JUST FOR TODAY



September October 2012

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Love And Addiction

"Some of us first saw the effects of addiction on the people closest to us. We were very dependent on them to carry us through life. We felt angry disappointed, and hurt when they found other interests, friends, and loved ones."

Basic Text, p. 7



Addiction affected every area of our lives. Just as we sought the drug that would make everything alright, so we sought people to fix us. We made impossible demands, driving away those who had anything of worth to offer us. Often, the only people left were those who were themselves too needy to be capable of denying our unrealistic expectations. It's no wonder that we were unable to establish and maintain healthy intimate relationships in our addiction.

Today, in recovery, we've stopped expecting drugs to fix us. If we still expect people to fix us, perhaps it's time to extend our recovery program to our relationships. We begin by admitting we have a problem—that we don't know the first thing about how to

have healthy intimate relationships. We seek out members who've had similar problems and have found relief. We talk with them and listen to what they share about this aspect of their recovery. We apply the program to all our affairs, seeking the same kind of freedom in our relationships that we find throughout our recovery.

Just for today: Loving relationships are within my reach. Today, I will examine the effects of addiction on my relationships so that I can begin seeking recovery.

777

"One of the biggest stumbling blocks seems to be in placing unrealistic expectations on ourselves and others. Relationships can be a terribly painful area. We tend to fantasize and project what will happen. We get angry and resentful when our fantasies are not met. We forget that we are powerless over other people."



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 D. 813-833-5526 or Julie C. 727-804-9207

NA is not affiliated with any of the facilities listed above



LOVE: ONE ADDICTS JOURNEY

To love and be loved is one of the most fundamental of human desires. Who we chose and how we chose to express this desire is as complicated as Love itself. I just read that a member just got married, I feel a since of joy and hope for the happy couple. But as one of my fellow recovering addicts said, "Don't congratulate me now, anyone can get married, congratulate me five years from now if we are still married." Unfortunately, my friend's marriage did not last five years.

So what does this all mean for an addict like me? I have tried the relationship in the rooms thing enough to know that there is no magic pill, no quick fix, no silver bullet, it just me; you; and the God of our understanding. I still believe in the possibility and power of love. In the words of an old blues song: "I ain't gonna give up on Love...Love ain't gonna give up on me.



Love in the rooms can be very complicated because we are all so intimately intertwined that when one member does something, most of the other members have an opinion on it. Not to mention the fact that we are all certified relationship counselors. Whether it be a sponsor, a friend or a member of the sponsorship family,

we all have the right advice to fix your relationship problems. The fact is that most of us know very little about how to promote harmony and longevity in intimate relationships.

Thus, I begin my search, quest to become a loving caring spouse, boyfriend, or significant other. I begin by taking account of what I have to offer. An inventory is at hand, sounds like a relationship fourth step. Let see, I am immature, oversensitive, intolerant, impatient and insecure. To top it all off, I am totally self centered. Sound like I have everything I need to have a successful relationship (Hostageship). So I find the first person who will go out to coffee with me and move in with her. Forget that one year suggestion; I want what I want when I want it. Of course this poor sick individual that I took hostage did not last but six months. She ran away kicking and screaming.

Not my fault that she could not handle it. However, I experience the pain of relationship lost and I do not have drugs to numb that pain. So, I decide to really work the steps with a sponsor. After the fourth step, I see my problem; I was in a relationship with an addict. My answer, get in a relationship with a normie, someone who can use moderately, and not have any ill effects. Yes!!! That's the ticket. I do not recommend this experiment to anyone else. Let's just say I got through my second year clean and continued to work the steps. I learned a few things through this process. I need to make a list of everything I want in a partner...Then become the list myself. What a novel idea. In the meant time I will stay out of relationships for a year. But, my sponsor in his infinite wisdom tells me: "if you stay out of a relationship for a year and you do not do any work over that year, then you get back into a relationship. What's the difference?" Oh so you mean I need to work some steps and change before I take another hostage? What a novel idea.

