

## 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**

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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 SPRING 1989

**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) ♿

**MISSING LINK GROUP**—37 Washington St., **Newburyport, NH** 6:00 p.m. (OMSPD) (NS)

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

**TIME IS NOW**—Frisbee Hospital, Cafeteria, **Rochester, NH** 7:30 p.m. (OSPD) ♿

### MONDAY

**EXPECTING MIRACLES GROUP**—Federated Church, Rt. 124, **Marlborough, NH** 8 p.m. (ORT)

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

**FREEDOM GROUP**—New Portsmouth Hospital, Pavilion, **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)

**NOON TIME MEETING**—Holy Rosary Bingo Hall, Common St., **Lawrence, MA** 12:00 Noon (OSPD)

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

**THE WE NEED HELP GROUP**—Sacred Heart Catholic Church, Maple St., **Wilton, NH** 8:00 p.m. (ORT) (NS)

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

### TUESDAY

**BACK TO BASICS GROUP**—Keene Recreation Center, **Keene, NH** 8:00 p.m. (ORT)

**DARE TO DREAM 12 STEP GROUP**—Portsmouth High School, Rm. 227, **Portsmouth, NH** 7:00 p.m. (OSTD) (NS)

**NOON TIME MEETING**—Holy Rosary Bingo Hall, Common St., **Lawrence, MA** 12:00 Noon (OSPD)

**RECOVERY AT ROUND TABLE**—Plymouth State College, Rounds Hall, Rm. 212, **Plymouth, NH** 8 p.m. (OSPD) (NS) ♿

**ROOM FULL OF MIRACLES**—Lake Shore Hosp., Zachary Rd., **Manchester, NH** 8:00 p.m. (RT) ♿

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

### WEDNESDAY

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

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

**LIBERTY STREET RECOVERY GROUP**—Calvary Baptist Church, corner of Liberty and Hastings Streets, **Lowell, MA** 7:30 p.m. (OSPD) (NS)

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

**NOON TIME MEETING**—Holy Rosary Bingo Hall, Common St., **Lawrence, MA** 12:00 Noon (OSPD)

**STAIRWAY TO LIFE**—Homestead House, 628 Hanover St., **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)

**WOMANS MEETING**—1st Presbyterian Church, Rt. 97, **Haverhill, MA** 7:00 p.m. (WTD)

**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)

**HOPE WITHOUT DOPE**—Senior Citizens Center, Court St., **Exeter, NH** 7:30 p.m. (OSPD) ♿

**NOON TIME MEETING**—Holy Rosary Bingo Hall, Common St., **Lawrence, MA** 12:00 Noon (OSPD)

### THURSDAY

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

**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)

**LIVE CLEAN OR DIE GROUP**—Nashua Memorial Hospital Cafeteria, **Nashua, NH** 8 p.m. (OSPD)(NS) ♿

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

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

**NOON TIME MEETING**—Holy Rosary Bingo Hall, Common St., **Lawrence, MA** 12:00 Noon (OSPD)

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

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

**STONEWALL GROUP**—First Parish Church, Rt. 3A, **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 Methodist Church, Central St., **Franklin, NH** 8:00 p.m. (OSPD)

**OPEN ARMS GROUP**—Smith Mer. Church, Main St., **Hillsboro, NH** 7:30 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