

*Just for Today
On the Bay*

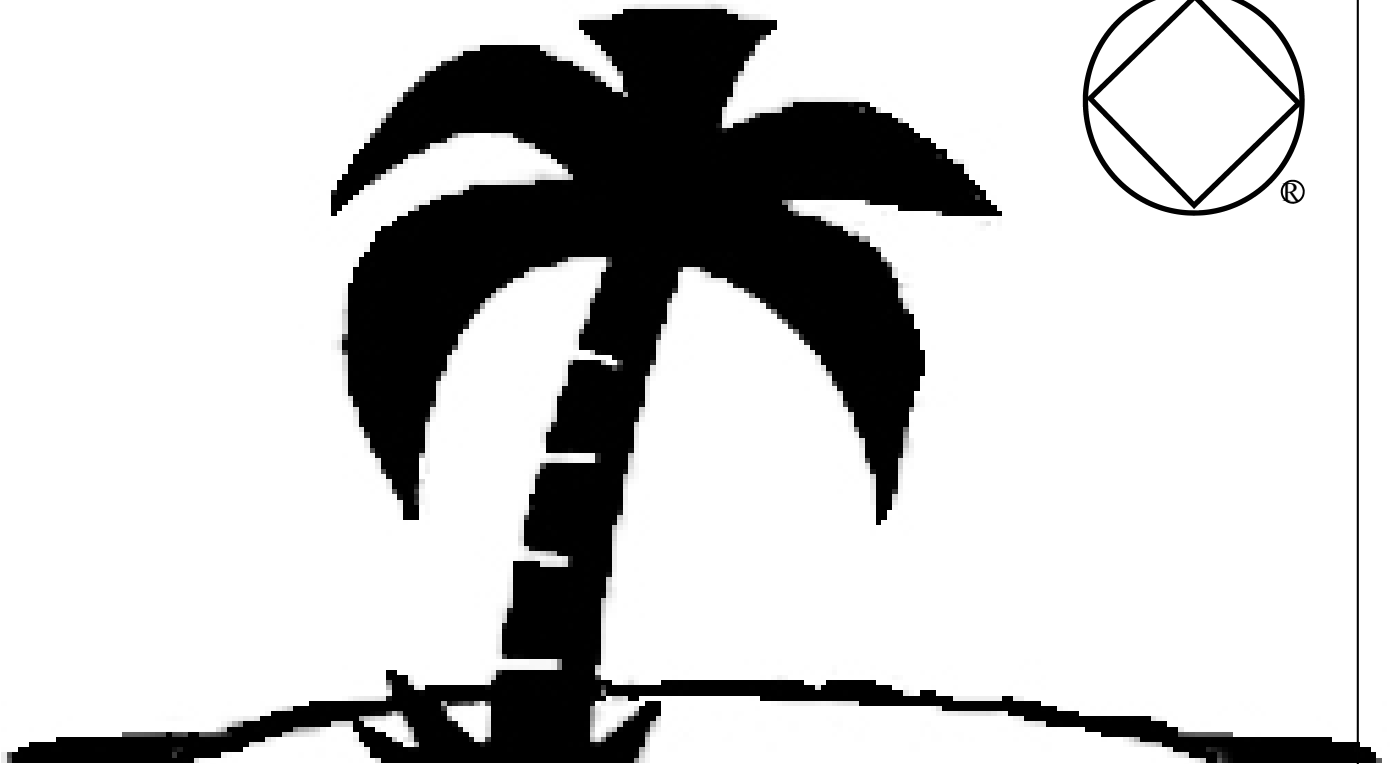
The Literature of Narcotics

Anonymous

The Bay Area Newsletter

December/January 2003/04

Recovery in Print



For The Newcomer

I've been to several NA meetings recently where a newcomer will be sharing and someone with substantial clean time will be rude and blurt out "That's an outside issue!" We need to make the newcomer feel welcome and not run them off. As addicts, we are very sensitive people, and we definitely don't need to be interrupted while we're sharing and have our feelings hurt. Our Tenth Tradition clearly states that "Narcotics Anonymous has no opinion on outside issues; hence, the NA name ought never be drawn into public controversy." It states on page 198 of *It Works How and Why* "But what about speaking in a recovery gathering? Does the Tenth Tradition tell us that, as individual recovering addicts, we must not talk in NA meetings about the challenges we face? No, it does not. While a particular problem may be an outside issue, its effect on our recovery is not; everything affecting a recovering addict's life is material for sharing. If a problem we are having impacts our ability to stay clean and grow spiritually, it's not an outside issue." I was recently at my home group and while someone was sharing someone yelled out "That's an outside issue!" The person who had been sharing started crying and promptly left the meeting. We should be more kind and more gentle with the newcomer. There are more appropriate and kinder ways to share with the newcomer.

