

May/June 2019

BAY area News

Narcotics Anonymous

LETTER FROM THE EDITOR:

This is one way to carry the message of recovery and to reach sick and suffering addicts. On some days that is me. Please share your stories. Share your experience strength and hope or share your art. This is your newsletter. This is your area. All you have to do is email us at: lit@bascna.org to submit something! *Thank You!*

JUST A WHISPER...

In the past, if I wanted something, even when it was something that wasn't good for me, I would go for it with all I had. Even if I was yelled at and argued with, or afraid, that didn't stop me. Now when it's time to do step work...just a whisper (the disease). I will not let stop me. Not today. Not today.

Ninnah R.



This Too Shall Pass

"This too shall pass" It's my favorite quote for many reasons, but mostly two: first, because it is essential, when I'm in pain, to know it's temporary; also because it's important I'm reminded that peace won't last forever either. That is not to say there has to be detriment; however, life has its peaks and valleys. Sometimes I have to make decisions based on doing what's right even when it hurts. Sometimes I choose to have faith and weather-the-storm, and sometimes I'm so happy I could burst. What's meant to be will be no matter what I do. Today, I'm happy. Don't know if I'll burst... but I'm happy and so grateful for everyone in my life. Just for today I will let go and let God.

Colleen G.

Bay Area website: bascna.org
24-Hour Helpline 888-779-7117 Call before you use!

13 Years Ago

Thirteen years ago today, I went to my first NA meeting, mostly because I “thought” I was going for my “addict” boyfriend-at-the-time. As the meeting begun, self-honesty washed over me, and I stood up and introduced “myself” as “an addict” for the first time ever.

The night before, Feb. 28, 2006, I had been on my knees in front of the toilet, too high, super nauseous, trying to make myself vomit, and praying to a God I didn’t believe in, that if I could just make it through that night, I would never use again. March 1st, I went to that first meeting and picked up a white key tag to symbolize my willingness to try a new way of life.

To be honest, the only thing I’ve done perfectly in the program is not picking up any drugs (including alcohol). What DOES keep me clean? Well, one thing is service, because “the therapeutic value of one addict helping another is without parallel.” Another is “playing the tape all the way through”: that means that whenever I have a thought of using, my brain quickly imagines what would happen if I did, through to the unpleasant ends and not just the getting high part. At this point, it happens reflexively and quickly, and thoughts are fleeting. One more thing I do to remember: I remember that last night using, as well as the day that boyfriend (who had secretly relapsed and I had just found out) said to me, “You’re gonna relapse!” Sometimes I’m clean because I love me, and sometimes it’s also because of spite to him... “You know what, buddy? Screw you!”

So much has changed in 13 years, from finding the pieces of me that were lost, to improving relationships with my family and friends and getting engaged to the love of my life, to finding a job I love, owning a home, and living a life beyond my wildest dreams 13 years ago. I am so incredibly grateful to everyone who stayed with me through the years I struggled, to my hp, my sponsor, and the program of Narcotics Anonymous, without which, I can’t even imagine where I’d be. **#naiou**

Emily M.

No More Excuses

My father once said to me, “I do not want to hear it. You always have your excuses ready.” That was very true. My paranoid personality made me cover all the bases. I learned to say it was not me at an early age. I was full of well earned guilt. I needed excuses to go on living. In one our readings, it states that many of us had a Dr. Jekyll and Mr. Hyde personality. I resembled that remark. I had done my best to always cover up my mistakes. I did not want to get caught or be wrong, so I would spend hours planning what I’d do if I were to get caught. At the end of my using, I was working at a university campus. I received an award for being employee of the year. At that time I was strung out on drugs. I was stealing from the university during that whole year. I somehow was able to cover up for a long time. My excuses worked for a while. I had learned how to use excuses to hide my addiction. Once I got in recovery, I was told “no more excuses.” There is no excuse to use drugs. It was actually a relief. I was tired of all the work that was required to keep up the alibis. Hearing “no more excuses” was a good start for my recovery.

“Every vice has its excuse ready.”- Publius Syrus

Jimmy S.

