

# JUST FOR TODAY

*On the Bay*

**November - December 2012**

## ***In this Issue***

|   |                  |
|---|------------------|
| <b>Our Message All Over The World</b>                   | <b>1</b>         |
| <b>Activities &amp; Meetings in<br/>Need of Support</b> | <b>2</b>         |
| <b>When In Rome, Go to a Meeting</b>                    | <b>3 &amp; 8</b> |
| <b>World Convention</b>                                 | <b>4</b>         |
| <b>Area Help Lines</b>                                  | <b>7</b>         |
| <b>Poetry Corner</b>                                    | <b>9</b>         |
| <b>Manners in Sharing II</b>                            | <b>10</b>        |



## **Our Message All Over the World**

I am an addict and my name is Laura G. So as I sit here looking out the picture window on the 19th floor of our condo in Singapore, I feel like one of the luckiest people on the planet. Not because of where I live or what material gifts I've been given or had taken away but because I am alive and free. Because of Narcotics Anonymous I have a life that only existed in my dreams. That's not to say that sometimes life isn't difficult, because it is or that my heart doesn't get broken, it does or that I don't feel like giving up because sometimes I do, however, I have a fellowship and a God that changed my perception and reminds me that feelings are part of the deal. I know I never have to use again, my past is an asset and life is a precious gift that I want to experience fully.

I got clean at the old, old Terra Nova in the Bay Area in 2000. Right from the beginning, I fell in love the fellowship, the program and the message of Narcotics Anonymous. I've often heard in meetings that some people were asked to write down what they hoped their life to be like or what they expected it to be like in 5 years, well I'll tell you I couldn't even conceive of anything like that when I was a newcomer. All I knew was that I no longer wanted my daughters to have a mother that they were absolutely ashamed of, or my mother to have one more heart attack because of the stress I caused her, I didn't want to degrade myself anymore and most of all I didn't want to die from the horrors of addiction. Little did I know what I was getting myself into when I found you guys! I had no idea that NA was going to change my life completely, both inside and out.

**24-Hour Helpline**

**727-547-0444**  
**Call before you use!**

*The purpose of this newsletter is to keep Bay Area Narcotics Anonymous members informed of the events and happenings of the fellowship. Every attempt is made to adhere to NAWS & BASCNA's guidelines for newsletters. The content contained heron expresses the views and knowledge of it contributors, not NA as a whole. Please read this publication with that in mind.*

### **Newsletter Subcommittee & Contributors**

Andrea B.- Newsletter Chair  
Tania R.- Newsletter Vice Chair  
Tara F.- Photo Contributor  
Crista B.- Art Contributor  
Ron K. - Article Contributor  
Sean B. -Poem Contributor  
Laura G. -Article Contributor  
Sophia S. - Article Contributor

## Our Message All Over the World Continued...

One of the coolest things that I have discovered is everything that I've learned in NA and through the 12 steps teaches me so much more than what at first meets the eye. It is a multi-layered, multi-leveled program, with the curriculum set by me. I can learn as much as I desire. It is a never-ending well of self-discovery and spirituality and being the addict that I am, I want it all! When I first heard that lost dreams awaken, I couldn't relate to that because any dream I'd ever had was lost somewhere in my heart and since the disease took away my ability to look inside myself (too scary) I thought my dreams were gone. I didn't realize until later that getting a 30 day key tag was a dream come true, the ability to believe in something, to have hope that there was a purpose for me, was also a dream come true.

I remember when the fog started to lift, at about 18 months. By this time I had made NA my way of life. I started to ponder on things that other people did to enjoy life. I was becoming responsible. I was learning how to be a parent, keep a job, pay my bills and save money. I was starting to experience the freedom NA promises. Freedom to live!!!

I would listen to the announcements at meetings. I would hear members announce this convention here and that convention there. I decided I wanted to go, I wanted to travel and I started making plans. FRCNA 2002 in Daytona Beach was my first and I was hooked. I went to my first WCNA - 29(Atlanta) that same year. Since then it has been one adventure after another. The only WCNA that I have missed was Barcelona 2009. I used the money I'd saved for the trip as a down payment on a house - at the advice of my sponsor. Thank God for sponsors.

I traveled with NA mostly, there was a group of us that anytime anybody said road trip, no matter how far it was, we went. I have been to meetings and celebrations in every area in Florida. I have also been to meetings in Georgia, New York, Illinois, Maryland, Texas, Louisiana, California, Nevada, Hawaii, the Bahamas and the latest, Singapore. Some of those people I traveled with are now gone. Some have passed away clean and some have died using; some have relapsed and not found their way back. But some, I still sit across from in meetings and we still talk about our next trip and laugh about the fun we had on past ones, for those people I am truly grateful as we have not only traveled to a destination together but are on the same journey.

