

Just for Today On the Bay

Bay Area Newsletter

March 2010

In Gratitude to You for my Recovery, JW

Clean Date: 03/05/79

PRIMARY PURPOSE

I have had the opportunity to move to a new NA community several times in recovery. I got clean in Seattle (4 yrs), and then moved to Austin (2 years), Nashville (3 yrs), back to Seattle (12 yrs), and then here to the Tampa Bay area (10 yrs).

I got clean in 1979 in the Greater Seattle area. Like many cities around the US outside of Los Angeles area, N.A. was slow to get started until the Basic Text was published. By the time I was almost 5 years clean, there were about two dozen meetings around the Greater Seattle – Tacoma Area. My life had really come together as result of staying clean, and so I found myself with an opportunity to travel to Austin, TX for a job building a hotel. I recall talking to my sponsor at length about the trip. We called WSO to get some contact #'s and they even had a schedule that wasn't too old. My sponsor's primary instruction was to sit in a meeting everyday if possible.

I made the drive to Austin with another recovering addict. We were in a meeting the 2nd day after our arrival. These days, most of us have had the chance to sit in on a NA meeting when we have traveled away from where we lived. At the time, this was a completely new experience to me. I remember being choked up with gratitude as I sat in that meeting so far from home yet feeling COMPLETELY at home with "addicts of my type". I felt SAFE and PROTECTED. An added bonus was how grateful these addicts were to have us at their meeting. (I was about 4 1/2 years clean, and my friend Blue, was 2 years clean). I simply threw myself into the meetings, service and the fellowship in Austin. Within a few months, I was serving as the ASC Chair. If I wasn't working at my job, I was hanging with people in recovery. I didn't have time to be lonely. Or feel out of place, or be tempted to be in situations that would've threatened my recovery.

It is my ESH that those "good" habits we were taught as far as "getting connected" early in recovery, are the very ones we need to dust off in a situation where we have moved to a new Area. Each time I moved I "stepped it up" by doing these things:

1. 90 meetings in 90 days!
2. Get to the meeting early and help set up. (Meeting before the meeting). Go for coffee and/or food after (Meeting after the meeting).
3. Sit in the chair "from prayer to prayer". Be an example of a good NA member. Help clean up after the meeting. Introduce yourself to the newcomer.
4. Share and introduce yourself (briefly) in each meeting so that people will know you are new to the Area.
5. Get (and give) at least 3 new phone numbers at each meeting.
6. Within 2 weeks, chose a home group (and a sponsor, if you need a new one)
7. Regarding your sponsor – talk to them more often (at least 3x week), especially the first month you are in the new Area.
8. Give Back. Find a way to serve a Home Group and the ASC.

Doing the things mentioned above helped me to smooth the adjustment to each geographical move in recovery.

One more thing that I have learned - Don't forget those you leave behind. Some of your friends, sponsees, etc. might feel abandoned by your move. We are not responsible for other's feelings, but some compassion, understanding, and a willingness to call or write goes a long ways to lessening the sadness of being separated from those we have come to love and depend on.

Inside this issue:

Topics

*Personal Stories,
poetry*

Comics and puzzles

Florida Help-lines

Area Service Info

Recovery Anniversaries

Activities

Newsletter Guidelines

March Issue Topic Submissions

I got clean in Pennsylvania. While living there, my great aunt passed away. She lived in Germany. I had the opportunity to attend a meeting close to where my maternal family lived. The meetings were spoken in German. My comprehension of the language was poor however I did recognize the literature that was read prior to the meeting because the colors are universal for "Who Is An Addict?" – "What is the NA program?" etc. I did notice that when they read the traditions they did not flip the page to read what is commonly read here in the United States. Prior to having a world convention in Hawaii, I also had an opportunity to attend meetings while visiting my parents briefly in 1993. I have found that wherever I go there are NA meetings. Sometimes they are not as close in proximity like Bay Area or have club houses like Terra Nova or Freedom House. Prior to moving to Florida, I lived in Texas. Our area was small and only consisted of 10 home groups spread from Huntsville to Humble. Travel time from Humble to Huntsville was a good 90 minutes. We rotated our area service meetings monthly so that everyone had an opportunity to visit different meeting locations so not only a few groups had to travel major distances every month to attend.

