

ALGONA		
Mon	8:00PM	OMITA , Finn House, 600 North Ridgley Street, (O, D, To)
Wed	8:00PM	IWHAW , Finn House, 600 North Ridgley Street, (O, D, To)
Sat	8:00PM	Alive , Finn House, 600 North Ridgley Street, (O, D, To)
AMES		
Sun	7:00PM	Living Clean , United Methodist Church, 515 Kellog Avenue, (C)
Tue	7:00PM	We Have a Choice , First Christian Church, 611 Clark, (C, D, NC)
Sat	8:00PM	Seekers of Serenity , Collegiate United Methodist Church, Enter Far West door to the building. Down the stairs. Room 44, 2622 Lincoln Way, (BT, BK)
ANKENY		
Tue	7:30PM	Miracles on First Street , Our Lady's Immaculate Heart Catholic Church, Room 5 Use North Entrance., 530 East 1st Street, (O)
ATLANTIC		
Wed	7:00PM	Atlantic NA , United Church of Christ, 1607 Hazel Street,
BOONE		
Wed	7:00PM	Gimme 12 Steps , Use East Entrance, 917 10th Street, (O, D)
Fri	7:00PM	Gimme 12 Steps , Use East Entrance, 917 10th Street, (O, D)
BURLINGTON		
Sun	7:00PM	Recovery , Trinity Lutheran Church, 115 South Central Avenue, (O)
Tue	7:00PM	Recovery , Trinity Lutheran Church, 115 South Central Avenue, (O)
Thu	7:00PM	Recovery Group , Trinity Lutheran Church, 115 South Central Avenue, (O)
CARROLL		
Thu	7:00PM	Clean & Serene , Recovery Hall, off HWY 30, North of Pepsi, 1240 Heirs Avenue, Suite E, (O)
Sat	NOON	Carroll Nooners Basic Text , Recovery Hall, off HWY 30, North of Pepsi, 1240 Heirs Avenue, Suite E, (C)
CARTER LAKE		
Mon	7:00PM	Recharge , Carter Lake United Methodist Church, 3025 Mabrey Lane, (O, WC)
CEDAR RAPIDS		
Sun	6:00PM	Face Anything, Fear Nothing , Ecumenical Community Center, 601 2nd Avenue SouthEast, (O, D, To, WC)
Mon	NOON	We Do Recover , Safe Place (ring door bell), 527 6th Avenue SouthEast, (O)
Mon	6:00PM	We Do Recover , Wellington Community Center, 392 15th Street SouthEast, (O, D, To, WC)
Tue	NOON	We Do Recover , Safe Place Foundation, Only Knock on Office Door, 529 6th Avenue SouthEast, (O, D, To)
Tue	7:00PM	Principles Before Personalities , Enter through back door., 351 8th Avenue SouthWest, (O, D, JT, RF, SD, To)
Wed	NOON	We Do Recover , Safe Place (ring door bell), 527 6th Avenue SouthEast, (O)
Wed	6:00PM	New Attitudes , Grace Episcopal Church, 525 A Avenue NorthEast, (O, WC)
Wed	8:00PM	Steps and Traditions , Hope Lutheran Church, 2736 Bowling Street SouthWest, (C, D, IW, St, To, Tr, WC, BK)
Thu	NOON	We Do Recover , Safe Place Foundation, Only Knock on Office Door, 529 6th Avenue SouthEast, (O, D, To)
Thu	6:30PM	Face Anything, Fear Nothing , Ecumenical Community Center, 601 2nd Avenue SouthEast, (O, D, To, WC)
Fri	NOON	We Do Recover , Safe Place Foundation, Only Knock on Office Door, 529 6th Avenue SouthEast, (O, To, WC)
Fri	7:00PM	We Do Recover , Wellington Community Center, 392 15th Street SouthEast, (O)
Fri	9:00PM	Pioneer , Ecumenical Community Center, 601 2nd Avenue SouthEast, (C, CL, WC, OE)
Sat	NOON	Pioneer , Relevant Life Church, 351 8th Avenue SouthWest., (O)
Sat	6:00PM	Sisters & Brothers of Serenity , Enter back entrance. No addict turned away., 351 8th Ave SW, (O, M, W, WC)
Sat	8:00PM	Principles Before Personalities , Enter through back door, 351 8th Avenue SouthWest, (O, D, JT, RF, SD, To)
CENTERVILLE		
Sun	7:30PM	NA , Mercy Medical Center, 1 Saint Joseph Drive, (O, WC)
Wed	7:30PM	NA , Mercy Medical Center, 1 Saint Joseph Drive, (O, WC)

