

Just for Today On the Bay

Bay Area Newsletter

July 2010

RECOVER
YOURSELF
IN
A
SUPPORTIVE
ENVIRONMENT

TABLE FOR ONE

I enjoy fine dining.

In my life, I've been blessed both with meals at celebrated restaurants in many cities as well as the experience and skills necessary to produce an upscale event myself. So, I truly appreciate the work and meticulous attention to detail involved. Lately, though, I haven't been able to afford those four- and five-star, reservation only tables. Eating out has been more about which number value meal I want and whether or not to super size it, as I shout my choices at the sign at the drive-through.

And that's OK. All that fussy preparation, the complicated dance of manners... someone else can worry about that stuff today. Besides, who can ever remember which fork to use? Sometimes, you just want a hamburger, right? That's my rationalization, anyway. And, if the way to the heart is through the stomach, as the saying goes, that says a lot about how I've approached romantic relationships in recovery.

Intimacy and long term relationships before I came in meant always having someone there to point out when there was spinach between my teeth, marinara on my shirt. Exposing the real me and accepting someone else was humbling, and I used (in part) because I wanted to escape those feelings. I remember those feelings all too well, and rather than use my program to help me stay clean through them again while pursuing or waiting for a meaningful relationship, I've avoided the risk. When I've been... umm... *hungry*, I've settled for the drive through approach. Fast, affordable, and disposable; nothing memorable or particularly healthy, but I don't go to bed hungry.

"Dating" that way (if it can even be called that) does have a cumulative effect on self-esteem, though. Loving myself has to mean treating myself well, and the time and energy I put toward that long series of quick fixes might better be saved up for one special experience. Inappropriate choices are still inappropriate, even if they're in a pretty package and conveniently available, 24 hours a day. (One has to question at some point why they make themselves so conveniently available in the first place.)

Hungry and Lonely can certainly lead to Angry and Tired. All of these triggers have solutions that don't involve getting and using that quick fix. Honestly writing about my feelings reveals a difference between needs and wants, and it's only my disease convincing me the two are the same. Loneliness can be cured, or at least alleviated, by reaching out to those I can truly trust and open up to. I don't resent the answer when I ask my sponsor whether I have spinach between my teeth. And, there's always someone in my support network who knows how to get a marinara stain off of a shirt.

I've been in this program long enough to have learned which fork is right. It's not the plastic one.

—Anonymous

(Reprinted with permission from DailyPayItForward.com & Submitted by a Bay Area NA member)

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poetry

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July Issue Topic Submissions

Relationships and Recovery

Anonymous

When I first came back to N.A it was suggested that I take one year to work on myself before getting into a relationship. For me, it was difficult, but my past of being in the rooms many years before, and hopping from one guy to the next, lead me to believe that this suggestion was what I needed. So I took the suggestion and it was just what I needed. I formed a relationship with my sponsor, my friends, my family and my higher power. This wasn't easy by any means, but it taught to me reach out to other woman and had me really look at myself and want to grow. I got a foundation with other recovering women and a very strong connection with my higher power. I diligently worked steps because I wanted to heal inside. All of this helped me to build my relationship with myself. I am now in a relationship and I am so grateful I took the first year without one. Because, even with my foundation I'm realizing a relationship is work. My relationship by no means is perfect but I am happy! I've learned some solutions and I use them. I still continue to meet with my sponsor. I still go to meetings without my boyfriend. I still hang out with my friends and I pray more than ever. Usually my prayer is to not let my insecurities get in the way of God's work. I never was a girl like this before, when I had a boyfriend in the past, he was EVERYTHING to me, like my drug. I have learned from staying clean and living by spiritual principles that all of my relationships grow. I remember someone telling me to make a prince charming list and I could do that so easily because I always knew what I wanted in a man. So I wrote the list, and was told that when you have these qualities in you, then you are ready for a relationship. I learned that I can't look outside myself to feel good about myself inside, whether it's a drug or a boyfriend. So when I see that I'm doing that in my life now, I totally remember that hopeless feeling and do something different. This might be to call one of my girlfriends, pray, go for a walk, listen to some music, write, go to a meeting, dance, or exercise. Thank God for my first year at getting to know me before attempting to share my life with a man.

