



NEWSLETTER

MARCH/APRIL 2016

In This Issue

Step 3

Step 12

What is H&I

Welcome to the Newcomer

Horoscopes

Upcoming Events

Cleantime in Bay Area

The Bay Area Newsletter Committee would like to hear from you! We are looking for cover stories, poems, comics or something you think is pertinent to be added to our next newsletter.

Next Issue comes out the 2nd Sunday in May
Deadline May 1, 2016
Email lit@bascna.org

24-Hour Helpline
888-779-7117
Call before you use!

STEP 3

Honesty, open mindedness, and willingness are indispensable principles of the Narcotics Anonymous program. The three work in conjunction with one another and encompass the NA way. For the purpose of this article I will touch on willingness. In my experience step 3 yielded a brief yet hearty exertion of willingness that I was able to later apply in other areas of my life. The step reads, "We made a decision to turn our will and our lives over to the care of God as we understood Him." I found a great amount of hope from the idea that "I" did not have to make a decision but "we" could. The step put into perspective for me the difference between will and willingness. For many years I labored under illusions surrounding my ability to make decisions and the origin of my bewildered outlook on life. When I got to NA, I took suggestions and worked the steps. During the completion of my 3rd step, I learned that I must be willing in order to persevere. Being willing involves me participating in something I believe in whether I feel like it or not. The thoughts of not wanting to do something, such as going to a meeting, come from a lack of willingness. There are many excuses I can come up with not to go to a meeting. Early in recovery it was even easier to make excuses. I went to meetings early on only because I believed they contained the solution. After experiencing the solution, I go to meetings because I want to; however, they still hold they solution. Both instances exude willingness. Being willing allows me to be in touch with

the truth as it exists objectively. The example illustrates my illusions and an objective truth. The excuses are my illusions. The truth is that NA meetings contain solutions. If not for willingness, I never would have gone to meetings. My outlook on life is much less bewildered due to the practice of willingness.

Step 3 helped solidify my belief in NA. I had a pretty bad track record with respect to decision making. In my step work, and the program at large, I need make no decisions alone. Learning that the program is a "we" program added to my propensity to be willing. The reason for that is because I saw people staying clean and I figured they were being willing. I decided to be willing with them; to allow my life to be run by something other than me; god as I understand it.

I struggled with turning my will over because I thought without it I could not be willing. I found that my "will" is a crude and unusable resource. Turning my will over involves the three indispensables. What comes out the other side is a will for me from a source other than the deluded perception of addiction. Will for "me" come from my higher power and is contingent on my participation in the program of NA. The 3rd step was the first step in believing in doing what is right no matter how I feel; willingness.

Anonymous

Welcome to the Newcomer

When I first walked into the rooms of When I began my journey in recovery, I wasn't sure I wanted to stay clean. However, I was tired of dealing with the consequences because of my drug use. On May 23, 2013 I was arrested and sentenced to a 6 month residential drug treatment center. Upon successfully completing the program, it was suggested that my first day out I go to a Narcotics Anonymous (NA) meeting. I was less than thrilled about the idea. I had many things I needed to take care of that day. My way of thinking at that time was, "I can go to a meeting tomorrow. I have priorities today." I decided to go to the meeting regardless of how I felt or what I was thinking. See, I was tired of being a disappointment to my friends and family. I was tired of being so close to success but always choosing failure. I was tired of being entangled in the legal system, but most of all, I was tired of being held prisoner to my addiction. I remember when I was being evaluated in jail, the clinician asked, "Do you know what you have to do to stay clean?" My response was, "Yes. I just have to stay away from drugs for three days." Little did I know, even though the drugs were my ultimate demise, they weren't my problem. They were my solution and that was my problem.

I decided to take the suggestion of doing 90 meetings in 90 days. The first few weeks was a very odd experience for me. Not that there were odd people there, but I felt like I was the odd one out. My whole life was spent trying to find somewhere to fit in. So I took a leap of faith and began talking to people. I found in doing so, that I wasn't the odd one out. I had a lot in common with the people in NA. As I began to become open-minded, it was no longer if I could apply what I heard in the rooms, it was how. I kept hearing people with a lot of clean time suggesting for anyone new to get a sponsor. I had no idea what or how that worked, but I knew I was going to do it because I had never been able to stay clean as long as I had. One day I was at a meeting and a very humble man was celebrating 23 years. 23 YEARS! That kind of time away from drugs was unheard of to me! I awkwardly asked him to be my sponsor in which he agreed. I am approaching my 3rd year of recovery now. It has been a journey full of peaks and valleys. Today I wouldn't change my life for the world.

