

# Iowa Region of Narcotics Anonymous

## Meeting List

4/23/2017

1-800-897-6242



[www.iowa-na.org](http://www.iowa-na.org)

### Areas of the Iowa Region

Area (Abbreviation)	Mailing Address	Phone	Web Site
Lone Groups (LONE)	No Area Service Committee - Southern, IA		
Clean & Free Area (CAFANA)	P.O. Box 971 - Waterloo, IA 50704	(319)291-8803	<a href="http://cafana.iowa-na.org">cafana.iowa-na.org</a>
Mississippi River Valley (MRVANA)	P.O. Box 3126 - Dubuque, IA 52004		
Freedom & Serenity Area (FASANA)	P.O. Box 3381 - Cedar Rapids, IA 52406		<a href="http://fasana.iowa-na.org">fasana.iowa-na.org</a>
Heartland Area (HANA)	PO Box 1011 - Marshalltown, IA 50158		
South East Iowa Area (SEIANA)	P.O. Box 2521 - Iowa City, IA 52244		<a href="http://seiana.iowa-na.org">seiana.iowa-na.org</a>
Lakes Area (LANA)	P.O. Box 365 - Graettinger, IA 51342		
Members Area (MANA)	210 North 3rd Street - Sac City, IA 50583		
North Central Iowa Area (NCIANA)	P.O. Box 737 - Mason City, IA 50401		
Siouxland Area (SANA)	P.O. Box 581 - Sioux City, IA 51102		<a href="http://www.siouxlandna.org">www.siouxlandna.org</a>
South Central Area (SCANA)	P.O. Box 743 - Des Moines, IA 50306	(515)244-2277	<a href="http://scana.iowa-na.org">scana.iowa-na.org</a>
South West Iowa NA (SWINA)	P.O. Box 1134 - Council Bluffs, IA 51502		<a href="http://www.swina.org">www.swina.org</a>
Quad Cities Area (QCANA)	P.O. Box 37 - Davenport, IA 52802		<a href="http://www.qcana.org">www.qcana.org</a>

### Meeting List Format

#### City (Area Abreviation)

Day Time Meeting Name (Meeting List Codes) ~ Meeting Address

### Meeting List Codes

0 - Open Meeting (Anyone may attend)	St - Step Meeting	Rr- Round Robin
C - Closed Meeting (Addicts Only)	Tr - Traditions Meeting	AB - Ask-It-Basket
Sm - Smoking Permitted	D -Discussion Meeting	CL - Meeting by Candlelight
WC - Wheelchair Accessible	To - Topic Meeting	SG - Step Working Guide Study
NC - No Children	BT - Basic Text Study	IW - It Works -How and Why Study
CS - Children under Supervision	RF - Rotating Format	BK - Study of approved NA Books
M - Men's Meeting	So - Speaker Meeting	B - Beginners or New Members
W - Women's Meeting	ES - Espanol	PL - Pot Luck / Speaker Last meeting of the month.
OE - Open-Ended, No fixed end time	SD - Speaker/Discussion	E - Meeting is a member of the Eastern Nebraska Area
NM - No Meeting on Holiday Weekend	LC - Living Clean Text Study	90 - Meeting is 90 minutes long
CW - Closed Day before Thanksgiving	JT - Just for Today Text Study	75 - Meeting is 75 minutes long
CH - Closed Holidays	LS -Literature Study	

## Iowa Region of Narcotics Anonymous Meeting List

### Algona, IA (NCIANA)

Monday	8:00PM	OMITA (O,D,To) ~ Finn House 600 North Ridgley Street
Wednesday	8:00PM	IWHAW (O,D,To) ~ Finn House 600 North Ridgley Street
Saturday	8:00PM	Alive (O,D,To) ~ Finn House 600 North Ridgley Street

### Altoona, IA (SCANA)

Tuesday	7:00PM	A New Way to Live (O,D,To,90) ~ Altoona Christian Church 2890 1st Avenue South
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### Ames, IA (HANA)

Sunday	7:00PM	Living Clean (C) ~ United Methodist Church 515 Kellog Avenue
Tuesday	7:00PM	We Have a Choice (C,D,NC) ~ First Christian Church 611 Clark
Saturday	8:00PM	Seekers of Serenity (BT,BK) ~ Collegiate United Methodist Church 2622 Lincoln Way Enter Far West door to the building. Down the stairs. Room 44

### Ankeny, IA (SCANA)

Tuesday	7:30PM	Miracles on First Street (O) ~ Our Lady's Immaculate Heart Catholic Church 530 East 1st Street Room 5 Use North Entrance.
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### Atlantic, IA (SWINA)

