

# Just for Today On the Bay

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

**Bay Area  
Newsletter**

February 2007

**“OPEN DISCUSSION”**



**Keep Coming Back!**

## IT'S ALL ABOUT CARRYING THE MESSAGE! Florida Unity Week

Florida Unity week is March 11<sup>th</sup>-17<sup>th</sup>. The objective of Unity Week is to create the spirit of unity among our members, groups, and areas. There are two ways to participate in Florida Unity Week. Below is a set of suggested topics that each home group may choose from to discuss at their meeting during Unity Week, this way every member can participate.

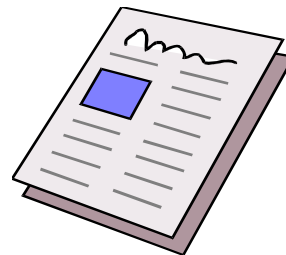
- Brotherly Love: Unity
- Principles of Step 12: Love & Service
- The 12<sup>th</sup> Step in Action: Service
- Principles Before Personalities
- It's All About Carrying The Message
- Who's Missing From Our Meetings
- Building A Strong Home Group
- "Regardless of ..."

The week culminates with the Florida Service Symposium held in Tampa. It is a trusted servant learning conference. The speaker meeting held Saturday, March 17<sup>th</sup> will be broadcast live by phone to any jail, treatment facility, NA group or area event (\$75 fee). This event will bring members together statewide for a simultaneous opening and closing prayer and speaker meeting.

The 2007 Florida Service Symposium is being held at the Crowne Plaza East in Tampa, Florida from March 15<sup>th</sup>-18<sup>th</sup>. Reservations must be made by February 15<sup>th</sup>.

### *Inside this issue:*

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



## “Sharing at Meetings—One Addict’s Opinion”

### Sharing too long...

I have recently decided to start attending meetings in different areas to compare those meetings to those which I attend on a regular basis. I have found that each home group utilizes the same basis for the meetings but each has their own unique way of presenting the meeting.

Recently, I attended a meeting in the Orlando area. The biggest difference in that particular meeting was that they use a timer to enforce a limit on sharing. It is not a loud timer but it is loud enough that the person sharing and others can hear it. It is set for 5 minutes and once alerted, the person sharing has an additional minute or so to finish the message sharing. The purpose for this is so that everyone at the meeting will be able to have the opportunity to share.

At first, I thought this was rude, but after speaking with some of the members of that home group, I found that it was a very beneficial tool to their meetings. They do NOT have a large number of people who attend, and if someone felt the NEED to absolutely share longer than this, it would be apparent in the message that they were sharing and the chairperson of the meeting would determine whether or not to leave the timer running or simply turn it off if they felt it would be necessary to let the person share.

### Profanity in meetings...

There seems to be a growing number of people using profanity when sharing. This concerns me a great deal.

Most people use an inappropriate word once in a while, but there are some who seem not to be able to speak without using a significant number of those words in the conversation. Not only due to the amount of children at some meetings that should not be exposed to that type of language, but honestly, how is that helping your recovery.

My sponsor teaches me to work on being a better person. To me, that is part of my changing into that person, not using profanity. It's the little things, I have found, that make such a difference in my life's growth process. This being one of them. If everyone focused on changing the smaller things in themselves, such as the use of profanity and vulgar language, the rooms would make for much happier meetings.

Submitted by: Steve H.

-- Keys 2 Recovery



“My sponsor teaches me to work on being a better person.”



## “What Does Being a Good Person Mean to You?”

In recovery, we strive to for many things. We develop a program of recovery and learn to stay clean a day at time. We begin to help others and we learn to become better human beings. So just what exactly does it mean to become a better human being? The answer, like so many things in life lies with the individual.

For me, a good person is someone who values things in life family, their health and well being, and their happiness. They are someone who lives their life by spiritual principles such as honesty and compassion. A good person seeks to give back to the world selflessly, instead of taking from it like we all did when we were in our addiction. They are people that others admire and like

“They have faith and draw strength upon a power greater than themselves...”

to be around, they are role models for others to follow. They have faith and draw strength upon a power greater than themselves and do not use no matter what. They are goal oriented and know what they want out of life and how to get it. On their final day, when God calls upon them, they go to him in peace knowing that they have made amends for their wrongs and that their existence has made the world a better place.

Narcotics Anonymous offers us not only a way out of active addiction, but also offers us a way to become a better person. So I ask you, what does being a good person mean to you? And what are you trying to do to become that person?  
... Addict named Bofa

## “Integrity”

Any soul who wants to be an instrument to our fellowship and the world needs to know how to work with integrity. Integrity elevates character and brings internal empowerment. It reveals a clean and honest attitude. Those with integrity maintain great humility, even while holding positions of high status and commanding a lot of respect. They do not alter their character or virtues according to whom they are with. They have pride in themselves.

Integrity over a long period of time makes the soul powerful. The intellect is clean and does not mix truth with falsehood. A person with integrity is able to reveal truth through words spoken with wisdom.

They never feel the need to prove truth. Because a clear conscience is the reward of such honesty, a person with integrity considers the consequences of every action and is never drawn mindlessly into anything. To behave in any lesser way is to deceive self and others.

