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Just for Today--Daily Meditations for
Recovering Addicts.**

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**Narcotics Anonymous
Approval-Form Literature
WSC Literature Committee**

JUST FOR TODAY

**DAILY MEDITATIONS
FOR RECOVERING ADDICTS**

**Unapproved literature.
Not for use in NA meetings.
For approval or disapproval
at WSC 1992.**

Approval Form

JUST FOR TODAY

**DAILY MEDITATIONS
FOR RECOVERING ADDICTS**

**World Service Office, Inc.
Van Nuys, California, USA**

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This is the approval-form edition of
"Just for Today." Narcotics Anonymous
members are urged to read this book
so that we, as a fellowship, can decide
this year if we want "Just for Today" to
become NA conference-approved
literature.

TWELVE STEPS

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.

TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends on NA unity.
2. For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
5. Each group has but one primary purpose--to carry the message to the addict who still suffers.
6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
7. Every NA group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

FOREWORD

The book you have in your hands, *Just for Today*, is the culmination of almost a decade of work on the part of the NA Fellowship. Serious interest in creating a daily meditation book for NA members began shortly after the initial approval of our Basic Text in 1982. Between 1984 and 1989, nearly a thousand pages of source material were developed by hundreds of individual members and dozens of local literature subcommittees. In 1989 and 1990, the World Service Conference Literature Committee began experimenting with methods of processing that source material into daily book entries, finally settling on one in April 1991. The following month, the daily book project went into full swing. By November 1991, the book was complete.

The following is the statement of purpose developed by our committee in July 1990 to guide the work to be done on *Just for Today*:

"The purpose of *Just for Today* is to offer a wide variety of meditational topics to recovering addicts. These topics will range from the nuts and bolts of recovery to the vast array of intangible spiritual concepts existent. The book is meant for those at any and all stages of recovery, regardless of clean time. We hope it will convey, encourage, and even inspire the joy inherent in recovery. By deliberately including a wide assortment of points of view, concepts, and issues, we hope it will encompass the diversity of our fellowship and offer each individual what he or she needs at any given time."

There are a number of ways this book can be used. Individual members are encouraged to use it as a part of their daily program of

recovery. You can go through it by calendar date, from front to back, or however suits you best. We've also included a topic index at the back of the book so that, if you wish, you can focus your meditations on particular subjects.

Narcotics Anonymous groups may wish to include *Just for Today* as a regular part of their meeting formats. Some groups will have a member read the meditation for the day at the beginning of their meetings along with the White Booklet passages read by most groups. Other groups may wish to start *Just for Today* meetings at which the day's meditation, or an entry on a particular topic, is used to spark discussion.

Narcotics Anonymous is a spiritual program, seeking to connect powerless addicts with a Power greater than themselves. For that reason, you will find many references in this book to prayer, meditation, "God," "the God of our understanding," and a "Higher Power." However, please remember that each individual member's approach to spirituality is entirely up to that person.

Please note that Basic Text page numbers following most of the opening quotations refer to *Narcotics Anonymous*, Fifth Edition.

We are grateful to have been given the opportunity to be a part of this project. We hope that *Just for Today* will prove useful to you, your group, and the NA Fellowship as a whole in the years to come. Thanks for letting us be of service.

WSC Literature Committee
November 21, 1991

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.

"We keep what we have only with vigilance..."

Basic Text, page 57

How do we remain vigilant about our recovery? First, by realizing that we have a disease we will always have. No matter how long we've been clean, no matter how much better our lives have become, no matter what the extent of our spiritual healing, we are still addicts. Our disease waits patiently, ready to spring the trap if we give it the opportunity.

Vigilance is daily accomplishment. We strive to be constantly alert and ready to deal with signs of trouble. Not that we should live in irrational fear that something horrible will possess us if we drop our guard for an instant; we just take normal precautions. Daily prayer, regular meeting attendance, and choosing not to compromise spiritual principles for the easier way are acts of vigilance. We take inventory as necessary, share with others whenever we are asked, and carefully nurture our recovery. Above all, we stay aware!

We have a daily reprieve from our addiction as long as we remain vigilant. Each day, we carry the principles of recovery into all we do, and each night, we thank our Higher Power for another day clean.

Just for today: I will be vigilant, doing everything necessary to guard my recovery.

"Working with others is only the beginning of service work."

Basic Text, p. 56

We're in recovery now. Through living the program, we've attained some stability in our lives. Our faith in a Higher Power has grown. Our individual spiritual awakening is progressing comfortably. So now what? Do we simply sit still and enjoy? Of course not. We find a way to be of service.

We tend to think of service only in terms of committee service or holding a position at some level, but service goes far beyond this understanding. In fact, we can find opportunities to be of service in nearly every area of our lives. Our jobs are a form of service to our communities, no matter what our occupation. The work we do in our homes serves our families. Perhaps we do volunteer work in our communities.

What a difference our service efforts make! If we doubt this, we can just imagine what the world would be like if no one bothered to be of service to others. Our work serves humanity. The message we carry goes beyond the rooms of recovery, affecting everything we do.

Just for today: I will look for opportunities to be of service in everything I do.

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