

Just for Today On the Bay

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

**2006 Bay Area
Newsletter**

March & April 2006

“MY HOMEGROUP”



NAWS NEWS

Basic Text Project Update!

The Basic Text project is moving into a new phase. The collection period for submissions formally ended on December 31st, 2005. If members sent in submissions after that date, we may be able to still use them. We cannot, however, guarantee that submissions received after the deadline will get the same level of attention as those that were sent prior to the deadline.

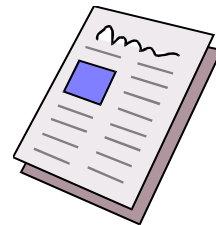
For the next six months, we will be filling in gaps in the material as we begin to put together the collection of experience for the Basic Text. What we mean by “filling in the gaps” is that we will be actively soliciting some material from members for identified recovery-related gaps. The review and input draft for the Sixth Edition Basic Text will be mailed September 2006. Input on the review draft needs to be completed by March 2007. The approval form draft will be released in September 2007.

Since the beginning of the project, we’ve reported that we have been trying to remove any possible impediments that might have stood in the way of members contributing to the project, so we utilized a number of different methods to collect stories for the text. These included interviews, local workshops, email, and post submissions. We’ve given feedback to members who asked for it and facilitated local collaboration and teamwork. Without exception, everyone we talked with found participating in this project—by writing something, going to a workshop, or helping someone else write something— a wonderful experience. And many members actually felt transformed in some way.

Article taken from the February 2006 edition of the NAWS News.

Inside this issue:

- Personal Stories, Articles,
- Florida Region Help-lines
- Area Service Info
- Recovery Anniversaries
- Poetry Corner
- 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.



The “End of the Road”

The End of the Road meets every Tuesday at 8:00 PM at the MCC Church at 3150 5th Ave North Room 328 in St. Pete. We are a new meeting having beginning in November of 2005.

Because we are new, we are still trying to accumulate enough 7th tradition money to have a prudent reserve of one months rent. Thanks to the ASC having given us a new group packet and ICOF having donated literature to us when that meeting closed we have a full range of NA literature available. We are grateful to both the ASC and ICOF.

Our meeting attendance is good. We have an average of 15 addicts attending our meeting each week and 6 home group members. Les M. is our GSR, Sonny is our

Alt-GSR, Cathy is our Secretary/Treasurer and John is our greeter. We are looking for more home group members to help us fulfill our primary purpose of carrying the message to the addict who still suffers and to fill additional trusted servant positions.

One of the highlights of our meeting each week is the home baked cookies and cakes from Cathy's Kitchen. YUM!!!

Please join us for some good messages of experience, strength and hope on Tuesday evening.

ILS,
Les



“our primary purpose is to carry the message to the addict who still suffers and to fill trusted servant positions...”

MY HOME GROUP

I LOVE my Home group, Recovery in Woodlawn, because attendance is usually 10 people or less. The home group members are a mix of long-timers (8 or more years) and short-timers (2 or less years). We almost always have a brand-newcomer or an out-of-towner in attendance too.

Nothing against the bigger meetings, but just about every week everyone who shows up in my home group gets a chance to share. And since there are fewer "big room distractions", everyone can pay close attention to the person sharing and generally there is a strong feeling of empathy in the room.

As a sharer, it's gratifying to know that other addicts are caring enough to not only show up, but also feel the spirit of one addict helping another. One other thing about MY HG that is different from most, is that we meet at 7pm, which means we get home to family or for dinner at an earlier hour than others. Of course, ALL addicts are welcome. We have had a few meetings with up to 20 addicts or so.. but only a very few. See ya there!

In Loving Service,
Rodney F. GSR

The Dunedin Group

The Dunedin Group holds our meetings Tuesdays at 8pm at the Baptist Church of Dunedin. We are a beginners meeting and we concentrate on steps 1-3. This meeting passes out a lot of white tags as we get a lot of people from treatment centers who are new to the fellowship. We'd like to invite people with some recovery to share their experience, strength, and hope to help these newcomers on the road to recovery. *Anonymous*



Defeating Our Addiction – My Home Group

D.O.A. is the oldest, continually run Narcotic Anonymous meeting in Pinellas County. We meet every Thursday at 8pm for an open discussion meeting.

I was drawn to D.O.A. because most of the home group members are very active in service, especially at the area level. The importance of service was taught to me early in recovery. In regards to service, D.O.A. home group members definitely "Walk the Talk".

