

## 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 as long as I follow that way, I have nothing to fear.

## Area Helpline Numbers

Granite State and Seacoast Area

(603) 645 - 4777

Maine (Statewide)

(800) 974 - 0062

Green Mountain Area

(802) 773 - 5575

Northeast Massachusetts

(617) 884 - 7709

## Mailing Address

Seacoast Area

P.O. Box 512

Greenland, NH 03840

## 1st Sunday of Every Month

**SEACOAST AREA SERVICE**

Wentworth - Douglas Hospital

Salmon Falls Room

789 Central Ave., Dover, NH

12 Noon

## Phone Numbers

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**Seacoast Area  
of  
Narcotics Anonymous**

**MEETING LIST  
Spring 2001**

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



**MEETING CODES:**

H - HANDICAP ACCESSIBLE

SP - SPEAKER

D - DISCUSSION

T - TOPIC

JT - JUST FOR TODAY

BT - BASIC TEXT

ST - STEPS AND TRADITIONS

HW - IT WORKS: HOW

O - OPEN TO PUBLIC

AND WHY

C - CLOSED (ADDICTS OR PEOPLE WHO THINK THEY MIGHT  
HAVE A PROBLEM WITH ADDICTION ONLY)

**Monday**

**FREEDOM GROUP**

Portsmouth Pavilion Hospital,  
Portsmouth, NH 7:30 PM (O/JT/D/H)

**Tuesday**

**DARE TO DREAM 12 STEP GROUP**

Portsmouth Pavilion Hospital Cafeteria,  
Portsmouth, NH 7:30 PM (O/ST/D/H)

**Wednesday**

**PRIMARY PURPOSE**

51 Friend Street,  
Amesbury, MA 7 PM (O/BT/D/H)

**LOST DREAMS AWAKENED**

Portsmouth Pavilion  
In Service Classroom  
Portsmouth, NH 7:30 PM (T/D)

**Thursday**

**ENOUGH IS ENOUGH GROUP**

St. John Episcopal Church,  
Chapel St, Portsmouth, NH 7:30 PM  
(O/SP/D)

**Friday**

**CHOICES**

St. John Episcopal Church,  
Chapel St, Portsmouth, NH 7:30 PM  
(C/HW/D) Please check every door.

**JUST FOR TODAY**

Union Cong. Church  
350 Main St., Amesbury, MA 8 PM  
(O/SP/D)

**Saturday**

**CLEAN TO GROW**

Frisbee Hospital Cafeteria,  
Rochester, NH, 8:00 PM (O/HW/STH)

**WE DO RECOVER**

Portsmouth Pavilion  
In Service Classroom  
Portsmouth, NH  
7:30 PM (BT)

**Sunday**

**SUNDAY SUNDOWNERS**

Triangle Club 120 Broadway  
Dover, NH 6PM (O/BT/H)

**TIME IS NOW**

Anne Marie Connelly Crisis  
Center  
Dover, NH 7:30PM (O/SP/D)

**TIME TO LIVE**

Portsmouth Pavilion  
Classroom #1  
Portsmouth, NH 7:30PM (T/D)