

JUST FOR TODAY

On the Bay

July-August 2013

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Narcotics Anonymous Artwork, Facebook

How My Higher Power Got Me Through A Difficult Time

I was recently working as a Server in a very busy and very large upscale restaurant. I had been there 2 years at the time. I got promoted to a Server captain, which is basically a manager that also waits on tables. This position is extremely physically and mentally demanding. About 5 days later I found out I was 6 weeks pregnant.

The job got harder, the hours got longer and the responsibilities were never-ending. The more pregnant I got, the harder the job would get. I was having breakdowns weekly, sometimes daily. I was faced with challenge after challenge. Being the solution-oriented person I have become I would experience problems that needed to be addressed and resolved, e.g. working up to 17 hours a day (at 4 months pregnant), live with it for too long, then identify it, then present it to my bosses and together we would come up with some kind of solution or compromise. I didn't want to quit, I wanted to be tough! This went on and on and by the 5th instance we kind of came to an impasse -- likely due to the fact that I was almost done. Everyone I worked with was trying so hard to make it work, but I finally reached a point where I thought, *maybe I just need to surrender, surrender to the fact that this job does not fit me anymore, at this time. And that is OK, not failure but surrender.*

I had one final breakdown and very ungracefully explained to my boyfriend that I couldn't do it anymore -- I just couldn't, not now, especially under these conditions. I further ungracefully explained that I needed him to pay all the bills and ASAP. I had nothing left. It had to end. He said, "No problem" and 3 days later he received a call, uninitiated, and was offered an amazing job. I was able to put in my two week notice and leave on great terms. His job covers our bills, savings, and then some. I was fighting for so long, trying to remain "tough" and all I needed to do was surrender. My Higher Power had me the whole time. Namaste.

Ms. X

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

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Thank you to everyone who submitted quotes about FRCNA.

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



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http://bascna.org/mailman/listinfo/around_the_bay_bascna.org

*The next issue will be
about
Adventure and Discovery.*

As the wreckage in our lives clears and amends are made, personal defects begin to heal and our eyes open wide as this new reality presents countless ways to make our lives a real adventure; to "follow our bliss" and make discoveries un-imagined before.

Adventure and discovery: We're set free now to pursue our unique path in the world. We hope that this issue demonstrates some of the diversity chosen by Bay Area NA members in the full expression of their lives.

We welcome artwork, photography, poetry and short-stories by members to show- case in this issue. Please contact any of our members with questions.

Submit your work to lit@basna.org

IP No.22, "Welcome to NA"

Most of us come to Narcotics Anonymous with a variety of preconceptions about what the word "God" means, many of them negative. Yet the "G" word is used very regularly in NA, if not constantly. It occurs 92 times in the first 103 pages of our Basic Text, and appears prominently in a third of our Twelve Steps. Rather than sidestep the sensitivity many of us feel toward the word, let's address it head on.

My Higher Power at Work

I work at a local cable company in the Tampa Bay area. I work in the sales department and have been employed there for almost nine years. On my way to work this morning I was praying and talking to God and was quoting a scripture and was asking Him to hold me tight and carry me through the day. Once at work we were notified of a mandatory meeting and all sales reps were all directed to go into a training room. When I got to the door my spirit was uneasy and I felt very uneasy and did not want to go in. Then others behind me told me to move it! When I walked in I noticed the director of human resources in there and also two others from HR. Right away I felt like they were going to escort us all out the door. I closed my eyes and remembered the prayer I was praying on my way to work that morning and I asked God to wrap His arms around me and keep me safe, I actually leaned in my chair like He was holding me. It came to light in the meeting our 3 call centers (Pinellas, Hillsborough, and Polk) were going to one unit. If we wanted to stay in the Sales department we would be commuting to Auburndale every day which is 72 miles one way from my house. Second option would be to go to customer service which is a large pay cut or apply to another position in the company. I was still dumbfounded, but still leaning and praying. My mind was starting to cast off and go into that wide open mode that happens to a lot of us when we get in situations like this, and then my Higher Power kicked in. They then announced a third option that thirteen of us were selected to work from home. We would still need to go to Auburndale two to three times a month, but not every day. They started reading the names on the list and my name was called first and that warmth filled my body and I knew that God did for me what I could not do for myself. I started praying and thanking Him over and over at that point. Just for today it is going to be ok for me, God came through like just like I had prayed and trusted.