CHARITON		
Mon	7:00PM	NA , St. Andrew's Church, In Summer may meet at Red Hawk Park., 1112 North 7th Street, (O, WC)
Wed	7:00PM	NA , St. Andrew's Church, 1112 North 7th Street, (O, WC)
CHARLES CITY		
Mon	8:00PM	Principles Before Personalities , Hope House, 805 Wisconsin Street, (O)
Thu	8:00PM	Principles Before Personalities , Hope House, 805 Wisconsin Street, (O)
CLARINDA		
Sun	6:00PM	Straight Edge , Zion Recovery Building, Upstairs from Outpatient., 1800 North 16th Street, (O)
Tue	7:00PM	Straight Edge , Zion Recovery Building, Upstairs from Outpatient, 1800 North 16th Street, (O)
CLEAR LAKE		
Tue	8:00PM	The Few The Proud The Clean , Meeting is in Basement, 1115 East Main Street, (O, D, To)
CLINTON		
Thu	7:00PM	NA Meeting , Salvation Army, 219 First Avenue, (O)
CORALVILLE		
Sun	7:30PM	We Do Recover , 806 13th Ave, Coralville, Enter from 8th street, 806 13th Avenue, (O, WC, LC)
Thu	8:00PM	We Do Recover , 806 13th Ave, Coralville, Enter from 8th street, 806 13th Avenue, (O, To, WC)
COUNCIL BLUFFS		
Sun	6:45PM	New Way , Broadway United Methodist Church, Through the east doors and upstairs in room 210., 11 South 1st Street, (O, SG, WC)
Mon	NOON	Let It Be , The New LiteHouse, 200 South 16th Avenue, (O)
Mon	7:00PM	Visions of Hope , Our Savior Lutheran Church, 313 Story Street, (O)
Tue	NOON	Let It Be , The New LiteHouse, 200 South 16th Avenue, (O)
Tue	7:00PM	Visions of Hope , Our Savior Lutheran Church, 313 Story Street, (O)
Wed	NOON	Let It Be , The New LiteHouse, 200 South 16th Avenue, (O)
Wed	5:00PM	Acceptance, Courage - Wisdom , 500 Club, 410 South 16th Street, (O)
Wed	8:00PM	Visions of Hope , Our Savior Lutheran Church, 313 Story Street, (O)
Thu	NOON	Let It Be , The New LiteHouse, 200 South 16th Avenue, (O)
Thu	7:00PM	Visions of Hope , Our Savior Lutheran Church, 313 Story Street, (O, LS, LC)
Fri	NOON	Let It Be , The New LiteHouse, 200 South 16th Avenue, (O)
Fri	6:00PM	More will be Revealed , 500 Club, 410 South 16th Street, (O)
Fri	8:00PM	Discovery , Broadway United Methodist Church, Through the east doors and upstairs in room 210., 11 South 1st Street, (O, WC)
CRESTON		
Fri	8:00PM	New Freedom , Catholic Rectory, 401 Clark Street, (O, CL)
DAVENPORT		
Mon	7:00PM	Promise , West End Alano Club, 2603 Rockingham Road, (C, WC)
Tue	7:00PM	We Do Recover , Blandine Club, Upstairs, 117 1/2 Perry Street, (O)
Wed	7:00PM	Promise , West End Alano Club, 2603 Rockingham Road, (O, WC)
Thu	7:00PM	Focus on Recovery , Blandine Club, Upstairs, 117 1/2 Perry Street, (O, W)
Thu	7:00PM	Road to Recovery , Grace United, 2651 Telegraph Road, (O)
Fri	NOON	Promise , West End Alano Club, 2603 Rockingham Road, (O, WC)
Fri	5:30PM	We Do Recover , Blandine Club, Upstairs, 117 1/2 Perry Street, (O)
Sat	NOON	Focus on Recovery , Blandine Club, Upstairs, 117 1/2 Perry Street, (O)
Sat	5:30PM	Road to Recovery , Grace United, 2651 Telegraph Road, (O)
Sat	7:00PM	We Do Recover , Blandine Club, Upstairs, 117 1/2 Perry Street, (O)
DECORAH		
Thu	7:00PM	Serenity Seekers , Good Shepard Lutheran Church, 701 Iowa Ave., (O, WC)
DES MOINES		
Sun	11:00AM	The Journey Continues , Lutheran Hosp., B Level Conference Rm., 700 East University Avenue, (O, CS, To, WC)
Sun	5:30PM	Basic Meditation , Wesley House, Use door from 28th St., downstairs, 28th Street & University Avenue. (O)

