



A Spiritual Principle Called Responsibility

According to Tradition Nine, all the committees of the Tampa Funcoast ASC, including the Activities committee, were created to perform services directly **responsible to those they serve**. Who do the committees serve? The committees serve the NA groups that are comprised of NA members. “The Group Booklet” states—all members are **DRUG** addicts. Therefore it is clear that the committees serve the addict members of NA. The committees do not serve other entities such as treatment centers, churches, courts, members’ families or members’ children. While many of these outside places

and people benefit from the addict’s recovery, the primary *responsibility* of any NA committee is to serve the NA fellowship’s addict members.

The Tampa area has developed a culture of allowing children at our meetings and functions, a practice that is rare and generally not seen in the larger NA community. I have been to NA meetings in 3 continents and at least 19 states where I have not seen children in meetings or at functions. In fact, in most places I’ve visited, the majority of the meetings were closed—for addicts

only. I know when the Tampa fellowship was young, members brought their kids to meetings and functions. I also recognize that the fellowship was much smaller, more intimate, parents were more responsible for their children and we were more willing to accept *responsibility* for other members’ children. Times have changed, likewise, NA, as such, has changed also.

Now the questions. There

are those who ask, “What about the one parent who really needs a meeting? I ask “What about the addicts that can’t focus or hear the message because of disruptive behavior?” or worst yet “What about the hundreds

as scores of events put on by the home groups.

Finally, I close with NA’s 6th Concept of Service defines voting as a tool for translating spiritual guidance into clear, decisive terms. At the last ASC, the groups voted to



of addicts that can’t meet because we lost our meeting place due to *irresponsible* parents?” I also ask, “Is a Valentine’s dance a requirement to stay clean? Is it *responsible* to have a child at a New Year’s Eve function? Meetings regularly scheduled at this time will still be held and if a parent needs a recovery meeting, it is available. Also, there are at least 7 functions put on by Activities where children are encouraged to attend, as well

have 3 Activities subcommittee events with no children. I humbly (*spiritual principle*) and *responsibly* support that decision because I trust (*spiritual principle*) that it is the God conscience (*spiritual principle*) and therefore right. If you agree with the decision, get involved in service. If you don’t agree – definitely get involved in service (a *spiritual principle* too).

—Anonymous
(*spiritual principle*)

Inside

- 20 Suggestions
- Staying Connected
- Self-Discovery
- Crossword
- A H&I Note:
- Anniversaries
- Poetry & Thought
- Steppin’ Up Birthday
- WCNA
- Fishing For Fun

Having Stepped-Up For 26 Years

Besides my homegroup, I normally attend meetings more on a whim rather than any real planning. I rarely attend events because I'm just not an *events-kind-of-guy*. However, some friends might argue that it's because I find a date. More on that at a later time.

So, on Saturday, November 5, and on a whim I went to a meeting. Some friends of mine were also at that meeting with each one imploring me to attend their homegroup's 26th Anniversary celebration. It would be later that day at Abe Brown Ministries where each Monday they have their meetings.

It was just down the street and it would begin at 4PM. I figured I would go and maybe help set up but not stay for the actual event. I would just *hang-out* for a bit and then go home.

I suddenly remembered that I purchased a raffle ticket a month earlier and decided to stay. Maybe I would win the grand prize which was a 42 inch LCD television. There was also a chance to win a MP3 player or a set of NA Literature.

I'm glad I did stay because while I didn't win anything, I did have a great time. I took home some of the infectious gratitude that was floating around there that night and not to mention, enjoyed a great dinner.

The Steppin-Up members opened the celebration with the Serenity Prayer and the NA readings. Afterwards, each homegroup member



gave their name and shared on their gratitude for their homegroup, for the fellowship of the program and their recovery. Next, a member whom I suspect was the eldest member (eldest in membership to the that group) gave a presentation on the group's history.

Steppin-Up was started in 1985 by husband and wife, Alvin and Rosa P. because they believe there was a need for literature emphasis in what was then a very young Funcoast Area. Today, the Funcoast has 100 meetings, but in 1985, Stepping-Up was only 1 of 16.—*Cont'd. p. 5*

Staying Connected

In a single word, Step Eleven says to me—Connectivity!

Here is an example of the *natural* extremism of my being. In an earlier topic, "Once an addict, always an addict," I seemed to chatter unceasingly, when I could have kept within the realm of simplicity. Which when it comes down to it, "simplicity" is what works best for most of us.