So how did this once hopeless drug addict end up living in Singapore\*? Well I didn't win the lotto, I don't have a prestigious job and I didn't marry money. What I did was find a new way to live. I found a God of my understanding that says NOTHING is impossible. I don't

use no matter what and I am of service to people. I trust my sponsor and am willing to do the work. I believe that God has a plan for my life far beyond anything I could have come up with. God knows what I truly desire, not what I want because sometimes what I want isn't good for me, but what I desire. You see want comes from my brain, desire from my heart and my HP deals in hearts. I believe I landed in Singapore because someone here needs my help. Maybe it's my partner or maybe it's another suffering addict. I may never know but God does and that's good enough for me. And for now I'll just keep going to meetings and when a newcomer reaches out I will be part of the hand of Narcotics Anonymous that reaches back.

\*My partner (who is in recovery) and I came to Singapore for a two-year stint for his career.

**Laura G.**



### CALL FOR ENTRIES

The theme for the next issue of the Bay Area Newsletter is "How I Stay." We welcome articles, stories, poetry and artwork having to do with the topic of how we, as members of the fellowship, manage to keep working a program of recovery despite the many challenges we face along the way. All of us, from the newest to the oldest member, have wisdom to offer each other about keeping recovery fresh and vital in our lives. We hope that the "How I Stay" issue will be an inspiration for everyone.

**Submit your work to [lit@bascna.org](mailto:lit@bascna.org)**

# Meetings In Need of Support

**A NEW DAY**  
**FRI & SAT @TERRA NOVA**  
Midnight meeting

**CLEAN HARBOR**  
Saturday 10pm -Drydocks

**ACCEPTANCE AND CHANGE**  
**Friday 8:00pm**  
207 Buckingham Avenue, Oldsmar, FL

**WE FOUND AWAY OUT**  
**6:30pm - Daily**  
5540 Park Blvd, Pinellas Park, FL

**JUST FOR TODAY**  
**10:00pm Friday & Saturday**  
2927 Central Avenue, St. Petersburg

**11th Step Meditation Meeting**  
**10:00am Saturday**  
2927 Central Avenue, St. Petersburg

**PRIMARY PORPOISE**  
**Wednesday 7:00pm**  
1615 1st St., Indian Rocks Beach

**NO PAIN NO GAIN**  
**Monday 8:00pm**  
1735 Dr MLK Jr St. S St. Petersburg

**NEVER ALONE**  
**Monday 8:00pm**  
11803 104th St. Largo

**MORNING SERENITY**  
Daily 7:45Am @The PLACE

**PRIMARY PORPOISE**  
Calvary Episcopal  
1615 1st St., Indian Rocks Beach

**STEP FREE**  
Thursday 8pm  
NA is not affiliated with any of the facilities listed.

# Looking for Something to Do?

**Celebration of 3 Homegroup Members**  
11/10 8pm Saturday Night Live

**Earline K. Speaking**  
11/17 8pm Saturday Night Live

**Work The Steps or Die**  
November 17 10am-4pm  
2750 5th Ave. N., St. Petersburg

**Bay Area Activites Softball**  
11/18 2-4pm  
Safety Harbor Softball Complex

**Young Free & Clean**  
**Speaker/Potluck Dessert**  
11/30 7pm Potluck / Speaker Meeting 8pm

**Thanksgiving Marathon Meetings**  
Terra Nova & The Place

**Celebration Meeting**  
12/1 Saturday Night Live 8pm

**Holiday Marathon Meetings**  
Terra Nova & The Place

**Eating Meeting@Happy & Free 6:30pm**  
2215 SR 580 room #6, Clearwater

**Celebration Meeting**  
12/8 Saturday Night Live 8pm

**Bay Area Activities Holiday Bowling**  
12/14 Seminole Lanes 9pm  
\$9 includes shoes & 2 games

**Bay Area Activites Softball**  
12/16 2-4pm  
Fossil Park Softball Complex- St. Pete

**Work The Steps or Die**  
December 15 10am-4pm  
2750 5th Ave. N., St. Petersburg

**Bay Area Activities - 70's NYE Party**  
Calvary Church,  
Indian Rocks Beach

**Service Symposium**  
Tampa, March 21-24, 2013

<http://webdata.na.org/events/>

# WHEN IN ROME, GO TO A MEETING

I had to go to a meeting. I had been touring Italy for two weeks, I was detoxing off heavy prescription meds and I had to go see for myself. What would NA be like in Italy, Rome rather, which was a bit different from the rest of the cities. My brother and I were staying our last 3 days on Via Veneto in a nice hotel, as far as Italy considers, across from the US embassy. I told my brother I was going to find an NA meeting and go.

All our lives we had dreamed of going to Italy, the place we had heard our family was from so many times, art, the church, food, the list went on and on but it was our destination of choice back then. We had both finally had the means to go on a trip. We did 3 days Rome, a tour of Rome, Florence, Venice, Naples, Sorrento and some other cities I can't recall, oh, Capri, how can I forget the town where we found my mother's maiden name all over a street. The tour had dragged us from one end of the country to the next, seeing everything there was to see from the Bridge of Sighs to the ruins of Pompeii. Our brains were packed. So for our 3 day debrief time in Rome, I was going to go to an NA meeting.

