

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.

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CONTACTS

Name:  
Telephone:

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THE TWELVE STEPS OF N.A.

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
  2. We came to believe that a power greater than ourselves could restore us to sanity.
  3. We made a decision to turn our will and our lives over to the care of God AS WE UNDERSTOOD HIM.
  4. We made a searching and fearless moral inventory of ourselves.
  5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
  6. We were entirely ready to have God remove all these defects of character.
  7. We humbly asked Him to remove all our shortcomings.
  8. We made a list of all persons we had harmed, and became willing to make amends to them all.
  9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
  10. We continued to take personal inventory and when we were wrong promptly admitted it.
  11. We sought through prayer and meditation to improve our conscious contact with God AS WE UNDERSTOOD HIM, praying only for the knowledge of his will for us and the power to carry that out.
  12. Having had a spiritual awakening as a result of these steps, we tried to carry the message to addicts, and to practice these principles in all our affairs.
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\*HUGS NOT DRUGS\*



That No Addict  
Seeking Recovery  
Need Die

N.A.  
Southern Maine Area  
Meeting List

Effective 11/28/87

24-Hour  
Meeting Information Line  
(207) 761-6695  
(Recorded Message)





N.A.  
Southern Maine Area  
Meeting List

Effective 11/28/87

KEY

- \* = Wheelchair Access  
O = Open to the Public  
C = Open to Addicts Only  
D = Discussion Meeting  
S = 12 Step Meeting  
I = Meeting held in an  
Institution

If you need further information  
on N.A., please write:

Southern Maine Area  
Service Committee of N.A.  
P.O. Box 5309  
Portland, Maine 04101

Up to date meeting information  
can be obtained by calling  
761-6695.

This is a recorded message.



SUNDAY

Step up Group (CSI)  
Serenity House  
30 Mellen Street ~~6:00-7:15~~  
Portland, Maine ~~8:00-9:00~~ pm

MONDAY

Unity Group (ODI)  
Serenity House  
30 Mellen Street  
Portland, Maine 8:00-9:00 pm

TUESDAY

Clean & Serene Group (ODI\*)  
Mercy Hospital  
Lower Auditorium  
144 State Street  
Portland, Maine  
(NON-SMOKING) 8:00-9:15 pm

WEDNESDAY

Sunrise Group (ODI\*)  
Jackson Brook Institute  
Running Hill Road  
So. Portland, Maine  
(NON-SMOKING) 8:00-9:15 pm

Simple for Serenity (OD)  
Saint Paul's Church  
Pleasant Street  
(Across from the Post Office)  
Brunswick, Maine  
(NON-SMOKING) 7:00-8:30 pm

THURSDAY

Hardy Boys, Nancy Drew  
Overdue Bunch (OD)  
Preble Street Chapel  
331 Cumberland Avenue  
Portland, Maine 8:00-9:00 pm

Thursday (cont.)

Recovery Group (OD)  
Our Lady of the White Mountains  
Grove Street  
North Conway, N.H. 8:00-9:15 pm

FRIDAY

Recovery Meeting (OD)  
Key Bank, Main Street  
Rockland, Maine 6:30-8:00 pm

Living Free Group (OD)  
Congregational Church  
Business Route One  
Newcastle, Maine 8:00-9:00 pm

Recovery Meeting (OD)  
Bath Memorial Hospital  
Lower Cafeteria  
Bath, Maine  
(NON-SMOKING) 7:00-8:30 pm

SATURDAY

HOW Group (ODI)  
Merry Meeting House  
Bowdoinham, Maine 7:00-8:30 pm

The Love Life Group (OD)  
Saint Mary's Parish Hall  
Main Street  
(Next to the Park)  
Westbrook, Maine 8:00-9:00 pm