

Why Are We Here?

Before coming to the Fellowship of N.A., we could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and we thought we had found it in drugs. We placed their use ahead of the welfare of our families, our wives, husbands, and our children. We had to have drugs at all costs. We did many people great harm, but most of all we harmed ourselves. Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms.

Most of us realized that in our addiction we were slowly committing suicide, but addiction is such a cunning enemy of life that we had lost the power to do anything about it. Many of us ended up in jail, or sought help through medicine, religion and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or continued to progress until in desperation, we sought help from each other in Narcotics Anonymous.

After coming to N.A. we realized we were sick people. We suffered from a disease from which there is no known cure. It can, however, be arrested at some point, and recovery is then possible.

Just For Today

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.

SUPPORT NUMBERS

NAME NUMBER

*“The only requirement for membership is a desire to stop using”
– Tradition Three*

Rappahannock Area of Narcotics Anonymous

MEETING LIST
Fall 2011



24-Hour Information Line
(800) 777-1515

www.rappahannockareaofna.com

RANA Area Service Committee
1st Sunday of each month - 4:00-6:30pm
Fairview Baptist Church

Public Relations (PR) Committee
3rd Friday of each month - 8:30-9:45pm
Thurman-Brisben Center

Hospitals & Institutions (H&I) Committee
4th Sunday of each month - 5:00-6:30pm
Thurman-Brisben Center

Activities Subcommittee
1st and 3rd Friday of each month
at 8:30pm (Following “A New Beginning” Meeting)
United Methodist Church

Literature Subcommittee
3rd Thursday of each month at 5:00pm
Wegman’s (2281 Carl D Silver Parkway)

Outreach Subcommittee
3rd Sunday of each month at 5:00 – 6:30pm
Thurman-Brisben Center

SUNDAY

- 12:00 – 1:30pm **Just For Today** O/D
Snowden Mental Health (enter left side – Room 119)
1200 Sam Perry Blvd, Fredericksburg, VA
- 7:00 – 8:30pm **Set It Off** O/D
Thurman-Brisben Center
471 Central Rd, Fredericksburg, VA

MONDAY

- 12:00 – 1:00pm **Who Wants to Live** O/D/AF
Fredericksburg Baptist Church
1019 Princess Anne St (enter on Amelia St)
Fredericksburg, VA
- 7:00 – 8:30pm **In It to Win It** SP
United Methodist Church
308 Hanover St, Fredericksburg, VA
(enter on Princess Anne, door near dumpster)

TUESDAY

- 12:00 – 1:00pm **Who Wants to Live** O/D/AF
Fredericksburg Baptist Church
1019 Princess Anne St (enter on Amelia St)
Fredericksburg, VA
- 7:00 – 8:00pm **Hope Fiends** O/AF
Presbyterian Church
810 Princess Anne St, Fredericksburg, VA
(enter basement on side of building opposite George St.)
- 7:00 – 8:30pm **Final Surrender** O/SP
Free Mason Lodge 125
103 County Street, Bowling Green, VA
- 7:30 – 8:30pm **Standing by Recovery** O/D
Garrison Woods Center
207 Garrison Woods Dr, Stafford, VA

WEDNESDAY

- 12:00 – 1:00pm **Who Wants to Live** O/D/AF
Fredericksburg Baptist Church
1019 Princess Anne St (enter on Amelia St)
Fredericksburg, VA
- 7:00 – 8:00pm **Clean Works** O/D
St. George's Episcopal Church
905 Princess Anne St, Fredericksburg, VA

- 7:00 – 8:00pm **Final Surrender** O/BS
Free Mason Lodge 125
103 County Street, Bowling Green, VA
- 7:00 – 8:15pm **The Lie Is Dead** O/AF
New Hope Seventh Day Adventist Church
23592 Tidewater Trail, Tappahannock, VA

THURSDAY

- 12:00 – 1:00pm **Who Wants to Live** O/D/AF
Fredericksburg Baptist Church
1019 Princess Anne St (enter on Amelia St)
Fredericksburg, VA
- 7:00 – 8:00pm **Start Living Group** O/D
Wright's Chapel United Methodist Church
8063 Ladysmith Rd, Ladysmith, VA
- 7:00 – 8:00pm **Final Surrender** O/D
Free Mason Lodge 125
103 County Street, Bowling Green, VA
- 8:00 – 9:00pm **Freedom From Bondage** O/CL
Fairview Baptist Church
900 Charlotte St, Fredericksburg, VA
(enter ramp on Shepherd St side)
- 7:00 – 8:30 pm **Man Up to the Flatbook** C/SS
Falmouth Baptist Church
302 Colonial Avenue, Fredericksburg, VA
(enter in rear side of building – walk to basement)

FRIDAY

- 12:00 – 1:00pm **Who Wants to Live** O/D/AF
Fredericksburg Baptist Church
1019 Princess Anne St (enter on Amelia St)
Fredericksburg, VA
- 7:00 – 8:15pm **A New Beginning** O/AF
United Methodist Church
308 Hanover St, Fredericksburg, VA
(enter on Princess Anne, door near dumpster)
- 7:00 – 8:00pm **Final Surrender** O/D
Free Mason Lodge 125
103 County Street, Bowling Green, VA
- 10:00 – 11:00pm **Clean and Serene** O/D/AF
Presbyterian Church
810 Princess Anne St, Fredericksburg, VA
(enter basement on side of bldg. opposite George St.)

SATURDAY

- 12:00 – 1:30pm **Primary Purpose** C/BS
Snowden Mental Health
1200 Sam Perry Blvd, Fredericksburg, VA
(enter left side – Room 119)
- 7:00 – 8:30p **Experience, Strength & Hope** O/D/T
Bragg Hill Family Life Center
400 Bragg Hill Dr, Fredericksburg, VA

MEETING LEGEND

O = Open meeting **C = Closed meeting**
D = Discussion **BS = Book Study**
T = Topic Based **SP = Speaker**
SS = Step Study **AF = Alternating Format**
CL = Candlelight

Who is an addict?

Most of us do not have to think twice about this question. We know! Our whole life and thinking was centered in drugs in one form or another—the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or a woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death.

What is the Narcotics Anonymous program?

NA 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 that 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 can 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 stay clean.