DES MOINES (CONT)		
Sun	7:00PM	Sunday Night NA , Naureen Conference Room -- Use Emergency Entrance, 1801 Hickman Road, (O, WC)
Sun	7:30PM	Eastside Recovery , Experience Church, East Entrance, Sanctuary, 3800 East Douglas Street, (O, WC)
Mon	NOON	Our Primary Purpose , First Christian Church, 2nd Floor of Church, 25th & University Avenue, (O, WC)
Mon	7:00PM	Addicts for Addicts , Capitol Hill Christian Church, Enter Thru South West Door, 3322 East 25th Street, (O)
Mon	7:30PM	Truth or Consequences , First Unitarian Church, Park in east Lot off Druid Hill Rd. Downstairs and to the right., 1800 Bell Avenue, (O)
Tue	7:00PM	Central City , Urban Dreams, 601 Forest Avenue, (O, WC)
Tue	7:30PM	Unity in Action , Mercy Franklin Suite 4 (South End), 1818 48th Street, (O, CL, WC)
Wed	NOON	Meeting with no name , First Christian Church, 2nd Floor, 25th Street & University Avenue, (O)
Wed	7:00PM	Freedom , VA Medical Ctr, Room 2756, Bldg 1 - park in lot 3, 3600 30th Street, (O)
Wed	7:30PM	We Came to Believe , Lutheran Hospital, B Level Cafeteria, 700 East University Avenue, (O, WC)
Thu	NOON	Thursday Nooner , First Christian Church, 2nd Floor, 25th Street & University Avenue, (O)
Thu	7:00PM	Closed for Repair , Easton Place Methodist Church, In basement use North Entrance., 2412 Easton Boulevard, (C)
Thu	7:00PM	SIS (Serenity in Sisterhood) , Fort Des Moines Methodist Church, 6205 SouthWest 9th Street, (O, W, WC)
Thu	7:00PM	Thursday Night Thunder , Salvation Army, Enter off E 2nd, 2nd floor cafeteria, 133 E 2nd St, (O, M)
Thu	7:00PM	Thursday Night Thunder , Salvation Army Adult Rehabilitation Center, 133 East 2nd Street, (M)
Thu	7:00PM	Uncut , Creative Visions, 1343 13th Street, (O)
Fri	NOON	Found A Way Out , First Christian Church, 2nd floor, 2500 University Avenue, (O)
Fri	5:30PM	Stick & Stay , Des Moines Social Club, Room 211, 900 Mulberry Street, (O)
Fri	7:00PM	Free Addicts Recovering Together , Art Therapy Room, Main Hospital S.E. Entrance, 1818 48th Street, (O, WC)
Fri	7:00PM	Free on Friday , Lutheran Hospital, B Level Cafeteria, 700 East University Avenue, (O, WC)
Fri	7:30PM	New Beginnings , Grace United Methodist Church, South Entrance - Library, 3700 Cottage Grove, (O)
Fri	7:30PM	Truth or Consequences , First Unitarian Church, Park in east lot off Druid Hill Rd. Downstairs and to the right., 1800 Bell Avenue, (O)
Sat	9:00AM	Basic Text Study , Community of Christ Church, In Basement, 3003 62nd Street & Urbandale Avenue, (O, BT, WC)
Sat	6:00PM	Miracles on Penn , Powell, 700 East University Avenue, (O, WC)
Sat	6:30PM	Central City , Urban Dreams, 601 Forest Avenue, (O, WC)
Sat	7:00PM	Saturday Night Live , Ft. Des Moines Methodist Church, 6205 SouthWest 9th Street, (O, WC)
Sat	7:30PM	Saturday Night Salvation , Experience Church, Use East Entrance Room 207, 3800 East Douglas Avenue, (O)
DUBUQUE		
Sun	7:00PM	Back to Basics , The Source, 1166 1/2 Main Street, (O, BT, WC)
Mon	1:00PM	We Do Recover , The Source, 1166 1/2 Main Street, (O, D, WC)
Mon	7:30PM	Monday Night Munchies , Church of the Nazarene, 1195 Prysi Avenue, (O)
Tue	3:30PM	Experience, Strength and Hope , The Source, 1166 1/2 Main Street, (O, WC)
Tue	6:00PM	Rascals in Recovery , The Multicultural Center, 1157 Central Avenue, (O)
Wed	3:00PM	Carrying the Message , The Source, 1166 1/2 Main Street, (O)
Wed	7:00PM	It Works- How & Why , St. Matthew's Church, 1780 White Street, (C, IW, St, Tr)
Thu	1:00PM	Living Clean , The Source, 1166 1/2 Main Street, (O, LC)
Thu	8:30PM	Topic Meeting , The Source, 1166 1/2 Main Street, (O, CL, To, WC)
Fri	1:30PM	Back to the Stories , The Source, 1166 1/2 Main Street, (O, BT, WC)
Fri	7:00PM	Keep It Real , The Source, 1166 1/2 Main Street, (C)
Sat	11:00AM	The We not Me Group , The Source, 1166 1/2 Main Street, (O, WC)
Sat	7:00PM	Miracles Happen , The Source, 1166 1/2 Main Street, (O, CL)
EAST MOLINE		
Sat	9:15PM	Saturday Night Spiritual Principles , Stutsman's Lodge - RICCA, 1607 John Deere Road, (O)