Not unlike the previous ten steps and the twelfth step to

come, it is my privilege to initially obtain a working knowledge of the steps under the careful, experienced tutelage of a Sponsor.

I've taken the liberty to import excerpts from the Eleventh Step of Narcotics Anonymous that speak directly to me.

By surrendering control, we gain a far greater power. The **purpose** of the Eleventh Step is to increase our awareness of that power and to improve our ability to use it as

a source of strength in our new lives.

Ours is a spiritual not religious program. By the time we get to the Eleventh Step, character defects that caused problems in the past have been addressed by working the previous ten steps.

Sometimes when we pray, a remarkable thing happens; we find the means, ways and energies to perform tasks way beyond our capabilities.

We pray that God will show us his will and that He will help us carry that out.

We do the footwork and

accept what's being given to us freely on a daily basis.

I regard myself as a simple-primitive-man with a penchant for blather.

"Connectivity" may seem too simple a term and of course if I left it at that, it wouldn't make for too much of an article now would it?

The conscious contact of the Eleventh Step, permits me to flavor my conscious with God having my back at all times. **And with that kind of empowerment, all things are possible!**

—Anonymous

Self-discovery

Learning To Push Up and Stand

I want to share with you how my Higher Power used my goddaughter's learning to sit upright to teach me how He uses her life experience to develop me.

A few weeks my goddaughter began trying to sit up. This occurred around the same she begin seeing that her hand was, in fact, her own. Much like how the first step early in recovery helped me to understand what my problem was. As she continued on in her self discovery she soon discovered her legs. It was funny how she would just lay on her back, kicking wildly but getting nowhere. While I was aware of the second step, I also realized I wasn't getting anywhere.

Soon, she begin to learn how to push with her legs while in her grand daddy's embrace. While since birth

he would place her on his chest and allow her to push from her legs yet still secure in his embrace. Man, how she would wobble from side to side. That big head just flopping side to side. Like her, in my third step, I was secure in the embrace of my sponsor. I would attempt to push up and stand upon my belief.

Then she starts teething. Oh the sequels I heard during phone conversations with her mom; I was grateful I was to send her home. Like in the fourth step, I cried and cried from the pain of seeing me and the things I did. During that time, I sat in front of a McDonalds while on the phone with my sponsor and cried as the pain griped my heart. Just as her mother knew the pain her child was experiencing so

did my sponsor know that to deny my pain would be to deny my growth. So he just set with me during the weeks as we worked threw it, using a joke or two to bring soothing to help as a parent does when they give a teething ring to a child to help ease the process without stopping it.

Just as her mother knew the pain her child was experiencing so did my sponsor...

As she was coming to a part of life where it was discovery time. I also found in Step Five some freedom to discover new things. Two weeks ago, she visited me for a few hours. As she laid on my couch struggling to sit up by her self I saw Gods heart.

In Step Six and Seven, I am struggling with assets and defects while attempting to sit up in life. The past two months have been lows for me. Unemployment, the ending of friendships, and the gaining of weight. These things are hard for me. While putting Fay to bed for nap she threw a fit! It was heart breaking and how I wanted to pick her up to rescue her from the pain. Yet, I knew if she gave in and stopped fighting she would sleep. As God has a plan for me and to for me to be prepared for that plan, I have to wrestle with the defects that have prevented me in life. So I understand now

how God's heart is heavy as I go through this time. Yet he allows life-on-life terms to develop me and He is right beside me looking into the depth of my spirit. —Ira M.

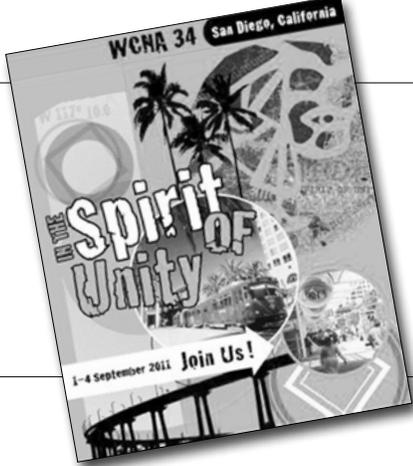
Fellowship, Freedom and Fishing



On October 29th, 44 recovering addicts boarded the Queen Fleet Charter Boat in Clearwater, Florida. The seas were a bit rough but we sailed under the experience of Captain Bob. Fishing on this day was a bit challenging due to the weather conditions, but still, the average number of fish caught by most members that day was about 5. While those that did not catch any fish, did catch some great memories that will last a lifetime. We were able to donate 5 seats to children. I am grateful to have had the opportunity to share in the Fellowship this great freedom and fun. Yes, we're doing it again next year. —Kim G.