I went out to NA.org and searched Rome, Italy. I found it-open discussion, two miles from the hotel, starts in 2 hours. I told my brother I'd be back and took off. The cab ride was interesting. The driver was listening to soccer and to me as well. I had the awakening that the more money I gave any cab driver, the better English they spoke. Down Via Veneto we went, up a hill, to the left, or Sinestre, Destra, I used my limited Italian vocabulary to get us there.

The building like most was Renaissance, 13 or 1400's style. Large stuccoed blocks. Oversized security bars on the bottom which I was told were to keep out those with the plague and like a meeting, a small gathering of people outside talking. The meeting was downstairs in the basement. Immediately I was informed or noticed that this was a multi-fellowship meeting place-exceptionally. It appeared from the announcement wall as you walked in that at least 4 different anonymous programs met in this basement, OA, CA, SLA, etc... And this was the center hub for 12 step groups in Italy.

It smelled of donuts, and the greatest coffee you could imagine. On the back shelf of the room there was a large Panettone, basically a tall donut-like cake that you pull strips off with your hand like string cheese, that looked homemade. Next to the cake was a pump pot of fine perfectly pressed tamped and extracted espresso, small espresso cups next to it. I loaded up a handful of this fine delicacy and headed to the



center of the room.

There were about 15 people in the meeting. They were speaking Italian, I thought I was late but it was explained that this was the AA meeting, and in about 15 minutes they will start the NA meeting and many of the same people will stay. In between the meetings I met a lady from the US that had moved there to teach English. She had been there 6 months and didn't know Italian, but tried to explain what was going on. I got up and walked to the back of the room near the incredible coffee bar. I noticed the electrical system in this basement of a 600 plus year old building. It was a 220 volt system, and built extremely Italian and stylish, being an electrician for so many years I was intrigued. It was very vividly colored and of high quality. This information would come in handy later when I would meet the man who explained it all.

The meeting started. There was a table in the front, where a lady sat and took notes? What was she writing? I had no idea and it appeared you would not dare ask her. People started sharing in Italian. I noticed the folks looked like they were out of a fashion magazine ad, finely coiffed dressed to the nines, leather shoes, slacks, sweaters, it was a fashion show. There was smoking, but not like America. Every 5 minutes or so one person would have one cigarette, and then stop. No chain smokers. There was also a dog in the meeting, like most of Italy, dogs are sacred and welcome everywhere so this was no surprise, but the rate at which people smoked was very intriguing, this would also be information for my upcoming conversation.

I didn't understand a word of what was going on, and I needed to share. After 11 years clean I had relapsed and was in a tailspin of short stints of clean time. A guy behind me asked "excuse me, you want to share? I will interpret" "OK" I said. I spoke about my problem trying to get clean again, my dream trip to Italy and how I was grateful to be in a meeting in another country.

People acknowledged and the meeting went on. My friend behind me explained what was being shared, "this man is explaining how he is worried he won't be able to afford christmas because of his addiction" "this lady is concerned for her husband who cannot stop" etc.. I was very lucky this man was in the meeting.

The end came. I was asked to come to the front of the room and was GIVEN a white chip. "You keep coming back" The lady in the front, the note taker, explained. I tried to get a look in her book. No doing. She guarded and blocked. Secret info for sure. The people were so nice, coming up to me, hugging me, very Italian. I felt extremely welcomed. I went to the back of the room, got more coffee and cake, and started one of the most epic conversations of my life. The guy who interpreted The guy who interpreted for me asked "Where are you from?" I explained I was from Florida and touring.

He explained that he had lived in Los Angeles for a couple years, had attended NA there and was familiar with NA and both cultures.

This was interesting. We talked about the Italian economy versus the US economy. He explained it to me using the example of a car accident. "In America, you get in an accident, there is the tow truck company, the doctor, the lawyer, the other doctor, the insurance company, the courts, taxes, the police etc.. everyone makes money. Here, you don't have any of that, you are lucky if someone helps you fix the car." He explained how we had a system that created jobs and wealth, how Italy preserves buildings like the one we were in and there is little work for construction. He explained that NA in Italy was small, the culture is preaches moderation unlike America preaching excess and that

most addicts are very purely addicts and have to be more brave to attend meetings. The conversation was fascinating, I learned more about America from that conversation than I ever could imagine.

Then they invited me to a house party of a few NA members, and I wanted to go, but nobody could bring me home and it was in the hills of Tuscany.

I explained I had to get back to my brother who by now must have felt widowed, but how much I appreciated the fellowship and how loving and welcoming everyone was. I walked back to the hotel and told my brother what I had experienced. he agreed with what I had heard and We both were awakened by what I had learned at an NA meeting in Rome. I found out that there are only a handful, maybe 32 meetings in the whole country.

My area has about four times that many. I did not stay clean from that white chip, it took a couple more years to get traction coming back. I will never forget my experience of Narcotics Anonymous in Rome.

Solo por Oggi, Just for Today, I am grateful.

Thanks!!

**Ron K.**

---

## **Bay Area Activities Field Day TUG A WAR October 6, 2012**



The theme for the next issue of the  
Bay Area Newsletter is

### **"How I Stay"**

We welcome  
articles, stories, poetry and artwork

having to do with the topic of how we,  
as members of the fellowship,  
manage to keep working a program of  
recovery despite the many challenges  
we face along the way.