My sponsor told me that if something is bothering or upsetting me, it's not an outside issue... it's an inside issue. Recovery is an inside job! The spiritual principle behind the Tenth Tradition is UNITY. So, let's have some more unity in our N.A. meetings, and be more loving, and show more empathy towards the newcomer.

In loving service,

Bobby C

Meetings In need of Support:

Good Times at 12

**St. Johns Church, 1676 South
Belcher Rd., Clearwater
Monday 12pm -1pm**

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**

***Narcotics Anonymous is not affiliated with any of these facilities.**

God Given Spiritual Program

Narcotics Anonymous is a God-given spiritual program. An addict in Hawaii may have an answer for an addict in Texas. We just need to share our recovery. Our literature is written by addicts - for addicts - about recovery. This makes it our responsibility to write and share our recovery. Our basic text was published in 1983. This helped our fellowship to grow at an alarming rate. Our book offered an opportunity for anyone to learn about Narcotics Anonymous. Prior to the publishing of our Basic Text we had nine information pamphlets, and our little white book. Many addicts referred to the little white book as "Hip Pocket Recovery." We would say, "Don't leave home without it." I personally attribute the little white book as the literature that kept me clean. I wore out several copies in my early recovery, reading it and praying that the urge to use would go away. It is amazing how powerful a few words can be for an individual. N.A. has a Literature Subcommittee on the world level that is responsible for writing and reviewing new literature. In the early 1980's, the Florida Region was assigned to help write two new pamphlets. The first was about sponsorship. That pamphlet is still available at most meetings. The second pamphlet assigned to the Florida Region was one called *Medication In Recovery*. That pamphlet had a short life span. After being published,

it was removed due to concerns about our Tenth Tradition. Today a revised pamphlet called *In Times Of Illness* has replaced it. If you attend your home group business meetings, you will hear about new literature up for review. The process of creating new literature has changed over the years, but it is still from our contributions that our literature is written. In the near future, a new, more in-depth booklet on sponsorship is going to be published. The message of recovery in the written word reflects no one personality. It allows us to learn without bias opinions. We can read anytime of day or night. It carries the strength of thousands of addicts in recovery to our innermost self. Yes, we need hugs. We need fellowship. We need a sponsor's experience, but for many of us it is the time we spend alone with our Basic Text that gives us the hope we need to stay clean. We need experience, strength and hope in the written form. We need the newcomer to remind us that using is not working. We need them to share the things they find important in their early recovery. We need the experiences of all addicts applying spiritual principles to their lives. We need the more experienced members to share how they got through life on life's terms without using.

Continued on page 11

ICOF

I thought a story about the start of ICOF was a little premature since the meeting has been in existence just shy of 3 years. Heck, if I wait longer I may embellish it like a long-winded war story.

I relapsed. Just short of picking up my 11-year medallion, prescription drugs and a rebellious attitude towards N.A. got the best of me. I won't say I had a bad program. At times I had a very strong program and a great relationship with my Higher Power. My downfall began when I had stopped praying, about a year before "the first binge." I was mad at God for taking away my old sponsor and my ex-girlfriend. She died from the disease and he died of old age. How could God remove these people from my life? How dare he! That was the chunk of bad attitude that started my downward spiral.

It was a balmy Sunday in January. I had just left the noon meeting at Terra Nova where I had picked up my first white chip in over 10 years. I was in my front driveway with my sponsor and two of my sponsee brothers. We, or should I say they, had just "cleaned out" my house.

"What are you going to do now?", my sponsor asked. I had no clue. So I jumped in the car with my youngest sponsee brother and took off for a ride with him. We were going to his workplace, and I figured that it was best that I stayed around recovering addicts if I wanted to stay clean.

We were gabbing on about all kinds of things, mostly war stories. I stopped myself. I started thinking about what I WAS going to do, where I had gone wrong, and what I was going to do differently.

In addition to my anger at God's hand was my ignorance about two suggestions my sponsor made earlier in my recovery: "Never befriend or keep a drug dealer as a friend, and always have a home group and a service commitment."

