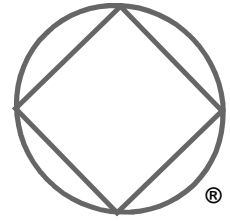


# Sharing the Message



The Bay Area Newsletter

www.bascna.org

July/August 2002

## Stay Away from old Playmates, Play-grounds and Playthings

I have a difficult time sharing and a much more difficult time identifying my emotions. However, being clean is helping me and I will overcome obstacles that come my way as long as I continue to NOT pick up no matter what and do the next right thing.

I was asked about my experience strength and hope when it comes to playmates, playgrounds and playthings. First I'd like to point out that this is my experience and ways my disease has lied and manipulated me. My disease has many disguises and my addiction reserves the right to use and is always waiting!

Usually I am doing good after being around the rooms for about 2½ or 3 months. You know my car is running good, I've got clean clothes and my cell phone is on, I got some jewelry and I'm looking healthy again. But I start to find faults at the meetings and the people in the rooms! It's "I" don't feel comfortable, "I" don't like this, "I" don't like that. I can see when I start getting caught up in the "I" word that it is a warning sign because it's a "we" program, so obviously I am not doing something right. I usually however ignore that and I keep moving along and I start listening to music that I can relate to my drugging days, being good moments or bad moments. My disease is so powerful that it can take a horrible tragedy and dress it up to look like it was fun (another disguise).

So I'm looking good, my clothes are fresh, my nails are done and my EGO is loving it! Then one night after a meeting when we have a moment of silence for the addict who is

still suffering, I will reflect back to some people who I know are in need of some help and I hear "help them" (a voice impersonation) (my disease). I get out of that crazy neighborhood in my head and I don't let my emotions override my intellect, because we know we can't help anyone unless they want it!

I get in my car and I'm heading home. I've got the "boom boom" music blasting just like the old days and I start to get them "boom boom" thoughts in my head and I see moments of fun and I start to miss everyone and then I start to think they are probably worried about me. I haven't been around in so long. Basically I'm already back at that old playground because I'm in that "dangerous neighborhood" in my head! Next thing I know in reality I am at that old playground and I see all my old playmates and as they approach I'm so wrapped

*(Continued on page 4)*

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

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| Page 3             | Bay Area Happenin's<br>Days & Times for<br>All Sub-Committees !!    | Page 8  | Stand Still<br>Am I gonna loose?<br>From the Lit Chair |
| Page 4             | Front page story cont..<br>Florida Regional Activities<br>Calendar. | Page 9  | Spirituality<br>cont. from pg. 5                       |
| Page 5             | Meet Jenna-Fur<br>Spirituality cont. from pg. 2                     | Page 10 | Anniversary Celebrations<br>Florida Region Helplines   |
| Page 6             | Poetry Corner   |         |  |

# SPIRITUALITY

When I arrived at my first narcotics anonymous meeting I felt less than human. My addiction had destroyed my spirit. I needed help. After my first meeting, I experienced relief. That relief gave me a sense of hope. Learning about the disease concept allowed me the opportunity to get healthier. It allowed me a chance to stop punishing myself so much. Physically, I got better first, my body was used to passing out and coming to, falling asleep and waking up was the first miracle I felt. I had gotten better by just not using drugs. Mentally and emotionally it took longer. All my emotions overwhelmed me. I was not used to dealing with my feelings. The meetings, the hugs, and feeling apart of something helped me tremendously. The first 90 days gave me a new beginning. I felt better after going to a meeting. This was the second miracle.

A lot was happening just by showing up to meetings. The clichés meant a lot to me. They were things I could remember. AN ADDICT ALONE IS IN BAD COMPANY, I CANT, WE CAN, JUST FOR TODAY, HIP POCKET RECOVERY, WE DID NOT QUIT- WE SURRENDERED AND MEETING MAKERS MAKE IT, were some that stayed with me. I carried the little white book in my pocket and I read it. N.A. was working. The suggestions helped. I was learning a new way of life. Although, I understood very little, I felt a lot better. In hindsight, N.A. loved me back to health. I was told I was needed for the first time in a very long time. This small purpose gave me a reason to be alive. My self-esteem was very low. I had a lot of real life problems, but the miracle of recovery was working.

