

SUNDAY / DOMINGO

- 8:30AM 1.5HR** **A Gathering of Men**, Sparrow Hospital-St Lawrence Facility (West Side) - Doctor's Dining Room in the cafeteria, 1210 W Saginaw Street, Lansing, Michigan, 48915 **(C, D, WC, NS)**
- 6:00PM 1.3HR** **Insight Group**, Mt Hope Presbyterian Church, Candlelight, 301 W Jolly Rd, Lansing, Michigan, 48910 **(C, CL, WC, NS, LS)**
- 7:00PM 1.5HR** **Alpha Group**, Sparrow Hospital-St Lawrence Facility - Clark Conference Center, 1210 W Saginaw Street, Lansing, Michigan, 48915 **(C, St, WC, NS)**

MONDAY / LUNES

- 8:30AM 1.5HR** **Morning Glory**, Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, Michigan, 48915 **(C, D, WC, NS)**
- NOON 1.5HR** **Alpha Group**, Everybody Reads Bookstore, 2019 E. Michigan Ave., Lansing, Michigan, 48912 **(O, St, WC, NS)**
- 5:30PM 1.3HR** **We Came to Believe**, Pilgrim Congregational Church, 125 S. Pennsylvania, Lansing, Michigan, 48912 **(C, D, WC, NS)**
- 6:00PM 1.5HR** **Charlotte Hard Heads**, Eaton Area Recovery Building, 202 S. Cochran, Charlotte, Michigan, 48813 **(O, D, St, WC, NS, LS)**
- 6:00PM 1.0HR** **Heavenly Express**, Sparrow Hospital-St Lawrence Facility - Clark Conference or Fitzpatrick room, 1210 W Saginaw St., Lansing, Michigan, 48915 **(C, D, WC, NS, LS)**
- 7:00PM 1.5HR** **All Together**, Church of the Nazarene, 2225 S. Michigan Rd, Eaton Rapids, Michigan, 48827 **(C, D, WC, NS)**
- 7:30PM 1.0HR** **Green & White Clean Life**, Engineering Building, Room 1225, 428 S. Shaw Ln., East Lansing, Michigan, **(C, To, WC, NS)** *Easiest (free) parking is the Planetarium Parking lot.*

TUESDAY / MARTES

- 8:30AM 1.5HR** **Morning Glory**, Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, Michigan, 48915 **(C, D, WC, NS)**
- NOON 1.5HR** **Never Alone**, Grace Lutheran Church, 528 N Martin Luther King Jr Blvd, Lansing, Michigan, 48915 **(C, D, WC, NS, LS)**
- 6:00PM 1.0HR** **Hugs Not Drugs**, Foster Community Center (Room 210), 200 N Foster, Lansing, Michigan, 48912 **(O, WC, NS, LS)**
- 7:00PM 1.5HR** **Today's Reality**, Trinity Episcopal Church, 201 E Jefferson, Grand Ledge, Michigan, 48837 **(C, St, WC, NS)**
- 7:30PM 1.5HR** **Recovering Radicals**, St Michaels Episcopal Church, 6500 Amwood Dr, Lansing, Michigan, 48911 **(C, CL, St, Tr, WC, NS)**

WEDNESDAY / MIÉRCOLES

- 8:30AM 1.5HR** **Morning Glory**, Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, Michigan, 48915 **(C, D, WC, NS)**

WEDNESDAY / MIÉRCOLES (CONT)

- NOON 1.5HR** **Alpha Group**, Everybody Reads Bookstore, 2019 E. Michigan Ave., Lansing, Michigan, 48912 **(C, St, WC, NS)**
- 5:30PM 1.5HR** **Steps To Serenity**, University Lutheran Church, 1020 S. Harrison Rd., East Lansing, Michigan, 48823 **(C, CL, St, WC, NS)**
- 6:00PM 1.0HR** **Heavenly Express**, Sparrow Hospital-St Lawrence Facility - Clark Conference or Fitzpatrick room, 1210 W Saginaw St., Lansing, Michigan, 48915 **(C, D, WC, NS, LS)**
- 6:00PM 1.0HR** **Sisters in Surrender**, Foster St Community Center (Room 210), 200 N Foster, Lansing, Michigan, 48912 **(C, D, W, WC, NS)**

THURSDAY / JUEVES

- 8:30AM 1.5HR** **Morning Glory**, Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, Michigan, 48915 **(C, D, Tr, WC, NS)**
- NOON 1.5HR** **Never Alone**, Grace Lutheran Church (Last Thursday of the Month - Speaker), 528 N Martin Luther King Jr Blvd, Lansing, Michigan, 48915 **(C, D, WC, NS)**
- 6:00PM 1.0HR** **Hugs Not Drugs**, Foster Community Center (Room 210), 200 N Foster, Lansing, Michigan, 48912 **(O, WC, NS, LS)**
- 7:00PM 1.5HR** **Common Ground**, Southland Counseling Center (Community Mental Health), 812 E Jolly Rd, Lansing, Michigan, 48910 **(C, WC, NS, LS)**
- 7:30PM 1.2HR** **Insight Group**, Mt Hope Presbyterian Church, Candlelight, 301 W Jolly Rd, Lansing, Michigan, 48910 **(C, CL, WC, NS, LS)**
- 8:00PM 1.5HR** **Charlotte Hard Heads**, Eaton Area Recovery Building, 202 S. Cochran, Charlotte, Michigan, 48813 **(C, CL, D, St, WC, NS, LS)**

