| | SUNDAY | | TUESDAY (CONT) | |
|----------------------------|---|----------------------------|--|--|
| 0.0044 | A Gathering of Men, Westminster Presbyterian | 7:30PM | Recovering Radicals, St. Michaels Church, 6500 | |
| 8:00AM 1.5 hr(s) | Church, 734 N. Martin Luther King Jr. BLVD, Lansing, MI, 48915 (C,D,WC) | 1.5 hr(s) | Amwood Dr, Lansing, MI, 48911 (C,CL,St,Tr,WC) | |
| 1:00PM | Vision of Hope, The Alano Club West, Basement | | WEDNESDAY | |
| 1 hr(s) | Room, 2909 W. Genesee, Lansing, MI, 48917 (O,To) | 8:30AM | Morning Glory, Westminster Presbyterian Church, | |
| | CHARLOTTE HARD HEADS, Eaton Area Recovery | 1.5 hr(s) | 743 N Martin Luther King Jr Blvd, Lansing, MI, 48915 (C,D,WC) | |
| 6:00PM 1 hr(s) | Building, Entrance on Lovett, 202 S Cochran, | | Midday Recovery Group, Eastside Community | |
| | Charlotte, MI, 48813 (C,St,WC,CW,LS) | NOON | Action Center, 1001 Dakin Street, Lansing, MI, 48912 | |
| 6:00PM | Insight Group, St. Michael's Episcopal Church, 6500 | 1 hr(s) | (O,CS,D,BK,LS,SPAD) | |
| 1.33 hr(s) | Amwood Dr., Lansing, MI, 48911 (O,CL,WC,LS) | 5:00PM | R.A.W -Recovering And Winning, 1601 E. | |
| | MONDAY | 1.5 hr(s) | Michigan Ave., Lansing, MI, 48912 (O,B,To,CT) | |
| 8:30AM | Morning Glory, Westminster Presbyterian Church, | 6:00PM | Heavenly Express, 316 Moores River Dr, Lansing, | |
| 1.5 hr(s) | 743 N Martin Luther King Jr Blvd, Lansing, MI, 48915 (C,D,WC) | 1 hr(s) | MI, 48910 (C,D,LS) Downstairs | |
| | Midday Recovery Group, Eastside Community | 6:00PM | Sister's in Surrender , Pilgrim Congregational United Church of Christ, Ring doorbell on left side of | |
| NOON | Action Center, 1001 Dakin Street, Lansing, MI, 48912 | 1 hr(s) | doorway, 125 S. Pennsylvania Ave, Lansing, MI, | |
| 1 hr(s) | (O,CS,D,BK,LS,SPAD) | 2 111(3) | 48912 (JT,AB) | |
| 5:45PM | We Came to Believe, Pilgrim Congregational | 8:00PM | Charlotte Hard Heads, Eaton Area Recovery | |
| 1.25 hr(s) | Church, 125 S. Pennsylvania, Lansing, MI, 48912 | 1 hr(s) | Building, Entrance on Lovett, 202 S. Cochran, | |
| | (C,D,WC,LS) | 111(3) | Charlotte, MI, 48813 (O,St,WC,CW,LS) | |
| 6:00PM 1 hr(s) | Heavenly Express , 316 Moores River Dr, Lansing, MI, 48910 (C,To,LS) <i>Downstairs</i> | | THURSDAY | |
| 6:30PM | Pride and Principles, Lifeboat Network Center, | 8:30AM | Morning Glory, Westminster Presbyterian Church, | |
| 1.25 hr(s) | | 1.5 hr(s) | 743 N Martin Luther King Jr Blvd, Lansing, MI, 48915 (C,D,Tr,WC) | |
| 7:00PM | All Together, Church of the Nazarene, 2225 S. | | Never Alone, Grace Lutheran Church (Last Thursday | |
| 1.5 hr(s) | Michigan Rd (M-99), Eaton Rapids, MI, 48827 | NOON | of the Month - Speaker), 528 N Martin Luther King Jr | |
| 1.5 1.1 (5) | (C,D,St,WC) mask optional | 1.5 hr(s) | Blvd, Lansing, MI, 48915 (C,D,WC) | |
| 7:00PM | Green & White Clean Life, The People's Church, | 6:00PM | Hugs Not Drugs, Mid Michigan Recovery Services, | |
| 1.5 hr(s) | Meeting location: McCune Chapel - Upstairs next to main chapel down the hall, 200 W. Grand River Ave, | 1.5 hr(s) | 316 Moores River Dr, Lansing, MI, 48910 (O,LS) | |
| 1.5 111(3) | East Lansing, MI, 48823 (O,CH,Ti,WC,LC) | 7:00PM | Hope is Here, Senior Center, I, 201 East Walker | |
| 7:00PM | Hope is Here, Senior Center, 201 East Walker | 1 hr(s) 7:30PM | Street, St. Johns, MI, 48879 (C,NC,To,LS) | |
| 1 hr(s) | Street, St. Johns, MI, 48879 (C,NC,To,LS) | | Insight Group, St. Michael's Episcopal Church, 6500 Amwood Dr., Lansing, MI, 48911 (O,CL,WC,LS) | |
| 7:00PM | The Strength and Hope Group of Owosso, Grace | | Charlotte Hard Heads, Eaton Area Recovery | |
| 1.5 hr(s) | bible Church, East entrance, by the river, 201 | 8:00PM | Building, Entrance on Lovett, 202 S. Cochran, | |
| | Michigan Ave, Owosso, MI, 48847 (C,NC,St,WC,LS) | 1 hr(s) | Charlotte, MI, 48813 (C,CL,D,St,WC,CW,LS) | |
| 8:00PM | Charlotte Hard Heads, Eaton Area Recovery Building, Entrance on Lovett, 202 S. Cochran, | FRIDAY | | |
| 1 hr(s) | Charlotte, MI, 48813 (O,NC,RF,WC,CW) | 8:30AM | Morning Glory, Westminster Presbyterian Church, | |
| | TUESDAY | 1.5 hr(s) | 743 N Martin Luther King Jr Blvd, Lansing, MI, 48915 | |
| | Morning Glory, Westminster Presbyterian Church, | 1.5 111(3) | (C,D,WC,LS) | |
| 8:30AM | 743 N Martin Luther King Jr Blvd, Lansing, MI, 48915 | 7 - 0004 | Spiritual Awakening, Bethlehem Lutheran Church, | |
| 1.5 hr(s) | (C,D,WC) | 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, | |
| NOON | Never Alone , Grace Lutheran Church, 528 N Martin | 1.5 111(3) | MI, 48910 (O,CL,WC,LS) | |
| 1.5 hr(s) | Luther King Jr Blvd, Lansing, MI, 48915 (C,D,WC,LS) | 7 000" | We Are Stronger Together, Angel's Hands | |
| 6:00PM | Hugs Not Drugs, Mid Michigan Recovery Services, | 7:00PM | Community Outreach, 110 West Saginaw Street, | |
| 1.5 hr(s) | 316 Moores River Dr, Lansing, MI, 48910 (O,LS) | 1 hr(s) | Owasso, MI, 48867 (BT,D,WC,BK) | |
| 7:00PM | Charlotte Hard Heads, Eaton Area Recovery Building, Entrance on Lovett, 202 S. Cochran, | 8:00PM | Charlotte Hard Heads, Eaton Area Recovery | |
| 1 hr(s) | Charlotte, MI, 48813 (C,D,RF,St,WC,CW,LS) | 1 hr(s) | Building, Entrance on Lovett, 202 S. Cochran, | |
| 7:00PM | Today's Reality, Trinity Episcopal Church, 201 E | (-) | Charlotte, MI, 48813 (O,D,St,WC,CW,LS) | |
| 1.5 hr(s) | Jefferson St, Grand Ledge, MI, 48837 (C,St,WC) | | SATURDAY | |
| 7:00PM | We Are Stronger Together, Angel's Hands | 8:30AM | Morning Glory, Westminster Presbyterian Church, | |
| 1 hr(s) | Community Outreach, 110 W Saginaw Street, | 1.5 hr(s) | 743 N Martin Luther King Jr Blvd, Lansing, MI, 48915 | |
| (5) | Owasso, MI, 48867 (BT,D,WC,BK) | | (O,D,WC) | |

