



**P R: Front and Center**

**Development**

Narcotics Anonymous sprang from the Alcoholics Anonymous Program of the late 1940s, with NA meetings first emerging in the Los Angeles area of California, USA, in the early 1950s.

The NA program started as a small US organization that has grown into one of the world’s oldest and largest international organizations of its type. For many years, NA grew very slowly, spreading from Los Angeles to other major North American cities and Aus-

tralia in the early 1970s. Within a few years, groups had formed in Brazil, Colombia, Germany, India, the Irish Republic, Japan, New Zealand, and the United Kingdom.

In 1983, Narcotics Anonymous published its self-titled Basic Text book, which contributed to its tremendous growth; by year’s end, NA had grown to more than a dozen countries



and had 2,966 meetings.

Today, Narcotics Anonymous is well established throughout much of North and South America, Western Europe, Australia, the Middle East, New Zealand and Eastern Europe. Newly formed groups and NA communities can be found scattered throughout the Indian subcontinent, Africa, and East Asia. Today the organization is truly a worldwide multilingual multicultural fellowship with more than

58,000 weekly meetings in 131 countries.

Narcotics Anonymous books and information pamphlets are currently available in 39 languages, with translations in process for 16 languages.

**Program**

NA’s earliest self-titled pamphlet, known among members as “the White Booklet,” describes Narcotics Anonymous this way:

*“NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We ... meet regularly to help each other stay clean. ... We are not interested in what or how much you used ... but only in what you want to do about your problem and how we can help.”*

Membership is open to all drug addicts, regardless of the particular drug or combination of drugs used. When adapting AA’s First Step, the word “addiction” was substituted for “alcohol,” thus removing drug-specific language and reflecting the “disease concept” of addiction.

Narcotics Anonymous provides a recovery process and peer support net-

**JULY/AUG 2011**

*Inside this issue:*

<i>Hell Has An Exit</i>	<b>3</b>
<i>Lost Dreams Awaken</i>	<b>4</b>
<i>What The Hell Happened</i>	<b>5</b>
<i>Ode To My First Sponsor</i>	<b>6</b>
<i>Poetry Page</i>	<b>7</b>
<i>Helpline Numbers</i>	<b>8</b>
<i>Around The Area/Region</i>	<b>9-10</b>
<i>My First FRCNA</i>	<b>11-13</b>
<i>Anniversaries</i>	<b>14-15</b>

work that are linked together. One of the keys to NA's success is the therapeutic value of addicts working with other addicts.

Members share their successes and challenges in overcoming active addiction and living drug-free, productive lives through the application of the principles contained within the Twelve Steps and Twelve Traditions of NA. These principles are the core of the Narcotics Anonymous recovery program.

Narcotics Anonymous itself is a non-religious program of recovery; each member is encouraged to cultivate an individual understanding—religious or not—of the spiritual principles and apply these principles to everyday life.

There are no social, religious, economic, racial, ethnic, national, gender, or class-status membership restrictions. There are no dues or fees for membership; most members regularly contribute in meetings to help cover the ex-

penses incurred for the rent of facility space.

Narcotics Anonymous is not affiliated with other organizations, including other twelve step programs, treatment centers, or correctional facilities.

As an organization, NA does not employ professional counselors or therapists nor does it provide residential facilities or clinics. Additionally, the fellowship does not offer vocational, legal, financial, psychiatric, or medical services.

### **NA has only one mission:**

***To provide an environment in which addicts can help one another stop using drugs and find a new way to live.***

In Narcotics Anonymous, members are encouraged to comply with complete abstinence from all drugs including alcohol. It has been the experience of NA members that complete and continuous abstinence provides the



best foundation for recovery and personal growth.

NA as a whole has no opinion on outside issues, including prescribed medications. Use of psychiatric medication and other medically indicated drugs prescribed by a physician and taken under medical supervision is not seen as compromising a person's recovery in NA.

### **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 to 200 – 400 words. The Newsletter is published bi-monthly, please provide submissions at least two weeks prior to print. Please e-mail all contributions to: [lit@basna.org](mailto:lit@basna.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.

## HELL HAS AN EXIT

I never thought that my addiction would lead me to depths of disparity that I never knew existed. However, I found that each time that I used, I descended into a level of hell that I never thought I would find myself. Did this happen over night? On the contrary, it was a process that would eventually lead me to the rooms of Narcotics Anonymous and a possible escape from the self imposed hell in which I had become accustomed to living in.

I ask your indulgence as I take you on this, my personal journey and discovery of Hell and my subsequent discovery that it does have an exit. When my life had gotten to a point in which I no longer wished to live, but being too afraid to die I reached out and asked for help. I attended my first Narcotics Anonymous meeting and was given a few simple suggestions thus being lead to the sign which read "exit".

### HELL'S 12<sup>th</sup> LEVEL (POWERLESSNESS AND UNMANAGABILITY)

This is a level in which for years I denied what my life had become. In this level of hell all illusions fall away and I stand face to face on what my life had become. Again I take a look at the exit sign and look once again at what brought me to this place and I begin my journey following the directions of those who came before me. For my exit from this level I was shown that I would need the following tools: honestly, open-mindedness, willingness, humility, and acceptance.

