

Just for Today On the Bay

Bay Area Newsletter

September 2010

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"A Dream Come True", Bio on Jimmy K. from Southern Exposure

His family decided to move to the United States in the 1920's. Upon their arrival at Ellis Island, he was separated from his parents when they were sequestered for medical reasons. A family from Germany watched him until his parents were cleared; they were obviously worried and unsure about their own disposition as political refugees. If the Germans were not admitted, they would be sent back and most likely, they would be put to death. Once his parents were cleared, Jimmy left, never to know what happened to his newfound friends.

First, Jimmy and his parents went to New York City, and then onto Philadelphia, where they settled. Jimmy was a fighter, both literally and figuratively during these years. He enrolled in a private school with hopes of eventually entering the priesthood, but it was a half-hearted goal. This began a period of alcohol use, and he began using other drugs as his addiction developed over the next twenty years.

While in his thirties, Jimmy moved to California and finally put down roots in Sun Valley, a small town in the San Fernando Valley bordering Lockheed Airport, which was later renamed the Burbank Airport.

He became a roofer and painter, married and had six children, all the while continuing to use. A series of arrests led Jimmy to confront some of his problems, and he was able to begin his recovery. Jimmy found his way to Alcoholics Anonymous in North Hollywood, California. On February 2, 1950, he began a 35-year journey. It was not long before he would find others whose addictions involved drugs other than alcohol.

In 1950, Jimmy was introduced through friends in A.A. to Betty T. who invited him to attend a Habit Forming Drugs (HFD) meeting. HFD meetings were held in private homes. Jimmy K. attended a few meetings but left disappointed. "These meetings were hidden; a few people meeting in apartments. They had no formal meetings or plans to do so." These groups did, however, create a place for addicts to share apart from A.A. meetings. This alone was significant, since addicts were not typically accepted in the "A.A. inner circle" if they spoke about their identification as an addict.

During the next year, he had what he described as a spiritual awakening. He suddenly knew that everything was going to be all right, and that if he would just follow directions according to his own conscience, things would work out. He felt that he had made contact with some inner part of himself and the entire universe, and he identified that as his Higher Power. It was undoubtedly this particular experience and his single-minded determination to make N.A. succeed that sustained him from the '50s to the '70s.

Inside this issue:

Topics

*Personal Stories,
poetry*

Humor and puzzles

Florida Help-lines

Area Service Info

Recovery Anniversaries

Activities

Newsletter Guidelines

September Issue Topic Submissions

Youth often seek acceptance from their peers. This can be particularly tricky when getting clean. It was uncomfortable for me to remain attached to the old people places and things while trying this new way of life. It seemed even more painful to let those things go in order to begin recovery. The guilt of leaving it behind and fear of change seemed like it was crushing my soul. However, I knew I had to do be willing to do anything for my recovery or I would never get any. Lack of willingness was fogging the message of recovery. So, I started small. I started getting new numbers at meetings. I didn't even realize I would soon replace old numbers with these new ones. Also, I had to stick with the winners. This didn't exclude recovering addicts in my age group. Youth can recover! Now, my willingness has grown. I go to meetings every day. I'm on the 365/365 plan. I know I need the strong foundation that one meeting per day can provide. With my willingness in check, I am able to be honest and open-minded as well. With this I am well on my way!

Aleia S.

Tired and Broken at 19

I have had the good fortune to be a member of this fellowship for a few years now and am constantly in awe of this process. I have often heard it said in meetings that "we grow up in NA". I guess that is true for all of us whether it is meant literally or figuratively. I arrived in the rooms of NA as a girl in my late teens. Though I was young when I arrived I was tired and felt as though I had lived in active addiction for many years. I just remember thinking that I didn't know it was possible to feel this tired at 19.