All of us, from the newest to the oldest member,  
have wisdom to offer each other about keeping  
recovery fresh and vital in our lives.



We hope that the "How I Stay" issue  
will be an inspiration for everyone.

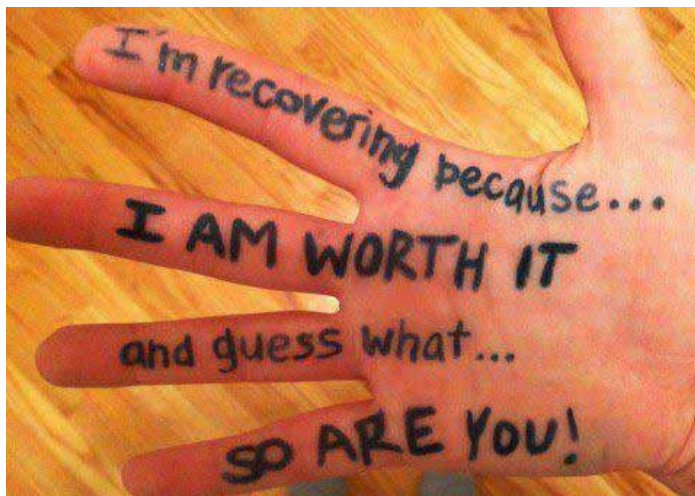
# Road Trips

In early recovery traveling to other towns and states for meetings were a huge part of what kept me coming back. I got clean in a really small area in Dubuque, Iowa. I was living in Illinois and traveling about 30-40 minutes to meetings. This was the closest NA Area to me. Still this was a small AREA compared to what I am use to today in the Bay Area. We had approximately 9 meetings a week. My first year clean we would go on a road trip about every Saturday to surrounding areas to go to the bigger meetings. We would drive up to 3-4 hours and check out meetings in Chicago, Iowa City, Rockford, IL, Cedar Rapids, IA and lots more. Sometimes the best part of these trips was the meetings we had with each other in the car. I had about 40 days clean the first time I was invited to come on one of these road trips. I believe that we were going to Des Moines, Iowa. This was one of the first times that I felt apart of the group. I was really excited to be included.

When we pulled up at the meeting I could see a large crowd of people outside of the church laughing and smoking cigarettes. I remember how welcoming everyone was when we got to the meeting and all of the hugs from everyone. This was one of the first times I had been to a meeting with over 100 people. It was very overwhelming. I wanted to share this story because this night I had one of my first realizations that just maybe I could stay clean and since then I have not picked up.

I have been to meetings in Illinois, Iowa, Wisconsin, Nebraska, Georgia, New York and Florida. I can't wait to one day be able to travel to a World Convention or to travel overseas. I am going to try my best to save up to go to Philadelphia this coming August! Can't wait!

**Andrea B.**



# 5<sup>th</sup> Florida Service Symposium

**March 21st – March 24th, 2013**

Sheraton Tampa East 10211 Princess Palm  
Ave Tampa, FL 33610  
813-623-6363

## Workshops

**Workshops - Registration is Free!!!!**

- Presentation to Local Professionals
- Professional Roundtable Discussion Local Services -Group Trusted Servants – Roles & Responsibilities
- Internet Technology Session – 6 Sessions
- Local Services - Where Is My Place in Service?
- NAWS-Service System – “Inspired by Our Vision”
- NAWS -Building & Sustaining Community Relationships NAWS -Mock PR Presentations
- Local Services -Cooperation Not Affiliation
- Women in Service Dinner
- Worldwide Fellowship – NAWS Fellowship Development Presentation
- Speaker Meeting – Mark
- NA History Presentation
- Creating Attractive Presentations -
- Southeast Zonal Forum Breakfast Meeting -
- Local -Building Strong Home Groups –
- Professional -Advocacy with Anonymity - Faces & Voices of Recovery
- Effectively Reaching Many Addicts - Institutional Mtgs – The Inside Out
- Local -Pro's & Con's of Incorporating Service Bodies
- Local -Consensus Based Decision Making
- NAWS -Service System – Principles of Agreement
- Mock GSU's & LSU's
- NAWS - Project Based Service & Planning Basics
- NAWS -Becoming a More Effective RCM
- Becoming a More Effective Facilitator (Chairperson)
- Social Media – Pro's & Con's
- Delegate Roundtable -RD
- NAWS Town Hall Meeting
- Unity Banquet & Speaker Meeting