- **Honesty:** the statement that I am an addict was the first honest thing that I had said in a long time. I not only said it but knew it to be true in my heart, all other illusions to the contrary had to be stripped away and the thought that: "it wasn't that bad" had to go.
- **Open-mindedness:** I had to be open to other possibilities, my life was at stake. I did not know what to expect but anything was better than where I was at the time, my life was a complete mess.
- **Willingness:** I wanted a change, I was desperate, I wanted the pain to go away whatever it takes just please make the pain go away.
- **Humility:** I had no solution for my dilemma, no answers. My life was completely out of control and I had

no idea of how to fix it. I humbly ask for help.

- **Acceptance:** I accept the fact that I am an addict and I have no control over my addiction. I, of myself have no power. I am powerless.

With these tools I ascend from Hell's twelfth level.

### HELL'S 11<sup>th</sup> LEVEL (A RESTORATION OF SANITY)

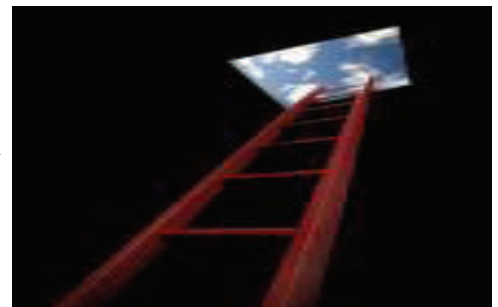
My accession from the pits of despair in the 12<sup>th</sup> level of hell left me wondering. If my problem is that I have no power then what is my solution. I would have to believe that there is a power that can take away the insanity of what I have thus far called life. It was then that insanity was explained to me as the very thought of doing something over and over and somehow expecting a different result when all evidence pointed otherwise. The harder I denied my insanity, the more it became apparent. A funny thing about denial is that I never realized that I was in denial until I came out of denial. My mind did go into depths of questions, perhaps there is something to this, and perhaps sanity is not an illusion. In the restoration process, I began to find one of the greatest gifts that I have ever been given the gift of HOPE. This came in the form of another addict telling me that my life was worth living and that there was love in my life. From this statement I began to come to the simple conclusion that Love has a beginning and that beginning is always found in HOPE. In my accession from hell's 11<sup>th</sup> level the following tools were suggested.

- **Open-mindedness:** Again I find myself at this place, but due to my admission of powerlessness in the 12<sup>th</sup> level this seems somewhat less perplexing. I leave an opening for the thought that, yes, there has to be a power that can restore me to a life worth living not just a simple existence or mere shadow of a life. I can be restored to something that resembles some form of sanity. Here I stand knowing without doubt that I cannot do this alone. My mind opens from the example I see in others who are using these tools and finding peace. My mind is open; my heart finds a peace in knowing that such a power is not an illusion.
- **Willingness:** Again at a crossroad, if I am to live I must find the strength to be willing to do those

things that at times seem to make no sense. I attend meetings why? I seem to have no clue but while there my mind seems to be still for that one hour. I am told to keep coming back. I see those whom I have chosen to use as my guides do this, so I am willing and I continue to do so. I listen to others share their experiences, WOW! You mean I am not the only one to have done that. I am amazed. Perhaps I am in the right place.

- **Faith:** What is this strange thing? A belief? A thought? A desire perhaps? Ah! **It is said that it is the substance of things hoped for, the evidence of things not seen.** I am willing to explore these possibilities. From what I have witnessed so far I do believe that this is possible, that the path that others are walking is a path that I also can explore. I will do so I will try this new thing. Perhaps I will only act as if, and see what happens but I will begin. Is this a test? I am uncertain but I will try.
- **Trust:** In what do I trust, or is there such a thing as trust. I was always told that trust is earned. Nothing, I think, can be further from the truth. Everything I have come to know be it positive or negative has started out with a degree of trust. I begin to see that what one does with that trust is up to them. I say I don't know how to trust, but my actions show different, how many times have I tried something not knowing what it was or what it would do to me simply because I was told it was good. Do these new things faith and trust go hand in hand? In the words of a friend, "**a faith that can't be tested is a faith that can't be trusted**".

