



NEWSLETTER

NOVEMBER/DECEMBER 2015

There are currently 149 meetings and 69 Groups in the Bay Area

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*Happy Holidays
from 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.

Deadline Jan. 4, 2016

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

We Do Recover AKA: The Basement

I guess there are several reasons why I love my home group. I have been a member of my home group for a total of 15 years with a 3 year hiatus when I didn't love my home group and left to help start another meeting. I was gone for 3 years and one day I realized I missed my home group and made a decision "to go home". That is what it felt like; it felt like going home.

I moved to this area with 10 years clean and had previously lived in an area where there were only a few people with double digit clean time still going to meetings. Someone would share something really heavy and everyone would look at me like I was supposed to know what to do or say. It is a serious load. When I moved to Bay Area I joined "We Are Recovering" and found that I had middle of the road clean time with folks way ahead of me, and folks coming up behind. I felt and feel fortunate to be in a room with people who love NA the way I do and continue to do the deal with decades clean. A motion was made in our home group meeting and the name changed from "We Are Recovering" to "We Do Recover" to put us in line with our literature. The chapter "We Do Recover" was written partially by Jimmy K and was found in the little white booklet also called the white book and eventually was also a chapter in our Narcotics Anonymous Basic Text. We have been called "We Do Recover" since the late 90s.

We met in the basement and it reminded me of where I got clean in NJ where we

actually met in church basements. We were called the basement then. So the name kind of stuck even though we moved to the second floor library and then finally found our home on the third floor. I say we are 'attic addicts'. Some people call it the elevator meeting but it generally known as the basement meeting.

We are considered rebels of sorts, we only use 7th Tradition funds to pay rent and buy literature and supplies. We do not use 7th Traditions funds to buy coffee or cakes. We have a 2 month prudent reserve and all monies beyond our expenses are sent forward to Area Service. We don't have picnics or parties and are adamant about the use of the 7th Tradition funds in our home group.

We are one of the few maybe only speaker meeting in the area. We have our home group members celebrate by speaking when they receive their medallions. Many people spoke for the first time at "We Do Recover".

If you are interested in speaking at "We Do Recover" give me a call. You must carry a clear NA message.

I have always heard it said that if you don't think your home group is the best one then you have the wrong one...

Thanks for reading.

Kristi-Beth F.

Fall Horoscopes

Aries- (March 21 - April 19) *The Ram*
A Fire sign, ruled by Mars...Even though your good deeds seem to go unnoticed and under-appreciated, the universe is aware of your positive impact. Thank you for doing what you do. Remember, when you feel discouraged, prayer and meditation will help with this.

Taurus- (April 20 - May 20) *The Bull*
An Earth sign, ruled by Venus...Whether it's a good thought or a bad thought, thinking about it and doing it, are not the same. Actions speak louder than words. Prayer and meditation will help with this.

Gemini- (May 21 - June 20) *The Twins*
An Air sign, ruled by Mercury..Getting fueled by anger only fuels the destruction of your spirit. Life works better with peace and serenity. Prayer and meditation will help with this.

Cancer- (June 21 - July 22) *The Crab*
A Water sign, ruled by the Moon.... Your journal misses you. Write something in it and get to know yourself better. It's okay to gain awareness. Prayer and meditation will help with this.

Leo- (July 23 - August 22) *The Lion*
A Fire sign, ruled by the Sun...If there was 10 more hours in the day, you'd be absolutely unstoppable! But there's not. You need some downtime. Prayer and meditation will help with this.

Virgo- (August 23 - Sept. 22) *The Maiden*
An Earth sign, ruled by Mercury... Telling your boss what you think about his spiritual principles won't help you get your vacation request approved. Prayer and meditation will help with this.

Libra- (Sept. 24- Oct. 22) *The Scales*
An Air sign, ruled by Venus... Making decisions can be difficult. After all, they are so permanent. And what if you choose wrong? When in doubt, do nothing until the right choice is more obvious. Prayer and meditation will help with this.

Scorpio- (October 23 - Nov. 21) *The Scorpion*
A Water sign, ruled by Pluto... Finances seem to come and go like the tide, so why even worry about it? There never seems to be as much as you'd like anyway. Prayer and meditation will help with this.

