

Just for Today On the Bay

Bay Area Newsletter

September 2009

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Inside this issue:

Topics

Personal Stories, poetry

Comics and puzzles

Florida Region Help-lines

Area Service Info

Recovery Anniversaries

Meetings need support

Activities

Newsletter Guidelines

Speaker Jam Prayer

BJ, Clean Date: 03/06/94

It was during the recent Speaker Jam held here in the Bay Area when I had a life changing experience. It was one of those 'coincidences' that you can't help but label a 'God' thing. I remember the speaker saying "For some of you, this is a 9-1-1 call" and beyond that I don't remember much other than I began to weep and reach out for the hand of another recovering addict sitting next to me as the speaker touched deep inside my heart, a place that hadn't been touched in awhile. He was able to breach my spiritual void.

A friend that I don't see often spent some time with me in the hall. With precious compassion she began to practice "the therapeutic value of one addict helping another." I have been unsatisfied with the relationship with my Higher Power as of late and a bit envious of those people that appear to have what I want. I began to ask her some questions about what she does, how she prays, what works for her, etc.

When digesting that conversation the next day I was trying to figure out how I could put some of her experience into practice in my life. Part of what was going thru my head that had not verbalized with her the night before, was that I had no clue how I was going to add one more thing to my schedule because it seems to be cramped full to the brim right now! Meditation takes time. Prayer takes time. A relationship with a Higher Power takes time!!! Her mention of some other spiritual tools I had previously used in my life only reminded me of more things that I hadn't been doing....

I decided that in order to be effective, this prayer time between HP and I would have to happen in the morning while making my bed. After all, it's something that I do most every morning. I knew I could practice some discipline with it, and see were this faith thing would take me.

The next morning, once the bed was made, I got that sense of accomplishment of having a task completed. I looked at what a difference making the bed has on the room and on my attitude in general. I've known this for some time, but somehow in this first day of practice I was able to relate this experience to faith. I contemplated whether faith gives the same sensation of calm and serenity to people that a made up bed gives to me. People with faith have some of the same circumstances that I have, but they believe or trust that everything is going to be ok. They have a sense of calm in the midst of the storm no matter what is falling apart around them. Things are screaming insanity at them and yet they continue to have faith. I wondered, even if for a moment, if talking to my HP would give me the same thing. It made me think enough about it that I decided to build a relationship with HP, one bed making at a time.

I've been doing that now every day since the Speaker Jam and it is making a difference in my life. The 'prayer' has turned into conversations. I've been getting metaphors and understanding of things in my life, from a different perspective. I don't actually wait until I start making the bed now, talking to HP starts happening as soon as I wake up and I am really enjoying this new relationship in my life.

I don't know how long this will continue, but just for today I'm going to keep it up and express gratitude for the people that HP continues to put in my life to give me what I can't get by myself.

September Issue Topic Submissions

"No Gay Meetings"

No gay meetings in the area; Bummer, Man!

First of all, let me say that there is never any meeting in this area that I attend that does not already have at least one and up to several other gay and lesbian people in attendance. So I am never alone. WE ARE EVERYWHERE. So the community is out there. The population is substantial. A G/L meeting is definitely viable.

But disappointingly, the support was there in the beginning for the G/L meeting we had in the area, but as time went by, interest and support waned, especially after 5 home group members relocated. Support by our G/L brothers and sisters declined significantly to the point of not being able to pay the rent, and closing the doors. That's a cryin' shame.

So, how does that make me feel? Disappointed, disheartened, and disconnected. There was such a sense of warmth and community in that meeting. It had such good trusted servants. We laughed and we cried. It was the best place to share "openly and honestly."

Sometimes, I don't feel like sharing *quite* that openly and honestly in regular meetings, because (I know, I should ignore it) of comments I've heard about certain meetings being "too gay," and people are not going to them any more for that reason. That's against our literature, all y'all.