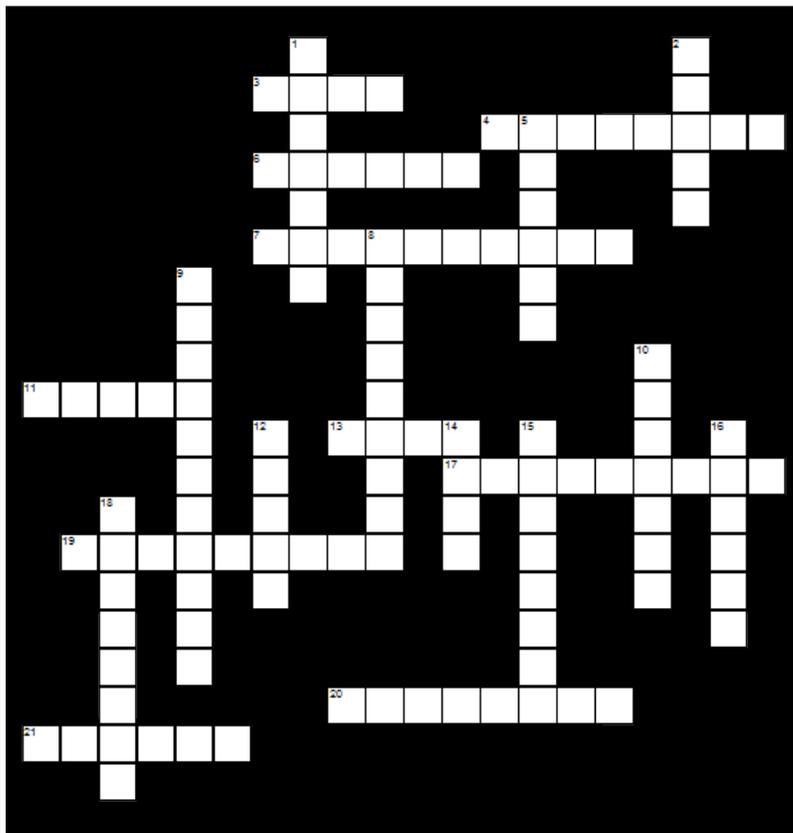
The West Coast Greet A Member Of The Funcoast

On September 3rd, the Funcoast's very own Ninnah R. was of the featured speakers at the NA World Convention 34 in San Diego. She is pictured here with the Japanese Drummers (also, our fellow members) who performed on stage that night.



FUNCOAST CROSSWORD

Step 4 "We made a searching and fearless moral inventory of ourselves"



Across

3. What we currently know to be ___ we put on paper.
4. We try to free ourselves of old, useless ___.
6. Each layer of the "onion" represents another layer of ___.
7. ___ action on the 4th Step is important.
11. The way to write an inventory is to ___ it.
13. Once we begin the words seem to ___.
17. We do not recover physically, mentally or spiritually ___.
19. Anything we think about is ___ material.
20. The stress once trapped inside of us is ___.
21. Through this process, our lost ___ may reawaken.

Down

1. An inventory initiates a process of change and ___.
2. We're building self ___ in the process of working Step 4.
5. We take stock of our ___ and liabilities.
8. We want to be at peace with our own ___.
9. We make a list of our ___.
10. We explore how we felt about ignoring our deepest ___.
12. We have found that fear is a lack of ___.
14. Let's face it; this step takes a lot of ___.
15. Naming our ___ is important.
16. The solution to our problem is a profound ___.
18. We begin to stop being the person we ___.

(Answers on page 7)

Sponsorship

Sponsorship? Who me? Sounds daunting initially, doesn't it? You mean I have to ask someone to show me how to, "get-er-done? I have to ask for a teacher? Ask for help?" I mean, "don't you know who I am? What if I do muster the courage and I'm rejected? *Fuhgetaboutit!* The very thought of asking for help seems to petrify some of us.