The first was easily changed, but the second would take some work. For a span of eight years, before I had moved across town, I was a member of Keys to Recovery. Over the years I had taken on various service commitments and kept sparse but regular meeting attendance. Since the group met every night at 8:00, it was hard to miss.

One of the rewards of recovery was that I had the ability to buy my first house. My sponsor found it for me. It was great, but it was on the other side of town. I had no idea the effect of having a 12-step room in walking distance to my old house had on my recovery. When I moved across town I felt lost. I tried going to other groups and had even flirted with the idea of starting my own group, but never followed through.

I remembered a story I heard early in my recovery about meetings. It was in the parking lot of a Monday night meeting years ago. It was the first time I had ever talked to this guy who was known for being around since NA began in our area.

Continued on page: 10

The Meeting List

Recovery and Relapse

Hello Bay Area. My name is Rick and I'm an addict. The Literature Subcommittee asked me to write an article on the meeting list, and it is an honor and a privilege to do so. Like any good addict I put it off until the last minute, but here goes. I believe the meeting list is the most important piece of literature there is. I have taken some criticism for this belief and that is OK. Don't get me wrong. I love our Basic Text, as well as all of our other books and information pamphlets. However, without a meeting list I imagine it would be difficult to get this information. Also, how could I meet fellow addicts, find a sponsor and a support group without knowing where the meetings are held? I have been fortunate enough to attend meetings in other states, regions, and areas, and I have been able to get directions and instant support because of the Helpline numbers on the meeting list. When I was brand new to N.A., our meeting list was very instrumental to my recovery. It had phone numbers, the Just For Today reading, and instructions on how to stay clean. I currently have an international meeting directory. If I travel, and N.A. exists there, I have their number. I never know where my recovery is going to take me and I want to be prepared. Friends and loved ones know that when they travel they are to bring me back a meeting list. I've noticed through collecting meeting lists that we are a universal fellowship and our meeting lists are as diverse as our members! So the next time you are on vacation, remember me. ILS, Rick S.

Unfortunately, the first few years I came around Narcotics Anonymous, I wasn't able to stay clean. I didn't listen to what I was told, so I held on to every person, place and thing, and I tested every reservation that I had. I felt frustrated and ashamed that I could not stay clean.

The shame that I felt could have kept me from "coming back", except that I heard a strong message of hope in N.A. "Although all addicts are basically the same in kind, we do, as individuals, differ in degree of sickness and rate of recovery. There may be times when a relapse lays the groundwork for complete freedom."

I needed to hear that there was hope for me, even in the midst of my relapses and my active addiction. I desperately wanted to stay clean. I just hadn't become entirely ready, but I had the hope that I would, and the relief to know that I would still be welcome.

"It is not shameful to relapse -- the shame is in not coming back."

I will always be eternally grateful to the men and women who were wise enough and kind enough to write these words. They kept me coming back until I could grab on and not let go. They saved my life.

Our Not So Basic, Basic Text

I'm not an N.A. history buff, so I don't know the dates, or the place, or the players who wrote the central piece of our literature ... the Basic Text, but that's exactly the nature of our literature. It is timeless, and in a real sense, faceless. To emphasize the fact that we do not prejudge each other in N.A. by age, race, creed, religion, lack of religion, drug of choice, what or how much we have, etc., etc., etc., our literature is not credited to any individual addict or group of addicts. It is enough to know that it is the collective wisdom of addicts just like us. Just like you, and just like me. Addicts who "kept coming back", and who stayed clean "no matter what". I breezed through the steps the first time I read them in the Basic Text. It wasn't hard to do. The chapters are ridiculously short, some of them little over a page of material. I thought, "Wow! This is great! I should get an A+ on the test!" Little did I know that these written words, although they are true in their content, could only represent the beginning of my understanding of life in recovery. Like so many things in life, the real learning is in the application of the ideas, not just reading about them. Even so, the addicts who wrote these short and sweet chapters knew what they were talking about, and the words they wrote shot through me with their clear and concise truth.

Step One talks about our inability to control our usage of drugs, and addiction being a physical, mental and spiritual disease. And that our disease is progressive, incurable and fatal. Willpower, reservations, unmanageability, surrender, freedom from active addiction hope.

A rollercoaster of concepts and my emotional reaction to these concepts in just three pages of writing. Even now, as I look at this chapter to help me in writing this article, I am moved remembering what it was like to be introduced to these ideas ... and to the awakening of hope in my life.