When I began to attend meetings most of the members were 10, 15, or 20 years older than me. I wasn't sure I belonged and didn't feel "a part of". I was one of the youngest people in the area at that time. I wanted to be treated like an adult and I wanted to be taken seriously but my behavior was anything but mature. I wasn't sure where the path of recovery would lead me. I had no idea that a new way of life was possible. I just knew that what I was doing and how I was living wasn't working. I pushed the limits. I wanted these people to push me away so I could get high and blame them. There were people in my life who saw past this fast talking, smart mouth kid, and took a chance on me. I wasn't sure that I even wanted to be clean. I didn't even get to drink legally... What would the rest of my life hold? I was struggling with the idea of having to stay clean for the rest of my life. I wasn't sure I could stay clean. People would always say "Oh, you are so lucky to get clean so young" or "Wow, you didn't have to go through all the pain we did". I know they were well meaning but it didn't always feel that way. I struggled with the decision if I even wanted to stay clean, I didn't need the extra hurdle. So I acted "as if" and I began to reap the benefits of living clean, I wanted more. When I decided to surrender my life changed. Surrender is a decision. I chose to live.

As I write this I am rapidly approaching middle age and I watch as young people come into the rooms, some of the older members appear to be bothered by the way some of the young folks behave. I try to be supportive of the young people because I know and understand the challenges they face. I am grateful that they are here trying to change the course of their lives. I believe now that I was chosen to recover no matter how young or old you are, if you are here you were chosen too.

Peace, Kristi F. Clean Date: 11-21-87

November Issue Topic

Moving from the problem to the solution.

If you have any experience, strength and hope on this topic please submit to lit@baschna.org. Thanks!

Recovering in Australia

DROW THE RECOVERY

Let me introduce you to the Beenleigh group in Queensland. Beenleigh is a small town located at the very northern tip of the Gold Coast, a half an hour or so drive from Brisbane. We are a small and diverse group that has our meetings in an old local neighborhood centre. We are one group that has three meetings a week (Monday; Wednesday and Friday nights). A group conscience is held monthly – on the Friday night before our Area meeting and the Monday night after, which allows for our GSR to communicate between our small group and the area. Our members consist of a "young woman and her husband, who manage to juggle the responsibilities of home with 3 small children; work; service and maintaining their recovery, while offering support and love with generous hearts, "two indigenous brothers whose spirituality continues to touch our hearts, "a New Zealand expatriate, who moved into the Logan area nearly a year ago with his wife and child, "a single mum, with two small boys, who has returned to NA after a 17 year relapse, "a committed gay woman who struggled and blossomed in recovery as her life turned around, "a young single man who is a relative newcomer and not sure at all what it's all about but keeps coming back, "a big sweet Maori guy who came from getting to know NA in jail and doesn't ever want to go back there, "an older member who is a grandmother and has been involved in NA for many years WE make up our home group. As well as usual business such as donations to our area we have tackled all sorts of issues in our group consciences relating to: Members children being noisy or disruptive at meetings, someone sniffing petrol outside and wanting to share, jail boys just being sent by the drug courts and not really wanting to be there, someone who seems to be dealing at meetings, AA members attending our meetings and identifying only as alcoholics, can we have 10-15 minutes of meditation before our Monday night spirituality meeting and how will we handle this so as to not put off newcomers? Our opinions on these issues are as diverse as our group members and in between meetings we communicate with each other and often things are touched on that eventually end up being discussed as a group. We try to work on consensus and so far it seems to be working okay. Recently, we had a BBQ together to celebrate the anniversary of our group (although none of us are really sure how long it has been going and I was a founding member). Our day of celebration started out with clear blue skies and developed into a warm, sunny day. The BBQ had a Mexican/Hawaiian theme and we all met at one of the members houses and enjoyed a fine day of food, fun and fellowship. The children swam and romped in the pool - after all it is October in Queensland! The women had leis around their necks or hibiscus flowers in their hair and the guys were in Mexican hats; flowery shirts or board shorts and we sat around eating and drinking straight fruit punch and enjoying each other's company. Whenever I travel and go to conventions; service meetings or workshops in other areas I always look forward to getting back to my home group and when I think of the members I feel warm and fuzzy and happy to be home.

