

**SUNDAY / DOMINGO**

<b>8:30AM</b>	<b>1.5HR</b>	<b>A Gathering of Men</b> , Sparrow Hospital-St Lawrence Facility (West Side) - Doctor's Dining Room in the cafeteria, 1210 W Saginaw Street, Lansing, MI, 48915 <b>(C, D, WC, NS)</b>
<b>5:00PM</b>	<b>1HR</b>	<b>Vision of Hope</b> , The Alano Club West, Basement Room, 2909 W. Genesee, Lansing, MI, 48917 <b>(O, To, NS)</b>
<b>6:00PM</b>	<b>1.33H R</b>	<b>Insight Group</b> , Mt Hope Presbyterian Church, Candlelight, 301 W Jolly Rd, Lansing, MI, 48910 <b>(O, CL, WC, NS, LS)</b>
<b>7:00PM</b>	<b>1.5HR</b>	<b>Alpha Group</b> , Sparrow Professional Building, Second Floor - Conference Room B, 1200 E Michigan Ave, Lansing, MI, 48912 <b>(C, St, WC, NS)</b>

**MONDAY / LUNES**

<b>8:30AM</b>	<b>1.5HR</b>	<b>Morning Glory</b> , Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(C, D, WC, NS)</b>
<b>NOON</b>	<b>1.5HR</b>	<b>Alpha Group</b> , Everybody Reads Bookstore, 2019 E. Michigan Ave., Lansing, MI, 48912 <b>(O, St, WC, NS)</b>
<b>5:30PM</b>	<b>1.25H R</b>	<b>We Came to Believe</b> , Pilgrim Congregational Church, 125 S. Pennsylvania, Lansing, MI, 48912 <b>(C, D, WC, NS)</b>
<b>6:00PM</b>	<b>1.5HR</b>	<b>Charlotte Hard Heads</b> , Eaton Area Recovery Building, 202 S. Cochran, Charlotte, MI, 48813 <b>(O, D, St, WC, NS, LS)</b>
<b>6:00PM</b>	<b>1HR</b>	<b>Heavenly Express</b> , McLaren Education Center (Parking off of S. Washington), [Not Meeting May 7th or June 18th], 2709 S Washington Ave., Lansing, MI, 48910 <b>(C, D, WC, NS, LS)</b>
<b>7:00PM</b>	<b>1.5HR</b>	<b>All Together</b> , Church of the Nazarene, 2225 S. Michigan Rd, Eaton Rapids, MI, 48827 <b>(C, D, WC, NS)</b>
<b>7:30PM</b>	<b>1.25H R</b>	<b>Green &amp; White Clean Life</b> , Engineering Building, Room 1230, 428 S. Shaw Ln., East Lansing, MI, <b>(C, To, WC, NS)</b> <i>Easiest (free) parking is the Planetarium Parking lot.</i>

**TUESDAY / MARTES**

<b>8:30AM</b>	<b>1.5HR</b>	<b>Morning Glory</b> , Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(C, D, WC, NS)</b>
<b>NOON</b>	<b>1.5HR</b>	<b>Never Alone</b> , Grace Lutheran Church, 528 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(C, D, WC, NS, LS)</b>
<b>6:00PM</b>	<b>1HR</b>	<b>Hugs Not Drugs</b> , Foster Community Center (Room 210), 200 N Foster, Lansing, MI, 48912 <b>(O, WC, NS, LS)</b>
<b>7:00PM</b>	<b>1.5HR</b>	<b>Today's Reality</b> , Trinity Episcopal Church, 201 E Jefferson, Grand Ledge, MI, 48837 <b>(C, St, WC, NS)</b>
<b>7:30PM</b>	<b>1.5HR</b>	<b>Recovering Radicals</b> , St Michaels Episcopal Church, 6500 Amwood Dr, Lansing, MI, 48911 <b>(C, CL, St, Tr, WC, NS)</b>

**WEDNESDAY / MIÉRCOLES**

<b>8:30AM</b>	<b>1.5HR</b>	<b>Morning Glory</b> , Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(C, D, WC, NS)</b>
<b>NOON</b>	<b>1.5HR</b>	<b>Alpha Group</b> , Everybody Reads Bookstore, 2019 E. Michigan Ave., Lansing, MI, 48912 <b>(C, St, WC, NS)</b>
<b>5:30PM</b>	<b>1.5HR</b>	<b>Steps To Serenity</b> , University Lutheran Church, 1020 S. Harrison Rd., East Lansing, MI, 48823 <b>(C, CL, St, WC, NS)</b>
<b>6:00PM</b>	<b>1HR</b>	<b>Heavenly Express</b> , McLaren Education Center (Parking off of S. Washington), 2709 S Washington Ave., Lansing, MI, 48910 <b>(C, D, WC, NS, LS)</b>
<b>6:00PM</b>	<b>1HR</b>	<b>Sisters in Surrender</b> , Foster St Community Center (Room 210), 200 N Foster, Lansing, MI, 48912 <b>(C, D, W, WC, NS)</b>

