

# *Just for Today* *On the Bay*

## Meeting Etiquette

The Bay Area Newsletter

Aug/Sep/Oct 2004

Recovery in Print



# Meeting Etiquette

First off let me inform you that this is strictly my perception of what should be. Doesn't necessarily mean its right or wrong just my experience unless referenced otherwise. The definition of a meeting is where two or more recovering addicts who meet regularly at a specific time and place for the purpose of recovery from the disease of addiction taken straight from IP#2. The definition of etiquette is taken from The Living Webster Encyclopedic Dictionary of the English Language; conventional requirements as to social behavior; proprieties of conduct as established in any class or community or for any occasion; prescribed or accepted code of usage in matters of ceremony, as at a court, in official or other formal observances, or in polite society generally.

It turns my stomach that I am at a meeting at their designated time per the meeting list; and there are bunches of people outside and inside talking while the chair or leader of that particular group should be starting the meeting. The need for accountability is something that I had to learn and where better to learn but at a NA meeting. Showing up before the meeting is to start to fellowship amongst friends, getting coffee and finding my seat before the meeting is supposed to start. Not show up at the scheduled time of the meeting and disrupting those that are accountable for their actions. It was told to me that if I am late, that I

should be there to listen not to share my wisdom and apologize for my tardiness. When I got clean, it was told to me there are three parts to a meeting; before, during and after.

When the chairperson opens the meeting with a topic or allows anyone present to open the floor with a topic and YOU weren't the one picked first to open the floor then you should stick with the topic not change the topic by self-willing what you want to talk about for whatever reason, lack of experience, etc. Maybe the purpose of you not having been picked first is for you to listen to others who do have experience and some day when this happens in your life you now have this hope stored in your head. Or, if you don't have any experience doesn't mean that the topic doesn't exist, I heard an addict proclaim they have never had the desire to pick up another white key tag and share their lack of experience. It took all my spiritual principles not to raise my hand and cross talk and ask him then how come there is a chapter in our Basic text called Recovery and Relapse?

Cross talking during a meeting is selfish when you listen to someone share their pain and you have the answers and when you get called on you then focus on that particular person and share to them and take the rest of the members sitting their hostage.

Get over yourself, make a mental note of the person suffering and after the meeting approach them and practice the therapeutic value of one addict helping another.

When I am at a meeting and members talk about being clean and sober it is up to the members to approach them after the meeting and explain our traditions, not belittle them because they are ignorant. Some people just don't know.

It is important for me to remember that I am powerless not only over my own addiction but also over everyone else's. Today I choose to carry the message not the addict. As an addict the most positive message I can carry is to "remember the newcomer" and always try to carry a positive message. Sometimes the most positive message I can carry is that I am going through difficult times in my recovery and am staying clean in spite of them! It appalls me when some addicts think that sharing is a competitive sport, the purpose of our meetings is identification and experience. I also hear a lot the frustration of when people talk about their using times well in our daily meditation book, Just for Today, it says to no longer regret my past because, with it, I can share with other addicts, perhaps averting the pain or even death of another.

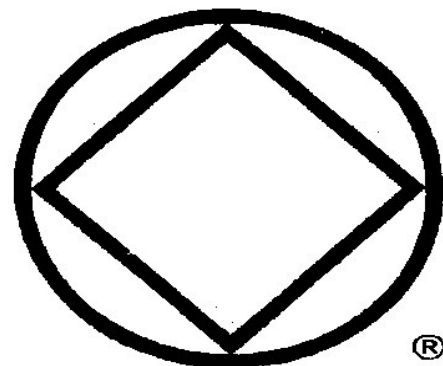
How come we still have those chronic self-centered, compulsive and obsessive addicts usually with multiple years of recovery or used to have multiple years who think they are the only people with experience and talk longer than the suggested time. My experience is that after five minutes people no longer listen unless you are sharing pain and looking for a solution,

but if you are one sharing your experience then lets remember the first word in the Basic Text, Simplicity!

You don't hear me share quite often because I have difficulty sharing eloquently but when I get all choked up and can't talk very good. Those are the times when my gratitude speaks most clearly. When I share its from the heart, my passion is in what NA has given me with a Higher Power and lot of footwork.

Getting up during the meeting, walking around while the meeting is going, stomping out of the meeting because you heard something that YOU took personally, picking up the readings while the meetings is going on, walking around and asking addicts if they want coffee and talking to the person next to you and I am guilty of this too, is distracting to those sitting their to hear the message of recovery. When we are still sitting in the chairs and the final reading is being read, and people are getting up making noise moving chairs etc to see where they are going to position themselves for the Closing Prayer pisses me off. Final reading means the meeting isn't over until it's over!