Kris A

NA Today October 2005 (Australia)

This is me on drugs!

Spinning my wheels.
 Spinning in circles.
 Spinning a web.
 Spinning out of control!

Selfish.
 Self-pitying.
 Self-absorbed.
 Self-destructive!

Abused.
 Accused.
 Misused.
 Confused!

Endangered.
 Ensnared.
 Enraged.
 Enslaved!

*Author: Eleanor 07.08.2010

This is me clean!

Making plans.
 Making progress.
 Making friends.
 Making memories!

Generous.
 Sympathetic.
 Empathetic.
 Compassionate!

Clean body.
 Clean mind.
 Clean living.
 Clean slate!

Enlivened.
 Encouraged.
 Enjoyable.
 Enlightened!

THE QUALITY OF YOUR RECOVERY IS PROPORTIONAL TO THE QUALITY OF YOUR SURRENDER.

RECOVERY RECIPE OF THE MONTH

(RELAPSE RELLENOS (CHILE) *(never again)*)

Batter for Chile Rellenos

1 c. flour	3/4 c. corn meal
1 tsp. baking powder	1 c. milk
1.2 tsp. salt	2 slightly beaten eggs

Combine flour, baking powder, salt and corn meal in a medium size mixing bowl. Blend milk with eggs and dry ingredients. Mix well. (additional milk may be needed for a smoother batter)

Chile Rellenos

shortening	1lb. cheddar cheese cut into strips
12 large poblano or Hatch green chiles with stems	

Heat 4 inches of shortening in heavy sauce pan on high heat. Slit chilies open crosswise and insert strips of cheese. Dip stuffed chilies into batter and fry in shortening, until golden brown. Drain on absorbent towels.

The power behind me is greater than the problem in front of me.

STEP SIX WORD SEARCH

S Y L R L I K H U M B L E I K E C L
 P S M G R L P I N V E N T O R Y B H
 C H A R A C T E R W A H Y D D G B L
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 T N H R V F R E E D O M K T M O J N
 C G N K L Q Z P I H S W O L L E F Z
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ability
 acceptance
 character
 defects
 expectations
 fellowship
 freedom
 habits
 humble

humility
 intolerance
 inventory
 personality
 rebellion
 renew
 resentments
 spiritual
 willingness

Tired of being told like it is?
 Still looking for an easier softer way?
 Had enough old time tested direction?
 then you're ready for...
 Rent-A-Sponsor
 No Reading!
 No Writing!
 No Deadlines
 Standard features include:
 *listening to your sniveling without
 constant reference to the steps
 *co-signing your excuses and
 rationalizations
 *working only the steps you want in the
 order you choose.
 At rent a sponsor, we understand how
 unique you really are!
 Learn the secret of giving it away before
 you even get it. Why walk the walk
 when you can simply talk the talk
REMEMBER: Less is More
 Call 1800-SPONSOR
 Act now and get a free copy of I.P.
 "Staying clean on war stories alone"

Humor Corner

THE SPONSOR

A man in a hot air balloon realizes he is lost. He reduces his altitude and spots a man below. He gets closer and then yells, "Excuse me!, can you help? I promised to be somewhere over half an hour ago and I have no idea where I am!" The man replies "Yes, you are in a hot air balloon, hovering 30 feet above the ground. You are at latitude 42 degrees north and longitude 80 degrees west." "You must be a sponsor" said the balloonist. "I am" said the man on the ground, "how did you know?" "Well", said the lost man, "everything you've told me is technically correct, but I have no idea what to make of your information and the fact is that I'm still lost." The sponsor replies "You must be a sponsee." The reply "How did you know?" "Well", said the sponsor, you don't know where you are, or where you are going, you made a promise you don't know how to keep and you expect me to fix the problem. The fact is that you are in the same position you were in before we met, but now somehow, it's my fault." reprinted from 'the daily dose'

