

Just for Today on the Bay

May/June 2011

Can We Talk?

"Our service structure depends on the integrity and effectiveness of our communications."

Communication is a two-way street. We strive to be effective, honest, open, consistent, and straightforward in our communications. We keep channels of communication open with those we are trying to reach in the public sphere. Communication is not just feedback. It is listening, accepting constructive criticism, and asking

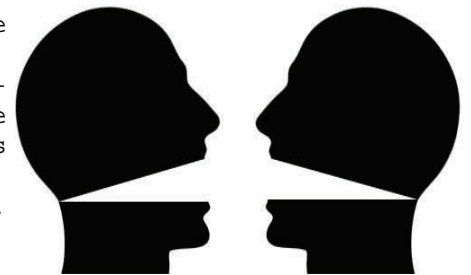
questions. Communication is verbal and nonverbal, written and oral, and it affects all of our public relationships. Good communication means listening to a member of the public after we have had an initial interaction. It is the quality of our correspondences and our awareness of various cultural environments.

Above all, our communications are strengthened when we demonstrate integrity, trustworthiness, consistency, and accountability. The principle of integrity applies to all of our service efforts. In our communications, integrity means we present information in a clear and honest way, even in very challenging situations. Trust creates unity in our service committees and confidence in the public. Trust is built when we are accountable for what we say and do. It is our behaviors and actions that communicate most clearly to those

around us. Our integrity is expressed when we strive to practice NA's principles in all of our affairs; it is demonstrated in all that we do, and all that we don't do. We need to remember that we communicate when we take no action. Communication is more than the words that come out of our mouths. Communication is listening, following up, and responding; it is how we carry ourselves through our service work and into the public.

Communication can be considered the foundation of all the principles that support our public relations efforts. As we begin dialogues with each other about how to bring the principles of our program into our services and daily affairs, our public relations efforts have already begun. The image we present to the public begins long before we contact an organization to make a presentation about Narcotics Anonymous. Often, the

first impression of NA is made when a member of the public sees us standing outside a meeting facility. NA's image is affected by the ways individual members live their lives.



Taking a moment to reflect on the underlying principles of our program and how our actions can demonstrate those principles will provide our service efforts with a strong foundation. We can begin by opening our minds and initiating a dialogue with members in our areas. Working with a group of addicts to carry NA's message can be an incredibly rewarding and meaningful experience. When we come together and do the right thing for the right reason, we often begin to feel a growing sense of our own purpose and the purpose of NA as a whole.

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“The Wall”

I sat inside my wall safe and secure from all the world. My wall kept me secure. My wall allowed no one to come near me, no one to touch me, no one to see the real me. My wall was beautiful. I loved my wall. I had spent a lifetime constructing my wall. I had used only the choicest materials for building my wall. a large stone which was the centerpiece of my wall was resentment. This was a rock that I cherished deeply. Next to this rock was another which I truly loved and this rock was self-pity. Next to this rock was one called hatred. Next to it was one called rationalization. Next to it was one called fear. This was a large and heavy stone that I had placed very carefully into my wall. Another one was called anger. This was large and brightly colored stone that all the world could see. This was a very important stone in my wall: anger. Because it warded off many people who tried to approach me as I sat behind my wall. Jealousy was

another prominent stone in my wall. A stone that I had nurtured and kept with me for years. It was my constant companion. Frustration was also a part of my wall. In fact, my entire wall was fraught with frustration. It was the mortar that held all the stones in place that protected me. As I said, I had taken years to build this wall and it protected me from the world and cushioned me from all reality. I loved my wall! No one could approach me. No one could get close.

Then one day as I was sitting secure behind my wall, something very strange happened. I heard someone pass outside my wall. I could not see who it



was but I heard their footsteps stop beside my wall. A flower was thrown over the top of my wall and it fell at my feet. A delicate fragile single blossom. I picked it up and looked at it in wonderment. It was so beautiful. It was perfect. I wondered who had thrown the flower over my wall. I was curious. So I called to and asked who had thrown the flower over my wall, and a voice replied, "A friend." I replied, "I have no friend" and I was happy again for my wall. There was a stone of doubt in my wall that allowed me not to be deceived by this person.

