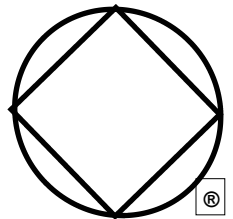


Just for Today On the Bay

“One Addict Helping
Another”

The Bay Area Newsletter
October/November 2003

Recovery in Print



The Therapeutic Value of One Addict Helping Another

I sat down to write this article, and I realized that I'm not really sure about the meaning of the word therapeutic. I could give you a generic definition, but in order for me to really know what something means I need to do some homework. I looked the word up in my dictionary, something I was taught to do by other addicts in Narcotics Anonymous. Webster defines it as "relating to the treatment of disease or disorders by remedial agents or method; providing or assisting in a cure." I've put Webster's definition together and I came up with "another addict helping me with the ongoing treatment of my disease." Today, I believe that the best person to understand and help me is another addict in recovery. There have been many situations that I have gone through since I've been clean in which only another addict could help me.

When I finally surrendered to the disease, I found myself in the rooms of NA. At first, the only things I saw were the differences between myself and everyone else. I came to St. Petersburg through a detox center in a different city. People here didn't dress the way I did, they acted differently, and they said they had stopped using drugs. I didn't believe there was any way that anybody had done the things that I had done, or used the way that I had used. I still held on to the terminal uniqueness it talks about it in our text.

I believed I had done the most horrible things in the world and nobody would relate to me. The longer I stuck around, I began to see more of the similarities between myself and other people in the rooms. I listened during meetings and heard people share about the way they were feeling, and I felt the same way. Many times I went to a speaker meeting, and the person who was sharing told my story. This was one of the first times in my life that I really started to feel like I belonged somewhere. People told me that they had quit using drugs and that if I wanted to, I could too, and I began to have some hope.

There have been many instances over the course of my recovery where many people have helped me. I haven't been clean for that long, but I have been through a lot. I often hear many people say that their first year was a gift. Today, I feel that every day I don't use is a gift, but during that first year it sure didn't feel that way. Against good advice I got into a relationship that ended shortly after it began. One of my best friends at the time was killed in an auto accident. I ended up having surgery on my hand. As a result of that happening I was out of work and went into considerable debt. Through all of these things that happened I was never alone. There was always another addict with me helping me along the way.

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Are You That One Addict?

The topic of "one addict helping another" seemed kind of broad at first, until I gave the concept more thought. I was one of the addicts who mimicked the slogans and really didn't think a whole lot about them initially. As I have been able to recover, the slogans have gone from catchy sayings to a way of life. I have struggled for many years with the idea of sharing in meetings. Sure I can talk to someone one on one, or in an H&I meeting, or answering a helpline pager call, but the idea of sharing in meetings has always been troublesome for me. Often times I think it is that I believe the lies my disease continues to tell me, that "I don't have much of a message", or "No one really is interested in anything I have to say". I also believe that addicts new to the program look up to addicts with time and we have a huge responsibility to carry a message. I have heard people with "time" sharing and have thought to myself, "Wow, that was pretty harsh", ... or damaging, or dangerous. I don't want to be one of those people who hurts others with what I say. My sponsor always used to say "If you can't help an addict, don't hurt them." Unfortunately, I have hurt some people with the things that I have said, or if not what I said, then the way that I said it. I know that there were many situations, especially in my early recovery when one addict's words saved my life.

We have no idea how what we do touches other people. That can either be in a negative or a positive way. I remember when I got clean it meant a lot to me that someone would remember my name from one meeting to the next. So now I try to remember names. I remember how good it felt to have someone hug me when I walked up to a meeting and didn't know anyone. Now I try to be cognizant when I see a new face at one of my regular meetings. I try to approach the person and welcome them to the meeting. I remember the gratitude I felt, (though I didn't know it was gratitude at the time), when I first heard an addict share a message of hope through the Twelve Steps of Narcotics Anonymous in an H&I meeting. I learned that I wasn't crazy, and I wasn't the only one who ever felt this way. So I try to touch on the hope in NA when I share my experience, and strength with people. I remember how much I wanted to belong and how good it felt when someone invited me to the diner after the meeting. I try to remember the person who may need an invitation to join us after a meeting.