Step Two awakens us to the realities of the insanity of the disease of addiction and our obsession to use drugs. In our need for restoration to sanity we are encouraged to seek a power greater than ourselves, our only guideline being that it be a power that is loving, caring and greater than ourselves. We are invited to look for something spiritual in the group, the program, or higher power of our own understanding as a source of strength to help us overcome our fear of life. This process of coming to believe helps us in our restoration to sanity. And these concepts are conveyed in just two pages.

Welcome to Step Three. In just two more pages we learn about becoming willing, (making a decision), to turn our will and our lives over to the care of our higher power, which the literature calls "God". The literature also reminds us that we don't have to be religious to take this step. Our concept of "God" can simple be whatever force keeps us clean. We learn about the action of surrendering to our higher power on a daily basis ... and just "turning it over."

Continued on page: 14

The Original Steps of NA

1. Admit the use of narcotics made my life seem more tolerable, but the drug had become an undesirable power of my life.
2. Came to realize that to face life without drugs I must develop an inner strength.
3. Make a decision to face the suffering of withdrawal.
4. Learn to accept my fears without drugs.
5. Find someone who has progressed this far and who is able to assist me.
6. Admit to him the nature and depth of my addiction.
7. Realize the seriousness of my shortcomings as I know them and accept the responsibility of facing them.
8. Admit before a group of NA members these shortcomings and explain how I am trying to overcome them.
9. List for my own understanding all the persons I have hurt.
10. Take a daily inventory of my actions and admit to myself those which are contrary to good conscience.
11. Realize that to maintain freedom from drugs I must share with others the experience from which I have benefited.
12. Determine a purpose in life and try with all the spiritual and physical power within me to move toward its fulfillment.
13. GOD HELP ME.

Reprinted from Miracles Happen; The Birth of Narcotics Anonymous in Words and Pictures.

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

Administrative 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***

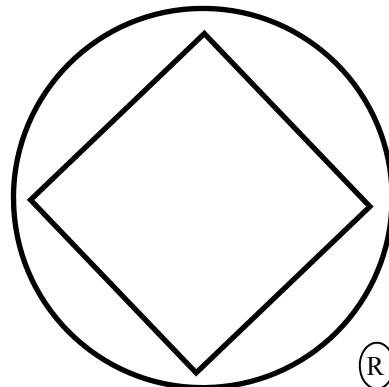
***NA is not affiliated with any of the
facilities listed here**

POETRY

Till Death Do We Part

I sit here tonight, I'll tell you why I came
To open up these wounds, and bleed out the
shame
So don't get too close, you're being fore-
warned
For this pain is contagious, so ample to
scorn.
So stick around if you so dare,
And I'll tell you the tale I've come to share.
Listen closely, truly attempt to hear
Let go your judgments, set aside your fear.
I may be young, thought I've seen to much
My life forever altered, I've been touched
Taken by a force invisible to the naked eye.
Doesn't matter if you're brave, a coward or
shy.
For this entity doesn't waste time to dis-
criminate
Eternally patient, always willing to wait.
As it enters your body it will infinitely be,
A piece of you or a part of me.
So now its in you, now comes the obligation
Forever endeared, an intimate infatuation.
Yet in this relationship there comes no love.
Pushed this way and that, so easily shoved.
And your soul will stir; like the breeze.
All trust will break and your heart will
freeze.
So it goes you've been convicted.
To live among the ghosts, you're one of the
addicted.
Thought it was simple, so easy to quit.
Where is your judgment now, where is your
wit?
Its not so easy this way of life.

You're married to a disease just like a wife.
Thought this is truly death till you part.
Ironic isn't it how your life has yet begun to
start.
Perhaps you had to fall to finally see.
And now that you've seen all the horror
Can you truly know what your life has in
store,
A battle so fierce it will turn you inside out.
Leaving you skeptical, and consumed with
doubt.
"What to do now?", you wearily ask.
I warned you this was no easy task.
It's up to you to find your way.
Out of darkness and into day.
No one else can make this choice.
It will have to be your own true voice.
So now you can feel me, we're finally
equal.
But there is no part two, no Hollywood
sequel.
So savor your every last waking breath,
Cause your next choice will mean life or
death.
Amy N.