Then I heard a strange noise. It was weeping. The stranger outside my wall, who had thrown the flower, was crying beside my wall. So I called out and I asked them why they cried and they answered "because I care." They said they would like to breach my wall and come close to me. But I would not allow this. So as the weeping persisted, I thought perhaps this person would not hurt me. Perhaps I could allow them to come a little closer and not suffer any ill effects. So I pushed aside one small part of my wall. One small stone I removed from my wall and left an opening. To my amazement, the stranger outside my wall put his hand through the hole in my wall and stood there asking

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 submissions 200 – 400 words. Please submit at least two weeks before newsletter is due bimonthly. Please e-mail all contributions to: lit@basena.org

Please Note... The opinions expressed herein are those of individual contributors, and not the opinions of the Bay Area Literature Subcommittee, or Narcotics Anonymous as a whole. Narcotics Anonymous is not affiliated with any of the facilities mentioned. The Handbook for Narcotics Anonymous states, "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 Subcommittee 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.

“The Wall”

nothing, expecting nothing, just an outstretched hand.

Then, a very wondrous thing happened: I felt a warmth, I felt a vitality in a strangers' hand that I had never known before. We stood there holding hands through the wall I had built around myself. I thought perhaps, just perhaps, this one person I can get close to. So I told the stranger, "If you will help me, we can remove a few stones from my wall so that you might pass through."

The stranger said he would be more than willing to help. So begrudgingly, fearfully, I allowed the stranger to remove a few of the small insignificant stones from my wall until we had made a hole large enough to step through. Then, he stepped inside my wall and said, "I am here to help you. I am here to be a friend."

This stranger was within my wall! I had no defense! So, I placed my arms around this strangers' shoulder and I wept. For at last I had found that I could allow another human being to come close to me and I would not be injured or hurt. My new found friend said "This wall is unnecessary. If you will help me, we can push down this wall and free you from it, then you can see the beautiful world outside."

I was very hesitant to allow the friend to remove the stones from my wall.

But one by one, together, we dragged down the stones. Frustration left.

And then we tore down the stone of resentment which was heavy and defied movement for a long time. We labored together. Sometimes quickly and sometimes at a very slow pace, because I was still very hesitant about removing my wall.

Finally the hole was large enough so that I could look out into the world for the first time. For the first time, I was not afraid and I realized that this wall that I had built to protect myself had not only protected me from the world, but it had shut me off from the beauty of life and the world around me. Everywhere outside my wall there were strangers and friends who were willing to help. Those who are willing to share with me their love and their caring.

I have wept many times at the passing of my wall. There are still parts of my wall standing. Sometimes in moments of weakness, I retreat behind what is left of my wall and I stand there shielded from the world. But each time I shield myself from the world, I realize that I am cutting myself off from

all that the world has to offer of friendship, of love, of caring. And upon rethinking my situation each time, I tear a little more of my wall down.

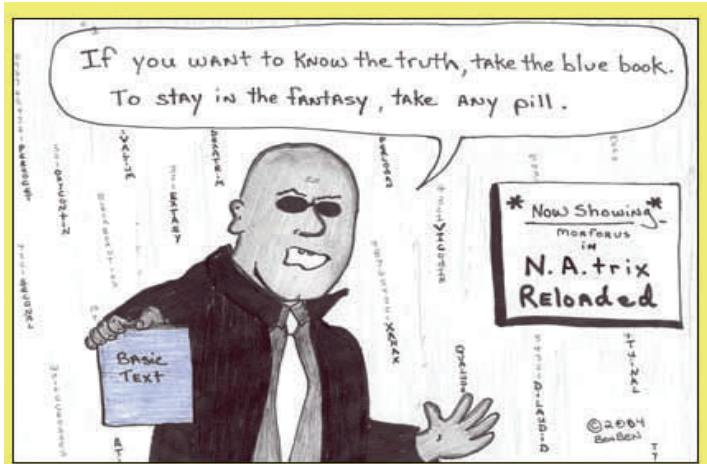
Every day I become more visible to the world and every day I am able to view more of the world. To enjoy the beauties of this world with the help of a friend. A friend who wanted no more than to help. I asked my friend, "How can I repay you for what you have given me?" My friend's reply was strange because it was unselfish. My friend said, "I see another wall. Behind that wall is another stranger who would like to be a friend."