Thank you for letting me share,  
Sue M



# When I Got Clean

I got clean back in 1988... The members at my first meetings took their recovery serious. If you were having side conversations during the meeting, you would be asked to take it outside. Now ask why? It is a very simple answer, this program saves lives. . If somebody is having a side conversation during the meeting, (especially during the readings) they are stealing from the ten other people around them. They are stopping those people from hearing the message that saves lives including their own. There was a lot of tuff love in the meetings. The members showed they cared about the addicts seeking recovery. It showed by the way they carried themselves in and outside the meetings. The language they used was important. They made an effort not to use profanity. They offered me a strong NA message. This helped me understand the Narcotics Anonymous message. They shared about the 12 steps and 12 traditions. I am glad I got a clear and undiluted message of recovery. I was taught the steps and traditions from members that were living their recovery.

In my first few meetings, I was taught that getting up and down a lot was a great distraction to the group, both the addict sharing and the addicts listening. I was asked if I was trying to get somebody's attention or if something was wrong. I replied, no. The members then said please stop interfering with our recovery. It seemed foolish until one day I was trying to listen and others

were getting up and down. I got upset and then understood the importance of staying seated during the meeting.

Another behavior that was disturbing in my early recovery was the violence. The fighting that went on in and around the meetings in my early recovery was a very unhealthy message for the newcomer. It happened at Area Service meetings from people that were supposed to be practicing spiritual principles. It affected my views on recovery, and made me aware of how this type behavior affects the newcomer. There is no place for violence in N.A. If we say the newcomer is the most important person at our meetings, and then we must make sure that they get what they need and came for. If we love the fellowship, that saved our lives, then let's not steal from it. Some questions we can ask our home groups are: What are we doing to attract the newcomer? Are we greeting them? Are we welcoming the visitor and new people moving to our area? What can we do as a group to help? Sharing these questions with our sponsor and support group will provide us with some experience, strength and hope to find solutions.

Home groups have a responsibility to the newcomer. We need to give back what was so freely given to us. Remember we all we newcomers once. Let our home groups offer this message "No addict seeking recovery need ever die"

Dan K. 2/5/88

# The Twelves

It's a 12-step program that includes the steps, principles, traditions and concepts. All these elements are intricately connected to each other.

I worked the first 11 steps and continue to practice the 12<sup>th</sup> step every day of my life, carrying the message to the addict who still suffers. I was taught initially to attend Meetings and JUST DON'T USE. I was also told to listen and make sure my sponsor lives what he/she says in and out of the rooms.

Once the fog lifts, we began to work the Steps and practice the Principles behind the Steps; follow the traditions and adhere to the concepts. When I incorporate all the Twelve's of Recovery into my daily life, the quality of my life improves and my recovery keeps getting stronger, one day at a time.

Recovery, for me, is the process of spiritual awakening. My recovery is contingent upon me and my fine tuned state of mind:  
surrendering on a constant basis,  
remaining humble enough,  
remaining teachable enough,  
being able to open up, reach out,  
asking for help  
being willing and able to take suggestions  
taking a daily inventory  
making amends by changing my behavior

allowing others to be themselves, and treating others the way I want to be treated.

We can do together what I can't do alone.  
We is mentioned 31 times in the complete reading of the 12 steps.

It is a we program.  
It is a simple program.  
It is a spiritual program.  
It is an awesome program.

The deal is:  
Work the steps.  
Practice the principles in our daily lives.  
Follow the traditions.  
Understand and adhere to the concepts.

It is a simple program for complicated people. Just use the KISS principle, get a sponsor, attend meetings, keep quiet, stay for the whole meeting, get your coffee before the meeting, stay seated, don't leave until the meeting is over, don't pick up, don't use and do service. Just stay! You don't ever have to come back.

We do recover!

Mel B.

# Who was That Addict?

What was that addict's name? Remember that one addict who used to come to meetings awhile back? The one you remember who used to share so honestly with a lot of passion.

The one who used to talk about their love for Narcotics Anonymous, recovery, and the fellowship. You know the addict that was at the meetings who seemed to have a grasp of the Twelve Steps. Who seemed to welcome newcomers and offered their phone number to them. Don't you remember their name, they used to attend a lot of meetings regularly. Who was once a trusted servant for their home group. They opened that one meeting for long time. A lot of good things started to happen in their lives, school, religion, new relationship, and a promotion at work. They slowly, over time, have drifted away from NA meetings and service to others, the one thing they used to talk about in meetings that meant so much to them. I heard from someone or was it that article in the paper or was it the obituary section. I caught a fleeting glimpse of their name; dead from the horrors of addiction. They left a family of loved ones. I forget where I read that just as I have forgot their name until I read about it. They died listed as a transient cremated and the ashes sent to the family. Now I remember who that addict was. I also remember why I remember them. It was how the disease of addiction took over their life clean. As the question in the Basic Text says "Do we know that our addiction changed us into someone we did-

n't want to be: dishonest, deceitful, self-willed people at odds with ourselves and our fellow man"? I remember now what happened they shared in a meeting how they were at odds with fellow NA members, that all these new-comers weren't sharing what they needed to hear, and were acting out on sick behavior that at one time they had done themselves. I remember addicts sharing with them I remember sharing myself to, but the disease of addiction was too powerful. Addict ego too powerful and words fell to the wayside I remember now they said "Oh, I already know that". "I know where the meetings are when it gets bad I come back" Maybe you can remember their name ? ? ? ? ? ? ? ?