Wednesday	7:00PM	Atlantic NA () ~ 1500 East 10th Street
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### Boone, IA (HANA)

Wednesday	7:00PM	Gimme 12 Steps (O,D) ~ 917 10th Street Use East Entrance
Friday	7:00PM	Gimme 12 Steps (O,D) ~ 917 10th Street Use East Entrance

### Burlington, IA (SEIANA)

Sunday	7:00PM	Recovery Group (O) ~ Trinity Lutheran Church 115 South Central Avenue
Tuesday	7:00PM	Recovery Group (O) ~ Trinity Lutheran Church 115 South Central Avenue
Thursday	7:00PM	Recovery Group (O) ~ Trinity Lutheran Church 115 South Central Avenue

### Carroll, IA (MANA)

Thursday	7:00PM	Clean & Serene (O) ~ Recovery Hall 1240 Heirs Avenue, Suite E off HWY 30, North of Pepsi
Saturday	Noon	Carroll Nooners Basic Text (O) ~ Recovery Hall 1240 Heirs Avenue, Suite E off HWY 30, North of Pepsi

### Carter Lake, IA (SWINA)

Monday	7:00PM	Recharge Group (O,WC) ~ Carter Lake United Methodist Church 3025 Mabrey Lane
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### Cedar Rapids, IA (FASANA)

Sunday	6:00PM	Face Anything, Fear Nothing (O,D,To,WC) ~ Ecumenical Community Center 601 2nd Avenue SouthEast
Monday	Noon	Pioneer Group (O) ~ Safe Place 527 6th Avenue SouthEast (ring door bell)
Monday	4:30PM	Pioneer Group/ Women in Recovery (C,W,BK,90) ~ Lundby Town House Community Roome 845 31st Avenue SouthWest
Monday	6:00PM	We Do Recover (O,D,To,WC) ~ Wellington Community Center 392 15th Street SouthEast
Tuesday	Noon	We Do Recover (O,D,To) ~ Safe Place Foundation 529 6th Avenue SouthEast Only Knock on Office Door
Tuesday	7:00PM	Principles Before Personalities (O,D,JT,RF,SD,To,90) ~ 351 8th Avenue SouthWest Enter through back door.
Wednesday	Noon	Pioneer Group (O) ~ Safe Place 527 6th Avenue SouthEast (ring door bell)
Wednesday	6:00PM	New Attitudes (O,WC) ~ Grace Episcopal Church 525 A Avenue NorthEast
Wednesday	8:00PM	Steps and Traditions (C,D,IW,St,To,Tr,WC,BK,90) ~ Hope Lutheran Church 2736 Bowling Street SouthWest
Thursday	Noon	We Do Recover (O,D,To) ~ Safe Place Foundation 529 6th Avenue SouthEast Only Knock on Office Door
Thursday	6:30PM	Face Anything, Fear Nothing (O,D,To,WC,90) ~ Ecumenical Community Center 601 2nd Avenue SouthEast
Friday	Noon	We Do Recover (O,To,WC) ~ Safe Place Foundation 529 6th Avenue SouthEast Only Knock on Office Door

## Iowa Region of Narcotics Anonymous Meeting List

### Cedar Rapids, IA (FASANA)

Friday	7:00PM	We Do Recover (O) ~ Wellington Community Center 392 15th Street SouthEast
Friday	9:00PM	Pioneer Group (C,CL,WC,OE,90) ~ Ecumenical Community Center 601 2nd Avenue SouthEast
Saturday	Noon	Pioneer Group (O) ~ Trinity United Methodist Church 400 3rd Avenue SouthWest Enter side, then downstairs
Saturday	6:00PM	Sisters & Brothers of Serenity (O,M,W,WC) ~ St. James Methodist Church 1430 Ellis Boulevard Northwest Enter back entrance. No addict turned away.
Saturday	8:00PM	Principles Before Personalities (O,D,JT,RF,SD,To,90) ~ 351 8th Avenue SouthWest Enter through back door

### Centerville, IA (LONE)

Sunday	7:30PM	NA (O,WC) ~ Mercy Medical Center 1 Saint Joseph Drive
Wednesday	7:30PM	NA (O,WC) ~ Mercy Medical Center 1 Saint Joseph Drive

### Chariton, IA (SCANA)

Monday	7:00PM	NA (O,WC) ~ St. Andrew's Church 1112 North 7th Street In Summer may meet at Red Hawk Park.
Wednesday	7:00PM	NA (O,WC) ~ St. Andrew's Church 1112 North 7th Street

