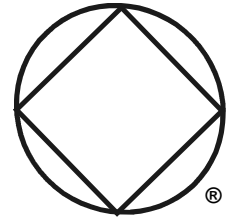


Sharing the Message



The Bay Area Newsletter

www.bascna.org

May/June 2002

"WE SHARE THE PRINCIPLES OF RECOVERY AS THEY HAVE WORKED IN OUR LIVES."
BASIC TEXT, P. 51

GET A SPONSOR

Upon being asked to write this article I asked myself a very simple question: What experience do I have to offer? Seeking some profound truth to possibly pass on, I searched for the right words. After writing and rewriting so many times it dawned on me, what I have most to offer is my story, my choices, and the evidence of those choices in my life today. I was required to find a sponsor by my first treatment program, and having no concept of how to choose a sponsor I simply utilized a temporary sponsorship list that had been brought to my attention at a meeting one night. Scanning down a list of names quite unfamiliar to me, I finally arrived at someone I knew. The next day I saw this person and asked her if she would sponsor me. She gave me her number and told me to call. Looking back I remember how generic the whole thing felt, it was the next step in some alien process. I was pregnant with my daughter and I knew that noncompliance meant no chance at keeping my child. Finding out I was pregnant was my reason for getting clean, and grace was the only reason I stayed clean. A few months into the relationship with my sponsor I was attending a regular meeting at a club house in Ft. Lauderdale. That night there seemed to be something tangibly looming over the meeting, there was talking and tears and I had no idea why. Not really shaken, just kind of uneasy I tried to call my sponsor that night to talk. The phone rang, as the phone continued to ring I began to recall hearing someone mention her name at the meeting that night. I didn't think much of it, hearing her name had been quite by accident. A few days later I found out that

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WORK THE STEPS

There are as many ways to work the steps, as there are many individuals in recovery. After all, one of our great assets is our diversity. My first sponsor guided me into the belief that it was my responsibility to arrive early, and make the meeting available to those seeking recovery -regardless of age, sex, religion or lack of sex (oops). In addition, to leave late and help without taking any credit for any service I might have provided. Nevertheless; I am an addict and after interacting with my sponsor, I discovered that something was amiss. You see, this individual was a three-step, recovering addict. The rooms are full of them (I am an addict, I am sorry, let me help others). Contrary to belief, this is not a three-step program. Moreover, the one sure way to know whether you have worked a solid 3rd Step is by

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(Continued from page 1) Work The Steps

doing the rest of the steps. Please understand this is in part my opinion and is implied in our literature. Let me backtrack for a moment and try to justify my allegory. My basic introduction to working the steps came directly from *The Little White Book*, it is my belief that this book contains the very essentials of what NA is and what NA is not. There is a chapter entitled, "What Can I Do." I, you see, by then, was in an institution and there was very limited access to recovery. Nonetheless, there is one suggestion that I was willing to take from this chapter: "Begin your own program by taking Step One from the previous chapter, How it Works." Go on to Step two, and so forth, and as you go on you will come to an understanding of The Program for yourself." The point being that by the time my first sponsor began to work with me on the steps, I was 48 months clean and I had a head full of information pertaining to the fellowship. Never mind the therapeutic lingo. This individual (the sponsor) taught me a few things. One of the wisest things that I ever heard was, "do not let any one fool you, if you have issues cancel your subscription, Go to meetings and do not use." In those days, I did not heard much about issues except in recovery houses, treatment centers and other places I used to frequent. I did manage to stay clean and seek another sponsor. My second sponsor told me something very crucial amongst many others. This individual told me, "You may experience recovery by serving, or you may experience service by recovering." I never knew what that meant until the phrase "Recovery based on service or service based on Recovery" either way it works. Today, though I am convinced that Loving service derives from service based on recovery. I must add angry service derives from Recovery based on service.