I like special interest meetings. I come from the City of Chicago where there's a huge gay clubhouse right in one of the gay neighborhoods, with several meeting rooms, an office, a deck with tables, chairs, flower boxes (and ash trays, of course), a few different bathrooms- it's a really nice place. I attended CA and CoDA meetings there for several years. The sense of community was strong there, and everyone was welcome: gay, lesbian, bisexual, transgender, and everything in-between. Did I forget any categories? There was AA, NA, CA, CoDA, SCA, Women-Only SCA, I think maybe GA and OA, you name it, and it was there. That reminds me; I should fly back and visit it again soon. (<http://newtownalanoclub.com/>) And *of course* it is *very tastefully decorated!*

I'm not really a leader, more of a follower, so I hope someone takes the initiative to start another G/L meeting in this area. I'll definitely support it. I could even have two home groups, like before. However, maybe the timing and location should be different. There are already so many 8pm meetings in the area to choose from- that's a lot of competition for a special interest meeting. And also, a meeting location with less expensive rent would help out a lot. I'm glad that the newsletter is addressing this issue, and asking these questions. Thank you for adhering to our principles and traditions and for being all-inclusive. Great Job!

Jeff H., from "A New Perspective" Home Group

I'm recently coming back from a relapse and I just found out that the GLBT meeting called the "End of the Road" is no longer around. This saddens me because, yes, I do think we need one or more GLBT meetings in the Bay Area. In my opinion as a lesbian in the rooms, I feel there should be at least one meeting a week in both North and South Counties.

I know my home group has totally welcomed me back and are very supportive of me. To some, I am "out" and to some I'm not... some remembered me from before I had relapsed and so they asked how my girlfriend was doing, and some still have no idea I would have a girlfriend. I have struggled with whether or not to share my sexual orientation for many different reasons when I'm at a regular NA meeting. However, when I attended the "End of the Road" NA meeting, a GLBT NA meeting, my head and my disease did not have this type of power over me. I felt I was right where I needed to be. I do feel a little guilty because I realize now that this meeting could have used my support when I was around before.

I am sure there are many in the Bay Area that wonder why we should have our own special meeting and my answer to that question would be that, "NO ADDICT BE EVER TURNED AWAY", right? Men show up at women's meetings and women show up at men's meetings and all are welcomed. We love our men's meetings just as we love our women's meetings. A GLBT meeting would be there not to separate us, but more to support us. I know there are other recovering addicts in the Bay Area that have a lil' more time than me....and I hope that some other members can get together to form another GLBT Meeting. I don't feel I have the time to try to get one started right now, but I am here to help if there are any others that want to start one.

Thanks for letting me share
Tara, recovering addict.

Who Makxs Thx Homx Group a Succxss

A group mxmbxr may bx like my typwritr. It is an old modxl, but it works quix wxl xxcxpt for onx of thx kxys. Many timxs I havx wishxd that it workxd prxfctly. It is trux that thrx arx forty-six kxys that function wxll xnough, but just onx kxy not working makxs the diffxrxncx. Somxtimxs it sxxms to mx that my homx group is somxwhat likx my typxwritr - not all thx kxy pxoplx arx working togxthx. You may say to yoursxf, "Wxll, I am only a mxmbxr - onx pxrson. I won't makx or brxak thx group." But it doxs makx a diffxrxncx bxcxusx for a group to bx xffctivx it nxxds thx activx participation of vxvry mxmbxr, so thx nxxt timx you think you arx only onx pxrson - a mxmbxr - and that your xfforts arx not nxxdxd, rxmxmbxr my typxwritr and say to yoursxf, "I am a kxy pxrson in thx homx group, and for it to function xffctivly, I am nxxdxd vxry much."

