

**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**

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**Some Suggestions:**

- \* Come Early and Stay Late\*
- \* Get and Use a Sponsor\*
- \* Get a Home Group\*
- \*Keep Coming Back, It Works\*
- \*90 Meetings in 90 Days\*
- \*Use the Phone\*

[www.na.org](http://www.na.org)  
[www.rappahannockareaofna.com](http://www.rappahannockareaofna.com)

**RANA**  
**Rappahannock Area of**  
**Narcotics Anonymous**

**MEETING LIST**  
**Summer 2010**



**24-Hour Hotline**  
**(800) 777-1515**

**RANA Service Committee**  
**1<sup>st</sup> Sunday 4:00 – 6:30 pm**  
**Mary Washington Hospital Cafeteria**

**H & I Sub-Committee**  
**2<sup>nd</sup> and 4<sup>th</sup> Sundays**  
**5:00 – 6:30 pm**  
**Thurman-Brisben Center**

**PR Sub-Committee**  
**1<sup>st</sup> and 3<sup>rd</sup> Fridays**  
**8:30 – 9:45 pm**  
**Thurman-Brisben Center**

## SUNDAY

12:00 – 1:00pm ..... **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/BS  
Thurman-Brisben Center  
471 Central Rd, Fredericksburg, VA

## MONDAY

12:00 – 1:00pm .....**Who Wants to Live** O/D  
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  
Fredericksburg Baptist Church  
1019 Princess Anne St (enter on Amelia St)  
Fredericksburg, VA

7:00 – 8:30pm ..... **Hope Fiends** O/AF  
Presbyterian Church  
810 Princess Anne St, Fredericksburg, VA  
(enter rear of building on right that faces George St)

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  
Fredericksburg Baptist Church  
1019 Princess Anne St (enter on Amelia St)  
Fredericksburg, VA

7:00 – 8:00pm ..... **Clean Works** O/BS  
St. George's Episcopal Church  
905 Princess Anne St, Fredericksburg, VA  
(enter George St)

7:00 – 8:15pm ..... **The Lie Is Dead** O/AF  
New Hope Seventh Day Adventist Church  
(rear entrance)  
23592 Tidewater Trail, Tappahannock, VA 22560

## THURSDAY

12:00 – 1:00pm .....**Who Wants to Live** O/D  
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

8:30 – 9:30pm ..... **Freedom From Bondage** O/BS  
Fairview Baptist Church  
(enter ramp on Shepherd St. Side)  
900 Charlotte St , Fredericksburg, VA

9:30 – 10:45pm ..... **Man Up To Recovery** C/M/D  
Presbyterian Church  
810 Princess Anne St, Fredericksburg, VA  
(enter rear of building on right that faces George St)

## FRIDAY

12:00 – 1:00pm .....**Who Wants to Live** O/D  
Fredericksburg Baptist Church  
1019 Princess Anne St (enter on Amelia St)  
Fredericksburg, VA

7:00 – 8:00pm ..... **A New Beginning** O/D  
United Methodist Church  
308 Hanover St, Fredericksburg, VA  
(enter on Princess Anne, door near dumpster)

10:00 – 11:00pm ..... **Clean and Serene** O/D  
Presbyterian Church  
810 Princess Anne St, Fredericksburg, VA  
(enter rear of building on right that faces George St)

## SATURDAY

12:00 – 1:30pm ..... **Primary Purpose** C/BS  
Snowden Mental Health  
(enter left side – Room 119)  
1200 Sam Perry Blvd, Fredericksburg, VA

7:00 – 8:00pm ..**Experience, Strength & Hope** O/D  
Bragg Hill Family Life Center  
400 Bragg Hill Dr, Fredericksburg, VA

### LEGEND

O = Open meeting	C= Closed meeting
W = Women Only	M = Men Only
D = Discussion	BS = Book Study
AF = Alternating Format	SP = Speaker

### **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.*