



January/February 2017

How It Works (a Funcoast series on the steps and traditions)

Step 1. "We admitted that we were powerless over our addiction; that our lives had become unmanageable."

The principle of Step One is honesty. I have worked this step numerous times solely addressing my active addiction with drugs. In It Works How and Why, it says, "In NA, we deal with every aspect of our addiction, not just the most obvious". . . . The NA Step Working Guide states "If we've been clean awhile and our First Step is about our powerlessness over some other behavior that's made our lives unmanageable, we need to find a way to stop the behavior so that our surrender isn't clouded by continued acting out". My sponsor suggested we work the next round of steps focused on relationships. Initially I was very excited thinking "cool, a different spin on the Steps"! Ignorance is bliss. I couldn't have anticipated how emotionally raw it felt to address how powerless I was over relationships; that my life had become unmanageable. I wrote on relationships at all levels; coworkers, with authority, women, family, society, romantic and sexual. My powerlessness was obvious: incessant ideas of how things needed to be and most

everything had to happen and finalize what I demanded they be. In self-honesty, I started to see my patterns in relationships that made my life unmanageable; distortion, fantasy, and self-seeking behaviors that caused wreckage; everyone else needed to get it right, not me. Writing honestly on those aspects of my addictive behaviors was very self-revealing. Prior to, I couldn't detect my being out of touch with my part in relationships. Yet, it was very necessary to write about it all; see things for what they were in order to get the miracle of relief. The reward I would have never anticipated is the profound emotional and spiritual shift our literature mentions. I could no longer live comfortably doing what I used to do. Practicing old behaviors does not align well in the direction of my spiritual journey through NA. I'm growing and doing better and I absolutely love it!!! As my former sponsor once put it to me "Baby, once you know, you know. You can't back to not knowing".

Step 2. "We came to believe that a Power than ourselves could restore us to sanity."

The spiritual principle in this Step is hope - a feeling of expectation and desire for a certain thing to happen. Understanding and applying this step gradually grew over time. I had been on my own at a young age for a long time before coming into NA. Whatever I expected and desired was acquired through my own efforts or means; shelter, food, drugs, school and work. That was my idea of sanity. Initially, restoring sanity happened in the same fashion; my way.

One of my favorite lines in the NA It Works How and Why book regarding Step 2 reads. . . "we open our minds to an entirely new idea: the possibility that something greater than ourselves might be powerful enough to relieve our obsession to use drugs". That "something greater than myself" was the hope that I could get better. I needed help. I walked into an NA meeting and got a daily reprieve at least for an hour. It was the safest I felt so I continued to come to meetings. I volunteered for a service commitment, had a homegroup, made meetings often, had a new relationship, stopped working steps, and I wouldn't let anyone in. I did this for years in recovery. Yeah. . . no. . . Healthy relationship skills was something I knew nothing about. So much began to happen in my life pulling me away from me; all I wanted was to keep a piece of me to me. It became impossible, I became overwhelmingly unhappy, therefore I isolated and hope slipped further away. Using started to seem like an attractive escape from my reality. Ultimately I chose to not use and regain the hope I desperately needed by going back to doing the basics as suggested; made meetings often, and became a homegroup member, got a sponsor, used that sponsor, worked steps with them, got a service commitment, and I started talking and allowing people to get to know me. I'm still doing the basics; focused. My current sponsor taught me that restoring my own sanity comes first; before anyone else. I love NA. Thank you for my life NA.

Tradition 1. "Our common welfare should come first, personal recovery depends on N.A. unity."

"Our Traditions are the guidelines that protect us from ourselves. They are not our unity." Regardless of my personal relationships with other people, my opinions or perceived needs, the first tradition reminds me that my life and well-being are dependent on the unity within the rooms of Narcotics Anonymous. You see, I am a drug addict. A clean addict recovering from the self induced hell of drug addiction. If I could have quit, I would have. There were many times that I knew I had a problem and no options. My options for living became a reality when I found the rooms of recovery. Within these rooms, for the first time in my life, I could identify with other isolated people. They shared their experience strength and hope and I was not alone. I was shown, by example, that I could quit using drugs one day at a time. What I needed was not to use and go to meetings. I became part of the group, another member of N.A. Within these meetings I became we. Together we quit surviving and began to live. Together we had hope, together we developed faith, and together we were not alone. Together we carry the message of recovery to the sick and suffering addict, that no addict seeking recovery need die of drug addiction. For these reasons the group is more important than the individual. Unity within the group provides that place for the newcomer. It is imperative that all our welfare comes first. All our lives depend on this. This is not a concept. It is a spiritual principle.