Sierra Foothills USA

Florida Region Help Lines

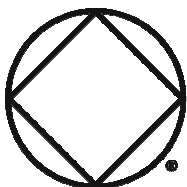
<u>The Bahamas</u> :	242-325-6200, 242-462-5245 (Nassau)
<u>Bay Area</u> :	888-779-7117 or 727-547-0444 (Pinellas Co.; Clearwater, St Petersburg, Largo, Palm Harbor, Tarpon Springs)
<u>Big Bend Area</u> :	850-599-2876 (Tallahassee, and surrounding area)
<u>Chain of Lakes</u> :	352-319-5617 (Leesburg, 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

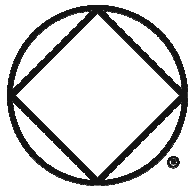
Area Service Committee (ASC):	9:30 AM 2 nd Sunday @ The Place*
Hospitals & Institutions:	8:30AM 1 st Sunday @ The Place*
Public Relations:	6:45 PM 1 st Thursday @ Church of the Good Shepherd*
Helpline:	11:00 AM Saturday before area @ The Place*
Policy:	8:30 AM 2 nd Sunday @ The Place*
Admin.:	9:00 AM 2 nd Sunday @ The Place*
Activities:	6:00 PM 1st & 3rd Wednesday @ The Place*
Lit./Newsletter:	TBD
Web page:	TBD

*The Place 5540 Park Blvd. Ste 5, Entrance on 56th St & 76th Ave St Pete

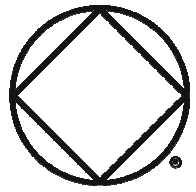
* Church of the Good Shepherd 639 Edgewater Dr, Dunedin



Anniversaries—September & October



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GROUP:	NAME:	CLEAN DATE:	YEARS CLEAN:
Clean Harbor	Matt C.	10/05/09	1
Come As You Are	Matt S.	09/15/09	1
H.O.W.	Bob C.	09/10/89	21
H.O.W.	Kelly F.	09/30/01	9
ICOF	Jason A.	09/24/01	9
Never Alone	Bob M.	09/01/09	1
Never Alone	Jackie A.	09/13/09	1
Never Alone	Mike H.	09/14/08	2
Never Alone	Raheem M.	10/02/73	37
Noon Group	Scott P.	09/05/00	10
Noon Group	Bob S.	10/17/09	1
Noon Group	Dennis D.	10/20/09	1
Primary Porpoise	Brian H.	09/01/05	5
Primary Porpoise	Cheryl D.	09/09/07	3
Primary Porpoise	Debbie B.	09/23/04	6
Primary Porpoise	John M.	10/01/85	15
Primary Porpoise	Dennis D.	10/21/05	5
Relax and Recover	Gil B.	09/02/09	1
Saturday Night Live	Bryan F.	09/21/09	1
Save Your Ass	David R.	09/07	3
Save Your Ass	Amanda D.	09/06	4
Save Your Ass	Michael K.	09/96	14
Save Your Ass	Shawn M.	10/09	1
Save Your Ass	Jessica T.	10/08	2
Save Your Ass	Dino B.	10/05	5
Save Your Ass	Clay F.	10/03	7
Trust The Process	Cindy W.	10/13/04	6
Trust The Process	Paul S.	10/20/01	9
Trust The Process	Melissa W.	10/23/03	7
Unified Serenity	Matt H.	10/13/05	5
We Do Recover	Marty M.	09/01/94	16
We Do Recover	Dee C.	09/19/88	22
We Do Recover	Trish H.	03/05/09	15
We Do Recover	Tyson S.	10/03/08	2
We Found a Way Out	Kelly F.	09/16/09	1
We Found a Way Out	Alice M.	10/13/06	4
We Found a Way Out	Chip M.	10/16/95	15
Welcome Home	Jen S.	09/11/07	3
Welcome Home	Frankie J.	09/11/09	1
Welcome Home	Bert Y.	09/15/83	27
Welcome Home	Bruce S.	09/18/07	3
Welcome Home	Ken O.	09/23/06	4
Welcome Home	Rob M.	09/26/03	7
Welcome Home	Kevin B.	10/06/87	23
Welcome Home	David C.	10/12/97	13
Welcome Home	Joe G.	10/12/08	2
Welcome Home	Dave T.	10/22/88	22
Welcome Home	Shane A.	10/22/07	3
Women and Recovery	Erica F.	09/06/09	1
Women and Recovery	Jackie S.	09/15/91	19
Women and Recovery	Jules	09/21/08	2
Women and Recovery	Dorothea M.	09/23/93	17
Women and Recovery	Jinny R.	09/29/06	4
Women and Recovery	Sandra G.	10/08	2
Women and Recovery	Ashley H.	10/02/06	4
Women and Recovery	Verna	10/21/06	4



