

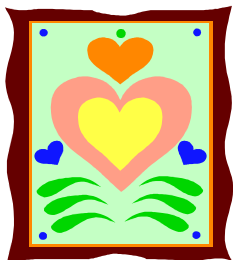
# Just for Today On the Bay

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

2006 Bay Area  
Newsletter

May 2006  
Creative Thought Issue

“CREATIVE THOUGHT”



## 25 Years Later

“TODAY WE LIVE!”

June 29th through July 2nd - West Palm Beach, FL

*“Our Fellowship has Grown, Numerically & Spiritually”*

At the second Florida Regional Service Committee Meeting (consisting of four Areas) held in Lake Worth on January 17, 1982, Jayson T. suggested holding a regional convention to unite the Florida fellowship. Just months earlier, the 11th World Convention held in Miami Beach had succeeded in doing the same for N.A. as a whole.

“Today We Live - Twenty Five Years Later” has grown from four Areas in the beginning to now three different Regions serving the State of Florida. Approximately 1,250 regularly scheduled meetings are held each week. More than 40,000 addicts attend N.A. meetings each week in Florida. Two dozen conventions and major events are held annually to celebrate the miracle of recovery.

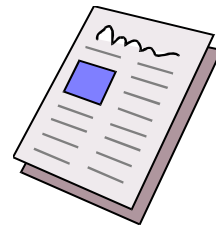
From a suggestion in January 1982 by Jayson T. to where we are now 25 years later, we will always be grateful for that suggestion and for those who came before us to make this dream a reality.

And may there be many more ...

*Article taken from the 2006 FRCNA Registration Flyer.*

### *Inside this issue:*

- Personal Stories, Articles, Submissions
- Florida Region Help-lines
- Area Service Info
- From the Inside
- 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.*



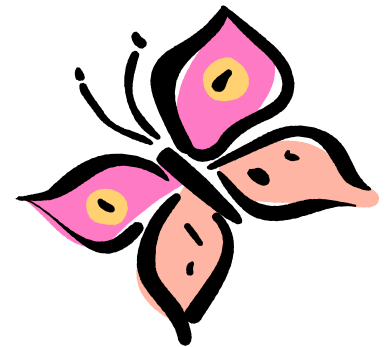
## “The Butterfly”

A man was walking in the park one day when he came upon a cocoon with a small opening. He sat and watched the butterfly for several hours as it struggled to force its body through the little hole. Then it seemed to stop making any progress. It looked like it had gotten as far as it could, so the man decided to help the butterfly. He used his pocketknife and snipped the remaining bit of the cocoon.

The butterfly then emerged easily, but something was strange. The butterfly had a swollen body and shriveled wings. The man continued to watch the butterfly because he expected at any moment the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened. In fact, the butterfly spent the rest of its life crawling around with a swollen body and deformed wings. It was never able to fly.

What the man in his kindness and haste did not understand was that the restricting cocoon and the struggle required for the butterfly to emerge was natural. It was nature's way of forcing fluid from its body into its wings so that it would be ready for flight once it achieved its freedom. Sometimes struggles are exactly what we need in our lives. What the caterpillar calls the end of the world..... the master calls a butterfly.

Signed, *Carmella*



“Sometimes  
struggles are  
exactly what we  
need in our  
lives... “

## “The Journey Within”

Take me on the journey within,  
This is my soul.  
Teach me the truth of myself.  
Bring to light the faults that lie within.  
Heal the faults before my soul ...  
Should die.  
Teach me to face the faults so that my soul  
should ...  
Be restored to the purity and innocence that  
was ordained.

I am willing to search to find the person hid-  
ing within.  
As long as it takes, will I search, pain,  
though it ...

May bring. I continue.  
Continue and search to see the ...  
Person that really is; the person that longs  
to be.  
To begin this journey,  
I take with me a few of those I choose to  
befriend.  
Honesty, Truth, Acceptance, Love and  
Responsibility,  
These friends of mine will lead me to me,  
and thereby to others.

*Theresa J.*



## “The Game”

Chalk it up to the Game  
That's what I used to say  
But I got caught up in a game  
And I have never been one to play

Chase the money, Chase the dope  
I wonder now, how did I cope  
With a life going nowhere  
Full of people who didn't care

I thought that there could be  
No winners  
In this game of drugs and sinners  
But I had to use my wit  
Game over, I win  
Cause I just quit!

*Christy G.*

## “Imagine”

Imagine a world where time stands still.  
Where nothing you do is of your own free will.  
Stripped of freedom, your hope and pride.  
Surrounded by strangers with no place to hide.  
Imagine a place where you're told what to do.  
A place where no one is allowed to choose.  
You are told each day when you're allowed to talk.  
And you're told where you can and can't walk.  
A world where you sleep surrounded by hate, where all you can do is sit and wait.  
Imagine a world where you don't have a voice.  
Where you can't even think because of all the noise.  
A world where you work, but get no pay.  
Made to feel worthless each and every day.  
Where your days crawl like a snail.