I did not know much about a GOD of my understanding. This was an area I had hesitancy. The little I learned in N.A. has changed my whole life. Yes, it took work on my part. Belonging to N.A. required me to get a HOME GROUP, A SPONSOR, READ LITERATURE, SHARE WITH OTHER MEMBERS and WRITE MY STEPS. With these tools, I was making progress. My fragmented personality was changing and getting stronger. The suggestions from my sponsor worked. I made my day just like we ran our meetings. Start with prayer, read N.A. literature, share with clean addicts, and end my day with prayer. I did that daily. I was becoming a winner. It felt great. It made me hungry for recovery.

I had no life when I arrived here, now I was

building a new one. I was learning to be a friend to myself. I am deeply grateful for those that were helping me. My progress was slow. I made several mistakes. I had to practice things like learning to be honest. I had a built in forgetter. I am glad N.A. did not ask me to leave, even when I deserved it. I was learning to take suggestions. I was told to look to words in the dictionary and write down their definitions. I was told it was a WE program. I would end up in detox, WE would not. This information made sense to me. Writing had become a part of my daily routine. I was learning spiritual principles and practicing them in my life. My obsession to use was lifted. It was another miracle in my short time in recovery.

My progress was improving. It was my sponsor sharing his experience; strength and hope that was helping me grow up. I was practicing a new way of life that included self-honesty, surrender and acceptance. Going to meetings, sharing, and helping to clean up after meetings were necessary things for me to do. I was learning to listen for the first in my life. It helped me become open-minded. Listening required effort and concentration on my part. Listening to others gave me HOPE. The feeling of hope kept me coming back. The steps were working.


I was fortunate to get the opportunity early in recovery to go to a convention. The convention offered me new inspiration to stay clean. It showed me N.A. worked. I learned a lot about prayer from listening at the convention. I heard how to LET GO AND LET GOD. The convention

changed my life.

I was developing FAITH. Positive changes were taking place in my life. I could feel my personality was changing based on practicing spiritual principles. N.A. was teaching me how to apply spiritual principles in my daily life.

This new foundation gave me enough strength and courage to inventory my life. I knew I had to be honest. I was given the willingness to write down the shameful and embarrassing behaviors I had done in my active addiction. The roller-coaster ride I was on was slowing down. I was not the scared, pathetic, lonely person that arrived here. N.A. had given me a new chance and a life worth living. The difficult situations were ones GOD and N.A. could help me with. I learned it was going to be okay.

(Continued on page 5)



*“I was told I was needed  
for the first time in a very  
long time. This small  
purpose gave me a reason  
to be alive.”*

# Bay Area Happenin's!

## NEW MEETINGS

**GOOD TIMES  
AT TWELVE**

**THURSDAY 12 Noon**

**St. John's Episcopal  
Church\***

**1676 Belcher Road  
Clearwater, FL**

## AREA SERVICE AND SUB-COMMITTEE TIMES.

|                                   |          |             |
|-----------------------------------|----------|-------------|
| <b>Saturday before Sunday ASC</b> |          |             |
| Public Information                | 3:00 PM  | Room #10&20 |
| Additional Needs                  | 4:00 PM  | Room #19    |
| <b>Sunday morning before ASC</b>  |          |             |
| 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*

## NORTHERN LIGHTS

Candlelight Meeting

**SATURDAY 7PM**

**Emmanuel  
Community  
Church\***  
CR #1  
Dunedin, FL



## TAMPA FUNCOAST AREA AND BAY AREA UNITY PICNIC

**SPONSORED BY TAMPA FUNCOAST ACTIVITIES**

**FORT DESOTO PARK\***  
**3500 PINELLAS BAYWAY S.,**  
**TIERRA VERDE, FL 33715**  
**PAVILION #1, NORTH BEACH**

**SATURDAY, JULY 27TH**  
**10 AM-3 PM**

\*NA is not affiliated with any of the facilities

(Continued from page 1)

up in showing everyone what I have and how good I look. Next thing I know someone hands me a plaything and says, "here Nic Nac, its on me." I think I can do just one or even a couple, it's not my drug of choice so I figure it can't hurt me. I use the plaything and get some real "boom boom" thoughts. Wow that was wild I want some more. So I continue through the night all the way to the daylight. I accept the things this life style throws at me, like getting hurt, physically, emotionally and spiritually. I never see it coming and again I am left broken and alone, wondering when this madness will end.