This brings me to the topic of working the steps and please be at ease; How ever you are working the steps is none of my business. Hopefully, this will provide you with the freedom to allow me to work the steps with my sponsor and with the help of other recovering addicts who continue to make recovery available to me. Because, in fact, this is what has worked for me. By the time my third sponsor appeared in my recovery, I have had somewhat of an awakening of the spirit. I understood, to an extent, what it meant to have a different perspective in my life. I was clean and eager to obtain a different perspective on my recovery. Something that I had heard from one of my sponsors (remember, I have had three) was there are two things that you do not have to

"There are two things that you do not have to change, your name or your clean date."

change, your name or your clean date. Everything else is fair game. In working the steps with my sponsor, I continue to experience freedom in different areas of my life and thus far, this freedom has come with a tagprice. That is quite acceptable because I continue to enjoy the prize. My recovery is not contingent to any NA social status or any type of spiritual competition. It is contingent upon my willingness to continue to work the steps, as well to continue to observe the principles of my recovery. Why? People, places and things do not take precedence over my recovery. Relax; I am not that rigid. I also understand about the principle of being forgiven

of myself and allowing for flexibility in my daily affairs. With the first step, I experience for instance, the fact that I am the one in recovery, not the rest of the world. This program works best when I admit that my life seems to be very unmanageable. Not anybody else's. With a basic understanding of the first step in place, the rest of the steps loom in the horizon.

For the sake of my own understanding, I must say that with the second step I give myself the freedom to exercise hope, trust and open-mindedness. This in turn allows me to discern what is possible for me to do and what do I need to turn over to the care of my higher power (the impossible spiritual centerness). I take care myself to the best of my ability my higher power takes care of my spiritual needs. In this way I can determine what belongs to me, which allows me to fearlessly participate in taking stock of the my present condition. Did I mention that I try to live this program "just for today?" As with so many things in my life, I tend to become neglectful. So every so often, I lose sight of that freedom; hence the need to keep my sponsor on my payroll because I never know when its wisdom will become essential for my growth. Especially when I become extremely vulnerable to reality or my own humanity. In working the steps, I have been exposed to the versatility of these principles.

With the fourth step in place, today I realize that this is one of the many tools available to me. Inventories provide me with some clarity as to what I am neglecting in my personal responsibilities. Just as I had to practice that "fearless and moral inventory" on myself. I have been given the freedom to do inventories my service commitments, my friendships, acquaintanceships, and my every day interactions with "fellow members." Not a

(Continued on page 9)

Finding A Sponsor

Before indulging into what has been my experience, strength and, hope with this topic, I would like to take this opportunity to thank our editor in chief for the honor and privilege of allowing me to part take in the Newsletter. While residing at an institution, I was introduced to the concept of having someone who had faith in me and would want to help me in my recovery. At that time, in the Bay Area it seemed as if sponsorship was very limited. I had heard that you should find someone who you could identify with. During this period of my recovery I had lost what I thought was my sense of humor. I attended several meetings and often I would hear the message of hope, Nevertheless, at times I would hear the counseling, the confrontation, and drilling, I call it (slap shop recovery). As desperate as I was one thing was pretty clear to me, I had have my fair share of counselors, probation officers, drill sergeants, surrogate parents and many disciplinarians. None of these had provided enough evidence for me to follow their path. After all I had gotten clean not stupid. I started taking the risk of going to different meetings and while attending a meeting I heard one of the members share his experience with recovery as experienced by working the steps, this individual had a good sense of humor and it seems fairly content with recovery. I had by then a few clean days and I was willing to continue in my journey. In the course of our interaction, I noticed that one of the biggest assets available to this person was the laughter that accompanied while sharing (I thought that was good) I needed something to laugh about. We managed to work up to the 5th Step however after me sharing my fifth step this individual just disappeared. Later on I found out this individual had check into a mental facility. I, for the longest time thought that my fifth step had provoked this course of action. At any rate that is a totally different story or another dollar in the basket as the old saying goes.