CALL AN OLD FRIEND - REMIND THEM THAT YOU ARE THERE  
Anonymous

## Wanted

Ever dreamed of seeing your work in print? Well here is your chance! Submit your original work to the Just for Today on the Bay, The Bay Area's newsletter. We are always taking poetry, jokes, and cartoons. The topic for the upcoming newsletter will be "Service Work". You can submit your work on line at the BASCNA website either through [literature@BASCNA](mailto:literature@BASCNA) or [news@BASCNA](mailto:news@BASCNA). The deadline will be Nov 23. Thanks for all your contributions.

# H&I and Etiquette

After wrestling with the idea of what to write in this newsletter and reading many articles about recovery and how to practice meeting etiquette, my sponsor suggested writing about meeting etiquette in H&I meetings. I have to tell you right off of the bat, I'm not that great at it. Sometimes I show up right on time or have shown up late. Of course, I have lots of help so that we can fulfill our commitment. My first contact with Narcotics Anonymous was at an H&I presentation in an inner-city youth facility. The speaker was not from my side of Dallas, a white-male, and he had 6 months clean. He carried the spirit and recovery with him so that *we* could recover and that essentially there was hope. He said that he was going to 'come back' and give us meeting lists. If anyone saw the movie *Colors*, one might have an image of what side of town he was in and what type of kids he was dealing with. That's when I thought, "He's not coming back." During the meeting, this gentleman could have said while he shared with us, "you kids, when I was your age, if I could of only been younger and start now like you guys, or the grandiose, you weren't as bad as me." He didn't say any of that. I also wasn't thinking that maybe we should have had a Mexican speaker from Oak Cliff, or someone that was younger to "relate to our age group". The speaker talked about how he was staying clean for six months. He talked about his struggle with trying to stay clean and how he sometimes still thinks about getting high.

I could identify with that. When he started sharing about where he came from and all I could think about was wow, if this guy can do it maybe I can do it to. This was my first introduction to Narcotics Anonymous. Again, it was a simple message. The message had hope, recovery, and commitment. Every since then, I keep his example in mind when I am in H&I meetings. I try not to preach. I try to talk about my experience. I try not to sound phony and like a basic text. And I really try not to look for the differences.

I was manipulated into boot camp when I was 16 years old and it helped. Does this mean that I only carry a message to teenagers in boot camp who are 16 years old? No. Our common purpose is to help the addict who still suffers. Our common bond is the disease of addiction. I'm learning to make recovery attractive by the meeting formats, friendliness and hope. Overall, the message has remained the same for me: attend meetings, have a support group, read the literature, and talk to recovering addicts' regularly-I have a shot at staying clean, just for today. Through my sponsor, home group, and experience, I attempt to apply these principles in and out of institutions. At H&I meetings, I try to be mindful of changing the topics, bringing speakers, and asking several members to assist me with the meeting to make it different and interesting. Who really knows if God is speaking through us and at what time? I know that the man from Dallas did.

# Looking for God

Oh where, oh where Has my God gone?  
Oh where, oh where Can it be?  
Looking for God.  
Not a He or a She-My God is genital free  
(Can it be?! Is there a heaven  
Without copulation?)  
Questions, questions, questions...  
Seeking answers,  
I looked for God-  
Under the rug, In the closet,  
In all the old hiding places  
Where I used to stash  
The contraband I used to worship.  
I looked in rituals  
And found more rituals,  
Looking for God. My God wasn't there.  
I looked further along  
And thought I found My God  
In wine, weed, and song.  
Well, I found some good parties  
Along the way,  
And feeling deathly nauseous  
I thought I learned to pray.  
(But it was just plea-bargaining)  
But what is this God  
That creates all And knows all,  
That makes murderous maniacs  
Allegedly in it's own image,  
Gives children painful diseases,  
And bestows genocide upon it's progeny?  
Who is this God? Why should It care  
About what occurs  
Upon this puny, spinning sphere  
Of rock and water, And life and death?  
I asked the question, "Why should it care?"  
And I heard the answer:  
"For love of One's creation,"

