Just for Today

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 NA 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 NA, 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.

When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on the best we can to the bitter ends – jails, institutions, or death, or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in mans history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual, not religious program, know as Narcotics Anonymous.

Basic Text, p. 84, 5th Ed

SUGGESTIONS

♦Don't use no matter what!

♦*Avoid people, places and things you used with.*

♦Get and use a sponsor.

♦*Call people in the program.*

♦90 meetings in 90 days.

♦*Go early and stay late.*

KEEP COMING BACK....

IT WORKS!

Phone Numbers

If you use them, ***you won't loose them…***

Remember to call <u>before</u> you use.

1._____

2._____

3._____

4._____

5._____

6._____

7._____

8._____

Brazos Valley Area Meeting Schedule

Printed every three months

October 2009

The only requirement for membership is the desire to stop using.

HELP LINES

Brazos Valley Area 979.822.9094

Tejás Bluebonnet Region www.tbrna.org

Areá de Habla Hispaña de Tejás

1.888.600.6229

1.888.NA.WORKS

www.bvana.org

Meeting Schedule

Monday

High On Life	Temple	12N & 8pm
Hope Without Dope	Cameron	7pm
New Beginnings	Brenham	6pm
Road To Recovery	Bryan	8pm
Wandering Addict	Bryan	8pm
Serenity Happens	Brenham	9pm

Tuesday

High On Life	Temple	2N/630p/8pm
Keep It Simple	College Station	6pm
Miracles Happen	Bryan	8pm
Serenity Happens	Brenham	930pm

Wednesday

High On Life	Temple	2N/8pm
New Freedom	Caldwell	630pm
Hump Day	Navasota	8pm
New Day	College Station	8pm
Serenity Happens	Brenham	8pm
Spanish Meeting	Navasota	7pm

Thursday

High On Life	Temple	2N/630pm/8pm
New Beginnings	Brenham	12N
Keep It Simple	College Station	6pm
New Freedom	Caldwell	630pm
No Fear	Navasota	7pm
Miracles Happen	Bryan	8pm

Friday

High On Life	Temple	12N/8pm
New Beginnings	Brenham	6pm
Keep It Simple	College Station	6pm
Wandering Addict	Bryan	8pm
Serenity Happens	Brenham	930pm
Pole Benders	Lake Somerville	6pm

Saturday

High On Life	Temple	12N & 8pm
New Day	College Station	6pm
Serenity Happens	Brenham	930pm

Sunday

High On Life	Temple	2pm/8pm
Serenity Happens	Brenham	4pm
New Freedom	Caldwell	630pm

Brazos Valley Area Service Committee Meetings

1st Sunday of Every Month

We cannot change the nature of the addict or addiction. We can help to change the old lie "Once an addict, always an addict," by striving to make recovery more available. God, help us to remember this difference.

Basic Text (5th Ed.) p. xiv

BVANA Groups

High On Life
501 South 3rd Street, Temple
Contact: Kevin W. 254.624.8057

Hope Without Dope
All Saints Episcopal Church
200 North Travis, Cameron
Contact: Parker M. 254.427.4093

Hump Day, No Fear & Road to Recovery
Grimes St. Joseph Health Center
210 S. Judson, Cafeteria
Contact: Robert S. 979.450.1750

Keep It Simple Stupid
St. Frances Episcopal Church
1101 Rock Prairie Road, College Station
Contact: Thomas W. 979.204.3694

Miracles Happen
First United Methodist Church
507 E. 28th Street, Brenham
Contact: Don A. 979.779.1528

Wandering Addicts
TBA, Bryan
Contact: Peter G. (979) 574-1139

New Beginnings
St. Peter's Episcopal Church
2310 Airline Dr. @ Hillcrest, Brenham
Contact: Elmer P. 903.393.2172

New Day
St. Thomas Episcopal Church
906 George Bush Dr., College Station
Contact: Tina H. 979.422.5173

New Freedom
Freeman Community Center
503 Freeman St., Caldwell
ntact: Debra R. 979.739.1508

Pole Benders
Big Creek Park/Lake Summerville
Off Park Road 4, Lyons
ontact: Jack R. 979.575.8185

Serenity Happens
1403/1405 W. Main Street, Brenham
Contact: Lisa S. 979.451.3463

Room to Grow Group