Coming

Life as a Gypsy

Can you picture this as me?
I used to be a gypsy.
Everyday it seemed I'd get a
Little bit tipsy.
You never knew where you might
Next see me.
I was doing thins 'round town
That left me feeling empty;
'always hung around the same 'ol city;
Walkin' down the street try'na
Look pretty.
Hard to believe this really was me.
I used to be a gypsy
'Doin' things I thought no one
Really could tell
Every night I'd find myself at a
Different motel
I was livin' life in a slow hell
Hypnotized by a drug spell
Wearin' a mask to disguise my true self.
Who was I kidding,
Living like a gypsy, could you go a bit
faster?
"Don't have much time before
I gotta be back here,"
Knowing that I could end up anywhere.
I'd spot a private place and say
"You can park right there."
What could've I been thinking?
Livin' like a gypsy
No this kind of life wasn't easy.
Matter of fact it was quite sleazy.
I guess I was a hoe
I called myself a gypsy.

Didn't care anymore
Just give me something hard that'll
Really hit me.
Counted to thirty as the dirty drug
Engulfed me.
But as I breathed out the feeling
Left me as quickly.
No, this picture isn't pretty.
It was my life as a gypsy.
If my story ended here it would
Be a tragedy
I finally faced the mirror.
My life was impaired mentally
Something happened that changed
My life totally
In a mental ward I lay there quietly.
Suddenly the whole room started spinning.
What happened there was really quite
shocking
It brought my life to an end as a gypsy
I had a stroke that sent me to a hospital
Lost use of the left side of my body
The story of my life ends quite happily
Now I've recovered full, I use drugs no
more
And have full use of my body
You can see I was quite lucky
I had gypsy angels always with me
No this wasn't a tale
My gypsy life I lived to tell.

His sponsor suggested looking for a church that would allow a meeting, then finding an apartment to rent in walking distance so that he could start a meeting and guarantee being there. That is one of my favorite stories. After he told the story he pointed across the street to the apartment he rented years ago when he started the meeting we were attending.

So I was on the idea that I would start a new meeting in walking distance to my house. I had a car, I had two. And having a meeting close to my house meant I could be there early to do more setup given my work hours.

I figured it would be best to start a Friday night meeting because this is the night I would cop so I could hopefully make it back to work by Monday.. We began to discuss what we would call the meeting. I suggested "I Cop on Fridays", and have it on Friday night at 8. I would be there and it would keep my mind off of the disease.

I went home and called my sponsor and told him of the idea. He thought it was great. It wasn't the first time I had thought to do it, but I was going to follow through this time.

I had a church already in mind, it was about a block from my house and an AA group met there already on Thursday night so it would be an easier sell.

I went to the church's business office and told them I planned to start another meeting there on Friday. I said it was N.A. I don't think it registered, so I didn't press the issue. They said they would get back to me after their board met to discuss it. They called me and approved. I got the key. I made a flyer, borrowed readings and literature from my old home group, got my large coffee pot cleaned up and prepared for my first meeting.

It was exciting. I was going to use the existing format from my old home-group. If my years in recovery taught me anything it was to keep formats simple. Meeting formats are geographical. The standard in the Bay Area is an 8-9pm, all readings up front, key-tags at the end, open discussion meeting. This time I wasn't going to "rock the boat".

I told as many people as I could about the meeting. At the first meeting 7 people attended. My friend Steve chaired. I think two of the 7 weren't addicts. But I didn't care. It never felt so good to make coffee and set up chairs. I figured if we didn't have enough discussion we would just read literature. But that wasn't the case. Every week the meeting got bigger.

Our first home-group meeting was 6 people. I finally split some of the duties and it was needed. I couldn't do it alone. I split meeting opening duties with three other members, Tim and his wife, and I remained GSR, treasurer and secretary. I went to Area and with minor resistance got ICOF approved as a meeting and received a start-up kit. I changed the name from "I Cop On Fridays" to "I'm Clean On Fridays" to keep the conservatives happy. Even though I received criticism that "we are clean everyday". I just let that go. People generally liked the meeting, so who cared what it was called. Every week the meeting got bigger. It was great in the early days. With an average of 15-20 people we would have an average of 10 years clean time at times. And people felt very comfortable there. The home-group meetings grew. I soon was just GSR and opener and that was enough.

I really enjoyed getting there early and setting up.

Continued on next page

Continued from page 10

One day I was at the Dollar Store nearest my house and they had these funny looking duck baskets, I figured we needed our own basket for Seventh Tradition collection and heck, it was only a dollar. The duck made a big hit. People started quacking at the end of meetings and our meeting got the nickname "The Duck Meeting". Our first home-group member, Leif, went as far as bringing up changing the name of the meeting to "The Duck Meeting" at each home-group meeting. It never happened, but became its own tradition.

