Just For Today:

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.

Illinois QC

Life After Drugs
SouthPark Presbyterian Church
1501 30th St., Rock Island

Friday	C/Cdlt	9:30 PM
Sunday	O/Cdlt	8:00 PM

Bring Your Own Book
Church of Christ
4800 38th Ave., Moline

Thursday	O/TS	8:00 PM

Just For Today ~ Antioch Baptist
929 14th St., Rock Island

Friday	O	8:00 PM

Iowa QC

Promise ~ West End Alano Club
2603 Rockingham Rd, Davenpt

Monday	O/Step	7:30 PM
Wednesday	C	7:30 PM

New Beginnings ~ SalvArmy
3400 W. Central Pk, Davenport

Tuesday	C	Noon

We Do Recover ~ Blandine Club
117 Perry St. (upstairs), Davenpt

Tu. & Sat.	O	7:00 PM

Road to Recovery ~ GraceUnited
2651 Telegraph Rd, Davenport

Thursday	O	7:00 PM

Focus on Recovery ~ Blandine
117 Perry St. (upstairs), Davenpt

Saturday	O	Noon

other Iowa

Basic ~ 11 Grove Rd, Parkview

Thursday	O	5:30 PM

Unity ~ 513 South 3rd, Clinton

DAILY	O	12 Noon 7:00 PM

South 4th Street
1010 South 4th Street, Clinton

Sun.-Fri.	C	7:00 PM

Thur mtng = O

Definitions

O	=	Open to anyone
C	=	Open only to addicts and those who think they may have a drug problem
TS	=	Text Study Meeting
Cdlt.	=	CandleLight Meeting

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Names and Phone Numbers of Other Recovering Addicts (CALL BEFORE YOU USE)

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Area Service Committee

Meets Monthly, First Sunday — 3 pm
SouthPark Presbyterian Church
1501 30th Street, Rock Island

Remember the Basics:

1. **Meetings**
2. **Sponsor**
3. **Literature Study**
4. **Steps**
5. **Phone**

*We cannot change the nature of the addict or addiction. We **can** help to change the old lie, "once an addict, always an addict," by striving to make recovery more available. God, help us remember this difference.*
~ 6th Ed. Basic Text, page xxiv

Narcotics Anonymous

QCANA II Meeting List

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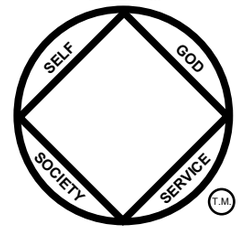

UNIVERSAL PROGRAM

QCANA
PO Box 37
Davenport, IA 52805
www.qcana.org
INFO: 563.328.5228

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November, 2010

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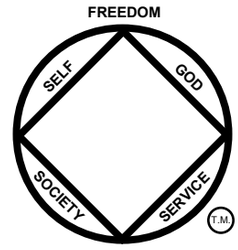

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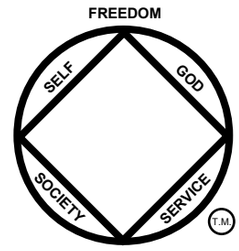

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