

Arkansas City.....

Second Chance Group
116 E. Washington, Arkansas City
Sunday 7:00 PM (1st. Sunday B-Day)
Monday 7:00 PM (Book Study)
Tuesday 7:00 PM
Thursday 7:00 PM (Book Study)
Friday 7:00 PM
Saturday 7:00 PM (Candle light, closed)

Burlington.....

420 Kennedy St (Therapy Services)
Thursday 7:30 PM

Chanute

Recovery In Progress
1621 W 14 th St, Chanute
Monday 7:00 PM (Open Topic)
Wednesday 7:00 PM (Open Topic)
First Sat of Month 7:00 PM B-Day Night
Sunday 1:00 PM (Book Study)

Coffeyville.....

206 W 10th St.(Utopia Coffeehouse)
Tuesday 6:00 PM
Thursday 6:00PM

Council Grove.....

24 N. Union St(Life Church)
Monday 7:00 PM

Emporia 66801.....

Pioneer Group NA
882 W 5 th Ave, Emporia
Sunday 10:00 AM (Open Topic)
Sunday 7:00 PM (Book Study)
Monday Noon (Open Topic)

Monday 8:00 PM (Closed)
Tuesday 8:00 PM (Open Topic)
Wednesday Noon (Open Topic)
Wednesday 6:30 PM (Open Topic)
Wednesday 8:00 PM (Book Study)
Thursday Noon (Open Topic)
Thursday 8:00 PM (Open Topic)
Friday Noon (Open Topic)
Friday 6:30 PM (Open Topic)
Saturday 10:00 AM (Women’s Meeting)
Saturday 8:00 PM (Candlelight Open)

Eureka.....

Last Chance NA Group
319 N. Elm St (Entrance In Back)
Tuesday 7:30 PM

Fredonia 66736.....

Hope Without Dope
807 Jackson St, Fredonia
(Fredonia Public Library)
Sunday 3:00 PM (Open Topic)

Independence 67301.....

Freebirds NA
121 S 14 th St, Independence
Sunday 7:00 PM (Open Topic)
Monday 8:00 PM (Open Topic)
Tuesday 7:00 PM (Open Topic)
Wednesday 8:00 PM (Closed Book Study)
Thursday 7:00 PM (Open Topic)
Friday 8:00 PM (Open Topic)
Saturday 8:00 PM (Open Topic)

Iola 66749.....

First Step Group NA
214 W Madison, Iola

Basement (Fellowship Regional Church)
Tuesday 7:00 PM (Open Topic)
Thursday 7:00 PM (Open Topic)

Neodesha 66757.....

Misery is Optional
702 Wisconsin, Neodesha
Upstairs (First Christian Church)
Monday 6:00 PM (Open Topic)

Parsons 67357.....

A Way to Recovery NA
1527 Morton Ave, Parsons
(Hamilton Chapel)
Monday 6:30 PM (Open Topic)
Thursday 6:30 PM (Open Book Study)
Saturday 8:00 AM (Men’s Closed)
Saturday 6:30 PM (Open Topic)

Pleasanton 66075.....

H.O.W. Group
751 Main St, Pleasanton (United Methodist Church)
Wednesday 7:00 PM (Closed)

Sedan 67361.....

Never Alone Group NA
309 W. Elm St., Sedan
(Church)
Friday 7:00 PM (Open Topic)

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Just For Today Area meets every month on the 2nd Sunday of the Month in Yates Center, KS. The Area serves under the Mid-America Region of Narcotics Anonymous. The region service meeting is held every 3-months on the 3rd weekend of the month.

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.

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.

Gratitude Prayer.....

"My **gratitude** speaks, when I care and when I share with others the NA way."

Third Step Prayer

"Take my will and my life. Guide me in my recovery. Show me how to live."

The 12 Steps of Narcotics Anonymous

1. We admitted that we were powerless over our addiction, 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 wrongs.
6. We were entirely 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 became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
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 for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

This sounds like a big order, and we can't do it all at once. We didn't become addicted in one day, so remember—easy does it.



**Just for Today Area
Narcotics Anonymous**

Area Meeting Schedule

Serving the following Kansas communities:
**Ark City, Burlington, Chanute, Coffeyville,
Council Grove, Emporia, Eureka, Fredonia,
Independence, Iola, Neodesha,
Parsons, Pleasanton, Sedan**

Just For Today Area
PO Box 299
Emporia, KS 66801

www.jftareana.net

**Mid America Region Helpline
(855) 732-HOPE (4673)**