

**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>
<b>6:00PM</b> 1 hr(s)	<b>The Men's Way to NA</b> , Recovery Worx, west side entrance, Enter through the wooden gate, 201 E Walker Street, Saint Johns, MI, 48879

**MONDAY**

<b>8:30AM</b> 1.5 hr(s)	<b>Morning Glory</b> , Westminster Presbyterian Church, 743 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(C,D,WC)</b>
<b>NOON</b> 1 hr(s)	<b>Midday Recovery Group</b> , Eastside Community Action Center, 1001 Dakin Street, Lansing, MI, 48912 <b>(O,CS,D,BK,LS,SPAD)</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> <b>Downstairs</b>
<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> <b>mask optional</b>

<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> , Recovery Worx, WEST SIDE ENTRANCE, 201 East Walker Street, St. Johns, MI, 48879 <b>(O,To,CW,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, 743 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 hr(s)	<b>Gettin' Clean in Bath</b> , Bath Library, Meeting Room is in Back, 14051 Webster Road, Bath, MI, 48808 <b>(O,BT,D,JT,NSK,To,WC,BK)</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>

**TUESDAY (CONT)**

<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,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, 743 N Martin Luther King Jr Blvd, Lansing, MI, 48915 <b>(C,D,WC)</b>
<b>NOON</b> 1 hr(s)	<b>Midday Recovery Group</b> , Eastside Community Action Center, 1001 Dakin Street, Lansing, MI, 48912 <b>(O,CS,D,BK,LS,SPAD)</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> <b>Downstairs</b>
<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, 743 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> (Last Thursday of the Month - Speaker), We are not meeting 12/25/25 and 1/1/26, Lansing, MI, <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> , Recovery Worx, WEST SIDE ENTRANCE, 201 East Walker Street, St. Johns, MI, 48879 <b>(O,To,CW,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, 743 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>

**FRIDAY (CONT)**

<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>
<b>8:45PM</b> 1 hr(s)	<b>Standin' on Bidness</b> , Hope Community Church, 501 E Mt. Hope Ave., Lansing, MI, 48910 <b>(O,B,BT,JT,NSK,YP,BK,NVG,LS)</b>

**SATURDAY**

<b>8:30AM</b> 1.5 hr(s)	<b>Morning Glory</b> , Westminster Presbyterian Church, 743 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> , Recovery Worx, WEST SIDE ENTRANCE, 201 East Walker Street, St. Johns, MI, 48879 <b>(O,To,CW,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>
<b>1:00PM</b> 1 hr(s)	<b>How Lost Dreams Awaken</b> , Alano Club West, 2909 West Genesee Street, Lansing, MI, 48917 <b>(RF,LS)</b>
<b>2:30PM</b> 1.5 hr(s)	<b>The Traditions Meeting of NA</b> , St. Michaels Church, 6500 amwood drive, lansing, mi, 48911 <b>(O,RF,Tr,BK,LS)</b>
<b>7:00PM</b> 1.5 hr(s)	<b>All Together</b> , Church of the Nazarene, 2225 S. Michigan Rd, Eaton Rapids, MI, 48827 <b>(C,D,St,WC)</b>
<b>7:00PM</b> 1 hr(s)	<b>New Beginnings</b> , St. Therese Catholic Church, 102 W Randolph St., Lansing, Michigan, 48906

**MEETING FORMAT LEGEND**

<b>B</b>	Beginners	<b>BT</b>	Basic Text
<b>C</b>	Closed	<b>CH</b>	Closed Holidays
<b>CL</b>	Candlelight	<b>D</b>	Discussion
<b>JT</b>	Just for Today	<b>NC</b>	No Children
<b>O</b>	Open	<b>RF</b>	Rotating Format
<b>St</b>	Step	<b>Ti</b>	Timer
<b>To</b>	Topic	<b>Tr</b>	Tradition
<b>WC</b>	Wheelchair	<b>YP</b>	Young People
<b>BK</b>	Book Study	<b>AB</b>	Ask-It-Basket
<b>CW</b>	Children Welcome	<b>LC</b>	Living Clean
<b>LS</b>	Literature Study	<b>CS</b>	Children under Supervision
<b>CT</b>	Contact Tracing	<b>SPAD</b>	A Spiritual Principle a Day
<b>GL</b>	LGBTQIA+	<b>NSK</b>	No Smoking
<b>NVG</b>	No Vaping		

**Area Service Committee** -

ASC meets the second Sunday of the month at 3:00 p.m.

**Location:** 1601 E. Michigan Ave, Lansing MI 48912

"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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# **NARCOTICS ANONYMOUS**



## **CAPITAL AREA MEETING LIST FEBRUARY 2026**

**CANA**

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

**Official Site**

<https://michigan-na.org/capital-area>  
capitalascna@yahoo.com