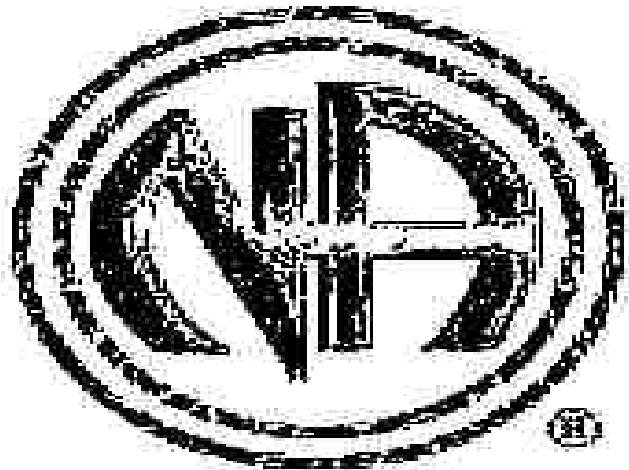
As time went on the church we were meeting in started changing the rules. We were no longer allowed to bring children and some of the cleanup duties became unreasonable. We decided to start looking for a new meeting place. At this time I started having physical problems, I was very ill at the time and had to be hospitalized. The group kept on without me and that was awesome. One of our members found a new church and said it would be great. We moved down the road to our current facility. The new facility was bigger and rules were somewhat more liberal. One month our first home-group member suggested making a minor change to the opening format. Rather than read the readings off of cards we would pass around the Basic Text and read the readings from within. This was great. It definitely helps with association to the literature. At almost 3 years old we average 50-70 people every Friday. We are registered with WSO. We have strong home-group and a consistent presence at Area Service. Thank You Narcotics Anonymous.

Continued from page 3

We can not underestimate how important it is for us to share our recovery in the written form.

Today, our fellowship continues to grow world wide. In many different languages, millions of people have read our literature. Our literature helps get the message of recovery to those in need. To the addict in prison, or treatment our book offers hope. On the cover of our basic text there is a passage it says: "MANY BOOKS HAVE BEEN WRITTEN ABOUT THE NATURE OF ADDICTION. THIS BOOK CONCERNS ITSELF WITH THE NATURE OF RECOVERY. IF YOU HAVE FOUND THIS BOOK, PLEASE GIVE YOURSELF A BREAK AND READ IT" We encourage all addicts to write and share. It is our responsibility as members to share. There are many ways we can do this. If Narcotics Anonymous has helped you stay clean, write about it. Share your experience, strength and hope. It is a God given spiritual fellowship. Your writings may help an addict stay clean today. That addict could be you.

Love in the Spirit of the N.A. Fellowship



Anniversaries

Always Here

Willie 12/13/86 17 yrs

Be A Part OF

Barry C. 01-22-01 2 yrs
 Rennee B. 12.02-97 6 yrs
 Ron G. 12-17-01 2 yrs
 Vernell W. 01-27-72 32 yrs
 Earl Z. 01-31-02 1 yr

Clean Harbor Group

Steve 12-02-02 1 yr
 Barbara 06-05-02 18 mos.
 Michelle 12-21-01 2 yrs

DOA

Lisa E. 05-01-02 18 mos.

Dunedin Group

Maryanne N. 06-12-02 18 mos.
 Dave G. 06-12-02 18 mos.
 Barry C. 01-22-01 2 yrs

Keys To Recovery

Jonathon D. 01-06-91 13 yrs

Sunshine Group

Bobby C. 12-16-98 5 yrs
 Dawn C. 12-18-98 5 yrs

We Do Recover

Liz M. 12-01-96 7 yrs.

Welcome Home

Lisa F. 01-10-01 2 yrs
 Jimmy S. 12-25-81 22 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.

Area Activities

**N
E
W

Y
E
A
R
S

E
V
E
R

2
0
0
3**



BAY AREA ACTIVITIES PRESENTS.....

"A NIGHT TO REMEMBER" DANCE AND CELEBRATION

PLEASE JOIN US AS WE RING OUT THE
OLD AND BRING IN THE NEW...

**IN THE GRAND BALLROOM AT THE
HERITAGE HOLIDAY INN**

234 3RD AVE. N.

