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## Who is an Addict

Very simply, an addict is a man or 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.

## 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.

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## Why Are We Here?

Before coming to the Fellowship of NA, 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 NA, 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.

**FOUR CORNERS AREA  
MEETING SCHEDULE**



**NOVEMBER 2018**

Hotline Number (505) 324-1807

Serving Aztec - Bloomfield - Durango, Colorado -  
Farmington - Ignacio

[fourcorners.riograndena.org](http://fourcorners.riograndena.org)

Meetings Weekly: 18