

SUNDAY	
8:00AM 1.5 hr(s)	A Gathering of Men , Westminster Presbyterian Church, 734 N. Martin Luther King Jr. BLVD, Lansing, MI, 48915 (C,D,WC)
1:00PM 1 hr(s)	Vision of Hope , The Alano Club West, Basement Room, 2909 W. Genesee, Lansing, MI, 48917 (O,To)
4:00PM 1.5 hr(s)	Back to the Basics , Alano Club West, Room 2 West, 2909 W. Genesee, Lansing, MI, 48917 (C,M)
6:00PM 1 hr(s)	CHARLOTTE HARD HEADS , Eaton Area Recovery Building, 202 S Cochran, Charlotte, MI, 48813 (C,St,WC,LS)
6:00PM 1.33 hr(s)	Insight Group , St. Michael's Episcopal Church, 6500 Amwood Dr., Lansing, MI, 48911 (O,CL,WC,LS)

MONDAY	
8:30AM 1.5 hr(s)	Morning Glory , Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 (C,D,WC)
5:30PM 1.25 hr(s)	Simplicity is Key , VIRTUAL, Direct link on area web site or Zoom ID: 842 9606 9457 Password: wctb, Lansing, Michigan, (C,WEB,LS,VM)
5:45PM 1.25 hr(s)	We Came to Believe , Pilgrim Congregational Church, 125 S. Pennsylvania, Lansing, MI, 48912 (C,D,WC,LS)
6:00PM 1 hr(s)	Heavenly Express , 217 N. Sycamore St., Lansing, MI, 48933 (C,To,LS)
6:30PM 1.25 hr(s)	Pride and Principles , Lifeboat Network Center, 1601 E. Michigan Ave., Lansing, MI, 48912 (O,GL,RF)
7:00PM 1.5 hr(s)	All Together , Church of the Nazarene, 2225 S. Michigan Rd (M-99), Eaton Rapids, MI, 48827 (C,D,St,WC) <i>mask optional</i>
7:00PM 1.5 hr(s)	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)
7:00PM 1.5 hr(s)	The Strength and Hope Group of Owosso , Owosso Armory, Meeting is in Suite 101, 215 N Water St, Owosso, MI, 48847 (C,NC,St,WC,LS)
8:00PM 1 hr(s)	Hope is Here , Senior Center, 201 East Walker Street, St. Johns, MI, 48879 (C,NC,To,LS)

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

WEDNESDAY	
8:30AM 1.5 hr(s)	Morning Glory , Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 (C,D,WC)
5:00PM 1.5 hr(s)	R.A.W -Recovering And Winning , 1601 E. Michigan Ave., Lansing, MI, 48912 (O,B,To,CT)
6:00PM 1 hr(s)	Heavenly Express , 217 N. Sycamore St., Lansing, MI, 48933 (C,D,WC,LS)
6:00PM 1 hr(s)	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)

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

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

SATURDAY	
8:30AM 1.5 hr(s)	Morning Glory , Westminster Presbyterian Church, 734 N Martin Luther King Jr Blvd, Lansing, MI, 48915 (O,D,WC)
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, 202 S. Cochran, Charlotte, Michigan, 48813 (O,D,CW)
7:00PM 1.5 hr(s)	All Together , Church of the Nazarene, 2225 S. Michigan Rd, Eaton Rapids, MI, 48827 (C,D,St,WC)

SATURDAY (CONT)			
7:00PM		New Beginnings , St. Therese Catholic Church, 102 1 hr(s) W Randolph St., Lansing, Michigan, 48906	
MEETING FORMAT LEGEND			
AB	Ask-It-Basket	B	Beginners
C	Closed	CH	Closed Holidays
CL	Candlelight	CT	Contact Tracing
CW	Children Welcome	D	Discussion
GL	LGBTQIA+	JT	Just for Today
LC	Living Clean	LS	Literature Study
M	Men	NC	No Children
O	Open	RF	Rotating Format
St	Step	Ti	Timer
To	Topic	Tr	Tradition
VM	Virtual Meeting	WC	Wheelchair
WEB	Online Meeting		

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

NARCOTICS ANONYMOUS



CAPITAL AREA MEETING LIST MAY 2024

CASCNA

P.O. Box 25144
Lansing, MI 48909

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

Official Site

**<https://michigan-na.org/capital-area>
Webservant Contact - cascna@michigan-na.org**