

Just for Today On the Bay

Bay Area Newsletter

November 2008

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Primary porpoise annual picnic



Sunday November 16th, 2008 10am—4pm
Taylor Park 1100 8th Ave. SW, Largo Shelter #4

Food, Games, & Fun!!!

Gratitude Meeting @ 1pm

7th Annual Mullet Toss, 50/50 Raffle

?? Cajun Bob's Petting Zoo??

Please bring a covered dish

For more information call: Erin R (727) 460-3911

New Year's Eve Party

December 31st 7:30pm - ???

Calvary Episcopal Church

1615 1st St. Indian Rocks Beach

Speaker Meeting @ 8pm

Food & DJ

Tickets \$10.00

For more information call: Erin R (727) 460-3911

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.

November Issue Topic Submissions

I can't help but to shift in my seat with discomfort when I hear other members define their Higher Power while sharing at a meeting. This isn't to say I do not share the same beliefs as they do, but because I know others may not. I have heard countless times people say, "It doesn't matter who or what your Higher Power is, as long as it is loving, caring, and greater than ourselves." If this is true, why is it necessary to classify a single philosophy?

Basic Text Fifth Edition: Step Two, Page 24, "Our understanding of a Higher Power is up to us. No one is going to decide for us. We can call it the group, the program, or we can call it God."

I believe there is absolute respect for each member's right to choose who or what their personal higher power is. Which, to me, means please don't preach to me about the specifics of your Higher Power. If I can not identify with another's Higher Power, does that make mine insignificant? If you find certain situations easier to handle, and your Higher Power is different from mine, am I doing something wrong? By identifying a Higher Power during a meeting, I am caused confusion, and sometimes feelings of guilt, and uncertainty of what I have working in my life. Although, if indeed you do have a God in your life, and are living a spiritually awakened life, I want to know how I can achieve that. The program is about one addict helping another.

I too was threatened by the simple mention of God during a meeting, until I read about this topic, and educated myself on what the Basic Text illustrates.

Again, Basic Text Tradition 2, page 61. "Narcotics Anonymous is a God-given program, and we can maintain our group in dignity only with group conscience and God's love."

I am coming to believe that this is a new-aged revision of meeting etiquette in an attempt to sugar coat the inevitable for the newcomer. That they too will eventually have to have an open mind toward spiritual principles.

God has often been described as "Good Orderly Direction". And now I question, is this too, disrespectful to those who have a deep understanding of a Higher Power? So, why is it an issue when we use the word God during a meeting, when we pray to God both before and after each meeting? Why is it wrong to use the word God during a meeting when the Basic Text uses the word in abundance.

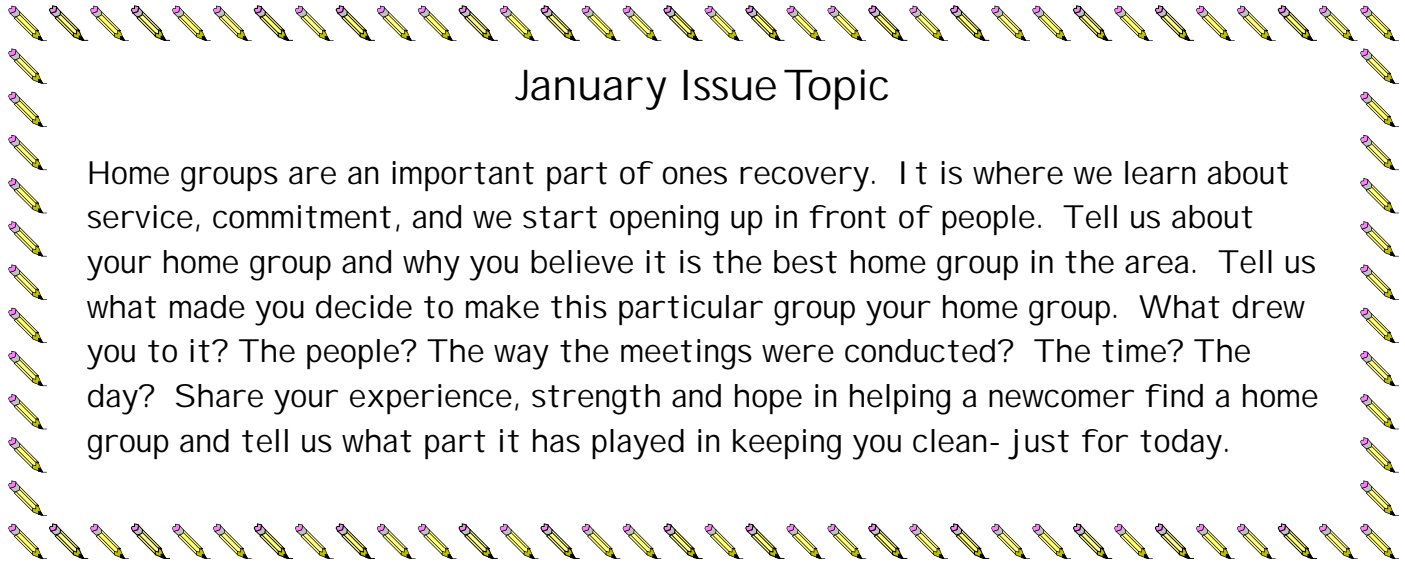
What about the Agnostic, or Atheist, you might ask. I honestly do not have an answer, for that. This is truly when the word God begins to complain matters. I believe it is important for us to not become complacent and try as we can to rely on the empathy of other recovering addicts, if you struggle with other forms of spirituality.

