

## 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

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

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

**Thank you,  
Literature Committee**



**FOUR SEASONS AREA  
OF NARCOTICS ANONYMOUS**

## MEETING LIST WINTER 1989

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





## FOUR SEASONS AREA

### SUNDAY

**AWARENESS**—88 Hanover St., **Manchester, NH**  
10:00 a.m. (OSPD)

**CAME TO BELIEVE**—St. John the Baptist Church,  
Lincoln St., **Haverhill, MA** 7:00 p.m. (OSPD)

**FREEDOM THRU UNITY**—Concord Hospital Cafe-  
teria, Pleasant St., **Concord, NH** 7:00 p.m. (OD) ♿

**THE PORTSMOUTH PAVILION**—Portsmouth  
Hospital, **Portsmouth, NH** 1:30 p.m. (OSPD)  
(NS) ♿

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

### MONDAY

**FIREHOUSE FAMILY GROUP**—Project Second  
Start Bldg., 450 No. Main St., **Concord, NH** 7:30  
p.m. (OSPD)

**FREEDOM GROUP**—New Portsmouth Hospital,  
Borthwick Av., **Portsmouth, NH** 7:30 p.m. (OSPD)  
♿

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

**LIVING FREE GROUP**—Lakes Region General  
Hosp., High St., **Laconia, NH** 8:00 p.m. (OSPD) ♿

**MONDAY NIGHT GROUP**—St. Joseph Junior  
High, Corner Bridge and Pine Sts., **Manchester,**  
**NH** 7:30 p.m. (OSPD)(NS)

**NOON TIME MEETING**—Holy Rosary Bingo Hall,  
Common St., **Lawrence, MA** 12:00 Noon (OSPD)

**NOT ALONE & NEW ATTITUDES**—Lowell General  
Hosp., Hanchett Auditorium, **Lowell, MA** 8:00 p.m.  
(OSPD) ♿

**WAR IS OVER GROUP**—Bailey House, 18 Bailey  
Ave., **Claremont, NH** 7:00 p.m. (RT)

### TUESDAY

**DARE TO DREAM 12 STEP GROUP**—Portsmouth High School,  
Rm. 227, **Portsmouth, NH** 7:00 p.m. (OSTD) (NS)

**NOON TIME MEETING**—Holy Rosary Bingo Hall, Common St.,  
**Lawrence, MA** 12:00 Noon (OSPD)

**TO THINE OWN SELF BE TRUE**—St. John the Baptist Church,  
Lincoln Street, **Haverhill, MA** 8:00 p.m. (OSPD)

**TUESDAY NIGHT RECOVERY**—Lake Shore Hosp., Zachary  
Rd., **Manchester, NH** 8:00 p.m. (RT) ♿

### WEDNESDAY

**DEATH OR ALTERNATIVE GROUP**—Seaborn Drive, **Dover,**  
**NH** 7:00 p.m. (OSTD)(NS) ♿

**LAST CHANCE**—Seabourne Drive, **Dover, NH** 8:00 p.m.  
(OSPD)(NS) ♿

**LIBERTY STREET RECOVERY GROUP**—Calvary Baptist  
Church, corner of Liberty and Hastings Streets, **Lowell, MA**  
7:30 p.m. (OSPD) (NS)