Thus I begin this journey through the steps on relationships. I begin to see my childhood fears. I see my rejection issues, which prevent me from pursuing relationships with healthy partners. I see my neediness, which causes me to cling to the first person that walks by. I see my fear of abandonment, which cause me to hold on so tight that I strangle the other person. I see my insecurity, which causes me to trol issues (lack of control) which makes me want to impose my will on others. I see my lack things can and will get better. I learn to pracof self esteem, which forces me to always want more (never satisfied). I see my inadequacy, which makes me want to rescue or fix other people.

I see that I have brought these things into every relationship that I have ever been in. I have this baggage that I do not know how to get rid of. This baggage clouds every relationship and prevents me from being the loving, caring, compassionate person that God intended for me to be. How do I get past this to have a truly loving intimate relationship with another human being?

I begin to long to be rid of these crippling and paralyzing defects of character. I begin to un-

derstand what they mean when they say Self-Centered Fear is at the core of my addiction. I begin to seek help through a loving caring Higher Power who can relieve me of my fear. I humbly ask that Higher Power to remove these character defects. I seek help where ever possible, even outside the rooms of NA. I begin to find some inner peace and a connection with a Power greater than myself. I begin to find project infidelity onto my partner. I see my con- hope. I learn to trust other people and the process of recovery. I begin to have faith that tice principles like honesty, open mindedness, faith, fidelity, and patience. I see myself changing and evolving into the type of person I have always wanted to be and the type of person that I would want in a relationship. I find the ability to trust and wait for the right person, instead of the person right now. I learn to be ok without an intimate relationship. I learn to find great joy in everyday living. When the time is right, I hope to have all the tools necessary to share my life, this gift, and the joy of true love with someone who is ready and healthy enough to receive love unconditionally. Until then, I will continue to grow and seek my Higher Power's will.

ANONYMOUS

** Registration Is Important **

The money that is collected from registration is used for all convention related expenses. We hope that all parti-understand that the funds collected ensure that this convention and future conventions are possible. It is the support of each participant's registration or donation that helps make our convention a success.

No addict will be turned away because of lack of money (free events). However, everyone must be registered. Please contact the registration chair: Shelia P. at: 863-651-9142 or sheliaperdue@yahoo.com

Merchandise: Those wishing to sell merchandise on Sunday must contact Kay P. at 863-698-3728 prior to the convention

<u>Children:</u> Parents are responsible for their children. There is no cost for child registration (15 yrs. & under). Please ensure that children are registered. We ask that parents closely supervise their children so the meetings are not disrupted.

Press: If you are a member of the press, please contact a

Thank you for coming!

H.A.C.N.A. HEARTLAND AREA'S 10TH ANNUAL CONVENTION OCTOBER 19, 20 & 21, 2012

"OPERATION RECOVE Chateau Élan Sebring, Fl

Serenity

Life is a garden, so pretty & green

As it sharpens my senses, my wits become keen
I stroll through my garden 6 days a week
But the 7th day is God's for us to keep
My flowers are red, yellow and pink
As I bend down to give them water to drink
It makes me wonder and it lets me know
That the breath of life makes the flowers grow
As I notice the branches, the thorns, and the bugs
As I bend down to give my roses a hug
I notice the water that runs down the banks
So, I look up and give my Dear Savior... Thanks.

Darlene Davenport 3-15-11 in Prison

Why I'm Grateful for the Rooms of NA

Gratitude unlocks the fullness of life

It turns what we have into enough and more

It turns denial into acceptance

Chaos into order

Confusion into charity

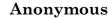
It can turn a meal into a feast

A stranger to a friend

Gratitude makes sense of our past,

Brings peace for today, and creates vision for tomorrow

Be grateful for the little things.







