

JUST FOR TODAY

Tell yourself —

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY I will have faith in someone in N.A. WHO BELIEVES IN ME AND WANTS TO HELP ME IN MY RECOVERY.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY through N.A., I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

WHAT IS THE NARCOTICS ANONYMOUS PROGRAM?

N.A. is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership; the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles, written so simply, that we can follow them in our daily lives. The most important thing about them is *they work*.

There are no strings attached to N.A. We are not affiliated with any other organizations, we have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious or law enforcement groups, and are under no surveillance at any time. Anyone may join us, regardless of age, race, sexual identity, creed, religion or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

Phone Numbers

INFO-LINE (603) 432-0168

If your meeting does not appear on this list, please write:

**4-Seasons Area
of N.A.
P.O. Box 608
Plaistow, NH 03865**

**Thank you,
Literature Committee**



**FOUR SEASONS AREA
OF NARCOTICS ANONYMOUS**

MEETING LIST FALL 1988

**FOUR SEASONS AREA
OF NARCOTICS ANONYMOUS
P.O. BOX 608
PLAISTOW, NH 03865**



FOUR SEASONS AREA

SUNDAY

AWARENESS—88 Hanover St., **Manchester, NH** 10:00 a.m. (OSPD)

CAME TO BELIEVE—St. John the Baptist Church, Lincoln St., **Haverhill, MA** 7:00 p.m. (OSPD)

FREEDOM THRU UNITY—Concord Hospital Cafeteria, Pleasant St., **Concord, NH** 7:00 p.m. (OD) ♿

THE PORTSMOUTH PAVILION—Portsmouth Hospital, **Portsmouth, NH** 1:30 p.m. (OSPD) (NS) ♿

TIME IS NOW—Frisbee Hospital, Cafeteria, **Rochester, NH** 7 p.m. (OSPD) ♿

MONDAY

FIREHOUSE FAMILY GROUP—Project Second Start Bldg., 450 No. Main St., **Concord, NH** 7:30 p.m. (OSPD)

FREEDOM GROUP—New Portsmouth Hospital, Junkins Av., **Portsmouth, NH** 7:30 p.m. (OSPD) ♿

HIGH ON LIFE—St. Anne's Bingo Hall, Haverhill St. (Rte. 110), **Lawrence, MA** 8:00 p.m. (OSPD)

LIVING FREE GROUP—Lakes Region General Hosp., High St., **Laconia, NH** 8:00 p.m. (OSPD) ♿

MONDAY NIGHT GROUP—St. Joseph Junior High, Corner Bridge and Pine Sts., **Manchester, NH** 7:30 p.m. (OSPD)(NS)

NOT ALONE & NEW ATTITUDES—Lowell General Hosp., Hanchett Auditorium, **Lowell, MA** 8:00 p.m. (OSPD) ♿

WAR IS OVER GROUP—Bailey House, 18 Bailey Ave., **Claremont, NH** 7:00 p.m. (RT)

TUESDAY

DARE TO DREAM 12 STEP GROUP—Crossroads, Lafayette Road, **Portsmouth, NH** 7:00 p.m. (OSTD)

TO THINE OWN SELF BE TRUE—St. John the Baptist Church, Lincoln Street, **Haverhill MA** 8:00 p.m. (OSPD)

TUESDAY NIGHT RECOVERY—Lake Shore Hosp., Zachary Rd., **Manchester, NH** 8:00 p.m. (RT) ♿

WEDNESDAY

DEATH OR ALTERNATIVE GROUP—Seaborn Drive, **Dover, NH** 7:00 p.m. (OSTD)(NS) ♿

LAST CHANCE—Seabourne Drive, **Dover, NH** 8:00 p.m. (OSPD)(NS) ♿

LIVING LIFE CLEAN—Counseling Center, **Newport, NH** 7:00 p.m. (OSPD)

STAIRWAY TO LIFE—Easter Seals Center, Auburn & Lincoln Sts., **Manchester, NH** 7:30 p.m. (OSTD) ♿

STUDS WITHOUT DRUGS—North Parish, Mass. Ave., **No. Andover, MA** 8:00 p.m. (OMD)

TURNING POINT—Jack & Jill Nursery School, Messer & Church Sts., **Laconia, NH** 8:00 p.m. (OD)

WED. MORNING—Triangle Club, Broadway St., **Dover, NH** 9:30 a.m. (OSPD)

WINTER ST. GANG—100 Winter St., Old Mental Health Center, **Haverhill, MA** 8:00 p.m. (OSTD)

THURSDAY

A WAY OF LIFE—Holy Rosary Hall, Common St., **Lawrence, MA** 8:00 p.m. (OSTD) ♿

CLEAN FOR A DAY—102 Appleton St., **Lowell, MA** 7:30 p.m. (OSPD)

SAFE HARBOR—St. Louis de Gonzague Church, Federal & Beck Sts., **Newburyport, MA** 8:00 p.m. (OD)

SEABROOK ELEMENTARY SCHOOL—Walton Road, **Seabrook, NH** 7:00 p.m. (OSPD) ♿

THURSDAY, continued

TOGETHER—Old Boys' Club Bldg., Hampstead Rd., **Derry, NH** 8:00 p.m. (OSPD)

WAR IS OVER GROUP—Bailey House, 18 Bailey Ave., **Claremont, NH** 7:00 p.m. (OSPD)

FRIDAY

JUST FOR TODAY—Union Congregational Church, 350 Main St., **Amesbury, MA** 8:00 p.m. (OSPD)

NASHUA GROUP—St. Joseph's Hosp., Kinsley St., **Nashua, NH** 8:00 p.m. (OSPD) ♿

REAL DEAL GROUP—Salvation Army Bldg., 121 Cedar St., **Manchester, NH** 7:30 p.m. (OD)

LEARN TO LIVE—Seabourne Hospital, Seabourne Drive, **Dover, NH** 8:00 p.m. (OSPD) (NS) ♿

STEPS TO SERENITY—Congregational Church Parish House, Depot Square, **Laconia, NH** 8:00 p.m. (OSTD) ♿

STONEWALL GROUP—First Congregational Church, 129 Andover Road, **Billerica, MA** 8:30 p.m. (OSPD)

SATURDAY

CLEAN TO GROW—Profile Bank, **Rochester, NH** 8:00 p.m. (OSPD)

EMANON—Grace Church, Lowell St., **Manchester, NH** 7:30 p.m. (OSPD)

NEW HORIZONS—St. Jude Episcopal Church, Central St., **Franklin, NH** 8:00 p.m. (OSPD)

RECOVERY ROAD—First Baptist Church, Main St., **Plaistow, NH** 6:30 p.m. (OSPD) (NS) ♿

SATURDAY AFTERNOON BROOKSIDE—Brookside Hosp., Route 101A (left at Greystone Plaza), **Nashua, NH** 1:30 p.m. (OSPD) (NS) ♿

STEP FAMILY—Lowell General Hosp., Hanchett Auditorium, **Lowell, MA** 7:00 p.m. (CSTD)

♿ Handicap Access