ANNIVERSARIES

May

Lisa T, Resurrender, May 1st, 17 yrs
RJ, Be A Part Of, May 1st, 6 yrs
Dave P, Morning Serenity, May 1st, 6 yrs
Andrew H, Real Talk, May 1st, 4 yrs
Connie B, Morning Serenity, May 3rd, 4 yrs
Randy B, Morning Serenity, May 3rd, 4 yrs
Weezy, Ladies to the Core, May 6th, 16 yrs
Jeff R, Freedom Group, May 7th, 34 yrs
Jackie G, YFC, May 7th, 3 yrs
Erin C, YFC, November 7th, 18 months
Brad L, Fire Up the Principles, May 8th, 5 yrs
Angelo B, From Brother To Brother, May 8th, 4 yrs
Rick M, Welcome Home, May 10th, 20 yrs
Mike S, Picnics & Recovery, May 10th, 19 yrs
Heather T, Ladies to the Core, May 10th, 5 yrs
Mike R, Basic Meeting, May 10th, 1 yr
Stephanie B, Ladies to the Core, May 10th, 1 yr
Dave B, DOA, May 13th, 18 yrs
Justin R, Basic Meeting, May 13th, 5 yrs
Denise F, Spiritual Solutions, May 15th, 25 yrs
Megan C, New Attitudes, May 18th, 8 yrs
Sarah S, SYA, May 21st, 5 yrs
Margaret H, Women & Recovery, May 21st, 2 yrs
Clarence H, DYRWTK, May 22nd, 4yrs
Steve G, Come As You Are, May 22nd, 9 yrs
Carlos N, Welcome Home, May 23rd, 28 yrs
Stephen H, Be a Part Of, May 23rd, 13 yrs
Amber N, Trust the Process, May 25th, 5 yrs
Jenna D R, What Can I Do, May 25th, 4 yrs
Ben VK, Welcome Home, May 27th, 5 yrs
Maria R, Resurrender, May 27th, 1 yr
Ron K, Trust the Process, May 28th, 6 yrs
Ramon S, Welcome Home, May 30th, 32 yrs
Dale H, Welcome Home, May 30th, 12 yrs
Stephanie O, Happy & Free, 18 months

June

Danette R, Ladies to the Core, June 2nd, 7 yrs
Jackie O, DYRWTK, June 8th, 18 yrs
Steve W, Come As You Are, June 8th, 2 yrs
Joel W, Come As You Are, June 9th, 30 yrs
Meghan P, SYA, June 13th, 8 yrs
Victor G, Trust the Process, June 24th, 11 yrs
Emane, Women on Wednesday, June 27th, 1 yr
Chelsey C, What Can I Do, June 28th, 5 yrs
Megan B, What Can I Do, June 29th, 8 yrs
Jennifer K, Happy & Free, 6 yrs
Renee B, Happy & Free, 5 yrs

July

Belynda N, Welcome Home, July 4th, 19 yrs
Gerry H, Come As You Are, July 11th, 28 yrs
Janet D, SYA, July 11th, 5 yrs
Sara W, Trust the Process, July 21, 13 yrs
Kim H, Women on Wednesday, July 27th, 3 yrs
Ryan Y, Trust the Process, July 30th, 1 yr
Janie T, Happy & Free, 9 yrs
Michael D, Happy & Free, 5 yrs
Rosalina Q, Happy & Free, 20 yrs



Positives vs. Negatives

As an active addict I was always caught up in the negative things going on in my life, which there wasn't very much positive in the first place. Once I got clean and got a sponsor, some of the first things I had to start practicing were to start looking at the positive things going on around me. This started from the first day with assignments from a counselor at drug court and then followed with a sponsor who had me writing gratitude list.

At first it was really hard for me to see anything positive because my mind was trained to focus on the negative for so long. Over time, I was able to find more positives going on in my life, and not just because I wasn't using, which allows more positives to happen, but by being able to see positives that were there all along.

Throughout my journey there has been several times that my mind has snuck back to the negative. There were times when I walked into meetings and started pointing out all the negative stuff going on, and focused on all the negative people that were in the meeting.