I Will Stay In NA

Twisted mind, tormented soul, So much pain left untold The past experiences I had to hide I couldn't let go, I had too much pride I had to find a way to be A way to escape reality I had to numb the ache I felt In order to deal with the hand I was dealt I couldn't deal with the anger, the shame I wouldn't deal with the ones who's to blame I had to find peace in my soul I tried to feel complete and whole So, I used drugs to mask the pain Not caring about my body, my brain I felt like I was weak and wouldn't have won So why fight, I decided to run But, where I ended up was no place to be I created my hell, my own destiny I won't look back and dwell on my past I'll stay in NA, My clean time will last

Darlene D.







Relationships In The Rooms

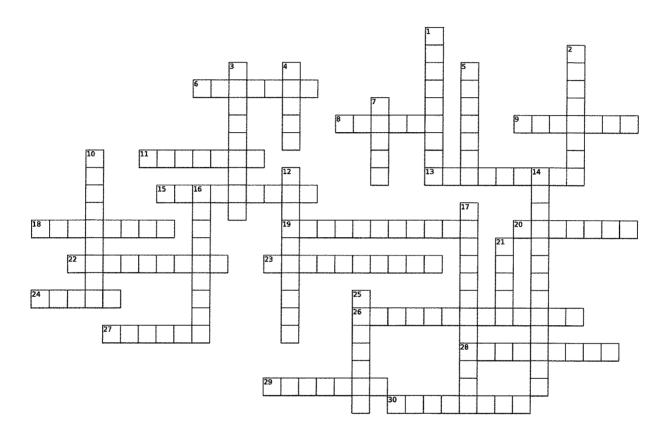
Being in a relationship in the rooms can be one of the greatest experiences or one of the worst one's. Members strongly recommend that you do not get into an intimate relationship until you have over a year clean. The reality though, is that the majority of people do not take this suggestion! Because we are all sick and suffering people, there will be those who will try to sabotage your relationship with the person you're with! What I find is the best defense against this is the being completely and totally honest with the person about how you feel about them and disclose any problems you might have with them. If both parties are genuine in there commitment to the relationship and it is truly meant to be, then the relationship will blossom into what may one day be a lifelong companionship with the one you love.

Anonymous





NA Literature Addicts In Recovery



ACROSS

- We must learn to adapt our life to the--

- We must learn to adapt on the to the—
 Most addicts recovery p. 86
 We learn that to others gets us out of ourselves p.54
 11 A a day for the first ninety days is a good idea p.53
 13 The ability to face problems is to stay clean p.53
 15 That fixed Idea that will take us back time and time
- again....p.84

 18 is repaeting the same mistakes and expecting different results. p.22

- 19 Our disease is ---, incurable and fatal p.20
 20 --- is a sign that we have a reservation p. 76
 22 We can also use the steps to improve our --- p.53
 23 --- both pay for their disease with their lives p. 22
 24 We realize the the --- that brought us to the program is
- 24 We realize the the —— that brought us to the prostill with us p. 26
 26——Can be a terribly painful area p.78
 27 A new idea cannot be grafted onto a —— mind
 28 We put —— living first...p.94

- 29 Our inability to control our drug use is a --- of the disease of addiction p. 20 30 ---- is the most distructive of defects p.77

DOWN

- --- is a physical, mental, and spiritual disease p.20
 This book concerns itself pimarily with the nature of ----- is a redlight indicator p.78
 Relases are often ---- p.76
 ---- forces of change or true conversion deep within may be working p. 75
 7 Stop --- for today p.52
 10 Working the steps is our best --- against relapse p.55
 12 ----Once having started process...We cannot stop p. 84
 14 Social --- Do not equal recovery p. 21

- 14 Social ---- Do not equal recovery p. 21
 16 Recovery begins with? p.86
 17 Most of us lacked a working --- with an HP p23
 21 ---- mean nothing until we put them into action p.56
 ---- to change seems to comes after acceptance of ourselves p.56



2012 S.I.A. SPEAKER SOIREE

"CARRYING THE MESSAGE"