~Sue M., Clean Date: 03/22/92

When I first joined the NA program it was refreshing that the U.S. had meetings almost anywhere, at any time, and in almost any city. All you needed was a computer or the phone directory. I used to travel a lot in my early recovery and still do on occasion to visit relatives and friends within and outside the U.S. In those situations I was always prepared with either a meeting list or a web site in that particular country. The comfort of knowing that I can go anywhere and be welcomed is amazing! It was like going to an NA Embassy. Listening to the steps in another language was awesome. You could still get the feelings of the pain of addiction and the hope of recovery. In 2005 I traveled to Athens, Greece to go to two weddings. I had to find a meeting. I found this recovery house and it was empty because I had showed up early. I looked in the window and saw a coffee pot with all the NA sayings in Greek on the wall and I knew I was home! On New Year's Eve 2006 I traveled to Toronto, Canada. I took a taxi from the airport straight to a meeting. From there a brother in the program gave me a ride. These times are my experience, strength, and hope that NA meetings in other areas and around the world do exist and are there for us to use. Happy Traveling!

Author: Dino A. - Clean Date 4/17/2005



With permission : Megan C.

THE PAYBACK IS...

As recovering addicts, we learn to live life on its own terms. The recovery and freedom we enjoy are the results of what's been freely given. We accept the responsibility of sharing this as part of the life we have chosen and ingratitude for the gifts we have been given.

We carry the message of our recovery to the addict who still suffers and offer hope for a better way of life. We practice the basic spiritual principles we have learned in all areas of our life to deal with our fellow human beings positively.

May Issue Topic

NA literature suggests that service work is an essential part of a program of recovery. Service is "doing the right thing for the right reason," and is the best example of "good will", which is the basis for the freedom promised by the NA program. Share your experience with doing service in NA. How many commitments do you have? How do you practice principals before personalities in service? Do you know when it is time to give another addict the opportunity to take over your commitment?

RECOVERY AROUND THE WORLD

Celebrating Recovery in Israel

When you get clean in Israel, it's a good chance that your first meeting will be in a bomb shelter. Thanks to our Higher Power, peaceful times allow our bomb shelters to be used for community purposes, including NA activities. As they can be found all over the country, they come in handy to NA groups and are easily available at a modest rent. The bomb shelter is supposed to protect you against outside attacks. In our case, it may be the way society protects itself against us – recovering addicts. Not that we're dangerous anymore, just incredibly noisy, especially when we're celebrating someone's recovery anniversary.

It goes from hand clapping to group singing to solo singing to drumming on the table, and it goes on for a long time. The happier we are, the higher the volume. You can sometimes guess at the amount of clean time being celebrated by the intensity of the singing, although there are no strict rules about it.

Our anniversary celebrations are usually announced a month in advance. The celebrating member is invited by his home group to be the main and only speaker at this specific meeting. Usually only one recovery birthday is celebrated at a meeting.

The birthday person usually invites his NA friends. Most meetings in Israel are closed meetings, so we don't have family members participating very often. The group gives the member a medallion and a card signed by all the members present at the meeting. A new member who announced a day clean at the beginning of the meeting will be asked to give away the white key tag for surrender. The birthday person's sponsor or another trusted member gives the medallion.

Then the sharing begins. The birthday person gets to share for as long as he or she wishes (within the meeting format). If there is left-over time, other members will dedicate their sharing to the birthday person, sometimes sharing embarrassing moments from the person's early recovery, but always with love and good humor.