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We Do Recover

This NA meeting is scheduled Tuesday nights from 8:00 to 9:00pm at 401 5th St N. In St. Petersburg. It is listed as an open, handicap accessible, non smoking meeting.

According to the research, the meeting's history goes back to 1982, and was a NA group started to review the drafts of the Basic Text, which was not yet in print. In 1983 with the completion of the Basic Text, the meeting became a regularly listed meeting that continues to meet today. There is confirmation from early members of St. Petersburg NA that this meeting continued to meet regularly, continuously until the time we moved to St. Petersburg and attended the meeting ourselves in 1987. It was located in the basement of the church from 1982 until 2003, when the group requested a larger meeting space on the third floor of the church. The meeting has always been identified as the basement meeting, and still is, even though it now meets upstairs on the third floor.

Over the years there have been times when this meeting dwindled down to 5 or 6 members, and has grown to as large as 130 NA members in attendance. The current format is a combined literature reading, open discussion, and speaker meeting, with about 12-15 home group members.

In accordance with the Seventh Tradition, this group accepts members contributions to be used for rent, literature, and key tags only. The remainder of the donations are then passed to the next level of service each month.

The chairperson serves the group for one month at a time and opens the meeting facility, the remainder of the home group members serve in all other positions (GSR, Secretary, Treasurer, coffee maker, and clean up). This group has many newcomers and members from the courts and other institutions, so the home group members consensus is to provide an atmosphere of recovery using a clear NA message.

We hope to see you there, although we are fortunate to have 12 NA meeting in the Bay Area scheduled on Tuesday. So the days of seeing everyone at one 8:00 meeting is passed(1983), but NA now makes it possible for everyone to get to an NA meeting somewhere, at sometime, everyday. Keep Coming Back.

Cathy B.

"One Addict"

"One addict helping another" Identification was very important to me as a newcomer. I got here feeling hopeless. I was looking for outward signs that you used like I used. I was not telling a war story, I was still living one. My life was full of despair. I wanted to identify. I believed once an addict, always an addict. I was going to die using. I got to my first NA meeting through treatment after jail. My mind was full of insanity. I was physically a wreck, mentally wasted, and spiritually lost. Listening to the readings was almost like hearing a good joke. "No way could that be true" was what I thought. Guys like me do not get clean unless we are locked up. The panel of members who came into the treatment facility did not look like addicts. I was suspicious, full of anxiety, and hanging on to a thread of hope that maybe I could stop using narcotics. I will admit that I did not consider people who used other drugs to be addicts. You needed to understand what REAL USING was about. Immediately I discounted 7 of the 8 outsiders. They did not use like me. My using was vicious. I was waiting to be sentenced for criminal charges. I had been receiving a daily dose of a drug from a clinic until my arrest. That was addiction. Clinics for addicts, court room appearances, being physically thin and white as a ghost. That was an addiction. Notice that I said 7 of the 8 members. The eighth was an older man with a handlebar moustache. He had the look of a dope fiend, only there was a twinkle in his eyes, not the lost hollow glare I was used to seeing on dope fiends. I immediately concluded that he was high. So I sat there that hour listening and wondering what this was all about. I will tell you that I was full of fear, a very scared young man. I noticed that something happened during the

meeting. As people shared I started feeling better. I had this ball in my stomach for so long that I believed only using dope could help. This night the dope was the addicts sharing. The old man was Henry S. He stayed clean in NA in the Bay Area for the next 18 years. I wonder how many of us owe our recovery to the twinkle we saw in his eyes at our first meeting? Today, 21 years later, I can tell you a 1000 different ways that one addict helps another addict. That night, this addict was helped by an old man smiling and telling me it would be "OK". He understood me without speaking any words. Empathy is the strongest message of recovery. I needed to identify first. I will be eternally grateful to all those addicts who came to the treatment facility that Saturday night. My God communicated to me in a special way that night.

Love In the Spirit of the NA Fellowship.

Meetings In need of Support:

Good Times at 12

St. Johns Church 1676 South Belcher Rd. Clearwater

Monday 12pm -1pm

Clean Harbor Group

DryDock Ctr. 1733 Alt. US 19 Tarpon Springs

Tuesday and Wednesday 8pm

Miracles Happen

St. Johns Church 1676 South Belcher Rd. Clearwater

Tuesday 6pm

No Pain No Gain

Mustard Seed 2510 Central Ave. St. Pete

Friday 8pm

God Answers Moe's Prayers

Twenty years ago on June 30, my mother passed away with cancer. She had been unconscious, and on life support for many weeks. Several surgeries were performed, but they all failed. I was at her side holding her hand when the machine flat lined. The Lord took her at 10:15 in the morning. My best friend I ever had left this world.

