

Just for Today On the Bay

Bay Area Newsletter

May 2010

IN
VOLUN
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SERV
ICES

Inside this issue:

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*Personal Stories,
poetry*

Comics and puzzles

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The Walk

It felt like a hundred degrees that day. I think it was in the middle of July, but I wasn't sure. One week felt like one excruciatingly long day. I had lost all sense of time. Although, I *do* remember every distinct detail of the walk to the detox center because of the significant impact it had on my life. Between the heat and coming down off my high, my clothes were soaked in sweat. I had engaged in so many unwanted, sexually degrading acts, and because I couldn't remember the last time I'd showered, I knew that I smelled pretty bad. The way I smelled, at that point, was not my main concern. I had slept the night before, but not before I had been up for at least three days. My body ached from exhaustion and it took everything I had to walk without passing out.

I was hungry and very dehydrated. I thought to myself, "The first thing I'm doing when I get there is asking for water." I kept asking myself, "Is this it Sara? Have you had enough yet?" I then proceeded to ask God, "I want this to be it. God, please help me?" I had prayed this prayer before but the desperation I had this time was more than I ever had for anything. Before this day, I had been desperate for a desire to stop using; now I had the desire, I just didn't know if I had the strength. As I got closer, my pace picked up; for I knew relief was ahead. A woman at the place I stayed the night before had called the detox center to make sure they had room for me, so they were expecting me. I walked in the doors and instantly felt a wave of cold air. I took a deep breath and started to tear up. A woman came out of the main office and asked me, "Can I help you?" I responded with, "Yes, you can," and gave her my name. I then asked for some water and she brought me some. I refused to leave that place, even after they told me I could. I didn't trust myself and I was so afraid of getting high. In my past relapses, I left previous detox centers and got high just when I was starting to feel again. This time I made a commitment to myself that, no matter what, I wouldn't leave. It was hot that day because it *was* in the middle of July. In fact, I had three-years clean July 21st of this year. I will never forget that date, for my life started the day I walked to the detox center.

- Sara W.

May Issue Topic Submissions

When I first came to the rooms of Narcotics Anonymous, I got a sponsor, and I was directed to pick up a service position. At this time I was 30 days clean. Serving Narcotics Anonymous was the most enlightening experience I had ever had because serving on an area floor gave me an ability to get out of myself. It also gave me the ability to put 50 eggs in my basket. These eggs were all of the other GSR's, the Admin. Committee and all of the chairs on the area level as well. Serving on the Area floor also allowed me to understand how Narcotics Anonymous works. By becoming a part of our Area it allowed me to put myself in the middle of the boat. As time went by, I also became Policy Chair for the Bay Area. I now serve on the FRCNA Committee and am presently the GSR for my home group once again. What I have found from being a member of NA and from being of service to my area is that I am able to stay clean one more day. Because, when I am being of service I have no time to be self centered. So, service work, for me, is one of the main keys to my recovery.

In Loving Service - Ramon R.

NA is a God given spiritual fellowship. I came to my first meeting full of fear about my future. I remember thinking how it would be impossible for an addict like "me" to stay clean. I looked around the room, hoping to see somebody that showed me visible signs that they used like I had used. I noticed one older guy, Henry, he was a dope fiend. I did not say anything to him that night. His presence was enough to offer me hope. I do not think he realized how much him just showing up helped me. He was doing unspoken service work by just being there. It took awhile for me to realize, NA, was a worldwide fellowship. Each group elected members to do certain duties on a group level. I was told I was needed, that was a nice feeling. Since we were a new area, just 3 meetings a week, I really was needed. I was given the job of coffee maker the first night. The area grew fast. At 6 months clean, I was voted in as group treasurer. I viewed myself as a thief. The group taught me how to be accountable. They trusted me. I was told to get another home group member to count the collection and initial it. It was a great feeling to be trusted. Over the next few years, I was allowed to serve at many different levels. I learned a lot from taking on service positions. We cannot keep it unless we give it away. I served as one of our first H & I chairs for bay area. It was an experience because I did not have a car, only a bicycle. Making sure the meetings got chaired took some special effort. Our fellowship was growing very fast. Many positions were filled by same person. We did what it took. It was what kept us clean. I had a great sponsor. He asked me this question about being of service, "Would you do it without the title?" That helped me realize why I do service work. There are many elected positions that require a working knowledge of the 12 steps, 12 traditions, and 12 concepts. It is important to get a home group, a sponsor and read our books and literature. Service work is done whether elected or not. It is important to suit up and show up. Be a 20/20 addict. Show up 20 minutes early and stay 20 minutes after, I have learned that once the addict gets better, the group gets better. Once the group gets better, the area gets better. Once the Area gets better the region gets better. 28 years later I am still learning. My journey requires me to pray, to stay involved with my home group, listen to my sponsor, and share with my support group. I hope the newcomer realizes by just showing up he or she is doing all of us a service.