So, now I pick a flower and I cast it over some strangers wall in the hope that I can repay some of what has been given to me. Of love. Of caring. Of the knowledge that there is good and that good is here for all of us.

The only thing that we must do, is to open a little hole in our wall where we can view the world and world can view us.

And it can be a beautiful place.





Step One



Art and Poetry from Around the Fellowship

*I am an idea,
 Conceived in the mind of the uni-
 verse
 And interpreted in the minds
 Of the individuals I meet
 Within myself I am constant
 Yet, I am as ever changing
 As the people who interpret me,
 I can control my actions
 But I can not control their thoughts
 Therefore, I must do what I think
 is right
 And let others —
 Think what they will.
 Lori Jean B*



*Forgiveness
 is the fragrance the
 violet sheds on the
 heel that has
 crushed it.*



The Four Phases of Acceptance

Most everyone in recovery has learned of the need for acceptance. Whether we're dealing with something as serious as the death of a loved one, or as trivial as our day at the beach being ruined by bad weather, most of us find we need to practice acceptance on a daily basis. Acceptance turns out to be an important part of finding serenity and happiness.

But what exactly does "acceptance" involve? How does a person come to accept something, especially something painful or tragic? It wasn't too long into recovery that I realized that I needed to learn a lot about acceptance in order to deal with many of the things that troubled me.

My sponsor helped. "Since you have learned to accept your addiction," my sponsor said to me, "why don't you think about how you came to do so? It might help you learn what you need to do in order to accept those painful experiences in your life." At his suggestion, I began looking closely at the process that had led me to acceptance of my addiction.

In my first months in the program, I didn't really believe that I was an addict. I could easily acknowledge

that I had used a lot of drugs. But an addict?—not me!

There were many factors that contributed to my denial, but the principal one was my belief that being a drug addict was a symptom of moral weakness. For me, to acknowledge my addiction would have been tantamount to admitting that I was an immoral person. And that I was unable to do. But I kept going to meetings.

Many months later, I heard an old-timer remark, "To say that I am an addict is not to make a moral judgment; it is to make a medical diagnosis." From that time on I began thinking differently. *Addiction is a disease! It really is a disease!* I had heard that dozens of times before, but on that day I internalized it.

I continued with meetings; "ninety meetings in ninety days" suddenly made sense! I went to libraries and read everything I could find about addiction. I took courses on it at a local university. I combed the Basic Text and other N.A. publications. I wanted to know everything about the

JULY/AUGUST TOPIC

LOST DREAMS AWAKEN

The Four Phases of Acceptance

disease—its physical side, its emotional side, its spiritual side, its mental side.

I wanted to learn how addicts came to recovery, and how they stayed in recovery. I wanted to know what the steps meant, and how to use them. I wanted to know about sponsors, and how they could help. The energy that I had previously used to *deny* my addiction, I now used to *recover* from addiction.

All of this was accompanied by both minor and major changes in my lifestyle. For example, my weekly schedule had to be adjusted to accommodate the meetings I needed. I had to be careful to avoid persons and places closely associated with using. I had to start building a community of friends who didn't use, and who enjoyed life in recovery. I had to learn to use a telephone; to ask others for help; to take the important step of asking someone to sponsor me, and to take directions and suggestions from him; and to discover how to work the steps into the fabric of my life.

Many of these changes were uncomfortable. I was angry at being an addict and not being able to enjoy some of the things that non-addicts could enjoy. I became resentful when I found it wasn't safe to accept an invitation to a party where people would be using. I often felt lonely—sometimes even at meetings, and especially at those where I knew no one and no one seemed to care whether I was there or not. My sponsor suggested that I might have to change in order to feel more comfortable—and that, in itself, made me feel uncomfortable.

