



***March & April 2013
Spiritual Principles Issue***

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**24-Hour Helpline
727-547-0444
Call before you use!**

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The H.O.W of Our Program

Well, I was asked by a friend in recovery to write on the HOW of our program: Honesty, Open-Mindedness, and Willingness. For me writing this piece is an application of all three principles. I have never been a writer, so that for me is a display of open-mindedness like no other. I also have learned in recovery to never say no to an opportunity presented to me because NA has never said no to me: that right there is willingness. I have also learned that the most crucial principle in recovery for me is honesty. So here we go – my honest experience, strength, and hope on the HOW of the program.

Honesty

Until my first surrender which led me into the program of Narcotics Anonymous, I had no form of honesty whatsoever. When I finally honestly admitted to myself that I had a problem with any mind- or mood-altering substance, I was able to get help from everyone. I was honest enough for once in my life that I couldn't do anything on my own. Before I realized it, I was already applying this spiritual principle in my life. I still don't always practice this principle correctly all the time, sometimes trying to make a situation seem better than the reality it is. I see the reason this is one of the most crucial spiritual principles, because without it, I can't begin utilizing the rest of them.

Continued on next page

Continued from front cover.

Open-Mindedness

It took me a little time to realize that I already knew how to apply open-mindedness to my life – but that I applied it in a destructive manner. I was open-minded enough to find ways and means to get more at any cost. So when I came into the rooms, I started using this for the good. I was open-minded to listen to most of the suggestions you had to give me and apply them to my life. Today I have the ability to be open-minded to the fact that I am wrong and that my ways may not be the correct ways. All this has led me to the freedom to change myself by working the twelve steps of this program.

Willingness

Kind of like being open-minded, I was already applying willingness to my life in my active addiction. I was willing to do whatever it took to get the next one. When I came to NA I went to any length to get to meetings. I was and still am just as willing to find ways to explore and come to an understanding of this program for myself. I'm willing to do service work that I may not want to do, because I know it's good for me and good for NA as a whole. The most important thing, though, is today I'm as willing to go to any lengths, if not more, to stay clean as I used to be to get high.

