

Phone Numbers

- Four Seasons Area** - (617)884-7709
P.O. Box 608, Plaistow, NH 03865
- Granite State Area** - (603)432-0168
P.O. Box 4354, Manchester, NH 03108
- Southern Maine Area** - 1-800-974-00NA
P.O. Box 5309, Portland, ME 04101
- Central Area of Maine** - 1-800-974-00NA
P.O. Box 8068, Lewiston, ME 04243-8068
- Northern Maine Area** - 1-800-974-00NA
P.O. Box 2158, Bangor, ME 04401

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.

Who are members of NA?

Anyone who wants to stop using drugs may become a member of Narcotics Anonymous. Membership is not limited to addicts using any particular drug. Those who feel they may have a problem with drugs, legal or illegal, including alcohol, are welcome in N.A. Recovery in N.A. focuses on the problem of addiction, not on any particular drug.

Anonymity

The basic premise of anonymity allows addicts to attend meetings without fear of legal or social repercussions. This is an important consideration for an addict thinking about going to a meeting for the first time. Anonymity also supports an atmosphere of equality in meetings. It helps insure that no individual's personality or circumstance will be considered more important than the message of recovery shared in N.A.



Seacoast Area

of

Narcotics Anonymous

MEETING LIST

FALL 1993

Any addict seeking help is welcome at ANY meeting **REGARDLESS** of the way it is listed.

Seacoast Area
of Narcotics Anonymous
P.O. Box 652
Dover, NH 03820
(603) 432-0168 (Meeting information only)

For Professionals and others wishing further information, write to above address.

N.A. is not affiliated with any of the facilities in which we hold meetings.



Narcotics Anonymous

Seacoast Area

SUNDAY

RECOVERY IN PROGRESS-Community Church, Durham, NH, 7:00 p.m. (OFV)



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



MONDAY

FREEDOM GROUP - New Portsmouth Hospital, Pavilion, Portsmouth, NH 7:30 p.m. (OSPD)



TUESDAY

DARE TO DREAM 12 STEP GROUP - Portsmouth Pavilion Cafeteria, Portsmouth, NH 7:30 p.m. (OSTD)



Handicap Access

WEDNESDAY

LAST CHANCE GROUP - Dover Crisis Center, 6th Street (behind Riverview Nursing Home), Dover, NH, 8:00 p.m. (OSPD)

SEACOAST AREA COMMITMENT GROUP - St. John Church, Portsmouth, NH 8:00 p.m. (SP)

THURSDAY

ENOUGH IS ENOUGH GROUP - Salvation Army Bldg., Market Square (across from library), Portsmouth, NH, 7:45 p.m. (OSPD)



ADDICTS IN THE ATTIC - Eastern slope Inn, Suite B, North Conway, NH, 8:00 p.m. (ORTD)

FRIDAY

RETURN FROM THE LIVING DEAD - Wentworth Douglas Hospital, Bellamy Room, Dover, NH, 8:00 p.m. (ORT)

CHOICES - Portsmouth Pavilion Hospital, Portsmouth, NH, 8:00 p.m. (OT)

SATURDAY

CLEAN TO GROW - Frisbee Hospital Cafeteria, Rochester, NH, 8:00 p.m. (OSPD)

DOA GROUP - Stratham Comm. Church, Emery Ln., Stratham, NH, 7:00 p.m. (ORTD)

OTHER ACTIVITIES

***FIRST SUNDAY OF EVERY MONTH** - Seacoast Area Service - Wentworth-Douglas Hospital, 789 Central Ave., Dover, NH, 10:00 a.m. - 4:00 p.m.



*Unless otherwise noted.

All meeting non-smoking - unless noted otherwise.

MEETING CODE: (O) - Open to Public (SP) - Speaker (D) - Discussion (ST) - Step (RT) - Recovery Text (FV) - Format Varies (T) - Topic (TD) - Tradition