My sponsor talked to me about the different kinds of people in meetings and that not everyone is there for the right reasons. There are plenty of people in meetings that are there to make someone else happy, such as a husband or wife, a mother or father, a child or other family member or even a judge or probation officer. There are also people in meetings that are there to prey on others just like I and many other had done while in active addiction. Then there are the members that are there to actually stay clean and better their lives on a daily basis.

When I got here it was to make the judge happy; however, it didn't take long for me to shift to the understanding that I needed to be here and that I wanted to change my life. Throughout the process I have learned to focus on those people that are bettering their lives, the ones we call the "winners." Most of the time, I am able to do this and I'm able to focus on all the positives that come from meetings. There are still times that I can sit in meetings and see all the negatives. That negative mindset is still inside me and can come up at anytime.

I know today that I have to watch when this starts happening, because it can keep me from the meetings that help me save my life. I can walk in any meeting with the wrong mindset and find negatives, or I can walk in with the right mindset and find all the positives. For me it's about the stuff I do outside of meetings that keep me in the right mindset, so I can walk into any meeting and get a message.

Lately, I have seen lots of negative going on and I've been working hard to not allow my mind to obsess on it; I will continue to work to keep my mind in a positive mindset. The basic text tells us that any clean addict is a miracle, and we keep that miracle alive through ongoing recovery with positive mindsets. Just for today, I will continue to work to keep my mind in a positive state of mind and I will keep coming back. I hope to see everyone here so we can help each other with our recovery.

Dan T.

Powerlessness

I truly hate being powerless. But I've learned in Narcotics Anonymous that I have no choice but to take all the action necessary to admit, accept and embrace my powerlessness over my disease. When I first came to NA, I didn't want to give up my using friends, because then I wouldn't have any friends at all. But slowly I made clean friends in the rooms, people I learned to trust by listening to them share at meetings. When they told me that I no longer had anything in common with my active addict friends, besides history, I could take the suggestion and remove those old numbers from my phone with a sense of faith that all would be well. Awhile later, I got the suggestion to clean out my home of paraphernalia, but I didn't want to because mine was pretty and expensive. My sponsor asked me, "What would happen if you got rid of it?" After some thought, the only answer I could come up with was that I wouldn't have to look at things that reminded me of my sordid past every day. So, I did a little ritual and put it all in the trash. I finally got close enough to some of those new recovering friends by seeing them in meeting almost every night to ask one to be my sponsor and prepare to do some step work with them. I knew I was going to have to share some of my secrets. Although I was scared, I kept hearing others talk about doing step work. I felt like if they could do it, so could I. My sponsor also suggested that I stop going to the kind of places I had gone to in active addiction. But where else could I go to have fun? During the secretary's report at almost every NA meeting I went to, they announced all sorts of NA events. I just had to get the courage up to go to some of them. My friends from meetings were at them, too. Some were more fun, like camp-outs and conventions, than others, like Area Service; but they were all the new activities to fill my spare time now. One of my last displays of the action of powerlessness in my early recovery came about when I was invited to the office Christmas party at my job. I shared at meetings that I wasn't going to go because there'd be drugs there. Someone shared that they had to attend parties with drugs sometimes, but they always brought another recovering addict and left as soon as they felt uncomfortable. I chose to do the same thing. That is the power of one addict helping another! Surrendering control with these actions taught me how to live Step One in my life. Thank you NA!

A Loving NA member



REGIONAL ACTIVITIES

FRCNA XXXVIII Florida Regional Convention Narcotics Anonymous
"Shattering The Illusion"

Being held in Orlando at:
Rosen Centre 9840 International Drive
Orlando, FL 32819
July 4-7, 2019

RIVER COAST ACTIVITIES

Recovery Coast Areas Subcommittees

Saturday May 18th 11am-4pm



The Beaches at SunWest Park

17362 Old Dixie Hwy, Hudson, FL 34667

Clarence from Bay Area Sharing his E.S.H.

This is a Free Event. To park in the lot it is \$5.00 charge

Additional free Parking in grass across from Parking lot.

