

Tampa Funcoast Area Of Narcotics Anonymous Clean Times



**813-879-HELP
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FUNCOAST HELPLINE**

May—June 2012

www.tampa-na.org

Champions!



InSide

*Looking Up
Basketball Dreams*

*Pretty In Pink Fashion
Caged Bird*

*Going Down Court
Anniversaries &
Poems*

Keep Looking Up

Most of us have heard the saying, "If you can look up you can get up". There was a time when I thought I knew what that meant, but I didn't. To whom and what was I looking up?

I once looked up to people and things that were not important or healthy for me. I was too busy looking down on myself and looking at everyone and everything around me to even think about looking up. I was scared and I resented the way others were moving forward in life.

I wanted what they had but didn't know how to get it. Then one day, in a moment of clarity, I remembered the words that I had heard so long ago, "If you want what

we have then do what we do". It was time to make a choice!

We all make choices each day as to what we look up to. Today, I look up to a program that saved my life. I look up to a family that never gave up on me. I look up to all of you who are doing what you have to do to make it through another day. Most of all I look up to a loving, caring God who is always with me; a God who never gave up on me; a God who shows me every moment of everyday just how much He loves me.

So for those reading this, you know how low you can go. They say the sky's the limit, but remember this, "If you can look up you can get up, and the sky has no limit". So keep looking up.

—Dee C.

Pretty In Pink Fashion Show

There is a new committee in this area and these ladies are going all the way. Recently they held a Pretty In Pink Fashion Show. The ladies were hot, the little girls adorable and the music was bumping.

The first half of show's host brought up the volume and laughter with his his unique way of doing things. Yes, he kept us rolling. For the second half, another recovering addict hosted and introduced the ladies as they showed evening wear in a way that

brought class. The food was chicken fingers and fries. It was truly worth the money. This event ended with a curtain call and on stage stood before the audience beautiful women in all stages of recovery.

They stood before us with smiles and a sense of sisterhood that just makes you proud to be part of this program and the Funcoast Area. Keep up the good work Bay2Bay and we look forward to the next event.

—Ira M.

Lost Dreams Awaken

How The Funcoast Speaker Jam Began

It was back in March of 2011 my wife and I was speaking at a speaker jam in Orlando. Standing outside the meeting we saw some of the guys from our area. So we walked over and found out there was a basketball game going on. It was four teams from four different areas. I had never heard of such a thing as seen anything like it. It was

will provide. I never thought in a million years it would happen so easily. One night giving a addict a ride home from a meeting. We arrived at a park and I started asking questions about the facility and he gave me a number to call. After calling and walking around the property I thought it would be a good fit. I called one of the team members and we formed a



my first Basketball Speaker Jam.

It was so exciting had we stay and watch our home team play for the championship. Well I'm sorry to say we lost to Delray and we had one serious injury, but it was a close game. So after the smoke cleared we were standing outside the gym and one team member say we've played four contests and never been able to host one.

So I said let me see what I can do to help. So as God would have it if you seek he

committee and the rest is history.

We not only pull it off, we won the champion as well. "God is good all the time." The speaker jam was equally as good as the game we had great area support. I would have loved to see a larger turnout, cause it was a great time had by all. We are in the process of putting together another one. But this next time it will be the North meeting the South so stay tuned.

Thank you for allowing me to serve. —William C.

I Know Why This Caged Bird Hasn't Sung

*My name is Deborah.
I am an Addict.
I am a Mommy.
I am a Survivor.
I am a Writer who has gone
silent for too long.*

Given the opportunity to share a piece of me had left me silent.... musing over what to say and how to say it. I am seldom silent. Upon introspection I have come to realize this free bird has been far from free. While I am proud of what I have overcome and where I am today, I am still sick. I still fear harming those that I love. To share a piece of my puzzle would be to open the cage door and sing. To share just a few pieces of events that have created me requires a vulnerability that is frightening.

I am an addict in recovery. I know what it is like to live to use and use to live. The last few years of my life have been a roller coaster of emotion and spiritual awakenings that I never knew were

possible. The disease of addiction took hold of me at 30 yrs old. I know what it is like to need a drug in order to be a Mommy. I know what true, complete, and total spiritual bankruptcy feels like. I know what it is like to pray for death.

I was the agreeable child. The peacemaker. My co-dependent world revolved around the men and trying to keep a semblance of peace in a land of chaos and discontent. I was taught my physical attributes would be the key to attaining my needs and wants. I have felt the knot in the pit of my stomach for as long as I can remember.

