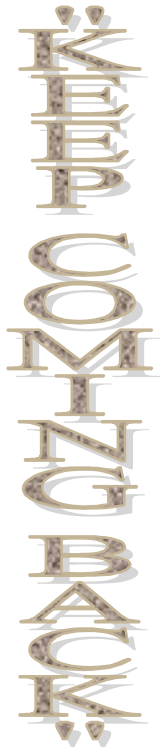


Just for Today On the Bay

Bay Area Newsletter

May 2008



Inside this issue:

Personal Stories, Poetry

Recovery Anniversaries

Florida Region Help-lines

Area Service Info

Activities

Newsletter Guidelines



The Wonder of Recovery F.R.C.N.A.—27



July 3rd—July 6th, 2008

Marriott Tampa Waterside*

Tampa, FL

<http://www.floridarso.org/FRCNA%20REGISTRATION4.pdf>

THESE ARE SOME OF THE FUNCTIONS YOU WILL ENJOY AT
FRCNA—27

MAIN SPEAKER MEETINGS (ASL INTERPRETER)

24 HOUR MARATHON MEETINGS, WORKSHOPS

FRI DAY THEME DANCE—70'S/80'S (Feel Free to Dress the Part)

SATURDAY POOL PARTY

SATURDAY BANQUET (Ticket Required)

SATURDAY NIGHT COMEDIAN (Ticket Required)

Mark Lundholm (From Dope to Hope)

SATURDAY NIGHT AUCTION

SUNDAY BREAKFAST (Ticket Required)

(Must have a badge to attend all events)

*NA is not affiliated with this facility



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.

"Why Are We Here?" by Jeff H. of "Stairway To Recovery" and "End Of The Road" Home Groups

The "Why Are We Here?" reading has particular relevance for me in my life today. When I read that "We placed their use ahead of the welfare of our families, our wives, husbands, and our children," I can't help but to take this part of the reading further. Because as an addict, I also placed their use ahead of the welfare of my lovers, my friends, my sex partners, my pets, and even my houseplants.

As a person who had isolated for years, self-medicating my psychological pains and my social agonies by stealing from my sister's supposedly secret stash, I developed new kinds of relationships to replace the ones I blocked out. I developed sexual relationships with my drug-buddies. I had some rather shallow relationships with different boyfriends. I ignored my family. I lost some real good friends.

In order to fill the time otherwise filled with painful thoughts, I developed relationships with houseplants! Yes- lots and lots of houseplants! One might say far too many! I went on quest after quest, visiting nurseries, plant departments, florists, all over the city in order to accumulate at least one specimen of every gosh darn houseplant I could find!

And I had pets of every type imaginable. Because pets don't tell me

that I am a mess.

Of particular importance were my aquariums, populated with harmonious and beautiful combinations of freshwater tropical fish. In a way, the tranquility of my aquariums took place of the tranquility I lost in my life. My houseplants and my pets eventually became my life.

As the years went by, and my drugs of choice became worse and worse, and my addiction deepened, I found I could no longer control my using. I started to forget about my houseplants and my pets, and concentrated as much as possible on drugs and sex. I imagine that.

To make a long story short, after my first trip to rehab, upon returning to my condo, the first thing that startled me most was that the wreckage of my life was also manifested as the disease and death of most of my houseplants. My fish, once tranquil, were dead bloated corpses being cannibalized upon by those fish who managed somehow to still cling desperately to life. My cat, with no food or clean water, had been drinking water out of one of the aquariums, and had busted into several old burritos I had forgotten on the kitchen counter. My poor desperate hungry kitty had to claw through plastic packaging and eat raw people food.

My pride and joy, my hobbies, my

little furry and finned friends were just as messed up or worse than I was! How could I let my pets and my houseplants die? Their condition was a total reflection of the horrible condition of my life.

I am grateful to say that NA has changed my life. I have now been clean for two years. I now have 6 aquariums, and all their inhabitants are alive and thriving! I have many houseplants, and a great collection of cacti and succulent plants. My hobbies are again a reflection of my life. Now my life is good, and my pets and plants are healthy and happy.

I am very grateful to the people in NA. I am very grateful for my friends and support network. I am very grateful for my wonderful home group. I am very grateful for my sponsor and sponsee siblings. Life is good. And now I can say, with certainty, that I have put the welfare of my family, friends, pets and houseplants back into the extremely important places in my life where they all belong. They are a wonderful reward for all the hard work I have put into this program. I am glad this program is here. NA has saved my life. I hope that my story touches someone. Thank you for being there for me.

Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual, not religious, program known as Narcotics Anonymous.