Sadly, I must admit the only way I could survive this melancholy situation was with the help of drugs. I was a functional addict at the time. I had been away from my job a lot, but my supervisors forgave me as they understood the bond between children and their parents.

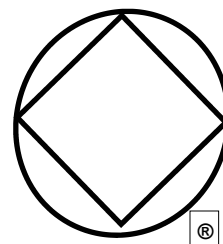
During the seven weeks my mother was in the hospital, I became acquainted with a security guard in the lobby. He was a kindly older gent by the name of Moe. He would always give me a smile and an encouraging word, even when I was high.

We had the funeral for Mom on July 31, 1983. I really made an effort to slow down on using. But to no avail. I prayed, but it seemed there was no salvation. Even though I attended Mass at that time, I felt God had abandoned me. I eventually found myself in detox, and admitted for the first time that I was an addict. This was my first step in getting clean.

After a twenty eight day program I went back to the real world to try for a second chance. It was a few weeks later I found myself at a fellowship club for addicts. I spotted my friend Moe from the hospital. I was elated to see him. I shook his hand and asked him about staying clean. He told me he had been clean for many years. I asked him why he didn't try to help me when I was high at the hospital. He chuckled and said that he did. He told me he prayed that the Higher Power of my understanding would show me the way to the program of recovery. My initial attitude was "Yeah sure, thanks a lot pal." I suppose he sensed this as he said his prayers had been answered. His proof was that I was standing in front of him, clean for several weeks, for the first time in many years.

I do not know where Moe is today, but I am sure he is clean, and doing well someplace in this world or the next. Thanks so much Moe.

Al



Show Me How To Live

My first prayer "God, help me". My ongoing prayer "Show me how to live".

My higher power does not knock on my door, sit down, and give me instructions on how to file a tax return, how to conduct myself at a new job, how to behave as a spouse, child or parent, how to schedule and show up for a doctor's appointment, how to pay my bills on time, how to be a good friend, or how to brush and floss. I learn these things from you, my fellow addict.

My Higher Power has "told me what to say", and I have said it. My Higher Power has "shown me what to do", and I have done it, but these directions come only when I ask. Usually, I only ask when I am desperate and afraid. How to file a tax return, conduct myself at a new job, be a spouse, child or parent, schedule and show up for a doctor's appointment, etc. these skills I have learned by asking you to "show me how to live".

And, you have. You have been there for me through bankruptcy, divorce, illness, the deaths of friends and loved ones, my wedding, surgeries, the ends of friendships, changing sponsors, losing and gaining sponsees, giving up cigarettes, Fourth Steps, Fifth Steps, emotional revelations, global tragedies, menopause, pregnancy scares, ingrown toenails, you name it. You have listened to me while I cried, raged, grieved, reveled, rejoices, and celebrated. You have brought me food when I had nothing to eat. You gave me rides, spare smokes, spare change, coffee, comfort, and much, much more. You have taught me how to live, how to be friend, how to be of service, how to be a human being. And the best way that I can thank you is to pass it on, be of service, be a human being, and share all of these things with those addicts who just got here -- and who don't know the way.

Anonymous

AREA SERVICE AND SUB-COMMITTEE TIMES.

Activities meets every Thurs @ 6:30 @ Borders

Saturday before Sunday ASC

Additional Needs 4:00 PM

Sunday morning before ASC

Hospitals & Institutions 9:00 AM

Public Information 10:30 AM

Helpline 11:00 AM

Policy BASCNA 12:00 PM

Admin. 12:45 PM

**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*

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

Poetry

What Change is to Me

Identifying my addiction,
and discovering the losses in my life,
Due to this sickness,
not only my family, but myself,
who I really am.
And accepting that denial and shame is just
going to keep me on that High-Way to Hell
And understanding that a new way of life
is just a prayer away.

The Philosophy

First, let us know these things. That our
lives matter, because we are born with po-
tential. That we are not victims of circum-
stance. That to be free, we must master our
own habits. That we can be a part of some-
thing greater than ourselves, and there by
find the greatest part of ourselves.