Bosmat N., Tel Aviv – NA Way January 2001

RECOVERY RECIPE OF THE MONTH

KEEPING IT SIMPLE CHICKEN ENCHILADAS

1 large onion chopped	1 pkg. corn tortillas
1 can cream of chicken soup	5 chicken breast-cooked & diced
1 can cream of mushroom soup	1/2 lb. longhorn cheese, grated
1 c. chicken broth	
4 small cans of green chile	

Combine onions, soups, broth & chile. In a large casserole, layer tortillas, diced chicken, soup mixtures and cheese, then repeat.
Bake at 350 degrees for 30 minutes or until bubbly.

Everything that occurs in the course of NA Service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers. It was for this reason that we began this work. We must always remember that as individual members, groups and service committees, we are not and should never be in competition with each other.

–Niagara Area of NA website

The Bay Area's Help-line: How It Works

Our Bay Area Help-Line Number has been around for quite some time, although recently, we were able to switch from the old pagers to using cell phones to answer calls. Time was always of the essence when using pagers, and many calls were missed. Our Help-line is much like the frontline of NA. The phone calls that volunteers receive can truly be what saves someone from dying from this disease or what gets them to a safe NA Meeting.

Since September of 2009, by group effort, the helpline was able to get rid of the old pagers and bring in a new Virtual Receptionist System, made by One Box. This makes it easier for everyone and takes the wait out of getting through to a recovering addict. Now, the person calling the helpline can speak to a recovering addict in seconds, simply by pressing 1 on their phone.

In just "one month" our helpline can get over 1,000 calls, so service work is always encouraged. The Helpline Subcommittee meets the 2nd Saturday of each month at Terra Nova, 2800 41st Ave. N, St. Pete. The Bay Area Helpline number is: (727) 547-0444.

MEETING NEEDS SUPPORT

NEW "NO EXCUSES" GROUP

Needs experience, strength, &
hope!

140 Corey Avenue, St. Pete
Beach

(Across from SPB's City Hall)

*Meets @ 6pm – 6 days per
week!*

"Monday through Saturday"

SUPPORT A NEW MEETING!

"Unified Serenity"

Mondays, 7:30—8:30pm

7891 46th St. North

Pinellas Park

MEETING NEEDS SUPPORT

"Give it Up"

Friday's 8pm - St. Johns Catholic
Ch.

426 84th Ave. & Blind Pass Rd.
St. Pete Beach

(Meets in Cafeteria facing 84th
Ave)

**"A Big NEED for us to help
Welcome Newcomers!"**

TO THE STILL SUFFERING ADDICT

Dear addict out there in the cold. Your head swimming with drugs, remembering what you've been told. You have lived with this affliction far too long. If you die using few will be singing your song. You have been in the program, and you know how it works. We love you with all your ticks and quirks. We've been where you are, out there alone and scared. Not realizing a Higher Power has you in His care. You have heard things like, "Keep Comin' Back" and "It works if you work it," got all the hugs and pats on your back. But still you have chosen to use today. Dear suffering addict you will see someday, I pray. That these people love you and are here to help you too. Because we can only keep what we have by giving it to you. So coming back to the program would be a good start. Listen this time, open your mind and heart. We really care is all I can say. And ready to share with you the NA Way.

Cyndi P

Decisions are vantage points that anoint the small percentages which equal "one being too many" and "one thousand is never enough" and it is tough to live through twelve steps and 90 meetings until they make sense.

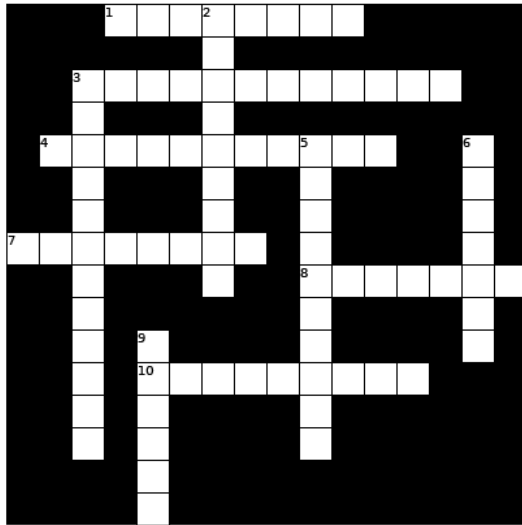
Hoping to progress, we continue to confess our wishes to surrender the emotions that swallow the turquoise oceans forever after infinities eternally burn away - slowly, I sway backwards and forwards until I violently erupt from being spiritually bankrupt.

