

Just for Today On the Bay

Bay Area Newsletter

January 2009

LIVING THE PROGRAM

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Living the Program by Cathy B., Clean Date 7-15-75

I received the gift of recovery over 3 decades ago and have tried my best the past 20 - 25 years to show my gratitude through service to others.

I recently received another gift, which gave me another chance to live and carry the message of hope and gratitude. I had a couple of very serious health conditions, cancer and liver disease which put me on life or death status for 2 ½ years. Because of NA I learned that it's not important when or if something happens to me, but how I experience and live through those times. I also learned how much others love me and how to honor and show respect for that kind of love I receive.

I worked through recovery for the most part unchallenged by life. I have problems of finance, relationships, selfishness and ego, but the 12 steps and traditions were there for me to find how I change my behaviors and perspectives. I thought I was always open minded and willing to apply them in my life, until I got sick! I felt as afraid as the day I walked in to NA and instead of asking for help or sharing about my conditions and feelings I thought I was responsible for them all by myself. What started out as a "hopeful and energetic fight" eventually became a hopeless and desperate attempt to hold on to my life. I watched my husband and close friends fight for me when I couldn't any longer. I'm sure I never realized how much I was loved and I was not the easiest person to love at this time in my life. I went to meetings, talked to my sponsor and tried to prepare for whatever was to become of me. I was always afraid the women I sponsored would drop me for a healthier sponsor (they never did) or that I would have to take drugs if I had the operation they wanted me to have. I am one of those people in NA who believes I cannot use anything, anytime. My mental abilities were leaving me and everyone was praying for me I was angry because I didn't think the prayers were being answered fast enough. I got to the end of my road and surrendered in a way like I never did before. Because of NA I felt peace and grateful for the great life I've had and how lucky I've been to see NA grow from an East Coast and West Coast fellowship to a global fellowship. I became so grateful I forgot to be afraid or angry or sad. Somewhere during that brief 8 hours of surrender I received a gift of life (an organ) from a donor who passed away. My life forever changed. I have a renewed commitment to serve NA and honor those that served me throughout this ordeal.

The doctors at the hospital told me they never saw anything like this NA thing they got to observe the past two years and I smiled and said I owe my life to them (and the doctors). The road back has been full of unmerited gifts - too many to write about but I have found peace and comfort by just reaching out and asking another addict for help and understanding.

So, here's what I know to be true now - that it's not over till it's over, so I have to be open to learning a new way to live clean because I will sometimes face things that I never knew before and secondly, when I receive a gift, any gift, I have a continued responsibility to pass on my experience and hope just like I did the day I walked in to NA. My gratitude cannot and does not have conditions or limits. This is a new perspective for me.

January Issue Topic Submissions

We have been meeting for over 27 years. We meet on Thursday night at 8 pm. The meeting attendance is about 100 to 150 members. Our format is open discussion except on the last Thursday of the month we are a speaker meeting. Home group members are provided a phone contact list of other members. That list has over 50 contact numbers. We as a group do our best to maintain an atmosphere of recovery. The newcomer is given a meeting list and a white booklet. We pay the church rent every month to help with their expenses. We provide insurance to help protect the facility in case of any problems. Our group provides a babysitting service to help members with children. Our goal is to be responsible as a group. Our group has a group representative that attends the Area service meeting. We make donation every month to the area. Our groups is very diverse. The clean time in our meetings is well over 500 years. This sends a strong message to the newcomer. We are famous for our meeting after the meeting. On a normal night 20 to 50 members go to a local restaurant to continue sharing our recovery. Many new members find this very helpful. We know the bay area has many great home groups. Each time a new comer picks up a white chip and starts a journey of recovery that moment makes all home groups special. If you are in north county on Thursday night WELCOME HOME invites you to visit us. We usually have at least 5 newcomers. The applause they receive when picking up their newcomer packet offers them hope. We welcome new members. Yes, our group is strong in numbers but we are even stronger in love. Where else can you go on Thursday and get over 50 hugs!!!!

*****New year...new news. Be the first to know what is making headlines.

Most of us arrived in Narcotics Anonymous with a very poor ability to listen. But to take full advantage of "the therapeutic value of one addict helping another," we must learn to listen actively. What is active listening for us? In meetings, it means we concentrate on what the speaker is sharing, while the speaker is sharing. We set aside our own thoughts and opinions until the meeting is over. That's when we sort through what we've heard to decide which ideas we want to use and which we want to explore further.