### Charles City, Iowa (NCIANA)

Monday	8:00PM	Principles Before Personalities (O) ~ Hope House 805 Wisconsin Street
Thursday	8:00PM	Principles Before Personalities (O) ~ Hope House 805 Wisconsin Street

### Clarinda, IA (SWINA)

Sunday	6:00PM	Straight Edge (O) ~ Zion Recovery Building 1800 North 16th Street Upstairs from Outpatient.
Tuesday	7:00PM	Straight Edge (O) ~ Zion Recovery Building 1800 North 16th Street Upstairs from Outpatient

### Clear Lake, IA (NCIANA)

Tuesday	8:00PM	The Few The Proud The Clean (O,D,To) ~ 1115 East Main Street Meeting is in Basement
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### Clinton, IA (LONE)

Thursday	7:00PM	NA Meeting (O) ~ Salvation Army 219 First Avenue
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### Coralville, IA (SEIANA)

Sunday	7:30PM	We Do Recover (O,WC,LC) ~ 806 13th Ave, Coralville 806 13th Avenue Enter from 8th street
Thursday	8:00PM	We Do Recover (O,To,WC) ~ 806 13th Ave, Coralville 806 13th Avenue Enter from 8th street

### Council Bluffs, IA (SWINA)

Sunday	11:00AM	Spiritual Breakfast Meeting (O) ~ The New LiteHouse 200 South 16th Ave.
Sunday	6:45PM	New Way (O,SG,WC) ~ Broadway United Methodist Church 11 South 1st Street Through the east doors and upstairs in room 210.
Monday	Noon	Let It Be (O) ~ The New LiteHouse 200 South 16th Avenue
Monday	7:00PM	Visions of Hope (O) ~ Our Savior Lutheran Church 313 Story Street
Tuesday	Noon	Let It Be (O) ~ The New LiteHouse 200 South 16th Avenue
Tuesday	7:00PM	Visions of Hope (O) ~ Our Savior Lutheran Church 313 Story Street
Wednesday	Noon	Let It Be (O) ~ The New LiteHouse 200 South 16th Avenue
Wednesday	5:00PM	Acceptance, Courage - Wisdom (O) ~ 500 Club 410 South 16th Street
Wednesday	8:00PM	Visions of Hope (O) ~ Our Savior Lutheran Church 313 Story Street
Thursday	Noon	Let It Be (O) ~ The New LiteHouse 200 South 16th Avenue
Thursday	7:00PM	Visions of Hope (O,LS,LC) ~ Our Savior Lutheran Church 313 Story Street
Friday	Noon	Let It Be (O) ~ The New LiteHouse 200 South 16th Avenue
Friday	6:00PM	More will be Revealed (O) ~ 500 Club 410 South 16th Street

## Iowa Region of Narcotics Anonymous Meeting List

### Council Bluffs, IA (SWINA)

Friday	8:00PM	Discovery (O,WC) ~ Broadway United Methodist Church 11 South 1st Street Through the east doors and upstairs in room 210.
Saturday	6:00PM	On the Right Track (O) ~ 500 Club 410 South 16th Street

### Creston, IA (SWINA)

Friday	8:00PM	New Freedom Group (O,CL) ~ Catholic Rectory 401 Clark Street
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### Davenport, IA (QCANA)

Monday	7:00PM	Promise (C,WC) ~ West End Alano Club 2603 Rockingham Road
Tuesday	7:00PM	We Do Recover (O) ~ Blandine Club 117 1/2 Perry Street Upstairs
Wednesday	7:00PM	Promise (O,WC) ~ West End Alano Club 2603 Rockingham Road
Thursday	7:00PM	Focus on Recovery (O,W) ~ Blandine Club 117 1/2 Perry Street Upstairs
Thursday	7:00PM	Road to Recovery (O) ~ Grace United 2651 Telegraph Road
Friday	Noon	Promise (O,WC) ~ West End Alano Club 2603 Rockingham Road
Friday	5:30PM	We Do Recover (O) ~ Blandine Club 117 1/2 Perry Street Upstairs
Saturday	Noon	Focus on Recovery (O) ~ Blandine Club 117 1/2 Perry Street Upstairs
Saturday	5:30PM	Road to Recovery (O) ~ Grace United 2651 Telegraph Road
Saturday	7:00PM	We Do Recover (O) ~ Blandine Club 117 1/2 Perry Street Upstairs