Scott K



Meetings In Need of Support

BAY AREA YOUTH GROUP
Saturday, 8pm
1633 Lake Ave NE, Largo

KEYS TO RECOVERY
Friday, 8pm
2927 Central Ave, St Petersburg

REGARDLESS OF... GROUP
Tuesday, 6:45pm
3150 5th Ave N. St Petersburg

Serenity on the Southside
Mondays, Tuesdays & Saturdays at Noon
440 10th Ave S

A NEW PERSPECTIVE GROUP
Thursday 6:30pm
1320 20th Ave N, St Petersburg

ACCEPTANCE AND CHANGE
Friday 8:00pm
Starting Jan 4- New Meeting Format
207 Buckingham Avenue, Oldsmar, FL

CLEAN HARBOR
Saturday 10pm -Drydocks

GET A LIFE, GET OFF THE HORSE GROUP
MONDAY THRU FRIDAY AT 8:00PM
10539 122nd Ave, Largo

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

LIVING CLEAN GROUP
Monday, 7:30pm
255 5th Ave S, Safety Harbor

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

A NEW DAY
Fridays & Saturdays at Midnight
2927 Central Ave, St Petersburg

SERENITY ON THE SOUTHSIDE GROUP
MONDAYS, TUESDAYS & SATURDAYS AT NOON
440 10th Ave S, St Petersburg

WOMEN IN RECOVERY GROUP
SAT @ 9:30 AM & SUN @ 10:30 AM
5540 PARK BLVD N, PINELLAS PARK

Looking for Something to Do?

Point of Freedom Group
5540 Park Blvd.
Speaker Meetings on Wednesday at 8:00pm
Wednesday, July 24th Tim P.
Wednesday, July 31st Megan D.

Work the Steps or Die
July 20 11am-5pm
5540 Park Blvd. Pinellas Park, FL

Young Free & Clean
Speaker Dessert Potluck 7pm
Last Friday of the month
3150 5th Avenue N., St Petersburg

Miracles Happen II Group
Friday's at 10:00pm
New Format - Speaker Meeting
on Last Friday of the month.
1676 Belcher Rd N., Clearwater

Rivercoast Area Rib & Chili Cook-off
Aug 9-11
Crews Lake Wilderness Park
16739 Crews Lake Dr. Shady Hills FL.

Take Me Out To The Ball Game
Aug 13, 2013
ADVANCE TICKET PURCHASE ONLY
Tampa Bay Rays vs the Seattle Mariners
Jay M. 727-623-3246

Bay Area Anniversary Luau Party!
August 17
Sacred Heart Church
7809 - 46th Way North, Pinellas Park

NA World Convention 35
Aug 29 - Sep 1, 2013
Philadelphia, PA

BBACNA XVI
Aug 2-4
2714 Graves Road, Tallahassee, FL

River Coast Area 25th Annual Campout
September 27-29, 2013
7360 Shoal Line Blvd, Weeki Wachee, FL

BAY 2 Bay Woman's Convention
Dec 20-22
Don CeSar, St Pete Beach

**When a person tries to control
their addiction, they have
already lost control.**

Writing Steps for Recovery (Behind the Walls)

Our vision is to carry the message that any addict can stop using drugs, lose the desire to use, and find a new way of life.

The Florida Region of Narcotics Anonymous has helped introduce 15 self-sufficient NA meetings in state and federal prisons within Florida. The process began 6 years ago with the 'Pen Pal' project and developed into free-standing meetings; for inmates and by inmates. Many of these men and women are eager to work the steps and become involved in Narcotics Anonymous prior to release. The Florida Region of Narcotics Anonymous is working to realize our primary purpose by implementing the "Writing Steps for Recovery (Behind the Walls)" initiative.

How can I help? Join the "Writing The Steps for Recovery (Behind the Walls)" project. This can be your next step in further carrying the message. Through "Writing The Steps for Recovery (Behind the Walls)", you have another opportunity to share your experience, strength, and hope; give back to an addict seeking recovery what NA has given to you.