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Like any other living organism made up of different cells, each cell is its own unique self, with its own particular traits. These cells share many similarities but are different. One cell connected to another to form links in a chain that creates the body. Many perform different functions but all are necessary for the life of the being. We in N.A. are much the same and that is what this tradition speaks to. Our experiences are what made us, and all of us, come to N.A. with a lot of baggage from the past. Our character deficits do not go away over night and in many cases over a period of years. So, we within the groups have many varied ways about us. In general, we often speak power where none is needed and, as in our addiction, by any means possible. Our steps are the tools by which we address these particular problems. Our traditions are the frame work that protects us from ourselves. The first being that the groups be protected from our deficits of character. We tend to be self destructive. Unity is that quality of being in which we learn to work together in spite of ourselves. We learn to trust group conscience. Based on spiritual principles, we provide an atmosphere where we are safe and can grow in our recovery. Where we can be free of our defects, most of the time. Where we can work and grow into spiritual beings. On a spiritual place we are all equal. It is in this light we need to view other members of N.A. regardless of our differences, our opinions, or needs. In the long run, my experiences have taught me that it is our differences that give us strength. That unity is the spiritual principle where we learn to grow into the belief that we are more alike than different. That unity provides for our common welfare and above all it comes first.

-John M. ROTI

-- reprinted from Clean Times Jan. 1996

Tradition 2. "For our Group purpose there is but one ultimate authority - a loving God as He may express Himself in our Group conscience. Our leaders are but trusted servants; they do not govern."

This tradition is where we discover that this is a God program. He plays the large part and we as recovering addicts in service play the

small part. We show up and give, give, give and He (H.P.) holds it all together.

H.P. allows us to check egos at the door and practice the principles in all our service efforts. Service is for those we serve. The good thing is that any addict can do service in one form or another.

Service has its rewards. It helps me to have consistent work habits for the good of N.A.

as a whole. It also rewards me with better relationships with recovering addicts.

Tradition Two causes the recovering addict to practice the principle of openmindedness and allows us to disagree without being disagreeable. Having an open mind gets us out of self and allows new ideas and change to take place within the program.

We have to have a good attitude of goodwill and trust. Trust that those before us, through spiritual guidance, established a program that works for all people seeking recovery can find it without being governed.

Tradition Two also encourages us to practice the principles of faith, humility, and trust. Which as a group, we all benefit from these principles.

Service to the fellowship can be very rewarding. It builds strong relationships within the fellowship as well as allows groups such as my home group to stay around for a long, long time. Group conscience is only achieved when everybody is considered equal and has the right to practice the principles without politics.

Our leaders are but trusted servants, they do not govern... Thank God!!!

I can't... We Can.

-Alvin Addicts Salvation

-- reprinted from Clean Times Feb. 1997

Ask An Addict

Will my trust issues change in recovery?

Basic text

As we see coincidences and miracles happening in our lives, acceptance becomes trust. We grow to feel comfortable with our Higher Power as a source of strength. P 25

One of the most profound changes in our lives is in the realm of personal relationships. Our earliest involvements with others often begin with our sponsor. As newcomers, we find it easier if we have someone whose judgement we trust and in whom we can confide. We

find that trusting others with more experience is a strength rather than a weakness. P 57

We must remember that offices have been placed in trust, that we are trusted servants, and that at no time do any of us govern. Narcotics Anonymous is a God-given program, and we can maintain our group in dignity only with group conscience and God's love. P 64

We learned to trust God for help daily. Living just for today relieves the burden of the past and the fear of the future. We learned to take whatever actions are necessary and to leave the results in the hands of our Higher Power. P 91

We trust in our Higher Power for the strength to meet our needs. P 97

Other people in our lives help us to develop trust and loving attitudes, we demand less and give more. We are slower to anger and quicker to forgive. We learn about the love that we receive in our Fellowship. We begin to feel lovable which is a feeling totally alien to our old egocentric selves. P 97

