

Arkansas City.....Second Chance

118 E. Washington, Arkansas City
 Sunday 7:00 PM (*Open Meeting*)
 (1st. Sunday Birthday Day Night)
 Monday 7:00 PM (*Basic Text Study*)
 Tuesday 7:00 PM (*Open Meeting*)
 Wednesday 7:00 PM (*Open Meeting*)
 Thursday 7:00 PM (*Living Clean study*)
 Friday 7:00 PM (*Open Meeting*)
 Saturday 7:00 PM (*Open, Candlelight*)

Chanute.....Recovery In Progress

902 S. Santa Fe (old donut shop building)
 Monday 7:00 PM (*Open Meeting*)
 Wednesday 7:00 PM (*Open Meeting*)
 Saturday 7:00 PM
 (1st Saturday Only Birthday Night)

Emporia.....Pioneer

882 W 5 th Ave, Emporia
 Sunday 10:00 AM (*Open Meeting*)
 Sunday 7:00 PM (*Book Study*)
 Monday Noon (*Open Meeting*)
 Monday 8:00 PM (*Closed Meeting*)
 Tuesday Noon (*Open Meeting*)
 Tuesday 8:00 PM (*Open Meeting*)
 Wednesday 6:30 PM (*Open Meeting*)
 Wednesday 8:00 PM (*Book Study*)
 Thursday Noon (*Open Meeting*)
 Thursday 8:00 PM (*Open Meeting*)
 Friday 6:30 PM (*Open Meeting*)
 (1st Friday Speaker Meeting, 3rd Friday
 Birthday Night)
 Saturday 8:00 PM (*Open, Candlelight*)

Burlington.....Together We Can

207 S. 6th St. (*entrance on east side*)
 Thursday 6:30 PM (*Open Meeting*)

Eureka.....Last Chance

319 N. Elm St (*Entrance In Back*)
 Tuesday 7:30 PM (*Open Meeting*)

GirardComing Home Group

102 S. Ozark (*Girard Civic Center*)
 Monday 7:00 PM (*Open/Topic Meeting*)

Independence.....Freebirds

121 S 14 th St, Independence
 Sunday 7:00 PM (*Open Meeting*)
 Monday 7:00 PM (*Open Meeting*)
 Tuesday 7:00 PM (*Open Meeting*)
 Wednesday 7:00 PM (*Closed Step Study*)
 Thursday 7:00 PM (*Open, Candlelight*)
 Friday 8:00 PM (*Open Meeting*)
 Saturday 8:00 PM (*Open Meeting*)
 (Last Saturday Birthday Night)

Iola.....Do or Die

16 N Buckeye St. (*SEK Recovery House*)
 Tuesday 7:00 PM (*Open Meeting*)
 Friday 7:00 PM (*Open Meeting*)

Pleasanton.....H.O.W.

751 Main St, Pleasanton
 (*United Methodist Church*)
 Wednesday 7:00 PM (*Closed Meeting*)

Sedan.....Never Alone

220 N. Chautauqua St
 (*First Baptist Church*)
 Friday 7:00 PM (*Open Meeting*)

Wellington.....Restore Us to Sanity

2300 Commerce, KS
 (*Greenco Industries*)
 Sunday 6:30 PM (*Open Meeting*)
 Monday 6:30 PM (*Open Meeting*)
 Tuesday 6:30 PM (*Open Meeting*)
 Wednesday 6:30 PM (*Open Meeting*)
 Thursday 6:30 PM (*Open Meeting*)
 Friday 6:30 PM (*Open Meeting*)
 Saturday 6:30 PM (*Open Meeting*)
 (Last Saturday Birthday Night)

Winfield.....Sowing the Seed

200 E. 11th (*South Entrance*)
 Tuesday 7:30pm (*Open Book Study*)
 Thursday 7:30pm (*Open Book Study*)
 Friday 7:30pm (*Open Meeting*)
 Saturday Noon (*Open Meeting*)

Just For Today Area meets the 2nd Sunday of every 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. (Updated 05/23)

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:
**ArkCity, Burlington, Chanute, Emporia, Eureka,
Girard, Independence, Iola, Pleasanton, Sedan,
Wellington, Winfield**

**Just For Today Area
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**Mid America Region Helpline
(855)-732-HOPE (4673)**