ESTHERVILLE

Fri **8:00PM** **NA**, First Christian Church, 205 North 7th Street, **(C, RF, WC)**

FAIRFIELD

Tue **7:00PM** **Free and Clean**, New Life Community Church, 500 West Washington Street, **(O, WC, LS)**

Fri **7:00PM** **Free and Clean**, New Life Community Church, 500 West Washington Street, **(O, WC, LS)**

FORT DODGE

Tue **7:00PM** **New Rising**, Shalom Center, 501 North 12 Street, **(O, WC)**

Thu **7:00PM** **New Rising**, Shalom Center, 501 North 12 Street, **(O, WC)**

Fri **7:00PM** **Fort Dodge NA**, Alano Club, 12 North 7th Street, **(O, WC)**

Sat **7:00PM** **New Rising**, Shalom Center, 501 North 12 Street, **(O, SD, WC)**

GRINELL

Fri **7:30PM** **Our Primary Purpose**, Station Clubhouse, 729 Pearl Street, **(O, WC)**

HARLAN

Mon **8:00PM** **Never Alone**, St. Michael's Rectory, 1912 18th Street, **(O, WC)**

Wed **11:30AM** **Anybody's**, SCCO Building, Conference Room Main Floor, 1105 8th Street, **(O, CL, WC)**

Thu **7:30PM** **Nobody's**, Methodist Church, In the basement., 9th & Durant, **(O, CL, WC)**