Relationships in my Recovery

–Donald W. Clean Date: 2/20/2010

When I first came to Narcotics Anonymous I didn't know what to expect. I was told to keep coming back. So, as I followed the suggestions of NA, I followed the suggestions of my fellow addicts as well, and I kept coming back. I built relationships with people who had what I could hope to have one day, which was experience, strength and hope. As we became friends and started to do things together, I found something I never had before, which was true friendship. These people were staying clean and having fun while doing it. I am from the Sun Coast Area of NA, so after a while of going to meetings and sticking with who I felt were the winners and those I became close friends with, I was invited on a road-trip up to the Bay Area for a meeting. I agreed but was a little nervous about going up to a new Area for a meeting as this would be something foreign from what I was used to, and again, I didn't know what to expect. I was immediately introduced to people at this meeting and others came up to me and introduced themselves too. I felt like I had just walked into a meeting that I had been going to for a long time. The strong messages of Recovery I received at this meeting and the positive attitudes toward the newcomer truly touched me. I could not have done a better thing for my Recovery by accepting this invitation to the Bay Area. I have been coming back every Thursday to this meeting because of the way my Recovery is influenced, how welcome I am, and how welcome I was made when first coming here. When first coming to this meeting in the Bay Area, I never could have imagined that I would make such beneficial relationships with addicts in another area and that they would give me experience, strength, and hope in which I also hope to be able to share. All in all, I am very grateful to be given the opportunities to travel to this Area and hear a strong message of recovery, as well as to keep building these relationships that guide me in my recovery today. Acceptance of change in my recovery is something I cannot forget because if it were not for change, I would not be where I am today. Thank you Bay Area for showing me that Recovery in Narcotics Anonymous is welcoming and giving freely to any addict seeking it.

September Issue Topic

Did you get clean at a young age??? Please share you experience, strength and hope about being young in recovery. It is so amazing to see young people coming to meetings, so if you could share about what it was like for you then it may help somebody who is new to the area.

Recovering in Sweden

I am a recovering addict in the fellowship of Narcotics Anonymous in Stockholm, Sweden.

I have had six weeks of vacation from work during my first year in recovery. Most people outside the fellowship would think I was crazy. Five of these weeks were spent in a treatment center for drug addiction, and the last one I just spent doing my first Fourth and Fifth Step with my sponsor.

While writing my inventory, I felt almost nothing when my "deep dark secrets" surfaced. I had to share them in my Fifth Step and was worried that it would become just "simply a reading of Step Four" with my sponsor. Since "worrying is a lack of faith," I decided to trust the God of my understanding and go on. When I sat down in front of my sponsor, I knew everything would be just fine. As I started to share the things that I felt most ashamed of having done I had to pause because I felt all tied-up. In that pause (I do talk a lot) he just said one sentence and I experienced the feelings. I started crying, and I was crying over me.

I was there when it happened. I did those things to myself, not only to the people I had hurt. I had hurt myself the most. I felt as if that one sentence had pulled out a plate of steel separating my head from my guts. I walked out of my sponsor's house on light feet. I felt so good. I felt like I had thrown a rucksack off my back.

The following day I went to the convention in Uppsala, just north of Stockholm, that our ASC and the group in Uppsala had arranged for the weekend. What a thrill. One hundred and three people registered and the countdown showed our total clean time to be 123 years, eleven months, and seven days. The fellowship in Sweden is only four years old, and today there are over 20 meetings in the eastern area alone. During the convention I received several spiritual gifts. Two of them were special to me.

For the first time I agreed to be someone's sponsor. Secondly, a woman I vaguely recognized walked up to me. With a spark in her eyes she said: "You were the first one who talked to me at my first NA meeting six months ago." It turned out she now had 60 days clean. I could feel that her program worked. I felt elated over the gifts and more, that I was able to receive them.

I am forever grateful to all the addicts in NA from the first group in 1953, over every link in the chain that finally reached me, to every newcomer yet to walk into these rooms. I am not ashamed anymore.

KG, Sweden

Story taken from the NA Way Magazine July 2003

RECOVERY RECIPE OF THE MONTH

COURAGE TO CHANGE CORNBREAD

1 pkg. Jiffy corn muffin mix
2 eggs
1/3 c. milk
1/4 c. shredded cheddar cheese

1 can whole kernel corn drained
1/4 c. chopped green chili, or to personal taste

Bake in 9" x 9" greased square pan in a 400 degree oven. Bake 25 mins. or a little longer if not completely done. If you've done enough of this kind of baking, you know that if you stick a toothpick in the middle it should come out clean when removed if cornbread is done. This stuff is GOOD!!

