

# Just for Today On the Bay

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

*Bay Area  
Newsletter*

August 2006

**“SPIRITUAL  
AWAKENINGS”**



## **WORLD UNITY DAY 2006**

September 3rd, 2006

September 3rd will be our worldwide day of unity. At one moment, it is the same day around the entire world ... A simple prayer that, for one moment, we will say together as a fellowship... no telephone link, no big event. You may have an event, you may join together with some friends, or you may just take a moment to yourself as we pray together on this day of unity.

In the spirit of unity, we will join together around the world and say the Serenity Prayer at the same time... Or at some point during the day on September 3rd (hopefully in a meeting), take a moment to reflect on our worldwide fellowship and say the Serenity Prayer for the addict who still suffers.

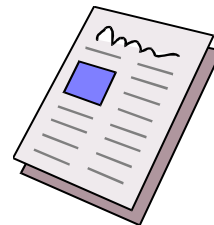
1pm New York City, US (Eastern Standard Time)

For more information, visit [www.na.org](http://www.na.org) or call 818.773.9999

*Article taken from the July 2006 edition of the NA Way Magazine.*

### ***Inside this issue:***

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*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.*



## “Spiritual Questions”

Does the “Spiritual Awakening” bring us to understand the possibilities of there being greater states of awareness to be gained in life with ourselves, surroundings, our fellows and/or with our higher power? Kind of like, realizing our potentials.

Could it be the cornerstone of re-connection with our spiritual state of well-being? Is it the result of us waking up and truly seeing all those changes beginning to take place in our life, like the first breath of a newborn child.

Or maybe, it’s like witnessing the

miracles finally coming true, the ones that many of us doubted for so long. Could it be that “having had a Spiritual Awakening as a result of these steps” is the key answer to all of our curiosities regarding this phenomenon?

Is there just one explanation? Hard to say. To believe that working the steps and finding out first hand would be the best way to go. Go for it!

Chris C.

## “The Spiritual Principle of Honesty”

My first home group was a step study that met on Tuesday nights.

We had been meeting for a while when “Jim” started showing up. It was obvious that he lived on the streets: he didn’t bathe, smelled horrible, and was usually trashed when he arrived. He would walk in half way through the meeting, head straight for the coffee, make 2 cups with as much cream and sugar as he could fit, and then look around for anyone smoking that he thought might give him a cigarette. He would disrupt the meeting, begging for change, sharing loudly about anything except recovery, and trying to start a conversation with any woman that accidentally made eye contact with him.

On more than a few occasions he was asked to leave or, more often, escorted out by a few of us. Over a few years he made his way through the local halfway houses and homeless shelters, disappearing for a while but always showing back up on Tuesday nights, loaded and obnoxious as ever. One night he came in during the readings, went straight to a chair in the back, and sat down. We

all looked at each other disgustedly, knowing what was coming. At the end of the readings he looked around, raised his hand, and waited to be called on. After ignoring him as long as he could, the leader asked, “what do you want Jim?” What he said was the best First Step I’ve ever heard: “I know I’ve been a lot of trouble but I don’t have anywhere else to go; I’m an addict and I need help. If you will just let me stay I promise not to cause any problems.” He didn’t think so at the time, but I think he was having a spiritual awakening. He was experiencing the spiritual principle of honesty in a way he never had before and from the abject despair that came with admitting it, he found the willingness to ask for help.

The last time I saw him he was 9 years clean, selling used cars, and still going to the Tuesday-night step study, trying to stay awake.

*Anonymous*

**“to believe that working the steps and finding out first hand would be the best way to go. Go for it! “**



## “My Reflection”

A spiritual awakening for me is to be lying here taking a break this hot afternoon, reflecting over my life. Lo and behold, my first marriage comes to mind.

I have been trying to relate the statement "Our whole life and thinking was centered in drugs in one form or another". Today as I reflect on that marriage, somehow in my innermost self I can see how that statement applied during that period of my life.

Even though there was some behavior in my husband that was inexcusable, my role in our breakup was not totally honorable. The marriage represented discipline and stability for me and

as an active addict, my spirit rebelled those resources. I needed to be free to be me. Me who? Who was I?

I was a double standard woman. Productive member of society by day, active addict by night. If my co-workers, cohorts, and clients had known!! I needed to get away from my husband who represented discipline and stability in my life. The fact that I recognize this today is a spiritual awakening for me.