I have always heard it said that, "You'll be living beyond your wildest dreams before you know it." I truly believe that today, as I am doing so. Today, I am able to be human. I am able to relate to the pain and fear in others' lives and help walk them through it without succumbing to addiction. I am able to face my own pain and fears with courage and triumph. I no longer wake up obsessing about drugs. I no longer have to be ashamed of my behavior or who I am. I am able to go to bed at night with a piece of mind, knowing I gave it my all. I no longer allow my addiction to make my choices for me. I have become an individual again; one that has a mind of his

own. I no longer am ashamed to ask for help when I realize I do not have all the answers. This is what I was told to do: Get a sponsor, get a home group, work the steps, believe in myself, go to meetings, and help another recovering addict. Very simple answers, for a very complicated person. I did just that; I kept it very simple. Today, my life is manageable. Today, yours can be too.

Steve S.



SUNDAY, APRIL 17th 2016 10am to 5pm

**2016 S.I.A. Unity Day
At Taylor Lake Park**

**GAMES
FOOD AND FUN
MUSIC
RAFFLES
MEETING FROM 1PM-2PM
BOUNCE HOUSE FOR KIDS
KAYAKING FOR ADULT AND CHILDREN
FACE PAINTING
SCHEDULED GAMES
CARD PLAYING
DOMINOS**

**TAYLOR LAKE PARK, 1100 8TH AVE. SW, LARGO, FL 33770
SUNDAY, APRIL 17TH 2016 • 10:00 AM TO 5:00 PM
ANY QUESTION PLEASE CONTACT 727-320-6020
NA IS NOT AFFILIATED WITH TAYLOR LAKE PARK**

In case of rain, the event will be postponed until Sunday, April 24th 2016

Have you heard members of Narcotics Anonymous mention something called H&I and wonder what it stands for?

Are you a newcomer, and old-timer, or an in-betweener looking to get involved with service? Are you looking to relight your recovery fire?

H&I stands for Hospitals and Institutions. This subcommittee brings meetings into facilities where clients cannot regularly attend outside meetings of Narcotics Anonymous. One of the great things about this service opportunity is that it gives addicts a regular - usually weekly - service commitment. The benefits of such service are innumerable; we get to practice accountability, commitment, and perseverance - to name a few. Members with clean time often share that a weekly H&I commitment was sometimes the only thing that kept them anchored in recovery. We can't keep what we have without giving it away!

If you want to carry the message of hope into a facility, please attend the subcommittee meeting, which is the first Sunday of every month at 8:30 am at 7550 40th Street North Pinellas Park, FL 33781. The best way to support Hospitals and Institutions is by regularly attending the monthly subcommittee meeting.

The Bay Area currently has meetings at the following facilities: Westcare, Turning Point, Safe Harbor, Fairwinds, Windmoor, Goodwill, and various PAR facilities - such as the detox, the women's village, and the residential program. We also have men and women take the message of Narcotics Anonymous into the county jails. The jail presentations are always looking for new participants. Please visit our area website at http://www.bascna.org/wp-content/uploads/Jail_App_theRightOne.pdf to download the application, and submit it at the regularly scheduled subcommittee meeting.

H&I will be hosting a learning day **April 23, 2016** at Terra Nova (not affiliated with Narcotics Anonymous), located at 7550 40th Street North Pinellas Park, FL 33781. Learning day is an annual event hosted by the subcommittee to educate and motivate members to get involved. There will be food available at no cost. Please support Bay Area H&I by attending. Bring your friends!

If you are a professional who is interested in having a meeting at your facility, please contact our area helpline at (888)-779-7117 and ask to be directed to public relations or to the H&I chairperson.

The following members describe their feelings about H&I in 3 words:

Ernest E. – “Gives spiritual growth”
Kevin S. – “Saves my life”
Megan G. – “I never forget”



HOSPITALS & INSTITUTIONS LEARNING DAY

To carry the message to the addict who still suffers

APRIL 23 • 11AM-2PM

7550 40TH STREET NORTH • PINELLAS PARK, FL

Please come out and show your support! If you are not able to attend, please suggest it to someone else who may be interested. This is a great way to learn about H&I and get involved in service!