Then, let us do these things. Humble our-
selves to learning, learn to be learners. Out
of respect for our own potential, and out of
respect for those who teach us. Take cour-
age against our fears, and be steady in our
efforts. Help each other, draw strength from
each other. For the one who falls low, can
bring us all down, unless we help him rise,
and the one who rises high, can take us all
higher, if we strive together. Let us be
guided by our Higher Power.

Do you Listen to Reality?

Reality is a 7 letter word that is supported
by fact!
Reality tells me I can't live in the world by
myself, I need other people!
Reality tells me I need to be fair and just in
my dealings with other people!
Reality tells me I have to be honest with
myself and others!
Reality tells me I need to see things as there
are, and not as I want to see them due to my
beliefs and perceptions.
Reality tells me its what's right not who is
right that's important!
Reality tells me doing the right thing is
valuable.
Reality tells me I have abused drugs and
committed crimes to support the addiction
that comes along with the abuse!
Reality tells me to continue this way I will
end up in jail, in some institution, or dead
on arrival.
Reality tells me change is in order!
I realize that I am powerless, and this means
to let go, and let my Higher Power take over
in my life.
Reality tells me to repent, and I did and I
got forgiveness Now I can be myself
Reality tells me I'm in recovery now, I'm
not using!
This is what I'm doing with my life now!
Reality tells me it's the right thing to do.
Reality tells me in order to recover I must
live with who I am, and what I do .
And listening to reality is what I'm doing.

Corner

The Wheel

The forced guilt
Repetitious woes
Dreams scattered
Torn apart
The failed attempt
To redirect
My aimless strife
My search through life
My mind so scarred
The mend so slow
Though Time I fight
The Speed I grow

The loss in a war
A victim or no
I plowed a path
I chose to sow
Mass Departure
From a world so black
I desire to grow
Not to go back
The ship so tattered
To sail so long
He is my wheel
This is my song
Let Peace Surpass
My deep set pain
It's wretched mass
With nothing to gain

distorted Thoughts
Of Romance and Dreams
My failed attempts
To complete a scene
My lavish appearance
So cocky to some
And living a life
Held Under a gun

No rest for a soul
With anger so strewn
And time for a laugh
Coinciding a tune
No strength for a voice
So eager to sing
No gathering in awe
For the isolated King
The Sea growth high
The wind bloweth strong
I trust in my wheel
I live for the song
My mind in a knot
Which way should I travel
The silence is broken
With the crash of a gavel
You go where I say
There is no choice
The Wheel has spoken
In a soft Tone of Voice

Ron K.

Continued from page 2:

I've come to realize that almost any situation I find myself in, another addict has done it before me and stayed clean. These are the people who I look to for guidance in my life today. None of those events ever gave me the excuse to go out and use. I was taught early on "that no matter what" I don't use. My sponsor and the people in my support group have helped save my ass on more than a few occasions. I could never sufficiently express the gratitude I have for the people in my life today.

I think the one time more than any other that one addict helped me with the treatment of my disease was when I was doing a Fourth and Fifth Step. It was very difficult to look at myself and the things that I had done. I procrastinated a lot and didn't want to face myself. I thought the Fourth Step was going to be about all the bad things I had done and would show me what a horrible person I had become. What I was told was that the Fourth Step was just an inventory of my behaviors and actions, not an assassination. It was to help me sort through the lies and contradictions of my life. The Fourth Step was there to help me become the person I wanted to be. My sponsor helped me tremendously through this process. He was there to give me encouragement and guidance. There were times when I got stuck and he gave me direction. When the time came for us to talk about my Fourth Step, he shared his life with me. Even though we were very different by all outside appearances, when we shared with one another the similarities outshone those differences. Doing those steps was one of the hardest things I ever did, and also one of the most rewarding.

Just like our text says, I saw myself for what I was, not as horrible or as good as I thought. Even though that man isn't my sponsor today, I will always be grateful for the love, guidance, and caring that he gave me for the time that he was. I truly believe today that my best defense against the disease of addiction is another recovering addict.