So now I am looking bad, it's early morning. I have no gas, I have no money, I have no jewelry, I have no one to call? I have no cell phone! I am dirty, I see children pointing and laughing at me as they head to their school bus stop. I'm feeling like crap! This was suppose to be fun. I cry out to God, please un-do what I have done. Yes I am praying out of fright and fear in hopes that you will hear, but I'm not really sure what to pray for. I know I don't want to be here. I don't have any hope within and I'm feeling hopeless and lost. I've been down this dark lonely road to often. Wow, someone comes my way and shares some love and gives me some drugs! I knew God would answer my prayer! But guess what, I am suddenly swept up and taken to jail. This is the last place I want to be. I thought God heard my prayer! Now where are all my friends? I thought they would be there for me in the end. I thought it was in them I could always depend, I was there for them!

Now I wait for the mailman but he never brings anything to me. I try to call and what do I hear, "the number you have reached is disconnected". I'm sitting around with nothing to do. Then I start with the war stories and talk about what I had and how much money I spent and I had this, I had that. The key word here is HAD. So the system allows the H&I subcommittee of N.A. to bring in a meeting. I go to get out of the dorm and for all the wrong reasons. Because I don't think there is any hope, I wanted last time, I tried last time! I get in the meeting and I break down and surrender again. This time I give it to my Higher Power.

Then it hits me like a ton of bricks. We can make a difference, we can have peace of mind and freedom from the bandage of drugs, we can recover. We never have to be alone again cause it's in the N.A. way I can always depend! And I also found out that being arrested was also a blessing in disguise.

Nic Nac!

# Florida Regional Activities Calendar

## July 20-21, 2002 Florida RSC Weekend

University Centre Hotel\*  
1535 SW Archer Road  
Gainesville, Florida 32608  
(352) 371-3333

09:00am – 11:00am: Helpline  
09:00am – 11:00am: H&I  
09:00am – 11:00am: Literature  
11:00am – 04:00pm: FRC Inc.  
11:00am – 04:00pm: RSO  
11:00am – 01:00pm: PI  
04:00pm – 06:00pm: Policy

## August 9-11, 2002 BBACNA IV

Big Bend Area Convention IV  
Holiday Inn Select\*  
316 W. Tennessee Street  
Tallahassee, FL  
(850) 222-9555

For more information, contact Allen at  
addieallen@msn.com or call 850-422-3294

## August 17, 2002 Tampa Funcoast Area's H&I Learning Day 6:30 pm to 12 pm

Martin Luther King Complex\*  
2300 N. Oregon St. Tampa, FL  
Contact CJ for more info.  
813-920-0998

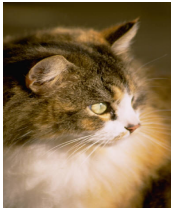
Directions – From 275, exit at the Armenia exit and go north one (1) block to Main Street. Turn right at Main going east five (5) blocks to Oregon. Turn left on Oregon going north for four blocks (4) and the complex will be on the left.

## August 30-September 1 FCACNA-3

First Coast Area Convention  
Radisson Riverwalk Hotel\*  
1515 Prudential Drive  
Jacksonville, FL 32207  
(800) 333-3333

**\*NA is not affiliated with any of the facilities**





## 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,

I've been clean for about six months now, and am so ready to get out of jail. The N.A. program suggest it's a good idea to stay away from people, places and things, that I was around while I was using. That's impossible! I have a house and two kids and well, just about everybody I knew since I was a kid lives around me. Are you asking me to give up my entire life? Be real Jenna-Fur.

Dee Fiant

Dear Dee,

I am "fur real" and no, I would never ask you to give up all your lives - just change the one you have now.

I realize you can't change everything overnight but if you want to stay clean follow all suggestions from N.A.

Changing people - find new friends, start running with the clean cats. Change places - quit hanging around the old dumps and alleys, quit straying, A whole new territory is out there. Change things - If clutter makes you uncomfortable, sort it out. If your boss annoys you, find a new job. Keep doing the same thing and you will get the same results, that's why you need change.

I am very selfish and territorial, so the first thing I did when I got clean was to move out of the barn I shared with many other strays. Even though it meant giving up those easy rodent meals, it was worth it. Eventually I adopted a responsible human with a house, and I've been clean ever since.

Although you can't suddenly just pick up your kits and kaboodles and roam, I suggest you take the time to situate yourself into a comfortable setting then return for your "belongings". Make the transition as smooth as possible, but don't rush it. It's better to let your loved ones miss you just a little while longer, while you get things right, then to rush into another potential disaster, and end up back in a jail or pound. There are no shortcuts, but it's worth the work.