Gregory P

Developing the concept of God as we understand Him is a project that we can undertake. We can also use the steps to improve our attitudes. Our best thinking got us in trouble. We recognize the need for change.

Basic Text, Fifth Edition: page 53

Principles before Personalities
Anonymous



- | | |
|---------------------------------------|-----------------------------------|
| Across | Down |
| 1 A plethora of personalities | 2 Equals understanding & strength |
| 3 Look for them | 3 We're on on different levels |
| 4 Looking for these will take you out | 5 and Empathy |
| 7 Be careful what you pray for | 6 and Compassion |
| 8 Beautiful people | 9 All around the world |
| 10 All addicts have many | |

**Let Go
And
Let God**

**Acceptance
You Can't Change
The Wind, But,
You Can
Adjust The Sails**

Answers to puzzle on bottom of page 8

NEW RECOVERY GROUP
Recover From Twelve-Step Groups

We have a new thirteen-step program to help you recover from the evil influences of too many twelve-step recovery group meetings:

1. Admit that you are powerless over twelve-step meetings — that your life has become unmanageable. Scream and pass out.
2. Come to believe that only Santa Claus can restore you to sanity.
3. Make a decision to give all of your problems to Santa Claus, as we understand Him.
4. Turn your will and your mind over to the care of Santa Claus. They were worthless anyway. Also stick him with those pesky problems.
5. Make a searching and fearless inventory of your garage. You won't believe the junk you will find in there.
6. Confess to everyone that you can't sing, you can't dance, your butt is too fat, and you have bad breath.
7. Make yourself entirely ready to have Santa Claus fix those defects.
8. Write a letter to Santa Claus, humbly begging him to remove all of your shortcomings.
9. Make a list of all of the people you have pissed off.
10. Go piss them off again.
11. Continue to inventory your garage, and when you find that you are hoarding some really useless junk, promptly admit it.
12. Seek, through your cell phone, to maintain constant contact with Santa Claus, as we understand Him. If you can't get Him, call a Psychic hotline. Do whatever the old witch says.
13. Make twenty copies of this letter, put your name at the bottom, and send them to all of your friends.

Humor Corner



Reality TV



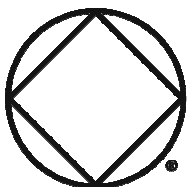
Voices in My Head

With Permission: Ben Ben, MD

Florida Region Help Lines

<u>The Bahamas</u> :	242-325-6200, 242-462-5245 (Nassau)
<u>Bay Area</u> :	888-779-7117 or 727-547-0444 (Pinellas Co.; 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:	6:45 PM 1 st Thursday @ 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:	6:00 PM 1 st & 3 rd Wednesday @ Terra Nova*
Lit./Newsletter:	9:00AM 3 rd Wednesday @ Panera Bread Tarpon Springs
Web page:	TBD



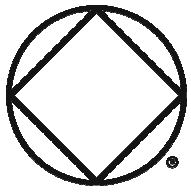
*Terra Nova is located @ 2800 41st Ave N. St Pete