Another reason I was drawn to D.O.A. was because of the "eating meeting". The last Thursday of every month the

meeting starts at 7pm with a pot-luck dinner, followed by a speaker at 8pm. Recovery and food = a recovering addict heaven! I'm grateful to have D.O.A. as my home group and to serve as the GSR.

I look forward to helping carry on the D.O.A. legacy. Our group has but one primary purpose-to carry the message to the addict who still suffers.

ILS,

Kevin S.



"fellowship and socializing allows me a lot of personal growth and fun through fellowship and shared experiences and strengths..."

"Give It Up" Group of Narcotics Anonymous

My home group has several members with quite a bit of clean time, plus those regularly attending also have quite a bit of clean time, too. Adding this together with the fact that many of us get together after the meeting for fellowship and socializing, allows me a lot of personal growth and fun through fellowship and shared experiences and strengths. We hope you all will join us! Group GSR, Dennis S.

Women & Recovery

Women & Recovery is the home group to some of Narcotics Anonymous most beautiful women. There are women with a significant amount of clean time who share their story with other women coming into the fellowship.

Every third Sunday a speaker/eating meeting takes place. We bring different treats and listen to a guest speaker share his or her experience strength and hope. Women & Recovery is a wonderfully diversified group of women who come together and truly define unity. The unity that is needed to keep the fellowship alive and free.

If you are looking for a home group with fabulous women, activities, and unity you have found the right place. Women & Recovery meets 10am at Tierra Nova Sunday mornings. Come and join. No addict will be turned away! Signed,"T"

The Noon Group

I believe that my home group is one of the best because of the commitment and diversity of the people who make up the home group. Erik G.



The Gifts of Recovery

As recovering addicts, our experiences afford us the opportunity to speak with wisdom and knowledge. The gifts of recovery come to us from faith in a Higher Power. Our Higher Power has given us the power to work miracles in our own personal lives and the lives of many others.

Each time we drop our masks and meet heart to heart, we have the ability to practice the spiritual principle of open-mindedness. Despite our fear and defense mechanisms, we are able to become more aware of our senses and the love from within ourselves is awakened. We then have the ability to recover from what seems like a hopeless state of mind that affects our body and spirit. By becoming unified, we slowly lose the desire to look outside of ourselves for a better way of life.

Working the steps is the solution to recovery. By having a program of recovery, we are able to find solutions to our problems

and discover a new way of life.

Walking the talk enables a window of opportunity to concepts and ideas that can strengthen our recovery. Before coming into the fellowship of Narcotics Anonymous, many of us have felt a void that there was something missing in our lives. By practicing some spiritual principles, we are able to obtain a greater understanding of ourselves and are able to see was once invisible to our very eyes. By building healthy relationships, we are able to embark on an unfolding process of personal and spiritual development and growth.

To the recovering addict who is still suffering, I hope this awareness allows them the opportunity to feel love and to be loved. Dave E.



"The gifts of recovery come to us from faith in a Higher Power"

My First Home Group

My name is Joseph P. and I am an addict. I'm also a proud member of an N.A. home group. In keeping with the 12th tradition I won't mention the name but I will say my home group has really "saved my ass".

We meet 7 days a week at 5:30pm. I chose my home group after an assignment my sponsor gave me: 90 different meetings in 90 days! After visiting various groups, I saw the unity in mine and the convenience of being right on a bus line. Being in a half-way house and having a home group gives me a feeling of belonging. No pressure, no pledges to keep, no promises to make to anyone, just knowing I belong.

My first home group assignment was to be the greeter. The opportunity to greet every-

one coming into a meeting was and is a tremendous feeling.

At my home group we discuss issues from the newcomer feeling welcome to how we can make our meetings a pleasant experience for all. This I know-whether I live or die, pick-up or remain clean, my home group will always be there for me and any other addict who has a desire to stop using.

The support I receive is truly awesome. My suggestion to anyone who may not have a home group is to make 90 different meetings, chose a home group, and get a sponsor.



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/Newsletter	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.





2006 March & April Anniversaries

Joe G.	3/27/04	18 months	Brenda W.	3/23/97	9 years
Deb B.		18 months	Joseph P.	4/9/95	11 years
David F.	4/2/05	1 years	Hilary	4/21/95	11 years
Les M.	4/22/04	2 years	BJ A.	3/6/94	12 years
Bryan B.	3/9/04	2 years	Denise F.	4/15/94	12 years
Bobbi S.	3/6/04	2 years	Louis P.	3/11/91	15 years
Gordon S.	3/6/04	2 years	Jeannie	3/17/90	16 years
Ashley S.	3/08/03	3 years	David J.		16 years
Tommy	3/11/02	4 years	Erik G.	3/22/89	17 years
Cathy S.	3/27/02	4 years	Jonathan W.		22 years
Dave L.	3/19/01	5 years	Gwen G.		22 years
Gary F.	3/7/06	5 years	J.W.	3/5/77	27 years
Lou D.	3/6/00	6 years	Dave		30 years
Cindy W.	3/31/99	7 years			

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

***Please be sure to provide the anniversary date.*



Congratulations!