(rxprint - Miraclxs Happxn 1987 - 22 yxars ago) "Togxther WE Can"

submitted by: Aloha Carol - My home group is the Best kept secret in NA, we meet Tuesdays 6:45 to 8pm, "Recovery On Keystone" Meeting All Saints Church, on 1700 Keystone aka Tarpon Ave., Tarpon Springs

November Issue Topic

There has always been the question in Narcotics Anonymous about prescription medication.....what if I am in pain and the doctor prescribes something for it? What if I have surgery and I need pain medication afterwards? How will I know when it is time to stop taking it? I went to the doctor and he prescribed something for my anxiety. I am dual diagnosed and I have to take medication that is prescribed by my psychiatrist. These are all questions that many of us have had to ask ourselves in recovery. There are many different opinions about taking medication in NA. If you have any experience about this topic please share it and maybe it will help other addicts who will have to face these issues.

Gay and in recovery....The phenomenon, "GLBT?" (Gay, Lesbian, Bisexual, Transsexual, Questioning). I don't feel my sexual orientation puts me apart from recovery, if anything I think it makes me more inclusive. I don't feel like "the lesbian recovering addict." I feel like the recovering addict who happens to be a lesbian, thus making recovery all that more fabulous to be in. When I got to Narcotics Anonymous I was filled with hope, hope that anything NA had to offer would be better than the way I was living. Narcotics Anonymous, the 12 steps and principles have far exceeded my expectations.

Do I feel comfortable discussing my sexual orientation in all meetings? 90% of the time, yes I do. That's me. However, when I don't feel that way and am in dire need to reach out to the "GLBT?" recovering community, I drive to Tampa to a designated "gay meeting." The commute, while tranquil, leaves me wondering where the heck the "gay meetings" in the Bay Area are. In that commute, I realize with gratitude and appreciation how inclusive Tampa's "gay meeting" makes me feel, (sufficed to say the camaraderie within the "GLBT?" recovering community is indeed a place of multi-faceted compassion and open-mindedness). As I'm in "the gay meeting in Tampa", I also feel the dissonance and disappointment with the Bay Area's minimal "GLBT?" meetings.

I'm pretty confident with who I am so I can be open about my sexual orientation in meetings, and I hope my self assurance is something that will help any other addict regardless of sexual orientation. However, I wonder about the newcomer who happens to be gay and wants to talk about struggling with addiction because of being gay. Where do they go? I wonder about the person struggling with their sexual identity/orientation and feeling so emotionally torn up that they want to use drugs. Where do they go? I wonder about the recovering addicts who are not open about their sexual orientation and want to use drugs to escape the variety of feelings associated with not being open about their sexual orientation. Where do they go?

As open-minded as the world and recovery are capable of being, the expectation of heterosexuality continues to dominate various cultures. I think NA would reach far more many addicts struggling with addiction and striving for recovery if there were more "GLBT?" meetings." NA is a social recovering network. Even social recovering networks can benefit from specialized meetings. The world functions on essentialism-grouping together based on similarities. We see this with race, religion, national origin, occupation. The same can be said for the support that exists through the "GLBT?" community. The vitality that "GLBT?" meetings will provide: further safety and assurance for all addicts seeking recovery in the 12 step fellowship we call Narcotics Anonymous.

Brittany K., Clean Date: 05/01/06

Who have we been, and who have we become? There are a couple of ways to answer this question. One is very simple: We came to Narcotics Anonymous as addicts, our addiction killing us. In NA, we've been freed from our obsession with drugs and our compulsion to use. And our lives have changed.

STRONG WOMAN

There is a strong woman among us
 and secretly I admire her
 I want to be like her:
 She is poised and confident
 She cries openly without apology
 and laughs freely at herself
 —she knows she is perfectly imperfect—
 therefore she deeply & completely
 loves & accepts herself.
 She stands firmly with
 compassion & wisdom—
 her boundaries consistent
 her patience unwavering.
 She speaks her mind without judgement
 She speaks her truth without fear
 (She knows fear is the opposite of love—
 for fear is at the root of hate. And fear
 is simply turning away from love.)
 She knows her strength comes from
The Essence, which is love & grace—
 her beauty comes from within.
 She knows this strength is inherently hers.
 There is a strong woman among us.
 She is you.
 She is me.

