

# Just for Today On the Bay

Bay Area Newsletter

November 2009

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## Inside this issue:

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Comics and puzzles

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## BE CAREFUL

In 1983, the Florida Region of Narcotics Anonymous was involved in helping the fellowship create two new pamphlets. Sponsorship was one of them and the other was about medication and recovery. I volunteered to help with the pamphlet that was on medication and recovery. I was asked to speak with members that had been prescribed medication and learn how they handle these situations. I remember how much of an eye opener it was hearing their stories. I was able to compile enough information to encourage any addict needing to take mind or mood altering prescription medication to use caution. This Subcommittee was able to produce a pamphlet; It was called: *Medication and Recovery*.

Our fellowship, in 1983 was new at producing pamphlets. This process was in its infancy. This pamphlet was later taken out of production because it violated our 10th tradition. Out of this effort a new and better booklet was created called: *In Times of Illness*. I remember some of the things addicts' shared with me about what happened to them during these times. Many of the addicts shared with me how they wound up relapsing during their use of prescription drugs. Our pamphlet, *In Times of Illness*, and our 10th Tradition, make this statement abundantly clear - "We strongly recommend telling our doctor's about our history so that when prescription medication is absolutely necessary they can prescribe it carefully, knowing that we are recovering addicts."

Some years later, I was hospitalized with kidney stones. That is when I ended up getting first- hand experience about this matter. I encourage any addict to BE CAREFUL! My mind and body has a 'built in forgetter - with euphoric recall'. I am extremely grateful to have worked on that pamphlet. When addicts shared with me their experiences they let me know what went right and what went wrong. So, please, if you are in a situation that requires the use of mind or mood altering drugs, give yourself a break read and STUDY the, "*In Times of Illness*", pamphlet.

My experience had a positive outcome because the fellowship prepared me for these difficult and painful times. I will share that many of the addicts' I spoke with had told me that during their period of physical pain, they were able to follow their prescriptions as prescribed. Many had a non-addict family member hold their medication and then their family member would give it out - as needed. That is recommended. It was also shared with me, that usually, it wasn't until "days or weeks later", that the over whelming urge to use became "very strong". This helped me to stay vigilant after I was taken off of the medication. I found out during my illness that prayer helped me to deal with the pain.

Today, we are more fortunate that our fellowship has realized the need for a booklet dealing with this sensitive matter. It was the experience of many addicts' sharing honestly that helped us created this booklet. Give yourself a break and read it. Many of us will experience a "Time of Illness" in our recovery, so please, BE CAREFUL!

Thanks for listening.....~Jim S.

## November Issue Topic Submissions

I was recently bitten by a Brown Recluse spider and at first I thought it was just a zit. I tried to pop it and it wouldn't pop. The next week the "zit" turned into a mountain on the side of my face by my right ear. I tried everything and finally I popped the abscess myself with a needle and I pushed the puss out. I began to feel really nauseous and dizzy after I did it so I went to the ER and they didn't open it up at first because they said the massive doses of antibiotics they gave me should begin to work within 24 to 48 hours. They offered me a narcotic for the pain and I turned it down because I didn't need it and because it may cause a desire for my other drug of choice to come back. The pain was immense the next day and the swelling had almost doubled by the next morning. So, I went back to the ER again and they cut me open and put a drain in my head. That also hurt, but the doctor was gentle and it was over before I knew it. Just thought I'd share some experience, strength, and hope on what I did when offered a narcotic. Thanks for listening.

Chris R. Palm Harbor

I have had two surgeries in recovery. I was not comfortable with taking medication but my doctor told me the pain would be really bad for the first two days after surgery. I talked to my sponsor about it and she actually took the day off work to go with me the day of my surgery. She stayed with me the first day then the second day I was by myself. Since pain medication was my drug of choice I was really worried about taking it. I asked my sponsor "How will I know when it is time to stop taking it?".

On the second day I woke up out of a dead sleep looking at the clock to see what time it was and if it was time to take another pain pill. I called my sponsor and told her now I know when it is time to stop.

Anonymous

This is a program of total abstinence. There are times, however, such as in cases of health problems involving surgery and/or extreme physical injury, when medication may be valid. This does not constitute a license to use. There is no safe use of drugs for us. Our bodies don't know the difference between the drugs prescribed by a physician for pain and the drugs prescribed by ourselves to get high. As addicts, our skill at self-deception will be at its peak in such a situation. Often our minds will manufacture additional pain as an excuse to use. Turning it over to our Higher Power and getting the support of our sponsor and other members can prevent us from becoming our own worst enemies.