****N.A. is not affiliated with this location****

BAY AREA AND GROUP ACTIVITIES



WHAT TO BRING:

Sunblock
Sunglasses
Camera
Cap/Jacket
Hand Towel
Food and Drinks
Cooler (to take fish home or to bring refreshments)

Food and Drinks available for sale on the boat

Catch the **BIG ONE** on Bay Area Activity's Deep Sea Fishing Trip IV

What: 9 Hour Deep Sea Fishing Trip

When: June 22, 2019

Time: Boat Leaves Promptly at 8:00 am
and Returns at 5:00 pm

Where: Queens Fleet Deep Sea Fishing
25 Causeway Blvd Slip #52
Clearwater, FL 33767

NA is not affiliated with this business



DO NOT NEED TO BRING:
Rod/Reel, Bait and Tackle
(but you can if you like)
Fishing License

DO NOT BRING:
Glass Containers
Chairs
Weapons
Drugs
Cigars
Navigation Equipment



\$60 Per Person (Price Includes Rod & Bait)

****ONLY 70 TICKETS WILL BE SOLD****



Parking \$10 per vehicle (not included, must pay on site)



BAY AREA
PUBLIC RELATIONS PRESENTS

.....
STEP RIGHT UP!
.....

and join us for a

CARNIVAL
BLOCK PARTY

JUNE 8, 2019
12pm-9pm

Speaker Jam, Food, Fun & Games
Main Speaker meeting at 8pm

Terra Nova Clubhouse
7550 40th St N, Pinellas Park, FL
[REDACTED]



Join us at the...

Women & Recovery Group's

Annual Family Picnic!

Sunday, May 19th, 2019 from 10am-4pm.



We'll be cooking up burgers & dogs (& will have drinks & side dishes too), or you can bring a dish to share!

***Fort DeSoto Park- Picnic Shelter #15
3500 Pinellas Bayway S.
Tierra Verde, FL 33715***

**Free event. \$5 parking fee collected @ entrance.
(free with a valid Disabled Parking Permit/tag,
and for those on foot or a bicycle)**

**'NA, and 'The Women & Recovery Group', are not affiliated
with this facility. (or the fee collected upon entry)**

10am-12pm Sun, Fun, & Fellowship

12pm-1pm Lunch!

1pm-2pm Meeting

2pm-4pm More Fun Time!



Monday Meditation's 4th Annual Spiritual Campout

"Serenity Under the Stars"

(Sponsored by Monday Meditation Group of NA)



May 24th 25th 26th

Cedar Kirk Camp

1920 Streetman Dr. Lithia FL 33541



Lodging – Rustic Cabins (72 spots) or AC Cabins (38 spots). No tents or RVs.

Closed Event – Addicts only, no children

Cutoff date is May 3rd, 2019

Name: _____ A.C Cabins @ \$ 90 per person: _____

Phone: _____ Rock Climbing @ \$5 _____

Email: _____ Ziplining @ \$5 _____

Rustic Cabins @ \$25 per person: _____ Day Pass @ \$5 _____

Total: \$ _____

Items to Bring – food, drinks, coolers, ice, things to cook with, grill, bedding, clothes,
bathing suit, towel, chair, toiletries.

UNITY SPRINGS ACTIVITIES

or email us: mondaymediationcampout@gmail.com

CAN'T WAIT TO SEE YOU GUYS THERE!!!!



**FINDING FREEDOM 6
GETTING CLEAN YOUNG**

JUNE 29, 2019

11:00am-midnight

A MESSAGE OF HOPE
LONGWOOD, FL

- Speakers
- Workshops
- Main speaker
- Lunch
- T-Shirts
- Dance/ DJ/ \$5
- Snacks
- Cookout
- Corn Hole Tournament with prizes

UNITY SPRINGS AREA
unityspringsna.org
(888)385-3121

A Message of Hope
128 E. Bay Ave. *
Longwood, FL 32750
longwoodna.org

*NA is not affiliated with this facility.

What I've Learned

The third step tells us to make a decision to follow God's will. The eleventh step tells us; through continued prayer and meditation we improve our conscious contact of the God of our understanding, and through doing this... I find God's will for me.