LOVE AND LOSS

“Don't it always seem to go that you don't know what you've got till it's gone” - Joni Mitchell

The lack of something increases the desire for it. Leaving that relationship seemed such a good idea at the time. But now that you've pulled the trigger and it's actually happening, certainty vanishes and the, “But what if...” game begins. “But what if he or she really can change? After all it's only been 5 years.” Many of us have felt this way at times and recovering addicts are certainly no exception. Ever notice how many relapses come after a relationship has ended badly? We were drug-dependent people and taking away the drugs leaves, you guessed it, dependent people. (Also counter-dependents but they don't need or want anyone or anything, so let's leave them out). When we transfer that dependency onto another person we call that co-dependency. No, we don't need another program; we need to keep working this one. To be dependent is to continually make an outward reach for inner security. This is what it is to be spiritually bankrupt. The 12 Steps cannot change the fact that we are and always will be addicts. What it can do is lead us to become recovering addicts. Recovery is the cure for spiritual bankruptcy. We no longer focus on the “more” outside of us but rather on the more that lies within us and break the habit of dependency. Then we are free to have people in our life without needing them as a crutch. Yes, we will still have needs but we will be responsible for getting them met. We will no longer be needy.

Where does this neediness, doubt and fear in relationships come from? Three aspects of ourselves come to mind. One aspect is, the inability to imagine a future without the other person, from the belief that they cannot go on without the other, to believing that they **cannot** cope with life alone. Two, we engage in “euphoric recall”, emphasizing positive aspects of the relationship while ignoring the negative aspects. Three, the “lover” experiences a drop in self-esteem in many ways ranging from second-guessing *every* choice they've made to believing they are in some way fatally flawed, even questioning if they are lovable.

What is the root of this self-destruction? Fear.

Author: Laramie, Clean Date: 06/01/89

MEETING NEEDS SUPPORT

Tarpon Springs Dry Docks Meetings

Needs our Recovery and Support

Mon, Wed, 8PM, Sat 10PM

Outside Campfire Meeting

1733 Alt. US 19 N, Tarpon Springs

MEETING NEEDS SUPPORT

No Excuses Group Needs Support

Fri, 6PM/Speaker Meeting

Sat, 6PM/Literature Study

140 Corey Ave (Corner of Mangrove & Corey)

St Pete Beach

This is Life

You're growing. That's what they say when they hear your pain.
 Don't worry. If you learn your lesson it will not have been in vain.
 With each day that passes there is a message to be heard.
 Don't hold back your questions, none of them are absurd.
 The only stupid question is the one you didn't ask.
 But be prepared to take action, you will be held to task.
 This is a process that will never be complete.
 There will always be more with each new day you greet.
 And though you will be tested daily, there is no final score.
 Each morning you are blessed to wake, there will be one more.
 This isn't a game, but don't take yourself too seriously.
 Take off your mask. It's the first step to honesty.
 Hit your knees and take time to pray.
 If you do, you'll feel him holding you through the day.
 Remember to share the love, there's always enough to go around.
 And don't stop until they put you in the ground.

Megan B. (Red) 4/24/2010

H & I Literature Amnesty

B.A.S.C.N.A. H&I:

Any H&I ex member (not currently on a panel),

PLEASE turn in all literature!

Current members take an actual inventory!

Order only what you need!

Be financially responsible!

Bring to H&I or ASC Monthly!

Sponsored by: BASCNA

CROSSWORD PUZZLE – STEP # 9:

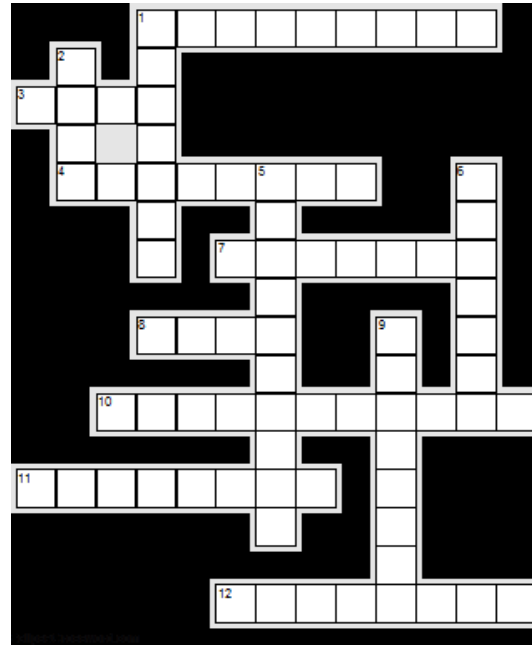
“We made direct amends to such people wherever possible, except when to do so would injure them or others.”