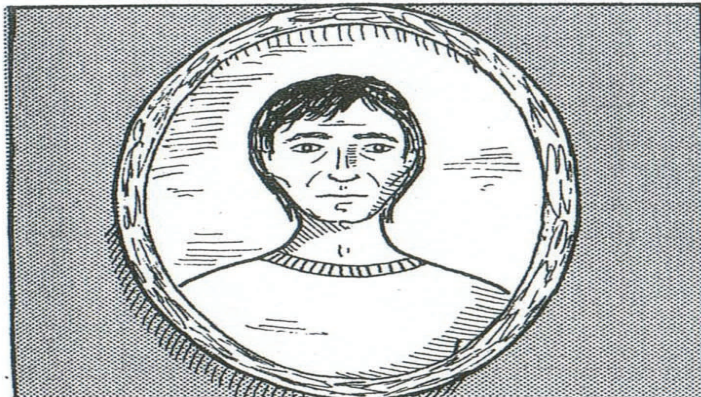
I became really concerned when, after a year or so, I realized that the

changes that had occurred in me were putting a stress on my marriage. I was becoming a new person, and my wife was scared because she was on unfamiliar territory with me! For a while, I was afraid that my recovery might even cost me my marriage.

“God has not brought you this far to abandon you,” my sponsor said, and suggested that I work more on the Third Step. Not using was turning out to be the easy part of recovery; changing the person who had used was the tough part!

But what an adventure it turned out to be! As I worked on the steps, and as the steps worked on me, I started to become a very different person from the one I had been when I was using. Despair, loneliness, resentment, self-pity, fear, self-centeredness, dishonesty, pride—all these negative qualities that had characterized much of me were gradually replaced by their opposites. As I became the person I had never been, I found myself grateful for the program which was now giving me my new self. I had come at last to accept my addiction.

As I thought about how this had happened, I saw that acceptance was



The Four Phases of Acceptance

a single event that had occurred at a given time and in a given place. It was instead a series of spiritual “growings” that had gradually unfolded.

The first such “growing” was my recognition of reality, of what had to be accepted—namely, my addiction. I had to recognize, not just in my head but deep in my gut, that I was an addict. Part of that recognition was a clear understanding of what it is to be an addict, and what consequences being an addict would have for my life. Meetings, especially ones around the First Step, together with all the learning I did about the disease, constituted my recognition of the reality that I had to accept.

The second stage of the process was to free myself from the negative feelings I had about my disease. Anger, loneliness, anxiety, fear—these were some of the feelings connected with my recognition of what addiction meant for me. I had to learn to experience and release those feelings.

That proved difficult! I was not used to feelings then. A lot of my using had served to cover them up. It took time for me to learn what I should have

learned in childhood—how to feel, to express feelings, and how to free myself of them. But this difficult work had to be done if I wanted to continue on the road to real acceptance.

The third “growing” occurred as I adjusted my life in order to deal with my addiction—going to meetings, using the telephone, getting a sponsor and working with him. I had already come to understand what my disease meant and, serious about recovery, I needed to take effective action against it. For me to say, “I am an addict,” but then do nothing more, made no real sense. An important part of acceptance of my addiction was to do what I could to ensure that I would not return to using.

These three “growings” happened slowly. I don’t know when the fourth and final one occurred but, one day, I found myself experiencing intense and overwhelming feelings of gratitude for my new life, for the new me. Not only was I grateful for the benefits which recovery had brought me, but in an odd way that gratitude also extended to my addiction itself. I was not particularly *happy* about having a disease that is incurable

The Four Phases of Acceptance

and potentially fatal. Acceptance of addiction did not have to include liking it! But I could say this much for addiction: it had brought me into the program, and so had made a new life possible for me.