Where all you hope for is a piece of mail!  
A world where you have to eat your meals quick.  
Doesn't this sound like a world that'll make you sick?

Imagine a world surrounded by wire.  
To leave this world is your greatest desire.  
Now open your mind and start to believe.  
We live in this world and cannot leave.  
But with God, my children, and my man Anthony, in my life I am already free!!

*Cynthia G.*



“”Imagine a  
world where  
time stands still  
... “



## “Women and Recovery”

Wasted no more, women striving to beat the physical, emotional and spiritual death of addiction.

Overcoming the obstacles placed before recovery on a daily basis.

My sister's and I regain self-esteem, integrity, healthy pride and most of all, hope

Emancipated by 12 steps to serenity, sisterhood and soulfulness

Nurturing the newcomer as our exemplary sponsors nurtured us

&

Reaching out and reaching in we find out who we are

Everyday practicing principles in *most* of our affairs

Clowns at times because we have learned to enjoy laughter again

Outstanding are my sisters and friends...perfect, we gladly proclaim we are not

Varying in age, color and background...we still have something in common

Every woman that attempts recovery has a story to be told

Recovering from one thing or another we can't do it alone

Yeah, but God could and would help us if *she* were sought...

Signed, *Verna J.*

“I know I'll be  
happy with my  
recovery”

## “Clean & Serene”

Days get harder as they go on

However, the only way to make it is to stay strong

Even though it may seem the weight of the world is on shoulders

I have to stay of a good mind and never lose my composure

Before I know it, I'm doing some time

And everyone that was depending on me are now crying

So what I need to do is take this chance in life

To do what's right and make harder strides

If I can do it here I can do it anywhere, I know

For I'm living right in the middle of a big dope hole

Our so-called friends say I'm crazy and maybe I am

However, all I know is we left that life & damn it was harder than you know it man

Now for the rest of my life I have to stay focused and clean

Which is all good with me cause at least I know I'll be happy with my recovery.

Signed, *Corey G.*





## 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)

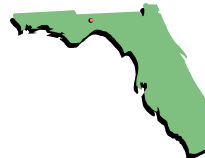
**Space Coast Area:** 321-631-4357 (Titusville, Cocoa Beach, Melbourne, Palm Bay, Merritt Island)

**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

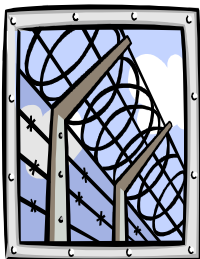
*\*NA is not affiliated with any outside organization*

Activities meets every Thursday at 6:30pm.





# From the Inside



## “Having God in My Life”

When life is stressed don't get depressed,  
Remember all things that are to be blessed  
I am very welcomed in God's heart to be able  
To love cause he loved me from the start. I  
Have today. Remember not a bad thing can  
Take that away. I love me because God  
Intended it to be that way.

*Stacey S.*



## “Mommy, One More Chance”

Mommy, you're in my dreams and you're in  
my prayers, but Mommy, I really need you  
there. I know you want to be there and  
watch me grow. I feel it in my heart and  
you tell me so. I also know you were al-  
most there in the past, but the second you  
left me, you were doing a blast. Mommy, if  
you could only take away all of the pain of  
me losing my mommy to the game. I'm going  
to give you one more chance to get better,  
and instead of these letters I need you all  
better, to kiss and hold me tight, for all  
those lonely nights you missed Mommy. I  
want you home with me for eternity.

*Tari T.*





# Florida Activities

## “Bay Area” - Home Group Activities

### Potluck Dinner

**When:** Last Thursday of every month

**Where:** Fellowship Hall, Gulfport Presbyterian Church, 5313 27<sup>th</sup> 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*



## “FUN IN THE SUNSHINE STATE”

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](http://www.floridarso.org)

25 August 2006 - 27 August 2006

**Big Bend Area Convention IX**; Holiday Inn Select, 316 W Tennessee St; Tallahassee, FL 32301 Tallahassee, 850.222.9555; Event Registration: 850.575.3833; Big Bend Area; Box 2665; Tallahassee, FL 32316

27 October 2006 - 29 October 2006

**Unidos En Recuperacion II**; Grosvenor Resort, 1850 Hotel Plaza Blvd Lake Buena Vista, 407.828.4444; Event Registration: 321.276.7611; speaker tape submission deadline: 8/31/2006; Greater Orlando Area of NA; Box 532095; Orlando, FL 32853; web: [www.orlandona.org](http://www.orlandona.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](mailto: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.