**LIVING LIFE CLEAN**—Counseling Center, **Newport, NH** 7:00  
p.m. (OSPD)

**NOON TIME MEETING**—Holy Rosary Bingo Hall, Common St.,  
**Lawrence, MA** 12:00 Noon (OSPD)

**STAIRWAY TO LIFE**—Easter Seals Center, Auburn & Lincoln  
Sts., **Manchester, NH** 7:30 p.m. (OSTD) ♿

**STUDS WITHOUT DRUGS**—North Parish, Mass. Ave., **No.**  
**Andover, MA** 8:00 p.m. (OMD)

**TURNING POINT**—Jack & Jill Nursery School, Messer &  
Church Sts., **Laconia, NH** 8:00 p.m. (OD)

**WED. MORNING**—Triangle Club, Broadway St., **Dover, NH**  
9:30 a.m. (OSPD)

**WOMANS MEETING**—1st Presbyterian Church, Rt. 97,  
**Haverhill, MA** 7:00 p.m. (WTD)

**WINTER ST. GANG**—100 Winter St., Old Mental Health Center,  
**Haverhill, MA** 8:00 p.m. (OSTD)

### THURSDAY

**A WAY OF LIFE**—Holy Rosary Hall, Common St., **Lawrence,**  
**MA** 8:00 p.m. (OSTD) ♿

**CLEAN FOR A DAY**—102 Appleton St., **Lowell, MA** 7:30 p.m.  
(OSPD)

**HOPE WITHOUT DOPE**—Senior Citizens Center, Court St.,  
**Exeter, NH** 7:30 p.m. (OSPD) ♿

**NOON TIME MEETING**—Holy Rosary Bingo Hall, Common St.,  
**Lawrence, MA** 12:00 Noon (OSPD)

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

### THURSDAY

**SEABROOK ELEMENDARY SCHOOL**—Walton Road,  
**Seabrook, NH** 7:00 p.m. (OSPD) ♿

**TOGETHER**—Old Boys' Club Bldg., Hampstead Rd., **Derry,**  
**NH** 8:00 p.m. (OSPD)

**WAR IS OVER GROUP**—Bailey House, 18 Bailey Ave.,  
**Claremont, NH** 7:00 p.m. (OSPD)

### FRIDAY

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

**NASHUA GROUP**—St. Joseph's Hosp., Kinsley St.,  
**Nashua, NH** 8:00 p.m. (OSPD) ♿

**LEARN TO LIVE**—Seabourne Hospital, Seabourne Drive,  
**Dover, NH** 8:00 p.m. (OSPD) (NS) ♿

**NOON TIME MEETING**—Holy Rosary Bingo Hall, Common  
St., **Lawrence, MA** 12:00 Noon (OSPD)

**REAL DEAL GROUP**—Salvation Army Bldg., 121 Cedar St.,  
**Manchester, NH** 7:30 p.m. (OD)

**STEPS TO SERENITY**—Congregational Church Parish House,  
Depot Square, **Laconia, NH**  
8:00 p.m. (OSTD) ♿

**STONEWALL GROUP**—First Congregational Church, 129  
Andover Road, **Billerica, MA**  
8:30 p.m. (OSPD)

### SATURDAY

**CLEAN TO GROW**—Profile Bank, **Rochester, NH** 8:00 p.m.  
(OSPD)

**EMANON**—Grace Church, Lowell St., **Manchester, NH** 7:30  
p.m. (OSPD)

**NEW HORIZONS**—St. Jude Episcopal Church, Central St.,  
**Franklin, NH** 8:00 p.m. (OSPD)

**OPEN ARMS GROUP**—Smith Mer. Church, Main St.,  
**Hillsboro, NH** 7:30 p.m. (OSPD)

**RECOVERY ROAD**—First Baptist Church, Main St., **Plaistow,**  
**NH** 6:30 p.m. (OSPD) (NS) ♿

**SATURDAY AFTERNOON BROOKSIDE**—Brookside Hosp.,  
Route 101A (left at Greystone Plaza), **Nashua, NH** 1:30 p.m.  
(OSPD) (NS) ♿

**STEP FAMILY**—Lowell General Hosp., Hanchett Auditorium,  
**Lowell, MA** 7:00 p.m. (CSTD)

♿ Handicap Access

**MEETING CODE:** (O)-Open to Public (M)-Men Only (W)-Women Only (SP)-Speaker (D)-Discussion (ST)-Step (NS)-Non-Smoker (RT)-Recovery Text (TD)-Topic Discussion