I quickly sought similar validation from a boy and, when facing a new form of abuse, loved me for who I was and without the violence. I was happy. I strove for perfec-

tion. I am not perfect. I soon found the answers in a pill. A pill to help me on my quest for perfection. I continued to numb the hurts of my past. I was addicted. Mamma, Mommy, Wife, Daughter, Sister, Friend... all became inconsequential. Just keep the pain away. My pride would not allow me to ask for help. I was to find the way out on my own as I had so many times before. Pride goeth before the fall. So I fell. And I fell. And I fell. I took the hand that reached out. I fell again. The hand reached out again.

I have learned that this addict will use everything and anything to be numb. Drugs, money, food, lack of food, sex, people, chaos: I can no longer be numb. Today I feel. Today I love. Today I forgive. Today I extend my hand to the fallen. Today I am a Mamma and a Mommy and a Wife. I am a Daughter, a Sister, and a Friend.

Today I am a writer and I am singing.

My name is Deborah and I am an Addict.

My name is Deborah and I am an Addict.



The Parallel Of Recovering Addicts Going Down The Court

As the world sat in anticipation of where Tim Teabow would play next year, our very own Funcoast Area won First Place in NA Basketball Speaker Jam basketball tournament. All those Sunday games and attempts to find a place where Tampa would be

able to host paid off. These men came together no committee, no asking area for funds and not even fundraisers and not only hosted they won. Playing the game were men with



only a few days clean up to those with double digits.

Those who attended and were not watching the game played pinochle, spades and chess. They served hotdogs,

chips and sodas. As a member of NA I am grateful the men of this area were able to once again prove, "The parallel of one addict helping another is without parallel" It was a great time and look forward to more of these kind of events. —Ira M.

Anniversaries May & June

12 Step Sisters

Theresa K. 6/1/2006

A New Way

Art B. 5/12/1997
Bill A. 5/27/2008

Brandon At Noon

Doug Z. 5/10/1998
Waylon M. 5/23/1998
Annie F. 5/2/2004
Deborah M. 5/4/2004
Alice P. 5/3/2009
Brain G. 5/8/2009
Jason B. 5/12/2009
Tim M. 6/4/2009
Dennis M. 6/8/2009

Daily Recovery

Joan W. 6/27/2004
Malinda T. 5/8/2005
Lisa I. 5/1/2007
Kurt W. 5/22/2009
Roy T. 6/3/2010

Emergency Room

Russ N. 6/23/2003
Andy S. 5/22/2008
Shawn V. 5/8/2009
Lisaann P. 5/15/2010
Dmarco H. 6/15/2010

Free To Be Me

Adam S. 5/2/1998
Brian D. 6/29/2002
Jorge R. 5/2/2005
Dean R. 6/6/2005
David S. 6/15/2005
Terry D. 6/20/2011

Grow Or Go

Tres S. 6/1/1981
George H. 5/2/1987
Dave W. 5/7/1988
Kirk K. 6/14/1988
Ben S. 6/20/1990
Robert A. 6/8/2004
Deavon B. 6/24/2007
Andy C. 6/7/2008
Lauren C. 6/9/2008
Jenice P. 6/24/2008
Don C. 6/27/2008
Christine A. 6/15/2009

Happy Hour

Jay W. 5/1/2006
High Lie
Pete M. 5/2/1995
Joe C. 6/13/2007
Mike R. 6/6/2008
Ashley A. 6/6/2009
Dave W. 6/19/2009
Chris H. 5/10/2010
Pete G. 5/26/2010
Jennifer C. 6/20/2010

Hope In Recovery

Malinda T. 5/8/2005

In The Middle

Dave B. 5/11/2007

Keep The Faith I & II

Roger A. 5/6/2006

La Ultima Parada

Doris . 5/9/2005

Life On Life's Terms

Doug Z. 5/10/1998
Waylon M. 5/23/1998

More Hope I & II

John W. 6/20/1989

NA 180

Carole K. 5/20/1986
John B. 5/23/2005
Ira M. 5/3/2010

NA Speaker Meeting

Steve C. 6/10/1995
Cliff C. 6/19/1996

NAIL

Mike M. 6/23/1988
Lisa B. 5/9/2009
Eloise B. 5/4/2010

Never Too Young To Recover

Shawn B. 6/6/2006

New Beginnings

Ellen M. 6/9/2001
New Bite Of Serenity
Joe F. 5/5/1992
Jonathan C. 6/10/2008
Chinton W. 5/1/2009

