

Iowa Region of Narcotics Anonymous

Meeting List

2/1/2012



Areas of the Iowa Region

Area (Abbreviation)	Mailing Address	Phone	Web Site
Lone Groups ()	No Area Service Committee - Southern, IA		
Clean & Free Area (CAFANA)	P.O. Box 971 - Waterloo, IA 50704	(319)291-8803	www.cleanandfreeia.org
Dubuque Area (DANA)	P.O. Box 3126 - Dubuque, IA 52004	(563)582-3759	www.dubuquena.org
Freedom & Serenity Area (FASANA)	P.O. Box 801 - Cedar Rapids, IA 52406	(319)202-7727	www.fasana.us
Heartland Area (HANA)	PO Box 1011 - Marshalltown, IA 50158	(641)485-6272	
Iowa River Valley Area (IRVANA)	P.O. Box 2521 - Iowa City, IA 52244	(319)338-6704	
Lakes Area (LANA)	P.O. Box 53 - Fostoria, IA 51340	(712)260-4000	
Members Area (MANA)	P.O. Box 79 - Lake City, IA 51449		
North Central Iowa Area (NCIANA)	P.O. Box 737 - Mason City, IA 50402	(641)512-5007	
Siouxland Area (SANA)	P.O. Box 581 - Sioux City, IA 51102	(712)279-0733	www.siouxlandna.org
South Central Area (SCANA)	P.O. Box 743 - Des Moines, IA 50303	(515)244-2277	www.southcentralareaofna.org
SouthWest Iowa Area (SWINA)	P.O. Box 1134 - Council Bluffs, IA 51502	(402)660-3662	www.swina.org
Quad Cities Area (QCANA II)	P.O. Box 37 - Davenport, IA 52808	(563)328-5228	www.qcana.org

Meeting List Format

City (Area Abreviation)

Day Time Meeting Name (Meeting Key) ~ Meeting Address

Meeting Key

0 - Open Meeting (Anyone may attend)

C - Closed Meeting (Addicts Only)

S - Smoking Permitted

HA - Handicap Assessable

NC - No Children

Iowa Region of Narcotics Anonymous Meeting List

Adel, IA (SCANA)

Mon 7:30PM The Never Alone Meeting (O) ~ 602 S. 14th Street
Sat 5:00PM Quitters Club (O) ~ 102 1/2 Nile Kinnick Drive

Algona, IA (NCIANA)

Mon 8:00PM OMITA (O) ~ Finn House 600 N. Ridgley
Wed 8:00PM IWHAW (O) ~ Finn House 600 N. Ridgley
Sat 8:00PM Alive (O) ~ Finn House 600 N. Ridgley

Ames, IA (HANA)

Mon 7:00PM Serenity-Just For Today-Step Study (C) ~ United Church of Christ Congregational 6th & Kellogg [NE Corner] Rm. 104
Tue 8:00PM We Have A Choice (C) ~ Kurt Forbes Center 111 N. Sherman Avenue
Thur 7:30PM Serenity-Just For Today (C) ~ United Church of Christ Congregational 6th & Kellogg [NE Corner] Rm. 104

Atlantic, IA (SWINA)

Tue 6:30PM Straight & Grateful (O) ~ 1501 E. 15th St. - Cass County Hospital
Fri 8:00PM Straight & Grateful (O) ~ 1501 E. 15th St. - Cass County Hospital

Beacon, IA (SCANA)

Fri 7:00PM New Beginnings Step Study/Candlesticks (O-HA) ~ 417 Kilborn Street

Boone, IA (HANA)

Wed 7:00PM Gimme 12 Steps (O) ~ Cornerstone Alliance Church 111 6th St.
Fri 7:00PM Gimme 12 Steps (O) ~ Cornerstone Alliance Church 111 6th St.

Burlington, IA ()

Tue 7:00PM NA (O) ~ Trinity Lutheran Church 115 South Central Ave.
Thur 7:00PM NA (O) ~ Trinity Lutheran Church 115 South Central Ave.