For more information and guidelines, contact Gilbert O. at 813.245.5399

Reaching Out

Whether you are an NA member, a professional who works with recovering addicts, an incarcerated member or a member who provides Hospital and Institution service, this NA World Services newsletter may be a resource for you. Reaching Out in its design helps incarcerated addicts connect to the NA program of recovery, enhances H&I efforts and offers experience from members who successfully transitioned from the 'inside' to be productive members of society. All are invited to share their experience, strength, and hope in the Reaching Out newsletter.

**Contact Gilbert O. at 813.245.5399
or visit <http://www.na.org/?ID=reaching-out-index>**

Gratitude is an Attitude

Living Clean, page 67. "When we are a part of the process, we see a greater power working through us to make a difference in other peoples lives. When we see it happen, we have a harder time denying it's reality."

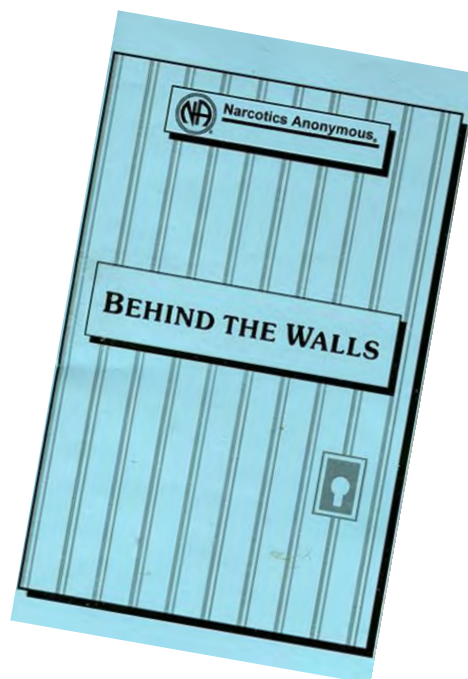
I was at my H&I commitment a couple weeks ago on Sunday night. There were two of us that went in, we both shared our ES&H then opened the floor up for a few minutes. The second to last guy raised his hand & said, "I'm Jason & I'm an addict.....WOW!! I'm an addict. I've never said that before. Thank you both for sharing what you shared, I can totally relate to what the both of you said, that's no coincidence. My Dad's always told me I have a problem. He's offered me help several times & here I sit in jail for the first time.....with a wife & 4 kids at home. Wow, I'm an addict, I'm ready to take that help now. I can't wait to talk to my Dad and ask him for it!!"

I told him that he just wrote one of the best paychecks I've ever received. I always walk out of my H&I commitment on cloud 9, but I think I floated out on cloud 99 that evening. The next night I went to the Living Clean meeting in Safety Harbor and the quote above is what we read. Coincidence?? I think not. Definitely cannot deny the reality of how this program has worked in my life & in the lives of so many wonderful people in my life today.

Gratitude is an attitude, I sure can't deny just how grateful I am today.

Thank You NA,

Jim D.



...In All My Affairs...

I've heard people say that they came to N.A. "Kicking and screaming." I came to N.A. kicking, screaming and being tasered by the police. I didn't get here gracefully, but I believe it was my Higher Power's will that brought me here. I fought it to the last moment, until I finally sat handcuffed in the back of a police car. Relief washed over me and I knew - the pain was in the resistance. The obsession to use was lifted in that same minute. Writing this, I smile at the literalness of this image, for what beauty there is in such clear evidence. Inside each painful moment of surrender is the growth that I seek in my life and in my recovery.

My surrender to the ways my disease manifests in other areas of my life hasn't been as easy, in part because I am sometimes in denial. The bitch is, I don't know that I am in denial until I am out of denial. (Again, what a gift awareness is!) Often, the awareness and the shattering of my old beliefs come through step work. When I got here, I believed that the drugs were my problem. After some time clean, I know drugs were a solution to a pre-existing problem - ME! Every diseased behavior I have brings consequences, but the bottoms I reached from using drugs were the worst.