Just for Today: I will strive to be an active listener. I will practice active listening when others share and when I share with others.

Just for Today Page 233

Just for Today—Living the Program

Tell yourself:

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life with out the use of drugs.

JUST FOR TODAY I will have faith in someone in N.A. who believes in me and wants to help me in my recovery.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY through N.A. I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.



March Issue Topic

Writing our Fourth Step can be one of the hardest things we will have to do. Some of us might procrastinate for many months or longer in fear of not wanting to sit down and actually put pen to paper.

Share about your experience with doing your fourth step, how long did it take, the feelings you experienced while doing it and how you felt after you finally finished it.

Maybe your story will help others who are in the process of doing theirs now.

We have found it helpful to have a sponsor and to use this sponsor. Sponsorship is a two-way street. It helps both the newcomer and the sponsor. The sponsor's clean time and experience may well depend on the availability of sponsors in a locality. Sponsorship for newcomers is also the responsibility of the group. It is implied and informal in its approach, but it is the heart of the N.A. way of recovery from addiction—one addict helping another.

Basic Text page; 55, What Can I Do?

Doug B. aka FRESHLINES 08...

I once picked a rose, and what did I find. I found all its beauty there was to find.

Though at times, I've chosen to set life aside. Our paths have crossed, so many times.

My life of addiction was not for me to decide. Where mountains screamed, and seas sung songs of laughter.

It has at times slipped from my hands, and fell to the ground.

Breaking my silence, without a sound. One's destiny is here to be told.

When there's no longer peace, who is left for GOD to hold. With an echo the seed began to Regrow.

Patience by BK Paul

The most important virtue of the "soul" needed for self-transformation is Patience. Without patience we will lose hope in the recovery process. As we travel the spiritual path we sometimes run into rough spots where the foot slips and we find ourselves suddenly not on the path of spiritual self-realization and there are wrong thoughts or words, actions and deeds. Patience makes us cool and calm. It makes the journey possible. We all, that are seeking and dancing the dance of recovery, know that the "disease" is progressive. Know this here and now, that recovery, life this wonderful life is progressive. Our actions are in direct line with our fate. The process of Self-realization is not a ten yard dash. It is a 200 mile walk. We have to learn to pace ourselves. Patience teaches this.

Where there is patience there is peace. Where there is faith there is peace. Where there is faith and peace there is "compassion" and love for self and others.

This is a Spiritual experience of what it means to be a human being.

RECOVERY

I found myself in a bottomless pit,
 of sorrow and woe and despair.
 When a ray of light revealed to me
 the steps of a winding stair.
 In vain I tried to reach those steps,
 by myself it could not be done.
 I cried for help and a voice replied,
 "You are standing on Step Number One."
 "Who's that?" I asked. "What do you want?"
 "Can you tell me what to do?"
 "Give me your hand," the voice answered,
 and you'll be on Step Number Two."
 I help up my hand. I decided that I
 alone could not set myself free.
 But I trusted that voice and it suddenly said,
 "You are standing on Step Number Three."
 I stop there and rest, and look at myself.
 I don't think I can do anymore.
 From somewhere above the voice came again,
 "You are standing on Step Number Four."
 Whoever you are, you don't understand,
 I don't deserve to be alive.
 For I am a liar, a thief and a con.
 The voice said, "You're on Step Number Five."
 I'm not well, I'm not right. There's a lot wrong with me,
 Is there anything you can fix?
 The voice came again and so gently replied "You are standing on
 Step Number Six."
 All right then, I'll ask ~~ can you take these away?
 Can you make me feel closer to Heaven?
 "I love you," the voice said. "Your Heaven's in you,
 and you're standing on Step Number Seven."
 There's so many I've harmed, my family I've hurt--
 all the pain and the grief and the hate.
 "It's alright my child," the voice calmly said,
 "You are now on Step Number Eight."
 "You must tell them you're sorry. You must make things right.
 And then in their eyes you will shine."
 "I'll do it," I whispered. And then the voice calmly said,
 "You're standing on Step Number Nine."
 I must keep a close eye on my motives and self
 'cause there's wrongs that I may do again.
 "Look at you," the voice said, "at how far you've come!
 You are now on Step Number Ten."
 I pray and I ask for knowledge and strength.
 I want to keep my direct line to Heaven.
 The voice is so close ~~ it's as if it's right there,
 saying "You're standing on Step Number Eleven."
 And so here I stand, almost at the top.
 Into all of my past I did delve.
 Now I want to help others who are still in the pit.
 And the voice said "This is Step Number Twelve."
 Anonymous