Carroll, IA (MANA)

Tue 8:00PM Clean & Serene (O) ~ Methodist Church 1620 N Adams Street (Westside Corner)
Thur 8:00PM Clean & Serene (O) ~ Methodist Church 1620 N Adams Street (Westside Corner)
Sat Noon Basic Text Study (O-HA) ~ Thomas Plaza Mission & Mercy Outpost - 225 4th Street

Carter Lake, IA (SWINA)

Mon 8:00PM Recharge (O-HA) ~ United Methodist Church - 3025 Mabrey Lane

Cedar Rapids, IA (FASANA)

Sun 6:00PM Seeds of Recovery (O-HA) ~ ECC 601 2nd Avenue SE (Side Door - 6th St.)
Sun 8:00PM New Attitudes (O-HA) ~ ASAC 3601 16th Avenue SW
Mon 6:00PM We Do Recover (O-HA) ~ Geneva Tower 315 5th St.
Mon 8:00PM Pioneer Group (O) ~ Wellington Heights 392 15th Street SE
Tue Noon Noon NA (O) ~ Safe Place 529 6th Avenue SE (Knock Office Door)
Tue 7:00PM Principles before Personalities (O-HA) ~ 1st Presbyterian Church 310 5th Street SE
Wed 6:00PM New Attitudes Group (O-HA) ~ Grace Episcopal Church 525 "A" Avenue NE
Wed 8:00PM Steps & Traditions Group (C) ~ Hope Lutheran Church 2738 Bowling Street SW
Thur Noon Noon NA (O) ~ Safe Place 529 6th Avenue SE (Knock Office Door)
Thur 6:30PM About Better Choices (ABC's) (O) ~ 392 15th Steet SE
Fri Noon Noon NA (O) ~ Safe Place 529 6th Avenue SE (Knock Office Door)
Fri 7:00PM We Do Recover (O) ~ Wellington Heights 392 15th Street SE
Fri 9:00PM Candlelight Meeting (O) ~ Wellington Heights 392 15th Street SE
Sat Noon A Step In The Right Direction (O) ~ Trinity Church 402 3rd Avenue SW (Enter Side - then downstairs)
Sat 6:00PM Sisters of Serenity (Women's Mtg) (C) ~ St. James Methodist Church 1430 Ellis Boulevard
Sat 6:00PM Brothers of Wisdom (Men's Mtg) (O) ~ St. James Methodist Church 1430 Ellis Boulevard
Sat 8:00PM Principles before Personalities (O) ~ 1st Presbyterian Church 310 5th Street SE (Enter through alley. Doors Lock @ 8pm)

Charles City, IA (NCIANA)

Mon 8:00PM Principles Before Personalities (O) ~ 805 Wisconsin
Thur 8:00PM Principles Before Personalities (O) ~ 805 Wisconsin

Cherokee, IA (SANA)

Thur 7:00PM Stone Free (O) ~ St. Paul's United Methodist Church 531 W Main Street

Clarinda, IA (SWINA)

Thur 8:00PM Straight Edge (O) ~ Hope Center 106 N 15th Street

Iowa Region of Narcotics Anonymous Meeting List

Clear Lake, IA (NCIANA)

Tue 8:00PM The Few The Proud The Clean (O) ~ 1115 Main Street [Basement]

Clinton, IA (QCANA II)

Sun Noon Unity Group (O-HA-S) ~ 513 South Third
Sun 7:00PM South 4th Street Group (C) ~ 1010 South 4th Street
Sun 7:00PM Unity Group (O-HA-S) ~ 513 South Third
Mon Noon Unity Group (C-H-S) ~ 513 South Third
Mon 7:00PM Unity Group (C-HA-S) ~ 513 South Third
Mon 7:00PM South 4th Street Group (C-S) ~ 1010 South 4th Street
Tue Noon Unity Group (O-HA) ~ 513 South Third
Tue 7:00PM Unity Group (O-HA) ~ 513 South Third
Tue 7:00PM South 4th Street Group (C-S) ~ 1010 South 4th Street
Wed Noon Unity Group (C-HA-S) ~ 513 South Third
Wed 7:00PM Unity Group (C-HA-S) ~ 513 South Third
Wed 7:00PM South 4th Street Group (C) ~ 1010 South 4th Street
Thur Noon Unity Group (O-HA) ~ 513 South Third
Thur 7:00PM Unity Group (O-HA) ~ 513 South Third
Thur 7:00PM South 4th Street Group (O) ~ 1010 South 4th Street
Fri Noon Unity Group (C-HA-S) ~ 513 South Third
Fri 7:00PM Unity Group (C-HA-S) ~ 513 South Third
Fri 7:00PM South 4th Street Group (C-S) ~ 1010 South 4th Street
Sat Noon Unity Group (C-HA-S) ~ 513 South Third
Sat 7:00PM Unity Group (O-HA) ~ 513 South Third