—Jennifer DeVito-Roisum
 July 18, 2009
*In loving Memory of Mason Alexander
 Dedicated to Avery Jane, my little girl, whose
 strength already shines and inspires me daily
 and to all the women in my life.*

There is a destiny that
 makes us brothers.
 None goes his way alone.
 All that we send into the lives of others
 Comes back into
 our own.

Edward Markam, *The Treasure Chest*

Moments

I'm actually swimming in a pool with
 my son and my sister. We're laughing
 and being silly. I'm watching them
 play and listening to their laughter,
 and I'm reminded that these are the
 moments that life is about. I'm sad-
 dened that I missed so many of these
 moments while I was lost in my world
 of drug use, and I'm grateful to have
 the opportunity to share these mo-
 ments with my family again. I'm en-
 couraged by these moments because
 the enjoyment they bring will
 strengthen my will to remain Clean.

By: Meagan F.

"In accordance with the principles of recovery, we try not to judge, stereotype, or moralize with each other."

Basic Text, Page: 11

Thoughts from Recovering Addicts Journal's:

Don't Use

Practice Self Honesty

Do the Next Right Thing

NA Mtgs/ Sponsor/ Network/ Steps

AM – Just For Today Reading/ Prayer/ Plan Day

PM – Night Light Meditation Book/ Pray/ Atone
 For Wrongs

Look In Mirror

Rodger P.

May I return to the Universe

"One Song"

Love,

Compassion,

Forgiveness of Self,

Forgiveness to others...

Practice Opposite of what Lower Self wants &
 Higher Self will Shine.

Your will be done, not mine

Author: Aloha, Carol T.
 Clean date: January 27, 1994

WORD SEARCH - "ONE ADDICT HELPING ANOTHER"

P C P H A D V I C E T R W H
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ADVICE LOVE
 CARING PARALLEL
 CHOICES RECOVERY
 COMMITMENT SERVICE
 COURAGE SPONSOR
 FAMILY STEPWORK
 FUN STRENGTH
 GATHERINGS SURRENDER
 GENUINE TOGETHER
 GIVING TRUST
 GUIDE WARM
 HAPPY WE
 HELPFUL WILLING
 KIND YOU

Created By: Melissa W.

A Recovering addict goes into a bank to try to get a car loan...

The Bank officer asks, "What do you have for collateral?"

He says, "Well, I had a 1,000 dollar per day habit and I never missed a payment."

There are 3 recovering addicts in a boat together and they are out in the middle of the water.

There are 2 Old-timers, and 1 is a Newcomer. 1 of the Old-timers says, "I forgot my coffee on the beach, be right back"...so he walks on the water and goes to the beach and gets his coffee. Then the other Old-timer says, "Oh, I forgot my Basic Text on the beach", so he walks on the water to get his basic text and comes back. Then, the Newcomer says, "I forgot my pack of cigarettes on the beach, I'll go and get them." The newcomer leaves the boat...

The Old-timer's look at one another and then one asks, "Should we tell him where the steps are?"

There is a recovering addict drowning in the ocean and a ship comes by and throws him a life preserver and he says to the guy on the boat, "Don't worry my God has me."

Then a rescue helicopter comes and throws him a ladder down, and he yells, "Oh, no- no, my God's got me."

The man is now standing at the pearly gates of heaven and he sees God and asks him, "God...why didn't you save me?"

God proceeds to say, "Didn't you get any of my messages?"