DARKNESS TEMPTATION & DESIRE

By, Timothy D.

SOMETIMES I FEEL TRAPPED. I FEEL AS THOUGH THERE IS NO
 HOPE.
 I'M SURROUNDED BY DARKNESS AND I CANNOT ESCAPE.
 I'M LOST TO THE WORLD AND NO ONE CAN SAVE ME.
 THE DARKNESS ENVELOPES, ME THERE'S NO WHERE TO GO.
 I LOOK AROUND, TO MY LEFT IS TEMPTATION AND TO MY RIGHT
 DESIRE. THERE IS NO LIGHT AT THE END OF THE TUNNEL, NO RAY
 OF HOPE, NO PATH OF SALVATION.
 I LOOK ABOVE ME AND SEE THE WAY OUT. NO WAY TO CLIMB,
 NO LADDERS, NO STAIRS, NO ONE TO HELP ME RISE ABOVE.
 I BEGIN TO CRY. WHICH WAY SHOULD I GO,
 TEMPTATION AND DESIRE ARE SO CLOSE I CAN FEEL THEM.
 I GIVE IN AND TAKE A STEP TO THE LEFT. I FALL,
 DEEPER AND DEEPER I FALL.
 I REACH OUT FOR HELP BUT, NO ONE IS THERE TO CATCH ME AS I
 PLUMMET. I LOOK UP,
 THE END OF THIS JOURNEY IS SO FAR AWAY.
 I HIT THE BOTTOM. IT IS DARK ROCKY AND COLD.
 TO MY SIDE IS A PERSON,
 HIS RED EYES SEEM INVITING AND FAMILIAR.
 I STEP TOWARDS HIM,
 HE GROWS AND THE PAIN INSIDE ME GROWS AS WELL.
 I STEP BACK FOR HE IS TEMPTATION,
 HE IS THE HEART OF THE DEMONS THAT HAUNT ME.
 NOW, HE STEPS TOWARDS ME. I CANNOT MOVE,
 FEAR WELLS INSIDE ME BUT, I HAVE LOST ALL CONTROL.
 HE INCHES CLOSER AND CLOSER,
 I CAN SEE HIS HORNS TOWERING HIGH ON HIS HEAD.
 I CAN SEE HIS TATTERED WINGS BEGIN TO FLAP.
 HE LUNGES INTO THE AIR ABOVE ME,
 TERROR STRIKES DEEP INTO MY SOUL.
 I LOOK DOWN TO MY CHEST, I AM BLEEDING.
 A BARBED TAIL IS IN MY HEART. I CRY OUT, PLEASE STOP,
 PLEASE FORGIVE ME, PLEASE LET THIS END.
 I PLEA WITH HIM TO LET ME LIVE,
 HE REPLIES YOUR SOUL IS ALREADY MINE WHY NOT YOUR BODY
 AS WELL.
 WHY I ASK WHAT HAVE I DONE? I REMEMBER, I LOOK ABOVE,
 HIS SILHOUETTE SURROUNDS ME, BUT,
 IF THERE IS A SILHOUETTE THERE MUST BE LIGHT BEHIND IT.
 I PRAY, I LET GO. I LET GO OF MY FEAR, OF MY DESIRE,
 OF MY TEMPTATION, OF MY DEMONS.
 I HEAR A VOICE COMING FROM INSIDE ME
 LET ME GO! IT SAYS, FREE ME FROM YOUR GRASP!
 I AM NO LONGER YOUR SLAVE! I AM FREE!
 A BURNING FEELING BEGINS TO WELL UP INSIDE ME.
 I AM ENGULFED IN FIRE,
 MY SOUL HAS RETURNED AND IT IS BURNING WITH PASSION.
 EVERYTHING GOES DARK, THEN . . . OUT OF THE DARKNESS,
 A LIGHT, A BLINDING LIGHT, BRIGHTER THAN A HUNDRED SUNS.
 NOW I AM COVERED IN ASH. IN THE ASH I SEE HIS FACE,
 THE FACE OF THE DEMON. HE WAS ME!
 I REALIZE I AM FREE FROM MYSELF.
 I BEGIN TO RISE INTO THE LIGHT,
 WINGS SPREAD OUT BEHIND ME AND, I FLY.
 I AM SOARING TO A NEW HEIGHT,
 ONE WHICH I HAVE NEVER SEEN.
 I AM EMBRACED BY THE UNIVERSE,
 THE PLANETS THE MOONS THE STARS AND SPACE.
 I AM HOME AND, I AM FREE!