From: Miracles Happen The Birth of Narcotics Anonymous in Words and Pictures

Trust

by B.K. Paul

Trust is essential if we want to help people. There are two kinds of trust, trusting others and getting others to trust you. People will naturally start trusting you when they see you overcoming problems in a reliable and constant way. However, a more powerful and long term way of gaining people's trust is to give them the experience of your trust in them.

This is an art which can be cultivated by the following: never listen to gossip, never foster it yourself; form neither judgments nor opinions; rather be spiritual and clean in your feelings. Learn to develop good wishes for others. This will be the ultimate measure of your ability to trust.

Something New

by Average Joe

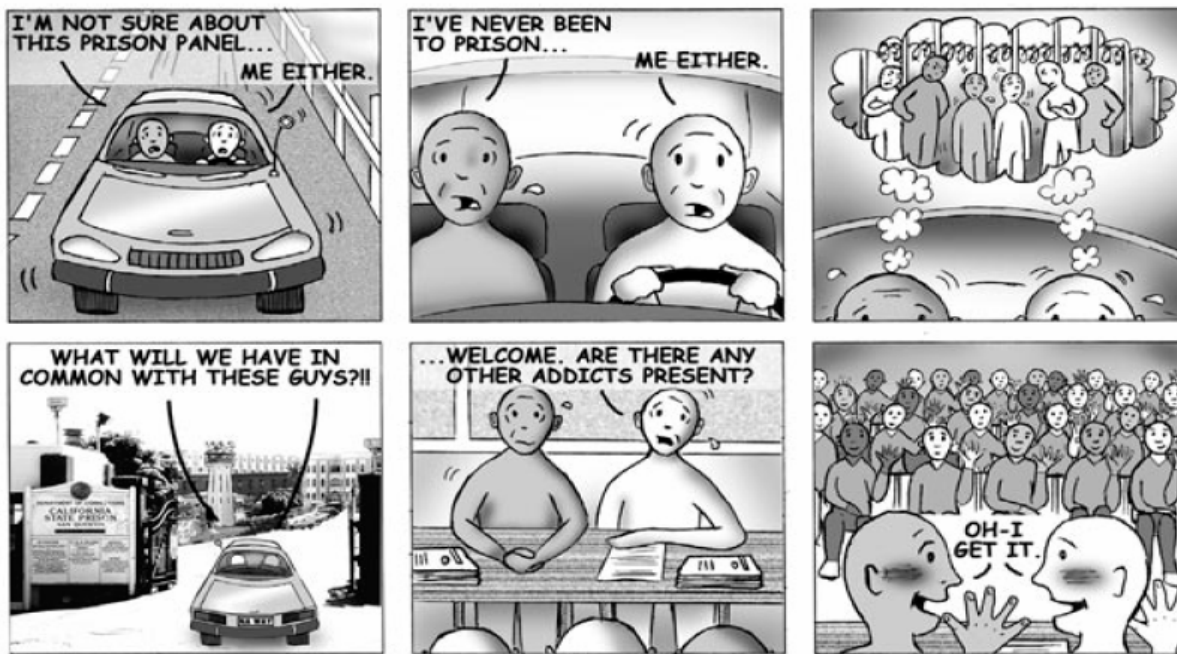
Stuck staring off in the distance, I'm overwhelmed with thoughts and fears. Questioning myself and way of life. I cannot imagine anything putting a halt on the present and becoming the past.

Looking beyond this illusion I've created, as if I'm trying to analyze destiny. My fate being created with conflict and symptoms of an illness, a variation of what's true and not true.

As I progress I awaken and interrupt the thoughts that arrive anonymously. Perhaps my subconscious has deliberately sent a message, a message of discipline, leaving me ashamed. A message of hope, indicating I alternate and build the courage to change.

There seems to be this alternative: either go on as best we can to the bitter ends — jails, institutions or death — or find a new way to live. In years gone by, very few addicts ever had this last choice.

From: Miracles Happen The Birth of Narcotics Anonymous in Words and Pictures



Cartoon reprinted from July 2005 issue NA Way Magazine HOME GROUP ©WSO

Florida Region Help Lines

[The Bahamas](#) : 242-325-6200, 242-462-5245 (Nassau)

[Bay Area](#): 727-547-0444 (Pinellas County; Clearwater, St Petersburg, Largo, Palm Harbor, Tarpon Springs)

[Big Bend Area](#): 850-599-2876 (Tallahassee, and surrounding area)

[Chain of Lakes](#): 352-319-5617 (Leesburg, Eustis, Tavares, and surrounding areas)

[Daytona](#): 800-477-0731 / 904-8312-1660 (Daytona, Deland, Port Orange, Deltona, Flagler beach)