| SATURDAY (CONT) | | | | | | |
|---------------------------|---|--|--|--|--|--|
| 10:00AM 1 hr(s) | Hope is Here, Clinton County Senior Center, 201 East Walker Street, St. Johns, MI, 48879 (C,NC,To,LS) | | | | | |
| NOON 1.5 hr(s) | Charlotte Hard Heads, Eaton Area Recovery Building, Entrance on Lovett, 202 S. Cochran, Charlotte, Michigan, 48813 (O,D,CW) | | | | | |
| 1:00PM 1 hr(s) | How Lost Dreams Awaken, Alano Club West, 2909 West Genesee Street, Lansing, MI, 48917 (RF,LS) | | | | | |
| 7:00PM 1.5 hr(s) | All Together , Church of the Nazarene, 2225 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 FORMAT LEGEND | | | | | | |
|-----------------------|-----------------------------|----|------------------|--|--|--|
| В | Beginners | BT | Basic Text | | | |
| С | Closed | CH | Closed Holidays | | | |
| CL | Candlelight | D | Discussion | | | |
| JT | Just for Today | NC | No Children | | | |
| 0 | Open | RF | Rotating Format | | | |
| St | Step | Ti | Timer | | | |
| То | Topic | Tr | Tradition | | | |
| WC | Wheelchair | BK | Book Study | | | |
| AB | Ask-It-Basket | CW | Children Welcome | | | |
| LC | Living Clean | LS | Literature Study | | | |
| CS | Children under Supervision | СТ | Contact Tracing | | | |
| SPAD | A Spiritual Principle a Day | 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.

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| PHONE NUMBERS | |
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NARCOTICS ANONYMOUS



CAPITAL AREA MEETING LIST NOVEMBER 2025

CANA

24 Hour Help Line 1-800-230-4085

Official Site

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