IRA M., 3 YEARS - 180 (TAMPA) CLAY F., 8 YEARS - STAIRWAY TO RECOVERY (ST. PETE) NINNAH R., 22 YEARS - HOW IT WORKS (TAMPA) EARNEST H., 23 YEARS - JUST FOR TODAY (ST. PETE) ARALYN P., 19 YEARS - LIFE'S A BEACH (GULFPORT BEACH)

WHERE: 631 TURNER ST., CLEARWATLER, FL 33756, REAR PARKING LOT WHEN: SUNDAY, OCTOBER 28TH AT 11:30 AM TO 6:00 PM FOOD SERVED @ 11:30 AM TO 1:00 PM

SEATING LIMITED, BRING A SPARE CHAIR IF YOU HAVE ONE.

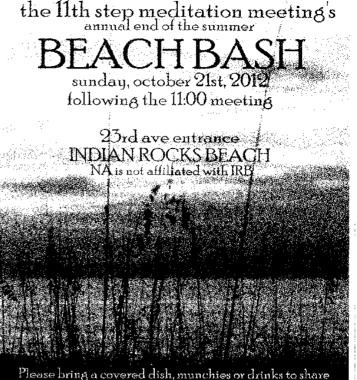
ANNOUCEMENTS WILL START @ 1:00 PM

*ATTENTION PARENTS DUE TO CONTENT AND EXPLICIT LANGUAGE, WE ADVISE YOU TO MAKE OTHER ARRANGEMENTS FOR YOUR CHILD. IF UNABLE TO DO SO, A CHILDRENS PLAY AREA WILL BE SET UP

ANY QUESTIONS PLEASE CONTACT OUR GSR (727) 320-6020

SEPTEMBER/OCTOBER 2012 JUST FOR TODAY ON THE BAY PAGE 10





Bay Area Service Committee Meetings

Activities 6:30 1st & 3rd Wed The Place

Area Service 9:30 am 2nd Sunday, The Place

Helpline 9 am 1st Sunday @ Denny's 34th St and 50th Ave N St. Pete

H&I 8:30 am 1st Sunday, The Place

Lit/Newsletter 4:30 pm 1st Tuesday, The Place

Policy 8:30 am 2nd Sunday, The Place

Public Relations 8:45 pm Monday before ASC, Terra Nova

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 keep submissions to 200 - 400 words. The Newsletter is published bi-monthly, please provide submissions at least two weeks prior to print. Please e-mail all contributions to: lit@bascna.org

Please Note... The opinions expressed herein are those of individual contributors, and not the opinions of the Bay Area Literature Subcommittee, or Narcotics Anonymous as a whole. Narcotics Anonymous is not affiliated with any of the facilities mentioned. The Handbook for Narcotics Anonymous states, "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 Subcommittee 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. Thanks Gregg B. Newsletter Chair 4/11 - 9/12

Area Help Lines for the Florida Region

Bahamas... 242-426-5245 (naflorida.net/bahamas)

thington Springs)

Bay Area (Saint Petersburg, Clearwater, Pinellas County)...

888-779-7117 / 727-547-0444 (bascna.org)