Wade . 5/1/2010
Jewel S. 6/15/2010

Quest For Serenity

Aida S. 5/6/1995
Darwin S. 5/23/2007
David S. 5/11/2009
Dan N. 5/1/2010

Radical Recovery

Carlos N. 5/23/1991
Deb E. 5/20/2010

Recovery Central

Deborah L. 5/2/2006

Recovery In Riverview

Anne D. 6/17/2010

Renegade Recovery

Giovannii . 6/27/2009

Rise For Recovery

Malinda T. 5/8/2005

Saturday Night Live

Adam S. 5/2/1998

Squeaky Clean

Robert A. 6/8/2004

Stepping Up

Michael J. 5/1/1999

Sunday Serenity

George B. 5/4/2001

Sunset At Sunrise

Pascal P. 5/14/2009
Mark P. 5/26/2009
Stephanie H. 6/1/2010
Al S. 6/10/2010

Sunset Solutions

Frank V. 6/21/1981
Carole K. 5/20/1986
Frank V. 6/21/1988
Craig K. 6/14/1989

The Breakfast Club

Joe P. 5/29/1996

The Ties That Bind Us

Brett P. 6/27/2001
Ashli C. 6/4/2009
Lee H. 6/26/2009

The War Is Over

Matt P. 5/25/2005
Lee C. 5/25/2005
Dee Dee H. 5/20/2009
Kurt W. 5/22/2009
Meghan A. 5/12/2010
Matt S. 6/10/2010
Ron C. 6/17/2010
Anne D. 6/17/2010
Morgan B. 6/26/2010

The Women's Recovery Room

Shannon W. 5/2/2010

Together We Can

Renee C. 5/5/1988
Lillian C. 5/18/1994
Richard W. 6/18/1997
Lenora M. 6/10/2002
Bridget C. 5/26/2009

Triple M Group

Frederick Boe L. 6/3/2008

TTNA

William C. 5/26/1987

Uptown Group

Peter W. 5/10/2002

Women Do Recover

Dorian B. 6/27/2003
Malinda T. 5/8/2005
Zyra Z. 6/18/2008

Women Of Serenity

Sheila P. 6/16/1999

Women Stand United

Susan Y. 5/21/2000
Vikki T. 6/23/2000

Womens Hope

Emily C. 5/14/1988
Theresa K. 6/1/2006
Maria P. 6/9/2007
Melissa S. 6/16/2007
Leslie S. 5/21/2005
Christina P. 6/6/2005
Christina T. 6/6/2008
Kim N. 5/19/2010

STEP 5 & 6 WORD FIND

G N I D N A T S R E D N U J M T Y
 Z T Y K R N F D E F E C T X K L F
 Y H H P O W E R L E S S N E S S L
 E U T T R U S T H G E R R R L H W
 C M R Y T G S O C R Y P A K F R N
 N I O C X N N S U H L T D E O K E
 A L W I J E M T E F A C I N F V K
 T I S Y S T A J L N R C G L Z C A
 P T W T B N C F C H G S T Z A Q W
 E Y Y J T T H F A O N N N E V E A
 C T L C J K A I Y I U B I N R N R
 C B A X T P N V T V T R T L H N R
 A X L I R D G E W N B H A H L M R
 E X M A T N E T L W M F Q G R I H
 R D Y R L T N O I T A T I D E M W
 A E R E D N E R R U S T M B N T N
 R D N J T Z R Q F G Q J K H J D W

acceptance
 admit
 awaken
 chacter
 change
 courage

defect
 exact nature
 faith
 fears
 five
 honesty

humility
 meditation
 powerlessness
 prayer
 reality
 six

surrender
 trust
 understanding
 willingness
 worthy
 wrongs

My Sponsor My Friend

*She's been my Sponsor and my Friend
for thirteen years,
And I know for a while I will shed some
tears...
She will surely be missed by many people,
But God knows best ...
So He decided to take her,
Her Spirit is still here...
And I have memories to keep,
So for all of those who knew her well,
Cry no more... rejoice in her passing,
Cause she has been Blessed...
To join her Maker
So as I go on in this life of mine,
I got plans to see her again in time...*

—Barbara A.

NA IN DEED

NA in deed is all you need
To get off the junk, and the pills, and the
weed

We're here each day to learn a new way
To live drug free and be happy as can be

With that in mind we share our time
With the hope of new life we all can find

And the people here they are our friends
Although to some we make amends

This program is good for me I know
For I first felt the hope
As I walked through the door

Although there are those of you who will
say

Ah Fred you're full of crap
But to those I say open your ears and close
your trap

This program is not very hard
In fact I'm finding it to be easy as pie

That's why I'm glad I gave myself a break
Came on in
And gave the NA program a try

By Fred T.



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