Across

1. Our recovery is also a way of making amends to ____.
3. Memories of the ____ will no longer hold us back.
4. Making amends is a ____-____ process.
7. We discuss each of our amends with our ____ before we make them.
8. Step 9 cannot be neatly contained within a particular ____.
10. With Step 9, we put our ____ into action.
11. Our ____ increases as we face the people we have harmed.
12. Part of sanity is effectively ____ to others.

Down

1. We must be willing to follow through regardless of the potential ____.
2. When we do our absolute best, our ____ is finished.
5. People we have harmed may not ____ our amends.
6. We follow up with a ____ change in our behavior.
9. In some old relationships, an unresolved ____ may still exist.



Puzzle answers on page 8

Humor Corner

You Just Might Be an Addict....

By: Laramie, Clean Date: June 1, 1989

- ..if you can't help it if your "moderate use" is bigger than other people's.
- ..if the only companies you own stock in are the ones that make Tic-Tacs and Visine.
- ..if you have your lawyers phone number on speed dial.
- ..if you wake regularly each day at the crack of noon.
- ..if the rap sheet for your drug offenses could provide a small town with six months of toilet paper.
- ..if you've told your spouse that the only reason you parked the car on the front porch is because the steps creak and you didn't want to wake anyone.
- ..if you "live in a van down by the river".
- ..if your boss fires you because you've had the flu on 12 consecutive Monday mornings.
- ..if you celebrate your dog's birthday 7 times a year because their "dog years". (Counts double if you don't own a dog.)
- ..if you wrote your Congressman to lobby for recreational use of... (Fill in your drug of choice)
- ..if you only get high on "special" days, like New Year's Day, Christmas Day, Monday, Tuesday.....

NA to Change Way of Doing Things

-Submitted by: Sara L., Clean date: 12-16-04

New York, April 1, 2010 - Due to the downturn in the economy, Narcotics Anonymous will NO LONGER be dues and membership free," as has been the case for almost 50 years. Like many businesses, NA will now be charging for some things that used to be free, such as:

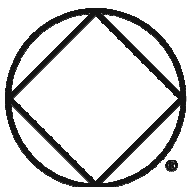
1. Being Rocketed into the 4th Dimension -- \$49.99 per trip, fuel surcharge applies, extra baggage NOT included. 5th Dimension trips optional; Additional fee applies. See your sponsor for details.
2. Sponsorship -- was free, NOW \$9.99 per month, with 4 visits/20 phone calls per month free, after that, \$2.00 each. Surcharge for calls after midnight: \$1.50 per call.
3. Membership Dues -- now \$29.99/month, 10% discount for a 1-year plan.
4. Seating charges -- Each seat now \$1.00 per meeting, with a 20% discount for the 90-in-90 plan.
5. Pink Cloud -- was free, NOW \$14.99 per cloud, with a \$5.00 per event environmental cleanup fee. These are the NEW ozone-free Pink Clouds that do NOT add to global warming.
6. Coffee -- \$1.50 per cup, with a 10% discount for 5 or more cups.
7. Hugs -- will now be \$2.50 each.
8. Conscious Contact with God -- now \$9.99/month, with the first 450 minutes free, then 10 cents/minute over 450. New Double your Minutes for Life plan is a low \$49.99 one time charge. Holidays and weekends extra; see rate schedule, as God is VERY busy.
9. Accidental cell phone call during meeting -- charge now set at \$25.00 per incident. Intentional calls: \$75.00.
10. I've been "Thinking" fees to now be \$3.00 each, with a Relapse Reentry fee of only \$99.99 (each occurrence), if you're lucky enough to make it back into the rooms. Fees will be used to purchase additional white key tags.

Please note: void where prohibited by law. NA reserves the right to change none, all, or some of these rates at anytime, with no notice to you. If you need a notice of change in rates, a written request may be sent to headquarters in New York. A \$10.00 fee applies. NOTE: The editor does not accept responsibility for your reaction to this article. If you have a problem with it, please consult your sponsor. (Normal charges apply).