Big Bend Area (Talla	hassee)	877-340-5096 /	850-224-2321 (bigbe	ndna.org)
Chain O' Lakes Area	(Leesburg, Eustis, Tavares, Clerr	nont, Groveland)	352-319-5617 (cd	olana.org)
•	(Ormond, Holly Hill, Port Orange City, Deltona)			
	ksonville, Jacksonville Beaches, F latka)			
Forest Area (Ocala, B	elleview, Dunnellon)		352-368-6061 (for	estna.org)
Gold Coast Area (For	t Myers, Ft. Lauderdale, Port Cha	rlotte, Cape Coral)8	88-524-1777 (goldco	astna.org)
Greater Orlando Area	a (Longwood, Sanford, Casselberr	y, Altamonte, Kissir	mmee)407-425-5157	(orlandona.org)
Greater Pensacola Ai	rea (Pensacola, Ft. Walton Beach) 850-496-1673 / 85	50-723-4813 (pensaco	olana.org)
Gulf Coast Area (Port	t Charlotte)	866	-389-1344 (nagulfcoa	astfla.org)
Heartland Area (Lake	eland, Polk County, Highlands Co	unty, Hardee County	y)863-683-0630 (naf	lheartland.org)
Midcoast Area (Delra	y Beach, Boca Raton, Boynton Bea	ach, Deerfield Beach)561-393-0303 (mido	coastarea.org)
Nature Coast Area			352	-464-4135
North Dade Area		866-	935-8811 (northdade	earea.org)
Palm Coast Area (We	est Palm Beach)	56	1-848-6262 (palmcoa	astna.org)
Recovery Coast Area	(New Port Richey)		727-842-2433 (naj	pasco.org)
River Coast Area (Cir	trus County, Hernando County) 35	52-382-0851 / 352-75	4-7200 (rivercoastar	reana.org)
	(Jacksonville, Jacksonville Beach,			
	ocoa, Cocoa Beach, Indialantic, Me Sebastian, Suntree, Titusville)			
Suncoast Area (Saras	sota, Bradenton)	9	41-257-5055 (suncoa	astna.org)
Sunset Coast Area (N	Vaples, Bonita Springs)			
	888-435-7301 / 239-249-1398 /	239-591-2804 / 888-4	435-7301 (sunsetcoa	stna.com)
Tampa Funcoast Area	a (Hillsborough County, Tampa, 1	Brandon, Lutz, River	rview, Ruskin)813	-879-4357
			(tamp	pa-na.org)
Treasure Coast Area	(Fort Pierce, Port St. Lucie, Stuar	rt, Okeechobee, Vero	Beach)772	-343-8373
			(treasurecoastare	eana.com)

Uncoast Area (Alachua, Branford, Gainesville, High Springs, Lake City, Live Oak, Newberry, Old Town, Wor-

352-376-8008 / 866-352-5323 (uncoastna.org)

Around The Area



Every Wednesday, September 12th, Point of Freedom Speaker Meeting

8: 00pm: The Place 5540 Park Blvd, Pinellas Park, FL

Saturday, Sept 15/ Oct 20, Work The Steps or Die... 12 Step Workshop

9:00 am - 4:00 pm Serenity U.M. Church, 2750 5th Ave n. St. Pete

Saturday, September 15th, Regional Weekend & Speaker Meeting

7:00 pm - 10:00 pm Safety Harbor Resort & Spa

Friday, Sept 14/ Oct 12, Acceptance & Change Speaker Meeting

8:00 pm - Community U.M. Church 207 Buckingham Ave. Oldsmar

Sunday, September 23rd Softball

2pm-4pm Woodlawn Park Field #1 1300 16th Street N., St Petersburg

Tuesday, Sept 25/ Oct 30 Spiritual Solutions Grp Speaker/Dinner

7:00 pm Vineyard Church, 5000 10th St. N, St. Petersburg (Last Tue.)

Thursday, Sept 27/ Oct 25 Defeating Our Addiction Grp Speaker/Dinner

7:00 pm Gulfport Presbyterian Church 5313 27th Ave S. (Last Thur.)

Saturday, October 6th, Field Day

10am-2pm Lake Seminole Park Shelter #13 10015 Park Blvd, Seminole

Saturday, October 27th, 2012Halloween Monster Ball

Time: TBA Knights of Columbus 7177 58th Street N Pinellas Park, FL

NA IS NOT AFFILLIATED WITH ANY OF THE FACILITIES LISTED.