Over and over and over again.  
Then I thought of an artist-friend  
Who found it hard to understand  
That once he sold his creations  
He couldn't reproduce and sell them again.  
"Thy are my creations," he exclaimed.  
Of course they are;  
But one can't control what one conveys.  
For love on One's creation-  
This is reason enough  
For a parent to love a child, No matter what,  
Even though the parent cannot control  
The child's behavior or destiny  
Beyond setting the course initially.  
For love of One's creation  
Does the Creator give free will  
To the reflections of it's imagination?  
For love of One's creation  
Does the Creator manifest it's guiding will  
Whenever asked?  
But does not interfere or intervene  
Without an invitation.  
So I am finding my God  
In it's love of it's creation,  
Right in front of my face,  
In every coagulation  
Of matter, energy, and space  
I am finding my God  
As vast and immeasurable as the night sky  
Yet as discrete and subtle  
As love's silent sigh.  
If this God creates everything  
It can take any form and go by any name  
Any path I choose to find my God today  
Is no greater or less valid  
Than others from which I've strayed.  
But my God is wherever I seek it.



# I Was Taught

# The Basics

For me I have a sponsor who taught me the importance of sitting still and not getting up and down in a meeting .It distracts people from the message that is being shared when they're watching people move all around. At first it was hard to do, but I came to find out it was that I was not comfortable in my own skin. I did it anyway.

I was also taught, and I believe that side conversations do not belong in meetings, although I am guilty of having them myself at times. You take away from the other people and yourself because you never know if someone is sharing if you or the people around you need to hear it because people are talking. More importantly the person sharing could be doing it to save their hide.

When people curse when they share no matter how much experience, strength, and hope they have or are sharing it makes people shut down and they stop listening to the message. I was told I have to change everything about myself and I believe that is one of the things I have to change.

I think even though each group is autonomous that we should read the clarity statement in every meeting. It might help the newcomer from the start learn that we only have one disease and that it is the disease of addiction and we only need one program that is Narcotics Anonymous. And it saved my life. Thank You NA.

TED M.

I was taught early in my personal recovery that I need to have meeting etiquette in every NA meeting that I attend.

1) It starts with arriving ON TIME to the NA meeting.

2) Staying from Prayer to Prayer of the NA meeting.

3) Sitting down for the whole entire meeting and not going outside during the meeting. I can't possibly hear the message of hope and recovery when I'm outside the meeting.

4) Being quiet during the meeting and not having any side conversations. My sponsor taught me not to be a distraction during the NA meeting.

NA meetings need more meeting etiquette to properly carry the message to addict who still suffers. Etiquette means to have more decency and dignity in all of our NA meetings. My sponsor also taught me that if I arrive to a NA meeting LATE I've surrendered my right to share at that particular meeting (unless it's a burning desire). Etiquette also means to have more respect for each other in meetings. I call this the "Disease of Distraction" and we need LESS distractions in NA meetings.

Thanks for letting me share.

In Loving Service, Bobby C

# Poetry Corner

## Just a Mold

Wasn't taught to stand  
Received no plans to achieve.  
Looks but never sees,  
What he could believe.  
Was deemed a shame and,  
To always bring the same.  
For you can't change the insane.  
So he keeps dancing in the dreams of a child.  
First by others, then by self.  
Leaves such a dirty thirst in your mouth.  
Never wanted to touch the pain,  
Or explain the shame to another.  
Which face do you place the insane on,  
When one grows to be the other.  
Bought and sold in the light of day,  
Left to drink the night of thinking away.  
When a thought brought a light.  
If I told, would it save a soul,  
Or fill this mold to a whole.  
Could it heal the fears that bind to blindness,  
And let my eyes find the wise instead of the blind.  
Who would teach me to deal with the concealed feelings,  
That choke throat, when I go to tell of then.  
He'll guide my growth to right the wrong I've  
Sowed in life and set a child free, to receive his dream  
Of hope to believe in God and mankind again.

Gaining the faith to do what it takes,  
To live in Grace.  
Freed to taste the tears of the years with another.  
Placing life in the love of helping others.  
Living to tell of the hope,  
To heal the hell of another and  
Believing in a real love for a brother.  
To know the true gift for one another.

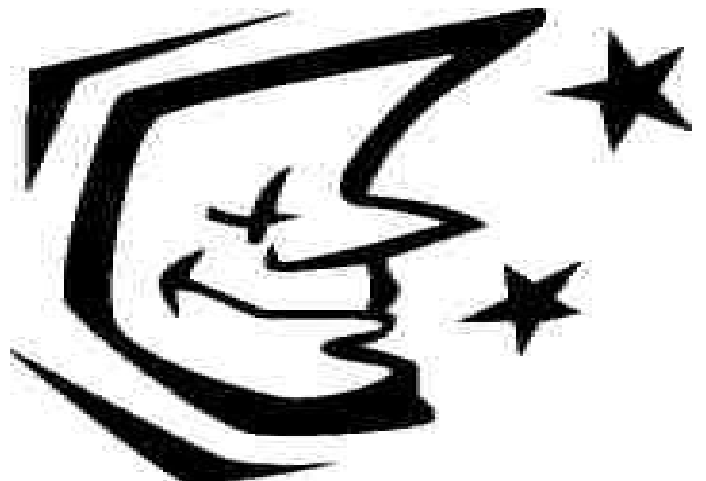
Wil See 04-28-01

## Don't Pick Up

Don't pick up today  
Or you won't have a place to stay!  
Don't pick up  
And I don't mean a phone call.  
Don't pick up at all

Don't pick up today  
If you do, be on your way.  
Go live outside,  
If that's where you choose to stay

Greg L.