*Daphne C.*

## “My Spiritual Awakenings”

The first time I had an awakening of the spirit was when my sponsor told me to look in the mirror and say (I love you). I laughed at him! He said, "Do it"! So I did. I looked in the mirror and "I said I love you"... Then I about puked! I then realized I didn't even know who I was looking at. 26 years old and I was dumb founded. I had looked in the mirror many of times to comb my hair, shave, brush my teeth, but never looked in my eyes to find out who I really was, I never cared. I don't know why. Today I am learning to love my self, and to be good to me because if I am not good to me, no one else will be good to me.

The second awakening was when I thought drugs were the problem. Then I started reading more and talking to my sponsor drinking and drugging were but a symptom. I had thinking and a living problem. My problem is between my ears. Now if I stopped going to meetings, stopped praying. Stopped putting GOD first in my life, stop doing service work (H&I), stopped talking to my sponsor and my support

group, got back into my old behavior's. Then I would end up right back were I started at, trying to get out of my self buy using again. Then everything I did would be about drugs, and how to get more.

By the grace of GOD and the twelve steps of Narcotics Anonymous, I celebrated 15 years on March 11<sup>th</sup>. The message of hope was brought to me by H&I while I was in a treatment center. That truly was God doing for me what I could not do for my self I found a loving and caring GOD in Narcotics Anonymous. He speaks to me through other people and through some of my thoughts.

I could go on and on about what GOD has done in my life. My actions speak louder than words.

*Louis P.*

"as an active addict, my spirit rebelled ... I needed to be free to be me"



## “The Spiritual Principle of Faith”

The spiritual principle of faith has been most instrumental in my recovery.

While using I had an unrealistic sense of invincibility that ended when I put the drugs down. In fact, I became a scared little boy. My social phobias nearly paralyzed me: it was very difficult to ask for someone’s phone number and meeting someone new was an exercise in courage. I felt like everyone was judging and looking at me, which made me want to curl up on the inside. The only thing that enabled me to take the suggestions was that voice in my head telling me that I would die if I didn’t.

Shortly after finishing my fourth step, I began to have faith in God’s will and believe that everything would be alright. Consequently, my anxiety lifted in some areas and lessened in others. This was my first—and maybe most significant—spiritual awakening in recovery.

My process of turning my will over to God and having faith involves taking baby steps. I truly believe that I have been born again into recovery. Every time that I do something new or take a risk, my faith increases because I can see that everything turned out just as it was supposed to. This hindsight gradually becomes foresight, which translates into faith and a sense of security.

About six months ago, I sent my resume to numerous firms to solicit job interviews. My will was to receive a summer-associate position. However, four months later and after several interviews, I had no job offers and was worried that I

would never receive one. Accordingly, I enrolled in summer school, which I had to do for one of my three summers anyway. Toward completion of summer school, I received an offer for a part-time clerkship at a firm that my girlfriend coincidentally added when helping me with my cover letters.

But are there really any coincidences? Although I didn’t get what I initially wanted, in hindsight it is apparent that what I got was what I needed. God’s will was perfect: this summer was the optimal time to take my summer classes and working part-time is allowing me a well-deserved and needed breather. Therefore, all the worrying that I did was counterproductive and really just wasted energy.

My being worried was fear of uncertainty concerning the future. Fear is a basic human feeling that serves us well sometimes but usually does not. The Basic Text says that fear is a lack of faith. If this is true, which I believe that it is, then faith must be a lack of fear. Although I will never be perfect and totally without fear, practicing the third step to the best of my ability keeps me safe just as the drugs did when I was using. This lack of fear created by faith is why this principle has been so important in my recovery.

*Anonymous*

“practicing the  
third step to the  
best of my ability  
keeps me safe ...





# Poetry Corner

## “Spiritual Poems”

### IMPRISONED IN RECOVERY

This place I dwell in is full of sin  
one way out, one way in  
Recovery I begin

One year, this year, one month, one day  
one minute, one second.  
Which second is it, that I realize,  
it's time for me to give in??

I give up every night when I turn in,  
one night, clean again.  
No bag to keep me spinnin  
Oh well, another night I will be sleepin.

I wake up , the sun is rising  
I wake up, four walls surround me.  
reminding me  
I am Imprisoned, Imprisoned  
in Recovery. Lucky me

*JACK*

### ACCEPTANCE

Acceptance heals resentment, deepens love and  
buries hate,  
Time to mend by acceptance before it's too late,

Practicing this blessing may at times be hard  
Painful past memories makes it difficult to move  
forward,

Acceptance takes patience and time,  
Forgiveness of those who's behavior is not kind,  
Pray for willingness to accept those for who they  
are,  
For their pain endured may have left a deep scar,

Serenity is measured only by the acceptance at  
hand,  
Expectations breed resentment, with Prayer they  
will wash away like a castle in the sand...