I was blessed with the gift of taking recovery seriously. I listened and stuck with the "winners," like I was told. I trusted my sponsor's suggestion to attend the world convention in Chicago and met and shared recovery with addicts from all over the world. Many of them are still clean today, and I consider them my brothers and sisters. P 178

I have a Higher Power now and that makes me feel more tranquil. I trust that no matter what happens I won't be alone. Today all things are better balanced. P 191

Living Clean

We trust that more and more as our experience grows. We can see that our actions have consequences for us and for the people around us. Denying this is a form of self-obsession. We do matter, and we want to consider how we contribute. P 17

There are some questions we can't answer we believe won't be met. It begins with the amends process, the understanding that we can forgive and be forgiven, that we can take responsibility for our actions and make better choices. P 28

Addiction is a painful disease. Our spirituality doesn't kill that pain, but it gives us the ability to move through it, past it, and out into the rest of our lives. We can accept our feelings, feel them, and move on. We begin to trust that the pain we feel at moments in our lives will not consume us. We can start to trust ourselves to feel without fearing that our emotions will destroy us. P 38

Many of us are used to being driven by crisis or calamity. It can take practice to learn to be

motivated by something other than pain. Being willing to step out and act because something feels right to us takes a new kind of trust. "Just as I struggled to list my assets in my first Fourth Step, I struggle to list my goals and the things I enjoy now," one member said. We transform need into desire, and obsession into determination. When we become willing to accept what it really means to set ourselves free, we are in for quite a ride. P 40

As we develop more ways to relate to our Higher Power, we find benefits in all of our relationships. For some of us this never comes to involve a Higher Power that we would call God: "I trust the unity in NA," said a member, "that it will reach out to me and be there when I reach out. NA has carried me when I couldn't walk." Learning to pray is a process. The journey is its own reward. "I learned the Serenity Prayer without the first word, because I knew I didn't believe in that. When I was working the Third Step for the first time, I began to pray by saying "thank you." Most of the time now it's not "please" or "thank you" or any kind of dialogue; it just is. I take a deep breath and cherish this quiet moment of being connected." p 42

As we stay together, we find in one another a deep affection and trust that can override the hurts and squabbles we have along the way. The ties that bind us together are also the roots that nourish our growth. P 67

Over time, as we care for people and see that they really do support us, we start to feel a little safer. We can be a little more willing to take a risk, let go of what's not working, and try something different. Each time we make ourselves vulnerable and find someone there for us, we come to a new level of safety and trust. P 69

When we are in crisis, it doesn't matter if we trust someone or not; we reach out and are grateful that anyone is there to grab our hand and pull us back from the edge. We need to trust before we begin to discern who is trustworthy. P 70

Our sense of stability within ourselves allows us to take greater risks, whether that means being willing to pursue a new career or to put our hearts on the line with someone we love. When we learn to trust that stability, we can let go a little more. We no longer spend our days or nights worrying—or wishing—that it will all go away. P 96

We can stand up for ourselves without feeling like we are fighting for our lives. We begin to trust that our needs will be met, and to see the imperfections in our circumstances as opportunities rather than barriers to growth. P 104

2016 TOP PICKS FROM THE NEWSLETTER SUBCOMMITTEE

Free To Be Me
Sitting
Waiting
Anticipating
What will it be like?
What will I see?
When I am free to be me?
Will I participate in life?
Or continue to let it pass by?
Will I allow responsibility
to set in?
OR remain a child?
Will I accept the will of God?
Or take the wheel?
Will I show up and
be a part of?
Or remain in my shell?
Return to that awful hell?
I have the choice win or loose
It's better than what
some people choose
I no longer lie, cheat or steal
I gave myself a chance to heal
A day I thought
I would never see
Today I am free
Free to be me!!!