Congratulations!

If you are interested in having your recovery anniversary published in future publications, please e-mail lit@basna.org or have your GSR report it at the monthly ASC meeting.

ACTIVITIES

Bay Area Activities presents...

Bay Area 29th Anniversary Celebration!

We have found our ship to recovery!

Come celebrate the anniversary of our Bay Area with a

PIRATE THEME!

Costumes are encouraged!

Saturday

September 18th, 2010

6:00 pm -11:00 pm

Treasure Island Community Center

1 Park Place & 106th Avenue

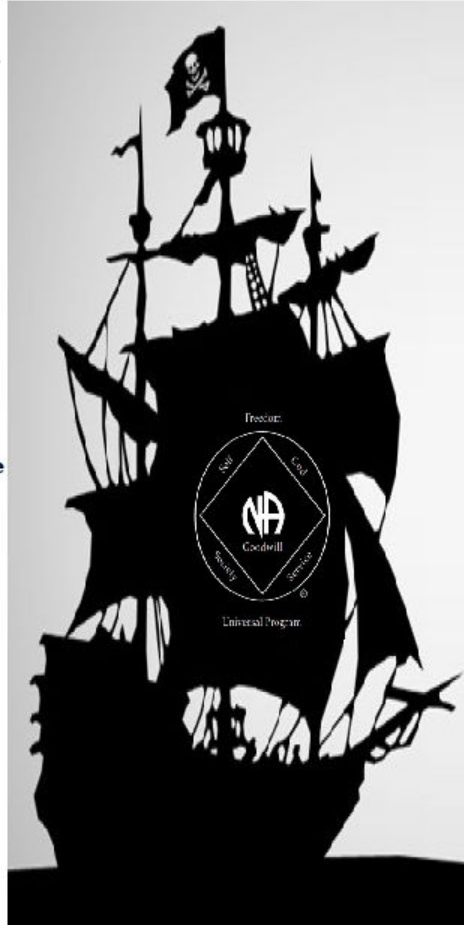
Downtown Treasure Island

6:00 pm Doors Open
7:00 pm Speaker Meeting
8:00 pm Auction
9:00 pm Games & Dancing

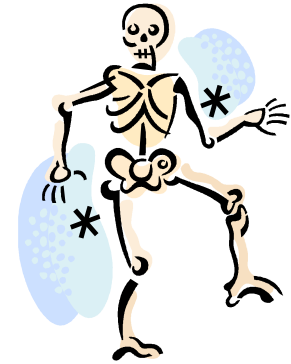
For more information, to donate auction items, or to join the activities subcommittee, please contact:

Erin R (727) 460-3911

Andrea B (727) 557-7051



*Bay Area of Narcotics Anonymous is not affiliated with Treasure Island Community Center

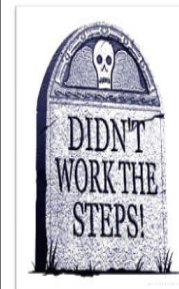


Mark
your

Calendars:

Monster Ball
October 30th

More will be revealed



*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.

It is never too late to be what you might have been.

Bay Area Website: www.basna.org