Sagittarius- (Nov. 22 - Dec. 21) *The Centaur*
A Fire sign, ruled by Jupiter...Relationships require a lot of work, and you may find yourself thinking that a plant or pet is a better way to go. Prayer and meditation will help with this.

Capricorn- (Dec. 22 - Jan. 19) *The Mountain Goat*
An Earth sign, ruled by Saturn...Seeking out a person in order to make amends to them may seem like willingness and a commitment to recovery in your eyes, but these actions can easily backfire. Wait for the opportunity to present itself, and let God bring them to you. Practicing faith and patience are two principles to keep in mind. Prayer and meditation will help with this.

Aquarius- (Jan. 20 - Feb. 18) *The Man who Carries Water*
An Air sign, ruled by Uranus... The message of the stars for you this month is to flow, not fight. Make a decision to just let go. Surrender, and trust the process. Prayer and meditation will help with this

Pisces-(Feb. 19 - March 20) *The Fish*
A Water sign, ruled by Neptune... Holy cow Aquarius! What were you thinking? Remember that really humiliating moment from a year ago? Well, nobody else does, except you. Quit beating yourself up for it, and live in the now. Prayer and meditation will help with this.

A home group is instrumental in my recovery

When I first walked into the rooms of Narcotics Anonymous, people used to ask me questions like “How badly do you want to stay clean?” and “Are you doing everything you can for your recovery?” I knew I needed to take action if I was truly willing. Hearing suggestions such as working the steps, getting a sponsor, and getting a home group, all sounded foreign to me. However, I kept coming back and started to catch on to what they were saying. About two weeks into recovery, I joined my first homegroup “Morning Serenty” and jumped right into service.

When I became the greeter, I was able to establish many friendships by getting to meet everyone who was coming to the meeting. It got me comfortable talking with newcomers, people got to know who I am and it made me feel pretty good about myself. I started to chair meetings and eventually got a key to the building. I finally felt like I was a part of something.

After 18 months of serving my home group, I was asked to become treasurer. At first, I was overwhelmed with the task but the longer I did it, the easier it became. It was an amazing feeling to know that they let an addict like myself be in charge of holding all of the money. By doing this, it taught me how to be more accountable, trustworthy and responsible. I am so grateful that I had this opportunity.

At the end of the day, this has just been my experience. What's important is that you make your own experiences. You can only find out by taking the action. I didn't know why I was doing any of this this in the beginning. I just did what I was told, and eventually it started to make sense. It was simple: find a homegroup and do service work. I understood why in time.

Rob P.

*The lights are out,
music is playing, I'm
finally feeling relaxed.*

More relaxed than i have in days. I'm warm with love after getting hugs and talking with friends. I know I'm safe here. I know my higher power is here and i can speak openly. I know i belong. This is the scene of my home group.

In this group I have found, love, spiritual-ity, and growth. This meeting had carried me through grief, relationships, break ups, changes of recovery, spiritual growth. This group has also given me a place to help the new comer, celebrate with my fellow addicts, be a part of service, get reconnected.

My home group is a mediation meeting, sisters in serenity has probably been one of the biggest parts of my recovery and life in the last year. Thank God for the dedicated women that started this meeting, the ones that have come and gone, the ones that are still there in loving spirit and the women that are still carrying it today. I'm proud to say this is my home group and these are the reasons I love it!

Karly

Sisters in Serenity

Choosing and supporting a home group is an important part of recovery. A home group is a meeting where you are comfortable and one you will attend regularly. We call this our home group because it suggests a place where we fit in and belong. Having a home group allows us to have an anchor each week where we can get to know the people and they can really get to know us. We develop a bond with each other as we grow together. - IP#2 The Group

NA groups—not NA meetings—are the foundation of the NA service structure. Together, the NA groups are responsible for making service decisions that directly affect them and what they do in their meetings as well as those that fundamentally affect the identity of Narcotics Anonymous. For instance, new NA literature is approved by regional delegates at the World Service Conference only after they have received direction from the groups they represent. Likewise, “proposals to change NA's Twelve Steps, Twelve Traditions, name, nature, or purpose should be approved directly by the groups” before they can become effective, in accordance with our Second Concept.