# TRAVELING

Several years ago I told a psychologist that I always had the urge to move and not stay in one place for long. My psychologist asked me, "When growing up, did you move around a lot? It's probably a cultural thing." I had to stop and think and answered, "Yes. We moved a lot when I was a kid. My Dad was in the military and we traveled all over the U.S." My mother loved exploring as well. I think that's where I get it from-wanting to move all of the time. My mother once received an invitation to a wedding in this small town in New England. She is from Texas. Her partner at the time, my stepfather John (he has passed away) was going to go too but quickly declined to attend his nephew's wedding because his brother didn't attend his son's wedding. My Mom went anyway...alone. My Mother is Mexican and American Indian. She grew up speaking Spanish and learned how to speak English from a teacher in Elementary school. She sometimes stands out in a crowd but I thought for sure she would stand out in a small town alone in New England. She flew up there, had never been to Rhode Island before and then took a cab for 2 hours because it was at a remote location. "The bed and breakfast was paid for. All I had to do was get there," she told me. She went to the wedding and thought it was SO BEAUTIFUL. Before I segue from my NA tales abroad, please don't let my description of my mother fool you. She is not the stereotype you might have in mind about Mexican women. She has been fairly independent for a long time. She has always traveled, sometimes alone. She doesn't have an accent. She doesn't have a high school diploma but is very educated in her own right. She definitely implanted the courage for me to move to Florida in 1992 and to live my life on my own because she had to do a lot of things on her own too. She grew up very poor and with abusive parents. She didn't want me to go to Florida, I don't think, but she always me to live my own life.

My first big trip was coming to Florida in 1992 and with limited resources. I had two years clean. No money. No car. The only job I could get at the time was at a factory at minimum wage. Wow. Those were the days! The only people I knew were very few at the time. The people I knew were from meetings when I first traveled here with the Renaissance Festival in '91 and my boyfriend. (He was the main reason I moved back to Florida you see) Because my life and recovery depended on my connections with others, I had to walk up to people, say that I was the new person in town, then I had to do it all over again eight years later when I got accepted to the University of Florida, then I started traveling out of the country; once for world convention, another for research, and one for vacation. I haven't stopped since. Several times, when traveling alone like my mother did to New England, I have thought, "What happens if I don't have enough money? Or something goes wrong and I'm alone? I don't speak the language very well and I can't get by? Or, I don't know anybody there?

Because of my addiction, I was afraid to go anywhere, especially outside of my own town. In Dallas, back then, Mexicans seemed to get arrested a lot outside of my neighborhood and I really wasn't in the mood for venturing out. I was afraid of people being prejudice towards me and then I saw friends of mine in recovery who had more, like cars and supportive parents. My sponsor, at 3 months clean, told me to start getting out of my neighborhood and I found myself in a similar place as in '92 when I moved to Florida. No money. No car. No friends. Five years later the sponsor I have now told me the same thing, except this time, she added that I didn't always have to go to Texas for a vacation. I could visit other places like New York or another country even. She told me money didn't have to be an issue. If I wanted to get somewhere, all I had to do was make a goal of it and, "save your pennies" she said and "go!" Sometimes I'm not around as much because I've had to make sacrifices with my time, money and vacationing. I'm planning the next big trip to Central America or Europe but I know the traveling does take some sacrifices and I have enjoyed planning these goals. When I have made friends in other places, I let them know that if we 'click' I might just show up at your door step and have done that on occasion.

One of the places I will never forget is World Convention in Cartagena, Colombia. If it wasn't for Narcotics Anonymous, visiting South America would have been out of reach. Colombia has been devastated by drugs. In Colombia they never even heard of another fellowship or experienced another fellowship reach out to them the way that NA did. I will always be grateful for that trip and the experiences I had. People showed up high to the convention and they weren't judged but told to keep coming back. Thank you NA for the people you have put in my path, in the right place and at the right time. That's what I'm going to do...just keep showing up and give back. Thanks NA for everything that I have.

