

Just for Today on the Bay

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

Bay Area
Newsletter

April 2007

“EXPERIENCE,
STRENGTH, & HOPE”



Keep Coming Back!

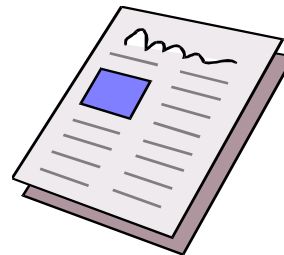
The Bay Area Literature/ Newsletter Committee Wants You!



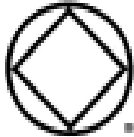
We are looking for a few good NA members to join the Literature/Newsletter Committee. Please feel free to join us at area service if you are interested!

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.



Willing To Go To Any Length?

Today I find it very discouraging that newcomers fail to step up to the plate in the area of service to a home group. It is sad to see that addicts with five years or more aren't reaching out to newcomers to get them more involved. To me it appears that this "new-wave" recovery lacks luster.

I believe that Narcotics Anonymous as a whole needs to step up to the plate and emphasize service work, and home group commitment. When I came into Narcotics Anonymous I got it rough, hard and with a lot of love and I believe tough love needs to be reintroduced to Narcotics Anonymous.

I don't see as many dances, picnics, coffee fellowship as in the past. I have had addicts with three-months clean telling me they don't have time for service work or other commitments in the Fellowship. I remember when I came around. That's all I had time for was my recovery that was and is the most important thing in my life.

I hit my bottom so hard and rough that when I came into Narcotics Anonymous, I came with both hands up and a white flag in total surrender. I was defeated. Whatever you told me to do I did it with out question. If that meant getting a home group, going with my sponsor to have coffee, even sweeping floors, I did it.

... All I had time for was my recovery that was and is the most important thing in my life...

The newcomers seem to be pre-occupied with everything else but recovery and to me it's sad. I had a newcomer tell me that they did not like the way addicts talked them, and I had to remind them that he forgot how the dope man talked to him out in the streets.

I see what's going on, the changes in attitude and how casual we have become with newcomers. I don't think this is good for them on Narcotics Anonymous as a whole.

Dock R.



Home Group 101



For me, choosing my home group was based on the location where I felt most comfortable with the group of people that attend this meeting regularly. They made me feel like I fit in/belonged and provided me with an anchor of support, encouragement, along with a stable base of recovery that I so desperately needed early on. A place to know and be known; it truly is a place that we can call home.

A bond is developed based on the spirit of friendship, often for the first time in our lives. In this we develop bonds, pride, and respect along with commitment to ourselves, others, and the continuity of NA unity.

New home group members are the supportive cores of regular, committed

members. They take great care in making sure that the coffee and literature are available shortly before the meeting begins. Just coming early and staying late to show support for newcomers is a great help. With this we gain the insight on what it is to share responsibilities and how good helping others and giving back without motive makes you feel.

With this true privilege it is a way to start giving back what has been so freely given to us. Service work only enhances our recovery process.

All of this is to demonstrate and prepares us for the spiritual awakening of our 12th step.

By Jennifer B.

... A bond is developed based on the spirit of friendship...

All Paths to the Light are Correct

I am branching my spirituality off in many directions. I believe with all my Divine Self that "All paths to the Light are correct"

My latest path has been incredible! The Power of Attraction. Like attracts Like. We are essentially magnets that emit vibrations. Like when you are having a bad day and nothing goes right. A low energy pattern. This is what is meant in recovery by starting your day over. It can be done not by positive thinking, but by positive FEELING. Feeling come from thoughts, "move a muscle, change a thought" has a renewed meaning for me as well. I know Thoughts Become

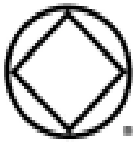
Things.

When I was out, I attracted people of like mind (Vibration). I choose the rooms of NA to tune myself to the vibration of recovery. So much more than just getting clean! My eternal gratitude for all of you!

May God keep and Bless you.

James D. (19mos "Clean and Serene")





Creativity Corner



Recovery Poems

Just For Today

I took a journey through my mind
to see what lost treasures I might find
Maybe something accidentally left behind
I'm amazed at what I actually found
on my journey with no sight or sound
while my feel never touched the ground.
My soul's not as dark. I've been carrying too heavy
a load. The truth is waiting just up the road.
I can open my Heart and start to feel
all the pain of the past can begin to heal
and Hope is alive and very much real.
There are all these others willing to help me see
that good things can come to be.
A bright future awaits fro those who believe.
I'm told it starts with a simply phrase
something they repeat each and every day
remember these words: Just for Today"

Clinging

By Jonathan S. Jr.

