

SUNDAY	
<b>8:00AM</b> 1.5 hr(s)	<b>A Gathering of Men</b> , Westminster Presbyterian Church, 734 N. Martin Luther King Jr. BLVD, Lansing, MI, 48915 <b>(C,D,WC)</b>
<b>1:00PM</b> 1 hr(s)	<b>Vision of Hope</b> , The Alano Club West, Basement Room, 2909 W. Genesee, Lansing, MI, 48917 <b>(O,To)</b>
<b>6:00PM</b> 1 hr(s)	<b>CHARLOTTE HARD HEADS</b> , Eaton Area Recovery Building, Entrance on Lovett, 202 S Cochran, Charlotte, MI, 48813 <b>(C,St,WC,CW,LS)</b>
<b>6:00PM</b> 1.33 hr(s)	<b>Insight Group</b> , St. Michael's Episcopal Church, 6500 Amwood Dr., Lansing, MI, 48911 <b>(O,CL,WC,LS)</b>
MONDAY	
<b>8:30AM</b> 1.5 hr(s)	<b>Morning Glory</b> , Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(C,D,WC)</b>
<b>5:45PM</b> 1.25 hr(s)	<b>We Came to Believe</b> , Pilgrim Congregational Church, 125 S. Pennsylvania, Lansing, MI, 48912 <b>(C,D,WC,LS)</b>
<b>6:00PM</b> 1 hr(s)	<b>Heavenly Express</b> , 316 Moores River Dr, Lansing, MI, 48910 <b>(C,To,LS)</b> <i>Downstairs</i>
<b>6:30PM</b> 1.25 hr(s)	<b>Pride and Principles</b> , Lifeboat Network Center, 1601 E. Michigan Ave., Lansing, MI, 48912 <b>(O,GL,RF)</b>
<b>7:00PM</b> 1.5 hr(s)	<b>All Together</b> , Church of the Nazarene, 2225 S. Michigan Rd (M-99), Eaton Rapids, MI, 48827 <b>(C,D,St,WC)</b> <i>mask optional</i>
<b>7:00PM</b> 1.5 hr(s)	<b>Green &amp; White Clean Life</b> , The People's Church, Meeting location: McCune Chapel - Upstairs next to main chapel down the hall, 200 W. Grand River Ave, East Lansing, MI, 48823 <b>(O,CH,Ti,WC,LC)</b>
<b>7:00PM</b> 1 hr(s)	<b>Hope is Here</b> , Senior Center, 201 East Walker Street, St. Johns, MI, 48879 <b>(C,NC,To,LS)</b>
<b>7:00PM</b> 1.5 hr(s)	<b>The Strength and Hope Group of Owosso</b> , Grace bible Church, East entrance, by the river, 201 Michigan Ave, Owosso, MI, 48847 <b>(C,NC,St,WC,LS)</b>
<b>8:00PM</b> 1 hr(s)	<b>Charlotte Hard Heads</b> , Eaton Area Recovery Building, Entrance on Lovett, 202 S. Cochran, Charlotte, MI, 48813 <b>(O,NC,RF,WC,CW)</b>
TUESDAY	
<b>8:30AM</b> 1.5 hr(s)	<b>Morning Glory</b> , Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(C,D,WC)</b>
<b>NOON</b> 1.5 hr(s)	<b>Never Alone</b> , Grace Lutheran Church, 528 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(C,D,WC,LS)</b>
<b>6:00PM</b> 1.5 hr(s)	<b>Hugs Not Drugs</b> , Mid Michigan Recovery Services, 316 Moores River Dr, Lansing, MI, 48910 <b>(O,LS)</b>
<b>7:00PM</b> 1 hr(s)	<b>Charlotte Hard Heads</b> , Eaton Area Recovery Building, Entrance on Lovett, 202 S. Cochran, Charlotte, MI, 48813 <b>(C,D,RF,St,WC,CW,LS)</b>
<b>7:00PM</b> 1.5 hr(s)	<b>Today's Reality</b> , Trinity Episcopal Church, 201 E Jefferson St, Grand Ledge, MI, 48837 <b>(C,St,WC)</b>
<b>7:00PM</b> 1 hr(s)	<b>We Are Stronger Together</b> , Angel's Hands Community Outreach, 110 W Saginaw Street, Owasso, MI, 48867 <b>(BT,D,WC,BK)</b>
<b>7:30PM</b> 1.5 hr(s)	<b>Recovering Radicals</b> , St. Michaels Church, 6500 Amwood Dr, Lansing, MI, 48911 <b>(C,CL,St,Tr,WC)</b>