The biggest thing I've learned is that I'm not God and don't need to try to be. The second biggest thing I've learned is that God's will isn't always about me, even though my disease wants me to be selfish, and tells me that I need to this, and I need to do that for me...that's not how I live today.

Today, I'm grateful to be able to "show up" and be there, if not to do anything but just to be present through the good and the bad. Life has its ups and downs. I know that it's easy for me to get through the good times, and I know that today getting through the hard times is a lot easier when you have people walking through them with you.

I show up when I'm needed and I'm grateful to be able to. If you're not going through anything, enjoy it and make sure you're preparing to go through something difficult... so you get through it easier. I love my life today, both the good and the bad. I hope your loving your life too. Meeting makers "make it" to meetings. Step workers "make it" in life. **#NAIOU**

Dan T.

Misery No More

All my life
All alone
In this head
I call home

Swallow my pride
Ask for help
From those I know
Have felt how I've felt

My mind it tries to realize
This past of mine materialized
Is who I am who I've always been?
Is this my only destiny?

Alone again
I'll never be
In this fellowship
Of those like me

A world of joy surrounds me
Out of reach, profoundly
For in my mind I remain
Committed to a life of pain

12 steps to freedom
Is what I've been told
The destination is the same
But the journey my own

I have no dope
I have no hope
Unable to cope
I examine the rope

Spiritually fulfilled
I become the hope
To another person suffering
Just trying to cope

There has to be another way
Better than a life of pain
There's no promise that the other side
Is better than the current ride

Together we can
Become truly free
From that painstaking life
Of hopeless misery

An Anonymous Addict

PUZZLE

Across

2 If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain ____

5 There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles. Three of these that are indispensable are: part 3

8 There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles. Three of these that are indispensable are: part 2

9 acceptance of both our assets and our liabilities

11 Take my will and my life. Guide me in my recovery. Show me _ (3 words)

12 We are people in the grip of a continuing and progressive illness whose ends are always the same: 1st

13 Although we are not responsible for our disease, we are responsible for our ____

Down

1 When we pray and take action, it always goes ____ for us

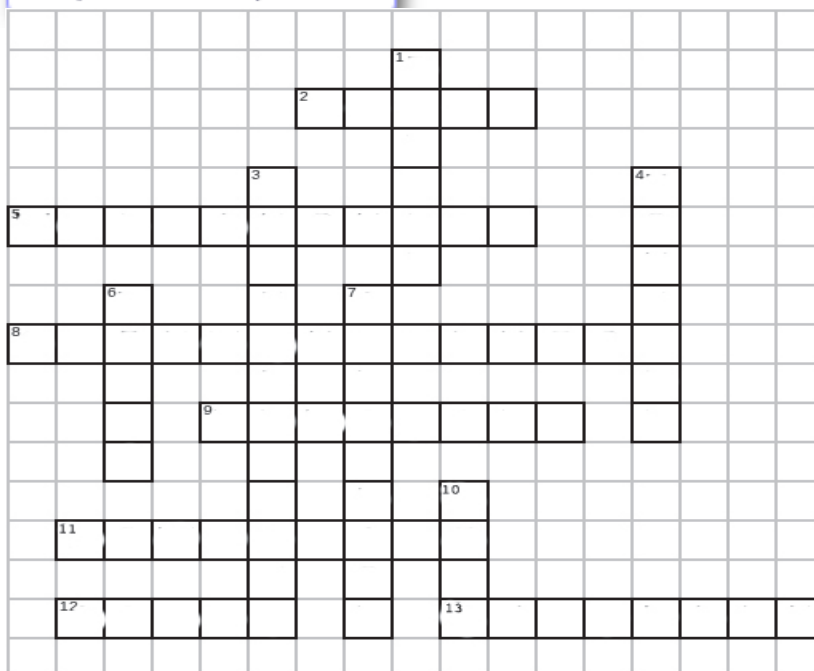
3 We are people in the grip of a continuing and progressive illness whose ends are always the same: 2nd