I remember reading that "self-centeredness is the core of our disease" in the Basic Text. I had no concept of how true that was until I began doing step work. I was consumed by self-loathing and self-pity for as long as I can remember. I can use anything to try to change the way I feel about myself. One of the most painful battles I have faced is the one with my eating disorder. My eating disorder is just another a desperate attempt to control the way I feel about myself, but by changing my physical appearance instead of altering my state of mind. I have always placed a high value on physical appearances because I thought that people who looked good felt good. My self-centeredness told me I was the only person who felt so terrible inside. I judged my insides from other people's outsides. I truly believed, and sometimes still do, that if I am physically attractive I will be content and happy. I still notice myself thinking "when I have longer hair or when I see more results from the gym, then I will love myself." I see this as placing conditions on my acceptance and also on my surrender.

The progression of my eating disorder was similar to that of my drug use. What began as "just this once" turned into "just this once - a day" and ended with "I

can't stop." Sound familiar? I hid it from co-workers, my long-term partner and most of my support group. I tried different methods or combinations and came up with bizarre rules for eating. I obsessed about my weight and what I was eating and compulsively threw it all up. Even when I didn't want to do it, I was powerless. The obsessive thoughts eventually won and I would be off to the "dope hole" - my toilet. I felt insane and utterly hopeless. I didn't believe I would ever gain relief from this part of my disease.

It was huge when I finally recognized that I could use the program of Narcotics Anonymous in this, or any, area of my life. I surrendered. I am powerless over my addiction, no matter what form it takes on. This behavior could kill me, the same as drugs. I began to take it one day at a time, one meal at a time and I haven't acted out compulsively since the day before Thanksgiving. I started telling on myself when I was thinking of binging or purging. Most importantly, I started a routine of REGULAR exercise. When I exercise regularly, I have almost no obsessive thoughts or guilt about what I eat. I have also come to a new place of self-acceptance. My body is not my worth, but it is a home for my spirit. In that way, I will nurture it and care for it as it deserves.

I had a sponsee describe her eating disorder as the "quietest" part of her disease. Like a wolf in sheep's clothing, I think often the most seemingly innocuous behaviors wind up being the most dangerous because I am able to rationalize and justify them easier. I view a refusal to correct a harmful behavior I am aware of as a reservation in my program of recovery. To me, "living clean" encompasses every aspect of my life. I believe that once my denial is shattered and I gain awareness on a defect or behavior that is causing unmanageability in my life, I then have a choice to do something differently.

There is a cliché that flows around the rooms of N.A. like coffee - "when the pain gets great enough, we do something different." The hope for me is that I no longer have to wait until the pain is so great. My periods of kicking and screaming are much shorter and quieter. I have achieved the promise of Narcotics Anonymous, freedom. Freedom is the ability to choose, and I choose to recover.

Leelah J.

One Promise, Many Gifts

Page 102 of our Basic Text which says, "Narcotics Anonymous offers only one promise and that is freedom from active addiction, the solution that eluded us for so long." Sometimes, this important quote seems shared in meetings as though it means that all you can expect here is freedom from using drugs (even if your life sucks in so many other ways). And yet, from this one promise come so many gifts! What I have learned in NA is that my addiction is about much, much more than just using drugs. I have a disease of mind, body, and spirit that affects absolutely every area of my life. If I am given freedom from active addiction, I am given so much more than freedom from using drugs!

Here are some of the wonderful and miraculous gifts which come from our one, all-inclusive promise!

We enjoy a feeling of release and freedom from the desire to use. (*Basic Text, 5th Ed., P.88*)

We will be freed from our self-made prisons. (*BT, P. 102*)

We are no longer compelled to act against our true nature and to do things that we don't really want to do. (*BT, P.86*)

We emerge as new individuals with an awareness of ourselves and the ability to take our places in the world. (*BT, P.94*)

We find ourselves doing and enjoying things that we never thought we would be doing. (*BT, P.98*)

We become feeling people, capable of responding appropriately to life. (*BT, P.94*)

We lose the fear of touching and being touched. (*BT, P.88*)

We come to know happiness, joy and freedom. (*BT, P.88*)

We experience real love and real friendship. (*BT, P.88*)

We become able to make wise and loving decisions, based on principles and ideals that have real value in our lives. (*BT, P. 101*)

Lost dreams awaken and new possibilities arise. (*BT, P.88*)

Faith has replaced our fear and given us freedom from ourselves. (*BT, P.101*)