Stepping Into The Light

For so long I thought I
walked alone
Never knowing you were
by my side
Couldn't find a place to
call my home
Thought it was enough to
just survive
But then the darkness
Brought me to my knees
That's where I found the
faith
You had in me
Stepping into the light
You were always there
beside me
Your loving voice to
guide me
It's time I gave up on
the fight
And let this spirit take
to flight
Stepping into the light
Stepping into the light
Every day He's with me
everywhere
I can see Him in my
child's face
I can hear Him calling
out to me

Jenny Penny
Little girl so loved
Butterfly kisses and hugs
Prance through the yard, under the
sun
Who would have thought you'd be
the one
Back and forth, how could I chose
A fanciful battle I was destined to
lose
Look at these eyes, Look at this face
Little girl so loved, why the dark place
Complicated life inside this head
Do you know how I'm feeling,
did you hear what I said
I chose the other side,
haven't you heard
Must I say it again,
I stand by my word
My pleas disregarded too many
times to count
Distress of this girl becoming
paramount
Resentments like scar tissue,
can't take anymore
Feelings of abandonment,
like you walked out the door
You keep me here and you will see
Little girl so loved is no longer me
Take me away to a world unseen
Build up my walls, fuck being clean

Feelings no more, I won't be a fool
Happiness fades, it's all too cruel
It's the Devils soul I aquire a taste for
Away goes the pain, I hurt no more

Little hands and feet all dependant
on me
You never have to choose,
your heart will be free
I'll prove my worth, I'll prove my right
Til my last breath,
for your life I will fight

I did it all alone, or so I will say
All my help will end in the darkest
of days
Delusional, paranoid, scared to death

I can feel His love and
tender grace

And all these blessings
Bring me to my knees
I'm grateful for each day
You've given me

Stepping into the light
You were always there
beside me
Your loving voice to
guide me
To "Just let go" without
a fight

What the fuck did I do,
I can't catch my breath
No son, no home, no dog, all alone
No one to turn to,
no king to my throne
My home was in prisons and
metered phone calls
Can't see the light until everything
falls
I threatened you once and said you
will see
But I'm so scared,
will you please help me
Little girl so loved, Im on my way
I won't leave you, Im here to stay
Thoughts are a whirlwind,
can't believe what's been said
No clue if it's real or just in my head
What the fuck have I done,
I promised him I'd fight
For his own safety,
leaving him was right
Locked in a cage,
many days and nights
No words from this mouth,
nightmares and fright
Unbeknownst to me,
my lesson was learned
I regretted the day my family
I mourned
Little girl so loved, it was all you
All in your head,
you didn't have to choose
Unconditional love had never departed
You're fucked up mind is why
this all started

Loved ones, time, and memories lost
Its all over now despite the cost
Give me your hands, I'll hold on tight
For this little boy, I promised I'd fight

Your dreams will come true,
that's what she said
Bring all your stuff and sleep
in this bed
You are now home, here are the keys
Promise me Jenny, we won't lose you
to this disease

And let my spirit take
to flight
Stepping into the light
Even though the road is
long
He gives me strength to
carry on
And now I see it
burning bright

I'm stepping
into the light

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 FL and beyond; including, Coleman Federal Penn, Alabama, NW FL, Georgia, and South Carolina. The process began 7 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



My First Meeting	I can't understand a thing, it sounds fuzzy.	Don't tell her that! You should've made something up!	pecially my family and loved ones that suffered through my active addiction right beside me. I always ask that I might walk in love "Just For Today" and that I would be a good example of what recovery in NA is supposed to look like. I pray that when someone in the "rooms" or someone who is still running and gunning sees me and knows that I am in NA sees peace. I pray that through and with my Higher Power, I am a good example of the NA walk.
Anxiety.	Where's the bathroom?	"Hi, Sarah. Welcome!! ☐"	
Pure unadulterated panic.	Where'd they get the coffee?	Wait, what?!	
Was I always this afraid?	Oh you'll throw up if you drink that, don't even try it.	Why are we hugging again?	
Did it always hurt so much to try and talk?	Why is it taking so long?	Maybe this isn't so bad after all.	
Why does it feel like everyone is looking at me?	When is it over?	Don't listen to her. This is awful!	
They are. I know it.	What are those things on the walls?	Shut up for a second would you! The shaking stopped, maybe it'll stop again.	
Why are they hugging me? They want something.	What are Steps? Why are there 12?	"Hi... Thanks...."	
They always want something.	What do they need traditions for?	-----	
Why are we praying? What's a key... what?	My head is killing me.	"Just For Today"	
Who are they clapping for? What did they do?	I should be high right now, not sitting here.	We all say it at the end of every meeting, but how I look at, believe in, and live "Just For Today" has changed through the years.	
Wait; why am I here?	What's a drug of choice?	Actually "Just For Today" hasn't changed at all, although by the Grace of God, I have grown spiritually, mentally and maybe even emotionally today.	
Oh right because the house mom said I could.	What's this pamphlet with numbers for?		
What are they talking about? Why are they smiling?	I'm not calling these people!		
I can't stop shaking,	I don't even know who they are.		
Oh god it hurts.	Not like they'd answer anyway.		
They know.	Oh what's happening now?		
Of course they know you idiot! Who do you think you're fooling?	Why are we standing?		
You don't belong here.	Sweet it's over...		
They're just like everyone else.	Why are we in a circle.		
Don't be so naïve.	Praying again! Seriously this is stupid.		
You know they only want one thing.	Wow my bones don't hurt right now.		
I can't get warm, it's like my bones are cold.	What's that? Why did it stop?		
Why does it hurt so bad?	Now what do I do.....?		
Make it stop.	"Hi what's your name?"		
I really need a cigarette.	Why is she talking to me? I hate women.		
What are they saying?	"oh um, my name's Sarah"		