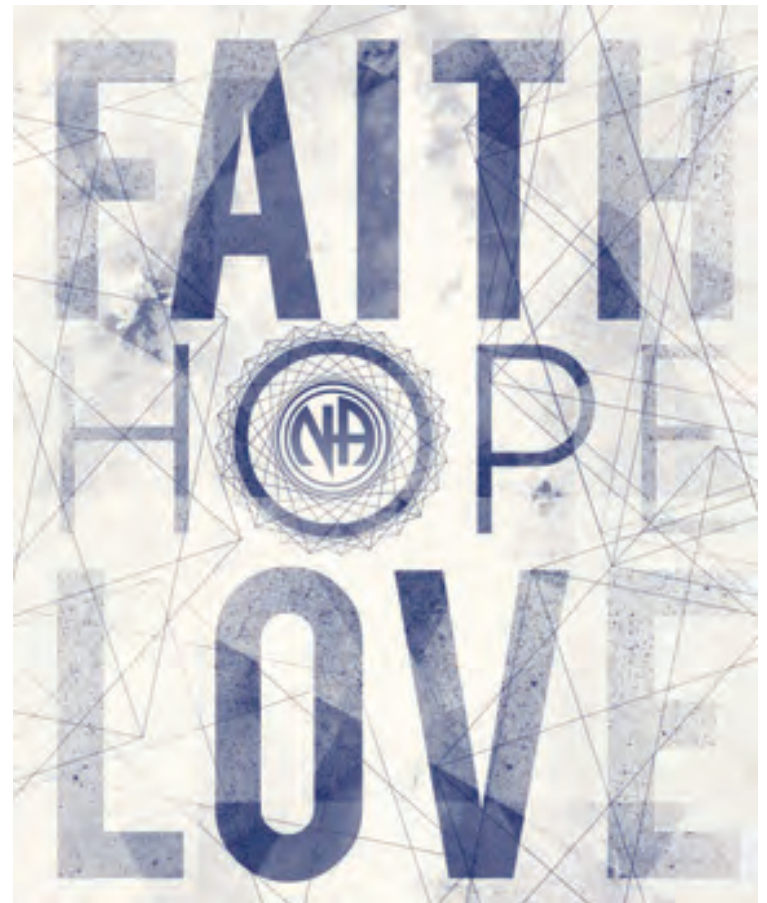
Combining the Three Elements of HOW

Through working the twelve steps of the program a few times, I see how the main three spiritual principles are repeated through all twelve steps, but on much deeper levels, for me at least. These three principles are so intermingled for me that I truly feel I can't have one without another. If I was to lose one of the three, it would put a major crack in the foundation that I have built in NA. My program wouldn't be able to recuperate from that loss.

Scott K.



Artwork by: Crista S



Artwork by: Andrea B

CALL FOR ENTRIES

Working STEP FOUR IN Narcotics Anonymous

Was it painful? Freeing? Both?
Are you procrastinating doing your Fourth Step?
What are your fears? Voicing them in the
newsletter might just help you move forward!

We are also always open to
topic suggestions and love to
get artwork and poetry!

Submit your work to
lit@basna.org

Meetings In Need of Support

GRATEFUL NOT DEAD

Thursday 7:00pm
Beginners Meeting
2927 Central Ave

ACCEPTANCE & CHANGE

Friday 8pm
207 Buckingham Ave, Oldsmar, FL

CLEAN HARBOR

Saturday 10pm -Drydocks

DO YOU REALLY WANT TO KNOW

Monday 6:30pm
1676 N Belcher Rd. Clearwater

ACCEPTANCE AND CHANGE

Friday 8:00pm
Starting Jan 4- New Meeting Format
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

MORNING SERENITY

Daily 7:45Am @The PLACE

SERENITY IN ADDICTION GROUP

631 Turner Street, Clearwater
Thursday- 9am-10AM

STEP FREE

10721 61st Ave, Seminole FL
Thursday 8pm

Looking for Something to Do?

The Point Of Freedom Group- Speakers

March 6- Mike L March 13- Brittney G.

Relax & Recover-Good Day Sunshine Picnic

Saturday, March 16
Northeast Park starts 9:30am
4630 East Bay Drive, Clearwater

Florida Regional Service Symposium

10211 Princess Palm Ave, Tampa,
March 21-24, 2013
<http://naflorida.org/florida-service-symposium/>

Funcoast Area Mens Spiritual Retreat

CEDAR KIRK CAMP April 5-7 2013

SIA Unity Day

Sunday, April 14
Special Speaker @2pm
Taylor Park- 1100 8th Ave SW

Tampa Funcoast 2nd Annual Speaker Jam

and Basketball Tournament
Saturday, April 20 9am-5pm
11001 N. 15th Street, Tampa,

It Works - Jam Night/Game Night

April 12 8pm-11pm
Live Music, Games, Fellowship
Gulfport Presbyterian Church

DACNA XIV

May 3-5, 2013
600 North Atlantic Ave
Daytona Beach, Florida

FRCNA "FUN"raiser May 18

Theme- Favorite Cartoon Character!
Orlando World Center Marriott, 8701 World
Center Drive, Orlando
<http://webdata.na.org/events/>



As our recovery progressed, we became increasingly aware of ourselves and the world around us. Our needs and wants, our assets and liabilities, were revealed to us. We came to realize that we had no power to change the outside world; we could only change ourselves. The program of Narcotics Anonymous provides an opportunity for us to ease the pain of living, through spiritual principles.

Basic Text Pg 97

LOVE

I love this topic!

My favorite spiritual principle is Love.