WEDNESDAY	
<b>8:30AM</b> 1.5 hr(s)	<b>Morning Glory</b> , Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(C,D,WC)</b>
<b>5:00PM</b> 1.5 hr(s)	<b>R.A.W -Recovering And Winning</b> , 1601 E. Michigan Ave., Lansing, MI, 48912 <b>(O,B,To,CT)</b>
<b>6:00PM</b> 1 hr(s)	<b>Heavenly Express</b> , 316 Moores River Dr, Lansing, MI, 48910 <b>(C,D,LS)</b> <i>Downstairs</i>
<b>6:00PM</b> 1 hr(s)	<b>Sister's in Surrender</b> , Pilgrim Congregational United Church of Christ, Ring doorbell on left side of doorway, 125 S. Pennsylvania Ave, Lansing, MI, 48912 <b>(JT,AB)</b>
<b>8:00PM</b> 1 hr(s)	<b>Charlotte Hard Heads</b> , Eaton Area Recovery Building, Entrance on Lovett, 202 S. Cochran, Charlotte, MI, 48813 <b>(O,St,WC,CW,LS)</b>
THURSDAY	
<b>8:30AM</b> 1.5 hr(s)	<b>Morning Glory</b> , Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(C,D,Tr,WC)</b>
<b>NOON</b> 1.5 hr(s)	<b>Never Alone</b> , Grace Lutheran Church (Last Thursday of the Month - Speaker), 528 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(C,D,WC)</b>
<b>6:00PM</b> 1.5 hr(s)	<b>Hugs Not Drugs</b> , Mid Michigan Recovery Services, 316 Moores River Dr, Lansing, MI, 48910 <b>(O,LS)</b>
<b>7:00PM</b> 1 hr(s)	<b>Hope is Here</b> , Senior Center, I, 201 East Walker Street, St. Johns, MI, 48879 <b>(C,NC,To,LS)</b>
<b>7:30PM</b> 1.17 hr(s)	<b>Insight Group</b> , St. Michael's Episcopal Church, 6500 Amwood Dr., Lansing, MI, 48911 <b>(O,CL,WC,LS)</b>
<b>8:00PM</b> 1 hr(s)	<b>Charlotte Hard Heads</b> , Eaton Area Recovery Building, Entrance on Lovett, 202 S. Cochran, Charlotte, MI, 48813 <b>(C,CL,D,St,WC,CW,LS)</b>
FRIDAY	
<b>8:30AM</b> 1.5 hr(s)	<b>Morning Glory</b> , Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(C,D,WC,LS)</b>
<b>7:00PM</b> 1.5 hr(s)	<b>Spiritual Awakening</b> , Bethlehem Lutheran Church, Meeting is in the basement. Entrance on the north side of the building, 549 E. Mount Hope Ave, Lansing, MI, 48910 <b>(O,CL,WC,LS)</b>
<b>7:00PM</b> 1 hr(s)	<b>We Are Stronger Together</b> , Angel's Hands Community Outreach, 110 West Saginaw Street, Owasso, MI, 48867 <b>(BT,D,WC,BK)</b>
<b>8:00PM</b> 1 hr(s)	<b>Charlotte Hard Heads</b> , Eaton Area Recovery Building, Entrance on Lovett, 202 S. Cochran, Charlotte, MI, 48813 <b>(O,D,St,WC,CW,LS)</b>
SATURDAY	
<b>8:30AM</b> 1.5 hr(s)	<b>Morning Glory</b> , Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(O,D,WC)</b>
<b>10:00AM</b> 1 hr(s)	<b>Hope is Here</b> , Clinton County Senior Center, 201 East Walker Street, St. Johns, MI, 48879 <b>(C,NC,To,LS)</b>
<b>NOON</b> 1.5 hr(s)	<b>Charlotte Hard Heads</b> , Eaton Area Recovery Building, Entrance on Lovett, 202 S. Cochran, Charlotte, Michigan, 48813 <b>(O,D,CW)</b>

SATURDAY (CONT)			
<b>1:00PM</b>	<b>How Lost Dreams Awaken</b> , Alano Club West, 2909		
1 hr(s)	West Genesee Street, Lansing, MI, 48917 <b>(RF,LS)</b>		
<b>7:00PM</b>	<b>All Together</b> , Church of the Nazarene, 2225 S.		
1.5 hr(s)	Michigan Rd, Eaton Rapids, MI, 48827 <b>(C,D,St,WC)</b>		
<b>7:00PM</b>	<b>New Beginnings</b> , St. Therese Catholic Church, 102		
1 hr(s)	W Randolph St., Lansing, Michigan, 48906		
MEETING FORMAT LEGEND			
B	Beginners	BT	Basic Text
C	Closed	CH	Closed Holidays
CL	Candlelight	D	Discussion
JT	Just for Today	NC	No Children
O	Open	RF	Rotating Format
St	Step	Ti	Timer
To	Topic	Tr	Tradition
WC	Wheelchair	BK	Book Study
AB	Ask-It-Basket	CW	Children Welcome
LC	Living Clean	LS	Literature Study
CT	Contact Tracing	GL	LGBTQIA+

**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.

**Copyright 2014 by Narcotics Anonymous  
World Services**

**PHONE NUMBERS**

# NARCOTICS ANONYMOUS



## CAPITAL AREA MEETING LIST JULY 2025

**CANA**

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

**Official Site**

**<https://michigan-na.org/capital-area>  
[capitalascna@yahoo.com](mailto:capitalascna@yahoo.com)**