to get high when I was sad, now I pray. I use to get high when I was happy now I pray and thank God for my blessings. When rough times came I use to get high, now I turn to my Higher Power.

“Just For Today” when I allow my wife to upset me, instead of getting high I can take a few deep breaths and ask my Creator for the next right thought or action and it just might be saying I’m sorry or keeping my big mouth shut. I have learned through prayer, from my sponsor and others in and out of the program that most of the time I am better off listening than talking.

“Just For Today” I still get to go to meetings almost every day. When I ask my sponsor how many meetings a week I should be going to, he asks me how many days a week did I get high? He lets me know, that would be a good number to start with.

“Just For Today” I am grateful and show that gratitude by carrying the NA message to others.

Before I go to bed at night, I reflect on my day and take a quick inventory. If I owe an amends, I take care of it as quick as possible. I make an effort to not repeat the same mistakes over and over, although I often fall short. I have to let go and let God.

It has been said, “Can any one of you by worrying add a single hour to your life?”

I get to do ALL of this “Just For Today” as long as I just don’t use today, no matter what!

With Kind Blessings,
Reggie R.
Breakfast Club

TD’s Lament

or

As Yoda might say in some far, far away episode of South Park:

“The derp is strong with this one.” — by Dan W

I knew that I had wandered past a boundary. The map I followed was of an imaginary world. But all those warning signs - the sense that something was off balance, that disturbance on the perimeter - were taken as stray signals.

I was a decade clean and a service guru. I had been committee chairs, GSR and RCM. I had run the game. I had learned that I could get over on a room full of meat puppets who were half asleep or lost in fantasy. I could stonewall with a litany of details and spin a web of illusion until I lulled them into submission. Because service.

The system. Take a simple idea and complicate it. Trample disagreement with a Nazi hostility. Maintain truthiness across all platforms. Wear non-combustible pants. Shake my moneymaker ’til eyes glaze over and heads nod in agreement - faster, harder, going like mad and yes they said yes we will. Yes. Because leadership.

When I spoke a colony of bats flew out of my mouth. But it’s valid because I said it. It’s true because someone repeated it. It’s fact because people were convinced. Or intimidated. En servicio amoroso, y’all. I transformed a service committee into my personal circle jerk and I would go full ad hominem on anyone who hurt my fee-fees. The Traditions are not negotiable, which means I’m right, you’re wrong, end of story. Because unity.

I am the NA Machiavelli - better to be feared than loved. Disputes would be settled with a simple “What’s the TD move?” Women would ask me to auto-

graph their tits. Jimmy K was a punk.

Gradually, all those stray signals gave me an uncomfortable feeling that would not go away. Like waking up after a dream unsure if it was just a dream. The closer I examined the dream the more obscure it became, fading into a fog just when I thought I had it.

Later, a narrative appeared out of the haze. I had a fall from grace, a hard landing in the real world. And the fall was my own doing - that combination of pride, ego and a sense of infallibility that the Greeks called hubris. My ego, dishonesty and contempt led me into spiritual darkness. The truth bounced off like I was wearing body amour. There was anger and contempt at my core. I was empty. I was a coward. And in great pain.

In another age, the natives would have boiled me in oil and made a necklace of my teeth. But the people I had manipulated and deceived looked at me with love and compassion. They recognized me as one of their own. Someone pointed out that what I had done - in another setting - would be a felony. Another suggested that you can’t count what you don’t have. I was reminded that we serve something greater than ourselves. And I’m not all that.