Speakers:

Justin R. 18 months

Sara J. 12 years

Frank M. 35 years



Food & Refreshments will be served.

Bay Area Area H&I Tee Shirts will be sold!

All the money goes back to the Bay Area to help us continue to carry the message to the addict who still suffers.

Contact Leelah for more information **727.565.5380**

NA is not affiliated with Terra Nova



Step 12: Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

Clean for many years, I often wondered about my spirit and its condition in recovery. As a using addict, my self-centeredness consumed me completely; I was just an empty shell with respect to my spirit and my awareness.

As a newer member of NA, I began to practice a non-religious spiritual path suitable for my life in recovery. This path and a program of recovery, in NA only, led me to develop an ongoing awareness of my internal condition. Through clean time (recovery) and step work (introspection) I realized the nature and degree of my illness; and, as time passed, I became able to recognize the extent of my spiritual awakening, including its progress or regression.

My experience in NA recovery has taught me to never over-think the meaning of the first segment of Step 12: "Having had a spiritual awakening as a result of these steps," because I know that intellectual analysis, for me, can result in isolation and general indifference to my path of recovery.

The second segment of Step 12, "We tried to carry this message to addicts," is the root of the meeting cliché "I went on a 12th step call..." and should be the primary motivation for all NA groups and meetings. What we share in meetings is our message to other addicts; sometimes, I neglect to consider this fact and share less than a solid message of recovery from the disease of addiction. Other times, I remember why I am in the chair and only share about my path of recovery, in an honest manner.

Step 12 reminds me that NA is "for and about recovering addicts," and has no other purpose. In its most pure

form, NA is a true non-profit, unorganized, entity. We stick together as recovering addicts (unity) and help each other with our individual paths of recovery. The more organized we attempt to be the bigger the mess we create; simplicity works best.

The third segment of Step 12 states: "and to practice these principles in all our affairs." This segment is indirectly linked to Step 10. My path of recovery (clean time) has resulted in a desire to abandon many of my past practices and behaviors; however, being human, I do make many mistakes and must remember to take it easy on myself, as well as my fellow recovering addicts.

The ability to practice recovery from addiction in all of my affairs has improved as I have continued along my path of recovery in NA. I must be able to tell myself that I will always be imperfect, without using this fact as an excuse for poor behaviors or as a rationale for self-loathing.

Today is a new day. It affords me many opportunities: to attend a meeting of NA; to hug my fellow recovering addicts; to treat other human beings with respect; to take it easy on myself; to stay clean no matter what happens; to spend time with a newer NA member or a longtime friend in recovery; to share a message of NA recovery in the meeting that I attend; to work Step 10; to be present for my family and friends; to enjoy life clean; and, to smile, smile, smile!

Anonymous

BASCNA ACTIVITIES PRESENTS: PAINTBALL CHALLENGE

When: Saturday April 2, 2016
@12pm-5pm

Tickets will be sold for \$35 this includes:
-Gun, Goggles, Air, and 500 paintballs



To buy Tickets please contact:

Ramon R. 727-213-7419

Allen R. 954-654-4587

For any question or concerns contact:

Daniel B. 727-218-4606



NA is NOT affiliated with this facility.

HOROSCOPES

Aries- (March 21 - April 19) *The Ram* A Fire sign, ruled by Mars...It is healthier to see the good points of others than to analyze our own bad ones. -Francoise Sagan

Taurus- (April 20 - May 20) *The Bull* An Earth sign, ruled by Venus...People need joy. Quite as much as clothing. Some of them need it far more. -Margaret Collier Graham

Gemini- (May 21 - June 20) *The Twins* An Air sign, ruled by Mercury... True intimacy with another human being can only be experienced when you have found true peace within yourself. -Angela L. Wozniak

Cancer- (June 21 - July 22) *The Crab* A Water sign, ruled by the Moon.... A woman who is loved always has success. -Vicky Baum

Leo- (July 23 - August 22) *The Lion* A Fire sign, ruled by the Sun... There's a period of life where we swallow a knowledge of ourselves and it becomes either good or sour inside. -Pearl Bailey

Virgo- (August 23 - Sept. 22) *The Maiden* An Earth sign, ruled by Mercury... It takes time, love, and support to find peace with the restless one. -Deidra Sarault

Libra- (Sept. 24- Oct. 22) *The Scales* An Air sign, ruled by Venus... Anger repressed can poison a relationship as surely as the cruelest words. -Joyce Brothers

Scorpio- (October 23 - Nov. 21) *The Scorpion* A Water sign, ruled by Pluto... On occasion I realize it's easier to say the serenity prayer, and take that leap of faith than it is to continue doing what I'm doing. -S.H.