Coralville, IA (IRVANA)

Sun 9:00AM Serenity Sunday-Basic Text (O-HA) ~ 1246 12th Avenue

Council Bluffs, IA (SWINA)

Sun 11:00AM Spiritual Breakfast (O-HA) ~ The Lite House 200 South 16th Avenue
Sun 6:45PM New Way Group (O-HA) ~ Broadway Methodist Church 11 S. 1st Street
Mon Noon Let It Be (O-HA) ~ The Lite House 200 South 16th Avenue
Mon 8:00PM Visions of Hope (O) ~ Our Savior Lutheran Church 313 Story Street
Tue Noon Let It Be (O-HA) ~ The Lite House 200 South 16th Avenue
Tue 7:00PM Carrying The Message Group (O-HA) ~ Mohm's Place - 1435 N. 15th Street
Tue 8:00PM Visions of Hope (O) ~ Our Savior Lutheran Church 313 Story Street
Wed Noon Let It Be (O-HA) ~ The Lite House 200 South 16th Avenue
Wed 6:30PM Reaching Out (O-HA) ~ C.B. Public Library Room 2 E
Wed 8:00PM Visions of Hope (O) ~ Our Savior Lutheran Church 313 Story Street
Thur Noon Let It Be (O-HA) ~ The Lite House 200 South 16th Avenue
Thur 7:00PM Visions of Hope (O) ~ Our Savior Lutheran Church 313 Story Street
Fri Noon Let It Be (O-HA) ~ The Lite House 200 South 16th Avenue
Fri 7:00PM Clean & Free Group (O-HA) ~ Mercy Hospital 800 Mercy Drive Mc Dermott Building (Next to Elevator to MH)
Fri 8:30PM Discovery (O-HA) ~ Broadway Methodist Church 11 S. 1st Street
Sat 6:00PM On the Right Track (O) ~ 515 E. Broadway (East Side Door)

Creston, IA (SWINA)

Mon Noon New Freedom Group (O) ~ Catholic Rectory 401 Clark
Fri 8:00PM New Freedom Group (O) ~ Catholic Rectory 401 Clark

Davenport, IA (QCANA II)

Mon 7:30PM Promise Group (Step Study) (C-HA) ~ West End Alano Club 2603 Rockingham Road
Tue 7:00PM We Do Recover (O) ~ Blandine Club 117 Perry Street
Wed 7:30PM Promise Group (O-HA) ~ West End Alano Club 2603 Rockingham Road
Thur 7:00PM Road to Recovery Group (O-HA) ~ Grace United Methodist Church 2651 Telegraph Road
Sat Noon Focus on Recovery (Women's Meeting) (O) ~ Blandine Club 117 Perry Street
Sat 7:00PM We Do Recover (O) ~ Blandine Club 117 Perry Street

Denison, IA (MANA)

Mon 6:30PM Denison NA (O) ~ St. Rose of Lima Church 121 S 11th Street (West Door)
Thur 6:30PM Denison NA (O) ~ St. Rose of Lima Church 121 S 11th Street (West Door)
Sat 8:00PM Denison NA (O) ~ Zion Lutheran Church 1004 1st Avenue S. (West Door)

Iowa Region of Narcotics Anonymous Meeting List

Des Moines, IA (SCANA)