+SS



Google Images

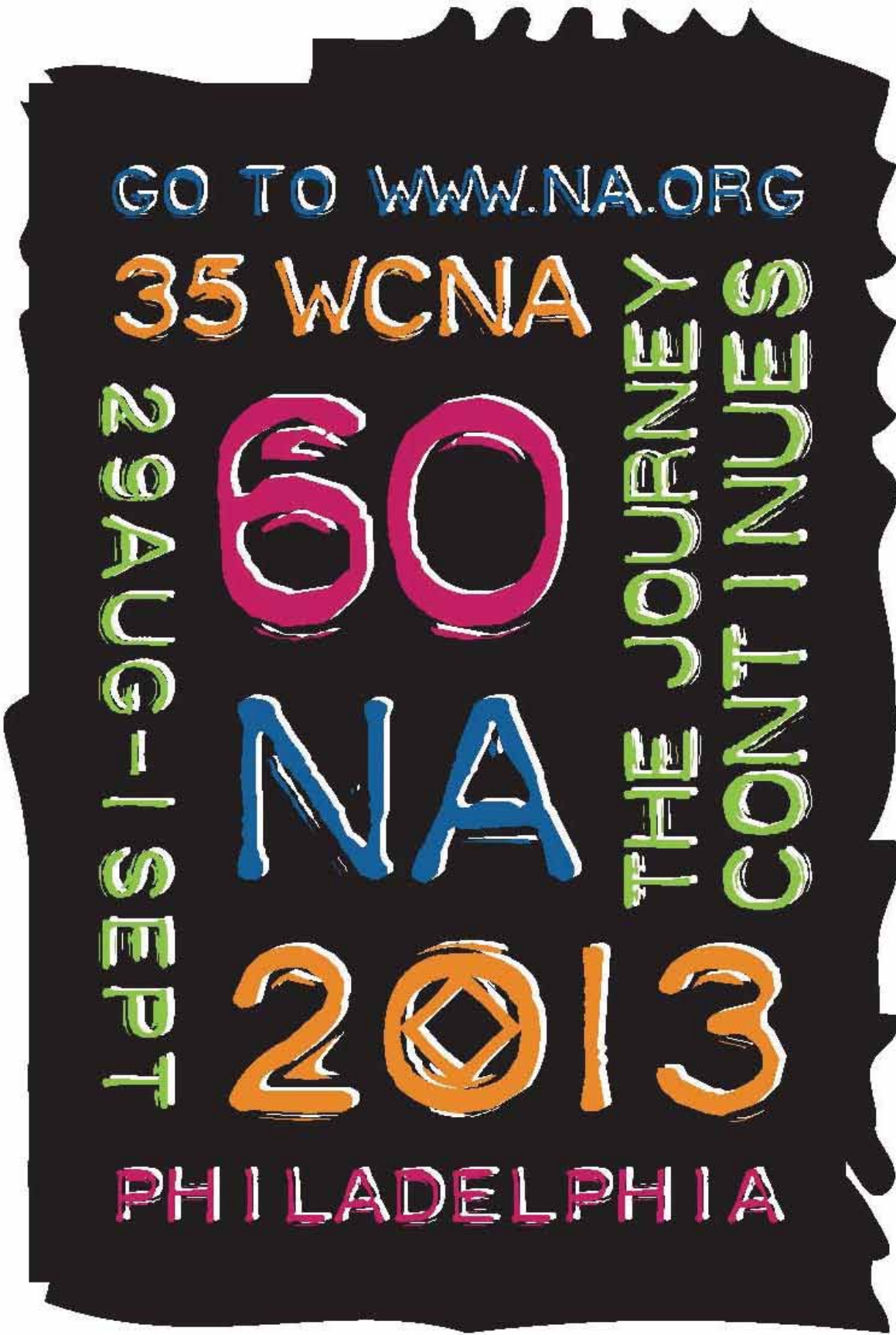
# Area Help Lines for the Florida Region

|                          |   |
|--------------------------|---|
| Bahamas                  | 242-426-5245 ( <a href="http://naflorida.net/bahamas">naflorida.net/bahamas</a> )   |
| Bay Area                 | 888-779-7117 / 727-547-0444 ( <a href="http://bascna.org">bascna.org</a> )  |
| Big Bend Area            | 877-340-5096 / 850-224-2321 ( <a href="http://bigbendna.org">bigbendna.org</a> )  |
| Chain O' Lakes Area      | 352-319-5617 ( <a href="http://colana.org">colana.org</a> )   |
| Daytona Beach Area       | 800-206-0731 / 386-628-0318 ( <a href="http://daytonana.org">daytonana.org</a> )  |
| First Coast Area         | 904-723-5683 ( <a href="http://firstcoastna.org">firstcoastna.org</a> )   |
| Forest Area              | 352-368-6061 ( <a href="http://forestna.org">forestna.org</a> )   |
| Gold Coast Area          | 888-524-1777 ( <a href="http://goldcoastna.org">goldcoastna.org</a> )   |
| Greater Orlando Area     | 407-425-5157 ( <a href="http://orlandona.org">orlandona.org</a> )   |
| Greater Pensacola Area   | 850-496-1673 / 850-723-4813 ( <a href="http://pensacolana.org">pensacolana.org</a> )                                      |
| Gulf Coast Area          | 866-389-1344 ( <a href="http://nagulfcoastfla.org">nagulfcoastfla.org</a> )   |
| Heartland Area           | ( <a href="http://naflheartland.org">naflheartland.org</a> )  |
| Midcoast Area            | 561-393-0303 ( <a href="http://midcoastarea.org">midcoastarea.org</a> )   |
| Nature Coast Area        | 352-464-4135  |
| North Dade Area          | 866-935-8811 ( <a href="http://northdadearea.org">northdadearea.org</a> )   |
| Palm Coast Area=         | 561-848-6262 ( <a href="http://palmcoastna.org">palmcoastna.org</a> )   |
| Recovery Coast Area      | 727-842-2433 ( <a href="http://napasco.org">napasco.org</a> )   |
| River Coast Area<br>org) | 352-382-0851 / 352-754-7200 ( <a href="http://rivercoastareana.org">rivercoastareana.org</a> )                            |
| Serenity Coast Area      | 904-358-NANA (6262) ( <a href="http://serenitycoastna.org">serenitycoastna.org</a> )                                      |
| Space Coast Area         | 321-631-4357 ( <a href="http://spacecoastna.org">spacecoastna.org</a> )   |
| Suncoast Area            | 941-257-5055 ( <a href="http://suncoastna.org">suncoastna.org</a> )   |
| Sunset Coast Area        | 888-435-7301 / 239-249-1398 / 239-591-2804 /<br>888-435-7301 ( <a href="http://sunsetcoastna.com">sunsetcoastna.com</a> ) |
| Tampa Funcoast Area      | 813-879-4357 ( <a href="http://tampa-na.org">tampa-na.org</a> )   |
| Treasure Coast Area      | 772-343-8373 ( <a href="http://treasurecoastareana.com">treasurecoastareana.com</a> )                                     |
| Uncoast Area             | 352-376-8008 / 866-352-5323 ( <a href="http://uncoastna.org">uncoastna.org</a> )  |