Wall of Fear

Within these shadows of Life
There stands a wall of fear
Sadness of growing older
Clinging to youth so dear.

Tears come and they go
Weakness I feel
Strength sometimes hard to find
So much to deal with.

Happiness resides deep within
Trying to live day to day
So many emotions to face
Trying to cope in my own way.

I need to climb back to the top
Of that mountain I have lived
Escape from these shadows
And behind this wall of fear.

by Ann~Stareyes

Anniversaries

Poetry



Corner



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

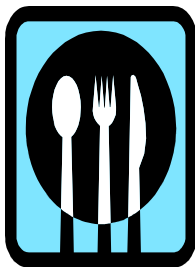
Eating Meeting

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





“FUN IN THE SUNSHINE STATE”

Florida Activities

13 April 2006 - 16 April 2006

North Dade Area Convention-Addressing Recovery II; El Palacio Sports Hotel and Conference Center, 21485 NW 27TH Avenue; Miami, FL Miami, 305.621.5801; Event Information: 305.758.9875; North Dade Area; BOX 42-0217; Miami, FL 33242-0217; web: www.miamielpalaciosportshotel.com

14 April 2006 - 16 April 2006

First Coast Area Convention VI; Renaissance Resort at The World Golf Village, 500 South Legacy Trail; St Augustine, FL 32092 St Augustine, 888.740.7020; Event Information: 904.386.3728; Event Registration: 904.744.3742; Speaker Tape Information: 904.742.5328; speaker tape submission deadline: 12/31/2005; First Coast Area of NA; FCACNA VI; Box 16158; Jacksonville, Florida 32245-6158; web: <http://www.firstcoastna.org>

15 April 2006 - 15 April 2006

Easter Weekend Breakfast and Dual Speaker Meeting; NEA Clubhouse, 220 41st Ave East; Bradenton, Fl. 34207 Bradenton, {941} 962-6261; The Eye Opener -Suncoast Area

27 April 2006 - 30 April 2006

Fun In The Sun XXVIII; Boardwalk Hotel And Resort, 9400 South Thomas Dr; Panama City Beach 32408 Panama City Beach, 850.230.4607; 256.394.6592, 931.580.7637; Event Registration: 256.797.1345; Event Information: Alabama Northwest Florida Region

28 April 2006 - 30 April 2006

Conch Republic Area Spiritual Retreat; Sugarloaf Key, 305.745.3549 (Mention Spiritual Retreat); Conch Republic Area

19 May 2006 - 21 May 2006

Daytona Area Convention; Plaza Ocean Club, 640 North Atlantic Ave Daytona Beach, 386.239.9800; Event Registration: 386.212.6067; Daytona Area; Box 247; Daytona Beach, FL 32115

26 May 2006 - 28 May 2006

Celebration of Unity XXIV; Orlando Marriott Downtown, 400 West Livingston Street Orlando, 800.228.9290; Event Information: 407.301.1207; Event Registration: 407.319.1607; Speaker Tape Information: 407.538.2098; speaker tape submission deadline: 12/31/2005; Greater Orlando Area of Narcotics Anonymous; GOASCNA; Box 149004; Orlando, FL 32814; web: www.orlandona.org

26 May 2006 - 29 May 2006

Gold Coast Convention XVI; Bahia Mar Beach Resort, 801 Seabreeze Blvd, Fort Lauderdale Fort Lauderdale, 954.764.2233; Event Registration: 561.302.9921; speaker tape submission deadline: 2/1/2006; Gold Coast Area; web: www.goldcoastna.org

29 June 2006 - 2 July 2006

FRCNA XXV; West Palm Beach Marriott, 1001 Okeechobee Blvd; West Palm Beach West Palm Beach, 800.376.2292; Event Information: 772.344.3216; 800-315-2621 Reservations; Event Information: Florida Region; 706 N Ingraham Ave Lakeland, Florida 33801; web: www.floridarso.org





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@bascna.org (preferred method)
- Mail to: BASCNA,
"Just for Today on the Bay" Newsletter
P.O. Box 703
Largo, FL 34649

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.