In reality, this is the common avenue of the most accomplished among us. In any other area of life we may feel a bit timid but at some point we realize that if we wish to prosper, it is in our best interest to seek out someone who has experience in their respective field of expertise.

For me, Sponsors are guides—not "Gods."

Usually but not always their clean date precedes mine, however, this is not always the case. What is more important is that they be a member of Narcotics Anonymous, have a working knowledge of the Steps, Traditions and Concepts and that they do their utmost to apply these principles in all their affairs.

In my life, the responsibility of my Sponsor is to guide me so that I can obtain a working knowledge of the Twelve Steps of NA for personal growth, the Twelve Traditions for, "how to get along with my fellows" and the Twelve Concepts, so that I can be of maximum service

to the champions within our service structure.

Once obtaining a basic knowledge, it is my responsibility to craft and hone a stronger application of these tenets so that it becomes more second nature and to pass the baton of experience onto others seeking a way out from the hell hole of addiction.

We keep what we have by giving it away! This is how we do it. There's an expression in our Basic Text that reads: "Sponsorship is the heartbeat of NA."

One of the most prosperous places for me to be is to be *locked-in* between Sponsorship and Sponsoring. It permits me to be a student/teacher for this life long journey and it's been one hell of a ride! —Anonymous

Stepped Up from p 2—

While our Predecessors Alvin and Rosa are no longer with us today, their efforts are not forgotten by many in Tampa including myself. Following the history presentation, the remainder of the hour was opened to anyone that wanted to share. We closed, then ate and had a very enjoyable fellowship.

—Terence B.

Steppin Up is a Basic Text study group and meets every Monday at 6:30 PM on 2921 N. 29th St. in the Sanctuary building of Abe Brown Ministries.

20

Suggestions For The NA Member SPANISH/ ENGLISH

1. Fortalecete En Tus Debilidades / Strengthen Your Weaknesses
2. No Recover Esa Primera Droga/ Don't Pick Up The First One.
3. Un Adicto Solo, Esta En Mala Compawa / An Addict Alone Is In Bad Company
4. Doma La Silla / Stay In Your Seat
5. No Hacer Una Reunio Dentro De Otra / Don't Have A Meeting Inside Another One.
6. Has Tres Comidas Diarias / Eat 3 Times A Day
7. Buscate Un Poder Superior / Look For A Higher Power.
8. Practica La Honestidad / Practice Honesty
9. No Andar Con Un Adicto Activo / Don't Hang With Active Addicts
10. Buscate Un Grupo De Apoyo /Join A Homegroup
11. Aprender A Esperar Learn To Wait.
12. Practica El Perdon Practice Forgiveness
13. Permits Que L@S Recien Llegados Se Recuperen / Let The Newcomer Recover
14. Na Es Un Programa De Abstinencia Mas Cambios /Na Is A Program Of Abstinence And Change
15. Cambiar Lugares, Personas Y Cosas / Change People Places And Things
16. Es Poco A Poco, Pero Constants Y Continuo / It's Little By Little But Constant And Continuous
17. No Hagas Fugas Geograficas / Don't Do Geographic Escapes
18. No Andar Con Mucho Dinero Encima/ Don't Walk Around With A Lot Of Money On You.
19. Identificate Y No Te Compares/ Identify Don't Compare
20. Manten El Foco En Ti/ Maintain Focus On You.

Respectfully, Danny M. 30/April/2002

Anniversaries

NOVEBER AND DECEMBER

Brandon At Noon

Adrena P. 11/1/1984
Brandon C. 11/12/2008

Breakfast Club

Steve A. 12/26/2009

Daily Recovery

Craig J. 12/15/2005
Denise C. 12/10/2000
Donna W. 11/15/1988
John C. 12/31/2004
Leslie B. 12/4/1987
Monique 12/8/1998
Sam 12/1/2003
Tanya R. 11/28/2007
Taryn T. 11/21/2004

Emergency Room

Jennifer S. 11/23/2007
Joe G. 12/9/2009
Keith J. 12/19/1986
Michael K. 11/23/2005

