

Just for Today on the Bay

In service to Narcotics Anonymous in Pinellas County, Florida including St. Petersburg, Clearwater

2006 Bay Area Newsletter

December, January, &
February

“WALKING THE TALK”



WSC 2006 World Service Conference It's All About Carrying the Message!

Some of you—in fact, we hope most of you—may know that we are now in what NA World Services calls conference season. The World Service Conference will be held 23–29 April 2006, and in preparation, members around the world are reading and talking about the *Conference Agenda Report*. This year's CAR is focused on the issue discussion topics and projects. There are only a few motions in this year's CAR, but there are discussion questions for each topic and for some potential projects.

Issue Discussion Topics

- Atmosphere of Recovery
- Leadership
- Our Public Image
- Infrastructure

Projects

- Public Relations Handbook
- Public Relations Strategy
- Basic Text

Among the things we have determined to be important to work on in the years ahead are targeted literature and basic tools for groups, areas, and regions.

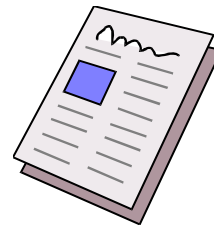
On the Horizon

- Targeted Literature
- Basic Tools for Groups, Areas, & Regions

We invite you to read about the topics and projects in the report (which can be downloaded from www.na.org/conference), and to consider these questions in your groups and service bodies.

Inside this issue:

- Personal Stories, Articles, & Poetry
- Florida Region Help-lines
- Area Service Info
- Recovery Anniversaries
- Activities
- Newsletter Guidelines



The opinions expressed herein are those of the individual contributors, and not the opinions of the Bay Area Literature Subcommittee, or Narcotics Anonymous as whole.



My Sponsor's "Walk"

My sponsor is the most reliable male in my support group. He's also the most loving and most understanding, that's why he's my sponsor.

He is direct to admit when he is wrong - that's step one, honesty. Always gives hope in our conversations - that's step two. He has faith that our Higher Power will guide us in all areas of life - that's step three. He shows me courage that I can be a better person - that's step four.

He does have integrity glowing about himself. You'd have to know him to see that. Integrity is step five. He is willing to be there for someone else in need, putting him or her before himself. Willingness is step six. He is very humble to the facts of recovery. Knowing the depths of active addiction gives him humility. Love for the fellow addict is step eight.

That's what attracted me to my sponsor, knowing to accept past wrong doing and paying for our actions. Some have already done and some have yet to do. Step nine.

Also, step ten, to keep on path and continue to move forward is perseverance. Spiritual awareness and perseverance are gifts due to working the principles of the N.A. program. And service to others and suffering addicts at any given time is step twelve.

All these principles I have found in my sponsor. He is one I do want to be like, someone who is truly "Walking The Talk".

Thank you Chip.

Signed Dougie Fresh



"Spiritual awareness and perseverance are gifts due to working the principles of the N.A. program."

Why Am I an Addict?

Why? Why I am an addict? Why do I have to be in recovery? Why am I here? Those were the questions that I asked myself upon entering the rooms of narcotics anonymous.

My name is Tania R., and I am an addict. (A.K.A - "T") All I heard at the end of meetings was "ninety meetings in ninety days, get a home group, and find a sponsor". It sure seemed like a big task, and at the time I really didn't want to do it. Then one day at a meeting I heard somebody sharing, and they said, "Give yourself a chance". That is one thing I have never done for myself. From seventeen to twenty-three I gave myself chaos, heart-ache, and pain.

Now here was my chance to give myself happiness, freedom, and a life free from guilt. After that, I kept going to meetings, found a home group, and got a wonderful sponsor. My home group is women & recovery. It is an amazing group of women, and I am blessed to

have them.

Now I have five months clean, and I have not regretted giving my life a chance. It isn't easy in recovery. On those days I want to go backward instead of forward, I do suggestions that were given to me such as pick up the phone and call my sponsor, call the women on my list, go to a meeting and share. If I still feel bothered I read the big blue book, go to the gym, or find a friend in N.A. and go do an activity.

NO MATTER WHAT JUST DON'T PICK UP! Today through N.A., I can have a healthy way of life. Just for today, through N.A., I can see a brighter future.

Signed "T"



“Walking the Talk” - One Addict’s Experience

I thought about the topic of "Walking the talk, and many faces popped into my mind. Several were our predecessors who walked this path before us. Many were addicts who I have had the pleasure and good fortune of serving with.

A few were the addicts in my support group, my home group, and a couple were even addicts who died with and from this disease. I had a very dear friend who died as a result of a drug overdose after having been clean four and a half years. There was a time when this man "walked his talk". Did a few bad decisions negate the years of service and dedication to his family, society or our fellowship?...I hope not.

