

# Just for Today On the Bay

Bay Area Newsletter

September 2008

JUST  
FOR  
TODAY

## Inside this issue:

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## MONSTER BALL 2008 DANCE OF THE LIVING DEAD



And Ultimate Costume Contest  
WE WILL BE GIVING AWAY.....  
2 FRCNA (registration) PACKS!!!!  
BEST MALE & FEMALE COSTUMES  
SEPARATE CONTEST & PRIZE FOR THE KIDS

Friday, October 31st, 2008

9:30pm to midnight

**GULFPORT CASINO**

2401 53<sup>RD</sup> Street South

Gulfport Beach, Florida

THE BAY AREA OF NA WELCOMES YOU AS WE CELEBRATE  
RECOVERY AND DANCE THE NIGHT AWAY!!!

(NA is not affiliated w/ ANY outside organization)

BEVERAGES AND SNACKS WILL BE PROVIDED A \$10.00 DONA-  
TION IS GREATLY APPRECIATED

NO ADDICT TURNED AWAY

DIRECTIONS: From Tampa

TAKE 275 SOUTH TO 22<sup>ND</sup> AVE. SO. EXIT

TURN RIGHT; FOLLOW 22<sup>ND</sup> AVE. SO. FOR APPROX.

2.5 MILES. TURN LEFT ON GULFPORT BLVD. FOLLOW TO END

*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.*

## September Issue Topic Submissions

When does passion become poison? That is the question..

Passion, the emotion is when your feelings are very strong about staying clean through the intense desire to serve Narcotics Anonymous.

Poison substances can cause damage mentally, physically, and/or spiritually, usually by the presence of control, fear, sloth, greed, or egotism, just to name a few.

When do we move from our position and allow the passion of a newer member to flow freely?

As soon as you see someone with the desire.

When is it time to step aside and allow the group or position to grow without our direction? The very second you think they need your direction. We remind ourselves that NA is not in need of us - we are in need of NA.

It is like the Sun.. Do not think that just because you got up the sun came up. Yet, because the sun came up you now have an opportunity to be of service and the service can be to lead, support, encourage, teach, listen, help, and sometimes just wait. It is a tall order and you will know all is well by your daily inventory and your peace of mind. As long as love is the main ingredient, you will be guided well in giving of yourself through service.

Carpe Diem,  
Marcella

**THE PASSION:** My first official service commitment was secretary of my homegroup. I started at three months clean & poured my heart into it. Creating meeting notes, daily attendance/7th tradition logs, sponsorship sign-ups, homegroup member contact lists and event flyers and maps. I documented the meeting format, reading handouts for our lit study, policies and service commitment guidelines. I was told that the secretary was also in charge of running the business meetings (which, P.S., is the GSR's job.) So, in two years, I never missed a business meeting. NA had turned my life around and I gave back every ounce of time and energy I had in sponsorship, and service commitments. Everyone knew my name.

**THE POISON:** I began to believe the homegroup would not survive without me, that my sponsees might "go out" if I didn't answer every call and that my other service commitments wouldn't be fulfilled at the same level of quality without me.

**THE SOLUTION:** Through changes in these commitments, and gentle guidance from my friends and sponsor, I realized that I am just NOT that important! The Twelfth Tradition says so. I volunteer in my community, outside of NA. I do kind things and don't tell anyone about them. I only take on as many sponsees as I can spend quality time with. It's my phone, I answer it, only when I have time to dedicate to the caller. I try not to say "yes" anymore, when I really mean "no." I have service commitments that are not highly "visible" to other NA members. It's much more fulfilling, and my happiness isn't dependent on recognition. I'm looking forward to a future filled with those (sometimes awkwardly learned) moments of clarity. God willing.

-Anonymous

I'm sending some experience, strength and hope on the Sept. issue topic:

When does passion become poison? My belief is that if a particular commitment is causing my life unmanageability then its time to reprioritize my life and let God take care of the rest. It really is very simple, not so easily done though.

Anonymous

## November Issue Topic

NA has given us beyond our wildest dreams; who ever thought it was possible to stop using and find a new way of life while using? During our journey through the steps we are given an opportunity to explore a Higher Power of our own. Understanding this ignites a genuine desire that is as personal and unique as each addict seeking.