Sat **5:00PM** **Saturday Serenity**, SCCO Building, Conference Room on Main Floor, 1105 8th Street, **(O, CL, WC)**

HARTLEY

Sat **7:00PM** **NA**, United Methodist Church, 8th Avenue West,

HUMESTON

Sat **5:00PM** **Humeston NA**, Humeston Library, 302 Broad Street,

Sat **5:00PM** **Hwy 65 NA**, Library, On the South side of the Library, Enter through the West Door, 301 Broad Street, **(To)**

IDA GROVE

Wed **7:00PM** **Ida Grove**, Ida Grove Public Library, 100 East 2nd Street, **(O)**

IOWA CITY

Mon **7:30PM** **We Do Recover**, Church of the Nazarene, 1035 Wade Street, **(O, BT, WC)**

Tue **7:00PM** **We Do Recover**, River Community Church, East Entrance, 3001 Muscatine Avenue, **(O, WC, LC)**

Wed **6:30PM** **Women's Meeting**, Faith United Church of Christ, 1609 Deforest Avenue, **(O, JT, W, WC)**

Wed **8:00PM** **We Do Recover**, Church of the Nazarene, 1035 Wade Street, **(C, IW, WC)**

Fri **7:00PM** **We Do Recover**, River Community Church, East entrance, 3001 Muscatine Avenue, **(O, WC, LS)**

Sat **11:30AM** **Saturday Serenity Meeting**, Uptown Bill's, Side room, 730 South Dubuque Street, **(O, WC)**

IOWA FALLS

Tue **7:00PM** **Reading & Discussion**, Fireside, 11241 US Highway 65 North, **(O, D)**

Sat **7:00PM** **Saturday Night Freedom**, Fireside, 11241 US Highway 65 North, **(O, D)**

JEFFERSON

Sun **5:30PM** **Jefferson NA**, Central Christian Church, 108 North Elm Street,

KEOKUK

Sun **6:45PM** **Journey to Freedom**, St. John Episcopal Church, Enter the red door nearest the alley, 208 North 4th Street, **(O, LS)**

Wed **8:00PM** **Freedom: The New Beginning**, Heritage Center, 509 Main Street, **(To)**

KNOXVILLE

Sun **7:30PM** **Freedom Seekers**, Celebrate Christian Church, 1005 North Lincoln Street, **(O)**

Thu **7:30PM** **Freedom Seekers**, Celebrate Christian Church, 1005 North Lincoln Street, **(O)**

Fri **7:00PM** **Freedom Seekers**, Celebrate Christian Church, 1005 North Lincoln Street, **(O)**

LAKE CITY

Sat **7:00PM** **Saturday Night Live**, Pilgrim Lutheran Church, 720 East Main (Highway 175), **(O)**

LE MARS

Mon **7:00PM** **Stairway to Heaven**, Floyd Valley Hopsital, Room #2 (basement), 714 Lincoln Street NorthEast, **(CS)**

Tue **7:00PM** **Stairway to heaven**, Floyd Valley Hospital, downstairs conference room/cafeateria, 714 Lincoln Street NorthEast, **(CS)**

Wed **7:00PM** **Stairway to Heaven**, 714 Lincoln Street NorthEast, Highway 3, **(CS)**

Thu **7:00PM** **Stairway to Heaven**, Floyd Valley Hopsital, 714 Lincoln Street NorthEast, **(C, BT, NC, Sm)**

Fri **7:00PM** **Stairway to Heaven**, Floyd Valley Hopsital, 714 Lincoln Street NorthEast, **(CS)**

LEON

Fri **6:00PM** **NA**, Loving Chapel United Methodist Church, 101 1st Street,

LOHRVILLE

Mon **7:00PM** **Our Primary Purpose**, 109 4th Street, **(O)**

MANCHESTER

Fri **7:00PM** **Small Town Recovery**, Living Hope Church, 102 Legion Street, **(O, D, RF, SD, To)**

MANNING

Tue **8:00PM** **Miracles of Recovery**, McLaughlin Construction Building, 410 Elm Street, **(O)**