*With these tools I ascend from Hell's Eleventh Level... Samuel B.*



## Lost Dreams Awaken

By: Jackie O

*"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for."*

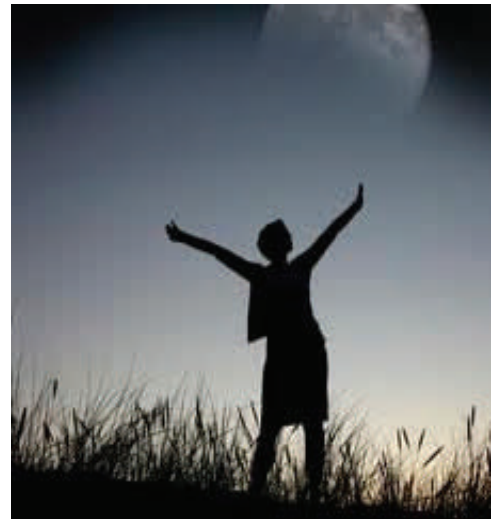
The quote by Epicurus is relevant. I spent most of a lifetime wanting what I did not have, wanting more and being generally unsatisfied. The willfully chasing obsessions kept me so busy that my dreams never stood a chance. When I arrived here in recovery I was exhausted and ready to surrender. I feared my thinking, my choices and myself. I knew I was broken and restoration was going to take TIME- Things I Must Earn. I put recovery first. Recovery came before my children, my job, my home and school. From the first day I got here, NA gave me a sense of calm and the strength to face yet one more day. Life was already looking up. I felt hope for the first time in 20 years.

From the time I was in first grade I dreamed of going to college. I loved school and I loved to learn. The teachers were always so warm and compassionate. No one in my family ever attended college, so there was no path for me to follow. My sponsor was working on her master's degree when we met and the impression that made on me was powerful. I believe within the "We" of our program a connection exists. If one of us accomplishes a mile-

stone then it conveys a message that it is possible. I witnessed some amazing things in recovery to believe that anything is possible. Not only am I graduating from college this year, I am doing so with honors. In April I was blessed to see one of my sons graduate from college with high honors. The "We" of this program extends to all the lives I touch as I carry a clear message of recovery.

For 20 years my primary focus has been on raising four remarkable children. In that time I never had the privilege of going on a vacation. In recovery I have gone on many vacations. I have felt so spoiled. The greatest vacation I went on was to Washington State. I was able to attend an astrology convention and meet fellow astrologist from all over the country. I never dreamed that I would ever meet another astrologist let alone many. The experience of interacting with other people who understood the complexities of astrology as I did was beyond my wildest dreams. I was introduced to the astrologist whose books I had studied for years.

The awakening of my dreams went way beyond mere material possessions. Early in recovery I made a list of things that I hoped to see by maintaining recovery. I have even given this assignment to women I sponsor. I tell them to make a wish list and act as if you have a magic wand. On my list were things like, learning to enjoy my children, which had been an uncompensated job for so long. Family



closeness was high on my list as well. The house I was raised in was falling down around me as my disease progressed. Restoring my home was on the list. I am an artist and I did not have any art supplies or focus to create anything. I believed that drugs had taken my ability to ever create again. The process of recovery helped me to heal and grow. I can use my talents both in service and for financial gain. I never imagined having the ability to paint paintings, make movies, creating logos or take professional pictures. I could barely imagine getting past all of my DOC consequences, satisfying the financial amends to actually conceive of prospering beyond that.

I alone would have chased my tail getting nowhere. The incredible gifts of my recovery were made possible by the fellowship of Narcotics Anonymous. I did not create my current reality. My amazing life is brought to you by the "We".

**What The Hell Happened?**

Sometimes I look at my life and I think "what in the hell happened" This is not where I thought I would be at this juncture in my life or my recovery, My best friend is fond of saying, "Addicts plan and God laughs." I don't think a truer statement has ever been uttered. I may sound disgruntled but I am not. I live in the real world and sometimes I think, "This isn't what I signed on for..."

I came to the rooms of Narcotics Anonymous I was a 19 year old girl. I had been raised in a good, stable, loving home and I never felt right inside. I came to the rooms after dealing with the consequences of several very bad ideas followed by even worse decisions. I had allowed my addiction to decimate my life and the truth that I was completely responsible for where I had ended up was all to present in my life. I came here because I wanted the pain to stop, it didn't, it lessened some but it didn't stop. I was taught more constructive ways to deal

with the pain, and I learned how to stop creating more pain. I love the phrase "do no further harm."

"What the HELL happened" was a loving God and a pretty incredible group of people were present and available to help me. I took suggestions, did service, got a sponsor, a home group, a support group, worked steps, found a Higher Power, went to a bunch of meetings. I did a 90 and 90 for 5 and a half years.

Through God's grace, some willingness, and a little bit of footwork my life has become more incredible than anything I ever could have hoped for, but it isn't what I thought it would be. At present I just celebrated yet another birthday and I am reminded of how my life isn't what I thought it would be. I get sad sometimes because I feel that certain aspects of my life are missing. I often think that it must be God's will for me not to have such and such but that doesn't mean that my life is any less valuable or special than the next person. This is my journey

and I am often conflicted by the sheer gratitude I have for the program and the fellowship and the sadness I feel because of longing still left in my life. Some say "lean on your Higher Power" "pray for acceptance." I try to do all of those things and sometimes I think "Damn this just isn't fair." So what I am trying to say is that I am a recovering addict with 23 years clean and sometimes I get sad because I think something is missing, the truth is nothing is missing. My world is in perfect order and I am so incredibly fortunate to be who I am, where I am. I just need to get back to that place where I believe that.