Life takes on a new meaning, a new joy, and a quality of being and feeling worthwhile. We become spiritually refreshed and are glad to be alive. (*BT, P.51*)

As the inner chaos we lived with for so long subsides,

we begin to experience long periods of serenity. (*It Works, P. 104*)

Where before we went from one extreme to another, either feeling better than everyone else or feeling worthless, we now find the middle ground where true self-worth can flourish. (*IW, P. 103*)

We grow spiritually and find that we are truly gaining a new level of freedom in our lives. Our past is just that: the past. We have put it behind us so that it no longer hovers on the edge of our thoughts, waiting for a chance to haunt our present. (*IW, P. 94*)

We saw that, by making our spiritual development our primary focus, other aspects of our lives would progress naturally as they were meant to all along. (*IW, P. 117*)

We see that, regardless of the presence or absence of material success in our lives, we can be content. We can be happy and fulfilled with or without money, with or without a partner, with or without the approval of others. We've begun to see that God's will for us is the ability to live with dignity, to love ourselves and others, to laugh, and to find great joy and beauty in our surroundings. Our most heartfelt longings and dreams for our lives are coming true. These priceless gifts are no longer beyond our reach. They are, in fact, the very essence of God's will for us. (*IW, P. 112*)

In other words, it's true that we may not be promised "a rose garden", but, even better, we are promised that whatever kind of garden life offers us, we can be happy and fulfilled and content, as well as clean!

Keep Coming Back and Expect Miracles!!!

Jm



When we take the actions indicated in the steps, the results are a change in our personality. It is our actions that are important. We leave the results to our Higher Power.

Basic Text, P 91

Poetry Corner



Ashes to Ashes

Ashes to ashes, dust to dust I see a man whos liver has rust. With a gleam in his eye and a smile upon his face; he sits down for a drink in a cold dingy place. He only plans to stay awhile; you know the tale; one more for that extra mile. With stars in his eyes and a sightfull wink; he set for a race before he thinks. He drives the road he knows so well, but drives to fast "What the hell." He sees a car he thinks he can pass. Last thing he sees is shattery glass.

Ashes to ashes dust to dust. I see a family whose lives are crushed. A family of 5, all lives cut short because of a drunk driver.

Ashes to ashes dust to dust. 6 lives are gone to a hasty crash. Family, tears & flowers in place. 6 wasted lives to a dark cold place.

Sean B



28

One of these days I'll end this plea, ending 5 lonely nights of numbing my pain, my misery. For 6 pm has come and went and the pain without my son I must sircumvent.

As my little ones mother lays him to sleep, there's a hole in my heart that bleeds a thousand drops for each mile between our feet. So much regret, so much heartache, I numb myself and running is so easy to contimplate.

A short 28 to give him the world, rides, books, games, life's lessons, and more. Just 28 hours, and my chance to shine, a life to nourish and be all mine. However it's time to get honest, to finally get real, what he doesn't know is there's two side to his Man of Steel.

One of these days I'll end this plea; I will give up this crutch, this vice, this devil in me. One day I'll give up the fight, give him what he deserves. I will give him my heart, my soul, my life, my light.

Sean B



REGISTER NOW



CAMPFIRE MEETING

River Coast Area's
25th Annual Camp Out 2013





SWIMMING & TUBING

GOOD FELLOWSHIP  **SEPT. 27, 28, 29, 2013**

Weeki Wachee Christian Campground
7360 Shoal Line Blvd, Weeki Wachee, FL 34607
Rain or Shine – No Pets – “No” Ground Fires NO 3WHEELERS - NO ATV'S
Gates Open 9am – Friday & Close 2pm – Sunday
Parking Restrictions Strictly Enforced

Accommodations Include:
Bunkhouse style sleeping available
First Come First Serve Fri. 9am
Workshops & speaker mtgs
Food Concession in Main Dining Room
Saturday BBQ Dinner Included
Pancake & Sausage Breakfast
\$3.00 All You Can Eat
Only 5 Rv Hook-ups Available
Please Call 352-610-9320
Tent sites First Come First Serve
No electrical hook-up for tents

Children Must Be Supervised At All Times!
Campground Rules Strictly Enforced!
Absolutely No Pets!