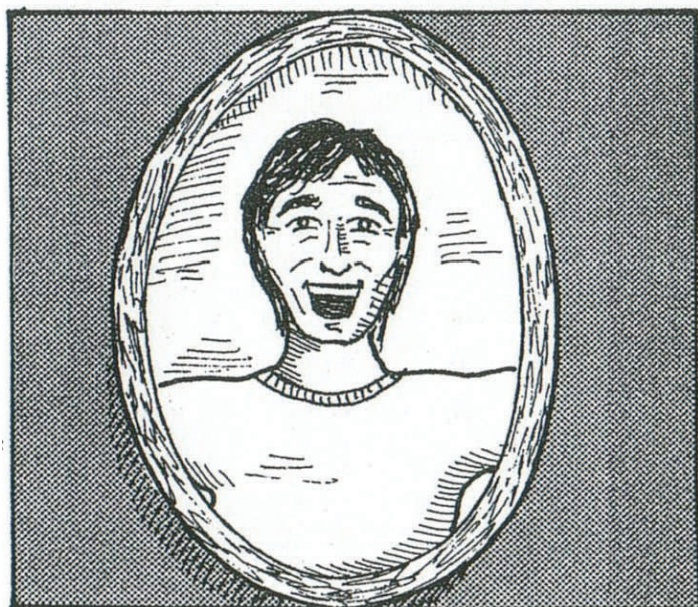
These four related processes I went through in coming to accept my addiction are the same ones I use whenever I need to find acceptance in any area of my life: recognition of reality; freeing myself from negative feelings about that reality; adjusting my life to that reality; and developing gratitude for that reality.

These four “growings” are stages of spiritual growth, and as such are almost always painful. They are especially difficult when I have to accept something of major importance—for example, the death of my son, or learning to live with a difficult and insensitive person.

I sometimes find that, through acceptance, I come to like what I had first resisted, but that isn't always the case. Acceptance, however, always includes an element of gratitude. And as that acceptance grows and deepens, it brings me to new levels of serenity and peace.

J.C., New York

Calling All FRCNA Newcomers
Please Submit an Article of Your
Experience to Your News Letter



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Area Help Lines for the Florida Region

Bahamas... 242-426-5245 (naflorida.net/bahamas)

Bay Area (Saint Petersburg, Clearwater, Pinellas County)...

888-779-7117 / 727-547-0444 (bascna.org)

Big Bend Area (Tallahassee) 877-340-5096 / 850-224-2321 (bigbendna.org)

Chain O' Lakes Area (Leesburg, Eustis, Tavares, Clermont, Groveland)..... 352-319-5617 (colana.org)

Daytona Beach Area (Ormond, Holly Hill, Port Orange, New Smyrna Beach, Edgewater, Flagler Beach, Palm Coast, Deland, Orange City, Deltona) 800-206-0731 / 386-628-0318 (daytonana.org)

First Coast Area (Jacksonville, Jacksonville Beaches, Fernandina Beach, MacClenny, Orange Park, Middleburg, Green Cove Springs, Palatka) 904-723-5683 (firstcoastna.org)

Forest Area (Ocala, Belleview, Dunnellon)..... 352-368-6061 (forestna.org)

Gold Coast Area (Fort Myers, Ft. Lauderdale, Port Charlotte, Cape Coral)888-524-1777 (goldcoastna.org)

Greater Orlando Area (Longwood, Sanford, Casselberry, Altamonte, Kissimmee)407-425-5157 (orlandona.org)

Greater Pensacola Area (Pensacola, Ft. Walton Beach)... 850-496-1673 / 850-723-4813 (pensacolana.org)

Gulf Coast Area (Port Charlotte)866-389-1344 (nagulfcoastfla.org)

Heartland Area (Lakeland, Polk County, Highlands County, Hardee County)863-683-0630 (naflheartland.org)

Midcoast Area (Delray Beach, Boca Raton, Boynton Beach, Deerfield Beach)561-393-0303 (midcoastarea.org)

Nature Coast Area 352-464-4135

North Dade Area866-935-8811 (northdadearea.org)

Palm Coast Area (West Palm Beach)..... 561-848-6262 (palmcoastna.org)

Recovery Coast Area (New Port Richey) 727-842-2433 (napasco.org)