Free To Be Me

Jennie G. 12/18/2010

Happy Hour

Craig M. 12/28/1996
Rick S. 12/11/2008
Shawn B. 12/18/2007

High Lie

Charlie S. 12/12/2004
Kevin G. 11/16/2010
Sarah B. 12/6/2006

Hope In Lutz

Jamie M. 12/9/2007

Hope In Recovery

Lindsey B. 12-16-2010
Tanya R. 11/28/2007

Hyde Park NA

Sam M. 11/13/2008

Keep The Faith I & II

Tina S. 12/5/2009

La Ultima Parada

Axel R. 12/6/1994

Live Or Die

Johnie W. 11/6/2008
Mike B. 12/15/2009
Rob W. 12/10/2005
Rose B. 12/19/2000

Monday Meditation

Rachal B. 11/23/2005

More Hope I & II

Eugene M. 11/18/1996
Rudy H. 11/21/2003

NA At The Nook

Kathy M. 12/26/2006

NA Speaker Meeting

Justin 11/4/1992
Tony N. 12/2/2001

Never Too Young To Recover

Matt 11/1/2009

New Bite Of Serenity

Barbara A. 12/11/1986
Leroy W. 12/22/2008
Tony W. 12/26/1993

New Tampa NA

CJ 11/25/1987
Jeff S. 12/26/2003
Virginia 12/2/2009

Old-Timers

Collette 11/25/2010

Gilda S. 11/5/1995

James W. 11/29/1997

Ray R. 11/6/1991

Our Primary Purpose (OPP)

David G. 12/24/2008
Smitty S. 11/1/2002
David G. 12/24/2008

Radical Recovery

Liz M. 11/22/2000

Recovery Central

David J. 11/17/2006
Eric S. 11/13/1986

Renegade Recovery

Dan N. 11/1/2010

Rise For Recovery

Jerome M. 12/9/2009
John R. C. 12/31/2004
Kelvin M. 11/15/2005
Lisa S. 12/22/2007

Saturday Night Live

(Buck) Aaron C. 12/8/2001

Stepping Up

Donna A. 11/15/1988
Ralph W. 11/4/2008

Sunday Serenity

Jennifer P. 12/21/1990

The Women's Recovery Room

Adrena P. 11/1/1984

Together We Can

Jennifer S. 12/25/2003
Vanessa S. 12/28/2009

TTNA

Ashley C. 12/1/2009

War Is Over

A. W. 11/27/2008
Adrena P. 11/1/1984
Cy K. 11/19/2006
Kevin B. 11/7/2001
Nancy H. 11/21/2003
T. C. . 11/9/1992

Welcome Home

Mike N. 12/15/2009

Women Do Recover

Chevonne W. 12/10/1993

Women Of Freedom

Julia N. 11/8/2010

Women Of Serenity

Angela P. 12/2/2005
Gilda S. 11/5/1995

Women's Hope

Ashley A. 11/8/2009
Deana R. 11/2/2009
Diana M. 12/25/2008
Linda W. 12/27/2006
Phoebe B. 12/7/2005
Sharon A. 12/17/2009
Sheri S. 12/26/2008
Taryn T. 11/21/2004

Unknown Group

Dan N. 11/1/2010
Jessica S. 12/19/2010
Keith J. 12/19/1986
Michael K. 11/23/2005
Mike M. 11/27/1984
Ralph W. 11/4/2008
Scott K. 11/25/1984
Steve P. 11/11/1987



*The Newsletter Committee Wishes
The Funcoast Members And Their Families
A Happy Thanksgiving!
And A Very Safe Holiday!*

An H&I Note:

Volunteer Criteria

Listed below are the minimum requirements by the Hillsborough County Sheriff's Office to be eligible for consideration in entering their jails and institutions. These do not necessarily guarantee selection.

- No arrests within the past year
- No current warrants
- No misdemeanor convictions (other than traffic) within the last 3 years
- No felony convictions within the last 5 years
- No more than 5 total convictions in a lifetime
- Not on any supervised probation, parole, or conditional release
- Not a registered sex offender or sexual predator
- Have not served time in prison within the last 10 years
- Must be a member in good standing of a recognized organization
- Must notify our agency of any arrests, warrants, or law enforcement contact that occurs after initial approval
- Must successfully complete volunteer orientation
- Must agree to and sign volunteer rules and regulations
- Subject to person/belonging search at anytime while on facility property
- Cannot personally associate with known felons
- Maintain good moral character

Step Eleven

We sought through our prayer and meditation to improve our relationship with our higher power.

Asking for the knowledge of his will, for us, that leads and guides us each and every hour.