MAQUEKETA

Sat **6:00PM** **Mustard Seed Group**, United Church of Christ, Basement, East Platt Street, **(O)**

MARSHALLTOWN

Sun **6:30PM** **New Directions**, First Friends Church, Enter through door to the left of the front door., 2409 South 6th Street, **(C, CL, D)**

Mon **7:00PM** **New Directions**, First Friends Church, Enter through door to the left of the front door., 2409 South 6th Street, **(O, BK, LC)**

Tue **7:00PM** **Steps to Freedom**, Iowa Veteran's Home-DACK Building, Enter building around back, 1301 Summit Street, **(O, D)**

Wed **7:00PM** **New Directions**, First Friends Church, Enter through door to the left of the front door., 2409 South 6th Street, **(O)**

Thu **5:30PM** **To Hell and Back**, Iowa Veteran's Home-DACK Building, Enter building around back, 1301 Summit Street, **(C, D)**

Thu **6:30PM** **Womens New Directions**, First Friends Church, Enter through door to the left of the front door., 2409 South 6th Street, **(O, W, WC)**

Fri **7:00PM** **Cope Without Dope**, Central Christian Church Central Christian Church, 300 West Main Street, **(O, D)**

Sat **6:30PM** **New Directions**, First Friends Church, Enter through door to the left of the front door., 2409 South 6th Street, **(C, D)**

MASON CITY

Mon **8:00PM** **More Will Be Revealed**, First Congregational United Church of Christ (Use Alley Entrance), 100 1st Street NorthEast, **(O, D, To)**

Wed **8:00PM** **Stop the Insanity**, St. John's Episcopal Church, Use North Pennsylvania Avenue Entrance, 120 1st Street NorthEast, **(O, D, To)**

Thu **7:00PM** **HOW**, St Paul's Lutheran Church, East Entrance, 329 East State Street, **(C)**

Fri **7:30PM** **More Will Be Revealed**, First Congregational United Church of Christ, Use Alley Entrance, 100 1st Street NorthEast, **(O, D, To)**

Sat **8:00PM** **HOW**, St. Paul's Lutheran Church, Use East Entrance, 329 East State Street, **(C, D, To)**

MILFORD

Wed **8:00PM** **NA**, First Lutheran Church, 1525 Three Cross Road, **(O, BT, WC)** *Independent*

MOLINE

Tue **7:00PM** **The Chance**, 525 15th Street, **(O)**

Thu **8:00PM** **Bring Your Own Book**, Church of Christ, 4800 38th Avenue, **(O, BK)**

MT. PLEASANT

Mon **6:30PM** **Monday Night NA**, Mt. Pleasant Public Library, 307 East Monroe Street, **(O, To)**

Wed **6:00PM** **Wednesday Night NA**, Mt. Pleasant Public Library, 307 East Monroe Street, **(O, To)**

MUSCATINE

Sun **4:00PM** **I Can't, We Can**, Clubhouse, 704 South Houser, **(O, To)**

Wed **6:00PM** **We Have a Choice**, Trinity Episcopal Church, 211 Walnut Street, **(O, To)**

NEVADA

Thu **7:00PM** **The Ties that Bind Us**, Memorial Lutheran Church, Park in East Parking Lot Room 201, 701 11th Street, **(O)**

NEWTON

Sun **7:00PM** **Phoenix Rising**, St. Steven's Episcopal Church, 223 East 4th Street, **(O, D, WC)**

Wed **7:00PM** **Phoenix Rising**, St. Steven's Episcopal Church, 223 East 4th Street, **(O, D, WC)**

OELWEIN

Sat **7:00PM** **Do It**, Alano Club, 517 1st Street NorthEast, **(C)**

ONAWA

Thu **7:30PM** **Narcotics Anonymous**, First Lutheran Church, 316 15th Street, **(O, D, WC)**

ORANGE CITY

Wed **7:00PM** **Dig Into It**, East Basement Entrance; Handicap Accessible, 400 Central Ave NorthWest, **(O)**