Thanks for taking the time to read this.  
Peace, Kristi



**I CAN'T, WE CAN CHALAPUAS**

- |                    |                      |
|--------------------|----------------------|
| shortening         | 2 c. grated cheese   |
| 12 corn tortillas  | 1 ½ shredded lettuce |
| salt               | 2 chopped tomatoes   |
| 3 c. refried beans | 1 ½ guacamole        |



Heat 4 inches of shortening over a med. High heat. Fry each tortilla in the hot shortening, submerging with a ladle or similar object. (tortilla will form into a cup shape) Drain on absorbent towels and sprinkle lightly with salt. Fill Chalupas with ¼ cup of beans, 2 tablespoons of salsa and 2 tablespoons of cheese. Place chalupas on baking dish and heat in oven approximately 10min. Or until cheese melts. Garnish with lettuce, tomatoes and guacamole and serve.

ROGER

**September/October  
TOPIC  
Traditions:  
Rules,  
Weapons, Or Safeguards**

## Ode to My First Sponsor

*I just got the call that my 1st NA sponsor, Joseph Proctor has passed away in his living room chair in Memphis, Tennessee. He had a stroke a few months back but being the independent cuss that he is, he did not want to be in assisted living.*

Joseph was the first person to teach me about NA language and about making a commitment to only go to NA for my recovery. That was in November of 1984 at the 1st Volunteer Convention of NA in Nashville. That event was a continuation of the Thanksgiving Consciousness I and II Conventions that had been held the years before in Memphis and put on by Joseph and others.

Joseph got clean in 1978. I believe he had become the Treasurer for The World Literature Committee when the Basic Text was being written. His efforts at obtaining the work space at Memphis State University and the amazing work he did at bookkeeping etc where vital to getting the job done which produced the very first rough draft book length piece on recovery from the disease of addiction in Narcotics Anonymous. The rough draft or Grey Book as it is now come to be known was printed at his parents print shop in Memphis.

Joseph was the one who got me to start surrendering more and more bad habits. With his love and support I let go of Cigarettes at 3 years clean. I have not smoked now in over 26 years. He said to me, "Isn't that great?" I

said; "what"... He said; "In a few weeks you have let go of a filthy disgusting habit you have had most all your life!" He was right. I had been smoking a pack of Marlborough every day since I was 15 years of age. Joseph sponsored a lot of early members in many states across the country.

I asked him once about the NA Archives? He looked at me and said; "You're the archives, save everything." And I have. I now do talks with 4 to 6 tables of NA archive memorabilia. This allows members to see and touch the past history of Narcotics Anonymous. I would not have been able to do that if not for Joseph's direction.



When I had 3 years clean I was pretending to be an Alcoholism Counselor for the city of Newport News, VA. Joseph pulled me out and said to me "You're a care taker and not a care giver. When you have 9 or 10 years clean and have worked on all your issues, then you can go back into those places." We talked about what I could be and he mentioned how much I like to travel in NA. He suggested that I

might want to become a Travel Agent and that I could go to school for that. I followed my sponsor's direction and became a Travel Agent. This has helped me to get to conventions and meetings around the world in NA.

The greatest gift the Joseph ever gave me was teaching me how important it was to make a commitment to only go to NA for my recovery and to get off the fence as he called it. Joseph said; "How can you ask folks to bet their lives on NA when you're not willing to do so?"

When I made a commitment to only go to NA in 1984, it meant driving anywhere from 2 miles to 40 miles each way to make a meeting. This commitment to NA helped me make other commitments in my life. It helped me commit to my family to my job to all areas of my life. Making a commitment to NA was the greatest gift that anyone could ever give me. It has been the most priceless gift I have ever received from anyone. I wish to gratefully and humbly thank my first NA sponsor, Joseph Proctor III for this, the most remarkable gift of my life.

My fellowship is alive and free thanks to Joe P.

In loving service a grateful addict in Virginia,

Kermit O.

# Art and Poetry from Around the Fellowship

## Missing You

*My heart is filled with emotions  
 But there is no real potion  
 Real potion to take it away  
 Away the feelings I feel today  
 Today my God fills my heart  
 Even though were apart  
 Apart from what we've always known  
 God's letting me know I'm not alone  
 Not alone to go through this pain  
 With god I feel less insane  
 If I open my eyes I can see his sign  
 See that ' its Gods plan, not mine  
 Sign that I'm where I'm suppose to be  
 I open my eyes so I can just see  
 See that I am living this amazing dream  
 No matter what my feelings might seem!  
 Danita*

## Women Do Recover

*I am woman here me roar  
 My disease doesn't own me anymore...  
 You made me feel like I belonged  
 Now I know you were wrong  
 So I packed your bags and through you out  
 Even though I had some doubts  
 The bat is down, I'm full of hope  
 Cuz I know I don't need your dope.  
 Yesterdays gone, the future untold so just for today is  
 where I'm at  
 Now I know you never had my back.  
 They said there was another way  
 And all I had to do was stick and stay  
 Now I know I'm not alone  
 We stand together tight and strong  
 I've waited for this for so long  
 Even though you said they were wrong  
 I finally found where I belonged.  
 We can do this together what I can not do alone  
 We found another way this is true  
 We are women here us roar  
 We don't need you anymore.*