~Jimmy S.

Recovery Quotes

"When you're home by yourself you're behind enemy lines."

"If you share your pain you cut it in half, if you don't you double it."

"If you don't want what we have, go back out to what you had."

"There's no elevator, you have to take the steps."

July Issue Topic

When first coming to NA, what kind of suggestions did you hear that were helpful to being in a relationship when you were brand new at trying to stay clean? How do we know when a relationship is hurting our recovery or helping our recovery? How do we, once in recovery, start to build a trusting and intimate relationship with our families & friends again? Relationships with friends, families, partners and other fellow NA members bring out a lot of different feelings for us. What kind of experience, strength, and hope do you have on the topic of Relationships? Please share your thoughts & feelings on "relationships in recovery" that can help another addict.

RECOVERY AROUND THE WORLD

Hi Family,

Grateful to be clean by the grace of God and the rooms of Narcotics anonymous! Though it's a privilege to be at any Narcotics Anonymous meeting, it was definitely a cultural blast to have an earned seat at a meeting in Rio De Janeiro. The atmosphere of recovery was very interesting. We were very warmly welcomed of course, by friends we hadn't met yet. It was a coincidence because at that time there was much controversy in my area because my home group had decided to utilize an egg timer so people wouldn't turn NA into narcotics on n on n on n anonymous.....lol. Funnily - enough, to share at this meeting in Brazil, in a high ceiling room with old high- backed wooden chairs you had to go to the front of the room. Then to share we had to climb up two steps to sit on an even bigger wooden chair. This definitely facilitated vulnerability and exposure leading to admission of the truth, the whole truth and nothing but the truth, lol. The Chairperson had a large wooden block plaque and at exactly after five minutes of sharing...BOOM!!!.... a loud bang and times up.....It was interesting to see that my home group was not alone in limiting the time of some ego-driven sharing by some who tend to monopolize the sharing time at a meeting. Of course, as in any country I've ever been to, the main language we share is the language of the heart. So though I don't speak Brazilian, other than to say, "life is good". I could relate to the empathy and genuineness of this kind, loving home group. After all, ninety percent of communication is non-verbal. The smiles, tears and hugs were all deeply understood, only because I am clean JFT. By the way, my home groups, group conscience changed after that and we decided to surrender our egg-timer and allow a loving God to express himself in our group conscience per Tradition Two. ILS< Sasha B. 7.4.90

RECOVERY RECIPE OF THE MONTH

TURN IT OVER PINEAPPLE UPSIDE DOWN CAKE

- | | |
|---------------------------------|---------------------------|
| 1 box Pineapple Upside Down Mix | 1 pkg. pecan halves |
| 1 can Pineapple Rounds | 1 jar maraschino cherries |
| 1 (1-oz) butter | |

Following directions on the box. Then on bottom of 10" pan arrange pineapple rounds with cherry in the middle surrounded by pecan halves. Temp: 350

"Part of compliance is defiance, but you must arrive at acceptance of the disease."

"Having resentments is like drinking poison and expecting someone else to die."

I'm fifty one and have learned as much from the devastation of active addiction as I care to. I have the rest of my life to put these experiences into perspective while offering them in gratitude to all who have received the gift of reception. There have been many near and dear to me lost since I made my peace with active addiction. I believe in the virtue of that, which is bigger than I; that no spiritual being is ever lost since memory is the carousel of eternity. There was a trio of "we" friends who for a time lingered on the precipice of the grave. We shared enough friendship to sustain us in our misery but, between us we had little value for life. The first of us to leave our pain behind and shear the shackles of this mortal existence was a friend, lover, and partner: The addiction that unified us in life separated us in death. I think it reached a part of me that had never been touched before. It was a day prior to my birthday that I learned of her passing: it helps me to reflect on her memory even though the hurt of her passing hasn't faded.

Her memory adorns me like a shroud of awareness of the fortitude of love.

I have considered the possibility of death in the clutches of the ever maddening obsession of my addiction but, would choose it with enthusiasm compared to another day of insanity. Never doubt that God ever gives us more than we can handle and, for some when the pain is great we are released of mortal concerns and dwell in a place far from this world's madness. If it wasn't for the power of hope NA generated from memories warm with spiritual belonging I may have not absorbed the irreplaceable loss of the second of the trio. I wanted to deny participation in the progression that led us this way. It's Hard to reconcile being left behind to marinate in the afterglow of our collective insanity. The memories of the friends we left behind linger still as reminiscences of those that left our embrace never to return. The lesson of loss is unavoidable and acceptance is the only remedy. Memory is the window to the place we three ran and NA the place where my life began.