River Coast Area (Citrus County, Hernando County) 352-382-0851 / 352-754-7200 (rivercoastareana.org)

Serenity Coast Area (Jacksonville, Jacksonville Beach, Mandarin, Middleburg, Orange Park, St. Augustine)
..... 904-358-NANA (6262) (serenitycoastna.org)

Space Coast Area (Cocoa, Cocoa Beach, Indialantic, Melbourne, Merritt Island, Palm Bay, Port St. John, Rockledge, Satellite Beach, Sebastian, Suntree, Titusville) 321-631-4357 (spacecoastna.org)

Suncoast Area (Sarasota, Bradenton)..... 941-257-5055 (suncoastna.org)

Sunset Coast Area (Naples, Bonita Springs)
..... 888-435-7301 / 239-249-1398 / 239-591-2804 / 888-435-7301 (sunsetcoastna.com)

Tampa Funcoast Area (Hillsborough County, Tampa, Brandon, Lutz, Riverview, Ruskin) .. 813-879-4357
.....(tampa-na.org)

Treasure Coast Area (Fort Pierce, Port St. Lucie, Stuart, Okeechobee, Vero Beach) 772-343-8373
..... (treasurecoastareana.com)

Uncoast Area (Alachua, Branford, Gainesville, High Springs, Lake City, Live Oak, Newberry, Old Town, Worthington Springs) 352-376-8008 / 866-352-5323 (uncoastna.org)

Around The Area



May 6 Fri 9:00pm - 1:00am

Galactic Bowling Night, Seminole Lanes, Largo

May 8 Sun 11:00am - 4:00pm

Women & Recovery Mother's Day Picnic, Lions Club, Treasure Island

May 14 Sat 6:00pm - 11:00 pm

Bay Area - FRCNA Fun Raiser, St. Johns

May 21 Sat 10:00am - 5:00pm

Never Alone Group Picnic, Taylor Park, Largo

Jun 12 Sun 9:00am - 12:00pm

Bay Area Service Committee Meeting , The Place

Jun 18 Sat 8:00am - 6:00pm

Buccaneer Bay Trip, Departs from The Place

H & I Learning Day

May 28

11:00 am - 2:00 pm

St. Johns Church
1676 S. Belcher
Clearwater, FL

Contact: Samuel B.
(727) 687-4640

FRCNA

Fun Raiser

May 14

6:00pm - 11:00pm

St. Johns Church

1676 S. Belcher, Clearwater, FL

Contact: Ramon.

(727) 213-7413

Bay Area Service Committee Meetings

Activities	6:30 p.m. 1 st & 3 rd Wednesday, The Place
Area SVC Committee	9:30 a.m. 2 nd Sunday, The Place
Helpline	TBA Sat. before 2 nd Sunday, The Place
Hospitals & Institutions	8:30 a.m. 1 st Sunday, The Place
Lit/Newsletter	TBA Contact lit@basena.org for more info
Policy	8:30 a.m. 2 nd Sunday, The Place
Public Relations	6:45 p.m. 1 st Thursday, 639 Edgewater Dr., Dunedin

NA is not affiliated with any of the facilities listed.

Around The Region



Narcotics Anonymous®



May 07 Sat 4:00pm -12:00am

GCCNA XXI Mother's Day Fashion/Talent Show, Weston

May 15 Sun 7:30am - 1:30pm

Greater Orlando Area Celebration of Unity Fundraising Golf Tournament

May 20 Fri 10:00pm - May 22 Sun 5:00pm

FL Regional Service Conference - Palm Beach

May 21 Sat 12:00pm - 6:00pm

Palm Coast Area - Second Annual Coconut's Group Hawaiian Luau

May 27 Fri 3:00pm - May 30 Mon 12:00pm

GCCNA XXI Awakening the Spirit Convention

Jun 18 Sat 10:00am - 6:00pm

Palm Coast Area Bike Fest

FRCNA

Florida Regional Convention of NA

XXX

Thu., Jun. 30, 12AM

Thru Mon., Jul. 4, 12AM

West Palm Beach

Florida Regional Service Conference

May 20– May 22

Doubletree Palm Beach Gardens

4431 PGA Blvd

Palm Beach Gardens,

FL 33410

561-622-2260



WORLD CONVENTION UPDATE

In just a few short months we will be gathered along the Pacific Ocean in San Diego, California, celebrating our recovery

In the Spirit of Unity Here are some reminders and announcements, and watch for eblasts and updates at www.na.org/wcna where we will post information as it is available.