I was tired of the streets,
And wanted to come home.
I was prepared to do right.
I was tired of being alone.
My dad said to me
"It's too late, my son.
You have caused too much pain.
And too much damage you have done."
"You are not welcome
At my home anymore.
I have said my say,
So make way to the door."
Now I am truly alone
On these wretched streets.
With no place to go
And not a thing to eat.
The glamour is gone now

And the street lights seem dim.
The fun is no more
And the pleasures are slim.
I never knew dread
Till it slapped me in the face.
I burnt the family bridge.
Now seen as a disgrace.
There are only a few
That really understand.
So I cling to their love
And grab hold of their hands.

Freedom

As I live day by day in this prison
Razor wire and walls all around
What seems funny is I think for the first time
Real freedom is what I've finally found.
Long before there was a judge and jury
My sentence you plainly could see.
The Bong and the Needle
Were the chains binding me.
But it wasn't till I was locked up
In this prison made of concrete and steel
That I finally could see for the first time
That true freedom could finally be real.
And I know beyond any doubting
That my torment will finally be through
Because I dug down to a bottom
Far below any other I knew.
So instead of depression and sorrow
Hope is the thing that I see
Because this time I was given a wake-up
Instead of a death penalty.

Written by Kurt M. from inside Oregon State
Penitentiary Courtesy of the Hole in the Wall
group in O.S.P.

Anniversaries

Jeannie H. 3/17/90	Gary D. 4/10/03	James R. 4/4/06
Mark S. 3/05/89	Angela F. 3/5/02	Mike S. 2/9/06
Wayne 3/11/85	Mary C. 2/23/00	Neil T. 3/6/06
Autumn 3/1/87	Matt D. 4/5/03	Erik G. 3/22/89
Pete C. 3/23/87	Ian W. 4/3/03	David J. 3/29/90
Robin M. 3/6/92	Beth J. 2/13/04	Julie C. 2/13/98
Ramadon 2/15/91	Les M. 4/22/04	Danny B. 2/23/91
Mike B. 2/12/87	Micheal C. 3/29/04	Erik E. 3/3/97
Bob B. 3/21/88	Aaron B. 2/23/04	Dave C. 2/22/97
Dan K. 2/5/88	Christy A. 2/9/04	John S. 3/5/01
David L. 2/18/88	David F. 4/2/05	Mel B. 4/1/00
Louis P. 3/11/91	Randy 2/7/05	John A. 2/2/02
Ray de 2/6/92	Bob-Oh 2/2/05	Ashley S. 3/16/03
B.J. A. 3/6/94	Jenna D.R. 3/29/05	Bobbi S. 3/6/04
Lynn M. 2/23/96	Deborah A. 2/19/05	Gordon S. 3/6/04
Miles H. 2/21/97	Daphne C. 3/4/06	Patrick D. 2/28/05
Lynn H. 2/28/98	Chris B. 3/14/06	Tim 2/1/06
Hilary R. 4/21/95	Samuel B. 3/31/06	Scott M. 4/24 (18mos.)
Don S. 2/25/99	Tim E. 2/4/06	Shawn M. 4/26 (18mos.)
Sandy R. 4/4/99	Ray R. 3/6/06	Kelly M. 9/17/06 (18mos.)
Bruce R. 4/18/99	Josh A. 4/10/06	Bari P. 8/20/05 (18mos.)
Tony R. 3/31/99	Geisha C. 4/16/06	Jeff B. 10/21/05 (18mos.)
Gary F. 3/7/01	Manny C. 4/28/06	
Alison Z. 2/28/01	Andrea V. 4/25/06	

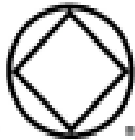
If you are interested in having your recovery anniversary published in future publications, please email lit@basrna.org or have your GSR report it at the monthly ASC meeting .

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

Congratulations!



Recovery B-days



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

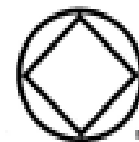
Hospitals & Institutions	9:00am
Public Information	10:30am
Helpline	11:00am
Literature/Newsletter	11:30am
Policy BASCNA	12:00 pm
Administrative	12:45 pm

**NA is not affiliated with any outside organization*

Activities meets every Thursday at 6:30pm.



Bay Area Happenings



Women & Recovery Art Auction and Baked Ziti Dinner

Sponsored by: Women & Recovery

Saturday April 7th, 2007 7pm - 11pm

Gulfport Presbyterian Church

5313 27th Avenue South

Gulfport, FL

\$5.00 donation (adults) Children are \$3.00

Funds gathered from this event support the annual Mother's Day Picnic.

Art donations accepted for the auction.

15th Annual Save Your Ass Picnic

Sponsored by: Save Your Ass

Saturday April 14th, 2007 11am - Close

Fort Desoto Park Shelter 9

Open Discussion Meeting, burgers, hot dogs, beach.

Potluck Dinner

Sponsored by: Defeating Our Addiction

Last Thursday of every month.

Fellowship Hall

Gulfport Presbyterian Church

5313 27th Ave South

Gulfport, FL

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 basna.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 (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.