I did not loose faith. A friend of mine in recovery introduced me to yet another recovering addict. This member was very generous, educated and well respected. We began to get to know one another and self disclosure prove to be quite enriching. While working on my 8th Step I realized that this individual's convictions did not encompassed the spiritual principles of Narcotics Anonymous. I understood and accepted that was their journey not mine. In the spring of 1991 a member of N.A. gave me a speaker tape of a member who spoke at some H& I function. This individual got my attention. I listen to that tape over and over until I actually began to feel the same passion that this individual spoke of in its journey. A few years later while par-

ticipating in my recovery through the Helpline I discovered this member had moved to the Bay Area. I met this individual and true to its recovery, and the program of N.A. after years of recovery in the program it's commitment remain consistent as to the things we do in recovery. As I mention before I like to believe that participating in my recovery provides me with that daily reprieve from my disease. Furthermore, the spiritual rewards of the program for me have been revealed initially, within the program. As apprehensive as I tend to be I decided that I would take my time and get to know this addict. We were serving in the same service committee and I watched this person exercise it's program and after seven months of watching it I mustered the courage to ask for it's guidance in my recovery. The rest as the old saying goes is history. I would like to tell you about the qualities this person has, however; anything I say will only shadow its character. I still got the same sponsor and to this day I continue to get the necessary guidance for my growth in recovery. My sponsor has a sponsor who has a sponsor who has a sponsor who has a sponsor who has a sponsor who has a sponsor and we all belong to the fellowship of Narcotics Anonymous. Thank you so much to N.A. and the fellowship as a whole for a new way of life.

It is not hard labor to obtain a sponsor. Nevertheless; I truly believe that it is worth my efforts to secure the guidance of someone who has my well being in mind and a good working knowledge of the program as a whole. I have accepted the program as a whole package , The Steps , The Traditions ,and The Concepts and more and more continues to be reveal...

Thank you for allowing me to share...



SUBCOMMITTEE SCRAMBLE!

○ _ _ ○_ _

We provide services to the groups/meetings in Pinellas County

_ _ ○_ _ ○_ _

This subcommittee discusses changes in our Area guidelines and procedures.

○_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ ○_ _ _ _ _ _ _ _ _

We carry the NA message to addicts who can't get out to regular meetings.

_ _ ○_ _ _ _ ○_ _ ○_ _ _ _

We show you how to have fun in recovery!

_ _ _ _ ○_ ○_ _ _ _ _ ○_ _ _ _ _ _ _ _ ○_ _ _ _ _ _ _ _ ○_ ○_ ○_ ○_

We publish what you're reading right now!

_ _ ○_ ○_ _ _ _ ○_ ○_ _ _ _ _ _ _ ○_ ○_ ○_ ○_ _ _

This subcommittee is responsible for facilitating access for addicts with any impairment.

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Often an addict's first exposure to NA, this service gives meeting information

○_ ○_ _ _ _ _ _ _ _ _ _

We work with agencies like schools outside the fellowship that inquire about NA

G _ _ _ _ _ _ _ _ _ _ **v** _ **x** _

my sponsor died of an overdose, having never really dealt with death, I was indifferent and numb. It wasn't until a few years later that I was even aware of how many lives were claimed daily by addiction. It wasn't until much later that understood how vital to recovery having a sponsor is. I went through a series of sponsors in the following years learning and growing from each situation, slowly over time realizing that I had to put into the relationship what I wanted to get out. I remember a moment of clarity that shook my world quite a bit, a few of those so "called" failed relationships with sponsors were due to my inability to have a healthy relationship. What a wake up call! Because of spending so long fearing abandonment, disapproval, and failure I couldn't grow, I couldn't get better. I wanted to so much, I knew the insanity of my thoughts and my actions, making choices without the guidance of a sponsor or a good support network would inevitably lead to relapse. Be it quickly or be it slowly, left to my own devices I would self-destruct. I want to make it clear that knowing this is not enough, not for me, nor the next addict. To truly know and believe something is to live it. That is something I am learning on a daily basis to do. To the newcomer or the loner doing it your own way. It is suggested to find a sponsor and use them.