*Visiting another AREA. Call there helpline # or check there website to find meetings.*







GO TO [WWW.NA.ORG](http://WWW.NA.ORG)

35 WCNA

29 AUG - 1 SEPT

GO

NA

2013

PHILADELPHIA

THE JOURNEY CONTINUES

*It's not too early to start planning for Philadelphia!*

**35th World Convention of NA**

29 August – 1 September 2013 Pennsylvania Convention Center Philadelphia, PA

# POETRY CORNER

## ASHES TO ASHES DUST TO DUST

Ashes to ashes, dust to dust. I see man whose liver has rust with a gleam in his eye and a smile upon his face; he sits down for a minute in a cold and angry place. He only plans to stay for a while; you know the tale, one more for that extra mile. With stars in his eyes and a sigh full wink, he sets for a race before he thinks. He drives the road he knew so well, but drives to fast "what the Hell". He sees a car he thinks he can pass. Last he sees shattering glass. Ashes to ashes dust to dust. I see a family whose lives are crushed. A family of 5, all lives cut short. Cause..... A drunk driver, per the police report. ASHES TO ASHES DUST TO DUST. 6 Lives gone in a hasty rush. Family, Teas, and Flowers in place 6 wasted lives to a cold dark place.

*Sean B.*

## 28

-One of these days; I'll end this place. 5 long nights without numbing the pain, the misery. For 6pm has come and gone, and so starts the time. When seconds turn eons.

-As my little ones mother lays him down to sleep. There's a hole in my heart neither mend nor heap; for it bleeds a thousand beats for each mile between our feet. So much pain so much heartache; running from it all. I contemplate.

-A short 28 to give him the world; rises to the park, games, books, and more. Precious moments in time we store; that short 28 he enters threw my door.

-A short 28, my chance to shine, a life to nourish full of zest and zeal, but I must be honest and put down this shield, there's two sides to his Man of Steel.

-One of these days I'll end this plea, I'll give up the crutch, this vice, this devil in me. I'll give up this shell burner my own effigy.

-One day I'll give up the fight; I'll give him my heart, my soul, my life, my light.

*Anonymous*



## Seasons

This is the time of year that can be so hard for so many recovering addicts. It starts with the end of summer and the weather starts to change. You know, cloudy, a little rainy, and sometimes windy. The leaves come off the trees and everything begins to lose color. The Halloween, usually great fun, but that leads us to November, elections- that's all I'll say, and Thanksgiving! The food is great but what can be so hard for many of us... you know it...family. Many addicts have lost theirs due of course to our own behavior, so this can be an emotional time for us. Then Christmas is coming with again all the family stuff and the shopping we are trained to do. Who has money??? We pay fines and are lucky if we have employment, even part time at Mickey Dees. Trying to recoup from the wreckage of our using past, we don't need this holiday season giving us any help in maybe losing what we have found. If you are recently clean or may have some trouble with the upcoming holiday season, I urge you to get that phone number and use it.

---

### GO TO MEETINGS.

**Be a part of the recovery community and attend the functions. We all need you.**

---

**Reprinted from Just For Today on The Bay. November 2011**

## Manners in Sharing Part II

I try not to teach or preach, but I refer to what I did and use the words "for me", "as I understand" or "I think".

I try not to blame the God of my understanding, people or authorities for things I do not understand.

I try not to refer to what someone else said, I either understand the principle and are willing to own it or I do not refer or blame another person.

I do not criticize how others identify themselves. I am glad they are at a meeting, whether they are an Artist, Baker or Candlestick maker. If the group feels it is important to identify myself in a certain way, I choose to comply not out of "You must" but I willingly fully choose to follow the group's format. Will it matter next Tuesday? For me, No; if I willingly follow directions, and Yes; if I am self-centered and make a big deal out of it.

I think before I speak and try to use words and examples that most people can understand. I try to keep my words and examples simple.

If I read something out of NA literature and understand a principle and then apply it in my life, I have an experience to share. I do not find it necessary to quote what justifies my thinking, whether it comes from NA literature, others, or my sponsor. I think my personal experience is more powerful than justifying my action by quoting another source. When I was in early recovery I quoted NA literature, I did not have the experience. Now however, I quote the literature much less and my experiences more. Quoting another source is not wrong, just not as effective I think. When I started living clean I recognized a desire to be effective.

I try not to confuse others and make out like I am the smart one when sharing. If I refer to step 3, 6 and 10 when sharing, I try to explain the principle or idea behind each step I am referring to as not to leave out the newcomer or beginner or anyone. I do not think memorizing the steps leads to recovery, it is understanding and working them that have led me to recovery, remembering them may follow.