Sun	10:30AM	S.C.A.N.A.M.O.S.A. (O-HA) ~ CiCi's Pizza 4349 Merle Hay Road Suite #6
Sun	7:00PM	Sunday Night NA (O-HA) ~ Sidney Sands Entrance 1801 Hickman Road
Sun	7:30PM	Eastside Recovery Group (O-HA) ~ 1216 East 25th Court
Mon	Noon	Our Primary Purpose (O-HA) ~ 25th & University 2nd Floor (Church)
Mon	7:30PM	Port of Entry (O-HA) ~ 803 Lyon St
Mon	7:30PM	Truth or Consequences (O-HA) ~ Southridge Mall 1111 E. Army Post Road
Mon	7:30PM	Monday Spiritual Hour (O-HA) ~ 1211 Vine Street Building 2000
Tue	Noon	Recovery Is Then Possible (O-HA) ~ Thoreau House 3500 Kingman Boulevard
Tue	6:30PM	Road to Recovery (O-HA) ~ Iowa Muffler and Brake 1308 2nd Avenue
Tue	7:30PM	Central City (O-HA) ~ 1710 6th Avenue
Tue	7:30PM	Unity In Action (O-HA) ~ 48th & Franklin in gym
Wed	Noon	Just For Today (O-HA) ~ Thoreau House 3500 Kingman Boulevard
Wed	7:00PM	Recovery On The River (O-HA) ~ YMCA River Room 101 Lucas Street
Wed	7:30PM	We Found Hope (O-HA) ~ Southridge Mall 1111 E. Army Post Road
Wed	7:30PM	We Came To Believe (O-HA) ~ Lutheran Hospital 700 E. University B Level
Thur	Noon	The Literature of NA (O-HA) ~ Thoreau House 3500 Kingman Boulevard
Thur	7:00PM	The Uncut Group (O) ~ 1343 13th Street @ Forest Avenue {Downstairs}
Thur	7:30PM	SIS {Serenity in Sisterhood} (O-HA) ~ Southridge Mall 1111 E. Army Post Road
Fri	Noon	Found A Way Out (O-HA) ~ Thoreau House 3500 Kingman Boulevard
Fri	7:00PM	Port of Entry (O-HA) ~ 803 Lyon Street
Fri	7:00PM	Free On Friday (O-HA) ~ Lutheran Hospital 700 E. University B Level Cafeteria
Fri	7:00PM	Free Addicts Recovering Together (O-HA) ~ Art Therapy Room Main Hospital SE Entrance 48th & Franklin
Fri	7:30PM	Truth or Consequences (C-HA-NC) ~ Southridge Mall 1111 E. Army Post Road
Fri	7:30PM	New Beginnings (O) ~ Redeemer Lutheran Church 3615 University Avenue
Sat	9:00AM	Basic Text Study Group (O) ~ Community of Christ Church 3003 62nd & Urbandale Avenue {Basement}
Sat	6:30PM	Central City (O-HA) ~ 1710 6th Avenue
Sat	7:00PM	Saturday Night Alive (O) ~ Fort Des Moines Methodist Church 6205 S.W.9th St.
Sat	7:30PM	Saturday Night Salvation (O-HA) ~ Salvation Army Building 1215 E. 25th Court

Dubuque, IA (DANA)

Sun	7:00PM	Back to Basics (O) ~ The Source 1166 1/2 Main
Mon	1:00PM	We Do Recover (O-HA) ~ The Source 1166 1/2 Main
Mon	5:30PM	Step Workin Sistahs (O-HA) ~ Hillcrest Wellness Center 225 West 6th Street
Mon	7:00PM	Addicts in the Basement (O) ~ Church of the Nazarene 1195 Prysi
Tue	3:30PM	Experience Strength & Hope (O) ~ The Source 1166 1/2 Main
Tue	7:00PM	Welcome Newcomers (O) ~ Mercy Hospital 250 Mercy Drive
Wed	7:00PM	It Works How & Why (O) ~ St. Matthew's Church 1780 White Street
Thur	7:00PM	Basic Text (O) ~ Mercy Hospital 250 Mercy Drive
Thur	8:30PM	Topic Meeting (O) ~ The Source 1166 1/2 Main
Fri	1:30PM	Back to the Stories (O) ~ The Source 1166 1/2 Main
Fri	7:00PM	United in Recovery (O) ~ The Source 1166 1/2 Main
Sat	11:00AM	We Not ME Group (O) ~ The Source 1166 1/2 Main
Sat	7:00PM	Miracles Happen (O) ~ St. Mark's Community Center 1201 Locust Street

Estherville, IA (LANA)