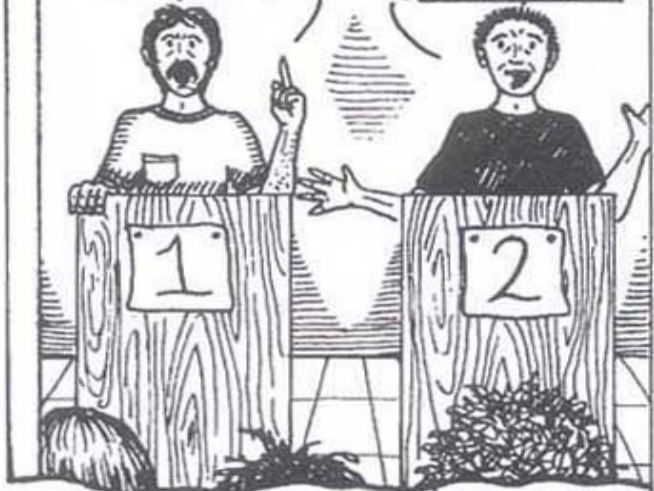


I HAD NOTHING BETTER TO DO...  
SO I LOOKED THROUGH THE  
DIRECTORY FOR THE MOST  
REASONABLE FACSIMILE OF  
AN INTERESTING MEETING...



I've been clean  
since Christ was  
a Corporal!

I've been  
clean since the  
Dawn of Time!



...BUT I NEVER EXPECTED TO FIND  
THE "DUELING SPEAKER MEETING"...

And lastly-I thank  
God for all He's  
given me-all He's  
taken from me-  
and all He's left  
me with.

God and NA have  
given me the  
strength to be  
powerless, and the  
power to be  
weak..



... AH-THE MOST CHALLENGING  
FEAT: THE  
"HEARTRENDING CLOSING"...



BOTH THOSE CLOSING LINES WERE  
SO INANE-WE'RE COMING BACK  
NEXT WEEK FOR THE TIE-BREAKER  
ROUND!-THE SUBJECT WILL BE:  
"THE DIFFERENCE BETWEEN  
SHORTCOMINGS AND DEFECTS"...



# SLUGGO

#49 "Dueling Speakers" October 1993  
Copyright 1997 WSO Inc.

# Anniversaries

# Format

Kenny C	10-19-94	10 yrs
Marty MC	09-01-94	10 yrs
Renee C.	08-04-02	2 yrs
Ron M.	08-12-94	10 yrs
Dave M.	09-02-02	2 yrs
Malcolm R.	08-04-02	2 yrs
Jeff T.	09-15-95	9 yrs
Lisa C.	09-28-00	4 yrs
Robensky W.	10-25-02	2 yrs
Candace B.	10-27-02	2 yrs
Casey S.	10-31-01	3 yrs
Cyndy B.	09-19-94	10 yrs
Roger P.		18 mos
Tom C.		18 mos
Mike R.	10-22-97	4 yrs
Melissa W.	10-28-03	1 yr
Laura		4 yrs
Nick		5 yrs
Christina		3 yrs
Chad B.	10-09-03	1 yr
Christine D.	08-21-98	6 yrs
Chris A.	09-27-99	7 yrs
Samantha C.	09-26-02	2 yrs
Kimberly	09-05-97	7 yrs
Michelle	10-14-01	3 yrs
Richard K.	08-25-02	2 yrs
Carlos W.	08-24-02	2 yrs
Lenny P.	10-18-03	1 yr
Tyrone C.	09-13-85	19 yrs
Cinnamon M.	08-10-02	2 yrs
Scott		18 mos
Ashly S.		18 mos
Rick S.	10-18-00	4 yrs
Shawn G.	10-28-01	3 yrs

