

Just for Today on the Bay

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

Bay Area
Newsletter

June 2007

“KEEP COMING BACK”



WCNA-32



In 2007, the 32nd World Convention of Narcotics Anonymous will be held in San Antonio, Texas August 30th through September 2nd, 2007. Pre-registration, event tickets, and merchandise may be purchased until July 13th.

Headliners include ZZ Top, George Carlin, and Kenny Wayne Shepherd!!!

To register online access the following link::

<http://www.na.org/WCNA32/reg-entrance.htm>

NA World Unity Day will be held at WCNA-32 on Sunday 2 September 2007 at 11am Central Daylight Time. Join NA communities around the world to celebrate “Our message of hope, Our promise Freedom” Together as a fellowship, we will say the Serenity Prayer and listen to the Unity Day main speaker. Plan events at your group, area, or region to be a part of this event. For more information, access the following link online:

http://www.na.org/pdf/wcna/07_WORLD_UNITY_DAY_eng.pdf

Inside this issue:

- Personal Stories, Articles, Poetry
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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.



“True Spiritual Principals are never in conflict; they compliment each other”. –Tradition Two

Hi Family,

After an attempt to attend an Area Service commitment in May, I was encouraged to write this letter. I am currently serving as GSR of my home group.

I would first like to tell you just a little about me. My clean date is 12-6-93. I have served as H&I chair and Co-Chair, Merchandise Chair for 2 years, GSR, Secretary of my Area in Michigan, where I spent the first eight years of my recovery. This is the first service commitment to lead me to Area service since moving to Florida in 2004. Being a trusted servant has help me give back to the program that saved my life, and when I make the decision, with the guidance of my sponsor to serve, I do not take it lightly.

As we all know, we have the same Traditions and Concepts worldwide. What I have been taught is that the Region serves the Area, which serves the group, which serves the member. Our groups are here for the members. The groups provide a safe place to share and to find a new way of life. Tradition two tells us “For our group conscience, there is but one ultimate authority- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern”.

So the way I see it, those that came before us, they already knew. The meeting came before the book, and this is only a guess, but personalities and egos might have already been playing a part in the structure that was to come. They wrote lines in this tradition to help us remember that as trusted servants, trust has been placed

in us, not control. It is clearly stated. There is nothing left for us to have to try and figure out. It doesn't say “In this circumstance, it is ok to govern”. That would be in my humble opinion, control and manipulation. Some of you may be wondering by now what provoked me to write. Plain and simple, I was being told where to sit at the Area Service meeting. I mentioned that you cannot tell people where to sit. When I asked the Chair what was the motive, I was told that it would all be explained to me in the meeting. Shouldn't the explanation take place prior to the direction? In the moment, I was not capable of doing anything but stepping away from the situation. I was not able to share my point of view in a loving manner. What's the big deal? Why does it matter so much to me?

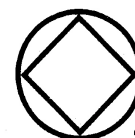
It is an abuse of the trust that members place in me, when I act in conflict with any of the traditions. I write about tradition two, because it gives good reference. I wasn't here yet when the traditions were written. My previous experience in service has shown me that when uniformity is promoted, rather than unity, what take place after are personal agenda, rather than group conscience. If it is where to sit today, what will it be next month? Please stay involved. Stay aware of what is happening. Aware of whom you vote into service. This may seam a small issue, but is an opportunity to pay attention.

At my home group business meeting, I will also make reference to the concepts that this goes against. If you are up for homework, they are numbers 6, 7, 9, 10, and 12.

Kathleen E.

“Our leaders are but trusted servants, they do not govern ... “

When is it Okay to be Happy?



This is a question in early recovery that I asked.

For me I was allowed to grasp the principle of gratitude somewhat quickly due to a simple statement that someone once said to me, "A Grateful Addict Will Never Use." This statement opened an endless realm of possibilities in my life, and I adopted this as part of my daily living.

I was sometimes confused when I would sit in meetings and people would share about others that were always smiling and never anything going wrong in their life. I began to question and at one point even considered fabricating some type of horror story just so it would appear that I was going through something and fit in, and there was always the dreaded "Pink Cloud" theory.

After some extensive talking with other addicts and my newly found sponsor, the answer came. For me if there was such a thing as a "Pink Cloud", then

the answer was to ride it until the wheels fell off. In my case, recovery has afforded me things beyond anything ever imagined. I find that I am happiest when in service to others or the Fellowship.

Service has been the cornerstone of my recovery. Through service, God, as I understand Him, allows others to see His work, and that is, in my opinion the beginning of hope.

This is this addict's experience. Working the Steps N.A. teaches me that happiness is an inside job, for most of my life I sought happiness in people, places, things, and situations. My Higher Power continues to show that if His will is sought then happiness is one of the by-products.

Thank you to the Fellowship of Narcotics Anonymous.

I remain a grateful addict in service...

Samuel B.

**"I am happiest
when in service
to others or the
Fellowship ..."**





Creativity Corner



Recovery Poems

BLINDED IN A DREAM

Scorns of people running away from hell---
a hell on earth.

Unearthly desires that cannot ever possibly
feed the hunger--- the hungers inside.

Never mind peace in pieces we all seem
searching for something we cannot possibly
find with our mind.

Leaving us in a trance- having tried every-
thing but still there is a chance
like a chance in hell you have.

Existing within the sinful pleasures and
meaningless acts to fulfill those unearthly
desires one desires.

Confusion contradiction rebellion against
your heart--- the mind has won again.

In vain causing pain not even realizing the
hell on earth we are caught up in.

Unleashing negativity towards everyone
about everything not seeing what impact it
has on our souls.

Devouring humanity like a black hole con-
stantly expanding swallowing everything in
its path has past.

Still waiting to wake up

Larry H

A MONSTER OF A DISEASE

The disease is a monster

Lurking in a desolate land

All it has to do is find you

Through alcohol, drugs and contraband

Standing there, green eyes glowing

And staring into its eyes

I'm reaping what I've been sowing

Now I'm stricken paralyzed

I fought for my right to party

I bought my way to shame

I have no one and nothing left to accuse

There is only myself left to blame

So, if asked of the disease of addiction

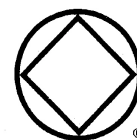
All I would have to say

If it's filthy hands are upon you

Then for your soul I will pray

Justin H

Anniversaries—May & June



Sophia S.	18 years
Brook L.	10 years
Jackie R.	7 years
Dave B.	6 years
Lisa R.	6 years
Lisa E.	5 years
Monica	2 years

Recovery B-days

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

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

Congratulations!



LIFE IN RECOVERY





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

Simplicity is the Key—FRCNA XXVI



Sponsored by: Florida Regional Service Office

June 28—July 1, 2007
Renaissance Resort
At World Golf Village
500 South Legacy Trail St.
St. Augustine, FL 32092

Reservations 1.888.740.7020

To register online go to www.floridarso.org (click on "Secured Order Forms"). For more information email: frc@naflorida.org. To register by phone call 863-683-8224.

**A limited number of Newcomer Packets are available. They will be given on a first come first serve basis at the convention.



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 basrna.org and click on Activities to access the flyers for local 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.