I refrain for using worn out recovery jargon, I try to explain it in my own words what it means to me.

When someone is reading or sharing I refrain from chanting so others can understand what is being read.

I do not talk or whisper to others in a meeting so I can show respect those that are sharing or to the group in general, I am not that important.

The God of my understanding does not tell me special things that I am to tell others, if God wants them to know he will tell them without my help.

I respect others Higher Powers even when I do not understand them or believe in them and do not demean others Higher Powers with poor choice of words.

I try not to refer that my Higher Power is bigger, better, stronger than yours. No competition between Higher Powers, to each his own.

I keep track of my own clean time and no one else's.

I do not show how good or poor of standup comic I am during a meeting, I leave that to before or after the Group meeting.

I do not laugh AT others; I try to control my laughter. I laugh WITH the individual WHEN appropriate.

I try to attend meeting dressed accordingly, not overly dressed or under dressed unless circumstances warrant my attendance otherwise. I do not think we have to wear any particular clothes or shoes to a meeting, but I think it is best if we do, unless it is a meeting at a nudist resort.

I refrain from making statements which are not true, such as "we all felt like \_\_\_\_\_," fill in the blank with many things and it is not true.

When people are sharing I neither agree nor disagree verbally during or after their share. I think that if I agreed or disagreed verbally by saying yes or uh-ah, I would be putting myself in a position of authority to judge the share, and if everyone made a comment after or during a share it would be confusing. I think I would be practicing self-righteousness or spiritual pride by commenting on or during a share. I would be trying to convince others I knew enough to approve or disapprove of the share, or one share is better than the other, or I was the one in control. It seems to me the new comer would view me as superior and be reluctant to share because of fear that they would not receive approval. How do I support unity and equality when some people get approval and other members do not? Therefore, I remain silent during and after a share and show respect to everyone. I refrain from nodding my head, clapping, raising hands, rolling eyes or any other non-verbal communication. I may go up to the person after the meeting and express love, tolerance, show appreciation, thank them for sharing their experience, for their insight, share compassion but not criticize. I do not challenge a members share even if I do not believe it to be true, or if I think the message is clear or not. Most of the time I just drop it. I remind myself that the ties that bind us together are stronger than those that can tear us apart. The most would be for me to share my personal experience, I think, for me it is, what I understand at this time is.

### **Anonymous**

# Celebrate Recovery

## ***“My Gratitude Speaks.... When I Care And When I Share With Others The NA Way”***

|   |  |
|---|--|
| Jerry D. 10/1/80- Come As You Are                 | Kristi Beth F. 11/21/87 -We Do Recover |
| Shawn M. 10/30/05 Trust The Process               | Caroline F. 11/23/11 - Welcome Home    |
| Jeremiah W. 11/3/12                               | Clay N. 11/27/11 SNL                   |
| Joe J. 11/1/12- Spiritual Solutions               | Walt P. 11/30/94- The Point of Freedom |
| Janet L 11/2/86                                   | Steve B. 12/01/11 - Welcome Home       |
| James S. 11/02/11 - Welcome Home                  | Liz M. 12/1/96 - ICOF                  |
| Brian H. 11/5/11 SNL                              | Nancy E. 12/2/93                       |
| Marlon F. 11/5/11 - Do You Really<br>Want to Know | Sissy D. 12/6/11 - SNL                 |
| Drew D. 11/8/12 - Point of Freedom                | Chris B. 12/07/08 - Trust The Process  |
| Joe D. 11/8/12- DOA                               | Chris P. 12/09/09 -Be A Part Of        |
| Brian H. 11/16 -18 Months, YFC                    | Michael V. 12/10/05                    |
| Janet L. 11/17/94                                 | Don C. - 12/13/11-Happy & Free         |
| Kevin B. 11/19/09- Do You Really<br>Want to Know  | C.J. 12/15/09 - Welcome Home           |
| Deraille J. 11/6/06 SNL                           | Tracy J 12/23/87                       |
| Kim G. 11/7/10 - SNL                              | Jim S. 12/25/81 - Welcome Home         |
| Nancy T. 11/9/07- DOA                             | Howard F. 12/31/78 - Welcome Home      |
| Scott K. 11/04/03 - Welcome Home                  | John N. 12/23/09 - Welcome Home        |
| Carlos M. 11/11/11 Trust The Process              | Eileen F 12/15/11 - Be A Part Of       |
| Megan D. 11/18/12 - Sunshine Group                | Bobby E. 12/17/09 - It Works           |
| James B. 11/18                                    | Jim S. 12/25/81- Welcome Home          |
| Clare K. 11/18/10 - Welcome Home                  | Kelli E. 12/25/2010- Noon Group        |
| Mark P. 11/19 18 Months-<br>We Do Recover         | Kirth N 12/26/10 Come As You Are       |
| Janet H. 11/20/86 Come As You Are                 | Dan M. 12/25/09 Life's In Session      |
|   | Aralyn P 12/29/92 - Life's A Beach     |
|   | Johnny B 1/1/09-It Works               |