Pre-registration and Registration

We encourage members to register early. You can still enjoy a \$10 discount by registering before 28 July. To most effectively manage fellowship funds, we have established a fixed capacity of 16,000 registrants. Some onsite registrations will be available at \$99, but the number of onsite registrations may be limited by the fixed capacity. We do not want members to miss the opportunity to celebrate recovery with addicts from throughout our worldwide fellowship, so we encourage those planning to attend to register sooner rather than later. (Please note that if you register more than one person in your party, all packets must be picked up at the same time. We are not able to “split” registration packets onsite.)

Please help us spread the word about the convention by downloading and distributing the informational postcards and posters at www.na.org/wcna.

Registration Badges

For security purposes, wearing and displaying registration badges will be required for access to the San Diego Convention Center during our convention (This is true for all events and meetings held in the SDCC.) We know this may be surprising to some, but requiring registration to attend seems to be the reasonable and responsible thing to do. Registration badges afford members the ability to attend the dances, the coffee houses, the convention festival, and meetings all of which will be held in the convention center. As always, we will have a limited number of registrations for those in their first 30 days.

Being of Service

Want to help make our recovery celebration a success? We will be seeking volunteers to help with entertainment and events, merchandise, program, registration, and many other

tasks. For more information, please visit www.na.org/wcna and click on the tab to sign up to volunteer at the convention.

Entertainment

Everyone wants to know, “Who is playing at the concert?!” We have not finalized all contracts yet, but we are excited to announce the following:

- ◆ Blues Luncheon – Kenny Wayne Shepherd
- ◆ Friday Night Festival – Trombone Shorty and Ozomatli
- ◆ Coffee Houses – We’ll have some great NA-member bands opening for coffee house headliners.

Two event schedules have changed. The Jazz Breakfast has been moved from 9:30 am to 10:30 am, so we’ve appropriately renamed it the Jazz Brunch. The comedy show will be held on Thursday night instead of Friday to avoid a scheduling conflict with the Friday Night Festival. Please take note of these changes so you can adjust your schedules accordingly. If you didn’t previously purchase tickets for these events, you can still access your registration online to do so.

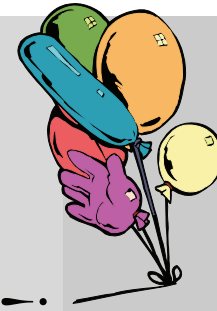
Many of our US WCNA’s have included a banquet before the main meeting Saturday night; however, we will not be holding a banquet at the world convention in San Diego. We hope this will allow our members to further explore San Diego and to participate in other events that night.

Post-convention events are still available; however, the Wednesday Night Dinner Boat Cruise is sold out.

See you in
San Diego !

Bay Area Anniversaries

May 1	Craig (Welcome Home)	5 years
May 3	Michael F. (We Found A Way Out)	1 year
May 5	Anthony V. (Unity)	1 year
May 5	Steve W. (Save Your Ass)	18 months
May 5	Laura W. (Save Your Ass)	18 months
May 7	Don R. (Come as You Are)	1 year
May 8	Cathy L. (Women in Recovery)	2 years
May 9	Tracy W. (Welcome Home)	5 years
May 10	Queen M. (No Pain No Gain)	1 year
May 10	Roger M (Save Your Ass)	2 years
May 11	Tracy R. (Welcome Home)	5 years
May 12	Trontavia L. (No Pain No Gain)	1 year
May 15	Louis R. (Welcome Home)	5 years
May 15	Bob F. (Welcome Home)	5 years
May 15	Moises C. (Welcome Home)	5 years
May 16	Jeff W. (Welcome Home)	5 years
May 18	Tanya K. (No Pain No Gain)	1 year
May 20	Mike C. (Welcome Home)	5 years
May 21	Bruce G. (Welcome Home)	5 years
May 22	Melinda S. (We Found A Way Out)	3 years
May 23	Erica B. (We Found A Way Out)	1 year
May. 24	Darryl S. (Save Your Ass)	1 year
May. 26	Bryan S. (Save Your Ass)	1 year
May. 26	Don (Welcome Home)	5 years
May. 26	Michelle B. (Welcome Home)	5 years
May. 26	Maryann K. (Welcome Home)	5 years
May. 27	Alberta C (No Pain No Gain)	5 years
May. 29	Dan L. (Welcome Home)	5 years
Jun. 1	Charles G. (Save Your Ass)	13 years