*Jennifer S.*

# 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 Area** .....866-935-8811 (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



**July 13 Every Wed 8:00pm - 9:00pm**

Point of Freedom Group Speaker Mtg., The Place

**July 16 Every 3rd Sat 10:00am - 4:00pm**

Work The Steps or Die, Serenity UMC, St. Pete

**July 24 Sun 1:30am - 5:30pm**

Roller Skating Party, Astro Skate, Pinellas Park

**July 17 Every 3rd Sun. 8:00am - 11:00 pm**

Women in Recovery Monthly Anniversary Celebration, Terra Nova

**July 29 Every Last Thur. 7:00 pm - 9:00pm**

Defeating Our Addiction, Potluck & Speaker Mtg., Gulfport Presbyterian

**Aug 14 Sun 9:00am - 12:00pm**

Bay Area Service Committee Meeting , The Place

**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**

**Bay Area Service Committee Meetings**

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

NA is not affiliated with any of the facilities listed.

# Around The Region



Narcotics Anonymous®



Check Regional Website for Events

**July 15 Fri 10:00pm - July 17 Sun 5:00pm**

FL Regional Service Conference - Gainesville

**July 16 Sat 9:00 am - Sun 12:00 am**

FCACNA XI Spiritual Breakfast/Speaker Jam, Jacksonville

**July 16 Sat 7:30 pm**

FACNA Fund Raiser Dance, Club YANA, Tampa

**July 23 Sat 9:00 pm**

Tampa Bay Speaker Jam Bazaar, Oak Grove Church

**July 30 Sat 10:00 am - 10:30 pm**

Unity XXX Speaker Jam/Basketball/Dance, 2565 East Kaley Ave, Orlando FL

**Aug. 21 Sun 10:00am - 5:00pm**

Saturday Night Live Picnic, American Legion Park, Tampa

**H.A.C.N.A.**  
**Annual Chicken**  
**Dinner**

**July 30th**  
**5pm**

St. Albans Episcopal Church  
 202 Pontotoc St  
 Auburndale Fl 33823  
 Jacque P. 863-412-1667

Florida Regional  
 Service Conference  
 July 15– July 17

Paramount Plaza Hotel  
 2900 Southwest 13th Street  
 Gainesville  
 FL 33410  
 352.377.4000



## **" The First Time is a Charm"** By **Becky S.**

It has to be said that when you get clean some amazing things start to happen. In my opinion one of the best things that happens is you get your memory back. I have experienced some pretty cool things in my lifetime so far, such as; hiking the Appalachian Trail or walking on the Great Wall of China. The sad thing is I don't really remember those experiences, because I was using when I did them.

This past weekend I experienced another one of those life changing events, and I am proud and ever so grateful to say that I remember every second of it! That is because I am clean and there is no chemical high in the world that can beat the feeling you get when you are privileged enough to stand arm and arm with a couple thousand addicts at F.R.C.N.A. XXX and repeat a prayer that saves my life every day!!

This past weekend was my very first FRCNA experience and what amazing one it was!!

We arrived on Thursday afternoon in West Palm Beach just in time for the start of registration...now, notice how I didn't say Sunny West Palm Beach, because much to our

dismay, the weather forecast for the next three days did not include the word sunny, in any way shape or form. That did not keep us from having a blast!! We were there for Recovery and that is what we got!! Who needs the sun?? It

causes wrinkles anyway, right?

We stood in line to register and right away saw familiar faces. We got our badges to

hang around our necks and it was official!! We were there!!!!

Right away through the grapevine we heard there was a need for service volunteers in the merchandise room. We jumped right in! How cool of a spot to be? Everyone comes through there in search of the next best T-Shirt or Coffee Mug...for me it was a leather bound basic text cover that I couldn't live without! It was even PINK!!!

Thursday night's opening Speaker, Sandy M., from Winter Haven was amazing and brought a great message. Friday was filled with more great speakers and workshops, as well as another chance to work the merchandise room again. We met so many new friends by doing service. It amazes me how many Bay Area members were so eager to do service. I was so proud to say " Hi my name is Becky and I'm from the Bay Area!" This is due to our members being all about service this past weekend! From Kristi Beth with her hug stickers and smiling face, Laura G. at registration, and Earnest E. and Toby who were the "Peace Keeper Squad". There was Brooke L., who did an amazing job at organizing the merchandise room and getting the volunteers needed.

One member who blew my socks off was Aralyn P., she made herself available at each Speaker Meeting, every night, to sign for the hearing impaired. There were so many more I could go on all day! This is what it is all about!

Saturday night, I experienced my first ever roll call. This is where all of the Florida Areas were given the chance to announce their presence and represent by making as much noise as possible, when their area was called. We did the job, voices

raised with a little help from our cow bells and noise makers...we got it done in full effect!!

Then came the clean time count down. This was it for me. The experience I was talking about. I will never forget it! This is the moment when members are given the chance to stand and be acknowledged for their clean time as it is called; from 46 years down to one day. Yes, there was someone there with one day clean. How cool is that?!!! I was overwhelmed at the sight of all the recovery in one very, very large room!