- The Group Booklet

*Top 10 reasons
I love my home group
... Okay 12*

- 1) When I go there, I'm clean.
- 2) It's located outdoors in a park
- 3) I usually get to see my sponsor there
- 4) Coffee
- 5) The format is (solution based) open step discussion
- 6) There's dogs there
- 7)There's girls there
- 8) people are happy to see one another and hug there
- 9) somebody always makes me laugh
- 10) I'm clean when I leave there

- 11) It's a great way to start the weekend
- 12) NA Bay Area Baby!

Brad S.

N. A. SLOGANS

1. I Can't, We Can.
2. We did not quit, we surrendered,
3. Meeting makers make it.
4. Keep Coming Back
5. An addict alone is in bad company.
6. Dial it, don't file it.
7. If god scares you away, drugs will bring you back
8. Hugs not Drugs
9. Come early, stay late
10. You spot it, you got it.
11. Be patient, God is not through with me yet.

***Above all, read the book,
don't use and go to meetings.***

My Homegroup

I love that my home group is a safe place to share.

It's a place where I know I can let down all of my shields and just BE. I learn, I grow, and I am nurtured each time I show up and give of myself in some way. I love how tangible the presence of my Higher Power is when I allow myself to plug into the power of my home group and receive the recovery coming through the messages of each of my fellow members. I am grateful to have a place to call home in the ever growing program of Narcotics Anonymous, a group of addicts who have been there for me since day 1, a place where we all get to watch one another change- go through joys and pains- and grow and become the people we were always meant to be!

Ashley S

Trust the Process



Why I Love My Homegroup

I remember the first time I walked into my homegroup. It wasn't the first time I've been to a meeting, but it felt much the same. Why? Because it was such a small and intimate space and I wasn't sure if I was ready for that level of honesty. After crying my eyes out and sharing about my struggles I found some peace. I wasn't expecting to find a group of people that cared so deeply and expressed their love so clearly.

I keep coming back to my homegroup because, like a fellow addict said last week, it feels like a family. I am happy to see everyone there and I genuinely care about what's going on in their lives. Before my addiction got bad school activities that I was involved in like band provided a feeling of closeness, friendship and love. My homegroup ignites that warmth within me that says, "this is home and this is where I belong."

My homegroup "dope-fiended" me into the GSR role after about six months of being there. After getting my name on the phone list, organizing the binder, going to area and helping open and close, the meeting really began to feel like my child. Quickly I realized that it wasn't just my child. This was every group-members child. We care for the meeting and we love the space because we know that the newcomer is the most important person at any meeting. I get to be part of the same process that unfolded for me when I first walked in the door. That is the most rewarding feeling I think I could ever have.

Thank you to everyone at "It Works" and NA!

Take R.

It Works

Note from the Newsletter Subcommittee:

Instead of throwing away your newsletters, please consider recycling them... And we don't just mean in an eco-friendly way! Try giving your group's old newsletters to an H&I panel member, and ask them to bring the newsletters to the institution they visit so that the addicts there can read our newsletter, too. If you do not know of an H&I panel member, bring them to the Area service meeting.

Word Search - Step Twelve

w	o	r	p	r	a	c	t	i	c	e	d	e	s	e	c	a	r	f
n	d	p	o	n	w	c	f	e	l	l	o	w	s	h	i	p	u	p
w	d	c	g	h	a	j	r	t	o	g	k	p	j	e	f	a	n	r
i	n	o	d	h	k	s	e	r	v	i	c	e	o	l	e	m	e	o
l	i	e	u	s	e	a	n	i	e	o	p	a	c	p	u	r	x	g
l	s	g	n	a	n	r	t	g	n	i	y	l	n	i	n	g	a	r
i	s	h	a	r	i	n	g	t	h	o	p	e	b	n	i	t	m	a
n	n	i	e	v	n	e	r	o	o	m	u	a	s	g	d	t	p	m
g	m	g	a	d	g	o	r	h	g	c	h	c	w	r	r	t	l	r
n	a	h	g	c	a	r	i	n	g	c	a	c	h	a	n	g	e	s
e	h	e	c	m	e	s	s	a	g	e	e	e	g	n	e	g	t	u
s	a	r	l	u	m	e	t	i	m	f	l	t	z	d	c	h	e	t
s	b	p	a	s	e	z	o	s	e	e	s	t	r	i	v	r	c	i
t	i	o	u	e	i	a	a	s	w	h	l	a	i	r	o	i	n	y
g	c	w	t	h	s	m	o	o	h	o	g	n	f	e	s	h	a	n
i	m	e	i	e	t	p	a	t	i	e	n	c	e	c	d	e	r	d
v	o	r	r	p	r	d	i	o	p	s	c	e	e	t	e	t	e	q
i	h	m	i	u	p	e	n	p	o	o	d	b	d	i	g	o	l	p
n	m	a	p	r	i	m	a	r	y	s	w	a	a	o	c	d	o	n
g	s	d	s	s	s	i	y	h	w	t	i	h	o	n	e	s	t	v