**THURSDAY / JUEVES**

<b>8:30AM</b>	<b>1.5HR</b>	<b>Morning Glory</b> , Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(C, D, Tr, WC, NS)</b>
<b>NOON</b>	<b>1.5HR</b>	<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, NS)</b>
<b>6:00PM</b>	<b>1HR</b>	<b>Hugs Not Drugs</b> , Foster Community Center (Room 210), 200 N Foster, Lansing, MI, 48912 <b>(O, WC, NS, LS)</b>
<b>7:00PM</b>	<b>1.5HR</b>	<b>Common Ground</b> , Southland Counseling Center (Community Mental Health), 812 E Jolly Rd, Lansing, MI, 48910 <b>(C, WC, NS, LS)</b>
<b>7:30PM</b>	<b>1.17H R</b>	<b>Insight Group</b> , Mt Hope Presbyterian Church, Candlelight, 301 W Jolly Rd, Lansing, MI, 48910 <b>(O, CL, WC, NS, LS)</b>
<b>8:00PM</b>	<b>1.5HR</b>	<b>Charlotte Hard Heads</b> , Eaton Area Recovery Building, 202 S. Cochran, Charlotte, MI, 48813 <b>(C, CL, D, St, WC, NS, LS)</b>

**FRIDAY / VIERNES**

<b>8:30AM</b>	<b>1.5HR</b>	<b>Morning Glory</b> , Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(C, D, WC, NS, LS)</b>
<b>NOON</b>	<b>1.5HR</b>	<b>Alpha Group</b> , Everybody Reads Bookstore, 2019 E. Michigan Ave., Lansing, MI, 48912 <b>(O, St, WC, NS)</b>
<b>7:00PM</b>	<b>1.5HR</b>	<b>Friday Night Live</b> , Sparrow Professional Building, Second Floor Conference Room E (O-4th Fri/month), 1200 E Michigan Ave, Lansing, MI, 48912 <b>(C, St, WC, BK, NS)</b>
<b>7:00PM</b>	<b>1.5HR</b>	<b>Spiritual Awakening</b> , Bethlehem Lutheran Church, 549 E Mt Hope, Lansing, MI, 48910 <b>(O, CL, WC, NS, LS)</b>
<b>8:00PM</b>	<b>1.5HR</b>	<b>Charlotte Hard Heads</b> , Eaton Area Recovery Building, 202 S. Cochran, Charlotte, MI, 48813 <b>(C, D, St, WC, NS, LS)</b>

**SATURDAY / SÁBADO**

<b>8:30AM</b>	<b>1.5HR</b>	<b>Morning Glory</b> , Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(O, D, WC, NS)</b>
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**SATURDAY / SÁBADO (CONT)**

<b>4:00PM</b>	<b>1HR</b>	<b>R.A.W. - Recovering And Winning</b> , Village Summit, 119 E. Barnes Ave, Lansing, MI, 48910 <b>(O, B, To, WC, NS)</b>
<b>7:00PM</b>	<b>1.5HR</b>	<b>All Together</b> , Church of the Nazarene, 2225 S. Michigan Rd, Eaton Rapids, MI, 48827 <b>(C, D, WC, NS)</b>
<b>7:00PM</b>	<b>1.5HR</b>	<b>Alpha Group</b> , Sparrow Professional Building, Second Floor Conference Room B, 1200 E Michigan Ave, Lansing, MI, 48912 <b>(C, St, WC, NS)</b>
<b>7:00PM</b>	<b>1HR</b>	<b>Charlotte Hard Heads</b> , Eaton Area Recovery Building, 202 S. Cochran, Charlotte, MI, 48813 <b>(C, D, St, WC, NS, LS)</b>
<b>7:00PM</b>	<b>1.5HR</b>	<b>New Beginnings</b> , St. Therese Church, 102 W Randolph St, Lansing, MI, 48906 <b>(C, St, WC, NS)</b>
<b>11:59PM</b>	<b>1.5HR</b>	<b>Charlotte Hard Heads</b> , Eaton Area Recovery Building, 202 S. Cochran, Charlotte, MI, 48813 <b>(O, D, WC, NS)</b>

**MEETING FORMAT LEGEND**

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

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

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- 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.

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

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

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

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

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

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

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

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

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

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- WC (Wheelchair) This meeting is wheelchair accessible.

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**Service Committees**

- Activities** - TBA
- Area Service Committee** -  
**Location:** C.A.S.C.N.A. meets at 3P.M. on the 2nd Sunday of each month at - McLaren Education Center (Parking off of S. Washington) 2709 S Washington Ave. Lansing, MI 48910
- Hospitals & Institutions** -  
**Location:** 2:00 p.m. @ Same as Area Service Committee  
**Email:** handi@cascna-mi.org
- Phone-Line** -  
**Location:** TBA  
**Email:** cascnaphone@gmial.com
- Policy** - TBA
- Literature** - TBA
- Public Relations** - First Sunday of the Month 4:00 p.m. @ [Panera Bread 310 N. Clippert St., Lansing MI, 48912](#)

**PHONE NUMBERS**

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# NARCOTICS ANONYMOUS



# CAPITAL AREA MEETING LIST NOVEMBER 2018

**CASCNA**  
P.O. Box 25144  
Lansing, MI 48909

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

**Official Site**

**<http://michigan-na.org/capital-area>**  
Webservant Contact - **[cascna@michigan-na.org](mailto:cascna@michigan-na.org)**