FRIDAY / VIERNES

- 8:30AM 1.5HR** **Morning Glory**, Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, Michigan, 48915 **(C, D, WC, NS, LS)**
- NOON 1.5HR** **Alpha Group**, Everybody Reads Bookstore, 2019 E. Michigan Ave., Lansing, Michigan, 48912 **(O, St, WC, NS)**
- 7:00PM 1.5HR** **Friday Night Live**, Sparrow Hospital-St Lawrence Facility - Clark Conference or Fitzpatrick room (O-1st & 4th Fri./month, C -2nd & 3rd Fri./month), 1210 W Saginaw St, Lansing, Michigan, 48915 **(St, WC, BK, NS)**
- 7:00PM 1.5HR** **Spiritual Awakening**, Bethlehem Lutheran Church, 549 E Mt Hope, Lansing, Michigan, 48910 **(O, CL, WC, NS, LS)**
- 8:00PM 1.5HR** **Charlotte Hard Heads**, Eaton Area Recovery Building, 202 S. Cochran, Charlotte, Michigan, 48813 **(C, D, St, WC, NS, LS)**

SATURDAY / SÁBADO

- 8:30AM 1.5HR** **Morning Glory**, Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, Michigan, 48915 **(O, D, WC, NS)**

SATURDAY / SÁBADO (CONT)

- 4:00PM 1.0HR** **R.A.W. - Recovering And Winning**, Village Summit, 119 E. Barns Ave, Lansing, Michigan, 48910 **(O, B, To, WC, NS)**
- 6:00PM 1.5HR** **Charlotte Hard Heads**, Eaton Area Recovery Building, 202 S. Cochran, Charlotte, Michigan, 48813 **(C, D, St, WC, NS, LS)**
- 7:00PM 1.5HR** **All Together**, Church of the Nazarene, 2225 S. Michigan Rd, Eaton Rapids, Michigan, 48827 **(C, D, WC, NS)**
- 7:00PM 1.5HR** **Alpha Group**, Sparrow Hospital-St Lawrence Facility - Clark Conference Center, 1210 W Saginaw Street, Lansing, Michigan, 48915 **(C, St, WC, NS)**
- 7:00PM 1.5HR** **New Beginnings**, St. Therese Church, 102 W Randolph St, Lansing, Michigan, 48906 **(C, St, WC, NS)**
- 11:59PM 1.5HR** **Charlotte Hard Heads**, Eaton Area Recovery Building, 202 S. Cochran, Charlotte, Michigan, 48813 **(O, D, WC, NS)**

MEETING FORMAT LEGEND

- B (Beginners) This meeting is focused on the needs of new members of NA.

- BK (Book Study) Approved N.A. Books

- C (Closed) This meeting is closed to non-addicts. You should attend only if you believe that you may have a problem with substance abuse.

- CL (Candlelight) This meeting is held by candlelight.

- D (Discussion) This meeting invites participation by all attendees.

- LS (Literature Study) NA Conference approved literature is used for this meeting.

- NS (No Smoking) Smoking is not allowed at this meeting.

- O (Open) This meeting is open to addicts and non-addicts alike. All are welcome.

- St (Step) This meeting is focused on discussion of the Twelve Steps of NA.

- To (Topic) This meeting is based upon a topic chosen by a speaker or by group conscience.

- Tr (Tradition) This meeting is focused on discussion of the Twelve Traditions of NA.

- W (Women) This meeting is meant to be attended by women only.

- WC (Wheelchair) This meeting is wheelchair accessible.

PHONE NUMBERS

NARCOTICS ANONYMOUS



CAPITAL AREA MEETING LIST JANUARY 2018

CASCNA

P.O. Box 25144
Lansing, MI 48909

**24 Hour Help Line
1-800-230-4085**

<http://michigan-na.org/capital-area>

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.**

Basic Text, page 65

Service Committees

- Activities - TBA**
- Area Service Committee -**
Location: 2nd Sunday of each month, 3:00 p.m., 1210 W. Saginaw, Lansing, St. Lawrence Hospital, Board Rm. 4th Floor
- Hospitals & Institutions -**
Location: 2:00 p.m. @ Same as Area Service Committee
Email: handi@cascna-mi.org
- Phone-Line -**
Location: TBA
Email: cascnaphoneline@gmail.com
- Policy - TBA**
- Literature - TBA**
- Public Relations - TBA**