SUNDAY	8 - 9 PM - Light in the Dark	MEETING FORMAT LEGEND		
<b>3:30 - 4:30 PM - End of the Road Goup</b> Tok Senior Center Jon Summar Drive Tok, AK, 99780 <b>(O)</b>	4001 Geist Rd Fairbanks, AK, 99709 <b>(C)</b> FRIDAY	C O W BK	Closed Open Women Book Study	M Men St Step WC Wheelchair
7 - 8 PM - Kodiak Clean Crew Brother Francis Shelter Bottom floor, around back 410 Thorsheim St. Kodiak, AK, 99615 (O) TUESDAY	9 - 10 PM - Kodiak Clean Crew Brother Francis Shelter Bottom floor, around back 410 Thorsheim St. Kodiak, AK, 99615 (O) SATURDAY			
<b>7 - 8 PM - Kodiak Clean Crew</b> Brother Francis Shelter Bottom floor, around back 410 Thorsheim St. Kodiak, AK, 99615 ( <b>O</b> )	<b>7 - 8 PM - Kodiak Clean Crew</b> Brother Francis Shelter Bottom floor, around back 410 Thorsheim St. Kodiak, AK, 99615 <b>(O)</b>	_		
WEDNIESDAY 8 - 9 PM - The White Flag Group First Luthern Center Preschool/Sunday School 1200 Tongass Avenue Ketchikan, AK, 99901 (O)				
THURSDAY 7 - 8 PM - Hope for POW Prince Wales Island in Craig 407 6th Street Craig, AK, 99921 (O)				
<b>7 - 8 PM - Kodiak Clean Crew</b> Brother Francis Shelter Bottom floor, around back 410 Thorsheim St. Kodiak, AK, 99615 <b>(O,St,BK)</b>				
7 - 8 PM - Step Into Freedom				
Building next to Glacier view Baptist Church				

960 East End Road Homer, AK, 99603 (**O,M,W,WC**)

#### **Just For Today**

# 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.

## PHONE NUMBERS



### What is our message?

The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom.



# ALASKA REGION OUTLYING MEETING LIST MARCH 2025

### 24 HOUR HELPLINES 1-920-552-0477

1-866-258-6329

https://akna.org

#### SUGGESTIONS FOR EVERYONE

DON'T USE no matter what Ask your Higher Power to keep you clean Come early and stay late Get a home group Go to 90 meetings in 90 days Read NA literature daily Get and use a sponsor Use the PHONE KEEP COMING BACK. IT WORKS

Meetings Weekly: 10