Remember to always hang on to your sponsor, work the Steps and make meetings, especially when you don't feel like it.

I tell you no "tail"  
Jenna-Fur

*(Continued from page 2)*

I had been calling my sponsor and learning to trust him, so sharing this inventory was not so frightening. He shared with me things about his past. He prayed with me to invite GOD to be with us. This took a lot of the anxiety away from me. I remember being told I was not unique. The things I had done were done by others before me. He told me I was not that worthless person I felt like, that I had a disease that allowed me to deteriorate to that level. My life was different now. I was showing integrity today. I will not steal, lie and cheat to support my new life. It was no longer necessary to do those things. My disease had been arrested. Miracles were continuing to happen all around me.

My addiction had given me a life based on self-will. I had conned myself into believing a lot of falsehoods. One being I could handle it, leave me alone. I need help. Asking N.A. for help was a humbling experience. It was hard for me to ask for help. I was told recovery was a progressive disease I could either grow or go. This weighed heavily on my mind. My willingness was not based on desperation anymore. I had to work to get willing now. My daily writing was necessary. I was learning about self-deception. My actions and motives were not always healthy. I could see from my daily writings some of my behaviors were creating problems for me. I was told the same person that arrived here would use again if they did not change. My progress was lacking something. I was told the link was to let GOD help me. I was concerned I could not make it. Many of my behaviors were still there. This dilemma was obvious to me.

I knew how important my feelings had become to me. My sponsor told me to be patient GOD was not through with me. Continuing to write was important. Sharing with my sponsor was necessary. Attending was a requirement. Prayer was strengthening me. I could not forget where I came from. I was told I was only as sick as my secrets. Learning a new form of willingness was happening; one not based on desperation, but a willingness with the desire to become a better person.

My prayers were no longer just please and thank you. They were taking on a new sincerity. I was taught to pray for others, for the same things I wanted for myself. I was learning to show my gratitude. I was doing things now that before I did not want to do. I was told never to leave a meeting without thanking the chairperson. I was told to tell my family and friends I loved them. I was never to forget I needed help. I could not stay clean when I got here, give credit where it belongs.

*(Continued on page 9)*

## Friend

Hello again I glad it's you.  
I feel in my heart you're happy for me too.  
As I look in your eyes I can feel your pain,  
I say please come inside out of the rain.  
It's been along time since we just sat and talked,  
or maybe you feel that you just want to walk.  
My ears are open and my mouth is closed,  
the conversation we have will be the one you choose.  
I am your friend without a doubt  
So open up please and let it all out.  
Tell me your trouble, so that I may understand your fears,  
being your friend I will share your tears.  
Whatever the problem we will make it through,  
for I would not be me if it were not for you.  
With my troubles in view I came to you last,  
but your love, understanding helped make it my past.  
But before we start there is something I must do,  
Weather I am first or last I say  
Thank you.

Taco

# POETRY CORNER

## Look

Look down on this troubled world, with violence all around,  
we need a hand to lead us to higher safer ground!  
Restore safety in our hearts and homes  
and give us strength to carry on.  
Keep us humble and fill our hearts with love.  
Which in this selfish, greedy world,  
we all have so little of.

Nic Nac

## Once and for all

Lost and confused,  
addicted and abused.  
When I use to play the victim,  
now I stand accused.  
When does it all end,  
when will it change?  
When do I heal  
from all the pain?  
Incarcerated and luminated,  
how much more before I will know.  
What else has to happen before I  
just give up and let go.  
I use to only hurt me but  
now I know that isn't true.  
I need help with it all,  
please tell me what to do.  
I am desperate  
more than ever before.  
I am ready to open and heal  
the wounds, and  
once in for all  
close that door.

Tina P.

## My Gift

My gift to me is my life today.  
My yesterdays were dazed and Confused,  
my tomorrows cluttered and misused.  
My body is aching with pain  
as I cut off the oxygen to my brain.  
My feet are blistered and sore,  
while in my addiction I found I wanted more. But  
most of all, when all was said and done,  
I realized that my struggle had just begun.  
In short my gift to me is my  
Life today,

Taco





## The Mirror

I look in the mirror and what do I see? Just a pale and abused person that would be me.