Pauli M.

MEETING NEEDS SUPPORT

The "Dry Docks" off Alt 19 N, Tarpon Springs

*** **NEEDS *RECOVERY & SUPPORT!** ***

(Seasonal) Campfire Meeting's on:

Mon.'s & Wed.'s @ 8pm

Saturday's @ 10pm

MEETING NEEDS SUPPORT

New Meeting – NEEDS SUPPORT!

"Unified Serenity"

Monday's @ 7:30-8:30pm

7891 46th St. North, Pinellas Park, FL

(Sponsored By- Unified Serenity)

Another realm of Existence

I was existing millions of light-years away.
 In the depths of insanity, I was sure to stay.
 I was being pulled into the black hole that lurked within me, Until in desperation, I came to believe In a positive, unfathomable power of the universe For which helped me change my destructive course.

It is the cosmic landscape above,
 For it has injected the fire of life into me, and it is life that I love..

By Jesse J.

A Shift in Consciousness

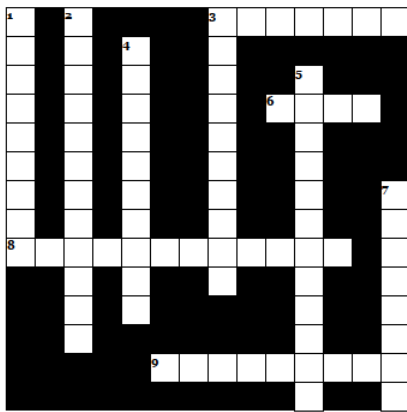
When I open my mind, I open my soul.
 When change I can find, I am free to feel whole.
 When I accept the past, I can finally feel alive.
 Then truly at last, I can honestly live my life.

By Jesse J.

**Spiritual Awakenings Often
 Come in Rude Awakenings So
 You Better Pay Attention!!**

Step One
Anonymous

For help with puzzle refer to the NA Basic Text, Step One.



- | | |
|---|---|
| Across | Down |
| 3 We are not responsible for our _____ | 1 First admission in Step One |
| 6 We have to ask for it in order to get it | 2 Second Admission in Step One |
| 8 In Narcotics Anonymous, _____ has to come first (2 words) | 3 We have a disease! Not a moral _____ |
| 9 Means not having to fight anymore | 4 Only after surrender are we able to overcome the _____ of addiction |
| | 5 Robs us of the benefits this program has to offer |
| | 7 We are responsible for our _____ |

Answers to puzzle on bottom of page 8

7 days without a meeting
Makes one weak.

I AM ALLERGIC TO DRUGS
I BREAK OUT IN HANDCUFFS.

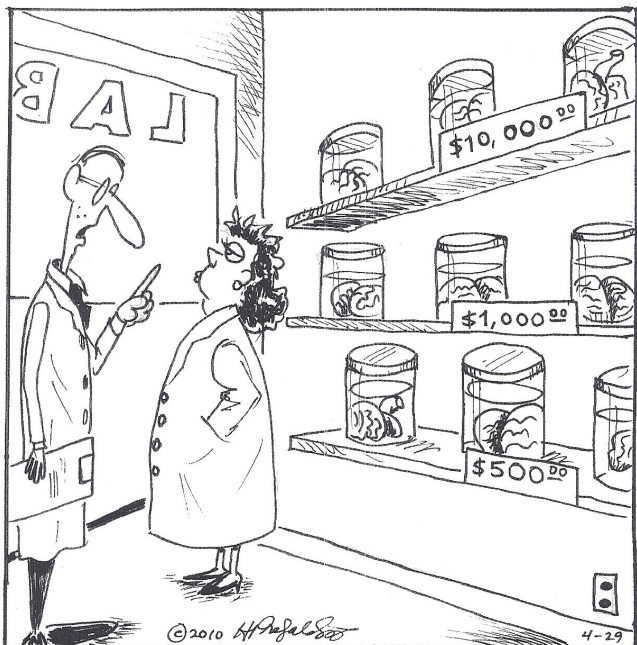
Work your own program, just do it the way I tell you.

I used to think bad boys were diamonds in the rough,
Then I realized they were just lumps of coal.

Humor Corner



“GRANNY DOESN’T KNOW WHERE YOUR PILLS ARE. BUT NEVER MIND THAT—WHAT’S WITH THE PURPLE DRAGONS IN THE KITCHEN?”

