

JUST FOR TODAY

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Inc.

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**Daily Meditations
For Recovering
Addicts**



World Service Office, Inc.
PO Box 9999
Van Nuys, CA 91409
USA

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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.