Anna

Working Step ~~13~~ One



You need an article on working the steps? Well here goes:

First I would like to start by saying there is no 13th step.

Narcotics anonymous has only 12 Steps, 12 Traditions, and 12 Concepts. And one promise that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope, our promise is freedom.

When I first came into N.A. I had no idea what the hell was going on. I had a hard enough time just trying to get from point A to point B. I was obsessed with the thoughts of using, wanting to go to the old places thinking I was missing something. Wanting to see my old friends (as if I had any). Wanting to do what using addicts do. So the Steps to me then were simply what I did to get to, or to get into a meeting (walking). That's what I understood of in my first few months. Then I thought maybe I was a little powerless over drugs (not my addiction). I still had no idea about the second part of the first step, that my life was unmanageable, it wasn't. So I thought. For me it took a lot of painful lessons over and over and over before I was at the point of surrender, real total and complete surrender. And honest, Honesty too. took quite some time and that also changes the levels of self honesty I had to clear my head (detox) and somehow grow out of some of my self protecting denial, that I had so woven into my thinking and life.

I had to admit that something beat me it just wasn't working anymore, I was broken. My soul was like a dust ball blowing thru an old ghost town. My spirit was to the point of extinction, I had nothing left inside but a hollow shell of a human being. With the help of my sponsor, I wrote out my first step and looking at it hurt me. What I had done, who I had hurt, the things we do to get what we want in active addiction, I couldn't deny, that I was an addict, and drugs had won the battle I was ready to surrender, surrender to drugs that is.

More will be revealed

The deadline for the next issue of the Bay Area Newsletter is June 20, 2002.

To submit your article, poem, game, etc.

- ◆ Contact your Bay Area Literature Chair:
Sandy R. 727/392-7372
- ◆ E-mail to: lit@bascna.org
- ◆ E-mail to: sandroad@hotmail.com
- ◆ Fax to: 727/544-0922
- ◆ Or mail to: **BASCNA**
Sharing the Message Newsletter
P.O. Box 703
Largo, FL 34649

Thank you for your contributions and your continued support!

Bay Area Happenings!

If your homegroup has something new happening, please let us know! Tell your GSR to bring it to Area Service!

BIGGEST ADVENTURE EVER!

And Everyone's invited in on the fun!



Share your experience, strength & hope
By Writing an Article for
YOUR Bay Area Newsletter.

AREA SERVICE AND SUB-COMMITTEE TIMES.

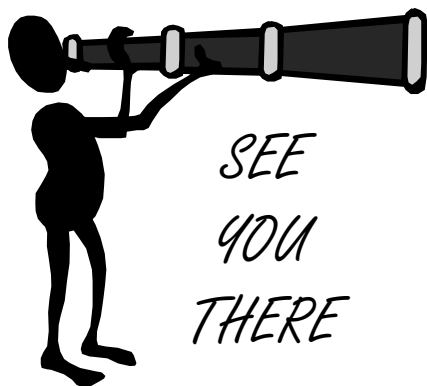
Saturday before Sunday ASC

Public Information	3:00 PM	Room #10&20
Additional Needs	4:00 PM	Room #19

Sunday morning before ASC

Hospitals & Institutions	9:00 AM	Room #19
Activities	10:30 AM	Room #19
Newsletter / Literature	10:30 AM	Room #19
Helpline	11:00 AM	Room #19
Policy BASCNA	12:00 PM	Room #19
Administrative	12:45 PM	Room #19

Area Service Committee (ASC), meets the second Sunday of every month at 1:30 PM in room 10 & 20. All meetings are held at Terra Nova* 5501 28th St. N. St Petersburg FL



Date: JUST FOR TODAY = NOW

Time: JUST FOR TODAY = NOW

Location: *At Your House!* ☺

Please bring a Recovering Dish.



Feeling Short Changed?