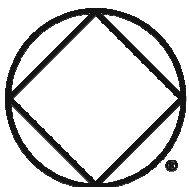


“ON THE TOP SHELF ARE THE ADDICTS’ BRAINS. THEY COST MORE BECAUSE THEY’RE UNUSED.”

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

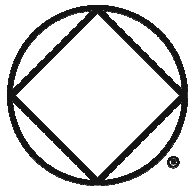


Area Service Committee (ASC):	9:30 AM 2 nd Sunday @ Terra Nova*
Hospitals & Institutions:	8:30AM 1 st Sunday @ Terra Nova*
Public Relations:	6:45 PM 1 st Thursday @ Terra Nova*
Helpline:	11:00 AM Saturday before area @ Terra Nova*
Policy:	8:30 AM 2 nd Sunday @ Terra Nova*
Admin.:	9:00 AM 2 nd Sunday @ 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

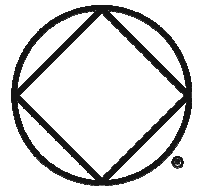


*Terra Nova is located @ 2800 41st Ave N. St Pete

Anniversaries—May & June



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GROUP:	NAME:	CLEAN DATE:	HOW MANY YEARS CLEAN:
DOA	Lisa T	05/01/02	8
DOA	Gary F	05/07/01	9
DOA	Tom L	05/13/88	23
DOA	David B	05/13/01	9
H.O.W.	Debbie L	06/19/09	1
H.O.W.	Albert	06/28/99	11
ICOF	Brook L	05/05/97	13
ICOF	Jay C	05/28/06	4
JFT	Bobette	05/17/90	20
Life's a Beach	Danita K	05/19/08	2
Life's a Beach	Karl P	06/26/94	16
Never Alone	Jesse J	12/30/08	1.5
Primary Porpoise	Jacki R	05/02/00	10
Primary Porpoise	Jim L	05/04/08	2
Primary Porpoise	Pete B	05/05/06	4
Primary Porpoise	Bama Dave	05/18/02	8
Primary Porpoise	Kristina B	06/04/09	1
Primary Porpoise	Tom W	06/08/96	14
Recovery in Woodlawn	Big John B	05/01/02	8
Recovery in Woodlawn	Sue M	05/21/07	3
Recovery in Woodlawn	Steve M	05/24/07	3
Saturday Night Live	Charlotte	05/30/84	26
Saturday Night Live	Michael H	06/21/02	8
Saturday Night Live	Sandy H	06/29/90	20
Save Your Ass	Melissa M	05/07/09	1
Save Your Ass	Melinda S	05/22/08	2
Save Your Ass	Brian D	05/09/08	2
Save Your Ass	Roger M	05/10/09	1
We Do Recover	Lisa R	05/04/02	8
We Do Recover	Bobby	05/15/81	28
We Do Recover	JT	05/25/09	1
Welcome Home	Craig	05/01/92	18
Welcome Home	Tracy W	05/09/93	17
Welcome Home	Bob F	05/15/81	29
Welcome Home	Louis	05/15/07	3
Welcome Home	Maryann K	05/26/09	1
Welcome Home	Michelle B	05/26/09	1
Welcome Home	Dan L	05/29/07	3
Welcome Home	Hazel S	06/12/09	1
Welcome Home	Sloane	06/16/08	2
Welcome Home	Patrick F	06/19/08	2
Women & Recovery	Lisa R	05/07/01	9
Women & Recovery	Alberta C	05/27/06	4
Women & Recovery	Christine C	06/06/04	6
Women & Recovery	Dawn W	06/07/99	11
Women & Recovery	Tracy	06/10/09	1
Women & Recovery	Becky M	06/12/08	2
Women & Recovery	Laurie B	06/28/95	15



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

MOTHER'S DAY PICNIC

Presented by Women & Recovery, Sunday, May 9th 12 to 5pm Speaker Meeting @2:30pm

Lunch Provided—Bring food if you can!

Lions Club, 9300 W. Gulf Blvd., Treasure Island

Please carpool—Parking is Limited/Music by Dawn W.

LIFE'S A BEACH MEMORIAL DAY PICNIC

May 31st at 10am in Gulfport

Hotdogs and hamburgers provided/bring a covered dish

Raffle and meeting at 7:30pm



FREEDOM GROUP PRESENTS.....

SPEAKER JAM

IX

DATE: August 13-15, 2010

Place: Sheraton Sand Key
1160 Gulf Boulevard
Clearwater Beach, FL 33767-2799

***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: 3. disease, 6. help, 8. staying clean, 9. surrender

Down: 1. powerless, 2. unmanageable, 3. deficiency, 4. alienation, 5. reservations, 7. recovery

Bay Area Website: www.basna.org