TRADITION ONE

Y Y S L R J L A O G X M E B N T F A E H
 U L F K O E B O S V H A P S R O X X A Q
 S P A M I V S R V C Y T L O N E M P V N
 P P A V X L E P K I A R F E W E P M B B
 O A I R I T L N E E N M E Q R E S O O A
 U X Z R T V I S R C O G Q V N N R X H C
 R B B E I H R T A C T S E L O H W V Z T
 G B L K T T X U H E A R T I F C L D G I
 C I R B A F Q S S Q M V T I X I E B E V
 S X L F I E Z R B E Y N S Q F P N R F E
 M U L E B N P O S T E I B E E E A D D G
 L E F Z A H D S I V Q O V N C F N U F H
 W A R F O D A N N Z E J D I L N P E E J
 M G I N E G U O Y R S S R E T I A C B K
 L N E C E R C P U L O H W E C A N D N L
 A O N Q O T S S S C L Z O N T A L O Z L
 E R D X S S N W I A J A I U I A I I O N
 D T S R D E Q A U Q E C U L L G E N T N
 I S I E S O P R U P S R E Q E D E R N Y
 M F Z S W O R G X C V R A R E R C V G B

ACTIVE
 APPLY
 AREAS
 BENEFIT
 BIND
 COMFORT
 COMMON
 CONVENTIONS
 DANCES
 DEPENDS
 ENSURE
 EQUALLY
 FABRIC
 FIND
 FIRST
 FRIENDS
 FUN
 GOAL
 GREATER
 GROUPS

GROWS
 HAPPEN
 HEART
 HOPE
 IDEAL
 JOIN
 LEAD
 LETTERS
 LIFE
 LONER
 LOVE
 LOVING
 MESSAGE
 PART
 PHONE
 PICNICS
 POWER
 PURPOSE
 RECOVERY
 REGION

RELAX
 RELIANCE
 RESPECT
 SENSE
 SHARE
 SHOULD
 SKILLS
 SOCIAL
 SPEAK
 SPIRIT
 SPONSORS
 STRONG
 SUFFERS
 SURVIVAL
 THINK
 TREAT
 UNITY
 VITALITY
 WELFARE
 WHOLE

By AD

All of the words are taken from Tradition 1 in the "It Works How And Why" pages 125-133

Humor Corner

A Dog Was Your Sponsor :) You Would Learn Stuff Like...

When loved ones come home, always run to greet them.
 Never pass up the opportunity to go for a joyride.
 Allow the experience of fresh air and the wind in your face to be pure ecstasy.
 When it's in your best interest, practice obedience.
 Let others know when they've invaded your territory.
 Take naps and stretch before rising.
 Run, romp and play daily.
 Thrive on attention and let people touch you.
 Avoid biting when a simple growl will do.
 On warm days, stop to lie on your back on the grass.
 On hot days, drink lots of water and lay under a shady tree.
 When you're happy, dance around and wag your entire body.
 No matter how often you're scolded, don't buy into the guilt thing and pout ...run right back and make friends.
 Delight in the simple joy of a long walk.
 Eat with gusto and enthusiasm. Stop when you've had enough.
 Be loyal.
 Never pretend to be something you're not.
 If what you want lies buried, dig until you find it.
 When someone is having a bad day, be silent, sit close by and nuzzle them gently.