Feeling as though your life is lacking that special spark, that twinkle of excitement, that gleam of hope, that warm inner whisper of love? WE are in search of a few good men and women. Ladies and gentleman and children of all ages. You, yes you, can be that missing link, that lost ray of hope, that one special person who can reach out and touch someone. You can plant that seed of recovery, carry the message of hope that lies hidden within your soul. Only serious inquires apply. All you need is one day clean. H&I meets on the second Sunday of each month at Terra Nova Club House* at 5501 28th St North. @ 9:00 am. Hope to see you there.

*NA is not affiliated with any of the facilities listed here.



World War Who?

Drugs have taken my freedom,
my dreams and even my life!
Why can't I **surrender** to this fight?
Is it pay backs? Or what comes around goes around?
I thought I hit my bottom, I was almost below ground.
Ooops, here's a moment of clarity, I've still got some integrity!
I tend to minimize, rationalize and glamorize the things that I've done.
"I wasn't that bad," I'm not a "thug," back in that viscous cycle again.
Wondering when this madness will end.
I find myself plunging the flower of forgetfulness into my veins.
I thought I met my one love who felt the same.
But the only thing it did was seduce me and make me its slave.
And become the only thing that I craved.
I swindled my mother for less than a buck,
And turned into something vile and corrupt!
I'd mug and I'd steal for that Narcotic charm,
And only feel content when it's in my arm.
What's this life for?

Do I have to settle the score?
Oh no, here come the cops again they're kicking in my door!
Help! I've been sentenced to life without parole,
You say this HIV should settle the score?
Is that what I existed in this insanity for?
I feel hopeless, lonely and lost.
I guess I'm paying the cost.
I'm sick and distorted and break all the rules
Only to be left broken and alone and very confused.
It's all in the insanity these things I do.
Please forgive me I know I've done wrong
Don't let me go, keep me safe in your arms!
Now I'm feeling healthy. I've got my spunk once again.
I'm still a garbage can within,
But hey it's only me I offend.
Here I go caught up in this viscous cycle again.
They say turn it over to God cause he is my true friend.
I cried out "Here Take It! Take Me ! Just settle the score!"
"My child" he said, "You've just won the war!!
You've surrendered your will and I've opened the door!
Just give everything to me and I'll pay the cost,
for all the hopes and dreams you thought you had lost."
Nic Nac

Its sad

I don't know who I am or what others perceive.
I don't have a clue of who I want to be!
It's just something I can't see.
I am so cold surrounded by cement in this cell.
Could this be considered hell?
Is this who I am? If this is what I've become,
I may have been better off as a bum.
If I face reality will I see myself as a scum?
I liked things much better when I was comfortably numb!
They say institutionalize her she's better off that way!
In a life filled with good intentions - "If I could be like that"

Would I still feel empty inside and trapped?
In this cold cell? I want to tell someone how I feel,
But they may use it against me,
And I'd have no place to dwell.
I'm scared they see inside me and run like hell!
I wish I could go back to the days of hearing the school bell,
When I was healthy well -
Oops they said NO REFUNDS & NO RETURNS.
What is my destiny?
I'm so confused, scared and alone,
In this Prison I've created all on my own.
Nic Nac

Innocence Lost

Innocence lost
Has a cost
And the price the child does pay
Pain and hurt
Is all she knows
She hasn't the strength to play
Day and night
She lives in fright
Of what others do think

The pain inside
She tries to hide
Her hopes and dreams do sink
Deep inside
She can't decide
Whether to go or stay
She cries and cries
When she's alone
But nary a word she'll say
Life goes by
She continues to cry

And medicate her pain
All through life
Tears continue to fall like rain
Then one day
She hits her low
And can't keep quiet no more
She opens up
And shares her story
And the tears no more need to pour!
Susan L.