awakening
change
spiritual
practice
hope
message
Fellowship
direction

caring
helping
willingness
example
love
HigherPower
service
primary

program
sharing
giving
honesty

purpose
acceptance
tolerance
patience

Created by: Alley S.

Gratitude Dinner

Come out and share your **GRATITUDE** and a wonderful meal with us on Saturday November 14th. This is a free event for members and their family. Enjoy lots of food and fun with us as we reflect on all the wonderful things that we have to be grateful for. Food at 2:00 pm and meeting at 4:00 pm.

Please see any **BASCNA Activities Subcommittee** member for details or email activities@basna.org. *accepting donations.*

Freedom Lake Park
9990 46th St N
Pinellas Park, Florida 33782



www.recoverycartoons.com



What a homegroup means to me.

I remember sitting in my first meetings and wondering how people stayed clean. I couldn't stay clean for 5 minutes. The longest I had stayed clean on my own was two weeks and even then it wasn't because I wanted to stay clean. I didn't know if NA would "work" or what I expected to get out of it, but I knew I couldn't keep doing the same thing I had been doing, I just didn't know how to stop.

I heard people share about how they chased their recovery, like they chased their drugs. So go to a meeting each day... got it, one a day, sometimes two, Check. I heard them say, get a home group. WHAT IS THAT? They said, it is a meeting that I attend regularly, where I am willing to be a part of and help out. Ok, I can do that. So, then I was on a mission. I began to pay attention at the meetings I attended. And at the end of every meeting, when they put their hands up to show they were a homegroup member, I'd watch to see what they did. I found out some people came early to set up and some stayed late to clean up after the meeting. Others would put up chairs or talk to newcomers. Then, I got this idea. I wanted to join a group that could use "MY" help. I didn't want to be lost in a group with many homegroup members, because my desire to be a part of "something" was so great.

Sometime around 60 days clean after attending meetings every day, I found the one. I selected the group that I would call "my homegroup". I attended every week, would show up early and stay late. I learned so much being a member of that group. It taught me that just because I don't agree with what other people say, do or feel, doesn't mean I have to act on my first thought or feeling. I learned to accept myself and others for who they are at that moment and to practice these principles in all my affairs. Not just in NA, but in everything I do, from my personal to my professional life.

I believe that the homegroup is the lifeline of NA. Without the group, there is no fellowship. This is the first place that I learned about the first tradition, "Personal recovery depends on NA unity." I don't get to keep my recovery unless I give it away to others that are seeking recovery. The meeting is the place that we get to do that. Having a homegroup is where I found that doing things for others helped me stay clean. It's what worked for me in those early days when I couldn't stay still, didn't have any friends and wanted to find a new way to live. I love the group I call "My homegroup" it is the most important meeting I attend each week! To me, it's the best meeting in the Bay Area!!

Danette

Looking for Something to Do?

Step Free Bon Fire Meeting
Every 3rd Thursday (weather permitting)
10721 61st Ave, Seminole

Gratitude Dinner Nov. 14
9990 46th St N., Pinellas Park

Sponsorship Breakfast Nov 21
Speaker Meeting - 2 speakers
1676 S. Belcher Rd., Clearwater

Wisdom Fest Dec. 5
Tampa Learning Day
12pm-6pm
2202 E Busch Blvd, Tampa

Spirit of Unity
Car & SE Zonal Formum Jan 23
10am2-2pm
Terra Nova
7540 40th St N, Pinellas Park

Save your Ass Picnic April 9
9am-4pm
Fort Desoto Park

FRCNA XXXV July 7-8
Rosen Shingle Creek
Orlando Florida
frc-na.org



The stories herein are the views of the individual contributors. No endorsement by NA is to be implied.

Thanks to all the homegroups that helped participated in the Tradtion Workshops in the Bay! area!