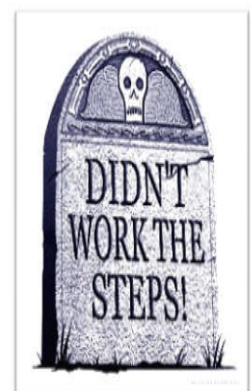
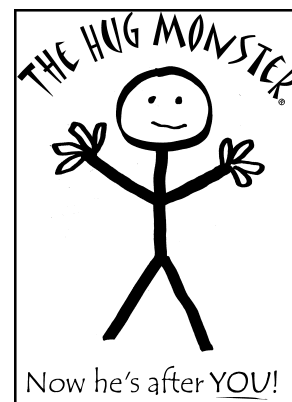
Recovery Jokes: Submitted by: Ray F.
 Clean date: 2/06/92

Humor Corner



Full length mirror

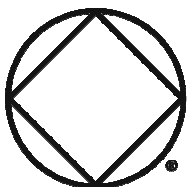
With Permission: Ben Ben, MD



Florida Region Help Lines

<u>The Bahamas :</u>	242-325-6200, 242-462-5245 (Nassau)
<u>Bay Area:</u>	727-547-0444 (Pinellas County; Clearwater, St Petersburg, Largo, Palm Harbor, Tarpon Springs)
<u>Big Bend Area:</u>	850-599-2876 (Tallahassee, and surrounding area)
<u>Chain of Lakes:</u>	352-319-5617 (Leesburg, Eustis, Tavares, and surrounding areas)
<u>Daytona:</u>	800-477-0731 / 904-8312-1660 (Daytona, Deland, Port Orange, Deltona, Flagler beach)
<u>First Coast:</u>	800-576-4357 / 904-723-5683 (Jacksonville, St Augustine, Orange Park, Fernandina, and surrounding areas)
<u>Forest Area:</u>	352-368-6061 (Ocala, Dunnellon, Bellview, McIntosh)
<u>Heartland Area:</u>	863-683-0530 (Polk, Hardee, & Highland Counties; Lakeland, Winter Haven, Plant City, Bartow, Sebring Lake Wales, Haines City, Lk. Alfred, Lk. Placid)
<u>Orlando Area:</u>	407-425-5157 (Orange, Osceola, Seminole, Lake Counties, Altamonte Springs, Winter Park, Disney World, and surrounding areas)
<u>Palm Coast:</u>	561-848-6262 (West Palm Beach, Jupiter, Wellington, Royal Palm Bch, Palm Bch Gardens, Lake Worth, Latana, Belle Glade)
<u>Recovery Coast:</u>	727-842-2433 (Pasco County: New Port Richey, Hudson, Holiday, Zephyrhills and Dade City)
<u>River Coast Area:</u>	352-754-7200 (Hernando) / 352-382-0851 (Citrus) (Spring Hill, Crystal River, Masarkytown, Brooksville, Floral City, Inverness)
<u>Space Coast Area:</u>	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)
<u>Suncoast:</u>	941-957-7910 (Bradenton, Sarasota, Venice)
<u>Tampa Funcoast Area:</u>	813-879-4357 (Tampa, Brandon and Temple Terrace, Lutz)
<u>Treasure Coast:</u>	561-564-0664 (Vero/Ft. Pierce) / 561-343-8373 (Ft. Pierce, Vero Beach, Okeechobee County, Port St. Lucie)
<u>UnCoast Area :</u>	352-376-8008 (Gainesville, and surrounding area)

Bay Area Service Committee Meetings

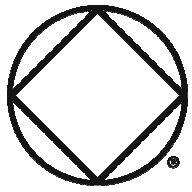


Area Service Committee (ASC):	9:30 AM 2 nd Sunday @ Terra Nova*
Hospitals & Institutions:	8:30AM 1 st Sunday @ Terra Nova*
Public Relations:	10:00 AM 2 nd Saturday @ Terra Nova*
Helpline:	11:00 AM Saturday before area @ Terra Nova*
Policy:	8:30 AM 2 nd Sunday @ Terra Nova*
Admin.:	9:00 AM 2 nd Sunday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