Being alone during such times would give our disease an opportunity to take over. Honest sharing can dispel our fears of relapse.

**Basic Text Edition 5: page 98**



We have never seen a person who lives the Narcotics Anonymous Program relapse.



## January Issue Topic

What is worse, going to an NA meeting and having people cross talk, or double dip when there is a room full of people actually “needing to share” about something important? How about the one or two people that don’t see anything wrong with walking in and out to smoke cigarettes two & three times while you’re trying to share about something that may mean life or death to you? What do you think is the proper meeting etiquette for an NA meeting? How long would you let someone chat with the person next to them or text someone across the room, while a member is in the midst of sharing experience and hope that needs to be heard? How do you go about gently telling our newcomers (or even people that have been coming around for years) that NA has very simple rules that we follow when it comes to being respectful to others? What would your breaking point be when it comes to meeting etiquette when you are the person chairing an NA meeting?

## RECOVERY AND RELAPSE

*Many people think that recovery is simply a matter of not using drugs. They consider a relapse a sign of complete failure, and long periods of abstinence a sign of complete success. We in the recovery program of Narcotics Anonymous have found that this perception is too simplistic. After a member has had some involvement in our Fellowship, a relapse may be the jarring experience that brings about a more rigorous application of the program. By the same token we have observed some members who remain abstinent for long periods of time whose dishonesty and self-deceit still prevent them from enjoying complete recovery and acceptance with society. Complete and continuous abstinence, however, in close association and identification with others In NA groups, is still the best ground for growth.*

*Although all addicts are basically the same in kind, we do, as individuals, differ in degree of sickness and rate of recovery. There may be times when a relapse lays the groundwork for complete freedom. At other times that freedom can only be achieved by a grim and obstinate willingness to hang on to abstinence come hell or high water until a crisis passes. An addict, who by any means can lose, ever for a time, the need or desire to use, and has free choice over impulsive thinking and compulsive action, has reached a turning point that may be the decisive factor in his recovery. The feeling of true independence and freedom hangs here at times in the balance. To step out alone and run our own lives again draws us, yet we seem to know that what we have has come from dependence on a Power greater than ourselves and from the giving and receiving of help from others in acts of empathy. Many times in our recovery the old bugaboos will haunt us. Life may again become meaningless, monotonous and boring. We may tire mentally in repeating our new ideas and tire physically in our new activities, yet we know that if we fail to repeat them we will surely take up our old practices. We suspect that if we do not use what we have, we will lose what we have. These times are often the periods of our greatest growth. Our minds and bodies seem tired of it all, yet the dynamic forces of change or true conversion, deep within, may be working to give us the answers that alter our inner motivations and change our lives.*

*Recovery as experienced through our Twelve Steps is our goal, not mere physical abstinence. To improve ourselves takes effort, and since there is no way in the world to graft a new idea on a closed mind, an opening must be made somehow. Since we can do this only for ourselves, we need to recognize some of our seemingly inherent enemies, apathy and procrastination. Our resistance to change seems built in, and only a nuclear blast of some kind will bring about any alteration or initiate another course of action. A relapse, if we survive it, may provide the charge for the demolition process. A relapse and sometimes subsequent death of someone close to us can do the job of awakening us to the necessity for vigorous personal action.*

The 26<sup>th</sup> Annual River Coast Camping trip was a gift from my Higher Power, who I choose to call God! Anyone who is in my circle knows that I love to go camping. Not real good at setting up a tent by myself, however I have learned how to humble myself and ask for help! Thank you NA!! This particular camping trip was about surrendering, healing and moving forward. Again thank you NA and the people who are on my journey today! My journey of letting go of reservations started by being the lead dog (most of the way) up US 19N with a beautiful Sponsee, her girlfriend, roommate and children as we ventured onto a new beginning of fun.

On that day, I got in touch with my own feelings and no longer in fear of possible triggers that could cause pain. I am aware of my defects and no longer want to continue to act out on them. That weekend was about me getting real with who Sue M. is and where I am going! After the tent and screen porch was up, I mingled with people and even strolled into the river with others and noodled to the pick-up point. I have found that when I am not judging others and striving to be emotionally healthy and associating myself with happy individuals who accept me, without judgment. I am less self conscious and my life is no longer a mess! Today I am a success due to the positive and supportive men and women in my life and for that I am truly grateful.

~ Sue M. 03/22/92

L.D.L.H.

There's a reason to live  
There's a reason to die  
There's a reason for life  
But we all wonder why.