Around The Region



Friday, Sept. 14 - Sep. 16

10:00 pm FL Regional Service Conference - Safety Harbor

Location: Safety Harbor Resort and Spa, 105 N. Bayshore Dr., Safety Harbor, FL

Friday, Sept. 21 - Sep. 22

12:00 pm - 9:00 pm Funcoast Area Dinosaur Speaker Jam - Tampa

Location: Oak Grove Church, 6830 N. Habana Ave., Tampa FL / Phyllis P. 610-633-7579

Sunday, Sept. 23

10:00 am Heartland Area Canoe Trip - Peace River

Location: 2816 N.W. County Road 661, Arcadia, FL / Bob C. 863-651-4709

Sheila P. 863-651-9142

Friday, Sept. 28 - Sep. 30

9:00 am River Coast 24th Annual Campout – Weeki Wachee

Location: Weeki Wachee Campground, 7630 Shoal Line Blvd., Weeki Wachee FL / 352-754-7200

Friday, Oct. 19 - Sunday Oct. 21

11:00 am Heartland Area Convention (HACNA)- Sebring

Location: Chateau Elan, 150 Midway Drive, Sebring, Florida / Jacque P. 863-412-1667

Sheila P. 863-651-9142

Sunday, Oct. 21

11:00 am - 11:00 pm TCCNA 6 SPEAKER JAM - Steppin' Up to the Plate

Location: INDIAN RIVERSIDE PARK, 1707 Northeast Indian River Drive, Jensen Beach, Florida

Saturday, October 27

9:00 am - 6:00 pm Greater Orlando Area Deep Sea Fishing

Location: 650 Glen Cheek Drive, Cape Canavera, Florida / Greg G: 407-625-1840

Whitney H. 629-975-2299

NA IS NOT AFFILLIATED WITH ANY OF THE FACILITIES LISTED.

Around The World



21-September-2012 - 23-September-2012

Alabama NW Florida Region Surrender in the Mountains A Spiritual Retreat

Cheaha State Park /19644 Highway 281

Delta 800.252.7275 Event Registration: Lia P 334.728.1256

19-October-2012 - 21-October-2012

Costa Rica Regional Convention 17

Martino Hotel Resort Central Valley (in front of Zoo Ave in La Garita) Alajuela 506.8582.3687 www.nacostarica.webs.com

26-October-2012 - 28-October-2012

Area Baja Costa Convention 20

Grand Hotel Tijuana /Boulevard Agua Caliente North 4500 Col. Aviación Tijuana 866.026.6007 www.bajason-na.org

26-October-2012 - 28-October-2012

Wisconsin State Convention 29

Olympia Resort/ 1350 Royale Mile Road
Oconomowoc 800.558.9573 Event Registration: cindys@wsnac.info

25-October-2012 - 28-October-2012

West End Area Convention 26

Sheraton Gateway Hotel/ 1900 Sulllivan Road
Atlanta 770.994.2418 Event Registration: Susan M 678.683.6194

18-October-2012 - 21-October-2012

Hawaii Regional Convention 20

Kauai Beach Resort/ 4331 Kauai Beach Drive Lihue 866.602.8558 www.na-hawaii.org/regional_convention.htm

NA IS NOT AFFILLIATED WITH ANY OF THE FACILITIES LISTED.