Every day I will seek his will, and from the challenges I shall never cower

Because as I seek his will I also seek his great power!

Prayer is me speaking to him.

Meditation is him speaking to me,

I'm learning that as I do his will I am happy, joyous, and free!

The eleventh step is such a thrill that I do it over and over again,

It's a powerful step that leads and guides after we've worked steps one through ten.

I'm grateful to my sponsor, friends, and all of you in NA.

And thanks to the eleventh step I make meetings almost every day.

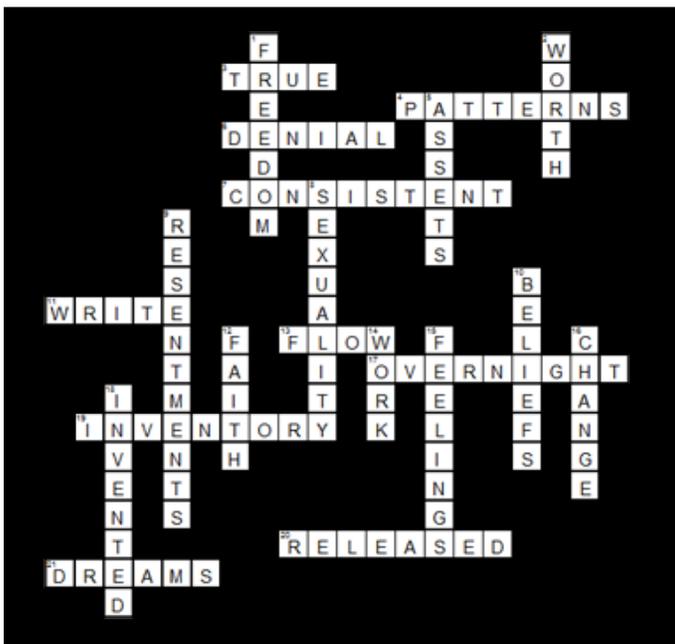
I close this poem being very grateful to all of you in the rooms

And I hope that his will is to meet each and every one of you very, very soon.

The eleventh step is truly worked on the fun cost

That's because we have a higher power that I honestly love the most!

—Israyl J.



Poetry & Thought

*How I sit and wonder what it would be like.
How I sit and wonder what life is really like.
How I sit and wonder is this my fair portion.
God help me to surrender to the powerlessness of
my addiction.*

*I need a God stronger than me.
I need a God who can always save me.
There is a God who loves and hears me.
Thanks I give to the God who sent me to
recovery.*

—Meagan B.

Active Addiction

Been down the road of dissolution,
sidewalks of confusion,
I was comfortable in the ditch,
It was my nice when I was using,
dope. just to cope had nope in my life,
In a fetal position wishin' dat I would die,
I felt worthless, ugly, pathetic, alone,
And I never had a place that I could call my home,
on my own. I struggled so much to survive the streets,
and every time that I was fed up all I did was repeat
never sleep. never failed to fail the ones that depended,
on a dope fiend like me,
relations started then end,
all hope was gone there was no way to be mended
failure in my mind the space was fully rented

—Angel C.

Not So Gloomy

Sittin' here with multitudes of gratitude,
With a new attitude,
I know the war is over,
I can take over any latitude,
I ain't mad at you, anymore,
I been through so many wars,
Now I never fight cuz' I surrender to a higher force
I make a choice it's a decision,
To wake up every day with a new vision,
Throw away my superstitions
Because everything I thought I knew
Is subject to revision
I have a disease it's in remission,
I do things differently and all your things
Won't come up missin',
I'm just sayin' I'm not judging
Today I feel I'm well my worth,
From feeling worse and worth nothing,
So if I break my anonymity
Why don't you sue me,
I just want to give you poetry that's not so gloomy,
I got a job-I do pay rent, my son is living with me
I owe it all to you, those who stuck it with me
Life is sweet-thanks for being in my Kool-Aid
For telling me to keep it simple stupid, Just For Today.

—Angel C.



The Tampa Funcoast Area of Narcotics Anonymous 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 Clean Times Newsletter Committee. Your submission might be reprinted or quoted in other NA newsletters and/or related media throughout the NA Fellowship worldwide. Submissions are of the opinions of the author and not necessarily those of the Tampa Funcoast Area Of NA or Narcotics Anonymous as a whole.