

**SUNDAY**

- 8:00AM** **A Gathering of Men**, Westminster Presbyterian Church, 734 N. Martin Luther King Jr. BLVD, Lansing, MI, 48915 **(C,D,WC)**  
1.5 hr(s)
- 1:00PM** **Vision of Hope**, The Alano Club West, Basement Room, 2909 W. Genesee, Lansing, MI, 48917 **(O,To)**  
1 hr(s)
- 6:00PM** **CHARLOTTE HARD HEADS**, Eaton Area Recovery Building, 202 S Cochran, Charlotte, MI, 48813 **(C,St,WC,LS)**  
1 hr(s)
- 6:00PM** **Insight Group**, St. Michael's Episcopal Church, 6500 Amwood Dr., Lansing, MI, 48911 **(O,CL,WC,LS)**  
1.33 hr(s)

**MONDAY**

- 8:30AM** **Morning Glory**, Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 **(C,D,WC)**  
1.5 hr(s)
- 5:45PM** **We Came to Believe**, Pilgrim Congregational Church, 125 S. Pennsylvania, Lansing, MI, 48912 **(C,D,WC,LS)**  
1.25 hr(s)
- 6:00PM** **Heavenly Express**, 316 Moores River Dr, Lansing, MI, 48910 **(C,To,LS)** *Downstairs*  
1 hr(s)
- 6:30PM** **Pride and Principles**, Lifeboat Network Center, 1601 E. Michigan Ave., Lansing, MI, 48912 **(O,GL,RF)**  
1.25 hr(s)
- 7:00PM** **All Together**, Church of the Nazarene, 2225 S. Michigan Rd (M-99), Eaton Rapids, MI, 48827 **(C,D,St,WC)** *mask optional*  
1.5 hr(s)
- 7:00PM** **Green & White Clean Life**, The People's Church, Meeting location: Centennial Room in the Basement, 200 W. Grand River Ave, East Lansing, MI, 48823 **(O,CH,Ti,WC,LC)**  
1.5 hr(s)
- 7:00PM** **Hope is Here**, Senior Center, 201 East Walker Street, St. Johns, MI, 48879 **(C,NC,To,LS)**  
1 hr(s)
- 7:00PM** **The Strength and Hope Group of Owosso**, Grace bible Church, East entrance, by the river, 201 Michigan Ave, Owosso, MI, 48847 **(C,NC,St,WC,LS)**  
1.5 hr(s)
- 8:00PM** **Charlotte Hard Heads**, Eaton Area Recovery Building, 202 S. Cochran, Charlotte, MI, 48813 **(O,NC,RF,WC)**  
1 hr(s)

**TUESDAY**

- 8:30AM** **Morning Glory**, Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 **(C,D,WC)**  
1.5 hr(s)
- NOON** **Never Alone**, Grace Lutheran Church, 528 N Martin Luther King Jr Blvd, Lansing, MI, 48915 **(C,D,WC,LS)**  
1.5 hr(s)
- 6:00PM** **Hugs Not Drugs**, Foster Community Center (Room 213), 200 N Foster Ave, Lansing, MI, 48912 **(O,WC,LS)**  
1.5 hr(s)
- 7:00PM** **Charlotte Hard Heads**, Eaton Area Recovery Building, 202 S. Cochran, Charlotte, MI, 48813 **(C,D,St,WC,LS)**  
1 hr(s)
- 7:00PM** **Today's Reality**, Trinity Episcopal Church, 201 E Jefferson St, Grand Ledge, MI, 48837 **(C,St,WC)**  
1.5 hr(s)
- 7:30PM** **Recovering Radicals**, St. Michaels Church, 6500 Amwood Dr, Lansing, MI, 48911 **(C,CL,St,Tr,WC)**  
1.5 hr(s)

**WEDNESDAY**

- 8:30AM** **Morning Glory**, Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 **(C,D,WC)**  
1.5 hr(s)
- 5:00PM** **R.A.W -Recovering And Winning**, 1601 E. Michigan Ave., Lansing, MI, 48912 **(O,B,To,CT)**  
1.5 hr(s)
- 6:00PM** **Heavenly Express**, 316 Moores River Dr, Lansing, MI, 48910 **(C,D,LS)** *Downstairs*  
1 hr(s)
- 6:00PM** **Sister's in Surrender**, Pilgrim Congregational United Church of Christ, Ring doorbell on left side of doorway, 125 S. Pennsylvania Ave, Lansing, MI, 48912 **(JT,AB)**  
1 hr(s)
- 8:00PM** **Charlotte Hard Heads**, Eaton Area Recovery Building, 202 S. Cochran, Charlotte, MI, 48813 **(O,St,WC,LS)**  
1 hr(s)