One moment at the very end of the night as thousands of us circled up to close, there I stood arm and arm with friends, some whom I had just made and some whom I have known for a while. My tears began to fall, tears of love and happiness at this sight before me. We spoke the 3rd Step Prayer, all of us as one. I knew I was forever grateful for my new life in recovery and certainly for my very first

F.R.C.N.A. experience!!!!!!



## My FRCNA Journal

Hi my name is Tara and I'm an addict. I figured that was a good way to start this article. A couple of ASCs ago our literature chair shared, during his report, that he wanted to run articles in the next newsletter about 1st time FRCNA attendees. I had never been and would like to have something to really remember this experience so this is the journal I wrote for my first time going to FRCNA.

**06-05-2011**                      **26 days till**  
**FRCNA 30**

I am so excited. I'm registered and can't wait to go. I can't believe It's already less than a month away. I can remember hearing about it for my first time last year and wanting to go but just couldn't, but this year there is no way I am going to miss this. Gotta go back to work. Later.

**06-18-2011**                      **13 days till**  
**FRCNA 30**

I just booked the hotel. I got it at a really good deal too. I'm sharing a room with 3 other addicts... this should be very interesting.

**06-30-2011**                      **1 day till FRCNA**  
**30**

OMG! I am sooooo excited! I just got the itinerary for the weekend and there is so much I want to do. I really hope I'll have as much time and energy to do all that I want to do. No expectations of course, just hope. There is a traditions workshop tomorrow at 2 pm; I'm not sure if I'll make it there in time but even if I miss it I can always buy it on CD. Ahh FRCNA you have everything I need.

**07-01-2011**                      **4:30 p.m. at**  
**FRCNA 30, Registration**

So I just got to the actual convention center and WOW!!! I have already seen a lot of people. I'm volunteering at the registration desk and it's fun getting to sign people in. Just one more way of

meeting people in this program. But working the desk, I'm able to put names to faces. I love service.

**07-01-2011**                      **8:00 p.m. at**  
**FRCNA 30, Speaker Meeting**

Wow!!! This is really amazing. It's something that has to be seen and is hard to explain. The magnitude of recovery in this room right now is truly incredible. There must be at the very least 300 recovering addicts. They started the meeting off (of course after the normal readings) with a slide show of past FRCNAs. It gave me chills; I mean this is FRCNA 30! I am so grateful I am here. The energy in this huge and very filled room is unlike anything I have experienced thus far. The speaker is great. Everything she has done and been through really speaks. The message really is hope.

**07-01-2011**                      **9:30 p.m. at**  
**FRCNA 30, Merchandising Room**

I'm volunteering in the merchandising room and I have to say: I'm a pretty good salesperson. I've already sold like 10 t-shirts... in the spirit of honesty though they are FRCNA t-shirts... they sell themselves. I'm watching my boyfriend and a good friend across the room try to throw blown up tubes to see who can throw them the farthest... neither of them won. Better get back to the t-shirts. Anything for service.

**07-02-2011**                      **11:00 a.m. at FRCNA**  
**30, Workshop on steps 6 and 7**

So I got to the workshop late but I made it. The workshop is about letting go of destructive behaviors. So far it's been really funny and interesting. One thing the speaker said that I really like was, "if you want to stop apologizing for lying then stop lying." Another thing that really resonated with me was to make a conscience effort to look for the good in other people so I can see it within myself. The speaker talked about honesty in ways I could actually envision in my mind. I'm really diggin this.



**07-02-2011 Time??? at FRCNA 30, Presentation on NA History**

I've heard presentations before about the history of NA, but it's always interesting to hear people tell it. The speaker made it a really fun one. The pictures were really great too.

**07-02-2011 7:30 p.m. at FRCNA 30, Speaker Meeting**

So I thought last night was big, well tonight is humongous. I don't believe there is an empty seat in this whole convention hall. People are even sitting on the floor at the back wall. They showed (again of course after the normal readings) another slide show and again it gave me chills. The speaker tonight is great. He has been funny, honest, grateful, compassionate, and everything thing else this program teaches us. The honesty that both speakers have given is simply amazing. Just telling it how it is. It's really cool to me how no matter if it's a man or a woman, black, white, yellow, or green, that I can identify with, at the very least, the feeling they have had, if not most of their stories. I just keep looking around this humongous room being completely mesmerized by the amount of addicts, and we are all here for the same reason... recovery. And no one is using. This gives me so much hope and confidence that this program truly works. Here it is, right in front of my eyes, in action.