Continued from page 3:

It may sound like I, I, I, but I am only responsible for my actions. I always want to remember the simple, loving things that I experienced when I got clean. Those simple little things saved my life. Sometimes it is my sponsor who is that addict, sometimes it is the speaker in a meeting, sometimes it is the new person who drags in to a meeting letting us know that it isn't getting any better out there. Sometimes it is the addict who answers the Helpline call when I am out of town trying to find a meeting. Sometimes it is a sponsee who calls and pulls me out of myself. One of our predecessors used to say, "You may be the only Basic Text an addict ever sees". I need to think about that. Thanks for taking the time to read this article.

Peace



Humor Corner

Well Are You?

One evening I was driving my eight-year-old daughter to her grandparents' home for an overnight stay. It was late, there was very little traffic, and we were enjoying a peaceful ride. It was a far cry from the usual chaos surrounding us when I drive her to various activities during rush hour.

My daughter seemed deep in thought when she said, "I have a question."

"What do you want to know?" I responded.

"When you're driving," she asked, "are YOU ever the idiot?"

"

But Daddy.....

My husband and I took our two-year-old daughter to the home-improvement store. Madison got tired of walking, so my husband let her ride on his shoulders. As he walked, Madison began pulling his hair. Although he asked her to stop several times, she kept on. Getting annoyed, he scolded, "Madison! Stop that!"

"But, Daddy," she replied, "I'm just trying to get my gum back."

Excuses for missing Work

I can't come in to work today because I'll be stalking my previous boss, who fired me for not showing up for work. Okay?

~ I have a rare case of 48-hour projectile leprosy, but I know we have that deadline to meet...

~ I just found out that I was switched at birth. Legally, I shouldn't come to work knowing my employee records may now contain false information.

~ I prefer to remain an enigma.

~ I can't come to work today because the EPA has determined that my house is completely surrounded by wetlands and I have to arrange for helicopter transportation.

~ I refuse to travel to my job until there is a commuter tax. I insist on paying my fair share.

~ I set half the clocks in my house ahead an hour and the other half back an hour Saturday and spent 18 hours in some kind of space-time continuum loop, reliving Sunday (right up until the explosion). I was able to exit the loop only by reversing the polarity of the power source exactly $e \cdot \log(\pi)$ clocks in the house while simultaneously rapping my dog on the snout with a rolled up Times. Accordingly, I will be in late, or early

Anniversaries

BAYNA

Ted M.	10/11/02	1 yr
Grace B.	11/07/02	18 mos

DOA

Rick S.	10/18/00	3 yrs
Shawn G.	10/28/01	2 yrs

ICOF

Gary P.	11/08/92	11 yrs
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Meeting

Chip M.	10/16/95	8 yrs
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New Life

Doc	10/05/92	11 yrs
Maxine J.	10/16/01	2 yrs

Grateful Heads

Big John	05/01/02	18 mos
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We Do Recover

Kenny C.	10/19/94	9 yrs
Kriste F.	11/21/87	16 yrs
Dan F.	11/27/02	1 yr

Welcome Home

Dave T.	10/22/88	15 yrs
David C.	10/12/97	6 yrs
Kevin B.	10/06/87	16 yrs
Matt C.	10/19/98	5 yrs
Scott G.	10/27/88	15 yrs
Vanessa R.	10/01/01	2 yrs
Corey C.	11/07/02	1 yr

Save Your Ass

Jeff D.	10/01/01	2 yrs.
Maureen H.	10/26/02	1 yr
Candace	10/27/02	1 yr
Case S.	10/31/01	2 yrs
Rosa M.	11/04/01	2 yrs
Joe S.	11/11/91	12 yrs
Jan B.	11/11/02	1 yr
Ed C.	11/14/84	19 yrs
Matt L	11/25/02	1 yr

The Noon Group

Mike K.	10/01/02	1 yr
Jerry D.	10/01/80	23 yrs
Reheem M	10/02/73	30 yrs
Megan E.	10/03/02	1 yr
Tony M.	10/09/02	1 yr
Joanne P.	10/30/02	1 yr
Jim L.	11/03/88	15 yrs

Florida Region Help lines

For Hearing Impaired, please call:

Florida Relay Service— 800-955-8770

Bahamas Area: 242/325-6200—The Islands

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: 863/609-6040 & 888/210-2118—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 Gainesville, Alachua, Lake City, Live Oak, O'Brien & Gilchrist

We would like to thank all of you who contributed to the newsletter. Due to your efforts, this publication was made possible. As always we will be looking for your contributions in upcoming publications. We will try our best to let everyone know what the theme will be as soon as possible. Along with articles we will also be looking for poetry, jokes, and cartoons. There are many ways to contribute your work, and some of those are listed below. You can also give a hardcopy of your work to one of the newsletter subcommittee members.