Save \$10 Pre-Registration Now!!!
\$50 at the Gate
Free Gift for All Who Pre-Register

Directions: West off Rt 19 @ Rt 550 Across from Rt 50 (Cortez Blvd)
Take Rt 550 to Shoal Line Blvd make a left at Shoal Line Blvd
When Shoal Line Blvd bears right at gas station continue ...
Straight ahead into the campground

<p>Mail with your Check or Money Order Pre-Registration for 25th Annual Camp out \$40 per Adult – Children 12 & Older \$10 Deadline for Pre-Registration is Aug 31, 2013</p> <p>Name _____ Address _____ City/State/Zip _____ Phone No. _____ No. of Adults _____ x \$40 = _____ Children over 12 _____ x \$10 = _____ New comer donation _____ Total Amount Enclosed \$ _____ Mail to: River Coast Area Service Comm. P.O.Box 143 Brooksville FL 34605</p>	<p>Retain This Side for your Records Pre-Registration for 25th Annual Camp-out \$40 per Adult – Children 12 & Older \$10 Deadline for Pre-Registration is Aug. 31.13</p> <p>Date Mailed _____ No. of Adults _____ x \$40 = _____ Children over 12 _____ x \$10 = _____ New comer donation _____ Total Amount Enclosed \$ _____ Check or Money Order # _____ For More Information Please Call: The Hotline 352-754-7200 Web-site ~ www.RiverCoastAreaNA.org *NA is not affiliated with the facility</p>
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Area Help Lines for the Florida Region

Bahamas	242-426-5245 (naflorida.net/bahamas)
Bay Area	888-779-7117 / 727-547-0444 (bascna.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 their helpline # or check there website to find meetings.



You can also view the
newsletter in color
on our website.
Visit www.bascna.org



I felt Hopeless

I remember when I came to NA I felt hopeless and useless and felt a pain so deep in the pit of my soul that I didn't care if I lived or died. All I cared about was having one more and I put that before anything else in my life. I remember a year ago I was crying on a couch thinking, I was going to live this way for the rest of my life. I believed everyone lived this way, but some could just hide it better than others. When I came in I was so beat down mentally, physically and spiritually and so many of the people in here had been to, and I heard them sharing about things like fears, hope, and strength. After so many horrible things that had happened to them or they had done, they could share about it and still smile and not use drugs. They even loved me when I couldn't love myself, which I am still learning how to do. I feel like, when I came in to these rooms, was the moment my life started. I was told I never had to use again among many other uplifting things. Which was a foreign concept for me and didn't make any sense at the time. But I kept coming back and working the program that people suggested to start a new way of life. I am not the same person I was when I came in, because I changed so much of what I thought defined me as a person. I find myself frustrated sometimes because words cannot begin to describe how NA changed my life, and saved my life. Today if I have a real problem, my problem actually has a solution. I have finally found a peace and happiness I thought I would never be able to obtain or even deserved. Above all I am learning how to ask for help and help others who hurt as bad as I used to.

John O.

From June 2013 NAWS NEWS VOL 10

naaws on news

What's happening in NA World Services that you may want to know...

We hope you will continue to forward this page by email, or copy it for interested members, your ASCs, and your RSCs. We continue to encourage people to obtain e-subscriptions to *The NA Way* and *NAWS News*.

This helps us to communicate more effectively and control distribution costs.

- ❖ We have electronic versions of the Basic Text, *Sponsorship*, and *It Works: How and Why* available. These are available on Amazon and the iTunes store with links on our website.
- ❖ WCNA 35: As we celebrate 60 years of recovery (our diamond anniversary) at this world convention in Philadelphia, we will certainly be living the theme, "The Journey Continues". Pre-registration is now available at \$89; onsite will be \$99. We need your help to effectively plan for this event so please pre-register. If you need flyers or postcards for your meeting, please just ask and they will be sent to you free of charge, or you can download a one-page flier from www.na.org/wcna. Hotel rooms have been moving quickly but continue to be added to our block and are still available. Visit www.na.org/wcna for updates.
- ❖ Service System: We are continuing to field test GSUs and LSUs. If you are trying any aspect of the proposals such as GSUs, CBDM, etc. please share your experience with us at servicesystem@na.org. The more help we can have translating the ideas in the proposals to actual practice on a local level, the easier it will be for us to frame a transition plan to present at WSC 2014. Updates about the project will be posted online as they are available: www.na.org/servicesystem.
- ❖ Traditions Book Project: We have been receiving input from those who have held fellowship workshops using the session profile that can be found at www.na.org/traditions. The ideas and materials you have been sending will help make this book a valuable resource for the fellowship. We are in the process of finalizing ideas for the discussion board. Please continue to submit input through the project webpage at www.na.org/traditions.

