

JUST FOR TODAY

Tell yourself —

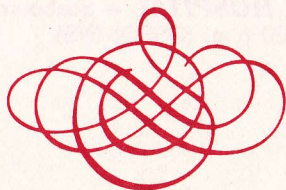
JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

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.

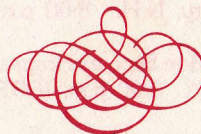
We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep 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**

If your meeting does not appear
on this list please write:

**4-Seasons Area
of N.A.
P.O. Box 608
Plaistow, N.H. 03865**



**Thank you,
Literature Committee**



**FOUR SEASONS AREA
OF NARCOTICS ANONYMOUS**

MEETING LIST SPRING 1987

**FOUR SEASONS AREA
OF NARCOTICS ANONYMOUS
P.O. BOX 608
PLAISTOW, N.H. 03865**



FOUR SEASONS AREA

– SUNDAY –

TIME IS NOW – Frisbee Hospital
Rochester, N.H. 7:00 p.m. (OSPD)

AWARENESS – 88 Hanover St.
Manchester, N.H. 10:00 a.m. (OSPD)

CAME TO BELIEVE – Citizens Center
10 Welcome Street, Haverhill, MA 7:00 p.m. (OSPD)

MEN'S MEETING – St. Joseph's Hospital Cafeteria
Kinsley Street, Nashua, NH 2:00 p.m. (OMD)

FREEDOM THRU UNITY – Concord Hospital
Cafeteria, Pleasant St., Concord, NH 7:00 p.m. (OD)

SUNDAY NIGHT STEP MEETING – St. Louis
School, Vine St., Nashua, NH 7:30 p.m. (OSTD)

YORK GROUP – York Hospital
York, Maine 6:00 p.m. (OSPD)

– MONDAY –

HIGH ON LIFE – St. Anne's Bingo Hall
Haverhill St. (Rte. 110), Lawrence, MA 8:00 p.m. (OSPD)

FREEDOM GROUP – New Portsmouth Hospital
Junkins Ave, Portsmouth, N.H. 7:30 p.m. (OSPD)

CONCORD GROUP – Project Second Start Building
450 N. Main St., Concord, NH 7:30 p.m. (OSPD)

MONDAY NIGHT GROUP – St. Joseph Junior
High Corner of Bridge and Pine St.
Manchester, N.H. 7:30 p.m. (OSPD) (NS)

MONDAY NIGHT STEP MEETING – Lakes Reg-
ion General Hospital, High St., Laconia, NH 7:30 p.m.
(OSTD)

– TUESDAY –

TO THINE OWN SELF BE TRUE –
Holy Angels Hall, Route 121, Plaistow N.H.
8:00 p.m. (OSPD)

TUESDAY NIGHT RECOVERY –
Lake Shore Hospital, Zachary Rd., Manchester, N.H.
8:00 p.m. (RT)

– WEDNESDAY –

STUDS WITHOUT DRUGS – North Parish
Mass. Ave., North Andover, MA 8:00 p.m. (OMD)

TURNING POINT – Jack & Jill Nursery School
Messer & Church Sts., Laconia, N.H. 8:00 p.m. (OD)

STAIRWAY TO LIFE – Easter Seals Center
Auburn & Lincoln Sts., Manchester, N.H.
7:30 p.m. (OSTD)

LAST CHANCE – Seabourne Drive
Dover, N.H. 8:00 p.m. (OSPN) (NS)

– THURSDAY –

SAFE HARBOR – St. Louis de Gonzague Church
Federal & Beck Sts., Newburyport, MA 8:00 p.m. (OD)

TOGETHER – Old Boys' Club Building
Hampstead Rd., Derry, N.H. 8:00 p.m. (OSPD)

A WAY OF LIFE – Bon Secours Hospital (Board Room)
East St., Methuen, MA 8:00 p.m. (OSTD)

– FRIDAY –

JUST FOR TODAY – Union Congregational Church
350 Main St., Amesbury, MA 8:00 p.m. (OSPD)

NASHUA GROUP – St. Joseph's Hospital
Nashua, N.H. 8:00 p.m. (OSPD)

SEABOURNE HOSPITAL – Seabourne Drive
Dover, N.H. 8:00 p.m. (OSPD) (NS)

– SATURDAY –

RECOVERY ROAD – 1st Baptist Church
Main St., Plaistow, N.H. 6:30 p.m. (OSPD) (NS)

EMANON – Grace Church
Lowell St., Manchester, N.H. 7:30 p.m. (OSPD)

NEW HORIZONS – St. Jude Episcopal Church
Central St., Franklin, N.H. 8:00 p.m. (OSPD)

BROOKSIDE HOSPITAL – Rte. 101A
(Left at Greystone Plaza), Nashua, N.H. 1:30 p.m. (OSPD)