Sagittarius- (Nov. 22 - Dec. 21) *The Centaur* A Fire sign, ruled by Jupiter...Noble deeds and hot baths are the best cures for depression. -Dodie Smith

Capricorn- (Dec. 22 - Jan. 19) *The Mountain Goat* An Earth sign, ruled by Saturn...The influence of a beautiful, helpful, hopeful character is contagious, and may revolutionize a whole town, -Eleanor H. Porter

Aquarius- (Jan. 20 - Feb. 18) *The Man who Carries Water* An Air sign, ruled by Uranus... Loving, like prayer, is a power as well as a process. It's curative. It is creative. - Zona Gale

Pisces-(Feb. 19 - March 20) *The Fish* A Water sign, ruled by Neptune... I want to get you excited about who you are, what you have, what you have, and what can still be for you. I want to inspire you to see that you can go far beyond where you are right now. -Virginia Satir

UPCOMING EVENTS

10th Annual Good Day Sunshine Picnic

03/19/2016

9:30 am - 4:00 pm Northeast Park, Clearwater FL

GSR Assembly

03/25/2016 - 03/27/2016

8:00 pm - 11:00 am Tampa Sheraton East, Tampa FL

Open MIC Night & Talent Show

3/26/2016

First Church of God

2202 E Busch Blvd, Tampa, FL 33612

WSUWH 11th Annual Women's Spiritual Retreat

04/01/2016 - 04/03/2016

3:00 pm - 11:00 am Cedarkirk Conference Center, Lithia FL

BASCNA Activities Paint Ball

04/02/2016

12pm-5pm

2987 N. McMullen Booth Rd.

\$35 Call Ramon for tickets 727-213-7419

Great Outdoor Adventure with It Works

04/03/2016

10:30 am - 2:00 pm Saw Grass Lake Park, St Pete

Save Your Ass Picnic

04/09/2016

9:00 am - 4:00 pm Fort Desoto Park, St Pete

Key West Spiritual Retreat 24

Recovery in Paradise

April 22-24, 2016

Sugarloaf Key, Florida

H&I Learning Day

04/23/2016

11:00 am - 2:00 pm Terra Nova, Pinellas Park FL

Fellowship & Fishing FACNA Fundraiser

4/20/2016

New Port Richie

8 hour fishing trip. \$75

DACNA 17: Out of the Shadows

05/06/2016-5/08/2016

Hilton Daytona Beach Resort Oceanwalk Village

100 N Atlantic Ave, Daytona Beach, FL

FRCNA XXXV "Together We Can"

07/07/2016 - 07/10/2016

Rosen Shingle Creek, Orlando FL

Upcoming Anniversaries

Relax and Recover Group

Mike—2-14-2002
Chris A.—3-5-1991
Louis P.—3-11-1991
Kristy A.—3-13-2007
Pete C.—3-23-1987
Jeff B.—3-24-2013
Rhonda F.—4-15-2008

Women and Recovery Group

Cindy S.—2-15-2014
Dovey M.—3-19-2009
Ruth C. - 4-14-2009

Morning Serenity Group

Tom P.—3-5-2014
Rich P. - 4-10-2015

Save Your Ass Group

Heidi—3-4-2009
Debbie P.—3-18-2014
Stuart S. - 3-10-2014
Charles W.—4-3-2014
Maddie N.—4-16-2015
Chaise B. - 4-15-2014
Rick—3-4-2009

Trust the Process

Brittney G. 3/5/2012
Amy E. 3/29/2009
Lisa T. 5/1/2002
Ron K. 5/28/2014

Regardless of

Mike P. 02/15/88
Allan N 03/05/92
Tim K. 03/23/06



GSR's Please make sure to give the newsletter chair at ASC your cleantime for your homegroup or email the list to lit@basrna.org

Deadline for next issue is May 1, 2016



The Bay Area Newsletter Committee welcomes your comments, ideas, announcements, and articles. Your submissions must adhere to the spiritual principles of The 12 Traditions of NA and cannot be copyrighted material from 3rd party persons or publications. Submissions may be subject to editing in order to adhere to the spiritual-principles of The 12 Traditions of NA and/or the space constraints or the group's conscience of the Bay Area Newsletter.