I asked myself how did I come far? I am tired, stanking and sleeping on a floor. I have not brushed my teeth in the last seven days, I have to ask myself is there a better way?

My mind is not clear, my body not strong, I realize now that it's time to move on.

I close my eyes and say a long prayer, I ask for guidance and strength before I step in the air.

As I stepped thru the door the sun shinned bright. I had a weird feeling that I called fright.

I heard a voice that said don't fear my son, now your journey with me has just begun. I have carried you this far and kept you safe, now you must learn to trust to come to my place.

As I turned my head to aquatint my eyes with my ears. I realized my fears was gone and I was full of tears.

With every step I took the sun shined bright, for with that step my journey took flight.

The pain, the anger, the loneliness inside was a must, you see it was with all this that I finally learned to trust.

And so today I can say without dismay. I look in the mirror and what do I see? The answer is simple

It's me !!!

Taco

## I Am An Addict

I can relate to Who is an addict by the following: I have centered a lot of my evil ways by trying to maintain that high. The high that is induced by cravings of drugs. I was a full blown and grew to enormous proportions of catastrophic amounts. I hated having to feel the "need". I compare it to a thirsty man in the desert who would do anything and everything for a drink of water. The feelings of "need" make me sick to my stomach thinking about it.

The drugs controlled my emotions, feelings, made me love them more than my family, made me physically dependant, and controlled my thoughts, my bank accounts, made me have problems in all areas of my life. Nothing good has come of this or ever will.

After stopping in May 2001, I realized that the disease still grew inside because when I came back, it attacked with such a vengeance that it doubled in strength and size. My body could accept so much that I scared myself for the fear of next time could be double that and like the book says, the ending is all the same: Jails, institutions or DEATH.

I have a problem with always having to self medicate myself in ways that still cease to amaze me. Why? Is it that my father was an addict or my is an addict? Is it in my genes? Am I just prone to addiction? I believe I am an addict in all shapes and forms, from spending money to Tattooing, collecting autographs, everything is always in full blown fashion. Nothing in moderation. I have always done everything to the max. Nothing ever just small. I wish someday that I could have a hobby that I don't go crazy in. Everything is always crazy.

I am an addict. Just a plain ole addict. I am not ashamed of who I am, I just need to change some of my old ways of thinking to make this right. I feel the word addict is a dirty word, but I guess I am what I am.

**The deadline for the next issue of the Bay Area Newsletter is August 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
- ◆ Or mail to: **BASCNA**

**Sharing the Message Newsletter**  
P.O. Box 703  
Largo, FL 34649

## Stand Still

There's nothing I want more, than to have happiness and peace within myself. But how can I with all these demons around me? They say there's always hope if you believe. When I look around me everyday, I get angry because I can't leave. Imagine a world where you can't look at someone without them thinking negative. Imagine a world where your told what to do and when to do it. Imagine a world where your told where you can and cannot walk. Imagine a world where you have no choice in what you eat or what you wear. It's even hard to breath. Doesn't this sound like a world that would make you sick?

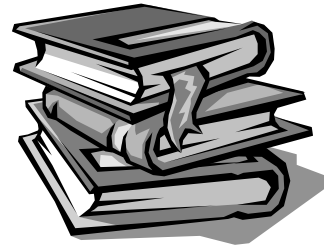
Then open your mind and start to believe. I live in this world and cannot leave. When will I get my sanity back? What I need to do, is get my life back on track. Therefore, I won't be back to this world that makes me sick.

Dawn

## Am I gonna loose?

As I look around I see faces I know and some I don't know. But one things for sure we all want to go and go. Where, I don't know cause when I run I never get very far and I always end up with the same company in me, myself, and I. I see my reflection in the mirror and I cry, why, why. I no longer want to get high is this thing they call reality worth a try? This real stuff is scary, I think I'll live in this lie and stay on fantasy island, where my drug my lover and my friend know how to live in this imaginary life and pretend. I don't have to feel the seed of pain and misery. I have no regrets, only relief. You say that's hard to believe? Now I'm puzzled, it's you that is my true love, you are my one and only drug. As I registered and the plunger sticks, I hear you say to me, it's ironic it's me you embrace, you thought I loved you? I haven't got one drop of compassion for you! Don't you remember how you felt when you were dope sick? You say you love me, when you don't know how to love you? Love begins with a smile and grows with a kiss and ends with a tear when your dope sick and it's the last that you miss! Now you see your life blurry from tears of yesterday, I guess you'll try to leave me, but remember there's a price to pay! Don't pretend cause then you'll be caught in that viscous cycle again and welcome me back into your arms. It's not the life you live, it's the life you choose, and if you believe in my lies you will continue to loose!  
It's me you embraced when you were seeking love, but I don't have one drop of compassion for you!