Mostly they just smiled and said “Keep coming back.”

Reaching Out

Whether you are an NA member, a professional who works with recovering addicts, an incarcerated member, or a member who carries the message via service with Hospital and Institutions; the Reaching Out newsletter curated by NA World Services may be a resource for you. Reaching Out in its design helps incarcerated addicts connect to the NA program of recovery, enhances H&I efforts, and offers experience from members who have successfully transitioned from the ‘inside’ to be productive members of society. All are invited to share their experience, strength, and hope in the Reaching Out newsletter. The Reaching Out publication is seeking paid subscribers to assist in supporting our continued efforts to distribute the magazine to our members housed in state and federal facilities. Ask your home group to subscribe and help us carry the message. Contact Gilber O. at 813.245.5399 or via email at gbs92101@hotmail.com



ANNIVERSARIES UPCOMING JAN. & FEB. EVENTS

A New Way
Ellen R 1/22/2016 1
Rich V 1/4/2016 1
Danielle S 2/8/1996 21

Brandon at Noon
Kathy R 12/30/2014 3
Ella C 1/3/2015 2
Bill G 1/31/1987 30
Brian M 2/4/2007 10
Noel J 2/11/2012 5
Vicki M 2/12/1999 18
Jennifer F 2/14/2010 7
Pam J 2/15/2016 1
Christopher E 2/25/2014 3

Grow or Go
Jim C 1/4/2016 1
CJ 1/10/2011 6
Eddie B 2/20/1987 30
Hank T 2/21/1987 30

Freedom from Pain
Mary N 12/7/2015 2
Sean O 1/15/2009 8
Cindy V 1/23/2013 4
Tom P 1/20/2015 2

Heights of NA
Billy W 1/21/1987 30
Todd F 2/4/2011 6
Derek 12/23/2007 10

Hyde Park NA
Philip G 10/4/2004 13
Mike D 11/29/2014 3

Keep the Faith
Robert 2/1/1998 17

Making It Happen
Chrissy R 2/13/2010 7
Joanne D 2/17/2012 5

**Monday
Meditation**
Scott K 12/21/2007 10
Katie R 1/30/2015 2

Adam Z 1/6/2015 2
Adam D 1/30/2016 1

NA 180

Jack R 2/17/2013 4

New Bite of Serenity

Linc B 1/10/2015 2
Dee C 1/28/2010 7
Dan W 2/22/1988 29

New Life

Andrew S 12/28/2012 5
Alicia E 2/5/1996 21
Carlton W 2/12/1999 18
Dasy R 2/13/1997 20
Vivian M 2/21/1998 19
Sara M 2/22/1994 23

Radical Recovery

Martin P 1/20/1987 30
Rick B 1/15/2014 3
Lynn D 2/2/1988 29
Kelvin B 4/8/2008 9

Recovery in Riverview

Sharon M 2/28/2008 9

Tampa Unity Group

Charlie L 1/14/2008 9

Triple "M" Group-

Wendell J 1/6/1999 18
Luther R 1/26/1989 28
Jerry R 2/17/1996 21

Anonymous

George J 1/20/1992 25
Brenda B 2/24/2005 12
Maggie R 2/6/1988 29
John G 2/17/2012 5
Chris K 2/18/2003 14

Tampa Funcoast Valentines Dance

February 11, 2017 @ 7:00 PM - 11:00 PM
First Church of God, 2202 E Busch Blvd.
Tampa, FL, 33612

Sweets for Your Sweetie Valentines Dance
Doors open at 6:30pm, Speaker Meeting at 7:00pm,
Dance at 8:00pm
Food & Drinks for Sale, Desserts FREE
\$3 per person or \$5 per couple

Sponsored by Tampa Funcoast
Activities Committee

Tampa Funcoast Men's Spiritual Retreat

March 3, 2017 - March 5, 2017
Cedar Kirk Camp 1920 Streetman Dr., Lithia FL 33541

A Time for Change - the 9th annual Men's Spiritual
Retreat, sponsored by Triple M Group.

Registration is \$160, includes meals and lodging;
deadline 2/12/17.

Contact:
Joe V at 813-917-9924
Everette M at 727-216-5096
Scott K at 727-276-0574
TJ S at 813-347-8169

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.