I think all the other principles come from this one. Love for myself, love for others, love for my Higher Power. I came to NA desperate and scared. I quickly realized I had no capacity to love. I was too full of self loathing, guilt and fear. There was literally no room for love. My amazing sponsor slowly but surely helped me navigate through the steps, identifying and healing these wounds. Love started penetrating my world without me even realizing it. Sounds funny but it's true. Then I started recognizing it. When my daughter hugged me, a newcomer approached me, or a deeper understanding of my recovery process took place. People started allowing me in their lives, it felt so good. Now today, I can give it, open and freely without expecting anything in return. What a gift! True unconditional love, so beautiful.

Janie T.



5th Florida Service Symposium

March 21st – March 24th, 2013

Sheraton Tampa East 10211 Princess Palm
Ave Tampa, FL 33610

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

HUMILITY

The spiritual principles are the guidelines by which we try and live our lives. They are the ideals that we strive to achieve. They are, however, open for interpretation. When I first got clean, I thought running my gas tank dry to take everyone where they needed to go was me practicing the spiritual principle of brotherly love. In reality, it was me acting out on the character defect of people pleasing. The longer I stay clean, the more I learn about the spiritual principles encapsulated in the twelve steps. The more I learn, the more I realize there is to learn.

Having grown up in the program, I assumed I would walk in the rooms and show everyone how this thing is done. After being clean for a bit, I came to realize how much more there is to the program of NA than I originally perceived. The principles behind the steps are the heartbeat of the fellowship. They are the building blocks that teach me how to live life on life's terms, not my own. The principle of humility has been the hardest lesson to learn thus far.

Entering into the sixth step, I carried a chip on my shoulder. I saw the bad behaviors exhibited by many clean addicts in meetings and during fellowship activities. I

was hell-bent on teaching everyone how to behave in an acceptable manner. As you might imagine, this did not go quite as well as I had planned. I had the opportunity to observe all of these reprehensible behaviors that I viewed as a complete lack of respect for the program. After many late night angry calls to my sponsor about how everyone was working this program incorrectly and a few...."kind" words from him, I began to realize those behaviors were all behaviors I saw myself exhibiting. I just targeted the members who offered much more glaring examples of these traits.

Throughout the process of the sixth and seventh steps, I was able to gain a little insight. Some of it was insight on the diversity of my NA; Most of it was about me. Through the process of working the steps, and practicing the simple principles incorporated in each step, I have been given the gift of clarity. I know there is always much more to learn about the program, life and myself in general. I will be forever grateful for the members who have so graciously, and in most cases unknowingly, helped teach me the importance of humility.

Chris B.

Note from the Newsletter Subcommittee:

Instead of throwing away old newsletters, please consider recycling them... And we don't just mean in an eco-friendly way! Try giving your group's old newsletters to an H&I panel member, and ask them to bring the newsletters to the institution they visit so that the addicts there can read our newsletter, too. If you do not know of an H&I panel member, bring them to the Area meeting and give them back to the newsletter chair person, Andrea B..



Living Clean

Spiritual principles seem abstract until we put them into action. Our values are the principles we adopt to guide us. They may change over time, but when we change them for convenience or to please others, we know it. We make that mistake a few times before we learn to recognize it. We may stop acting on our defects, not because it's wrong, but because it just gets too uncomfortable for us. We can't stand the way it makes us feel.

Often we act on spiritual principles before we internalize them simply because we want to save our lives. In the beginning, we learn principles by acting on suggestions. As we integrate spiritual principles into our lives, they become values—that is, we come to value some of them enough that they become part of who we are. When we are learning, we may be very rigid in our practice. As our practices become more integrated into our lives, we find that we can soften a little. "My understanding of honesty was so rigid," said one member, "that I couldn't even be tactful to spare someone's feelings. One day I was caught in a conflict between two sponsees: One called and confessed that he'd done great harm to another, who happened to be in my home at the time. Brutal honesty with either of them would have made the situation much worse. I learned to balance the principle of honesty with the principle of anonymity. Since then I've learned to balance it with kindness and compassion as well." **Living Clean: The Journey Continues, Walking The Walk**



Spiritual Principles

The Fellowship of Narcotics Anonymous has really become my family. I have never known a group of friends that welcomed me with no strings attached. I began to get a lot of hope from other members as I identified with their stories and thought for the first time that maybe I, too, could get clean.