**THURSDAY**

- 8:30AM** **Morning Glory**, Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 **(C,D,Tr,WC)**  
1.5 hr(s)
- NOON** **Never Alone**, Grace Lutheran Church (Last Thursday of the Month - Speaker), 528 N Martin Luther King Jr Blvd, Lansing, MI, 48915 **(C,D,WC)**  
1.5 hr(s)
- 6:00PM** **Hugs Not Drugs**, Foster Community Center (Room 213), 200 N Foster Ave, Lansing, MI, 48912 **(O,WC,LS)**  
1.5 hr(s)
- 7:00PM** **Hope is Here**, Senior Center, 1, 201 East Walker Street, St. Johns, MI, 48879 **(C,NC,To,LS)**  
1 hr(s)
- 7:30PM** **Insight Group**, St. Michael's Episcopal Church, 6500 Amwood Dr., Lansing, MI, 48911 **(O,CL,WC,LS)**  
1.17 hr(s)
- 8:00PM** **Charlotte Hard Heads**, Eaton Area Recovery Building, 202 S. Cochran, Charlotte, MI, 48813 **(C,CL,D,St,WC,LS)**  
1 hr(s)

**FRIDAY**

- 8:30AM** **Morning Glory**, Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 **(C,D,WC,LS)**  
1.5 hr(s)
- 7:00PM** **Spiritual Awakening**, Bethlehem Lutheran Church, 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)**  
1.5 hr(s)
- 8:00PM** **Charlotte Hard Heads**, Eaton Area Recovery Building, 202 S. Cochran, Charlotte, MI, 48813 **(O,D,St,WC,LS)**  
1 hr(s)

**SATURDAY**

- 8:30AM** **Morning Glory**, Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 **(O,D,WC)**  
1.5 hr(s)
- 10:00AM** **Hope is Here**, Clinton County Senior Center, 201 East Walker Street, St. Johns, MI, 48879 **(C,NC,To,LS)**  
1 hr(s)
- 11:00AM** **Grand Ledge Group**, Grand Ledge Church of the Nazarene, Use Main Entrance on east side of building, go to hallway on the left, enter the room from there., 3432 Jefferson Hwy, Grand Ledge, MI, 48837 **(O,BT,D,IL,IP,IW,JT,RF,SG,St,Tr,WC,BK,ME,QA,CW,LC,LS,SPA D)** *Children must remain with parents at all times.*  
1 hr(s)

**SATURDAY (CONT)**

- NOON** **Charlotte Hard Heads**, Eaton Area Recovery Building, 202 S. Cochran, Charlotte, Michigan, 48813 **(O,D,CW)**  
1.5 hr(s)
- 7:00PM** **All Together**, Church of the Nazarene, 2225 S. Michigan Rd, Eaton Rapids, MI, 48827 **(C,D,St,WC)**  
1.5 hr(s)
- 7:00PM** **New Beginnings**, St. Therese Catholic Church, 102 W Randolph St., Lansing, Michigan, 48906  
1 hr(s)

**MEETING FORMAT LEGEND**

AB	Ask-It-Basket	B	Beginners
BK	Book Study	BT	Basic Text
C	Closed	CH	Closed Holidays
CL	Candlelight	CT	Contact Tracing
CW	Children Welcome	D	Discussion
GL	LGBTQIA+	IL	Illness
IP	Informational Pamphlet	IW	It Works -How and Why
JT	Just for Today	LC	Living Clean
LS	Literature Study	ME	Meditation
NC	No Children	O	Open
QA	Question and Answer	RF	Rotating Format
SG	Step Working Guide	SPAD	A Spiritual Principle a Day
St	Step	Ti	Timer
To	Topic	Tr	Tradition
WC	Wheelchair		

**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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World Services

PHONE NUMBERS

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**NARCOTICS ANONYMOUS**



**CAPITAL AREA  
MEETING LIST  
NOVEMBER 2024**

**CANA**

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

**Official Site**

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