ALL- FEEL- BETT(er)

A- stands for addict, WE all must admit
 B- is for BASIC, the TEXT how to quit
 C- stands for come, coming to believe
 D- is the desire, each member should achieve
 E- stands for encouragement, show the newcomer you care
 F- is for feelings, that lose power as you share
 G- stands for God, who's loving as can be
 H- is for home group, a place meant for thee
 I- is the info, the "How And Why" brings your way
 J- is your journal and "Just For Today"
 K- stands for kindness, let it abound
 L- is for love, spread some around
 M- is for meetings, do ninety in a row
 N- is the newcomer, and just saying no
 O- is the obsession, the Steps take from you
 P- is for phone numbers, be sure to grab a few
 Q- is for quiet times, prayer and meditation are good
 R- is relapse prevention, make a plan like you should
 S- is for sponsor, dedicated and caring
 T- is the Twelve steps, your life they'll be sparing
 U- stands for unity, passing around greetings
 V- is your voice, at area meetings
 W- stands for WE, WE must never part
 X- is for x-ray, examine your heart
 Y- is your program, so fight the good fight
 Z- stands for zee's, giving thanks late at night

Do the A, B, C's of the program, as you go through each letter
 And I guarantee ya, you'll ALL FEEL BETTER

Poem by Kevin K. 06/04/2003

Florida Region Help Lines

The Bahamas : 242-325-6200, 242-462-5245 (Nassau)

Bay Area: 727-547-0444 (Pinellas County; Clearwater, St Petersburg, Largo, Palm Harbor, Tarpon Springs)

Big Bend Area: 850-599-2876 (Tallahassee, and surrounding area)

Chain of Lakes: 352-319-5617 (Leesburg, Eustis, Tavares, and surrounding areas)

Daytona: 800-477-0731 / 904-8312-1660 (Daytona, Deland, Port Orange, Deltona, Flagler beach)

First Coast: 800-576-4357 / 904-723-5683 (Jacksonville, St Augustine, Orange Park, Fernandina, and surrounding areas)

Forest Area: 352-368-6061 (Ocala, Dunnellon, Bellview, McIntosh)

Heartland Area: 863-683-0530 (Polk, Hardee, & Highland Counties; Lakeland, Winter Haven, Plant City, Bartow, Sebring Lake Wales, Haines City, Lk. Alfred, Lk. Placid)

Orlando Area: 407-425-5157 (Orange, Osceola, Seminole, Lake Counties, Altamonte Springs, Winter Park, Disney World, and surrounding areas)

Palm Coast: 561-848-6262 (West Palm Beach, Jupiter, Wellington, Royal Palm Bch, Palm Bch Gardens, Lake Worth, Lantana, Belle Glade)

Recovery Coast: 727-842-2433 (Pasco County: New Port Richey, Hudson, Holiday, Zephyrhills and Dade City)

River Coast Area: 352-754-7200 (Hernando) / 352-382-0851 (Citrus) (Spring Hill, Crystal River, Masarkytown, Brooksville, Floral City, Inverness)

Space Coast Area: 321-631-4357 (Brevard County: Cocoa, Cocoa Beach, Indialantic, Melbourne, Merrit Island, Rockledge, Titusville, Valkaria, Scottsmoor, Mims, Viera, Satelite Beach, Palm Bay, Melbourne Beach, Indian Harbor)

Suncoast: 941-957-7910 (Bradenton, Sarasota, Venice)

Tampa Funcoast Area: 813-879-4357 (Tampa, Brandon and Temple Terrace, Lutz)

Treasure Coast: 561-564-0664 (Vero/Ft. Pierce) / 561-343-8373 (Ft. Pierce, Vero Beach, Okeechobee County, Port St. Lucie)

UnCoast Area : 352-376-8008 (Gainesville, and surrounding area)

Bay Area Service Committee Meetings

Area Service Committee (ASC):	9:45 AM 2 nd Sunday @ Terra Nova*
Hospitals & Institutions:	9:00AM 1 st Sunday @ Terra Nova*
Public Relations:	10:00 AM 2 nd Saturday @ Terra Nova*
Helpline:	11:00 AM 2 nd Saturday @ Terra Nova*
Policy:	8:30 AM 2 nd Sunday @ Terra Nova*
Admin.:	9:00 AM 2 nd Sunday @ Terra Nova*
Activities:	6:30 PM Every other Thursday @ Terra Nova*
Lit./Newsletter:	TBD
Web page:	TBD