DOWNTOWN - ST. PETERSBURG

727-822-4814

DECEMBER 31ST, 2003



Experience the beauty of downtown St. Petersburg as it comes alive with Fireworks over Tampa Bay and celebrate the beginning of a New Year!!!!

As always the City of St. Petersburg will be hosting 1st night which features street vendors, musicians and a selection of good eats and as luck would have it , the festivities are a block from the Ballroom!!!!

Suggested Donation is \$ 15.00
with that you will receive a raffle ticket good for
a full FRCNA registration package including Hotel!!!



For more information or directions contact Dan F. or Laura G. @ 727-897-9008 or Mark S. @ 727-641-3761
NA is not affiliated with any outside organization.

Continued from page:6

Three and a half pages are all that are written in the Basic Text about Step Four. We learn about writing our inventory -- telling our story on paper -- to the best of our ability. Think of all the gyrations most addicts go through with the Fourth Step, and consider that the addicts who wrote our Basic Text only had three and a half pages of guidance to guide them. Their simple, direct instructions should inspire us to be simple and direct with this process, so that we can just sit down with paper and pen and our higher power.

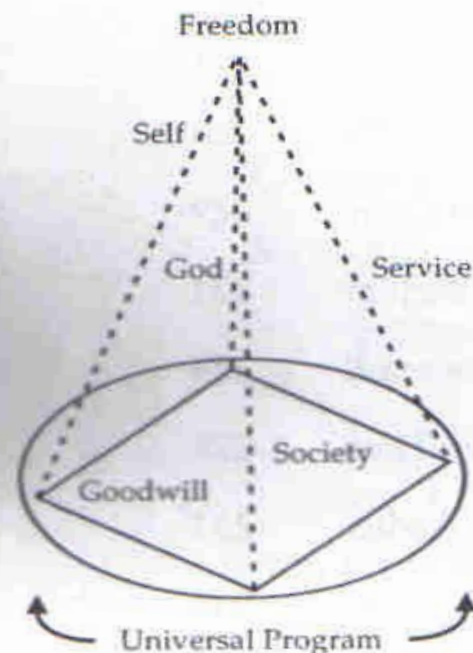
Although I could write about each step as our predecessors did in the Basic Text, I will instead invite you to discover the depth and wisdom that these addicts managed to convey so clearly and simply. If you are new to N.A., and these materials seem mysterious, call your sponsor. In time and with effort you will find what the authors of the Basic Text meant to share with you. You will not be disappointed.

Are you People Psychic?

From the very first moment that I heard my very first reading at an N.A. meeting -- I "identified". In fact, I was actually a little freaked out! It was as if someone had read my thoughts. "Our whole life and thinking was centered in drugs in one form or another - the getting and using and finding ways and means to get more." (Wow! My secret was out. These people knew what I had been doing for 31 years!)

Continued on next page

"We are not connected with any political, religious or law enforcement groups, and are under no surveillance at any time." (Whew! How did they know I was worried about that kind of stuff? Maybe I really could feel safe here?) "We had to have drugs at all costs. We did many people great harm, but most of all we harmed ourselves.....After coming to N.A. we realized we were sick people. We suffered from a disease from which there is no known cure. It can, however, be arrested at some point, and recovery is then possible." (There it was! Addiction was a disease, not a moral deficiency. I wasn't a bad person after all, and there was hope. Recovery was possible!) Even though it was a little strange to feel like I had been "read like a cheap novel", it was also a huge relief to know that I was in the company of people who knew who I was and what I had been doing. It gave me the idea that there might be help for me in Narcotics Anonymous. In just a few short minutes -- my first exposure to N.A. literature gave me what I desperately needed -- identification and hope.



Announcements for the Good of NA

7:45am Meeting

Of
Narcotics Anonymous

*A good cup of coffee
&*

A great meeting

Come join us every morning-It could save your
life

Weekends are traditionally bring a friend

Terra Nova Clubhouse 5501 28th Street North St.Petersburg
NA not affiliated with clubhouse

Go to a meeting before you pick up
NA Helpline 727-547-0444



C.A.R. Workshop

(Conference Agenda Report)

WHEN: Saturday, January 24th, 2004

TIME: 10:30 a.m. to 5:00 p.m.

