**MEETING SCHEDULE**

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<td>Tuesday</td>
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**THE TWELVE STEPS OF NA**

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our authority.
6. We were completely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and we were willing to make amends to them all.
9. We made direct amends to such persons wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and were willing to change our lives.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will and power to carry that out.
12. We were entirely ready to have God remove all our defects of character.

**SOLO POR HOY**

Todos los días...

SOLO POR HOY personal en mi recuperación y el éxito que he tenido con NA.

SOLO POR HOY un ser humano que ha encontrado un nuevo modo de vivir.

SOLO POR HOY un ser humano que no teme.

SOLO POR HOY a través de NA, intentaré tener una mejor perspectiva de la vida.

SOLO POR HOY un ser humano que ha encontrado un nuevo modo de vivir.

SOLO POR HOY una persona que ha encontrado un nuevo modo de vivir.

SOLO POR HOY un ser humano que ha encontrado un nuevo modo de vivir.

SOLO POR HOY un ser humano que ha encontrado un nuevo modo de vivir.

**SERENITY PRAYER**

God, grant me the serenity to accept the things I cannot change,

the courage to change the things I can,

and the wisdom to know the difference.

**Just for Today**

**Today’s Thought**

Self-appraisal

JUST FOR TODAY my thoughts will be on my recovery, living and

enjoying life without the use of drugs.

JUST FOR TODAY I will be faithful in my recovery.

JUST FOR TODAY I will help the recovery of the AA group.

**The Twelve Traditions of NA**

1. Our common welfare must come first; personal recovery must depend on AA.
2. For our group purpose there is but one authority–a fighting in the name of God from which all other authorities and powers must be derived. Our leadership are trusted servants; they do not possess.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
5. Each group has but one primary purpose–to carry the message to the addict who still suffers.
6. NA Group Service Committees are the only authoritative voice in a NA Group, even when the group it represents is in the minority.
7. Every NA Group ought to be fully self-supporting, seeking out contributions.
8. NA Groups are not organized for any political purpose.
9. NA, as such, must be open to all people who desire to help.
10. NA, as such, must be open to all people who desire to help.

**Narcotics Anonymous**

**Connecticut Regional Service Committee**

P.O. Box 1817

Meriden, CT 06405

**NEIGHBORING AREAS HELPLINE NUMBERS**

Greater New York Region 212-929-6262

Bar Harbor, Maine 207-467-4377

New England Region (MA and Northern RI) 666-624-3574

Arctic Region (Alaska, N.) 888-395-5619

**Connecticut Regional Meeting Schedule**

**July 2019**

**Regional Phone Line**

1-800-627-3543

To order NA schedules write to:

CTRLS Schedules

P.O. Box 2272

Middleton, CT 06457

www.ctna.org
"Sunday Bloody Sunday" is a song by Irish rock band U2. It is the opening track from their 1983 album War and was released as the album's third single on 21 March 1983 in Germany and the Netherlands. "Sunday Bloody Sunday" is noted for its militaristic drumbeat, harsh guitar, and melodic harmonies. One of U2's most overtly political songs, its lyrics describe the horror felt by an observer of the Troubles in Northern Ireland, mainly focusing on the 1972 Bloody Sunday incident in Derry where British Mothering Sunday continued. Last updated at 12:22 07 March 2003. High tea and theatre.Â London's leading women-only spa, The Sanctuary, is offering tailor-made pamper days for stressed-out mums in the run up to Mothering Sunday. The Covent Garden spa has special two-day memberships for visitors to the capital, which include four soul-soothing face or body treatments, two health-conscious lunches and mementoes to take home including a luxury towel set and a Mande Lular bath set.