There are times when I can be described as someone who walks the talk, and at other times I can be a horrible example of that very same statement. It can change from day to day. We are not all good or all bad. We all, at times, walk the talk, and I for one would like to focus on those times rather than

the times we don't.

Walking the talk for me means: serving our fellowship, being a part of the "we", working a program, carrying the message, sponsoring people, listening to others, going to meetings, keeping my word, being dependable, maintaining integrity, continuing to live by the idea that if I can't help an addict, don't hurt them. I don't think or believe that even the greatest examples in Narcotics Anonymous "walk the talk" 100% of the time.

I am going to strive to keep the scales at least level - just for today. Thanks for listening.



"Walking the talk means serving our fellowship, working a program, carrying the message, going to meetings ... "

Keeping it SIMPLE!

IT'S A SIMPLE PROGRAM FOR COMPLICATED PEOPLE. JUST USE THE KISS (Keep It Simple Stupid) PRINCIPLE and ...

- **GET A SPONSOR**
- **ATTEND MEETINGS**
- **KEEP QUIET**
- **STAY FOR THE WHOLE MEETING**
- **GET YOUR COFFEE BEFORE THE MEETING**
- **STAY SEATED**
- **DON'T LEAVE TILL THE MEETING IS OVER. DON'T PICK UP**
- **DO SERVICE**
- **DON'T USE**

JUST STAY - YOU DON'T EVER HAVE TO COME BACK!

WE DO RECOVER!

Mel Blonsky



Poetry Corner



T'was the Night Before Rehab

T'was the night before rehab and all through my brain,
 Danced so many creatures like fear, hope and pain.
 To the top of the mountain, a place called "the farm."
 My training began-despite my alarm,
 My guard was up as I'd done this before
 And I prayed it would leave when I entered the door.
 "Have a treatment experience" J.D. had said.
 It was then I realized I still had some dread.
 But my nerves settled down and my work than began.
 On the numerous tasks found in my treatment plan.
 One of my first tasks was relating my story,
 Which then quickly led to a self-inventory.
 Anger, resentment, selfishness and fear
 Were a few of my defects that appeared crystal clear?
 Manipulation, pride, impatience and lust,
 Intolerance, dishonesty---Change was a MUST!
 I listed my assets to gain perspective
 And realized once more, I was not all defective.
 Honesty, openness, the ability to care.
 Self-acceptance, commitment and hope-not despair.
 Patience and tolerance, the willingness to grow.
 An attitude of gratitude began now to show.
 Confronted with more insight, to now greater depths,
 I knew it was the right time to re-work The Steps.
 Powerless-unmanageable the nature of me
 Focused my thoughts back on step 2 and 3.
 Inventory, confession, readiness and prayer.
 Tackled my shortcomings and lessened their glare.
 Made amends to my family, to whom I'd done harm

And a daily spot check. It worked like a charm.
 Now I prayed for the knowledge of God's will for me,
 As I completely surrendered and then was set free.
 T'was the night before discharge and all through my brain
 No longer danced feelings like fear, dread and pain.
 I was leaving the mountain, a place called "the farm"
 And as I was told. It had done me no harm.
 Some changes occurred as the result of my stay.
 The first one that stands out was my action of play.
 More faith and more trust, a stronger program to live,
 More ability to take and not just to give.
 Courage, humility.... gifts from God above
 Deeper serenity and a greater self love.
 My time now has come to say my final good-bye
 One Day At A Time, I no longer live high!

ANONYMOUS

**"Courage, humility
 ... gifts from God
 above ... Deeper
 serenity and a
 greater self love"**



Florida Region Help Lines

For Hearing Impaired, please call: Florida Relay Service—711

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: 352-621-6737 (Citrus County)

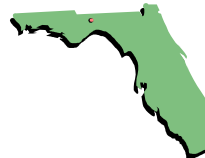
Space Coast Area: 321-631-4357 (Titusville, Cocoa Beach, Melbourne, Palm Bay, Merritt Island)

Sun Coast Area: 941-957-7910 (Bradenton, Sarasota & Manatee Counties)

Tampa Funcoast Area: 813-879-4357 (Hillsborough County, including Tampa, Oldsmar, Lutz, and 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)



Getting Involved

Bay Area Service and Sub-Committee Meeting Times

The Area Service Committee: (ASC) meets the second Sunday of every month at 1:30pm in Rooms 10 & 20.

Sub-Committee Meeting Times: Sunday morning before ASC, the subcommittee meetings are held at *Terra Nova:

All Meetings for ASC are held at:

*Terra Nova
5501 28th St. N.
St Petersburg, FL

Hospitals & Institutions	9:00am
Public Information	10:30am
Helpline	11:00am
Literature	11:30am
Policy BASCNA	12:00 pm
Administrative	12:45 pm

**NA is not affiliated with any outside organization*

Activities meets every Thursday at 6:30pm.