WHERE: 1645 Seminole Blvd—Largo FL

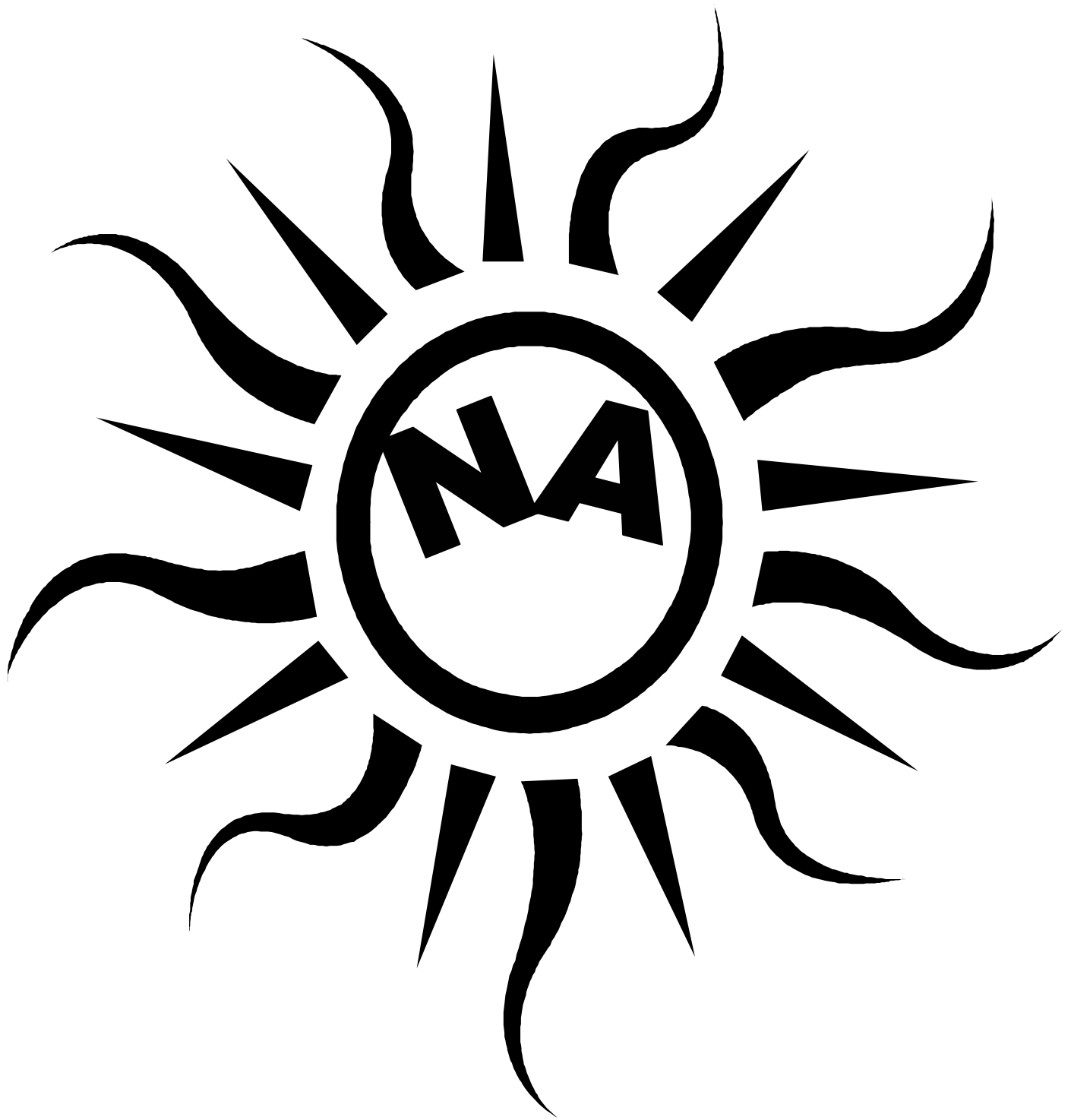
(1st Christian Church of Largo where the Noon Group Meets)

** See Map and directions on Back of Flyer **

INFO: Call Jim L. 727-581-6386

The Conference Agenda Report Workshop will help you as a member of NA to learn about the World Conference of NA and what will be voted on. As members, WE HAVE A VOICE! Be informed, and let your voice be heard.

* THE CAR REPORT WILL BE PROVIDED TO THE GROUPS
* NA IS NOT AFFILIATED WITH THIS CHURCH
* ANY INDIVIDUAL THAT WANTS TO PURCHASE A COPY CALL JIM L.



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.