There are various Higher Powers within our fellowship, so the question is: How do we honor our Higher Power and still honor the right of the person next to us to have their own understanding and follow NA traditions?

## Prayer Corner

### Third Step Prayer

Take my will and my life  
Guide me in my recovery  
Show me how to live

### Serenity Prayer

God grant me the serenity to accept  
The things I cannot change;  
The courage to change the things I can;  
And the wisdom to know the difference.

### Gratitude Prayer

My gratitude speaks,  
When I care  
And when I share  
With others  
The NA way

## 10 Reasons to write your 4th Step

1. Makes flashy wallpaper for your home, when finished.
2. Makes for juicy gossip when left in the back of the meeting room.
3. Lets your sponsor compare instead of identify.
4. Just when you thought you were well, it brings you back to earth.
5. Gives you a chance to use writing skills, not used since grammar school.
6. Keeps you busy while you're not creating wreckage of the present.
7. Any "secret writing" helps to annoy nosy family members.
8. Helps boost your ego, because you are envied by those who haven't finished.
9. Helps to keep your head from becoming a suppository.
10. Gives the rest of the fellowship more time to share in meetings, because you have finally stopped talking about your painful childhood.

- NA Way, July 1994

## “The Newcomer Is The Most Important Person In Any Meeting”

By Jeff H. of the Bay Area

Hi. I live in the Bay Area and attend all sorts of meetings here. I attend different meetings all the time in Pinellas County. I will be coming up on my 3-year anniversary. There is a situation which bothers me, and I'd like to talk about it.

I have heard people in the fellowship, people with several years of clean time, talking badly about Newcomers, and talking about how they avoid Newcomers until they have some considerable clean time. I have heard people in the fellowship talking about not just staying away from the brand-newbies, but who also stay away from people who have relapsed and people who have a history of relapsing multiple times. Some of the reasons I have heard are: I am tired of being hurt. I have seen too many people die from this disease. Someone with clean time is dating a newcomer, and so one or both of them is sure to relapse. They aren't committed to staying clean. Their partner uses. They are stuck in old sick patterns and I don't want to be a part of that.

Some other things I have heard people with a few years or more of clean time say are that they stay away from newcomers because: Newcomers share things and do things that are unspiritual. They don't want to invest energy in someone who might relapse. Someone with clean time doesn't want to befriend people who relapse repeatedly, and stay clear of them and don't socialize with

them. Someone with clean time is frustrated because the newcomer refuses to follow suggestions such as "get a sponsor, choose a home group, work the steps, get phone numbers, call other recovering addicts every day, etc." They double-dip. They cross-talk. They don't read the readings exactly as they are written.

Not everybody "gets it" when they first come around the rooms, but is that a reason to avoid them? If people are new, or relapse, or are chronic relapsers—shouldn't we be embracing them and supporting them?

I have heard so many different excuses, and I do understand where people are coming from. I really disagree, though! I think this is completely opposite of what NA is all about. We are here for the Newcomer. The Newcomer is our first priority. Right?

I try to always be friendly to the Newcomer. I do things with people who don't have much time in the program. I offer rides to people who are new and don't have a car. I have friends who are stuck in old, sick behaviors and I am there to love them and support them anyway. When a friend relapses, AGAIN, as soon as they stop using, I am there to hug them and tell them that I love them.

No, I am not saying that I am a saint or an angel or a perfect human being. Far from it. I do and say things that are inappropriate

sometimes. I text-message during a meeting, occasionally. I find myself gossiping sometimes. But I still become SO frustrated when I see people with significant amounts of clean time who make up all these excuses to NOT value the Newcomer. Some of these people are always quoting literature in one way or another, but seem to ignore the parts which repeatedly tell us that the "Newcomer is the most important person in any meeting."

Maybe someone will read this and see their own behavior, and decide to modify their behavior. Change is always possible, even in really difficult cases, and I refuse to lose hope. You never know who will relapse and who won't. So maybe we can focus our attention on the Newcomers better, and embrace people who have relapsed. It's progress, not perfection, right? My experience in welcoming the newcomer, and the relapser, with open arms has been rewarding. I just love when someone says at a meeting "I was scared to come, but thank you, everyone, for making me feel so welcome." That's awesome!