♦ **E-mail to:** lit@bascna.org,
colforbin30@hotmail.com, rking1@tampabay.rr.com

♦ **Or mail to:** **BASCNA**
Just for Today on the Bay Newsletter
P.O. Box 703
Largo, FL 34649

ILS, Shawn G.

How the Twelve Steps Work

I have been in NA now for twenty-two years and have struggled most of these years to stay clean. At one point I had almost ten years clean, but something was missing. It was God and the Twelve Steps of Narcotics Anonymous, plus relying on my will, not God's will. Since then, I would get a year or less and go back to using by my own choice. Today I walk and talk the Twelve Steps of NA one hundred percent. I have a sponsor who I call regularly. I go to meetings, talk to other people in recovery, and have changed people, places, and things that I used to get high around. Today I have over seven months clean. I owe it all to NA, the Twelve Steps, and other addicts in recovery. For this I will always be forever grateful.

Robert K.

Area Activities

NA "UNITY DAY" SPEAKER MEETING & DANCE

Come hear
Bob B. from
California
tell his
story...a
wonderful
message of
experience,
strength and
HOPE. His
story is in
Narcotics
Anonymous
BASIC
TEXT

Radisson Riverwalk
In the heart downtown Tampa
200 N. Ashley Drive
(813)223-2222
(Rooms are Available for a special rate)

Speaker Meeting @ 8:00PM
Followed by Dance at 9:30

We will be raffling off NA
merchandise and a
signed
"Limited Edition 20th Anniversary
Basic Text

TAKE I 275 TO THE ASHLEY DRIVE
EXIT, TAKE N. ASHLEY DRIVE TO
THE 200 BLOCK RADISSON
RIVERWALK ON THE BANKS OF
THE HILLSBOROUGH RIVER.

\$10.00
suggested
Dance
Donation
No addict
turned
away.

MONSTER BALL 2003 MARCH OF THE LIVING DEAD AND ULTIMATE COSTUME CONTEST

WE WILL BE GIVING AWAY...2 FULL FRONTS (registrations) PACKS!!!
BEST MALE & FEMALE COSTUMES

Saturday, November 1st, 2003
9pm to 1am
St. Marks Church
6801 38th AVE. North
St. Petersburg, FL

AS THE POK BILLS IN...YOU LAKE AROUND FOR YOUR PHOENIX...THEY SAY THEY WOULD MEET YOU HERE...BUT
WHERE ARE THEY?...YOU PICK ABOVE THE POOR AT THIS ONE TAMPANAW BURNING...YOUR HEART STARTS
PUMPING...WANT YOU SEE ME? MEET LAKE RIVANAP 4 IT?

BAY AREA ACTIVITIES OF NA WELCOMES YOU AS WE CELEBRATE RECOVERY AND
DANCE THE NIGHT AWAY!! WE HAVE PLANNED A "ONE OF A KIND" GHOULISH
NIGHT OF FUN, FRIGHT, AND ENTERTAINMENT!!
(NA is NOT affiliated w/ ANY outside organization)
For more info contact Mark (727)641-3761 or Laura (727)823-8552

DIRECTIONS: From Tampa
TAKE 275 SOUTH TO 38th AVE N. EXIT
TURN RIGHT, GO APPROX. 2.5 MILES
CHURCH WILL BE ON THE RIGHT HAND SIDE

BEVERAGES AND SNACKS WILL BE PROVIDED
A \$5.00 DONATION IS GREATLY APPRECIATED
NO ADDICT TURNED AWAY

IT'S THAT TIME OF YEAR AGAIN... BAY AREA ACTIVITIES WILL HOST.... NASO CLEAN

JOIN US ON

SUNDAY, OCTOBER 19TH, 2003
11:00 am to 2:00pm
AT WOODLAWN PARK
ON THE CORNER OF 16TH STREET AND 13TH AVENUE, NORTH
FIELD # 1
IN ST. PETERSBURG

Some equipment will be provided but feel free to
bring any "Gloves" or "Bats" that you may have!