This is a very complicated subject. Aside for the respect for the Agnostic, and Atheist. I believe the word God (not a description of), is not only acceptable, but expected.

From anonymous. 7 months clean

The Narcotics Anonymous Program is spiritual. We strongly suggest that members make an attempt to find a Higher Power of their understanding. Some of us have profound spiritual experiences, dramatic and inspirational in nature. For others the awakening is more subtle. We recover in an atmosphere of acceptance and respect for one another's beliefs. We try to avoid the self-deception of arrogance and self-righteousness. As we develop faith in our daily lives, we find that our Higher Power supplies us with the strength and guidance that we need.

Each of us is free to work out our own concept of a Higher Power. Many of us were suspicious and skeptical because of disappointments that we have had with religion. As new members, that talk of God we heard in meetings repelled us. Until we sought our own answers in this area, we were trapped in the ideas gathered from our past. Agnostics and atheists sometimes start by just talking to "whatever's there." There is a spirit or an energy that can be felt in the meetings. This is sometimes the newcomer's first concept of a Higher Power. Ideas from the past are often incomplete and unsatisfactory. Everything we know is subject to revision, especially what we know about the truth. We re-evaluate our old ideas, so we can become acquainted with the new ideas that lead to a new way of life. We recognize that we are human with a physical, mental and spiritual sickness. When we accept that our addiction caused our own hell and that there is a power available to help us, we begin to make progress in solving our problems.



January Issue Topic

Home groups are an important part of ones recovery. It is where we learn about service, commitment, and we start opening up in front of people. Tell us about your home group and why you believe it is the best home group in the area. Tell us what made you decide to make this particular group your home group. What drew you to it? The people? The way the meetings were conducted? The time? The day? Share your experience, strength and hope in helping a newcomer find a home group and tell us what part it has played in keeping you clean- just for today.

That wordless language of recognition, belief and faith, which we call empathy, created by the atmosphere in which we could feel time, touch reality and recognize spiritual values long lost to many of us. In our program of recovery we are growing in numbers and strength. Never before have so many clean addicts, of their own choice and in free society, been able to meet where they please, to maintain their recovery in complete creative freedom.

Basic Text, We Do Recover p. 85

Humility by B.K. Paul

Humility comes from understanding that the force behind whatever helps you give to others comes not from you but from the power of love. It is not true that if you are humble others will walk all over you. It is when there is no humility that you can be easily influenced by others and things seem difficult. But where there is humility, there is also power of truth. You know internally that you will achieve your aim, regardless of what others say or think. A humble person never feels they are bowing to others. The head is neither held high nor lowered—just straight ahead like an “Angel in Training, Humility reveals your Truth.” Ego makes us criticize others and get caught up in a web. Ego puts a lock on the intellect, obscuring our own responsibility; it says, “It is your fault, it has nothing to do with me.” Humility is the key to this lock. It frees us from self-deception. With humility there is the power of self-realization—this allows the transformation to take place. The Soul can recognize a mistake in a second.