November, December, January, & February Anniversaries

Anniversaries

Vernell	34 yrs	Liz	12/96	Dennis S.	1/04
Marcy G.	21 yrs	Miles	2/21/97	Ron K.	1/07/04
Janet H.	20 yrs	Renee B.	12/02/97	Jennifer H.	1/10/04
Linda D.	2/84	Bobby C.	12/16/98	Anthony D.	2/01/04
Willie Mc.	12/13/86	Dawn C.	12/18/98	Pete G.	2/06/04
Kat W.	1/01/88	David D.	1/16/99	Aaron B.	2/23/04
Tracy	18 yrs	Sheryl A.	2/01/99	Mike W.	12/06/04
Donna	16 yrs	Agnes G.	12/20/00	Pam A.	1/01/05
Craig G.	1/1/90	Doug W.	12/25/00	Charles W.	1/03/05
Jesus H.	1/19/90	Barry	4 yrs	Alisa O.	1/27/05
Ramadan	2/15/91	Leonard	12/25/01	Amy	1 yr
Danny B.	2/23/91	Tim B.	1/16/02	Jamie	1yr
Ray	2/06/92	Deborah W.	1/13/03	Bob O	1yr
Nancy E.	2/12/93	Bridgett T.	1/13/03		
		Earl Z.	1/31/03		
		Chris J.	2/02/03		
		Jay B.	12/30/03		

If you are interested in having your recovery anniversary published in future publications, please email lit@basna.org or have your GSR report it at the monthly ASC meeting.

Bay Area Activities

Leap of Faith '06

When: March 17-19
Where: Boyd Hill Nature Park
 2900 31st Street South St.Pete.
 (Pioneer Settlement)

If you are interested in having your activities published in future publications, please email lit@basna.org or announce it at the monthly ASC meeting.



Congratulations!



Home Group Activities

Potluck Dinner

When: Last Thursday of every month

Where: Fellowship Hall, Gulfport Presbyterian Church, 5313 27th Ave South, Gulfport

Defeating Our Addiction invites you to join us for a "Potluck Dinner" on the last Thursday of every month. Please feel free to bring a covered dish. The dinner starts at 7:00pm and there will be a speaker meeting at 8:00pm.

Sponsored by: Defeating Our Addiction

Celebrating Service

When: 1st Friday of the Month

Where: First Baptist Church of Dunedin, 500 Wood Street, Dunedin

Join Us the first Friday of the Month @ 8:00PM to hear a special speaker share their experience, strength & hope of what service means to them. Snacks & Refreshments will be available before the meeting Doors open @ 7:00

Sponsored by: How Group

Eating Meeting

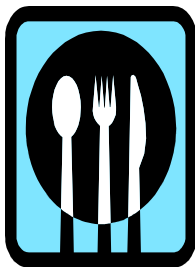
When: Monday, Wednesday and Friday - Doors open at 5:30pm for food and coffee.

Where: Pathways Community Church (formerly Sunset Baptist), 1390 Sunset Point Road (on the corner of Sunset Point and Kings Highway), Clearwater

Meeting starts at 6:00pm. Hosted by the Path to Recovery Group. Food and Coffee at 5:30pm - Recovery Meeting at 6:00pm - Monday, Wednesday and Friday of every week.

Sponsored by: Path to Recovery

Area Activities





Newsletter Guidelines



Thank you!

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.

- E-mail to: lit@basdna.org (preferred method)
- Mail to: BASCNA,
"Just for Today on the Bay" Newsletter
P.O. Box 703

The NA Bay Area Literature Sub-committee is looking for you!

We are looking for fellow members to submit articles for publication. Listed below are some thought provoking questions to hopefully inspire you and stir up those creative juices. You may want to select an item from the list below to use as a starting point. These are only suggestions. If you do not find anything that interest you, please feel free to come up with a topic of your own. We look forward to hearing from you soon!

- *What is your favorite recovery quote and why?*
- *What is your favorite spiritual principle and why?*
- *What does working the steps mean to you?*
- *How do you know it is God's will?*
- *How do you develop healthy intimate relationships?*
- *How does your gratitude speak?*
- *How do you continue to make amends? Are you ever finished making amends?*
- *Are there any other requirements for membership?*
- *Rigidity: How did you learn to lighten up?*
- *Why do you go to conventions, learning days, dances, or other NA-related events?*

We ask that each member submitting your story, article or poem to keep it to 100-200 words to ensure that we can publish multiple articles. In addition, please keep articles related to recovery. Please be advised that writings will be edited for grammar & content in some cases. We strive to carry a clear, concise message of recovery!

Literature Sub-committee Note:

The opinions expressed herein are those of the individual contributors, and not the opinions of the Bay Area Literature Sub-committee, 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.