

**Tampa Funcoast**  
Area Of Narcotics Anonymous

**Clean Times**



**813-879-HELP**  
**(813-879-4357)**  
FUNCOAST HELPLINE

May—June 2012

[www.tampa-na.org](http://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 out side the gym and one team member say we’ve played four contest 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 turn out, 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.

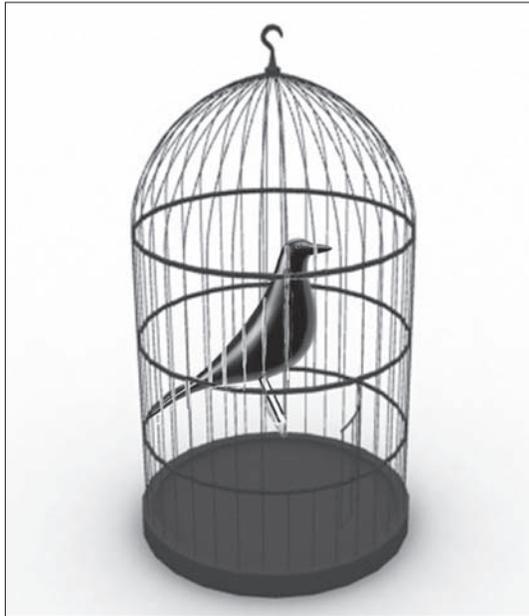
I am an addict in recovery. I know what it is like to live to use and use to live. The last few years of my life have been a roller coaster of emotion and spiritual awakenings that I never knew were

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 codependent 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,

struggled to re-gain control; to fix the new imbalance. I had to learn to be a Mamma at 15 and by learning to be a Mamma I broke the chain of physical violence. I refused to let my daughter know that cycle. Milestones and accomplishments I should have never statistically attained came and went. In time, I found someone who



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.*

## 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  
 mediatation  
 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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