

Phone Numbers

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.



Seacoast Area of Narcotics Anonymous

MEETING LIST SPRING 1991


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




Narcotics Anonymous®


SUNDAY

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

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

MONDAY

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

SERENITY BY THE SEA — York Hospital, in cottage on hill, off from back parking lot, York, ME, 7:30-9:00 p.m. (OSPD) 

CLEAN HEADS — Episcopical Church, Pine & Main St., North Conway, 8:00 p.m. (OSPTD)

TUESDAY

DARE TO DREAM 12 STEP GROUP — Portsmouth Pavillion Cafeteria, Portsmouth, NH 7:30 p.m. (ST)

COURAGE TO CHANGE — Dover Crisis Center, 6th St., (Behind Riverview Nursing Home) Dover, NH, 7:30 p.m. (OSPD)



Handicap Access

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

WEDNESDAY


DEATH OR ALTERNATIVE GROUP — St. John's United Methodist Church, 28 Cataract Ave., Dover, NH, 7:00 p.m. (OST)

LAST CHANCE GROUP — St. John's United Methodist Church, 28 Cataract Ave., Dover, NH, 8:00 p.m. (OSPD)

THURSDAY

A.L.F. (ACCEPTANCE, LOVE & FAITH) — St. Cecilia's Catholic Church, Main St., Wolfeboro, NH, 6:30 p.m. (ST)

HUGS ARE BETTER THAN DRUGS — St. Cecilia's Catholic Church, Main St., Wolfeboro, NH, 7:30 p.m. (OSPD)


ENOUGH IS ENOUGH GROUP — Salvation Army Bldg., Market Square (across from library), Portsmouth, NH, 7:30 p.m. (OSPD) 

HOPE WITHOUT DOPE — Stratham Comm. Church, Emery Ln., Stratham, NH, 7:00 p.m. (ORTD)

ADDICTS IN THE ATTIC — Eastern Slope Inn, Suite B, North Conway, NH, 7:30 p.m. (FV)

All meetings non-smoking — unless noted otherwise.

FRIDAY

DRUGS WERE US — Kingston Day Care Center, Church St., Kingston, NH, 7:30 p.m. (OSPD) 

LEARN TO LIVE GROUP — St. Thomas Episcopical Parish Building, Hale St., Dover, NH, 8:00 p.m. (OSPD)

GROWTH AND GRATITUDE — United Methodist Church, Lafayette Rd., Hampton, NH, 7:00 p.m. (OTD)


SATURDAY

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

GROW BY THE BOOK — Stratham Comm. Church, Emery Ln., Stratham, NH, 7:00 p.m. (ORTD)

SURRENDER FOR SERENITY — Conway Village Congregational Church, Main St., Conway, NH, 7:30 p.m. (FV)

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.