For more info contact Mark (727)641-3761 or Laura (727)823-8552

WE WILL HAVE GRILLED HOT DOGS AND SODAS AVAILABLE FOR A SUGGESTED DONATION

Bring the kids & come and join in on the fun!!!
(NA is NOT AFFILIATED WITH ANY OUTSIDE ORGANIZATION)

Announcements for

NOON GROUP PICNIC

FELLOWSHIP

Sunday- October 5, 2003

Walsingham Park, Largo Shelter #2

10:00 A.M.- 4:00 P.M.

Meeting At 1:00 P.M.

FUN

** Service Auction To Follow **

(2) 4 Hour House Cleanings

2 Hours With A Personal Trainer

Rides To Meetings For 1 Week

Airplane Ride

Candlelight Dinner Prepared By A Chef

FOOD

2 Vehicles Detailed

PLUS MORE!!!!

** Services Redeemable
At Providers Convenience **



The Grateful Heads Group of Narcotics Anonymous Presents

"SPEAKER SATURDAYS"

~ Every Saturday is a Different Speaker ~

Saturday Mornings at Terra Nova at 10:00 A. M.

September 20th - Ken C.

September 27th - Aralyn

October 4th - J.W.

October 11th - Dave V.

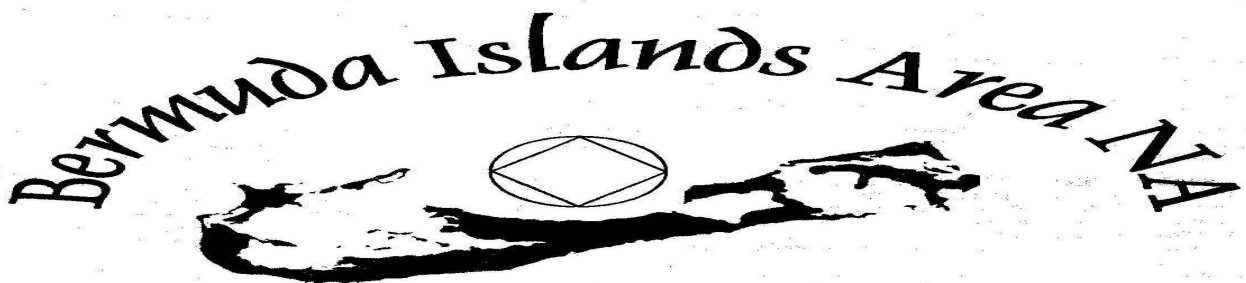
October 18th - Dave T.

October 25th - Mark S.

Make Time & Join Us!

Terra Nova ~ 5501 28th Street North ~ Rooms 10 & 20

St Petersburg, Florida



Serenity in Paradise IV "Our Primary Purpose"

March 26, 27 & 28, 2004

Sonesta Beach Resort

Join us and celebrate the freedom we've found in the
Narcotics Anonymous Fellowship with the serenity of the sun,
sand and sea in beautiful Bermuda!
Less than two hours from most east coast USA cities

Our convention includes:

- WORKSHOPS
- LOCAL SPEAKERS
- INTERNATIONAL SPEAKERS
- NATURE WALKS
- BEACH MEETINGS
- MARATHON MEETINGS
- SCENIC BOAT CRUISE

and much more..

Local attractions include:

- HISTORIC MUSEUMS & ART GALLERIES
- BEAUTIFUL BEACHES
- CRYSTAL CAVES
- HORSE RIDES
- GOLF
- LOCAL NA MEETINGS
- 400 YEARS OF HISTORY

Visit our web page www.bermudana.org for info & beautiful photos of the convention resort & scenes of Bermuda!

the Good of NA

THEY ARE RENOVATING THE DON VISTA CENTER, SO....

THE UNITY GROUP

(Sunday, 8 P.M. - St. Pete Beach)

IS MOVING!!

Beginning September 7, 2003

(Until further notice)

We will meet at:

THE WARREN WEBSTER CENTER

Gulf Blvd. & 15th Avenue

Be there - Aloha

The Warren Webster Center/City of St. Pete Beach
Are not affiliated with N.A.

WE Have Moved!!!