When we make the decision to surrender, we get so much relief from the pain of making our own decisions. The principle of surrender can guide us when we don't know what to do. Without surrender to our powerlessness, we are thrown back into our disease.

The Fellowship loved me until I learned how to love myself. Because of this it has become my goal to contribute to this program and always be of service.

Each day I strive to live by spiritual principles. Practicing the principles of the program brings me strength, courage, hope and happiness. Daily, I must maintain conscious contact with my higher power in order to completely live in His will for me. I love that N.A. is a spiritual program, not a religious program, so that I was able to choose for myself a power greater than myself.

My fears have turned to trust, shame to gratitude, frustration to acceptance, deceitfulness to honesty, weakness to courage, hatred to love, sadness to happiness, chaos to serenity, and failure to success.

I now feel much more comfortable with myself. I have gained some self-acceptance. I am not perfect but still always a work in progress. The disease affects me mentally, physically and spiritually. I remain open-minded to trying new things and taking suggestions from other recovering addicts.

I really do feel I have a totally new outlook toward life. I can now feel confident to make good healthy decisions. I would have to write a book to describe the growth process that I have undergone in the last six years, and all of this has been made possible

by following the simple guidelines of the program of Narcotics Anonymous.

Here is a small list of some of the Spiritual Principles of Narcotics Anonymous:

1. Honesty
2. Acceptance
3. Surrender
4. Hope
5. Commitment
6. Faith
7. Courage
8. Willingness
9. Humility
10. Unconditional love
11. Perseverance
12. Open-mindedness
13. God-centeredness / Higher-Power-centeredness
14. Awareness
15. Vigilance
16. Self-discipline
17. Sharing & caring
18. Service
19. Forgiveness
20. Optimism
21. Selflessness
22. Compassion
23. Kindness
24. Positive thinking
25. Responsibility
26. Tolerance
27. Trust
28. Unity
29. Gratitude
30. Patience

Poetry Corner

I'm an addict named Michael

Some time ago I saw a recovery video featuring Thomas (Hollywood) Henderson. For those who don't know; he was a linebacker for the Dallas Cowboys for a few years, beginning in 1975 when he was drafted. Anyway he played with Roger Staubach, and was a genuine superstar. He is also an addict, was thrown out of football and then wound up in prison. I'm not sure when he was arrested, but his clean date is 11\08\1983 He also won 30 million dollars in the California lottery, but that's incidental, except for the fact that he still stayed clean after winning all that money. As far as I know he's still clean. Look him up on line. After his release from prison, he started going to different facilities and telling his story. Prisons as well as juvenile lockups. Anyway in this video he suggested we write ourselves a letter, so I did, and this is how it turned out. I hope you like it.

A LETTER TO ME

Dear Michael,

Damn dude, where you been?
Thought I'd never see you again.
Or at least not the real you,
Before the hell you put yourself through.
You have been fighting, and losing an all out war,
We all know you can't take it no more.
Bro, look into any mirror,
What you see couldn't be any clearer.
Sadness in your eyes. Agony and pain,
Remorse and heartache, it couldn't be more plain.
Go ahead, Take a good hard look at yourself,
All that was good, you put on a shelf.
Yep, most all the good in you went up in flame,
And you have only you to blame.
Yeah, I know you suffer from a horrible disease,
Treats you only for itself to please.
And true, your'e not responsible for its induction,
Or the places it took you while under construction.
But then you were introduced to recovery,
And you've been responsible since that discovery.
Friends tried to show you, day after day,
But you went about your merry way.
Aint that a bitch. A disease that only wants you
harmed, And you kept the fucker armed.
It would never be happy till you finally died,
And you kept its arsenal well supplied.
Yeah, it's like you hired a top notch destroyer,
Except you were the do boy, and he the employer.
Sure, you laid him off now and then,
Only to take him back on again.
Fuck, for it you lied, stole, conned and cheated,