Anniversaries—March & April

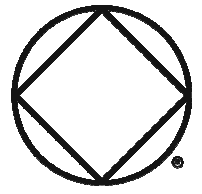
GROUP:	NAME:	CLEAN DATE:	HOW MANY YEARS CLEAN:
A New Perspective	Samuel B.	03/31/06	4
Always Here	Pete M.	03/12/09	1
Bay Area Youth	Jay B.	03/10/05	5
It Works	BJ	03/06/94	16
Just For Today	Mel B.	04/01/00	10
Keys to Recovery	Emily M.	03/01/06	4
Let Go or Get Drug	Garland M.	03/30/03	7
Life's a Beach	Autumn	03/01/87	23
Life's a Beach	Jeannie H.	03/17/90	20
Life's a Beach	Amy	03/29/09	1
Life's in Session	Jason S.	03/02/08	2
Life's in Session	Ted M.	03/06/09	1
Never Alone	Angela F.	03/03/02	8
Never Alone	Kat C.	03/22/09	1
No Pain No Gain	Billy M.	03/04/06	4
No Pain No Gain	Joyce E.	03/08/09	1
No Pain No Gain	Valerie C.	03/20/09	1
No Pain No Gain	Arnita H.	04/04/09	1
No Pain No Gain	Mike K.	04/07/08	2
No Pain No Gain	Richard M.	04/24/09	1
Recovery Off Keystone	John Y.	03/09/08	2
Relax & Recover	Sue M.	03/22/92	18
Save Your Ass	Heidi	03/04/09	1
Save Your Ass	Rick	03/04/09	1
Save Your Ass	Damion J.	03/25/09	1
Save Your Ass	Micah L.	04/24/07	3
Spiritual Solutions	Jay M.	03/05/07	3
Stairway to Recovery	Hilary O.	04/21/95	15
Stairway to Recovery	Les M.	04/22/04	6
Stairway to Recovery	Wendy Z.	04/29/07	3
Surrender	Tammy Lynn	04/01/07	3
We Do Recover	JW H.	03/05/79	31
We Do Recover	Trish H.	03/05/09	1
Welcome Home	John S.	03/02/01	9
Welcome Home	Sean J.	03/05/09	1
Welcome Home	Wilson	03/06/96	14
Welcome Home	Gail P.	03/07/07	3
Welcome Home	Louis P.	03/11/91	19
Welcome Home	Kristy A.	03/13/07	3
Welcome Home	Lauren R.	03/13/09	1
Welcome Home	Bob B.	03/21/88	22
Welcome Home	Pete C.	03/23/87	23
Welcome Home	Edwin C.	03/28/08	2
Welcome Home	Leah R.	04/02/08	2
Welcome Home	Mike L.	04/18/08	2
Welcome Home	Rob R.	04/21/09	1
Welcome Home	Shane F.	04/24/09	1

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.



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ACTIVITIES

RELAX & RECOVER

4th Annual 'GOOD DAY SUNSHINE' Picnic

Saturday - March 20th, 2010, From 9:30am to.....whenever!

9:30am - Coffee & Pastries, 10:00am - Meeting (Step Discussion)

11:30am - Food & Music (Dawn W. & Spellbound), 1:30pm - Speakers (Stevie D. & Leslie M.)

Northeast Park - 4630 East Bay Drive - Largo, FL

All Food Contributions Accepted & Fun For all Ages!

(Located between Belcher Rd. & US 19, on North side of East Bay Drive)

Additional parking available across East Bay Drive @ Rogate Church

Primary Porpoise Group Presents:

Speaker Jelly

WHAT: 12 Step Workshop (12 Steps & 12 Speakers in 12 wks)

WHEN: 7 to 8pm Wednesdays! March 3rd - May 19th, 2010

WHERE: Calvary Episcopal Church 1615 1st St. Indian Rocks Beach, 33785

WHO: (Speakers, Steps & Dates)

Step 1- Rodney ~ 3/3

Step 7- Linda D. ~ 4/14

Step 2- Drew S. ~ 3/10

Step 8- Scott K. ~ 4/21

Step 3- Paul M. ~ 3/17

Step 9- Sandy R. ~ 4/28

Step 4- Jim B. ~ 3/24

Step 10- Travis L. ~ 5/5

Step 5- Frank C. ~ 3/31

Step 11- Kristi F. ~ 5/12

Step 6- Pete C. ~ 4/7

Step 12- Jimmy S. ~ 5/19

***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.

Page 5 puzzle answers, Across: 1. meetings, 3. similarities, 4. differences. 7. patience, 8. addicts, 10. attitude

Down: 2. tolerance, 3. spirituality, 5. compassion, 6. empathy, 9. family