The Give It Up Group Of Narcotics Anonymous

Has moved facilities. After seventeen years at

The Don Vista Comm Center we have changed

Facilities. Please come and visit our new

Facility @

St. Johns Catholic Church

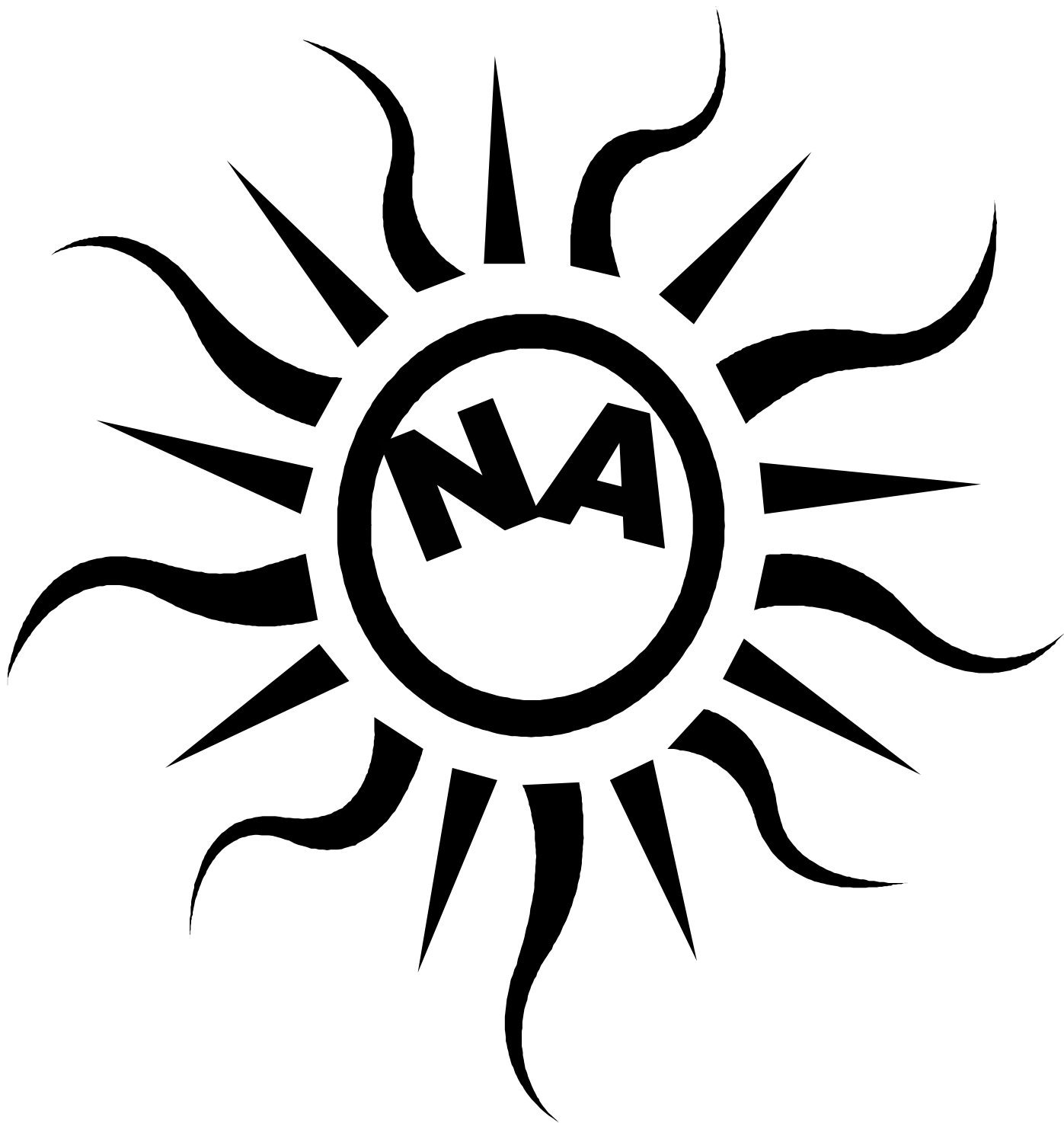
Corner of Blind pass and 82nd Ave

St. Pete Beach

8:00 p.m. *FRIDAY*

The entrance is on 82nd Ave and is the last
building on right.

****Narcotics Anonymous is not affiliated with this facility****

**Literature 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.