

Where: Ariana Yacht Club; 104 Dixie Highway, Auburndale, FL 33823

### Details:

Theme: Service Speaker Jam!

Concessions provided by the HACNA Subcommittee throughout the day/night.

Speakers from our subcommittees, home groups, area and region levels of service starting at 1:30pm.

Main Speaker: 7pm Scott Kessler from the Funcoast!

Food: POTLUCK DINNER @ 5:30pm...Bring a main or side dish or dessert to share!

Dance: DJ Matt will start spinning at 8pm; \$3 per person for the dance!

Merchandise: Celebration Shirts will be for sale for \$15!

Volunteers are needed for set up, during and break down!

### Contact:

Kelly M: 314-625-0984

Amy C: 863-877-5001

Amanda W: 863-557-6254



## Forest Area Spiritual Retreat Speaker Jam Fundraiser

Rainbow Springs State Park 19158 SW 81<sup>st</sup> Pl Rd.  
Dunnellon, Florida 34432

Saturday, July 27, 2019

10 a.m. to 4:30 p.m.

Food, fun & games, raffles, 50/50 & fellowship w/3 speakers

Kenny K. Forest Area

Kandi P. Funcoast Area

Leah J. Uncoast Area

Donation \$5 \*\*Park charges \$2 entry\*\*

\*\* Rainbow Springs State Park is not affiliated with Narcotics Anonymous\*\*

\*\*Park charges \$2 entry\*\*



## Just For Today

Just for today I will not load suicide into a syringe...

Take my life in my own hands...

Then hope that God won't allow me to walk through the gates of hell...again

It's not fair to him and he already knows I'm sleeping on

the sidewalk out front of those Gates.

**#nomatterwhat**

**#justfortoday**

**-Kurt L.**

*The following poem was inspired by the following quote:  
They asked, "Why do you still give love to everyone?"  
I replied, "Because I know how it feels to be unloved."*

## Heart of Gold

He had a heart of gold and he wore it on his sleeve...

Finally learned God's love is all he needs...

He still gets lonely and misses the human touch...

But not the feeling that comes from lust...

So much love to give but no one to receive...

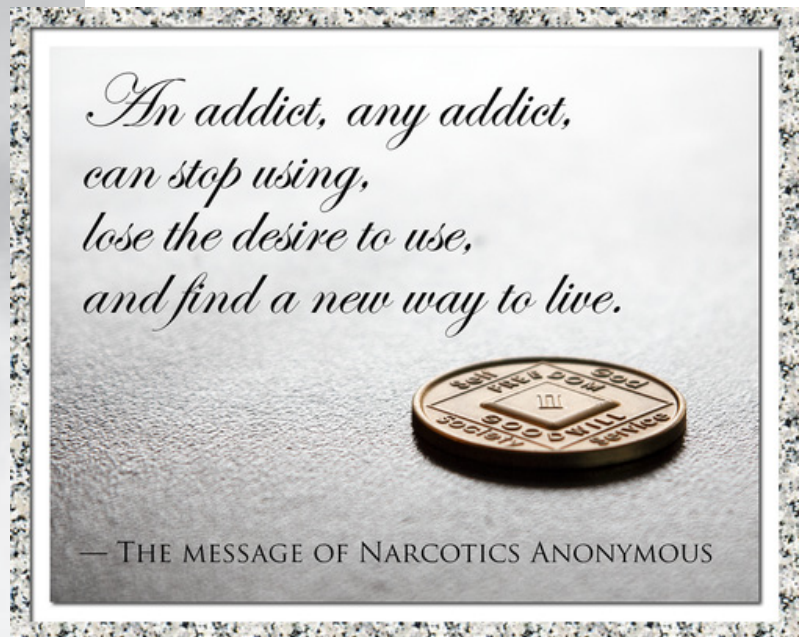
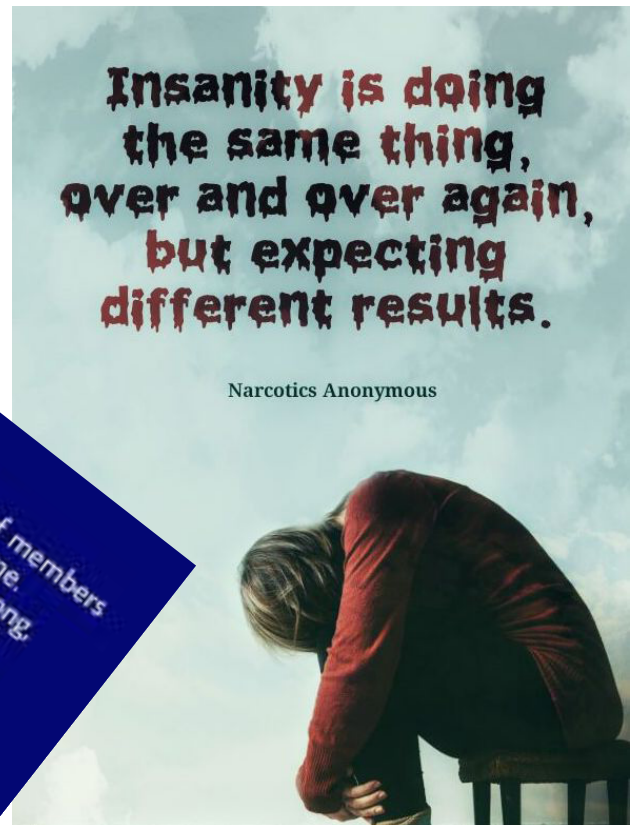
He gave it all to God falling to his knees...

Loved them all because he could love no one...

Learn to love yourself and love will come...

**-Kurt L.**

## BASIC TEXT QUOTES



"After coming to N.A. we realized we were sick people. We suffered from a disease from which there is no known cure. It can, however be arrested at some point and recovery is then possible."

Why Are We Here