Humility makes the heart big, clean, and honest. It allows us to simply enjoy and share with other souls. Inner conflict with your own feelings finishes, confusion ends. There is contentment, faith and good wishes, the feeling of love for all souls large and small.

A Call to Service

I have had the good fortune or grace to have been involved in service since I had sixty days clean. I have met the most dedicated and incredible people along my journey. I have learned about myself and I believe that I have become a better person. When I first got clean I served because my sponsor invited me to get involved. She didn't believe in shaming people to get them involved in service. I was able to be around other recovering addicts and I had a purpose. I didn't have to think of things to talk about. I just did what was asked of me and soon I felt more comfortable being around people. I did service as a way to "pay my way". When I got clean I didn't have enough clean time to hold many of the service positions in NA. I would go to Area Service and sit on the floor folding meeting lists for hours. I began to listen to the happenings at area and I began to learn about the process. I had been given an incredible gift and I felt like a heel because I had done nothing to deserve it. I wanted to be responsible and respectful and attempt to give back some of what was given to me. After some time clean I continued to serve for the

same reasons as when I was getting clean but also because I saw and experienced so few doing so much for so many. I did service because those who came before me taught me that to properly honor my recovery I needed to be involved in some form of service. I believe that I am clean because others were of service. I believe that every one of us is clean because someone was of service. If you heard the message in an H&I meeting, or someone answered the Helpline when you called, or you picked up a meeting list somewhere you are clean because someone was of service. I have a friend who asks "Are you an NA citizen or are you an NA visitor?" Each one of us can ask ourselves that question.

I've heard it said that "a grateful addict will never use". I believe that gratitude is an action word. I show my gratitude in service. I have since I had sixty days clean been involved in some form of formal or committee service but there is another form of service that we rarely talk about. There are people who are member of the fellowship who may have been involved in formal service at some point in their recovery

but choose now to do service on an individual or group level. Being a sponsor or showing up regularly at recovery meetings. This is perhaps the most important service in Narcotics Anonymous. Service does not only imply formal committee service. Each one of us who lives this way of life who behaves as examples of what the process of recovery through the twelve steps can do is being of service. I would like to take this opportunity to invite those who think they may not have anything to offer to get involved in some sort of service. I began to feel a sense of "ownership" for lack of a better term and it helped me feel grounded in my recovery. I also want to say thank you to all of you who serve. For without you Narcotics Anonymous would not be what it is today, a safe haven for people like us.

Thanks for listening

Peace

Anonymous

The Girl Next Door

I want to go next door
I know where it's at
I could go and die
Or sit here and try
The difference is here nor there
But temptation permeates the air

I could go next door
But then I'd want a little more
Less than what I bargained for

Too many possibilities
The saga continues
This funny game
I can't remember my name
Where do I go from here

I could go next door
But I may never find
The key to unlock my mind
But I could die trying
Dying to not go insane

I don't like this
I don't like life
Like this
Like this I suck
Wanting to get f*cked up

Somewhere far inside
Echo's the truth far behind
The chaos lying behind
Closed doors

The door next door

The door next door
Just want a little more
Always more

I am the girl next door

Anonymous

Why Are We Here?

R K B H J L S V E J Y P O W E R L E S S
 B E H A V I O R K P S E I N V F K F B A
 V X A N H R U E S D I S C O V E R E D D
 S P F L H T G U E W S F Y J U E T G H P
 J E V E I J H I R E D E H H N D E R H L
 M R R F G Z T K P D I L E M M A K E U A
 U I A D H M E F O A R L D E A R R L D Y
 M E C J E Y D D G N F O F K N A V B V G
 R N M Y R J W I B S W W J I A T E I C R
 G C J L P D D S F W C S G J G Y A S S O
 C E M I O V K E E E O H T H E K C N T U
 I E S O W F G A A R I I J Y A I D O P N
 M D M M E V B S S S Y P E G B L G P Q D
 U J E H R F G E V D R F S B L E J S D S
 L L L G E J H V E G N A H C E T H E C E
 S U B S T I T U T I N G D E A F G R V V
 H C O Q F J T F V D E E H V S G F R E I
 E E R A E M G Z S S E N S S E L P L E H
 S G P K D E J A E E D J I O X D F E R D
 C H T D R E C O V E R I N G V Y U N F Q