### Decorah, Iowa (CAFANA)

Thursday	7:00PM	Serenity Seekers (O,WC) ~ Good Shepard Lutheran Church 701 Iowa Ave.
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### Denison, IA (MANA)

Monday	6:30PM	Denison NA (O,WC) ~ St. Rose of Lima Church 121 South 11th Street Use West Door
Thursday	6:30PM	Denison NA (O,WC) ~ St. Rose of Lima Church 121 South 11th Street Use West Door

### Des Moines, IA (SCANA)

Sunday	11:00AM	The Journey Continues (O,CS,To,WC) ~ Lutheran Hosp. 700 East University Avenue B Level Conference Rm.
Sunday	5:30PM	Basic Meditation (O) ~ Wesley House 28th Street & University Avenue Use door from 28th St., downstairs
Sunday	7:00PM	Sunday Night NA (O,WC) ~ 1801 Hickman Road Naureen Conference Room -- Use Emergency Entrance
Sunday	7:30PM	Eastside Recovery Group (O,WC) ~ Experience Church, East Entrance, Sanctuary 3800 East Douglas Street
Monday	Noon	Our Primary Purpose (O,WC) ~ First Christian Church 25th & University Avenue 2nd Floor of Church
Monday	7:00PM	Addicts for Addicts (O,90) ~ Capitol Hill Christian Church 3322 East 25th Street Enter Thru South West Door
Monday	7:30PM	Truth or Consequences (O) ~ First Unitarian Church 1800 Bell Avenue Park in east Lot off Druid Hill Rd. Downstairs and to the right.
Tuesday	Noon	VA CRRC (O,WC,90) ~ 1223 Center Street #17
Tuesday	7:00PM	Central City (O,WC) ~ Urban Dreams 601 Forest Avenue
Tuesday	7:30PM	Unity in Action (O,CL,WC) ~ Mercy Franklin Suite 4 (South End) 1818 48th Street
Wednesday	Noon	Meeting with no name (O) ~ First Christian Church 25th Street & University Avenue 2nd Floor
Wednesday	7:00PM	The Freedom Group (O) ~ VA Medical Ctr, Room 2756 3600 30th Street Bldg 1 - park in lot 3
Wednesday	7:00PM	Mens Meeting (C,M,LC) ~ Trinity United Methodist 8th Street & College Avenue Enter off College, upstairs
Wednesday	7:30PM	We Came to Believe (O,WC) ~ Lutheran Hospital 700 East University Avenue B Level Cafeteria
Thursday	Noon	Thursday Nooner (O) ~ First Christian Church 25th Street & University Avenue 2nd Floor
Thursday	7:00PM	Closed for Repair (C) ~ Easton Place Methodist Church 2412 Easton Boulevard In basement use North Entrance.
Thursday	7:00PM	SIS (Serenity in Sisterhood) (O,W,WC) ~ Fort Des Moines Methodist Church 6205 SouthWest 9th Street
Thursday	7:00PM	Uncut Group (O,90) ~ Creative Visions 1343 13th Street
Friday	Noon	Found A Way Out (O) ~ First Christian Church 2500 University Avenue 2nd floor
Friday	5:30PM	Stick & Stay (O) ~ Des Moines Social Club 900 Mulberry Street Room 211

## Iowa Region of Narcotics Anonymous Meeting List

### Des Moines, IA (SCANA)

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Friday	7:00PM	Free on Friday (O,WC) ~ Lutheran Hospital 700 E. University Avenue B Level Cafeteria
Friday	7:00PM	Free Addicts Recovering Together (O,WC) ~ Art Therapy Room 1818 48th Street Main Hospital S.E. Entrance
Friday	7:30PM	New Beginnings (O) ~ Grace United Methodist Church 3700 Cottage Grove South Entrance - Library
Friday	7:30PM	Truth or Consequences (O) ~ First Unitarian Church 1800 Bell Avenue Park in east lot off Druid Hill Rd. Downstairs and to the right.
Saturday	9:00AM	Basic Text Study (O,BT,WC) ~ Community of Christ Church 3003 62nd Street & Urbandale Avenue In Basement
Saturday	6:00PM	Miracles on Penn (O,WC,90) ~ Powell 700 East University Avenue
Saturday	6:30PM	Central City (O,WC) ~ Urban Dreams 601 Forest Avenue
Saturday	7:00PM	Saturday Night Live (O,WC) ~ Ft. Des Moines Methodist Church 6205 SouthWest 9th Street
Saturday	7:30PM	Saturday Night Salvation (O) ~ Experience Church 3800 East Douglas Avenue Use East Entrance Room 207