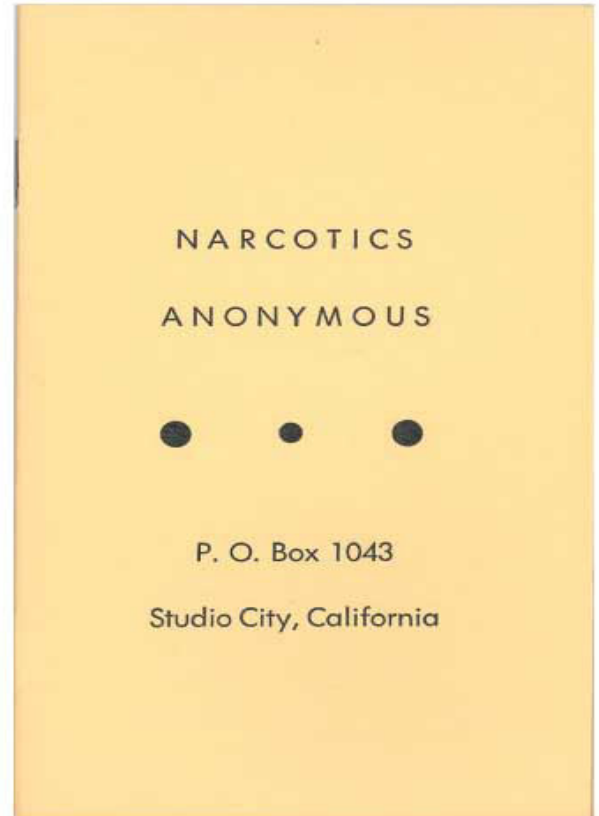
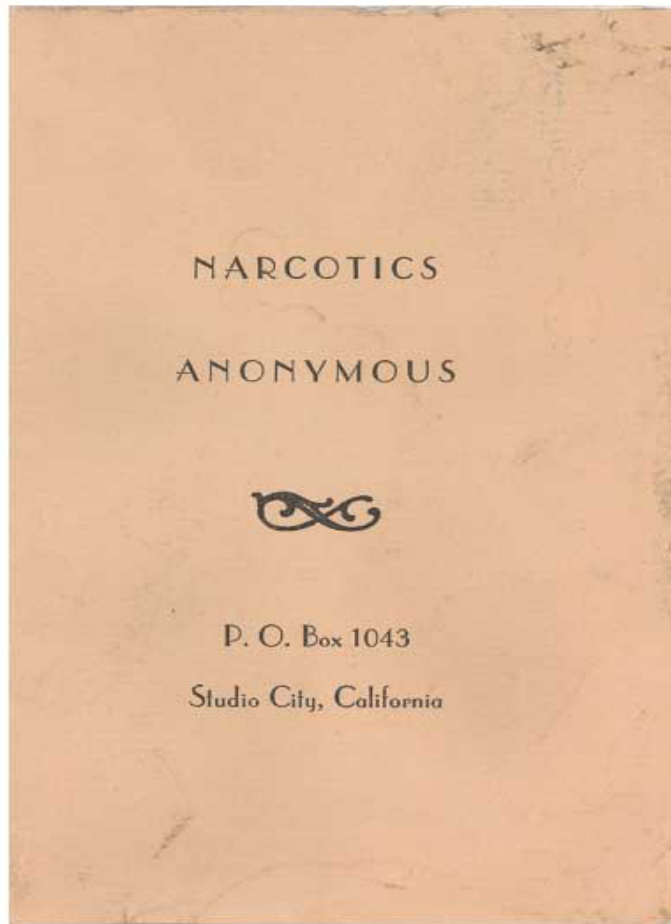
\*\*\*\*\*That's 148 years of recovery\*\*\*\*\*

Etiquette, by definition is described as the practices and forms prescribed by social convention or by authority. Rather than air every peeve I have about meetings in our area, which was my first thought and I think maybe many upon hearing this topic, I decided upon format. It has been my experience that our area has a rigid liking of a particular meeting format which is ok and I've come to accept. In the Bay Area, I can safely say at least 95% of the meetings are 1 hour Topic/Discussion meetings some warranting an occasional speaker meeting at the end of the month. All readings some including the Just for Today meditation are read before the floor are open. Tags are usually given out last. A burning desire is asked for, the meeting is ended. This seems to be the comfortable format for the Bay Area, and I'm sure is shared somewhere else.