Tue	6:00PM	NA (O) ~ First Christian Church 205 N. 7th Street
Fri	8:00PM	NA (C) ~ First Christian Church 205 N. 7th Street

Fort Dodge, IA (MANA)

Tue	8:00PM	Fort Dodge NA (O) ~ Sacred Heart Catholic Church 211 S 13th Street
Thur	8:00PM	Fort Dodge NA (O) ~ Sacred Heart Catholic Church 211 S 13th Street

Fort Madison, IA ()

Sun	4:30PM	Pheonix Group (O-HA-S) ~ 908 Ave G
Sat	4:30PM	Pheonix Group (O-HA-S) ~ 908 Ave G

Grinnell, IA (HANA)

Mon	7:30PM	Our Primary Purpose (O-HA) ~ Station Club House 3rd & Pearl
Wed	7:30PM	Our Primary Purpose (O) ~ Pearl Station House 3rd & Pearl
Fri	7:30PM	Our Primary Purpose (O-HA) ~ Station Club House 3rd & Pearl

Iowa Region of Narcotics Anonymous Meeting List

Harlan, IA (SWINA)

Mon 8:00PM Never Alone (O-HA) ~ 1912 18th St. St. Michael's Rectory
Thur 7:30PM Nobody's Group (O-HA) ~ Methodist Church 9th & Durant
Sat 5:00PM Saturday Serenity (O) ~ St. Paul's Episcopal Church 712 Farnam Street

Iowa City, IA (IRVANA)

Mon Noon Ultimate Noon Group (O-HA) ~ Congregational United Church of Christ 30 N. Clinton
Tue 8:00PM The Ties That Bind-Basic Text (O-HA) ~ River Community Church 3001 Muscatine Avenue (East Entrance)
Wed 6:30PM Women's Meeting-Just For Today (O-HA) ~ Faith United Church 1609 Deforest Avenue
Wed 8:00PM Unity Group-NA Approved Literature (C) ~ 511 Melrose Avenue [Upstairs]
Thur 8:00PM Never Alone-Basic Text (O) ~ 511 Melrose Avenue [Upstairs]
Fri 8:00PM End of the Road-NA Approved Literature (O-HA) ~ River Community Church 3001 Muscatine Avenue (East Entrance)
Sat 8:00PM Saturday Night Alive-Basic Text (O-HA) ~ MECCA 430 Southgate Avenue

Iowa Falls, IA (NCIANA)

Tue 7:00PM 12X12 (O) ~ 11241 US Highway 65 North
Sat 7:00PM Saturday Night Freedom Group (O) ~ 11241 US Highway 65 North

Keokuk, IA ()

Wed 8:00PM NA (O-HA) ~ New Bethel Church 1217 Morgan St.

Lake City, IA (MANA)

Sat 7:00 PM Saturday Night Live (O) ~ Pilgrim Luth Church - 720 E Main St (Hwy 175)

LeMars, IA (SANA)

Sun 7:00PM Redeemed (O-HA) ~ Floyd Valley Hospital - Highway 3 (East Lower Level Conference Room)
Tue 7:00PM Redeemed (O-HA) ~ Floyd Valley Hospital - Highway 3 (East Lower Level Conference Room)
Thur 7:00PM Redeemed (O-HA) ~ Floyd Valley Hospital - Highway 3 (East Lower Level Conference Room)

Manchester, IA (FASANA)

Tue 7:00 PM Recovering Spiritually (O) ~ Living Hope Church 102 Legion St.
Fri 7:00PM Recovering Spiritually (O) ~ Living Hope Church 102 Legion St

Manning, IA (MANA)

Tue 8:00PM Miracles of Recovery (O) ~ McLaughlin Construction Building - 410 Elm St.