### Dubuque, IA (MRVANA)

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Sunday	7:00PM	Back to Basics (O,BT,WC) ~ The Source 1166 1/2 Main Street
Monday	1:00PM	We Do Recover (O,D,WC) ~ The Source 1166 1/2 Main Street
Monday	7:30PM	Monday Night Munchies (O) ~ Church of the Nazarene 1195 Pysi Avenue
Tuesday	3:30PM	Experience, Strength and Hope (O,WC) ~ The Source 1166 1/2 Main Street
Wednesday	3:00PM	Carrying the Message (O) ~ The Source 1166 1/2 Main Street
Wednesday	7:00PM	It Works- How & Why (C,IW,St,Tr) ~ St. Matthew's Church 1780 White Street
Thursday	1:00PM	Living Clean (O,LC) ~ The Source 1166 1/2 Main Street
Thursday	8:30PM	Topic Meeting (O,CL,To,WC) ~ The Source 1166 1/2 Main Street
Friday	1:30PM	Back to the Stories (O,BT,WC) ~ The Source 1166 1/2 Main Street
Friday	7:00PM	Keep It Real (C) ~ The Source 1166 1/2 Main Street
Saturday	11:00AM	The We not Me Group (O,WC) ~ The Source 1166 1/2 Main Street
Saturday	7:00PM	Miracles Happen (O,CL) ~ The Source 1166 1/2 Main Street

### East Moline, IL (QCANA)

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Saturday	9:15PM	Saturday Night Spiritual Principles (O) ~ Stutsman's Lodge - RICCA 1607 John Deere Road
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### Estherville, IA (LANA)

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Friday	8:00PM	NA (C,RF,WC) ~ First Christian Church 205 North 7th Street
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### Fairfield, IA (SEIANA)

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

### Fort Dodge, IA (MANA)

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Friday	7:00PM	Fort Dodge NA (O,WC) ~ Alano Club 12 North 7th Street
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### Grinell, IA (HANA)

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Friday	7:30PM	Our Primary Purpose (O,WC) ~ Station Clubhouse 729 Pearl Street
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### Harlan, IA (SWINA)

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Monday	8:00PM	Never Alone (O,WC) ~ St. Michael's Rectory 1912 18th Street
Wednesday	11:30AM	Anybody's Group (O,CL,WC) ~ SCCO Building 1105 8th Street Conference Room Main Floor
Thursday	7:30PM	Nobody's Group (O,CL,WC) ~ Methodist Church 9th & Durant In the basement.
Saturday	5:00PM	Saturday Serenity (O,CL,WC) ~ SCCO Building 1105 8th Street Conference Room on Main Floor

### Hartley, IA (LANA)

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## Iowa Region of Narcotics Anonymous Meeting List

### Hartley, IA (LANA)

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Saturday 7:00PM NA () ~ United Methodist Church 8th Avenue West

### Humeston, IA (SCANA)

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Saturday 5:00PM Hwy 65 NA (To,90) ~ Library 301 Broad Street On the South side of the Library, Enter through the West Door

Saturday 5:00PM Humeston NA () ~ Humeston Library 302 Broad Street

### Ida Grove, IA (SANA)

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Wednesday 6:00PM No Matter What (O,WC) ~ 321 Main Street South door of church

Saturday Noon No Matter What (O,WC) ~ 321 Main Street South door of church

### Iowa City, IA (SEIANA)

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

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

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

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

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

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

### Iowa Falls, IA (NCIANA)

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Tuesday 7:00PM Reading & Discussion Group (O,D) ~ Fireside 11241 US Highway 65 North

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

### Keokuk, IA (SEIANA)

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Sunday 6:45PM Journey to Freedom Group (O,LS,75) ~ St. John Episcopal Church 208 North 4th Street Enter the red door nearest the alley

Wednesday 8:00PM Freedom: The New Beginning (To) ~ Heritage Center 509 Main Street

### Knoxville, IA (SCANA)

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Sunday 7:30PM Freedom Seekers (O) ~ Celebrate Christian Church 1005 North Lincoln Street

Thursday 7:30PM Freedom Seekers (O) ~ Celebrate Christian Church 1005 North Lincoln Street

Friday 7:00PM Freedom Seekers (O) ~ Celebrate Christian Church 1005 North Lincoln Street

### Lake City, IA (MANA)

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Saturday 7:00PM Saturday Night Live (O) ~ Pilgrim Lutheran Church 720 East Main (Hwy, 175)