*Terra Nova is located @ 2800 41st Ave N. St Pete

Anniversaries—January & February

11th Step Beach

Art R. 01/22/89 20 years

Maria 01/28/04 5 years

Bay Area Youth

Justin T. 01/01/04 5 years

Be A Part Of

John L. 01/03/95 13 years

Clean Harbor

Ray F. 02/06/92 17 years

HOW

Donna R. 01/02/89 20 years

Just for Today

Verne F. 01/03/07 2 years

Jules C. 02/13/98 11 years

Life's a Beach

Keith 1 year

Leslie 2 years

Arglyn P. 16 years

Never Alone

Christine L. 01/28/07 2 years

New Attitude

Aubrey L. 01/22/98 11 years

Recovery on Keystone

Carol T. 01/27/94 15 years

Sara J. 02/03/04 5 years

Relax and Recover

Drew S. 02/02/07 2 years

Save Your Ass

Nikki T. 01/04/08 1 year

Jason H. 01/29/07 2 years

Joyce W. 02/03/07 2 years

Ramadan 02/15/91 18 years

Mike M. 02/19/07 2 years

Susan 02/19/07 2 years

Jay C. 02/25/08 1 year

Stairway to Recovery

Dave V. 01/16/00 9 years

Sunshine

Abbey N. 01/20/07 2 years

Barry C. 01/22/02 7 years

Earlene 02/24/83 26 years

Surrender

Keith H. 01/07/08 1 year

Steve M. 01/08/08 1 year

Nick T. 01/10/08 1 year

Jamie H. 01/15/08 1 year

Ron K. 02/19/07 2 years

Heather S. 02/22/08 1 year

That's 226 years
Of recovery!!!!!!!

Congratulations!

If you are interested in having your recovery anniversary published in future publications, please e-mail lit@basrna.org or have your GSR report it at the monthly ASC meeting.



LEAP OF FAITH CAMPOUT AND SPIRITUAL RETREAT

February 27th—March 1st



Bring your tents, coolers, camping gear and lets celebrate recovery!!

Sorry, no pets.

Boyd Hill Nature Park

2900 31st Street S.

St Petersburg (Pioneer Settlement)

Please contact Tom (617) 584-7164 or Erin (727) 460-3911 for more information.

Relax & Recover

3RD ANNUAL GOOD DAY

March 21, 2009, Time: 9:30am—whenever



9:30AM Coffee & Pastries
10:00AM Meeting (Step Discussion)
11:30AM Food, Live Band & Events
1:30PM Speakers
 (TBA)

That time of year has rolled around again. We will be having 2 meetings, music, lots of food, and stuff for all ages to participate. Come join us!!

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 facility

BE A PART OF

Needs Support

Wednesdays noon

Emmanuel Community Church

1150 CR 1 & Curlew

Palm Harbor

RELAX AND RECOVER

Needs Support

Mondays 6pm

NE Park

4630 E. Bay Drive

Clearwater

WOMEN DO RECOVER

Needs Support

Wednesdays 7pm

St Paul's

1199 Highland Ave.

Largo

***NA is not affiliated with any of the above facilities**

Newsletter Guidelines

We would like to thank all of you who contributed to the newsletter. It was by your efforts that this publication was made possible. We look forward to your contributions in upcoming publications, and we accept articles, poetry, jokes, and cartoons.

Please e-mail all contributions to: lit@bascna.org

Literature Sub-committee Note:

The opinions expressed herein are those of the individual contributors, and not the opinions of the Bay Area Literature Sub-committee, or Narcotics Anonymous as a whole. The Handbook for Narcotics Anonymous states that: "The 12 Traditions of NA should serve as the basic guidelines for editing your newsletter ... the language of NA recovery should be used." All editorial decisions made by the Literature Sub-committee have been made with these guidelines in mind. We welcome any feedback in accordance with the Second Tradition. Please indicate if you would like that feedback published.

Jimmy K. - "I remember when I made my first meeting, how afraid I was."

Bay Area Website: www.bascna.org