FRCNA 32

"I was right where I was suppose to be. I was loved carried, appreciated and loved beyond my control. I am so grateful to you guys that allowed me to cry to scream to just vent. That let me know that I will survive this time of pain."

An addict named, Ramon R.

So I've been sitting in my room for a few hours thinking that I may have bitten off more than I can chew as the nausea and cramps seem to be getting worse. I decide to go to the gift shop to see if they have anything like "tums" and while in the elevator this little boy (probably 8-9) in a wheelchair gets in with his parents. He looks at my bald head and says "are you sick too" at this point I realize that he is wearing a bandana and is obviously going thru chemo too. Before I can answer him he says "my parents are taking me to Disney World tomorrow because they think I'm gonna die soon but I know I'm not because the cutest girl in my whole school kissed me on the last day of school and told me I'm now her boyfriend". As I begin to cry and laugh at the same time he told me "it's ok, your hair will grow back, I promise". Then he asked me how old I was and when I told him I was gonna be 50 in a few days the little shit looked me dead in the eye and said "we'll your kinda old but if you do die at least you've already had sex" as we were getting out if the elevator he asked me where I got the ring on my finger and when I told him it was a gift from a friend he said "wow, you have cool friends". Without skipping a beat I gave him the ring and told him "now you do too". Hey, as he pointed out I've had sex, the least I could do was give him a cool ring". So I guess even though no one thought I should make this trip... I was suppose to come to Orlando so I could be reminded that I'm cool and and have had sex.... My life is now complete Out the mouth of babes. — at Orlando World Center Marriott.

Chuck T. from LA

"It was amazing to feel the energy in the room during the countdown, it's beautiful to know that in that room there was over 6,000 years of recovery!

I chaired the GLOBE meeting and the speakers brought me to tears with how powerful their messages were.

It was my first convention and I definitely feel like I grew closer to some of the girls I already knew and I hope our relationships can grow more. It was just an amazing experience and I'm definitely going to go next year."

Lia F.

"FRCNA was great. I wish it was longer. Love that moment when all those people are up on stage for their first and hopefully not their last FRCNA! I cant wait til next year!."

Kristina S.

What a amazing experience to be able to see the newcomer come to life on stage during the count down. Grateful to know that any addict can lose the desire to use and find a new way to live. One thats full of hope, faith and love. Today this is my story.

Elizabeth W.

FRCNA was awesome. Seeing thousands of addicts come together all for the same reason is truly amazing! The workshops and speakers were wonderful. The comedian was great (even when he was calling me out.) One of my favorite parts was getting to know people from the Bay Area better. I can't wait till next year!

Tara F.

"I can't belive I got the opportunity to share my story at a convention! Such an amazing weekend!

Andrea B.

The Journey Continues

My 3rd FRCNA..who would of thought! What an amazing feeling to walk into such a huge venue but still feel at ease when you begin to recognize people wearing those famous badges we display so proudly! What an awesome way to celebrate recovery and make new friends at the same time!

Becky S.

So my name is Katrina and my first time at FRCNA was amazing I met a lot of people seen a lot of great smiling faces and I can honestly say that it was a life changing experience I learned a lot by just listening and I also felt a lot I know where I am now and I know that I will stay clean one day at a time just so I can keep going to every FRCNA possible and if I have to describe my first time experience at FRCNA and 2 words they would be " life changing " and that's my experience I had at my first FRCNA.

Katrina D.



I really enjoyed seeing so many familiar faces in a new setting. Proud to have represented the Bay Area which was by far the most numerous at the convention.

P.S.