There's a reason to love  
And a reason to hate  
What I can't figure out  
Is why my life is at stake?

Remember the simple things  
That's all you have to do  
It's easier said than done  
But God will help you through.

I think of my family  
And children yet to come  
A walk on the beach  
Or tan in the sun  
The full moon at night  
With stars shining bright  
I think to myself  
What a beautiful sight!

So we love and we hate  
We live and we die  
But there's more to this life  
We just have to try.

Written by: Kristen L.

**When it comes to those who participate in drug replacement, it is helpful to remember that our Third Tradition clearly states that membership in NA is established when someone has a desire to stop using or when they choose to become a member, not when they are clean.**

© 2007, NA Groups & Medication Booklet

When your burdens are many  
and your heart is heavy  
and you doubt your strength  
can last

reach up hold tight to the  
giver of life

& know this too shall pass!

Submitted by: Sue M.  
03/22/92

Author: Unknown

It's easy to call your sponsor when things are going great. It doesn't take a whole lot of courage or integrity to tell them that you finally got that job, or that you had a great visit with your family. But if you want to stay clean, you need to call your sponsor when you're getting those shady ideas that you'd rather not mention. Keeping secrets from your sponsor is dangerous. If that's what you're doing, may we ask: why are you so reluctant to tell your sponsor what you are really thinking? Is it because God has blessed you with someone who knows the devious ways of the addicted mind, who can spot your b.s., who knows when you're trying to run a game, and who will not co-sign your tired ideas? Sponsors aren't there just to hear your good news. Their job is to guide and direct you through the traps of this disease. When we're tempted to hide something from them, we're in relapse mode. That's when we need to call them and get honest.

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### WORD SEARCH - TRADITION THREE

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| Desire      | Tolerance   |
| Welcome     | Patience    |
| Encourage   | Love        |
| Balance     | Recover     |
| Abstinence  | Controversy |
| Reality     | Struggles   |
| Requirement | Realization |
| Membership  | Life        |
| Desire      | Diverse     |
| Using       | Relief      |
| Individual  | Challenge   |
| Personal    | Seeking     |
| Enforce     | Endorse     |
| Medication  | Judge       |

Created By: Melissa W.

# Humor Corner

★★★★★★★★★★★★★★★★★★★★★★★★★★  
 ★ Drugs have taught an entire generation ★  
 ★ of American kids the metric system. ★  
 ★ ~P.J. O'Rourke ★  
 ★  
 ★★★★★★★★★★★★★★★★★★★★★★★★★★

★★★★★★★★★★★★★★★★★★★★★★★★★★  
 ★ In the 1960s, people took acid to make the world weird. Now the world ★  
 ★ is weird, and people take Prozac to make it normal. ~Author Unknown ★  
 ★  
 ★★★★★★★★★★★★★★★★★★★★★★★★★★

#### TOP TEN SCARIEST PEOPLE ON EARTH

10. Prune-eating Sumo wrestler.
9. High-rise window cleaner with bladder problem.
8. Near sighted knife juggler.
7. Megalomaniac Third World Dictator.
6. Grown men named "Biff."
5. Heavily armed hot dog vendors.
4. Carsick brother in the seat next to you.
3. Brain surgeon with hiccups.
2. Anyone with a cranky disposition and a chainsaw.
1. People who offer you drugs.

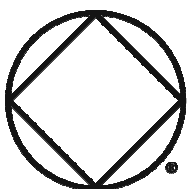


With Permission: Ben Ben, MD

## Florida Region Help Lines

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

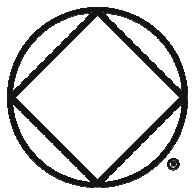
## Bay Area Service Committee Meetings



Area Service Committee (ASC):	9:30 AM 2 <sup>nd</sup> Sunday @ Terra Nova*
Hospitals & Institutions:	8:30AM 1 <sup>st</sup> Sunday @ Terra Nova*
Public Relations:	6:45 PM 1 <sup>st</sup> Thursday @ Terra Nova*
Helpline:	11:00 AM Saturday before area @ 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:	6:00 PM 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday @ Terra Nova*
Lit./Newsletter:	TBD (for information contact lit@basrna.org)
Web page:	TBD



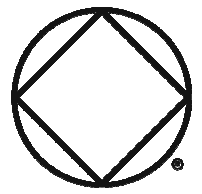
\*Terra Nova is located @ 2800 41<sup>st</sup> Ave N. St Pete



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## Anniversaries—November & December