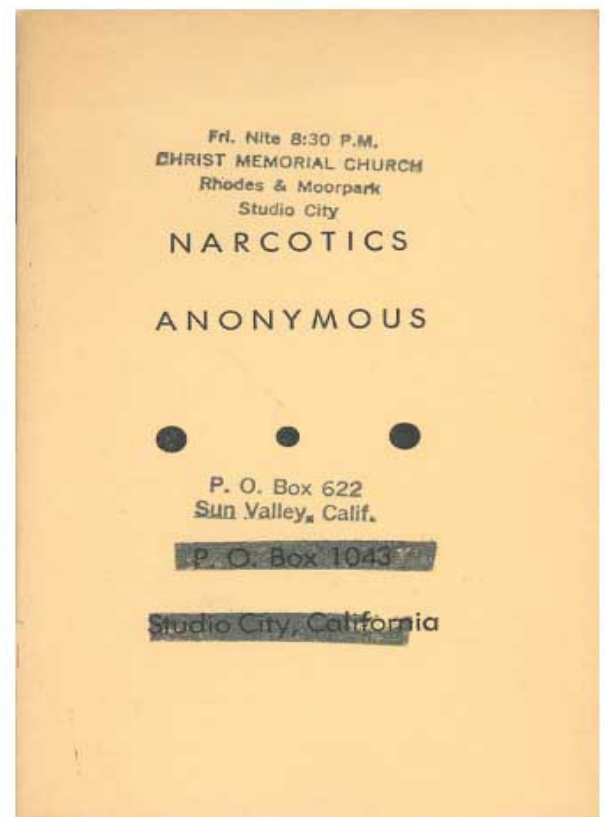
However there are other meeting formats used.

In my hometown in Connecticut, meetings are an hour and a half. Initially readings are read. Then after 35 (I think) minutes a 10 minute break, then return, then the Tags and finishing out with more open discussion. It's a great meeting. In other Areas of the country speaker meetings prevail. Some are 1hour and 15 minutes and have a two chair-person format with a qualifier and a speaker. In Italy I attended a 2 hour open discussion meeting where they took notes. All in all, our area encompasses a style of meeting format, but is not a final representation of how Narcotics Anonymous meetings are performed. I enjoy seeing new different formats in our area. Ron K.

# History



**WE HAVE  
HISTORY  
The Little White  
Book  
Circa 1957 thru  
1959**



## **Florida Region Help lines**

**For Hearing Impaired, please call:**

**Florida Relay Service— 800-955-8770**

**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:** 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

**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 &—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

## **Naranon Help Lines:**

Janet 727 321 8507

Heidi 727 321 0919

We would like to thank all of you who contributed to the newsletter. It was by your efforts that this publication was made possible. We look forward to your contributions in upcoming publications, and we accept articles, poetry, jokes and cartoons. We will try our best to let everyone know what the theme will be as soon as possible. There are many ways to submit your writing. Some of them are listed below. You may also give a hardcopy of your work to one of the newsletter subcommittee members.

◆ **E-mail to:** [lit@bascna.org](mailto:lit@bascna.org),  
[colforbin30@hotmail.com](mailto:colforbin30@hotmail.com), [rking1@tampabay.rr.com](mailto:rking1@tampabay.rr.com)

◆ **Or mail to:** BASCNA

Just for Today on the Bay Newsletter  
P.O. Box 703

Largo, FL 34649

## **AREA SERVICE AND SUB-COMMITTEE TIMES**

**Activities meets every Wednesday at 6:30pm**  
**Additional Needs meets the Saturday before**  
**Sunday ASC at 4:00pm.**

### **Sunday morning before ASC:**

Hospitals & Institutions	9:00 AM
Public Information	10:30 AM
Helpline	11:00 AM
Literature	11:30 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 rooms 10 & 20.**

***All meetings are held at***  
***Terra Nova\* 5501 28th St. N. St Pe-***  
***tersburg FL***

**\*NA is not affiliated with any outside  
organization.**

# Bay Area Activities

THE BAY-AREA ACTIVITIES SUBCOMMITTEE OF NA IS PLEASED TO BRING YOU...



## MONSTER BALL 2004 DANCE OF THE LIVING DEAD

AND ULTIMATE COSTUME CONTEST  
"III"

At THE HISTORIC GULFPORT CASINO

5500 Shore Blvd. S., Gulfport, FL 33707

WE WILL BE GIVING AWAY...2 FULL FRCNA PACKS W/ HOTEL!!!  
BEST MALE & FEMALE COSTUMES



Saturday, October 30<sup>TH</sup>, 2004  
9:30PM to 1:00am

BAY AREA ACTIVITIES OF NA WELCOMES YOU AS WE CELEBRATE RECOVERY AND  
DANCE THE NIGHT AWAY!!! WE HAVE PLANNED FOR THE THIRD YEAR RUNNING A  
"ONE OF A KIND" GHOULISH NIGHT OF FUN, FRIGHT, AND ENTERTAINMENT!!  
(NA is NOT affiliated w/ ANY outside organization)

**DIRECTIONS: From Tampa**  
TAKE 275 SOUTH TO 22<sup>ND</sup> AVE. SO. EXIT  
TURN RIGHT, FOLLOW 22<sup>ND</sup> AVE. (WEST) FOR APPROX.  
4 MILES. TURN LEFT ON GULFPORT BLVD. FOLLOW  
ALL THE WAY TO THE WATER.