FRCNA 2013 was a great experience for me overall. I felt that the G.L.O.B.E. workshop was something that was very center to my life. Being gay is a large part of my life and having someone share about their experience with recovery and the experiences of being gay in a straight world made me feel better about my recovery. Feeling different has always been something of a challenge and the drugs seemed to let me become "normal" when I heard someone else say that I was moved and felt that feeling of "Wow, I am not the only one in the world that feels this way at first". Sometimes just hearing someone say something like that has a way of making you feel that you can make it through other things that seem so overwhelming. I was very blessed to hear the speakers that shared because in the grand scheme of recovery being gay can seem to be a small part of recovery but the identification of that can make all the difference. It is the very essence of not alone anymore to this addict.

Allen C.

MEMBERS OF THE BAY AREA WON THE BANNER AT THE FRCNA AUCTION SATURDAY NIGHT!!!!

Celebrate Recovery

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

Chris D.	01/01/12	18 Months	New Attitudes
Larry A.	06/01/89	24 Years	Be a Part Of
Rob V.	06/01/09	4 Years	Be a Part Of
Rob R.	06/05/08	5 Years	Welcome Home
Jackie O.	06/08/01	12 Years	Point of Freedom
Ken C.	06/09/82	31 Years	Point of Freedom
Joel W.	06/09/89	24 Years	Come As You Are
Paul W.	06/09/05	8 Years	
Meghann P.	06/13/11	2 Years	Point of Freedom
Camille G.	06/15/97	16 Years	
Sarah S.	06/15/12	1 Years	Point of Freedom
Heath B.	06/17/07	6 Years	Come As You Are
Cindy H.	06/21/11	2 Years	Dopeless Hope Fiends
Tina S.	06/23/11		Welcome Home
Patrick	06/25/12	1 Years	Point of Freedom
Tania R.	6/25/05	8 Years	It Works
Sandy H.	06/26/91	23 Years	Relax and Recover
John A.	07/02/12	1 Year	We Found a Way Out
Jr M.	07/05/08	5 Years	Clean Harbor
Deacon O.	07/05/12	1 year	Welcome Home
Barbi B.	07/06/05	8 Years	Point of Freedom
Michael S.	07/06/13	1 Year	Be a Part Of
Amber N.	07/10/11	2 Years	Happy and Free
Janie T.	07/12/10	3 Years	We Do Recover
Jimmy F.	7/13/09	4 Years	It Works
Romona K.	07/13/09	4 Years	Life's in Session
Dick B.	07/15/75	38 Years	We Do Recover
Cathy B.	07/15/75	38 Years	We Do Recover
Mike Mo	07/17/11	2 Years	
Renee B	7/19/02	11 Years	It Works
Nancy C.	07/20/06	7 Years	
Charlie F.	07/27/10	3 Years	It Works
Jane M.	08/01/10	3 Years	Relax and Recover
Renita	08/03/08	5 Years	Trust the Process
Susan W.	08/07/99	14 Years	Relax and Recover
Mike L.	08/07/09	4 Years	Happy and Free
Ernest E.	08/09/	5 Years	Life's in Session
Josie T.	08/12/01	12 Years	We Found a Way Out
Phill L.	08/15/00	13 Years	Young, Free, and Clean
Mark G.	8/16/10	3 Years	Welcome Home
Holly D.	8/18/03	10 Years	It Works
John M.	08/20/09	4 Years	Trust the Process
Dawn C.	08/20/12	1 Years	Trust the Process
Major F.	8/25/09	3 Years	Welcome Home
Jim D.	8/26/08	5 Years	Welcome Home
Scott G.	09/01/88	25 years	Welcome Home
Bert Y.	9/15/83	30 Years	Welcome Home
Ken T.	9/18/92	21 Years	Welcome Home
Sergio D.	09/17/09	4 Years	Relax and Recover
Kevin K.	10/01/97	16 Years	Get a Life Get Off the Horse
Raheem M.	10/02/73	40 Years	Welcome Home
Andrea B.	10/02/06	7 Years	It Works
Ashley S.	10/15/12	1 Year	It Works
Shane A.	10/22/07	6 Years	Welcome Home
Dave T.	10/22/88	22 Years	Welcome Home
Nancy A.	10/26/10	3 Years	It Works
Eilleen F.	12/15/11	18 Months	Come As You Are
Ron G.	12/17/11	18 Months	Be a Part Of