You & I

There's a road that's long... a journey like no other. It's a road that begins "One Way" and stops "Dead End." The way back cannot be walked or hiked or driven, it has to be flown on the back's of angels. I've traveled this road with you, my friend, from beginning to end. It's a long, lonely road, a dark frightening place to go. Most choose not to talk about it, so others never know. But I'd like to take a moment to share with you these travels. It starts innocently enough, it consist of sun-filled days, laughter and fun. Bright lights and dancing through the nights, and people who I thought were my friends. But time passes, quietly it approaches. The days are now spent walking the streets of the city. They're hot, long, lonely days, purposeless except to search for what I think I need. In stores, gas stations, and 7-11's the people around me are going about their lives. While mine, standing right there next to theirs is slipping away, further and further down this road. The nights are no longer filled with bright lights, but rather dark holes to hide in. These places are found in abandoned houses and behind buildings and in places where angels dare not tread.

I've seen hunger beyond belief, days with no food, only what I thought I needed. I've seen the loneliness of walking curbside to lower myself and my body for what I thought I needed. I've seen pain, raw physical pain of encountering a violent stranger who's life problems ended up at that moment being all my fault. I've seen times I was so sick and so tired and filthy that no one wanted me near, except the sidewalks and the person under the cardboard next to me. I've seen the vast emptiness of Christmas days alone. No tree, no gifts, no love, only what I thought I needed nearby. I've see the confusion in my own mind on my birthday, not knowing what age I might be. The nights turning into days, turning into weeks, into months, turning into years gone by. I've seen the deep emotional sorrow of standing in front of a telephone in the middle of the night with no one in the world to call, no one in the world who would care to hear my cries. I've seen the fear of jail and the threat of prisons, the uncertainty of

life to come.

I've seen the grief-filled guilt of looking at pictures someone was kind enough to send me in jail, of children they say are my babies. The ones I traded for sickness and destruction and something I thought I needed. I've learned a lot along this road. I've learned selfishness, greed, hatred, anger. I've learned how not to communicate, just to take, how not to love, how not to feel anything at all with the help of what I thought I needed.

But let me tell you this my friend: To ride on the backs of angels takes a miracle, always! It takes a new awareness of what you think you need. When the time has come that you've gone as far as you can go, when you've hit the "dead end," when the walls down there are slippery and you can't pull yourself out, just stop, look up, and surrender to Him. You'll feel your angel coming, just for you. Because you are special, you survived, you surrendered.

Some never make it to the "Dead End" sign.
Some never get to ride on the backs of angels.

Love,
Valerie

Literature's Subcommittee Note: The opinions expressed herein are those of the individual contributor, and not the opinions of the Bay Area Literature Subcommittee, or Narcotics Anonymous as a whole. The *Handbook for Narcotics Anonymous* states that: "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 2nd Tradition. Please indicate if you would like that feedback published.

Solution To Puzzle:

Subcommittee Scramble

Get Involved and Experience the Miracle
PUBLIC INFORMATION
HELPLINE
ADDITIONAL NEEDS
LITERATURE AND NEWSLETTER
ACTIVITIES
HOSPITALS AND INSTITUTIONS
POLICY
BASCA
ANSWER:

(Continued from page 2) *Work The Steps*

pretty sight! Nevertheless, here is where the soundness of my character is revealed to me, for that moment. Willing to get the prize (freedom) this is to be followed with the acknowledgement of the true nature of my madness, or as it is written in our steps “the true nature of my wrongs.” I truly believe that the sixth and seventh Steps are an ongoing adventure. It provides me with enough empathy for my own humanity as well for my fellow members. These are not one-time events in my recovery, but tools at my disposal and the prescription is... take them as needed! If, for whatever reason this sounds familiar, is because I have learned to use what other successful recovering addicts do to continue to be in recovery. This allows me to feel a part of Narcotics Anonymous, instead of some icon of recovery who has become too much of a legend in his own mind. With my Eight Step, I free myself of any emotional derelictions, which may deprive me of the freedom of choice. In addition, this prevents the possibility of me inflicting my disease on any willing or unwilling volunteers, captives, hostages or other fellow members. The Ninth Step, on the other hand, offers me the venues of healing through fortitude. This is one of those principles which I need to apply generously, because yesterday’s recovery was for yesterday. Practical application of this program for me has to be exercised daily! This daily application clears the way for a better perspective on my recovery and the difference between doing and feeling. What am I doing for my recovery today? I relate this to a simple ten step. Doing this not only enhances my peace of mind, but also helps me to make the connection between my brain and my heart. As a result, this becomes a vessel of my conscious contact with a Higher Power of my own understanding. When I consciously place a principle ahead of my own personality, I experience freedom. Some basic examples are slowing down for that yellow light, listening to what others have to share or reading it, making myself available to the newcomer, as well as to the seasoned member, that welcoming smile to a perfect stranger. Making those amends, even if I feel like a victim, honoring and respecting other’s beliefs, accepting my own vulnerability to my twisted perception of reality... the list is with no end in sight. Subtle as an awakening of the spirit may be, it is the one and only thing that I try to offer those who still suffer from this disease. There is only one promise in this program, the rewards beyond any addict’s imagination. So many people benefit from this program and I can help by trying to continue to try to carry the message. It is my understanding that no one in this program is exempt from working these steps, although we do not force anybody to do them. Thank you all for my recovery and thank you for allowing me to share.