Brotherly love,  
B.K. Paul





# Creativity Corner

## "Poetry: A Few Words of Expression ... "

### "Wounded Bird"-anonymous

Soaring bird, off at flight  
brushed up against a branch of life.  
Wounded bird lost balance and plunged  
into a field of wounded ones.  
Hobbled to find a way to be  
back in flight but still limped weak.  
Cause only time could heal the wounds,  
not too slow and not too soon.  
Wounded bird began to doubt  
that she'd find faith in her wings she'd sprout.  
So she put her faith in God cause he  
was the one gave her flight, you see.  
In time the wounded bird was healed  
and able to fly out from the field.  
And soar again back in the sky  
higher and farther, beyond which she thought  
she'd fly.

### "Recovery Man"-anonymous

Recovery Man is a superstar,  
real sharp dresser, fancy car.  
Iron clad program, super cool,  
knows it all, what a fool.

Spiritual Sister, always sweet,  
helps the stranger on the street.  
Always giving, needs to save you,  
doesn't know she will enslave you.

Service Junkie, always doing,  
heads up, Junkie, troubles brewing.  
So involved in all affairs  
never climbed his own 12 stairs.

Preacher Perfect, points the way,  
tells us all how to live today.

What a message, what a guy,  
so full of ego, makes you cry.

Judgmental Juror, sets you straight,  
writes this poem, in sighting hate.  
Sets a trap, thinks he's so wise,  
just another addiot with his own lies.

Each imperfect, all with flaws,  
a loving God can give them pause.  
To set aside their ego game,  
and help each other all the same.

### "She used Again Today"

She had a sponsor, didn't call.  
We hoped she would, and prayed.  
Instead the drug is making her decisions.  
She said she wouldn't but she used again  
today.

She has a partner and several friends  
who would sit with her through the with-  
drawal.  
She was offered a helping hand to hold.  
She held her pride instead, and used.

"It hurts to love her" sponsor says  
"We'll pray for her" says friends  
"I'll put it down tomorrow." she promises  
But "just one day of fixing" sometimes never  
ends.

Will she be in jail tomorrow?  
Or hospitalized, paralyzed, insane?  
Or will she surrender, let us help her,  
come home to loving friends?





# Recovery B-days

## "Anniversaries "

Kristi F. 11/21/87  
 Aralyn P. 12/29/92  
 Kathleen E. 12/06/93  
 Janet L. 11/17/94  
 Bruce V. 12/25/95  
 Liz M. 12/1/96  
 Bobby C. 12/16/98  
 Dawn C. 12/18/98  
 Dawn W. 1/17/99  
 Glenn W. 1/17/99  
 Steve M. 1/14/05  
 Dana B. 1/03/06  
 Kelly C. 1/18/06



# Congratulations!





## 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.





## Bay Area Happenings

### Be A Part Of—4th Annual Picnic

Sponsored by: Be A Part Of  
 February 17, 2007 10:30am - 3pm-ish  
 Anderson Park Shelter #8, 39699 Us Hwy 19 N, Tarpon Springs  
 Meeting at Noon, Ask-it Basket 1:30.

### NA Appreciation Camp-out

Sponsored by: Bay Area Activities  
 February 23-25, 2007 (starts at 4:00pm Friday)  
 Boyd Hill Nature Park, 2900 31st. South, St. Petersburg, FL (Pioneer Settlement)

FREE! FREE CAMPING! Please bring tents, coolers, kids, camping gear, etc. Sorry - no pets. Bonfires, hot dogs, treasure hunt, Saturday night Pig Roast. Even a dance in a separate building Saturday night! Midnight meetings around the fire, angel whispers, and Sunday breakfast.

### Florida Service Symposium

Sponsored by: Florida Regional Service Committee  
 March 15-18, 2007  
 Crowne Plaza East, 10221 Princess Palm Ave, Tampa, FL

A free trusted service training conference. Workshops, Town Hall meeting, professional roundtable discussion, Florida Unity Day Banquet, more (see flyer). Registration is free of charge for any NA member. Banquet, lunches, and coffee shop are extra. A free trusted service training conference. Workshops, Town Hall meeting, professional roundtable discussion, Florida Unity Day Banquet, more (see flyer) Registration is free of charge for any NA member. Banquet, lunches, and coffee shop are extra.

### Good Day Sunshine Picnic

Sponsored by: Serenity In Addiction/Relax and Recover  
 Saturday March 24, 2007 10am - 3pm  
 Northeast Park, 4630 East Bay Dr., Between Belcher and US 19  
 Step Discussion, Food & Music, Jail & Bail, raffle.  
 Covered dishes appreciated.

### Potluck Dinner

Sponsored by: Defeating Our Addiction  
 Last Thursday of every month.  
 Fellowship Hall, Gulfport Presbyterian Church, 5313 27th Ave South, Gulfport

Defeating Our Addiction invites you to join us for a "Pot Luck 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.

**Note:** You can visit [basrna.org](http://basrna.org) and click on Activities to access the flyers for these events.

# Local 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@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.