[First Coast](#): 800-576-4357 / 904-723-5683 (Jacksonville, St Augustine, Orange Park, Fernandina, and surrounding areas)

[Forest Area](#): 352-368-6061 (Ocala, Dunnellon, Bellview, McIntosh)

[Heartland Area](#): 863-683-0530 (Polk, Hardee, & Highland Counties; Lakeland, Winter Haven, Plant City, Bartow, Sebring Lake Wales, Haines City, Lk. Alfred, Lk. Placid)

[Orlando Area](#): 407-425-5157 (Orange, Osceola, Seminole, Lake Counties, Altamonte Springs, Winter Park, Disney World, and surrounding areas)

[Palm Coast](#): 561-848-6262 (West Palm Beach, Jupiter, Wellington, Royal Palm Bch, Palm Bch Gardens, Lake Worth, Lantana, Belle Glade)

[Recovery Coast](#): 727-842-2433 (Pasco County: New Port Richey, Hudson, Holiday, Zephyrhills and Dade City)

[River Coast Area](#): 352-754-7200 (Hernando) / 352-382-0851 (Citrus) (Spring Hill, Crystal River, Masarkytown, Brooksville, Floral City, Inverness)

[Space Coast Area](#): 321-631-4357 (Brevard County: Cocoa, Cocoa Beach, Indialantic, Melbourne, Merrit I Island, Rockledge, Titusville, Valkaria, Scottsmoor, Mims, Viera, Satelite Beach, Palm Bay, Melbourne Beach, Indian Harbor)

[Suncoast](#): 941-957-7910 (Bradenton, Sarasota, Venice)

[Tampa Funcoast Area](#): 813-879-4357 (Tampa, Brandon and Temple Terrace, Lutz)

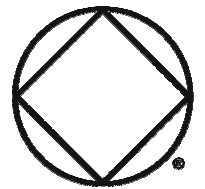
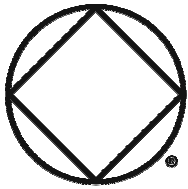
[Treasure Coast](#): 561-564-0664 (Vero/Ft. Pierce) / 561-343-8373 (Ft. Pierce, Vero Beach, Okeechobee County, Port St. Lucie)

[UnCoast Area](#) : 352-376-8008 (Gainesville, and surrounding area)

Bay Area Service Committee Meetings

Area Service Committee (ASC):	9:45 AM 2 nd Sunday @ Terra Nova*
Hospitals & Institutions:	9:00AM 1 st Sunday @ Terra Nova*
Public Relations:	10:00 AM 2 nd Saturday @ Terra Nova*
Helpline:	11:00 AM 2 nd Saturday @ Terra Nova*
Policy:	8:30 AM 2 nd Sunday @ Terra Nova*
Admin.:	9:00 AM 2 nd Sunday @ Terra Nova*
Activities:	6:30 PM Every other Thursday @ Terra Nova*
Lit./Newsletter:	TBD
Web page:	TBD

*Terra Nova is located @ 2800 41st Ave N. St Pete



Anniversaries—May & June

Brian H.		1 Year
Michele W.		1 Year
Jess R.		18 Months
Holly H.		2 Years
Julie R.		2 Years
Michael S.		2 Years
Arlene F.		3 Years
Ray H.		3 Years
Luise		5 Years
Lisa E.		6 Years
Grace B.		6 Years
David B.		7 Years
Jennifer S.		9 Years
Denise F.		14 Years
Steve F.		14 Years
Fawn		15 Years
Joe E.		16 Years
Deb		17 Years
Tom L.		20 Years



Congratulations!



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

Local Activities and Meeting Information



Life's a Beach is having a Memorial Day Picnic

May 26th at the Gulfport Beach Pavilion*

Hope to see everyone there.

(Exact time was not submitted, please speak to one of the home group members)



Relax & Recover—Needs Support

Our Monday night meeting is moving to Northeast Park* (where we normally meet on Saturday) 1st Pavilion. It is an open spiritual principles discussion meeting at 6PM. It will now be outdoors and only one hour long.

Tarpon Women in Recovery—Needs Support

We meet Tuesday nights at 6:45PM

1700 Keystone Road @ All Saints Church in Tarpon Springs*

(between US 19 and East Lake, the church with the three crosses)

In May we are also starting a coed meeting at the same location

Thursday nights at 6:45PM

Child Care is provided at both meetings by donation

*NA is not affiliated with any of the above facilities



Newsletter Guidelines

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.

Please e-mail all contributions to: lit@basna.org

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 Sub-committee 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.

JUST FOR TODAY

Tell yourself:

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY I will have faith in someone in N.A. who believes in me and wants to help me in my recovery.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY through N.A. I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