Nic Nac



## FROM THE LITERATURE CHAIR

Hi everyone! Thanks so much for all your contributions. I am sorry to say that I am coming to the end of my term as your Literature/Newsletter Chair Person. It has been a great experience, I mean who would ever have imagined that I could put together a Newsletter. I truly learned a lot from this experience.

The next Newsletter will be my last and unfortunately at this time we are still in hopes that someone steps forward with the willingness to keep this Newsletter going. If you are reading this and feel as though this is something you would like to be a part of, please don't hesitate to call me.

The suggested topic for the next issue is about getting involved. This was brought to my attention by a addict whom expressed his passion for a Newsletter that would allow other addicts to share about their experience with service work.

We would love to here how getting involved with NA at any level has effected your recovery. And we would also like to hear what effect someone doing service of any kind had on you and your recovery.

Weather you gave back what was so freely given to you or you were a recipient of the gift of service, please write just a little something about it. Or a big something if you like.

And of course, we are always happy to get an article, poem or game on any recovery related subject you would like to write about. Can't wait to hear from you!

ILS, Sandy R.

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.



These actions allowed me to open my eyes and see the truth. I learned to ask GOD, N.A. and my sponsor for help on a daily basis. Remove my ego from my recovery. Remain open-minded and teachable. Treat the disease on a daily basis. The experience of other addicts was vital now. Wreckage of my past did not disappear by writing and sharing about it. Ignoring it did not help. Active addiction had done its toll on my life. My inventory made it obvious the hurt I had caused others. N.A. had made me stronger. My life was full of positive changes. I was told my past would catch up with me, so I needed to continue to grow.

My sponsor had me write a list of those I had harmed. He reviewed the list and offered an objective opinion and had me include myself. I had a program of recovery working in my life. I was told to look at the list 3 times a day. This helped me change my attitude. My list overwhelmed me. The action of looking at it 3 times a day helped lessen my fear. It took time, but the answers and willingness came to me.

This program of recovery was getting more serious. I was reminded it is a fatal disease. There was no monopoly on recovery. The disease does not respect clean time. These were not scare tactics. It was a reality check based on other addicts' experiences. My road to recovery had narrowed. My life had a new purpose. Staying clean was very important. I was putting to use what N.A. had taught me. Again, my prayers and my sponsor's help were necessary. GOD'S importance in life shined through. N.A. was preparing me to do the next right thing. Making amends was not as difficult as I had imagined. My life had become a disaster and N.A. was showing me how to clean it up. The amends I needed to make required sacrifice, effort, and all the spiritual principles I had learned. They help wipe the slate a lot cleaner. A new person was being made. That person was a human being with spiritual principles, me.

Wreckage of the presence was inevitable for me. Daily I would make mistakes. I used my writings to learn. My prayers helped. I wanted others to see my passion for recovery. I knew I could not let my mistakes build up. I was told to be careful, addiction is cunning, baffling and powerful. It can raise its ugly head when left alone. I was warned to be aware of complacency. I needed to apologize and admit my wrong doings. It required a new level of self-honesty. This required discipline and action on my part.

Acceptance that I had a disease, and treat it on a daily basis. Use prayers, meetings, sponsorship, and writing to grow. Read our literature, study it. I learned we were powerless, not *are* powerless. Past tense, no excuses. Ask for help daily. God will supply a new power. Let self-will die a slow death. Self-will still

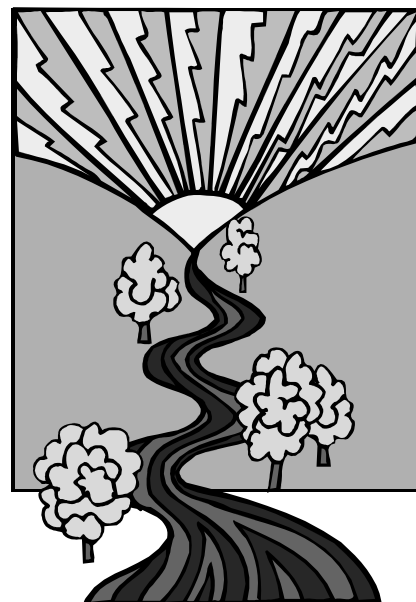
haunts me from time to time, that is why my prayers are so important. That is why meetings help me. I needed to learn to listen to GOD's answers.