BAY AREA ANNIVERSARIES

Aug. 1	Michelle (Life's A Beach)	3 Years
Aug. 2	Andrea B. (It Works)	6 Years
Aug. 7	Susan W. (Relax and Recover)	13 Years
Aug. 15	John. (Be A Part Of)	17 Years
Aug. 13	Josie T. (We Found A Way Out)	? Years
Aug. 15	Kyla O. (Be A Part Of)	1 Year
Aug. 15	John B. (A New Day)	3 Years
Aug. 16	Mark G. (Welcome Home)	2 Years
Aug. 16	Ken T. (Welcome Home)	20 Years
Aug. 18	Holly D. (It Works)	9 Years
Aug. 7	Susan W. (Relax and Recover)	13 Years
Aug. 20	Chuck S. (We Do Recover)	6 Years
Aug. 24	Cassie L. (Young Free and Clean)	6 Years
Aug. 25	Major F. (Welcome Home)	3 Years
Aug. 26	Jim D. (Welcome Home)	4 Years
Aug. 26	Matt D. (We Found A Way Out)	18 Month
Aug. 26	Erin R. (Keys To Recovery)	5 Years
Sept. 1	Bob M. (Sunshine Group)	3 Years
Sept. 1	Scott G. (Welcome Home)	24 Years
Sept. 2	Breanna (Serenity In Addiction)	?? Years
Sept. 3	Holly H. (Welcome Home)	1 Year
Sept. 3	Emme C. (Work The Steps and Live)	1 Year
Sept. 4	Rob S. (Never Alone)	4 Years
Sept. 7	Phil L. (Young Free and Clean)	12 Years
Sept. 8	Sharon C. (I'm Clean On Friday)	11 Years
Sept. 15	Jackie S. (Women & Recovery)	21 Years
Sept. 15	Bert Y. (Welcome Home)	29 Years
Sept. 16	Paul S. (Serenity In Addiction)	?? Year
Sept. 17	John R. (Life's In Session)	1 Year
Sept. 19	Blanch S. (Defeating Our Addiction)	3 Years
Sept. 27	Jay G. (Welcome Home)	27 Years
Sept. 28	Lisa C. (We Found A Way Out)	12 Years



NEED OF SUPPORT

Acceptance and Change

(Oldsmar Community UMC)
Always Here
(Terra Nova)
Just for Today

Just for Today

(Terra Nova)

Morning Serenity

(The Place)

New Attitudes

(St. Paul's)

celebrants!

ons

No Pain No Gain

(West Care)

Primary Porpoise

(Calvary)

Serenity In Addiction

(Serenity Club)

Spoons R4 Coffee/Lighters R4 Candles

(Terra Nova)

Trust the Process (G. Port Presbyterian)

NA is not affiliated with any of the facilities listed.



Ray Area Anniversaries

Day Area A	Anniversaries	
Oct. 1	Kevin K. (Welcome Home)	15 Years
Oct. 1	Sean R. (Welcome Home)	1 Year
Oct. 2	Ashley H. (Women & Recovery)	6 Years
Oct. 2	Raheem M. (Saturday Night Live)	29 Years
Oct. 4	Rob S. (Never Alone)	4 Years
Oct. 6	Brian H. (Welcome Home)	2 Years
Oct. 6	Toni W. (Sunshine Group)	3 Years
Oct. 6	Donna B. (Always Here)	4 Years
Oct. 6	Kevin B. (Welcome Home)	25 Years
Oct. 12	Brittany K. (Miracles Happen)	13 Years
Oct. 13	Alice (We Found A Way Out)	6 Years
Oct. 22	Leroy S. (New Beginning)	24 Years
Oct. 22	Shane A. (Welcome Home)	5 Years
Oct. 22	Dave T. (Welcome Home)	24 Years
Nov. 2	James S. (Welcome Home)	2 Years
Nov. 4	Scott K. (Welcome Home)	9 Years
Nov. 11	Joe S. (We Found A Way Out)	21 Years
Nov. 18	Clare K. (Welcome Home))	2 Years
Nov. 19	Kevin B. (Welcome Home)	3 Years
Nov. 23	Caroline F. (Welcome Home)	1 Year
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Congratulations celebrants! Cheers for your dedication

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Contact the **Bay Area** Service Committee

Subcommittee e-mail

addresses are:

activities@bascna.org

areasecretary@bascna.org

helpline@bascna.org

hi@bascna.org

lit@bascna.org

pr@bascna.org

rcm@bascna.org

web@bascna.org

lit-dist@bascna.org

Or contact us by

pony express at

B.A.S.C.N.A., INC.

P.O. Box 703,

Largo, FL,

33779-0703.

RIP: Belinda M.