Marshalltown, IA (HANA)

Sun 6:30PM Cope Without Dope (C) ~ Salvation Army 107 State Street (enter at back)
Mon 7:00PM New Directions (C) ~ Salvation Army 107 State Street (enter at back)
Tue 7:00PM Foot Steps to Freedom (O) ~ D.A.C.K. 13th & Veterans Boulevard [Around back] Family Services Rm.
Wed 7:00PM New Directions (C) ~ Salvation Army 107 State Street (enter at back)
Thur 5:30PM To Hell and Back (C) ~ D.A.C.K. 13th & Veterans Boulevard [Around back] Family Services Rm.
Fri 6:30PM Cope Without Dope (O) ~ Central Christian Church 300 W. Main St.
Sat 6:30PM New Directions (O) ~ Salvation Army 107 State Street (enter at back)

Mason City, IA (NCIANA)

Sun 7:00PM Sunday Serenity (O) ~ First Baptist Church 125 East State Street [East entrance]
Mon 8:00PM More Will Be Revealed (O) ~ First Congregational United Church of Christ 100 1st St NE [Alley entrance]
Wed 8:00PM Stop the Insanity (O-HA) ~ St. John's Episcopal Church 120 1st Street NE (East Hall entrance)
Thur 8:00PM HOW Groups [Basic Text Study] (C) ~ St. Paul's Lutheran Church 329 East State Street [East entrance]
Fri 7:30PM More Will Be Revealed (O) ~ First Congregational United Church of Christ 100 1st St NE [Alley entrance]
Sat 8:00PM How Groups {Candlelight Meeting} (C) ~ St. Paul's Lutheran Church 329 East State Street [East entrance]

Milford, IA (LANA)

Wed 8:00PM NA (O) ~ First Lutheran Church 1525 Three Cross Road

Moline, IL (QCANA II)

Thur 8:00PM BYOB (Bring Your Own Book) (O-HA) ~ Church of Christ 4800 38th Avenue

Montour, IA (HANA)

Mon 5:30PM Serenity Within (O) ~ Living Faith Methodist Church - S. Main at Lincoln Hwy

Muscatine, IA ()

Sun 4:00PM NA (O) ~ 704 S. Houser
Wed 6:00PM NA (O) ~ 211 Walnut

Iowa Region of Narcotics Anonymous Meeting List

Newton, IA (HANA)

Sun 7:00PM Phoenix Rising (O) ~ St. Stephen's Episcopal Church 223 E. 4th Street
Wed 7:00 PM Phoenix Rising (O-HA) ~ St. Stephen's Episcopal Church 223 E. 4th Street
Fri 7:00PM Phoenix Rising (O-HA) ~ St. Stephen's Episcopal Church 223 E. 4th Street

Odebolt, IA (MANA)

Wed 8:00PM NA (O) ~ United Methodist Church 301Walnut St.

Oelwein, IA (CAFANA)

Thur 7:00PM Ask The Basket (O) ~ Alano Club 517 1st Street NE
Sat 7:00PM Do It Group (O) ~ Alano Club 517 1st Street NE

Onawa, IA (SANA)

Thur 7:00PM Onawa NA (O-HA) ~ Faith Lutheran Church 316 15th Street

Orange City, IA (SANA)

Wed 8:00PM The right place step meeting (O) ~ Church of the Savior - 530 Arizona Ave SW

Osage, IA (NCIANA)

Thur 7:30PM Osage NA (O) ~ 732 1/2 Main

Oskaloosa, IA (SCANA)

Mon 7:00PM Monday Miracles (O-HA) ~ St. James Church 207 S. 3rd Street
Tue Noon Spiritual Tuesday (O) ~ St. James Church 207 S. 3rd Street
Thur 7:00PM Thursday's Miracles (C-HA) ~ St. James' Church 207 South 3rd Street

Parkview, IA (QCANA II)

Thur 5:30PM Basic Meeting (C) ~ United Methodist Church 11 Grove Road

Red Oak, IA (SWINA)

Fri 6:30PM Just For Today (O) ~ First Baptist Church 504 S. Reed Street

Rock Island, IL (QCANA II)

Sun 8:00PM Life After Drugs (Candlelight) (O-HA) ~ South Park Presbyterian Church 1501 30th Street
Fri 8:00PM Just For Today (O-HA) ~ Ollivet Baptist 1115 21st Ave
Fri 9:30PM Life After Drugs (Candlelight) (C-HA) ~ South Park Presbyterian Church 1501 30th Street

Sheldon, IA (LANA)

Mon 7:00PM NA (O) ~ Bethel Reformed Church 611 Seventh Street

Shenandoah, IA (SWINA)