One by one all your values defeated.
He controlled you like a little pussy puppet,
You saw all the signs, and decided fuck it.
Then there's your family, how often they probably
cried, Waiting for that phone call, saying, "Michael
has died." Always disappearing without nary a word,
Probably asking each other, "what have you heard?"
There are some people out there who really do care,
And you sort of take them with you each time you
go there. What about your brother? That's right, what
about Art? Honoring his memory is a good place to
start. The junky that didn't do dope no more,
A man you always did adore.
His life wasn't always peaches and cream,
Yet he left us with over 21 years clean.
He would say "Michael allow this recovery stuff to
take, It was never a game, your life always at stake."
Give your sorry life some new meaning,
Work them steps, and hit lots of meetings.
Maybe start loving yourself, as some others do,
A whole new world may open up for you.
Gain and keep tons of support,
Allow them to help you as you sort. Start being
unafraid to ask questions, And above all begin
following directions. You know deep inside, you're
a really good guy, Outside too, when you don't get
high. Pray and meditate to your Higher Power,
Do that all the time, no matter the hour. I mean you're
not too old to grow, But not getting any younger you
know, This has been a letter from deep inside,
A former void, that wants you alive.

Michael R.

• • • • •
When from one hundred stories,
We find that we are falling...
To look into the eyes,
Of another falling now;
And reveal the ways we identify,
In a transcendental way somehow,
We find ourselves embraced,
Within the midst of NOW.
Within the eyes of them;
We appreciate reflection,
Of our very selves,
Also falling down.
For we all are born,
High amongst the clouds.
In the end we all,
Find we've joined the ground.
In the midst of freefall,
There is only time,
For but a single question...
Whether or not we truly;
Paused to embrace the glide,
And found ourselves within,
Another spirits eyes.

Steven

I don't know how to be

Your all I ever wanted.
A needle destroyed us.
Or was it you?
Or me. I don't know how to love anyone.
Just me.
I'm selfish. Yeah I said it, it's all about me.
It took the drugs and abuse to set me free.
But I don't feel free.
Will I ever change? I don't know.
I just know how to destroy this road. The road I'm on.
I danced with the devil.
Shouldn't be breathing air.
Lot of people say they love me.
But I don't think anyone cares.
I really don't know if I want this air.
They keep telling me I'll change, but I don't fuckin care.
And the demon inside me just don't want this clear air.
I love my family. But I fall short there.
Want to dance again because that demon knows I'm still here.
Abusing everyone around me, like the drugs were doin me.
Fuck that bullshit, I was the one abusing me.
It took control of me.
Brought me to my knees.
But now that in free, I don't know how to be.
This road feels so long.
Don't know how to be.
I don't know how to be.
Don't know how to love me.
I ask for courage.
To get through another day.
But the devils in my ear, always saying "hey."
Took the death of my soul to make me wanna live.
But how do you live when all you know is pain?
I guess I'm here for a reason.
But I can't see it.
What all these other people are seein.
Don't see it.
What these people see in me.

Mary W.

H&I HOSPITALS and INSTITUTIONS

We are looking for volunteers to go into the jail (Men & Women) to carry the message of NA



**Requirements: minimum 1 year clean,
3 years off paper misdemeanor
& 5 years off paper felony.**

**Come to the H&I Subcommittee Meeting
on the 1st Sunday of every month.**

**8:30am at The Place, 5540 Park Blvd. Pinellas Park, FL
Or contact: Jim B. 813-833-5526 or Julie C. 727-804-9207**

NA is an approved activity of the Institutional Board.