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

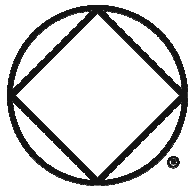


Area Service Committee (ASC):	9:30 AM 2 nd Sunday @ Terra Nova*
Hospitals & Institutions:	8:30AM 1 st Sunday @ Terra Nova*
Public Relations:	6:45 PM 1 st Thursday @ Terra Nova*
Helpline:	11:00 AM Saturday before area @ Terra Nova*
Policy:	8:30 AM 2 nd Sunday @ Terra Nova*
Admin.:	9:00 AM 2 nd Sunday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

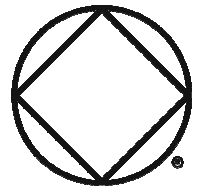


*Terra Nova is located @ 2800 41st Ave N. St Pete

Anniversaries—July & August



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GROUP:	NAME:	CLEAN DATE:	HOW MANY YEARS CLEAN:
DOA	Sara W	07/21/06	4
DOA	Mike K	07/01/84	26
Freedom Group	Tony B	07/22/08	2
It Works Group	Andrea B	08/02/06	4
Miracles Happen	Rosalina Q	07/12/99	11
Miracles Happen	Mike L	08/07/09	1
Never Alone	Ernest E	08/09/08	2
Never Alone	Paul M	08/14/91	19
Never Alone	Harry L	08/18/06	4
New Perspective	Nancy C	07/20/06	4
Primary Porpoise	Gil F	07/01/07	3
Primary Porpoise	Jimmy J	07/04/02	8
Primary Porpoise	John P	08/02/07	3
Primary Porpoise	Mike M	08/05/09	1
Primary Porpoise	Joe B	08/06/05	5
Primary Porpoise	John W	08/08/01	9
Primary Porpoise	Pam M	08/11/91	19
Primary Porpoise	Kristy T	08/19/07	3
Primary Porpoise	Harry L	08/23/06	4
Primary Porpoise	Cathy R	08/24/99	11
Primary Porpoise	Chelsea S	08/24/09	1
Relax and Recover	Cristen	07/09/02	3
Save Your Ass	Brandon F	07/09/09	1
Save Your Ass	Marty K	07/19/08	2
Save Your Ass	Mary Lee B	07/29/09	1
Save Your Ass	Octavia B	01/21/09	1.5
Save Your Ass	Dovey M	08/01/95	15
Save Your Ass	Jacquie L	08/01/09	1
Save Your Ass	Lisa M	08/01/09	1
Save Your Ass	Charles W	08/05/04	6
Save Your Ass	Cheryl D	08/15/09	1
Save Your Ass	Shangria W	08/16/08	2
Serenity in Addiction	Barbi B	07/06/05	5
Spiritual Solutions	Jimmy S	08/01/09	1
Spiritual Solutions	Tom D	08/16/09	1
Unified Serenity	Beth W	07/13/84	26
We Do Recover	Dick B	07/15/75	35
We Do Recover	Cathy B	07/15/75	35
Women & Recovery	Kelly M	08/25/08	2
Young, Free & Clean	Alex K	08/02/07	3
Young, Free & Clean	Jimmie F	08/13/09	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.

ACTIVITIES



Bay Area Activities Presents:

SALSA SALSA

It's a competition Bring your Best Salsa!
but don't forget your dancing shoes

We want to know who makes
the "BEST SALSA" in the Bay Area!

Come out & fellowship & vote for your favorite.

July 24th, 2010

We will provide the chips.

Doors Open at 5:30 p.m. Judging at 6:30 p.m.

Speaker Meeting at 7:00 p.m. Winner announced after speaker

Salsa Dancing after Speaker Meeting!

St. Dunstan's Episcopal Church
10888 126th Av N, Largo, Florida

Refreshments will be available for \$1

Dance Admission \$5
(no addict turned away)

Please contact Andrea B. (727) 557-7051 or Erin R. (727) 460-3911 for more information.
Bay Area Service Committee of Narcotics Anonymous is not affiliated with St Dunstan's Episcopal Church

SFRCNA XVI

Back to Basics

August 20-22, 2010

Naples Beach Hotel & Golf Club

851 Gulf Shore Blvd. North

Naples, FL 34102

Registration \$25.00

For more info go to:

www.sfrna.org

FREEDOM GROUP PRESENTS: SPEAKER JAM IX

August 13-15, 2010

Sheraton Sand Key

1160 Gulf Boulevard, Clearwater Beach, 33767

Sponsored by: Freedom Group

***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 ourselves, 3 past, 4 two stage, 7 sponsor, 8 time, 10 willingness, 11 humility, 12 relating

Down: 1 outcome, 2 part, 5 appreciate, 6 serious, 9 conflict

Bay Area Website: www.basna.org