Mon 8:00PM Living Clean (O-S) ~ 303 Walnut
Tue 8:00PM Stairway to Freedom (O) ~ United Methodist Church 200 Church Street
Sat 8:00PM Living Clean (O-S) ~ 303 Walnut

Sidney, IA (SWINA)

Thur 7:00PM Simple Serenity (O-HA) ~ Sidney Methodist Church 100 Cass Street

Sioux City, IA (SANA)

Sun Noon Living Free Group It Works Study (O) ~ 1404 Summit Street
Sun 4:00PM 1-2-3 (O) ~ Trimble United Methodist Church - 1424 27th Street
Sun 5:30PM Living Free Group (O) ~ 1404 Summit Street
Sun 7:00PM Misfits Group (C-S) ~ 1911 Grandview Boulevard
Sun 7:00PM Guardian Angels Group (O-HA) ~ Trimble United Methodist Church - 1424 27th Street
Mon 10:30AM Living Free Group (O) ~ 1404 Summit Street
Mon Noon Misfits Group (C-S) ~ 1911 Grandview Boulevard
Mon 5:30PM Living Free Basic Text Study (O) ~ 1404 Summit Street
Mon 7:00PM Living Free Group Spanish speaking mtg. (O) ~ 1404 Summit Street
Mon 7:00PM Misfits Group (C-S) ~ 1911 Grandview Boulevard
Mon 7:00PM Road to Recovery Group (O-HA) ~ 2931 Nebraska Street
Mon 8:30PM Freedom & Surrender Group (O) ~ Mayflower Church 1407 West 18th & Rebecca Streets
Tue 10:30AM Living Free Group (O) ~ 1404 Summit Street
Tue Noon Misfits Group (C-S) ~ 1911 Grandview Boulevard
Tue 5:30PM Living Free Group (O) ~ 1404 Summit Street
Tue 7:00PM Living Free Group Newcomer's Speaker (O) ~ 1404 Summit Street

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Sioux City, IA (SANA)

Tue	7:00PM	Misfits Group (C-S) ~ 1911 Grandview Boulevard
Tue	8:00PM	Candlelight Meeting (O) ~ Trimble United Methodist Church - 1424 27th Street
Wed	10:30AM	Living Free Group (O) ~ 1404 Summit Street
Wed	Noon	Misfits Group (C-S) ~ 1911 Grandview Boulevard
Wed	5:30PM	Living Free Group (O) ~ 1404 Summit Street
Wed	7:00PM	Traditions & Concepts (O) ~ Trimble United Methodist Church - 1424 27th Street
Wed	7:00PM	Misfits Group (C-S) ~ 1911 Grandview Boulevard
Wed	8:30PM	Guardian Angels Group III (O-HA) ~ Hawkeye Club 420 Jones Street
Thur	10:30AM	Living Free Group (O) ~ 1404 Summit Street
Thur	Noon	Misfits Group (C-S) ~ 1911 Grandview Boulevard
Thur	5:30PM	Living Free Group (O) ~ 1404 Summit Street
Thur	7:00PM	Living Free Group Speaker (O) ~ 1404 Summit Street
Thur	7:00PM	Misfits Group (C-S) ~ 1911 Grandview Boulevard
Thur	8:00PM	Anything Goes Group (C) ~ Crescent Park United Methodist Church 2826 Myrtle Street
Fri	10:30AM	Living Free Group (O) ~ 1404 Summit Street
Fri	Noon	Misfits Group (C-S) ~ 1911 Grandview Boulevard
Fri	5:30PM	Living Free Group (O) ~ 1404 Summit Street
Fri	7:00PM	Misfits Group (C-S) ~ 1911 Grandview Boulevard
Fri	7:00PM	Guardian Angels II (O) ~ Trimble United Methodist Church - 1424 27th Street
Fri	10:00PM	Misfits Group (C-S) ~ 1911 Grandview Boulevard
Fri	Midnight	Living Free Group (O) ~ 1404 Summit Street
Sat	10:30AM	Living Free Group (O) ~ 1404 Summit Street
Sat	5:30PM	Living Free Group (O) ~ 1404 Summit Street
Sat	7:00PM	Keeping It Simple Group (O-HA) ~ Trimble United Methodist Church - 1424 27th Street
Sat	7:00PM	Misfits Group (C-S) ~ 1911 Grandview Boulevard
Sat	8:30PM	Saturday Night Unity Group (O) ~ Trimble United Methodist Church - 1424 27th Street
Sat	10:00PM	Misfits Group (C-S) ~ 1911 Grandview Boulevard
Sat	10:00PM	Basic Text Study Group (O) ~ Community Action Agency of Siouxland Bldg. 2700 Leech Ave Room 104
Sat	Midnight	Living Free Group (O) ~ 1404 Summit Street

