

## 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 WINTER 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,  
River St., **Haverhill, MA** 7:00 p.m. (OSPD)  
**EARLY BIRD GROUP**—American Legion Hall,  
**Meredith, NH** 7:00 p.m. (OD)  
**FREEDOM THRU UNITY**—Concord Hospital Cafe-  
teria, Pleasant St., **Concord, NH** 7:00 p.m. (OD)   
**MEN'S MEETING**—St. Joseph's Hospital Cafeteria,  
Kinsley St., **Nashua, NH** 2:00 p.m. (OMD)   
**TIME IS NOW**—Frisbee Hospital, Sarah Kendall  
Bldg., **Rochester, NH** 7 p.m. (OSPD)   
**YORK GROUP**—York Hospital, **York, ME**  
6:00 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

**TO THINE OWN SELF BE TRUE**—Holy Angels  
Hall, Rte. 121, **Plaistow, NH** 8:00 p.m. (OSPD)  
**TUESDAY NIGHT RECOVERY**—Lake Shore  
Hosp., Zachary Rd., **Manchester, NH** 8:00 p.m.  
(RT) 




### WEDNESDAY

**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)



### THURSDAY


**A WAY OF LIFE**—Bon Secours Hosp. (Board  
Rm.), East St., **Methuen, 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)  
**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** 7:00 p.m. (OD)  
**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

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

 Handicap Access

**MEETING CODE:** (O)—Open to Public (M)—Men Only (W)—Women Only (SP)—Speaker (D)—Discussion (ST)—Step (NS)—Non-Smoker (RT)—Recovery Text