**07-02-2011 10:00 at FRCNA 30, The Comedy Show**

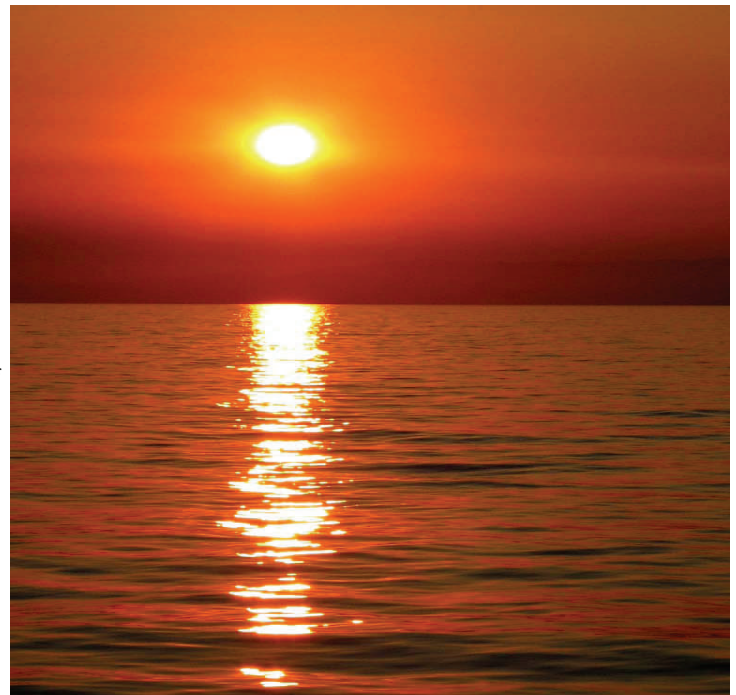
This guy is hilarious. I need to find out about more comics like him. This is hysterical. I relate with so much, but it's ok because by the sound of it so does everyone else. I'm really glad I got to come to the comedian. He has been sooo funny and still managed to get a great message across.

**07-03-2011 11:30 leaving FRCNA 30**

I have had so much fun this weekend. I probably over did but it's been worth it. I met people and got to hang out with people that I already know more. This has been an amazing experience and I have to come back. This is being a part of something way bigger than me. I'm so tired from staying up till 2 a.m. laughing all night; I'm going to take a nap.

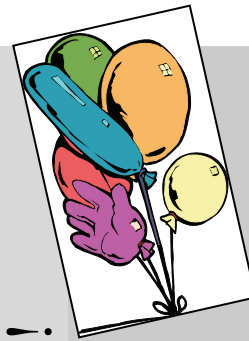
So that was my first time experience at FRCNA. I can't wait till next year. Hopefully I'll have a hand in planning it. Speaking of planning: Thank you to everyone that participated in and made FRCNA 30 happen. I loved how a lot of the volunteers were from the Bay Area. We really know how to represent and do some great service. And also thank you for having a newsletter and giving me a reason to write something to remember, even better than I already do because I do remember.

*Basically thank you NA for a great experience that I'll never forget... I have it in writing.*



# Bay Area Anniversaries

<b>April</b>	<b>Alverta (No Pain No Gain)</b>	<b>5 years</b>
<b>April</b>	<b>Trontavia R. (No Pain No Gain)</b>	<b>1 year</b>
<b>April</b>	<b>Hillary O. (A New Perspective)</b>	<b>16 years</b>
<b>May 5</b>	<b>Brook H. (Wake Up Clean)</b>	<b>14 years</b>
<b>May 7</b>	<b>Hosea. (Wake Up Clean)</b>	<b>2 years</b>
<b>May 7</b>	<b>Don R. (Come As You Are)</b>	<b>1 year</b>
<b>May 30</b>	<b>Dale H. (Welcome Home)</b>	<b>5 years</b>
<b>May 16</b>	<b>Jeff W. (Welcome Home)</b>	<b>5 years</b>
<b>May 18</b>	<b>Tanya K. (No Pain No Gain)</b>	<b>1 year</b>
<b>May 22</b>	<b>Steve G (Come As You Are)</b>	<b>1 year</b>
<b>June</b>	<b>Paul W. (A New Perspective)</b>	<b>6 years</b>
<b>June 2</b>	<b>Erica A. (Life's A Beach)</b>	<b>10 years</b>
<b>June 4</b>	<b>Willy R. (Come As You Are)</b>	<b>9 years</b>
<b>June 6</b>	<b>Roger P. (Clean Harbor)</b>	<b>1 year</b>
<b>June 9</b>	<b>Joel W. (Come As You Are)</b>	<b>22 years</b>
<b>June 9</b>	<b>Becky S. (Trust The Process)</b>	<b>1 year</b>
<b>June 9</b>	<b>Sean B. (Trust The Process)</b>	<b>1 year</b>
<b>June 19</b>	<b>Debbie L. (H.O.W.)</b>	<b>2 years</b>
<b>June 21</b>	<b>Scott K. (Come As You Are)</b>	<b>18 months</b>
<b>July 1</b>	<b>Rob V. (Welcome Home)</b>	<b>7 years</b>
<b>July 1</b>	<b>Kurt R. (Welcome Home)</b>	<b>7 years</b>
<b>July 1</b>	<b>Nancy C. (A New Perspective)</b>	<b>5 years</b>
<b>July 3</b>	<b>Kristen L. (We Found a Way Out)</b>	<b>1 year</b>
<b>July 3</b>	<b>Sandy S. (Sunshine)</b>	<b>21 years</b>
<b>July 4</b>	<b>Cassie P. (Living The Dream)</b>	<b>8 years</b>
<b>July 6</b>	<b>Barbie B. (Never Alone)</b>	<b>6 years</b>
<b>July 6</b>	<b>Robin A. (Life's A Beach)</b>	<b>9 years</b>
<b>July 11</b>	<b>Gerry H. (Come As You Are)</b>	<b>20 years</b>
<b>July 13</b>	<b>Denise H. (Be A Part Of)</b>	<b>6 years</b>