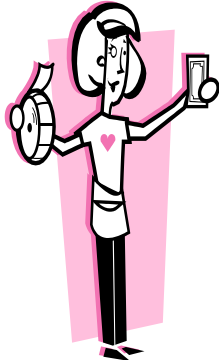
Artwork By: Jimmy F.

RELAX & RECOVER

7TH ANNUAL GOOD DAY SUNSHINE



Time: 9:30 am - Whenever



Date: Saturday, March 16, 2013

It's that time of year again!! If you haven't been in the past, don't miss out this year. We're gonna do it up again. We will be having 2 meetings, music, lots of food; including fun and games for all ages to participate. We are looking forward to having everyone join us.



10:00AM Meeting (Step Discussion)

11:30AM Food, Music, & Fun For All Ages

1:30PM Speakers—BJ A. and Gilbert O.

**Northeast Park - 4630 East Bay Dr. Largo, FL
(North side of East Bay between Belcher & US19)**

Additional parking available across E. Bay Dr. @ Rogate Church

NA is not affiliated with either location

All food contributions accepted



Contact Ramon R. @ 727.213.7419 or Miguel M. @ 727.434.2159

FRCNA 32 7/4-7/7/13 at the Marriott World Center in Orlando

If you haven't already, please pre-register and book your hotel room (costs nothing to reserve your room) we are only 154 days away from the kickoff of FRCNA 32, The Journey Continues! Remember that the Area with the most pre-registrations before May 1st will have special seating at the Saturday night main speaker. If you have any questions, please do not hesitate to email us at frca32@gmail.com. We are looking forward to seeing everyone in July.

Area Help Lines for the Florida Region

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

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

Please
CALL
us before
you use!



Going out
of town?
Find a
meeting at
www.na.org

Mom's NA

I was asked to write this, an article on spiritual principles (by my sponsee no less), and I really don't want to. Still, NA has taught me to never say no, to give back, to join in, and to share my experience of strength and hope. NA has taught me to give it freely in order to keep it.

Before I started writing, I spoke to my sponsor. It was pretty easy to see how God had set this up, given the recent events in my life. Keeping it simple, we decided on my topic: "When do I, Cindy, have trouble practicing spiritual principles, and which ones are they?" (Perfect sponsor assignment, right?) I could almost see Laura smiling over the phone knowing that a couple of weeks ago, she had to hold my heart gently as I tearfully, in broken gasps of breath, told her of yet another death. And in those moments there was no acceptance. There was no courage. There was searing pain. There was hatred for this disease. There was despair. I told her... all of it...

I am a panel member at an H&I commitment and have been for some time. The girls come and go, and I usually fall in love with each one. Being a mother of two young women myself, I'm familiar with teens... especially teenage girls. Every once in a while, one falls in love with me! That's where the wordless language of recognition, belief and faith really takes off. I can see in the girl's young eyes the message registering. I can hear her beginning to feel time, touch reality, and slowly recognize the truth. In this case, the little girl's name was Taylor.

Taylor went from being an angry outsider to a vibrant participant in each meeting, hungry to know more. She was begging for the basic text and was eager to get out and work the steps. She would jump into our arms when we came in. Taylor came so alive before our very eyes. She was often a topic for us girls after we left. It was remarkable how her enthusiasm fed our spirit of service. As is true with all of us women involved, at this commitment we freely gave and gave. Carefully delivering the message is a way to bring guidance as well as hope. We did this to the best of our ability with the most we had. It is a powerful bunch on this panel, and I am awed to be counted among them.

The time had come for my precious Taylor to be released. Her mother, in her endeavor to keep Taylor clean, was moving her out of state. She had bought a small farm. The plan was to remove Taylor from her environment. As Taylor shared this, she looked in my eyes. She was so scared; she shared, because she knew. She knew that none of that mattered. Taylor had listened. She searched my eyes, searching for help. I held her gaze... I held her gaze. I will never forget her eyes.