Meditation was not easy for me. I would have never imagined doing nothing was so hard. Quieting my mind to hear GOD. It took a lot of discipline on my part. I still far short on this part of recovery. I am glad it is practice and not perfection. I am learning about my GOD; a loving, all caring and all-powerful. GOD. N.A. has given me a life worth living. A life that experiences miracles everyday. Learning how my GOD communicates has been slow, but interesting. N.A. has taught me that GOD communicates through people, too. So, I have two ways to listen to learn.

My spirit has awakened. I remember when I was that sick person that had no life, full of fear, and desperation. That keeps me vigilant in my recovery. I was told I had to give it away to keep it. Helping others reminds me where I came from. No addict seeking recovery need ever die. I have a responsibility to pass it on. Learning to practice these principles in all my affairs does not always come easily. This GOD given spiritual program has answered all my prayers. I must remember this when I have resistance toward practicing spiritual principles.

My definition of spirituality is living the program. N.A. is a spiritual program. There is not a spiritual part of the program. The whole program is spiritual. There are no shortcuts. I must make my mistakes and learn from them. All I need is here. Daily, I ask GOD to give me enough strength and courage to do the next right thing.

LOVE IN THE SPIRIT OF THE  
N.A. FELLOWSHIP !!!





## Anniversary Celebrations!

|                      |                    |             |         |
|----------------------|--------------------|-------------|---------|
| Welcome Home         | Amy W.             | 7-22-01     | 1 year  |
|                      | Tom H.             | 8-09-98     | 4 yrs   |
| Stairway to Recovery | Ken P.             | 6-14-01     | 1 year  |
|                      | John G.            | 8-13-01     | 1 year  |
| Life's A Beach       | Renee R.           | 7-03-94     | 8 yrs   |
|                      | Miracles Happen    | Rosalina Q. | 7-12-99 |
| Always Here          | Beth               | 7-13-99     | 3 yrs   |
|                      | Greg K.            | 8-02-85     | 17 yrs  |
|                      | Susan W.           | 8-07-99     | 3 yrs   |
|                      | Barbara            | 8-10-01     | 1 year  |
|                      | Lowell             | 7-03-01     | 1 year  |
| Dunedin Group        | Tara               | 8-22-00     | 2 yrs   |
|                      | Jeanne             | 7-21-96     | 6 yrs   |
| Save Your Ass        | Fred B.            | 7-01-90     | 12 yrs  |
|                      | Ron M.             | 8-12-94     | 8 yrs   |
| Keys To Recovery     | Jackie             | 6-05-01     | 1 year  |
|                      | Steve W.           | 8-15-98     | 4 yrs   |
|                      | Christina          | 8-01-01     | 1 year  |
| Come as You Are      | Jeff M             | 8-25-95     | 7 yrs   |
|                      | New Freedom Group  | Johnny      | 6-05-00 |
| Be a Part Of         | Drew               | 7-12-91     | 11 yrs  |
|                      | Jim                | 8-10-01     | 1 year  |
|                      | Harry S.           | 8-01-99     | 3 yrs   |
|                      | Frank A.           | 8-01-89     | 13 yrs  |
|                      | Kim                | 8-17-98     | 4 yrs   |
|                      | Free to Be Me      | Brian       | 8-27-00 |
| There is Hope        | Miguel S.          | 6-19-01     | 1 year  |
|                      | Walter E.          | 8-21-01     | 1 year  |
|                      | Roger S.           | 8-25-00     | 2 yrs   |
|                      | Clean Harbor Group | Josie T.    | 8-13-01 |
| H.O.W. Group         | Claxton            | 8-30-89     | 13 yrs  |
|                      | Charles            | 7-16-93     | 9 yrs   |
|                      | Kym                | 8-31-01     | 1 year  |

**TOTAL CLEAN TIME IS:**

**148 YEARS!**

## Florida Region Helplines

For Hearing Impaired, please call:

Florida Relay Service— 800-955-8770

**Bahamas Area:** 242/325-6200—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 & 800/477-0731—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) Topic  
for the Bay Area Newsletter**

Sep./Oct. **"Get Involved"**

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