GROUP:	NAME:	CLEAN DATE:	HOW MANY YEARS CLEAN:
A New Perspective	Casey S.	11/01/01	8
A New Perspective	Cindy S.	12/21/01	8
D.O.A.	Nancy T.	11/09/07	2
Give It Up	Hank P.	11/02/90	19
Happy and Free	Kathleen E.	12/06/93	16
Happy and Free	John W.	12/30/03	6
H.O.W.	Bill W.	11/09/08	1
Keys to Recovery	Michael V.	12/10/05	4
Life's a Beach	Danita K.	05/19/08	1.5
Life's a Beach	Ashley T.	12/07/08	1
Life's a Beach	Bruce V.	12/25/95	14
Life's a Beach	Analyn P.	12/29/92	17
Life's a Beach	Johnny B.	12/31/08	1
Never Alone	Jesse J.	12/30/08	1
Noon Group	Paul R.	11/02/04	5
Noon Group	Kristy M.	11/28/08	1
Noon Group	Lenny P.	11/28/04	5
Noon Group	Andy	12/01/08	1
Noon Group	Tiffany	12/02/08	1
Noon Group	Chris P.	12/09/08	1
Noon Group	Deborah H.	12/09/08	1
Noon Group	Sara K.	12/27/08	1
Recovery at Woodlawn	Rodney F.	11/05/94	15
Relax and Recover	Kelly M.	11/13/08	1
Relax and Recover	Brian M.	11/16/08	1
Relax and Recover	Alicia B.	11/18/08	1
Relax and Recover	Stan M.	12/04/06	3
Relax and Recover	Brad H.	12/25/04	5
Save Your Ass	Joe S.	11/11/91	18
Save Your Ass	Mike S.	11/13/05	4
Save Your Ass	Ed S.	11/14/84	25
Save Your Ass	Bill W.	12/07/07	2
Save Your Ass	Mark N.	12/29/08	1
Serenity in Addiction	James B.	11/11/04	5
Serenity in Addiction	Erik H.	05/25/08	1.5
Spiritual Solutions	Holly G.	11/14/08	1
Stairway to Recovery	Walter M.	12/30/85	24
Surrender	Luis C.	11/23/87	22
Surrender	TJ	12/20/98	11
Welcome Home	Scott K.	11/04/03	6
Welcome Home	Jim M.	11/05/04	5
Welcome Home	Sandi N.	11/09/04	5
Welcome Home	Deraille	11/10/06	3
Welcome Home	Don	11/29/08	1
Welcome Home	Sheila S.	12/06/07	2
Welcome Home	Sara L.	12/16/04	5
Welcome Home	Dawn C.	12/18/98	11
Welcome Home	Whitney O.	12/21/04	5
Welcome Home	Jim S.	12/25/81	28



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# Congratulations!

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

# ACTIVITIES

## PRIMARY PORPOISE GROUP PICNIC

WHERE: TAYLOR PARK SHELTER #7

WHEN: SATURDAY, NOV. 14<sup>TH</sup> 10AM TO 4PM

ACTIVITIES: CAJUN BOBS PETTING ZOO, MULLET TOSS, SACK RACES & TUG-O-WAR

Please bring your favorite covered dish!

**NA MEETING @ 1:30PM**

## CLEAN HARBOR'S FALL FESTIVAL

CLEAN HARBOR'S 20<sup>TH</sup> YEAR!

PLEASE JOIN IN THE CELEBRATION AT:

AL ANDERSON PARK

39699 U.S. 19 N., TARPON SPRINGS SHELTER #9

WHEN: NOVEMBER 15<sup>TH</sup>

TIME: 10AM TO 6PM

NOON SPEAKER IS RON J.

COOK OUT WITH HOT DOGS, HAMBURGERS AND SODAS

PLEASE BRING A DISH TO SHARE WITH YOUR FRIENDS. THANK YOU FOR CELEBRATING WITH US.

Note from the Editor: Hi Family! I would like to take the time to apologize. I was mistaken when I wrote in on FRCNA 2009. I wrote that next year's FRCNA was in Tampa, Florida. This is totally wrong...It is actually in Jacksonville, Florida next year - FRCNA 2010. Hope everyone comes and hope to see you all there! I apologize if this caused any confusion. This mistake was printed in our July/August Edition of the Newsletter. In Loving Service..... ~Melissa W.

**\*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](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.

In Narcotics Anonymous, we have found the path to a better way of life. To reach our destination, however, we must do the footwork. Just For Today, pg. 113

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

