	SUNDAT		WEDNESDAT
8:00AM 1.5 hr(s)	A Gathering of Men, Westminster Presbyterian Church, 734 N. Martin Luther King Jr. BLVD, Lansing, MI, 48915 (C,D,WC)	8:30AM 1.5 hr(s)	Morning Glory, Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 (C,D,WC)
1:00PM 1 hr(s) 6:00PM	Vision of Hope, The Alano Club West, Basement Room, 2909 W. Genesee, Lansing, MI, 48917 (O,To) CHARLOTTE HARD HEADS, Eaton Area Recovery Building, 202 S Cochran, Charlotte, MI, 48813	5:00PM 1.5 hr(s) 6:00PM 1 hr(s)	R.A.W -Recovering And Winning, 1601 E. Michigan Ave., Lansing, MI, 48912 (O,B,To,CT) Heavenly Express, 316 Moores River Dr, Lansing, MI, 48910 (C,D,LS) Downstairs
1 hr(s) 6:00PM 1.33 hr(s)	(C,St,WC,LS) Insight Group, St. Michael's Episcopal Church, 6500 Amwood Dr., Lansing, MI, 48911 (O,CL,WC,LS)	6:00PM 1 hr(s)	Sister's in Surrender , Pilgrim Congregational United Church of Christ, Ring doorbell on left side of doorway, 125 S. Pennsylvania Ave, Lansing, MI,
	MONDAY		48912 (JT,AB) Charlotte Hard Heads, Eaton Area Recovery
8:30AM 1.5 hr(s)	Morning Glory, Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 (C,D,WC)	8:00PM 1 hr(s)	Building, 202 S. Cochran, Charlotte, MI, 48813 (O,St,WC,LS)
5:45PM	We Came to Believe, Pilgrim Congregational		THURSDAY
1.25 hr(s) 6:00PM	Church, 125 S. Pennsylvania, Lansing, MI, 48912 (C,D,WC,LS) Heavenly Express, 316 Moores River Dr, Lansing,	8:30AM 1.5 hr(s)	Morning Glory, Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 (C,D,Tr,WC)
1 hr(s) 6:30PM	MI, 48910 (C,To,LS) Downstairs Pride and Principles, Lifeboat Network Center, 1601 E. Michigan Ave., Lansing, MI, 48912 (O,GL,RF)	NOON 1.5 hr(s)	Never Alone, Grace Lutheran Church (Last Thursday of the Month - Speaker), 528 N Martin Luther King Jr Blvd, Lansing, MI, 48915 (C,D,WC)
7:00PM 1.5 hr(s)	All Together, Church of the Nazarene, 2225 S. Michigan Rd (M-99), Eaton Rapids, MI, 48827	6:00PM 1.5 hr(s)	Hugs Not Drugs, Mid Michigan Recovery Services, 316 Moores River Dr., Lansing, MI, 48910 (O,LS)
1.5 111(5)	(C,D,St,WC) mask optional Green & White Clean Life, The People's Church,	7:00PM 1 hr(s)	Hope is Here, Senior Center, I, 201 East Walker Street, St. Johns, MI, 48879 (C,NC,To,LS)
7:00PM 1.5 hr(s)	Meeting location: Centennial Room in the Basement, 200 W. Grand River Ave, East Lansing, MI, 48823	7:30PM	Insight Group, St. Michael's Episcopal Church, 6500 Amwood Dr., Lansing, MI, 48911 (O,CL,WC,LS)
7:00PM 1 hr(s)	(O,CH,Ti,WC,LC) Hope is Here, Senior Center, 201 East Walker Street, St. Johns, MI, 48879 (C,NC,To,LS)	8:00PM 1 hr(s)	Charlotte Hard Heads, Eaton Area Recovery Building, 202 S. Cochran, Charlotte, MI, 48813 (C,CL,D,St,WC,LS)
7:00PM	The Strength and Hope Group of Owosso, Grace		FRIDAY
1.5 hr(s)	bible Church, East entrance, by the river, 201 Michigan Ave, Owosso, MI, 48847 (C,NC,St,WC,LS)	8:30AM 1.5 hr(s)	Morning Glory, Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915
8:00PM 1 hr(s)	Charlotte Hard Heads , Eaton Area Recovery Building, 202 S. Cochran, Charlotte, MI, 48813	1.5 III(5)	(C,D,WC,LS) Spiritual Awakening, Bethlehem Lutheran Church,
2 111 (3)	(O,NC,RF,WC) TUESDAY Morning Glory, Westminster Presbyterian Church,	7:00PM 1.5 hr(s)	Meeting is in the basement. Entrance on the north side of the building, 549 E. Mount Hope Ave, Lansing MI, 48910 (O,CL,WC,LS)
8:30AM 1.5 hr(s)	734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 (C,D,WC)	8:00PM 1 hr(s)	Charlotte Hard Heads , Eaton Area Recovery Building, 202 S. Cochran, Charlotte, MI, 48813
NOON 1.5 hr(s)	Never Alone , Grace Lutheran Church, 528 N Martin Luther King Jr Blvd, Lansing, MI, 48915 (C,D,WC,LS)		(O,D,St,WC,LS) SATURDAY
6:00PM 1.5 hr(s)	Hugs Not Drugs, Mid Michigan Recovery Services, 316 Moores River Dr, Lansing, MI, 48910 (O,LS) Charlotte Hard Heads, Eaton Area Recovery	8:30AM 1.5 hr(s)	Morning Glory , Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915
7:00PM 1 hr(s)	Building, 202 S. Cochran, Charlotte, MI, 48813 (C,D,St,WC,LS)	10:00AM	(O,D,WC) Hope is Here, Clinton County Senior Center, 201 East Walker Street, St. Johns, MI, 48879
7:00PM 1.5 hr(s)	Today's Reality , Trinity Episcopal Church, 201 E Jefferson St, Grand Ledge, MI, 48837 (C,St,WC)	1 hr(s)	(C,NC,To,LS) Grand Ledge Group, Grand Ledge Church of the Nazarene, Use
7:30PM 1.5 hr(s)	Recovering Radicals, St. Michaels Church, 6500 Amwood Dr, Lansing, MI, 48911 (C,CL,St,Tr,WC)	11:00AM	Main Entrance on east side of building, go to hallway on the left, enter the room from there., 3432 lefferson Hwy, Grand Ledge, MI,