Spencer, IA (LANA)

Sun	8:00PM	NA (C) ~ 1st Congregational Church 1212 1st Ave W
Tue	8:00PM	NA (O-HA) ~ Assembly of God Church 1410 W. 18th St
Thur	7:30PM	NA (O-HA) ~ Assembly of God Church 1410 W. 18th St

Spirit Lake, IA (LANA)

Sat	10:30AM	NA (O) ~ St. Albans Church 23rd & Zenith
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Storm Lake, IA (LANA)

Tue	7:00PM	NA (C-HA) ~ St. John's Lutheran Church -402 Lake Ave
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Sumner, IA (CAFANA)

Fri	7:00PM	Participation Meeting (O) ~ St. Paul's Church 612 West 3rd Street
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Villisca, IA (SWINA)

Mon	6:00PM	Straight Friends (O) ~ Presbyterian Church 109 S. 3rd Street
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Waterloo, IA (CAFANA)

Sun	3:00PM	Spirit of NAonymity (O-HA) ~ Salvation Army 89 Franklin Street (Use Logan Door)
Sun	6:30PM	Topic Meeting (O-HA) ~ Westminster Presbyterian Church 1301 Kimball Ave (In Back)
Mon	12:15PM	MWT NA Participation Meeting (O) ~ 217 East 4th St.
Mon	8:00PM	Candlelight Meeting (O-HA) ~ 1st Baptist Church West 4th & Baltimore
Tue	12:15PM	Basic NA Roundtable (O) ~ 217 East 4th St.
Tue	6:00PM	Free At Last Group (O-HA) ~ Junkman Knobel 1014 West 4th Street
Tue	7:30PM	K.I.S. Group (C-S) ~ Black Hawk Labor Temple 1695 Burton Ave
Wed	12:15PM	MWT NA (O) ~ 217 East 4th St.
Wed	7:30PM	G.G.O.T.H. Group (O-HA) ~ Trinity Lutheran Church 605 W. 4th St. (Enter from South St.)
Thur	12:15PM	MTW NA (C) ~ 217 East 4th St.
Thur	6:00PM	Laid Back Group (O-HA) ~ 1st Baptist Church West 4th & Baltimore
Thur	7:30PM	Free at Last Group (O-HA) ~ Junkman Knobel 1014 West 4th Street
Fri	12:15PM	Basic NA Group-Literature Study (O) ~ 217 East 4th St.

Iowa Region of Narcotics Anonymous Meeting List

Waterloo, IA (CAFANA)

- Fri 8:00PM Spirit of Naonymity in Action (O-HA) ~ Salvation Army 89 Franklin Street (Use Logan Door]
- Fri 8:30PM End of the Road Group (O-HA) ~ Mt.Carmel Baptist Church 805 Adams {Basic Text Study @ 7:00PM}
- Sat 9:00AM Spirit of Anonymity (O-HA) ~ Donegal Court Building 617 Mulberry Street (Use Alley Door)
- Sat 12:15PM Basic NA Group (O) ~ 217 East 4th St.
- Sat 8:00PM Candlelight Meeting (O) ~ Donegall Court Building 617 Mulberry St (Use Alley Door)
- Sat 9:30PM Saturday Night Live (O-HA) ~ Donegall Court Building 617 Mulberry St. (Use Alley Door)

Waverly, IA (CAFANA)

- Tue 8:00PM Topic Meeting (O) ~ 111 10th Street SW

West Des Moines, IA (SCANA)

- Sat 7:30PM Living Clean (O-HA) ~ Lutheran Church of Hope 925 Jordan Creek Parkway

Winterset, IA (SCANA)

- Thur 8:00PM Courage to Change (O) ~ 115 John Wayne Drive