Meet Jenna-fur

A Note to the Readers:

The Commitment Jenna-fur showed to recovery, especially during leaner times, was astounding. As a result we have received oodles of letters asking Jenna-fur’s advice on recovery related topics. Here’s one!

Dear Jenna-fur,

Thanks to NA, I’m finally getting my paws back on the right track. I’ve seen you around the kitchen and NA tables for a while now. You’ve always hung in there, and I respect that. I’m ready to get a sponsor and work the Steps. What’s your advice “fur” choosing a good sponsor?

Newmann B.

Dear Newmann B.,

Thank-You! You have good taste. Getting a good sponsor is an important stepping stone to solid recovery. “Animal instinct” alone is not enough to go on when choosing a sponsor. Among other things, I suggest you chose a sponsor who actively works the NA program and has the kind of serenity and life that you would like to someday have. How well a person works the NA program is reflected in how they live their “lives.” Ask yourself, does their current life seem well balanced, does this person do what they say, does their recovery come first in their life?

I got a list of “sponsor traits” from my sponsor and combined it with a list of traits I find “humane” in people. Here’s the kit, kaboodle, and list. Hope this helps.

Jenna-fur

Sponsor traits:

- ◆ Knows, works, and lives by the principles of the NA program.
- ◆ Is a role model for you, has what you want and tells you how to get it. (Serenity)
- ◆ Non-Judgmental, approachable—will not snap or bite no matter what the question.
- ◆ Trustworthy, has values & basic attitudes. (Cat’s seem to have trouble with this one).
- ◆ Same sex only please. (No pussy footing around)
- ◆ Has their own sponsor, home group, attends meetings, works the Steps, knows the Traditions and is involved with service work.
- ◆ Lives all their lives in the spirit of serenity.

In other words, someone who has achieved serenity and balance in their own lives while actively participating in and working the NA program. Someone who treats others as they wish to be treated and despite their clean year accomplishment—always remembers their humble beginnings. Someone who believes that living life clean is the “Cats Meow.”



Anniversary Celebrations!