### Le Mars, IA (SANA)

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Monday 7:00PM Stairway to Heaven (CS) ~ Floyd Valley Hospital 714 Lincoln Street NorthEast Room #2 (basement)

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

Thursday 7:00PM Stairway to Heaven (C,BT,NC,Sm) ~ Floyd Valley Hospital 714 Lincoln Street NorthEast

Friday 7:00PM Stairway to Heaven (CS) ~ Floyd Valley Hospital 714 Lincoln Street NorthEast

### Leon, IA (LONE)

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Friday 6:00PM NA () ~ Loving Chapel United Methodist Church 101 1st Street

### Lohrville, IA (MANA)

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Monday 7:00PM Our Primary Purpose (O) ~ 109 4th Street

### Manchester, IA (LONE)

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



## Iowa Region of Narcotics Anonymous Meeting List

### Manning, IA (MANA)

Tuesday 8:00PM Miracles of Recovery (O) ~ McClaughlin Construction Building 410 Elm Street

### Maqueketa, IA (MRVANA)

Saturday 6:00PM Mustard Seed Group (O,90) ~ United Church of Christ East Platt Street Basement

### Marshalltown, IA (HANA)

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

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

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

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

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

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

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

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

### Mason City, IA (NCIANA)

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

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

Thursday 7:00PM HOW Groups (C) ~ St Paul's Lutheran Church 329 East State Street East Entrance

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

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

### Milford, IA (LANA)

Wednesday 8:00PM NA (O,BT,WC) ~ First Lutheran Church 1525 Three Cross Road

### Moline, IL (QCANA)

Tuesday 7:00PM The Chance (O) ~ 525 15th Street

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

### Mt. Pleasant, IA (SEIANA)

Monday 6:30PM Monday Night NA (O,To,90) ~ Mt. Pleasant Public Library 307 East Monroe Street

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

### Muscatine, IA (SEIANA)

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

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

### Nevada, IA (HANA)

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

### Newton, IA (HANA)

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

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

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

## Iowa Region of Narcotics Anonymous Meeting List

### Oelwein, IA (CAFANA)

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Thursday	7:00PM	Ask The Basket (AB) ~ Alano Club 517 1st Street NorthEast
Saturday	7:00PM	Do It Group (C) ~ Alano Club 517 1st Street NorthEast

### Onawa, IA (SANA)

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Thursday	7:30PM	Narcotics Anonymous (O,D,WC) ~ First Lutheran Church 316 15th Street
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### Osage, IA (NCIANA)

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Thursday	7:00PM	Osage NA () ~ 732 Main St 732 Main Street
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### Oskaloosa, IA (SCANA)

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Monday	7:00PM	Monday Madness (O,WC) ~ St. James Church 207 South 3rd Street
Tuesday	Noon	Spiritual Tuesday (O,WC) ~ St. James Church 207 South.3rd Street
Wednesday	6:00PM	Oskey Men's Group (90) ~ St James Church 207 South 3rd Street
Thursday	7:00PM	Thursday Miracles (O,WC) ~ St. James Church 207 South 3rd Street

### Ottumwa, IA (LONE)

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Sunday	Noon	NA (O) ~ 101 East Main Street
Sunday	5:00PM	Clean And Free (O,90) ~ 410 Keota Street
Sunday	6:00PM	NA (O) ~ 101 East Main Street
Monday	Noon	Here not there NA Meeting (O) ~ 101 East Main Street
Monday	4:00PM	NA (O) ~ 101 East Main Street
Tuesday	Noon	NA (O) ~ 101 East Main Street
Tuesday	7:00PM	Clean And Free (O,90) ~ 410 Keota Street
Wednesday	Noon	NA (O) ~ 101 East Main Street
Wednesday	6:00PM	NA (O) ~ 101 East Main Street
Thursday	Noon	NA (O) ~ 101 East Main
Friday	Noon	NA (O) ~ 101 East Main
Friday	5:00PM	NA (O,BT) ~ 101 East Main
Saturday	Noon	NA (O) ~ 101 East Main
Saturday	6:00PM	NA (O) ~ 101 East Main

### Pella, IA (SCANA)

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Wednesday	6:00PM	Narcotics Anonymous Pella(NAP) (O) ~ Pella Community Center 712 Union Street Room 308
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### Perry, IA (SCANA)

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Tuesday	7:00PM	NA () ~ First United Methodist Church Annex 1100 3rd Street
Saturday	7:00PM	NA () ~ First United Methodist Church Annex 1100 3rd Street