OSAGE

Thu **7:00PM** **Osage NA**, 732 Main St, 732 Main Street,

OSKALOOSA

Mon **7:00PM** **Monday Madness**, St. James Church, 207 South 3rd Street, **(O, WC)**

Tue **NOON** **Spiritual Tuesday**, St. James Church, 207 South 3rd Street, **(O, WC)**

Wed **6:00PM** **Osky Men's**, St James Church, 207 South 3rd Street,

Thu **7:00PM** **Thursday Miracles**, St. James Church, 207 South 3rd Street, **(O, WC)**

OTTUMWA

Sun **NOON** **NA**, 101 East Main Street, **(O)**

Sun **6:00PM** **NA**, 101 East Main Street, **(O)**

Sun **7:00PM** **Clean And Free**, 410 Keota Street, **(O)**

Mon **NOON** **Here not there NA Meeting**, 101 East Main Street, **(O)**

Mon **4:00PM** **NA**, 101 East Main Street, **(O)**

Tue **NOON** **NA**, 101 East Main Street, **(O)**

Tue **7:00PM** **Clean And Free**, 410 Keota Street, **(O)**

Wed **NOON** **NA**, 101 East Main Street, **(O)**

Wed **6:00PM** **NA**, 101 East Main Street, **(O)**

Thu **NOON** **NA**, 101 East Main, **(O)**

Fri **NOON** **NA**, 101 East Main, **(O)**

Fri **5:00PM** **NA**, 101 East Main, **(O, BT)**

Fri **7:00PM** **Clean and Free**, Wesley United Methodist Church, 430 2nd Street East,

Sat **NOON** **NA**, 101 East Main, **(O)**

Sat **6:00PM** **NA**, 101 East Main, **(O)**

PELLA

Wed **6:00PM** **Narcotics Anonymous Pella(NAP)**, Pella Community Center, Room 308, 712 Union Street, **(O)**

PERRY

Tue **7:00PM** **NA**, First United Methodist Church Annex, 1100 3rd Street, *First United Methodist Church Annex, 3rd Street and Warford Street*

Sat **7:00PM** **NA**, First United Methodist Church Annex, 1100 3rd Street, *First United Methodist Church Annex, 3rd Street and Warford Street*

POSTVILLE

Sun **5:00PM** **Road to Recovery**, St. Paul Lutheran Church, 116 East Military Road, **(O)**

RED OAK

Fri **6:30PM** **Just for Today**, 406 North 3rd Street, **(O, CL)**

ROCK ISLAND

Sun **7:00PM** **Life After Drugs**, South Park Presbyterian Church, Locked-door policy. Ring doorbell., 1501 30th Street, **(O, CL)**

Wed **8:00PM** **The Way Home Group**, St. John's Lutheran, North parking lot. Left door. Brown Doorbell. If there before door is locked, go clear down hall, last door on left., 4501 7th Avenue,

Fri **8:00PM** **Just For Today**, Broadway Presbyterian Church, Enter East doors, go up the stairs, 710 23rd Street, **(O, D, To)**

SHELDON

Mon **7:00PM** **NA**, Bethel Reformed Church, 611 Seventh Street, **(O, BT, WC)**

What is our message?

**The message is that an addict,
any addict, can stop using drugs,
lose the desire to use,
and find a new way to live.**

**Our message is hope
and the promise of freedom.**

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IOWA REGION OF NA

MEETING LIST

DECEMBER 2017

24 HOUR HELPLINE

800-897-6242

Iowa Regional Service Committee

www.iowa-na.org

P.O. Box 5164 Des Moines Iowa 50305-5164

SUGGESTIONS FOR EVERYONE

DON'T USE no matter what

Ask your Higher Power to keep you clean

Come early and stay late

Get a home group

Go to 90 meetings in 90 days

Read NA literature daily

Get and use a sponsor

Use the PHONE

KEEP COMING BACK. IT WORKS

Weekly Meetings: 269