We Do Recover

"When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends - jails, institutions or death - or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual - not religious - program, known as Narcotics Anonymous.

(Page 84, 5th edition NA Basic Text)

JUST FOR TODAY -Living the program

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 N.A., 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.

F	PHONE NUMBERS		

SUN CITY AREA OF NA PO BOX 626, MYRTLE BEACH, SC 29578

HELP LINE: (866) 515-8962 (843) 449-6262

CAROLINA REGION NA WEBSITE http://www.crna.org

SUN CITY AREA WEBSITE http://www.suncityna.org

FREEDOM



CAROLINA REGION OF NARCOTICS ANONYMOUS CONTACT INFORMATION

What is the N.A. Program?

N.A. is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to N.A. We are not affiliated with any other organizations, we have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious or law enforcement groups, and are under no surveillance at any time. Anyone may join us, regardless of age, race, sexual identity, creed, religion or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

(Page 8, 5th edition NA Basic Text)

Capital Area Apex NC, Cary NC, Fuquay-V Raleigh NC, Roanoke Rapids Wilson NC, Zebulon NC	arina NC, Knightdale NC, Nashville NC, NC, Rocky Mount NC, Wake Forest NC,
PO Box 10953	877-590-6262 [Infoline]
Raleigh NC 27605 Catawba Valley Area	www.capitalareancna.com
Claremont NC, Granite Falls N	IC, Hickory NC, Newton NC
PO Box 591 Hickory NC 28601	866-611-3650 [Helpline]
	mbia SC, Irmo SC, Lexington SC, Sumter SC, Swansea SC, West Columbia
PO Box 8743 Columbia SC 29202	803-254-6262 [Helpline] 800-922-6587 [Helpline] www.midcarolinana.org
Central Piedmont Area Albemarle NC, Concord NC, K NC, Salisbury NC	annapolis NC, Landis NC, New London
PO Box 5293 Concord NC 28027	800-650-3615 [Helpline] 704-933-5559 [Helpline]
Coastal Carolina Area Burgaw NC, Clinton NC, Jacks NC, Southport NC, Wilmington	sonville NC, Kure Beach NC, Oak Island n NC, Wrightsville Beach NC
PO Box 1294 Wilmington NC 28401	800-691-5427 [Helpline] www.coastalcarolinaarea.org
Foothills Area	ille NC, Marion NC, Morganton NC,
PO Box 502 Lenoir NC 28645	888-593-5356 [Pager]
Gap Area Abbeville SC, Anderson SC, B Greenwood SC, Liberty SC, P	elton SC, Clemson SC, Easley SC, ickens SC, Seneca SC
PO Box 1184 Clemson SC 29633	800-922-5305 [Infoline] 864-224-0777 [Infoline] www.thegaparea.com
Greater Columbia Area Bamberg SC, Columbia SC, C	rangeburg SC
PO Box 90033 Columbia SC 29290	803-254-6262 [Helpline] 800-922-6587 [Helpline]

www.midcarolinana.org

Florence SC 29502	
	, Elizabethtown NC, Fayetteville NC, NC, Pinehurst NC, Raeford NC, Rockingham Pines NC, Whiteville NC
PO Box 42854 Fayetteville NC 28309	866-418-9500 [Helpline]
Keep It Simple Area Chester SC, Clover SC, For Rock Hill SC	t Mill SC, Great Falls SC, Lancaster SC,
PO Box 12279 Rock Hill SC 29731	866-463-5771 [Helpline]
Lake Norman Area Charlotte NC, Concord NC, Huntersville NC, Lincolnton	Cornelius NC, Davidson NC, Denver NC, NC, Statesville NC
PO Box 2168 Davidson NC 28036	877-424-5397 [Helpline] www.lnana.org
New Hope Area Chapel Hill NC, Durham NC NC, Oxford NC, Pittsboro N	C, Henderson NC, Hillsborough NC, Norlina C, Roxboro NC
PO Box 25303 Durham NC 27702	919-831-5321 [Helpline]
North Central Carolina a Boiling Springs SC, Columb Spartanburg SC	Area ous NC, Gaffney SC, Greer SC, Saluda NC,
PO Box 1782 Spartanburg SC 29304	800-681-0953 [Helpline]
Piedmont Area Biscoe NC, Burlington NC, Reidsville NC, Thomasville	Graham NC, Greensboro NC, High Point NC NC
PO Box 4193 Archdale NC 27263	800-721-8225 [Helpline] www.piedmontna.com
Port City Area Charleston SC, Folly Beach Jacksonboro SC, North Cha	SC, Goose Creek SC, Hollywood SC, arleston SC
PO Box 62486	 866-744-4036 [Helpline]

www.portcityna.com

North Charleston SC 29419

South Coastal Area Charleston SC, Daniel Island SC, Hampton SC, Hilton Head Island SC, Ladson SC, Moncks Corner SC, Mount Pleasant SC, St. George SC, Summerville SC, Vance SC, Walterboro SC PO Box 60877 843-852-3001 [Helpline] North Charleston SC 29415 843-852-3001 [Infoline] Southern Foothills Area Belmont NC, Cramerton NC, Ellenboro NC, Forest City NC, Gastonia NC, Shelby NC PO Box 145 877-799-5978 [Infoline] Belmont NC 27258 www.sfana.com **Southern Piedmont Area** Asheboro NC, Siler City NC PO Box 273 800-567-2917 [Helpline] Asheboro NC 27204 Sun City Area Conway SC, Georgetown SC, Longs SC, Murrells Inlet SC, Myrtle Beach SC, North Myrtle Beach SC, Surfside Beach SC PO Box 626 843-449-6262 [Infoline] 866-515-8962 [Infoline] Myrtle Beach SC 29578 www.suncityna.org **Twin City Area** Clemmons NC, King NC, Lewisville NC, Lexington NC, Mocksville NC, Mount Airy NC, Pilot Mountain NC, Winston-Salem NC, Yadkinville NC PO Box 24682 800-365-1035 [Helpline] Winston-Salem NC 27114 www.tcana.org **Upper South Carolina Area** Clinton SC, Easley SC, Greenville SC, Laurens SC, Mauldin SC, Newberry SC, Piedmont SC, Simpsonville SC PO Box 25456 864-282-0109 [Helpline] Greenville SC 29616 **Western North Carolina Area** Asheville NC, Black Mountain NC, Candler NC, Fletcher NC, Hendersonville NC, Lake Junaluska NC, Swannanoa NC PO Box 2066 866-925-2148 [Helpline]

Carolina Regional Information Line 888-370-6262

www.wncana.net

Asheville NC 28802