4 There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles. Three of these that are indispensable are: part 1

6 We are people in the grip of a continuing and progressive illness whose ends are always the same: 3rd

7 chronic, progressive, fatal and incurable disease we all share

10 A lack of faith




Keep What We Have

After being in recovery for some time now, I see how easy it can be to get wrapped up in all the stuff. I didn't come to NA for the car, the house, the girl, the business, the family. I came here because I couldn't stop using. By working a program and taking suggestions, my life has completely changed. I got new friends; I got my family back, a business, and all sorts of other successes. Regardless of all of those things, I remember that I have this opportunity because people in the program helped me, made time for me, and made me feel "a part of." The most important thing I can do in my recovery now is help a new comer. Taking the time to walk up to the guy sitting alone after the meeting may be that very thing that saves their life. I know it's what saved mine. Please, if you're still here and you're not helping someone, take a second and remember how you got here. We truly can't keep what we have without giving it away!

Brian H.

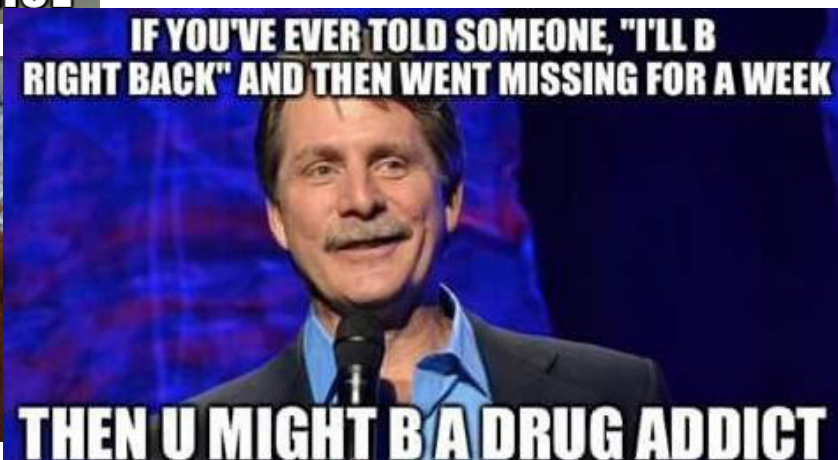
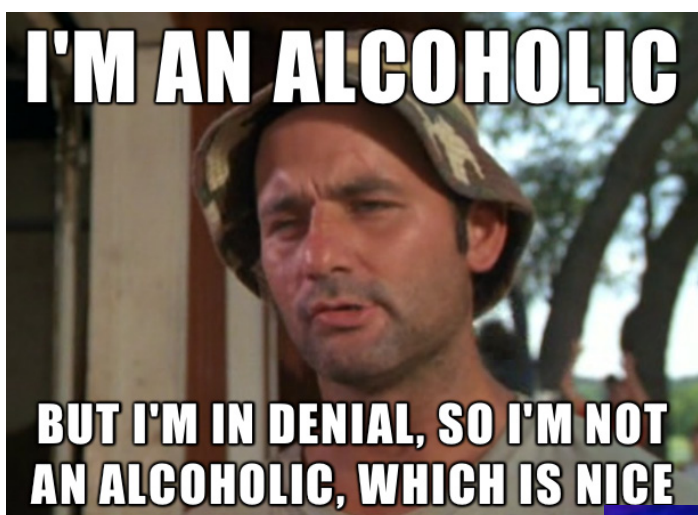
Awakening