*Anonymous*

### CHOOSING NEW LIFE

Let go of what we were,  
Surrender!  
Prepare for the leap of faith,  
A move from sin to grace.  
A new hold on life,  
Not a physical hold,  
but a spiritual hold.  
A new beginning,  
A spiritual journey,  
That can draw us into the fullness of life,  
Beyond anything we can imagine.  
A trust and an intimacy  
That can transform our life.  
Walking a spiritual path is  
Choosing new life.

*D. Rigel*

### FORGIVENESS

Forgiveness is letting go of the pain  
and accepting what has happened,  
because it will not change.  
Forgiveness is dismissing the blame.  
Choices were made that caused the hurt;  
we each could have chosen differently,  
but we didn't.  
Forgiveness is looking at the pain,  
learning the lessons it has produced,  
and understanding what we have learned.  
Forgiveness allows us to move on towards  
a better understanding of universal love  
and our true purpose.  
Forgiveness is knowing that love is  
the answer to all questions,  
and that we all are in some way connected.  
Forgiveness is starting over with  
the knowledge that we have gained.  
I forgive you, and I forgive myself.  
I hope you can do the same.

*Tina-Marie Hess*





# Celebrations

## 2006 July Anniversaries

Charles W. 8/05/04

Jamie H. 1/15/05

Tim P. 7/15/01

Carmella 7/13/84

Beth W. 7/13/84

Liz G. 7/18/05

Tom H. 8/09/98

Bari P. 8/10/05

Renee B. 7/19/02

Rosalina Q. 7/12/99

Brian R. 7/15/04

Micheal C. 8/13/05

Marie 8/16/05

Patrick H. 7/13/03

Drew M. 7/12/91

Patti F. 8/02/01

Ted M. 8/04/05

Micheal P. 8/30/95

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

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

# Congratulations!

Happy Anniversary to the  
DOA Homegroup!  
25 years and going  
strong!!!





## 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)

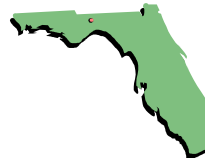
**Space Coast Area:** 321-631-4357 (Titusville, Cocoa Beach, Melbourne, Palm Bay, Merritt Island)

**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.





# "SLUGGO - COMICS"

Good Clean Fun







# Florida Activities

## “FUN IN THE SUNSHINE STATE”

### All Around the State

#### **Big Bend Area Convention Of Narcotics Anonymous**

**August 25 – 27, 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

#### **Tampa Funcoast Convention**

**September 1 – 3, 2006**

Tampa Funcoast Convention; The Crown Plaza (Tampa at Sabal Park), 10221 Princess Palm  
Ave, Tampa, FL; Tampa Funcoast Area of NA, PO Box 9730, Tampa, FL 33674-9730;  
813.879.4357

#### **Unidos En Recuperacion II**

**October 27 – 29, 2006**

Unidos En Recuperacion II; Grosvenor Resort Hotel, 1850 Hotel Plaza Blvd; Lake Buena Vista,  
FL 32830-2202 Lake Buena Vista, 407.828.4444 / 800.624.4109; Event Registration:  
321.276.7611; Speaker Tape Information: 407.841.7168; speaker tape submission deadline:  
9/1/2006; Greater Orlando Area of NA; Box 780842; Orlando, FL 32853; web:  
www.orlandona.org;

#### **Serenity in the Sun XXV**

**November 23 - 26**

Serenity in the Sun XXV; Comfort Inn and Best Western , Comfort Inn: 1901 and 1800 Palm  
Beach Lakes Blvd West Palm Beach, 516.689.6100 or 561.683.8810; Event Information:  
561.856.3358; joann v: ; speaker tape submission deadline: 9/23/2006; Palm Coast; Recov-  
ery Weekend; Box 20984; West Palm Beach, FL 33416; web: www.palmcoastna.org

### Local Activities

#### **Potluck Dinner**

**Last Thursday of every month**

DOA Meeting; Fellowship Hall, Gulfport Presbyterian Church, 5313 27th Ave South, Gulfport, FL  
33707; Please feel free to bring a covered dish! Dinner starts at 7:00pm followed by a  
speaker meeting at 8:00pm

#### **Freedom From Active Addiction Speaker Jam**

**September 29 – 30, 2006**

Freedom From Active Addiction Speaker Jam; Martin Luther King Recreation Center, 1201  
Douglas Ave; Clearwater, FL Hotel Radisson Clearwater Central 20967 USHwy 19 North  
Clearwater, FL.33765 Clearwater, 727.799.1181 - Radisson Inn; Event Information:  
727.452.8218 Art C; (727)799-1181: ; The Freedom Group Of NA



Monster Ball is coming up October 28th! More will be revealed ...



# 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.