Welcome Home	Lisa F.	1-10-01	1 year
	Leslie M.	3-08-96	6 yrs
Life's A Beach	Clay	5-09-98	4 yrs
	Eric A.	6-02-01	1 year
	Karl P.	6-26-94	8 yrs
	Ken C.	6-09-82	20yrs
We Do Recover	Mary	5-06-99	3 yrs
	Donald	4-15-99	3 yrs
Woman in Recovery	Dawn	6-07-99	3 yrs
	Sandy	6-27-90	12 yrs
	Natalie	9-11-00	18 mo
Free To Be Me	Brook	5-05-97	5 yrs
Save Your Ass	Lionel W.	5-11-01	1 year
	Camille	5-15-97	5 yrs
	Deb S.	5-11-91	11 yrs
	Aaron S.	6-14-01	1 year
	Sheila	6-28-01	1 year
	Gabe	6-01-01	1 year
	Judy	5-12-01	1 year
	Johnny B.	6-10-95	7 yrs
Keys To Recovery	Richie R.	5-27-01	1 year
	Rick S.	10-18-00	18 mo
Stairway to Recovery	Donna E.	5-26-01	1 year
Unity Group	Joe W.	5-25-91	11 yrs
	Big Mike	5-15-84	18 yrs
	Dave R.	3-14-95	7 yrs
	Marshall	4-13-94	8 yrs
	Timmy D.	4-12-00	2 yrs
	Steve D.	5-12-81	21 yrs
6:59 Group	Jackie R.	5-02-00	2 yrs
	Patty L.	6-08-01	1 year
DOA	David B.	5-13-01	1 year
Always Here	Mike F.	6-22-98	4 yrs
Come As You Are	Steve B.	6-06-01	1 year
	Paul W.	12-9-00	18 mo
Dunedin Group	Steven P.H.	6-11-01	1 year
H.O.W. Group	Ricky M.	6-20-99	3 yrs
Noon Group	Paul R.	5-05-00	2 yrs
	Bill S.	5-14-90	12 yrs
	Lisa S.	5-16-96	6 yrs
	Miguel	5-19-97	5 yrs
	Anthony R.	5-28-99	3 yrs
Surrender Group	Steve F.	5-03-94	8 yrs
	Cassandra	4-16-0	1 year

**TOTAL
CLEANTIME
IS:**

217½ YEARS!

Florida Region Helplines

For Hearing Impaired, please call:

Florida Relay Service— 800-955-8770

Bahamas Area: 242/380-2997—The Island, of course!

Bay Area: 727/547-0444—Tarpon Springs, Dunedin, Palm Harbor, Largo, Clearwater, St. Pete, Gulf Beaches, Indian Rocks Beach, Oldsmar

Big Bend Area: 850/599-2876—Tallahassee and Panhandle area

Chain O'Lakes Area: 352/319-5617—Lake County, Eustis, Tavares, Leesburg, Mt. Dora

Daytona Area: 904/831-1660 & 800/847-0731—Daytona Beach, Orange City, Deland, Deltona & New Smyrna Beach

First Coast Area: 904/723-5683 & 800/576-4357—Jacksonville, Fernandina Beach, St. Augustine, Orange Park, Palatka, Green Cove Springs

Forest Area: 352/368-6061—Ocala and surrounding areas

Heartland Area: 863/616-0460 & 800/850-7347—Polk County, Lakeland, Hardee County, Highlands County, Bartow, Haines City

Orlando Area: 407/425-5157—Osceola, Orange, Seminole and parts of Lake County, Kissimmee

Palm Coast Area: 561/848-6262—West Palm Beach, Palm Beach, Lantana, Riviera Beach, Royal Palm

Recovery Coast Area: 727/842-2433 & 800-691-5551—Pasco County, New Port Richey, Hudson, Holiday, Zephyrhills, Dade City

River Coast Area: Citrus County: 352/621-6737, Hernando County: 352/754-2000—Brooksville, Spring Hill, Homosassa, Floral City

Space Coast Area: 321/631-4357—Titusville, Cocoa Beach, Melbourne, Palm Bay, Merritt Island

Sun Coast Area: 941/957-7910—Bradenton, Sarasota & Manatee Counties

Tampa Funcoast Area: 813/879-4357—Hillsborough County, including Tampa, Oldsmar, Lutz & Brandon

Treasure Coast Area: 561/343-8373—Okeechobee, Port St. Lucie, Stuart, Vero Beach, Ft. Pierce

UnCoast Area: 352/376-8008 & 888/982-5937 —Gainesville, Alachua, Lake City, Live Oak, O'Brien & Gilchrist



Upcoming (Possible) Topics for the Bay Area Newsletter

(These are based upon the suggestions that we hear when we first get clean)

July/Aug. Stay Away from old Playmates, Playgrounds and Playthings

Sep./Oct. Stay Out of Romantic Relationships for the First Year

As always, anything that you submit, whether it is related to the topic or not, would be *greatly* appreciated.