### Postville, Iowa (CAFANA)

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Sunday	5:00PM	Road to Recovery (O) ~ St. Paul Lutheran Church 116 East Military Road
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### Red Oak, IA (SWINA)

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Friday	6:30PM	Just for Today (O,CL) ~ 406 North 3rd Street
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### Rock Island, IL (QCANA)

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Sunday	7:00PM	Life After Drugs (O,CL) ~ South Park Presbyterian Church 1501 30th Street Locked-door policy. Ring doorbell.
Wednesday	8:00PM	The Way Home Group () ~ St. John's Lutheran 4501 7th Avenue North parking lot. Left door. Brown Doorbell. If there before door is locked, go clear down hall, last door on left.
Friday	8:00PM	Just For Today (O,D,To) ~ Broadway Presbyterian Church 710 23rd Street Enter East doors, go up the stairs



## Iowa Region of Narcotics Anonymous Meeting List

### Sheldon, IA (LANA)

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

### Shenandoah, IA (SWINA)

Monday 8:00PM Living Clean (O,RF,Sm,LS) ~ 303 Walnut Street

Tuesday 7:00PM Living Clean (O,RF,Sm,LS) ~ 303 Walnut Street

Wednesday 7:00PM Living Clean (O,RF,Sm,LS) ~ 303 Walnut Street

Saturday 8:00PM Living Clean (O,Sm) ~ 303 Walnut Street

### Sidney, IA (SWINA)

Thursday 7:00PM Simple Serenity (O,WC) ~ United Faith Church 1975 US Highway 275

### Sioux City, IA (SANA)

Sunday Noon Living Free (O,CS,IW) ~ Living Free House 1404 Summit Street

Sunday 5:30PM Living Free (O,CS,D) ~ Living Free House 1404 Summit Street

Sunday 7:00PM Guardian Angels (O,CS) ~ First Congregational Church 4600 Hamilton Boulevard

Monday 10:30AM Living Free (O,CS,D) ~ Living Free House 1404 Summit Street

Monday 5:30PM Living Free (O,BT,CS) ~ Living Free House 1404 Summit Street

Monday 8:30PM Freedom and Surrender (O,D) ~ Mayflower Church 1407 West 18th Street

Tuesday 10:30AM Living Free (O,CS,D) ~ Living Free House 1404 Summit Street

Tuesday 5:30PM Living Free (O,B,CS) ~ Living Free House 1404 Summit Street

Tuesday 7:00PM Living Free (O,B,CS,D,ES,SD) ~ Living Free House 1404 Summit Street

Tuesday 7:00PM Living Clean (O,LC) ~ 511 South Lewis Boulevard.

Tuesday 8:00PM Candlelight (O,CL,WC) ~ Trimble United Methodist Church 1424 27th Street Southeast door

Wednesday 10:30AM Living Free (O,CS,D) ~ Living Free House 1404 Summit Street

Wednesday 5:30PM Living Free (O,CS,D) ~ Living Free House 1404 Summit Street

Wednesday 8:30PM Not Quite Right (O) ~ 420 Jones Street

Wednesday 8:30PM Guardian Angels III (O,WC) ~ Trimble Methodist Church 1424 27th Street

Thursday 10:30AM Living Free (O,CS,D) ~ Living Free House 1404 Summit Street

Thursday 5:30PM Living Free (O,CS,Rr) ~ Living Free House 1404 Summit Street

Thursday 7:00PM Living Free (O,CS,SD) ~ Living Free House 1404 Summit Street

Thursday 8:00PM Anything Goes (C,D) ~ Crescent Park United Methodist Church 2826 Myrtle Street

Friday 10:30AM Living Free (O,CS,D) ~ Living Free House 1404 Summit Street

Friday 5:30PM Living Free (O,CS,To) ~ Living Free House 1404 Summit Street

Friday 7:00PM Guardian Angels II (O,CS,D) ~ Tremble United Methodist Church 1424 27th Street Southeast door

Friday Midnight Living Free (O,CL,CS,D,OE) ~ Living Free House 1404 Summit Street

Saturday 10:30AM Living Free (O,CS,D) ~ Living Free House 1404 Summit Street

Saturday 5:30PM Living Free (O,CS,D) ~ Living Free House 1404 Summit Street

Saturday 7:00PM Keeping it Simple (O,CS) ~ Trimble United Methodist Church 1424 27th Street Southeast door

Saturday 8:30PM Saturday Night Unity Group (O,CS) ~ Trimble United Methodist Church 1424 27th Street Southeast door