- 1) REALIZED
- 2) POWERLESS
- 3) RECOVERING
- 4) PLAYGROUNDS
- 5) FELLOWSHIP
- 6) DISEASE
- 7) EXPERIENCE
- 8) HIGHER POWER
- 9) SUBSTITUTING
- 10) BEHAVIOR
- 11) HELPLESSNESS
- 12) SOUGHT
- 13) DILEMMA
- 14) UNMANAGEABLE
- 15) RESPONSIBLE
- 16) PROBLEMS
- 17) FREE
- 18) DISCOVERED
- 19) CHANGE
- 20) ANSWERS

From Basic Text, Chapter Three, Why Are We Here pages 13 - 16

Created by Sara J 2008



A new definition for 13th stepping....

Steps 1 + 12, "My life is unmanageable and I want to share it with you!"

How can you tell when two addicts are on their second date?

There's a U-Haul in the driveway.

Humor Corner

What's the difference between an addict & an alcoholic?

Either will steal your wallet, but the addict will spend all night helping you look for it.

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 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—November & December

11th Step Beach

Michele W. 05/02/07 18 months

A New Perspective

Casey S. 11/01/01 7 years

Cindy S. 12/21/01 7 years

Always Here

Kirk K. 12/28/07 1 year

Come As You Are

Janet H. 11/01/86 22 years

DOA

Patrick D. 10/23/07 18 months

Nancy 11/09/07 1 year

Freedom Group

Mary P. 11/88 20 years

Keys to Recovery

Megan L. 10/15/06 2 years

Michael V. 12/10/05 3 years

Paul N. 11/4/96 12 years

Janet L. 11/17/94 14 years

Walt P. 11/30/94 14 years

Hank P. 11/02/90 18 years

Saturday Night Live

Jim L. 10/88 20 years

Surrender

Steve S. 11/30/06 2 years

Soraya S. 11/10/05 3 years

Byron B. 11/26/04 4 years

Louis C. 11/23/87 21 years

Scott P. 11/28/83 25 years

The Meeting

Kathy R. 10/28/01 7 years

We Do Recover

Kristi F. 11/21/87 21 years

Welcome Home

Sean J. 10/01/07 1 year

Tracy T. 10/01/07 1 year

Matt H. 10/13/05 3 years

Scott K. 10/04/03 5 years

Kevin K. 10/01/97 11 years

David C. 10/12/97 11 years

Dave T. 10/22/88 20 years

Scott G. 10/27/88 20 years

Kevin B. 10/06/87 21 years

Women & Recovery

Julie 12/19/04 4 years

That's 324 years
Of recovery!!!!!!!

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.



Welcome Home Now Offers Complimentary Babysitting

The babysitting will be located in the same room just off to the side for children of addicts wanting to attend our meeting

We have no-sugar added drinks & light snacks!

Thursday 8—9pm St Catherine's Church, 1955 S. Belcher Road, Clearwater

| | | |
|--|--|---|
| <p>PRIMARY PORPOISE Needs Support Calvary Episcopal 1615 1st St. Indian Rocks Beach Wed 7pm</p> | <p>HOW GROUP Needs Support 639 Edgewater Dr. Dunedin Fri 8pm</p> | <p>KEEP IT REAL Needs Support 4359 35th St. N. St Pete Fri 7pm</p> |
| <p>ICOF- I'M CLEAN ON FRIDAY Needs Support 7100 38th Ave. N. St Pete Fri 8pm We Are Groovy!!!</p> | <p>WOMEN DO RECOVER Needs Support 1199 Highland Ave Largo Wed 7pm</p> | <p>ALWAYS HERE Needs Support 2800 41st Ave. N. Terra Nova Sun & Sat 12-1pm</p> |
| <p>MIDNIGHT MESSAGE Needs Support Terra Nova Fri & Sat Midnight</p> | <p>RECOVERY ON KEYSTONE Needs Support 1700 Keystone Rd Tarpon Springs Tues & Thurs 6:45pm</p> | <p>DUNEDIN GROUP Needs Support United Methodist Tues 8pm</p> |

*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.

Keep Coming Back Awwwww Hell Just Stay!

Bay Area Website: www.basna.org