The next day I got a call. She was out. The first call she made was to me. Would I please meet her and her mother at a meeting? And... she wrote me a poem. That was the last time I saw her. I talked for a long time to her mother that night, trying so hard to achieve the necessity for meetings. I talked for a long time to Taylor. During the meeting she slipped her hand into mine and I held it, praying. That was six months ago.

Taylor committed suicide three weeks ago. I found out through social media, home alone on a bright, sunny morning. I jumped back so fast that my chair toppled over, and then it all left me. My entire acceptance was replaced by pain and hatred for this disease. It's like this every time one of us dies. Especially, and most certainly, with the ones I love. Tears were rushing out uncontrollably, and breathing was simply hard to do. I could not seem to sustain a balance between the two: my body had a mind of its own.

Shaking, I grabbed my phone. First ring, Laura picked up. I screamed. I cried. I whispered. I told her all of it. Then I read her the poem Taylor had given to me. And I paused... my sponsor was crying. We cried together, and together, we put back my acceptance. Together, we allowed the unallowable.

I will never accept death from this disease. But, I will accept that God has a plan. And that even God can cry. I will accept that good can come out of bad if we look hard enough and practice willingness and courage... and, of course, acceptance.

Taylor's death, and the deaths of others that I have loved, have only made me more committed to recovery - to my own and to yours. Because it is through understanding and application, with vigilance and commitment, that this insidious disease is arrested.

This is Taylor's poem:

Cindy W.

Addiction

I have a disease between my ears.
It tells me what I want to hear.
Never says what I need,
It makes me steal gives me greed.
This disease does not like change,
It likes me the same, not rearranged.
The one thing it never said was the truth,
It wants me dead.
And right when I think it's the end,
My disease rebegins.
But I can say that I survived,
Cause I got clean the day before I died.

Celebrate Recovery

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

12/16/98 Bobby C.- Serenity & Addiction	03/23/09 Sherri L. Life's In Session
02/05/88 Dan K. - Welcome Home	03/23/09 Sherry L. - Welcome Home
02/08/12 Brian L - Welcome Home	03/26/12 Racheal - The Point of Freedom
02/24 - Herbert Wake Up Clean	03/29/09 Amy E. -Trust The Process
02/24 Teresa P. Wake Up Clean	03/29/90 David J.- Do You Really Want To Know
02/21/97 Miles H. Trust The Process	03/30/12 Hunter O. Trust The Process
02/25/99 Donald S. - Welcome Home	04/09/12 Jake P. - Welcome Home
03/02/01 John S. - Welcome Home	04/12/09 Tim S. - It Works
03/01/09 Mark B - Dopeless Hope Fiends	04/13/12 Bill L. - It Works
03/02/01 John. S. - Welcome Home	04/15/94 Denise F. - Re-Surrender
03/03/10 Kevin G. -New Attitudes	04/15/08 Josh SNL
03/03/09 Jeremy J- DOA	04/15/08 Rhonda F- Relax and Recover
03/05/91 Chris A - 11th Step Beach Meeting	04/25/09 Richard H. - The Point of Freedom
03/05/07 Lil Jay. - Re-Surrender	05/20/82 Dawn O. - Welcome Home
03/05/79 - JW H. It Works	05/21/13 Bruce G -Welcome Home
03/06/04 BJ - It Works	05/29/13 - Dan L -Welcome Home
03/07/01 Gary F. DOA	5/30/07 Dale H. - Welcome Home
03/11/91 - Louis P. Relax and Recover	06/05/13 Rob R. - Welcome Home
03/13/12 Kelly M. Noon Group	6/23/11 Tina S. Welcome Home.
03/14/11 Brandon K - Welcome Home	06/07/99 Dawn W. - It Works
03/15/09 Adika - We Do Recover	
03/17/90 Jeannie H.- Re-Surrender	
03/17/12 John R. - Lifes in Session	
03/19/09 Dovey M. -Women 7 recovery	
03/20/12 Joann P. - Welcome Home	
03/23/87 Pete C. - Welcome Home	

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.