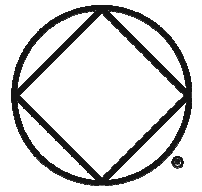


*Terra Nova is located @ 2800 41st Ave N. St Pete

Anniversaries—September & October



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GROUP:	NAME:	CLEAN DATE:	HOW MANY YEARS CLEAN:
H.O.W.	Kelly F	09/30/01	8
Keys to Recovery	Meagan L	10/15/06	3
Keys to Recovery	Larry H	10/16/03	6
Life's a Beach	Erin A	09/02/07	2
Life's a Beach	Nick V	09/13/99	10
Life's a Beach	Laura G	09/18/00	9
Noon Group	Scott P	09/05/00	9
Noon Group	Bill B	09/17/08	1
Noon Group	Seth	10/29/08	1
No Pain No Gain	Stephanie M	09/05/08	1
No Pain No Gain	Mike K	04/07/08	1.5
Recovery on Keystone	Miss Lissa	10/23/03	6
Save Your Ass	Dave R	09/07/07	2
Save Your Ass	Beziwda D	09/18/08	1
Save Your Ass	Amanda D	09/27/06	3
Save Your Ass	Dennis O	10/04/08	1
Save Your Ass	Travis B	10/04/08	1
Save Your Ass	Alice N	10/13/06	3
Save Your Ass	Clay F	10/17/03	6
Spiritual Solutions	Chris P	09/07/06	3
Stairway to Recovery	Lisa C	09/28/00	9
Stairway to Recovery	Sharon L	10/24/96	13
Sunshine	Stephanie	09/23/03	6
Surrender	Tyrone C	09/13/85	24
Surrender	Dave H	10/20/94	15
Welcome Home	Chip J	09/01/96	13
Welcome Home	Kevin K	10/01/97	12
Welcome Home	Kevin B	10/06/87	22
Welcome Home	David C	10/12/97	12
Welcome Home	Joe G	10/12/08	1
Welcome Home	Matt H	10/13/05	4
Welcome Home	Dave T	10/22/88	21
Welcome Home	Shane A	10/22/07	2
Welcome Home	Scott G	10/27/88	21



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.

ACTIVITIES

TALENT SHOW

Sept. 19th, 5pm—11pm

27th Annual Anniversary of the Bay Area

St Alban's Episcopal Church, 330 85th Ave, St Pete

Dress in casual black & white/ Dinner 6pm \$5.00/ Speaker at 8pm/ Talent show to follow!

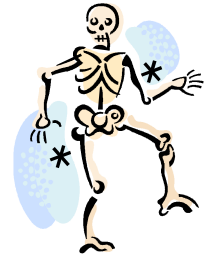


MONSTER BALL 2009

SATURDAY, October 31st 8pm—midnight

Albright United Methodist Church

2750 5th Ave N., St Pete



8pm—9pm Cards, Dominoes, Food & Music/ 10pm Costume Contest, Dancing & Fellowship until Midnight!!

Cost: \$6.00 suggested donation (If you have a costume it is \$1.00 off) No addict turned away!

We will be giving away 3 FRCNA (registration) packs!!! Most Creative—Scariest—Funniest Costumes

SEPARATE CONTEST & PRIZE FOR THE KIDS

"The Beach Group" NEEDS SUPPORT!! This group has good attendance; however, the main attendance is almost all newcomers. (Most of the newcomers seem to be coming from the Barrier Islands and they are looking for Sponsors....HELLLP!) The only way to help another addict is by giving what we have away! J This meeting is not yet on the meeting list, and is lacking fellow members of NA with a good amount of clean time, and/or some experience, strength, and hope for other addicts in recovery. Any help we can bring will be appreciated deeply. So, if you're thinking of going to a meeting on a Wednesday - why not try a different routine and head on down to the beach?

THE BEACH GROUP Wed. 8pm

The Allano Beach Club, Inc.

4615 Gulf Blvd #112, St Pete Beach, 33715

If you are willing to sponsor - PLEASE - C'Mon over to the Beach Meeting and check it out! FELLOW RECOVERING ADDICTS, we have been summoned, LOL! J

***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 keep them less than 200 words. Please submit at least one week before the newsletter is due bi-monthly. 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.

We are not responsible for our disease, only our recovery.

Basic Text, We Do Recover page: 91