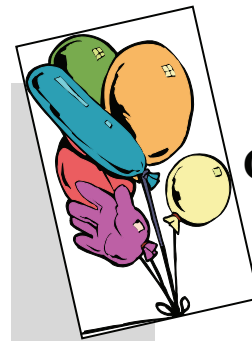


**Congratulations celebrants! Cheers for your dedication!**

- 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

July 14	Jessica B. (We Found a Way Out)	1 year
July 15	Dick B. (We Do Recover)	36 years
July 15	Cathy B. (We Do Recover)	36 years
July 18	Bonnie P. (We Found a Way Out)	9 years
July 23	Bill L. (We Do Recover)	13 years
July 21	Jennifer P. (H.O.W. Group)	1 year
July 31	Andrianna D.(We Found a Way Out)	1 year
Aug. 12	Hazel S. (Welcome Home)	6 years
Aug. 2	Andrea B. (It Works)	5 years
Aug. 2	Jane P. (Save Your Ass)	18 months
Aug. 3	Greg (Sunshine)	26 years
Aug. 6	Allison H (We Found A Way Out)	1 year
Aug. 9	Ernest E. (Never Alone)	3 years
Aug. 10	Marie C. (Save Your Ass)	1 year
Aug. 14	Harry L . (Never Alone)	5 years
Aug. 16	Shangria W. (Save Your Ass)	3 years
Aug. 16	Ken T. (Welcome Home)	19 years
Aug. 18	Paul M. (Never Alone)	20 years
Aug. 20	Bari P. (Welcome Home)	6 years
Aug. 20	Kat D. (Save Your Ass)	1 year
Aug. 20	Ricky B. (Save Your Ass)	1 year
Aug. 25	Major F. (Welcome Home)	2 years
Aug. 25	Dawn L. (We Found A Way Out)	1 year
Aug. 26	Jim D. (Welcome Home)	3 years
Aug. 27	Erin R. (Keys To Recovery)	4 years
Aug. 28	Autumn R. (We Found A Way Out)	1 year
Aug. 28	James W. (Save Your Ass)	1 year



Congratulations celebrants! Cheers for your dedication!

## Contact the Bay Area Service Committee

Subcommittee e-mail addresses are:

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

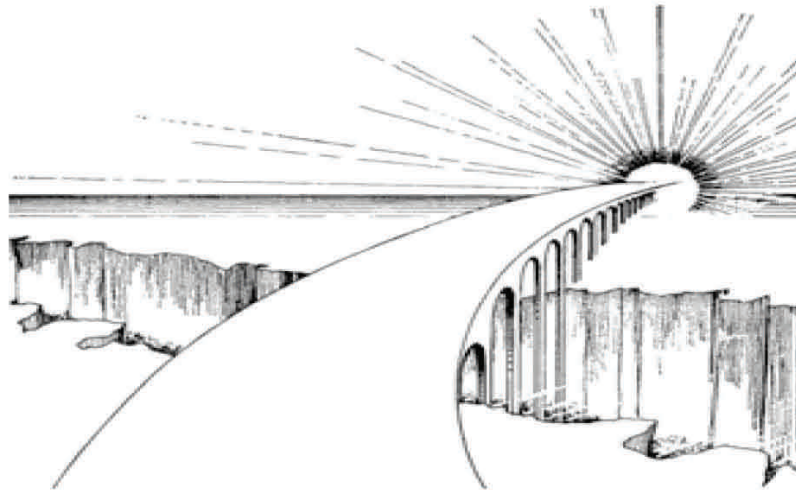
***Celebrate Our Recovery!***

**3 Speakers!**

**Joan L.  
*Suncoast***

**Carol K.  
*Suncoast***

**Jimmy S.  
*Bay Area***



**Tickets  
Available NOW!**

**\$5.00 Presale**

**\$10.00 At the  
Door**

**6:30 PM Doors Open**

**7:00 PM Dinner**

**8:00 PM Speaker  
Meeting**

**9:30 PM Auction**

**10:00 PM Dance!**

**Treasure Island  
Community  
Center**

**1 Park Pl. &  
106th Ave.**

**Treasure Island**



**30th**

**Anniversary**

**Donations for  
Auction Can Be  
Submitted to  
ANY Activities  
Member**

**Bridges to Recovery**

**Homecoming Celebration!**

**Saturday, September 17th, 2011**

**6:30 PM - 11:30 PM**

**For more information, please contact Erin R (727) 460-3911 or Becky S (727) 644-6787.**

**Narcotics Anonymous is not affiliated with Treasure Island Community Center.**