

PHONE NUMBERS

BOSTON / BOSTON NORTHWEST -

(617) 884-7709

P.O. Box 1535, Waltham, MA 02254

GRANITE STATE AREA- (603) 432-0168

P.O. Box 4354, Manchester, NH 03108

SOUTHERN MAINE AREA- 1-800-974-0062

P.O. Box 5309, Portland, ME 04101

NA FELLOWSHIP CO-OP- 1-800-974-0062

P.O. Box 368, Farmington, ME 04938

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.

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 principals, 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 THE MEMBERS OF NA?

Anyone who wants to stop using drugs may become a member of Narcotics Anonymous. Membership is not limited to addicts using a 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 WINTER 1996

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

**Seacoast Area
of
Narcotics Anonymous
P.O. Box 682
Dover, NH 03821**

**For meeting information only call
(603) 645-4777**

**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.**



Seacoast Area of Narcotics Anonymous

MONDAY

FREEDOM GROUP - Portsmouth Pavilion Hospital,
Portsmouth, NH 7:30 p.m. (O/SP/D)

TUESDAY

DARE TO DREAM 12 STEP GROUP -
Portsmouth Pavilion Hospital Cafeteria,
Portsmouth, NH 7:30 p.m. (O/BT/D)

ADDICTS IN WONDERLAND - Triangle Club
120 Broadway, Dover, NH 5:30 - 6:45 p.m. (SP/D)

WEDNESDAY

LAST CHANCE GROUP - Dover Crisis Center,
6th Street (behind Riverside Nursing Home),
Dover, NH, 8:00 p.m. (O/SP/D)

SEACOAST COMMITMENT GROUP -
St. John Episcopal Church, 101 Chapel St,
Portsmouth, NH 7:30 p.m. (BT/D)

WERE HIGH STREET GROUP -
St. John Baptist Church,
Sanbornville, NH 7:00 pm(JT)

THURSDAY

ENOUGH IS ENOUGH GROUP -
St. John Episcopal Church, 101 Chapel St, Portsmouth, NH
7:30 p.m. (O/SP/D)

FRIDAY

CHOICES - St. John Episcopal Church,
101 Chapel St, Portsmouth, NH 7:30 p.m. (O/BT/D)

STEP INTO YOUR DREAMS GROUP -
Goodall Hall, Unitarian Universalist Church,
Corner of Main Street & Rt 202
Sanford, ME, 7:15 p.m. (O/HW/ST)

SATURDAY

CLEAN TO GROW - Frisbee Hospital Cafeteria,
Rochester, NH, 8:00 p.m. (O/BT/ST)

SUNDAY

TIME IS NOW - Frisbee Hospital, Cafeteria,
Rochester, NH, 7:30 p.m. (O/SP/D)

FIRST SUNDAY OF EVERY MONTH *

SEACOAST AREA SERVICE -
Wentworth-Douglas Hospital,
Salmon Falls Room
789 Central Ave., Dover, NH,
Area Service Committee 12:00 Noon - 4:00 p.m.

*Unless otherwise noted.

All meeting are non-smoking unless otherwise noted.

MEETING CODE: O- Open to Public, SP - Speaker, D - Discussion, ST - Steps and Traditions, BT - Basic Text, HW - It Works: How and Why, JT - Just For Today