Saturday 10:00PM Basic Text Study (C,BT) ~ Community Action Agency 2700 Leech Avenue, Room 104 Corner of South Fairmont Street & Leech Avenue

Saturday Midnight Living Free (O,CL,CS,D,OE) ~ Living Free House 1404 Summit Street

### Spencer, IA (LANA)

Sunday 8:00PM NA (C,RF) ~ 1st Congregational Church 1212 1st Avenue West

Tuesday 7:00PM NA () ~ Iowa Lakes Mall, Ste. A 1900 Grand Avenue North Compass Pointe

Thursday 7:30PM NA (O,WC) ~ Assembly of God Church 1410 West 18th Street

## Iowa Region of Narcotics Anonymous Meeting List

### Storm Lake, IA (LANA)

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Wednesday Noon NA () ~ St. John's Lutheran 420 Lake Avenue

### Sumner, IA (CAFANA)

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Friday 7:00PM Participation Meeting (O) ~ St. Paul's Lutheran Church 612 West 3rd Street Meeting in the Basement

### Villisca, IA (SWINA)

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Monday 6:00PM Straight Friends (O) ~ Presbyterian Church 109 South 3rd Street

### Washington, IA (SEIANA)

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Monday 7:30PM Serenity Soldiers (O,LS) ~ First Christian Church 301 West 2nd Avenue

### Waterloo, IA (CAFANA)

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Sunday 3:00PM Spirit of Anonymity Group (O,WC) ~ 617 Mulberry Street Use Alley Door

Sunday 6:00PM Sunday Topic Meeting (O,To,WC,90) ~ Black Hawk Labor Temple 1695 Burton Avenue

Sunday 7:00PM Young At Heart (O,YP) ~ 412 Rhey Street

Monday 12:15PM Basic NA Group (O,WC,75) ~ 217 East 4th Street

Monday 7:00PM Never Alone Group (O,D,WC) ~ 617 Mulberry Street

Monday 8:00PM Candlelight Meeting (O,CL) ~ First Baptist Church 434 Baltimore Street Meeting in the basement

Tuesday 12:15PM Basic NA Group (C,D,75) ~ 217 East 4th Street

Tuesday 6:00PM Free @ Last Group (O,WC) ~ Junkman-Knobel Center 1014 West 4th Street

Tuesday 7:30PM K.I.S. Group (C,St,Tr,90) ~ Black Hawk Labor Temple 1695 Burton Avenue Meeting in the basement

Wednesday 12:15PM Basic NA Group (O,WC,75) ~ 217 East 4th Street

Wednesday 7:30PM Gotta Get over the Hump Group (O,WC) ~ Trinity Luthuren Church 605 West 4th Street Use South St. Door

Thursday 12:15PM Basic NA Group (C,St) ~ 217 East 4th Street

Thursday 6:00PM Living Clean Book Study (O,D) ~ First Baptist Church 434 Baltimore Street Meeting in the Basement

Thursday 7:30PM Book Step Study (C,BK,LS) ~ 617 Mulberry Street Door in Alley Way

Thursday 7:30PM Free @ Last Group (O) ~ Junkman-Knobel Center 1014 West 4th Street

Friday 12:15PM Basic NA Group (C,LS,75) ~ 217 East 4th Street

Friday 7:00PM Spirit of Anonymity In Action (O) ~ 608 West 4th Street

Friday 8:30PM Basic Book Study/Speaker (SD,75) ~ Mt. Carmel Baptist Church 805 Adams Street

Saturday 12:15PM Basic NA Group (IW,St,Tr,90) ~ 217 East 4th Street

Saturday 6:30PM Who Is An Addict (O) ~ First Lutheran Church 118 High Street

Saturday 8:00PM Saturday Candlelight (O,WC) ~ Mt. Carmel Church 805 Adams Street

### Waverly, IA (CAFANA)

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Tuesday 8:00PM Topic Meeting (To) ~ 120 1/2 East Bremer Avenue Use Rear Entrance

### West Des Moines, IA (SCANA)

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Tuesday Noon Clean Living (O,WC) ~ Lutheran Church of Hope 925 Jordan Creek Parkway Rm 212

### West Union, IA (CAFANA)

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Wednesday 7:00PM West Union NA (O,D) ~ Valleyview Wesleyan Church 107 Franklin Street (Hwy-56) Crossfire Center

Friday 7:00PM Keeping it Real Group (O,D) ~ Valleyview Wesleyan Church 107 Franklin Street

### Winterset, IA (SCANA)

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Tuesday 8:00PM Winterset NA (O) ~ 115 John Wayne Drive