BEVERAGES AND SNACKS WILL BE PROVIDED  
A \$10.00 DONATION IS GREATLY APPRECIATED  
NO ADDICT TURNED AWAY



NEW  
W AREA  
ACTIVITIES  
PRESENTS

YEARS  
EVE

2004

## "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 3<sup>RD</sup> AVE. N.  
DOWNTOWN - ST. PETERSBURG  
727-822-4814

DECEMBER 31<sup>ST</sup>, 2004



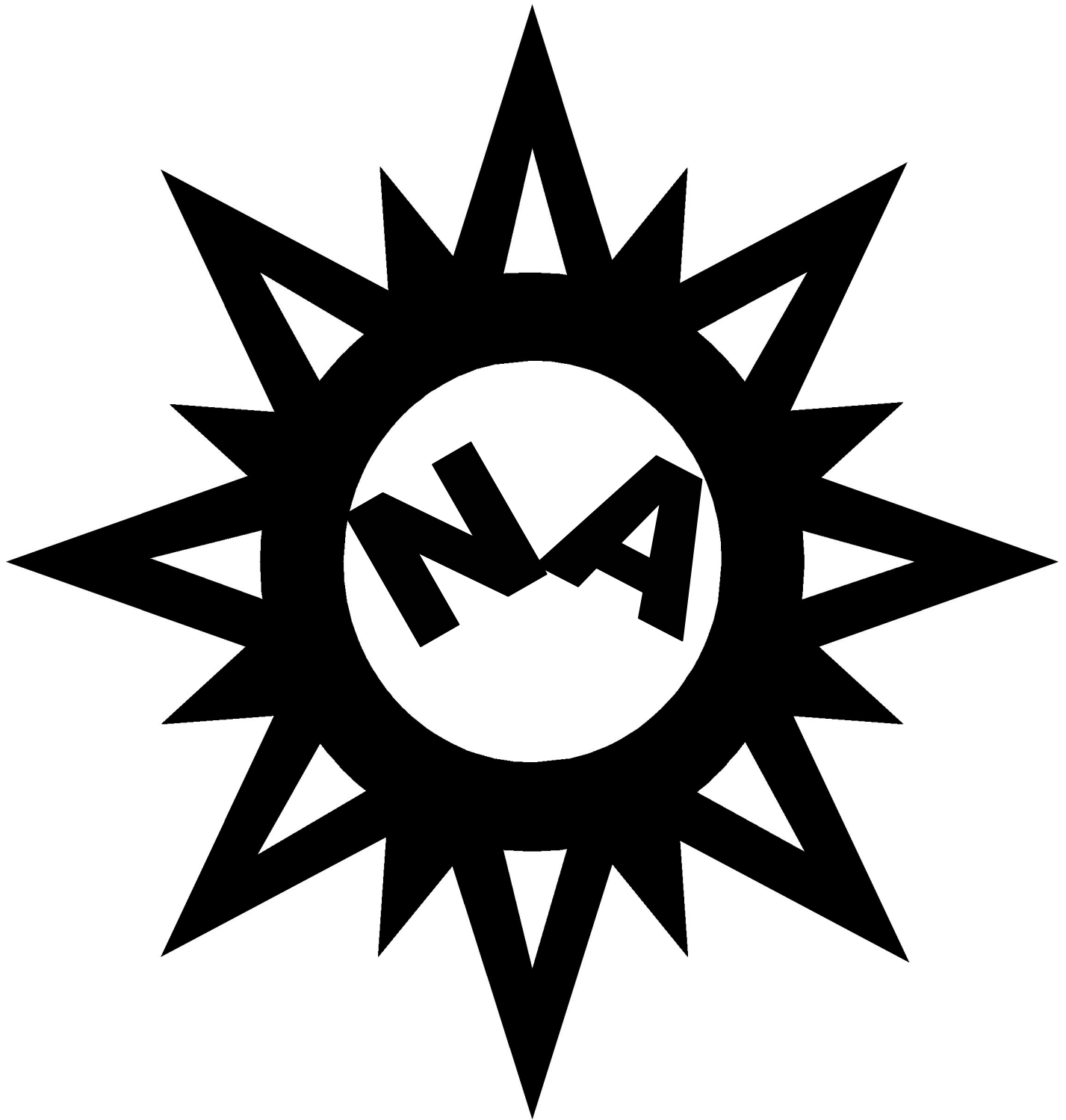
Experience the beauty of downtown St. Petersburg as it comes alive with Fireworks over  
Tampa Bay and celebrate the beginning of a New Year!!!!

As always the City of St. Petersburg will be hosting 1st night which features street  
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!!!  
(2 FRCNA PACKAGES TOTAL!!!!)

For more info or directions contact Dan F. 727-235-2135 or Laura G. 727-235-3349 or Mark S. @ 727-641-3761  
NA is not affiliated with any outside organization.



**Literature Subcommittee Note:**

The opinions expressed herein are those of the individual contributors, 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 Second Tradition. Please indicate if you would like that feedback published.