Traditions Project Update

The Traditions Project covered a lot of ground in the past two years, and we appreciate all who participated in the process. Review and input periods for the final two batches of material ended with input for Traditions Seven through Ten on 31 August 2015, and Traditions Eleven and Twelve and the closing section on 30 September 2015. The work group had its final meeting in mid-September, and will continue making revisions to incorporate Fellowship input into the approval-form draft, which will be mailed with the Conference Agenda Report in November.

There has been an ongoing evolution to the structure of the chapters and the overall workbook since the beginning of the project. We are striving diligently to create a piece that will meet the many diverse needs and wishes of our members. Based on ideas and suggestions from the Fellowship, there will be some further modifications to both content and structure as we progress toward the approval-form version. The biggest changes include simplifications of the chapter structure and an effort to reduce the overall length as much as possible. We've had to make some difficult decisions along the way, such as taking suggestions from some input rather than other input when multiple pieces of feedback contradicted each other. For each of these decisions, we were always guided by the question, "What will

make this workbook the best piece of literature possible?"

The level of participation was impressive, with groups from many places sending input on a regular basis. Some had workshops at regular intervals, while others sent what they could when they could. We are very grateful for the hard work and support that have come from members, home groups, literature committees, and ad hoc review work groups that participated in the development of this book. Your efforts shaped and improved the work immeasurably.

As we all know... It takes an entire Fellowship to create the best NA literature possible. Participate on the project discussion board: <http://disc.na.org/trads>

Find complete project details, including materials to help you submit, at www.na.org/traditions.

*Copied from NA Way Magazine
October 2015*



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 now helped introduce 23 self sufficient NA meetings in FLand beyond; including, Coleman Federal Penn, Alabama, NW FL, Georgia, and South Carolina. 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 further 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.

If you are interested in gaining a State or Federal clearance or for more information and guidelines on the program, contact Gilbert O. at 813.245.5399.

Upcoming Anniversaries

Wake Up Clean	Howard	33 years
Wake Up Clean	Alex	2 years
Wake Up Clean	Darell	18 months
Stairway To Recovery	Heather	18 months
Saturday Night Live	Jenelle A.	18 months
New Beginning Southside	Manny M.	1 year
Young Free and Clean	Jennifer T.	1 year
Always Here	Dave M.	7 years
It Works	Andrea B.	9 year
Welcome Home	Kevin B.	
Always Here	Donna B.	7 years
Save Your Ass	Alice N.	9 years
New Beginning Southside	Bethane	4 years
Young Free and Clean	Rob P.	4 Years
The Dunedin Group	Casey S.	3 years
We Do Recover	Allen C.	
ICOF	Alan C.	3 years
ICOF	Paul S.	14 years
Welcome Home	Dave T.	
New Beginning Southside	Leroy S.	27 years
Welcome Home	Shane A.	
Always Here	Fred G.	2 years
Wow	Mia M.	24 years
Welcome Home	Michael H.	
Dunedin Group	Janet H.	
Noon Group	Colleen H.	6 years
Welcome Home	Scott K.	
Save Your Ass	Debbie B.	12 years
Noon Group	Susanne P.	2 years
Relax & Recover	Rodney F.	21 years
Welcome Home	Nellee H.	
Relax & Recover	Kim G.	5 years
Save Your Ass	Joe S.	24 years
It Works	Kaila W.	1 year
Noon Group	Ed C.	31 years
Noon Group	Betsey	5 years
ICOF	Erin G.	7 years
It Works	Melissa G.	1 year
Miracles Happen	Sharon L.	18 years
Noon Group	Grant T.	1 year
Welcome Home	Drew F.	
Women & Recovery	Robin K.	2 years
Trust the Process	Liz M	19 years
Welcome Home	Steve B.	
Welcome Home	John N.	
Welcome Home	Shawn E.	
Sisters In Serenity	Karly W.	5 years
Welcome Home	Jim S.	
Keys to Recovery	Michael V.	
Miracles Happen	Dawn E.	3 years
Trust the Process	Chris B.	
Relax & Recover	Lina T.	1 year
Relax & Recover	Scott K.	7 years
Relax & Recover	Brad H.	11 years
The Dunedin Group	Keith N.	5 years
Relax & Recover	Joel M.	5 years
Welcome Home	Jay V.	35 years
It Works	Johhny B.	8 years
It Works	Valerie S.	3 years

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.