WEDNESDAY

SUNDAY

NOON 1.5 hr(s)		Charlotte Hard Heads , Eaton Area Recovery Building, 202 S. Cochran, Charlotte, Michigan, 48813 (O,D,CW)				
7:00PM		All Together , Church of the Nazarene, 2225 S.				
1.5 hr(s)		Michigan Rd, Eaton Rapids, MI, 48827 (C,D,St,WC)				
7:00PM 1 hr(s)		New Beginnings , St. Therese Catholic Church, 102 W Randolph St., Lansing, Michigan, 48906				
		MEETING F	ORMAT	LEGEND		
В	Be	ginners	BT	Basic Text		
С	Clo	osed	CH	Closed Holidays		
CL	Ca	ndlelight	D	Discussion		
IL	Illr	ness	IP	Informational Pamphlet		
IW	lt '	Works -How and Why	JT	Just for Today		
NC	No	Children	0	Open		
RF	Ro	tating Format	SG	Step Working Guide		
St	St	ер	Ti	Timer		
То	To	pic	Tr	Tradition		
WC	W	heelchair	BK	Book Study		
AB	As	k-It-Basket	ME	Meditation		
QA	Qι	iestion and Answer	CW	Children Welcome		
LC	Liv	ving Clean	LS	Literature Study		
CT	Co	ntact Tracing	SPAD	A Spiritual Principle a Day		
GL	LG	BTQIA+				

SATURDAY (CONT)

Area Service Committee -

ASC meets the second Sunday of the month at 3:00 p.m. **Location:** 1601 E. Michigan Ave, Lansing MI 48912

THE FOLLOWING IS AN EXCERPT FROM "AN INTRODUCTION TO NA MEETINGS" IP No. 29

"Our Basic Text, Narcotics Anonymous, provides the best description of who we are and what we do: 'NA is a nonprofit 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.' The Twelve Steps of NA are the basis of our recovery program. Our meetings are where we share recovery with one another, but applying our program consists of much more than simply attending NA meetings. People have all sorts of reasons for attending NA meetings, but the purpose of each meeting is to give NA members a place to share recovery with other addicts. If you are not an addict, look for an open meeting, which welcomes non-addicts. If you're an addict or think you might have a drug problem, we suggest a meeting every day for at least 90 days to get to know NA members and our program...

Our meetings vary widely in size and style. Some are small and intimate; others are large and loud. The practices and terms used in our meetings also vary widely from one place to another. Most importantly, our meetings are where we share our experience, strength, and hope. If you're an addict, keep coming back and share recovery with us.

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PHONE	NUMBERS

NARCOTICS ANONYMOUS



CAPITAL AREA MEETING LIST MARCH 2025

CANA

24 Hour Help Line 1-800-230-4085

Official Site

https://michigan-na.org/capital-area capitalascna@vahoo.com