Congratulations celebrants! Cheers for your dedication!

MEETINGS IN

NEED OF SUPPORT

Acceptance and Change

(Oldsmar Community UMC)

Always Here

(Terra Nova)

Just for Today

(Terra Nova)

Morning Serenity

(The Place)

New Attitudes

(St. Paul's)

No Pain No Gain

(West Care)

Nuestro Propositio

(The Place)

Pick Up Some Hope

(Tent City)

Primary Porpoise

(Calvary)

Serenity In Addiction

(Serenity Club)

Spoons R4 Coffee/Lighters R4 Candles

(Terra Nova)

Surrender

(St. Giles)

Trust the Process

(G. Port Presbyterian)

Youth Freedom

(The Place)

NA is not affiliated with any of the facilities listed.

Bay Area Anniversaries

Jun. 1	Lisa S. (No Pain No Gain)	4 years
Jun. 4	Aaron S. (We Found A Way Out)	10 years
Jun. 6	Tony S. (Save Your Ass)	9 years
Jun. 6	Debbie F (Welcome Home)	6 years
Jun. 8	Florinda A. (Save Your Ass)	18 months
Jun. 4	Paul W. (We Found A Way Out)	6 years
Jun. 10	Tracy M. (Save Your Ass)	2 years
Jun. 12	Becky M. (Save Your Ass)	3 years
Jun. 12	Hazel S. (Welcome Home)	6 years
Jun. 16	Gregg B. (We Found a Way Out)	11 years
Jun. 16	Sloane. (Welcome Home)	6 years
Jun. 17	Christina M. (We Found A Way Out)	1 years
Jun. 18	Laura J. (Welcome Home)	6 years
Jun. 19	Patrick F. (Welcome Home)	6 years
Jun. 26	Billy W. (Save Your Ass)	1 year
Jun. 28	Angel R. (Save Your Ass)	1 year

Your Lit/News Letter Committee Needs You

We need your articles

We need your Input

We need Your Help to Review "Living Clean"

Please contact us at:
lit@bascna.org

Or Contact Gregg B. @
813.380.0049

New Meeting

Work The Steps or Die ...

Saturday May 21st

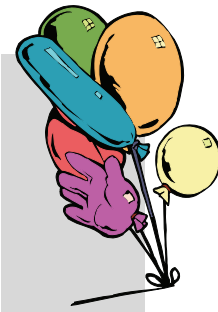
Saturday June 18th

10:00 am - 4:00 pm

Serenity United Methodist Church
2750 5th Ave North

St. Petersburg

Not affiliated with Serenity U.M.C.



Congratulations celebrants! Cheers for your dedication!

Contact the Bay Area Service Committee

Subcommittee e-mail addresses are:

activities@bascna.org,
areasecretary@bascna.org,
helpline@bascna.org,
hi@bascna.org,
lit@bascna.org,
pr@bascna.org,
rcm@bascna.org,
web@bascna.org

Or contact us by pony express at

B.A.S.C.N.A.,
P.O. Box 703,
Largo, FL,
33779-0703.

New Meeting

Living The Dream

Wednesday

8:00pm— 9:00pm

Lake Seminole Presbyterian Church

8505 113th St. North

Not affiliated with L.S.P.C