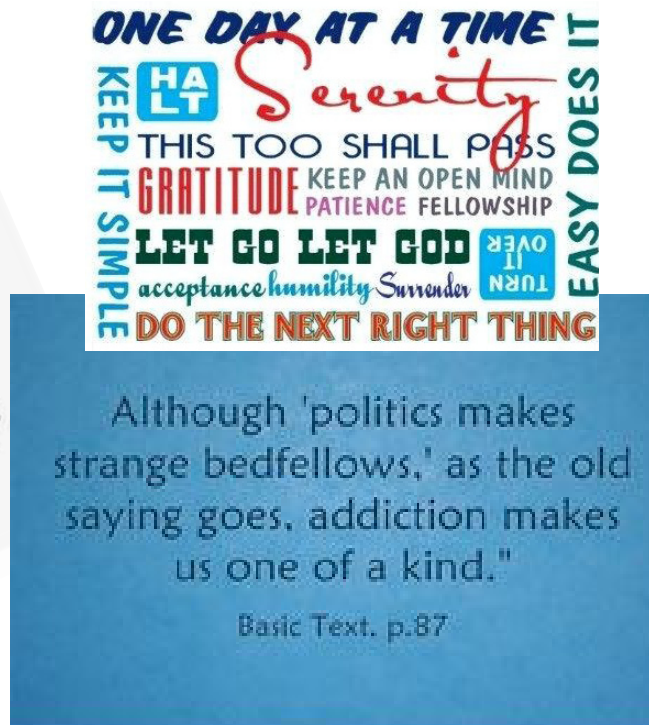
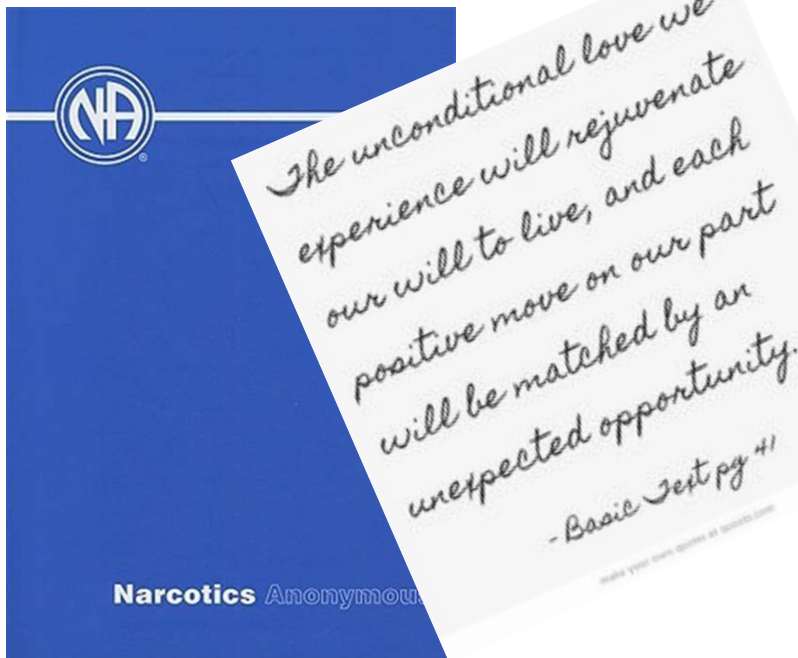
The day the police came to my door with a warrant for my arrest, I knew my life was going to change. I had never thought about stopping using before that. In that moment, I felt the strangest sense of peace. It washed over me in a wave of realizing I didn't have to live that way anymore. The detective spoke calmly to me about going to meetings and finding a new sense of direction in my life. I really had no idea what that meant. There was one meeting a week in the small city I lived in, but there were 6 meetings each week in a city about a 30 minute drive from me. I went to a meeting every day. Soon, I made friends at meetings, and we called each other all the time to make plans before and after meetings and on weekends. I asked someone to be my sponsor, who I saw at meetings regularly. They said, "Yes, my sponsees get together once a week at my house to write on their step work; see you there next week!" Then, I learned that the new direction was all the self-awareness I was getting in that step work. It was exciting and intriguing! When newcomers started looking to me for my experience, strength and hope, I became very eager to help them and include them in all the NA activities we did together. We had dances, workshops, service meetings, group anniversary celebrations, camp-outs and conventions to keep us busy. Way before I formally worked Step Twelve a spiritual awakening had taken place in my life thanks to Narcotics Anonymous.

With love, A grateful NA member

LOL



BASIC TEXT QUOTES



BAY AREA HISTORY



1988 (40 Meetings):

Additional Meetings:

- Terra Nova clubhouse was started in St. Petersburg and was home to: Always There at 12 p.m. and Keystone to Recovery at 8 p.m.
- Life's Freedom House Clubhouse hosted the New Freedom meetings: Life's a Beach in Gulfport.

1991 (82 Meetings)

1992 (75 Meetings)

2002 (88 Meetings)