And then to see people keep coming back is even better yet. When I see that happen, I know that if it ever happens to me, I'll be able to come back right away, and I will be able to feel comfortable doing so, and I can then re-apply myself even more to what works and helps me stay clean. So thank you for being there. NA saves lives. I know it s





## 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 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)

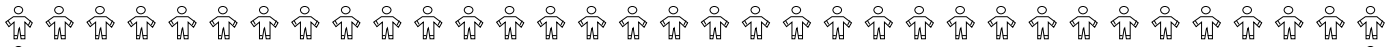
## Bay Area Service Committee Meetings

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

\*Terra Nova is located @ 2800 41<sup>st</sup> Ave N. St Pete



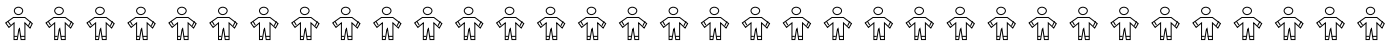
# Anniversaries—September & October



September		
Eric N.Y.	1 year	
Bruce S.	1 year	
Jen S.	1 year	
Meagan	1 year	
Jeannie C.	1 year	
John Michael	1 year	09/06/07
Dorian C.	1 year	09/17/07
Philly Jay	18 months	Sept. 5th
Ken O.	2 years	
Robin	2 years	09/08/06
Jeff H.	3 years	09/17/05
Rob M.	5 years	
Kelly F.	7 years	09/30/01
Lisa C.	8 years	09/28/00
Dorothea M.	15 years	09/23/93
Elaine M.	22 years	09/08/86
Bert Y.	25 years	

October		
John N	1 year	
Sean J.	1 year	
Tracy T.	1 year	
Ashley H.	2 years	
Matt H.	3 years	
Paul S.	7 years	10/20/01
David C.	11 years	
Kevin K.	11 years	
Sharon L.	12 years	10/24/96
Dave T.	20 years	
Scott G.	20 years	
Kevin B.	21 years	

That is  
207 <sup>1/2</sup> years  
of recovery!!!!



## Congratulations!



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



The responsible, productive, drug-free lives of thousands of members illustrate the effectiveness of our program. Recovery is a reality for us today. By working the steps, we are rebuilding our fractured personalities. Narcotics Anonymous is a healthy environment for growth. As a fellowship, we love and cherish one another, supporting our new way of life together.

As we grow, we come to understand humility as acceptance of both our assets and our liabilities. What we want most is to feel good about ourselves. Today we have real feelings of love, joy, hope, sadness, excitement. Our feelings are not our old drug-induced feelings.

# The Freedom Group of NA Presents: **SPEAKER JAM VII**

September 19th—21st @ Grand Hotel (formerly the Radisson Hotel)

20967 US HWY 19N. Clearwater, FL

Workshops begin Friday the 19th @ 2pm, Friday night poetry slam and dance

**MARATHON MEETINGS FRI-SAT-SUN** Registration \$15.00 at the door

## **ERIC N.Y. AND JEANNIE C. WILL BOTH BE CELEBRATING ONE YEAR**

The celebrations will be held at Spiritual Solutions Tuesday night Sept 30th

2525 30th Ave North

Eric will also be sharing his story the same night.

### **RELAX AND RECOVER**

**Needs Support**

**Both Meetings**

**Sat 10am Steps and Traditions**

**Mon 6pm Spiritual Principals**

Back Pavilion

### **MEETINGS NEED SUPPORT**

**KEEP IT REAL** Friday 7pm

**JUST FOR TODAY** W-F-SAT 10pm Terra Nova

**ALWAYS HERE** Everyday noon Terra Nova

**H.O.W.** Friday 8pm Dunedin, Good Sheppard

### **Recovery on Keystone—Needs Support**

**We meet Tuesday & Thursday nights at 6:45PM**

1700 Keystone Road @ All Saints Church in Tarpon Springs\*

**Child Care is only provided Tuesday night (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](mailto: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.

**"Denial is not limited to those with short terms of abstinence."**

Bay Area Website: [www.basna.org](http://www.basna.org)



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