

Waterloo, IA (CFANA)

Sunday	6:30PM	Topic Meeting - Old Uni-Cue Building East 4th and Lime
Monday	12:15PM	Basic NA Group - Faith Temple Baptist Church 415 Walnut St
	8:00PM	Candlelight - 1st Baptist Church - West 4th St. & Baltimore
Tuesday	12:15PM	Basic NA Group - Faith Temple Baptist Church 415 Walnut St
	6:00PM	No Name Group - Junkman 1014 W 4th St.
	7:30PM	K. I. S. Book Study - Black Hawk Labor Temple 1695 Burton Ave
Wednesday	12:15PM	Basic NA Group - Faith Temple Baptist Church 415 Walnut St
	7:30PM	Gotta Get Over The Hump Group Faith Temple Baptist Church 415 Walnut St
Thursday	12:15PM	Basic NA Group - Faith Temple Baptist Church 415 Walnut St
	6:00PM	Layed Back Group - 1st Baptist Church - West 4th St. & Baltimore
Friday	12:15PM	Basic NA Group - Faith Temple Baptist Church 415 Walnut St
	7:00PM	The End of the Road Group - United Methodist Church E. 4th and Newell
	8:30PM	The End of the Road Group - United Methodist Church E. 4th and Newell
Saturday	12:15PM	Basic NA Group - Faith Temple Baptist Church 415 Walnut St
	8:00PM	Candlelight - Faith Temple Baptist Church 415 Walnut St

Waverly, IA (CFANA)

Tuesday 8:00PM Topic Meeting - Fallout Shelter 100 E. Bremer

Winterset, IA (SCANA)

Thursday 8:00PM Courage to Change - First Christian Church - 103 W. Green

Area Contact Information

Clean & Free Area (CFANA)

P.O. Box 971 - Waterloo, IA 50704 - (319) 291-8803 www.cleanandfreeia.org

Dubuque Area (DNA)

1166 1/2 Main St. - Dubuque, IA 52004 - www.dubuquena.org

Freedom & Growth Area (FGANA)

812 Pine Street - Muscatine, IA 52761

#2 Peace Area (#2PANA)

P.O. Box 241 - Algona, IA 50511 - (888)-561-5662 www.peaceareaofna.homestead.com

Iowa River Valley Area (IRVANA)

P.O. Box 2521 - Iowa City, IA 52244 - (319)338-6704

Siouxland Area (SANA)

P.O. Box 581 - Sioux City, IA 51102 - (712) 279-0733

Southwest Iowa Area (SWINA)

P.O. Box 1134 - Council Bluffs, IA 51502 - (402) 660-3662 www.swina.org

South Central Area (SCANA)

P.O. Box 4597 - Des Moines, IA. 50306 - (515) 244-2277 www.southcentralareaofna.org

Southern Miracles (SMANA)

P.O. Box 325 - Oskaloosa, IA 52577

North Central Iowa Area (NCIANA)

P.O. Box 737 - Mason City, IA 50402 - (641) 512-5007

Quad City Area II (QCANA)

P.O. Box 37 - Davenport, IA 52808 - (563)328-5228 www.qcana.org

Freedom & Serenity Area (FSANA)

P.O. Box 2324 - Cedar Rapids, IA 52405 - (319) 399-9103

Hartland Area (HANA)

P.O. Box 1011 - Marshalltown, IA 50158 - (641) 485-6272

Iowa Region of Narcotics Anonymous



Meeting Directory

Iowa Region of Narcotics Anonymous

P.O. Box 5164

Des Moines, Iowa 50306-5164

www.iowa-na.org

April 2008

Adel, IA (SCANA)

Monday 7:30PM The Never Alone Meeting - 102 1/2 Nile Kinnick Dr S

Albia, IA (SMANA)

Wednesday 7:00PM Get a Little Help from your Friends - 1117 Benton Ave E

Algona, IA (#2PNA)

Monday 8:00PM Omita - Finn House - 220 W. Call St.

Wednesday 8:00PM IWHAW - Finn House - 220 W. Call St

Thursday 12:00PM THANK - Finn House - 220 W. Call St.

Saturday 8:00PM ALIVE - Finn House - 220 W Call St.

Ames, IA (HANA)

Monday 7:00PM Steps and Traditions Study - 6th & Kellogg - Room 104

Wednesday 8:30PM Reaching for Serenity - 2622 Lincoln Way (Rm 44) Collegiate United Meth.

Thursday 7:30PM Serenity Just for Today - 6th and Kellogg NE corner room 104 (U.C.C.C.)

Saturday 8:00PM Seekers of Serenity - 2622 Lincoln Way - Collegiate United Methodist Rm44

Anamosa, IA (FSANA)

Tuesday 7:30PM Living Simple - St. Paul's Lutheran 103 E Cedar St.

Ankeny, IA (SCANA)

Tuesday 7:30PM The Balancing Act of Recovery - 510 1st St.

Atlantic, IA (SWINA)

Tuesday 6:00PM Straight & Grateful - Cass Co Hosp 1501 E 10th (2nd Floor Rm 2)

Friday 7:00PM Straight & Grateful - Cass Co Hosp 1501 E 10th (2nd Floor Rm 2)

Beacon, IA (SMANA)

Friday 7:00PM New Beginnings - 417 Kilborn St

Burlington, IA (FGANA)

Tuesday 7:00PM Clean & Free Group - 115 S. Central

Thursday 7:00PM Clean & Free Group - 115 S. Central

Carroll, IA (SWINA)

Tuesday 8:00PM Clean & Serene - 1620 North Adams St - Westside Corner Classroom

Thursday 8:00PM Clean & Serene - 1620 North Adams St - Westside Corner Classroom

Cedar Rapids, IA (FSANA)

Sunday 6:00PM Die If You Don't Group - Ecumenical Bldg 1035 3rd Ave SE

8:00PM New Attitudes Group - ASAC 3601 16th Ave SW

Monday 6:00PM Steps & Traditions - Ecumenical Bldg 1035 3rd Ave SE

8:00PM Pioneer Group - Mission of Hope 1537 1st Ave SE

Tuesday 5:00PM Thank God I'm Free - Mission of Hope 1537 1st Ave SE

7:30PM Living Free Group - Ecumenical Bldg 1035 3rd Ave SE

Wednesday 6:00PM New Attitudes Group - Ecumenical Bldg 1035 3rd Ave SE

8:00PM Steps & Traditions - St. James Church - 1430 Ellis Blvd NW

Thursday 12:00PM Road to Recovery - Ecumenical Bldg 1035 3rd Ave SE

7:30PM Living Free Group - Ecumenical Bldg 1035 3rd Ave SE

Friday 12:00PM Die If You Don't Group - Ecumenical Bldg 1035 3rd Ave SE

6:00PM Women's Special Interest Group - Heart of Iowa 4050 Bowling St SE

7:00PM We Do Recover - 392 15th St. SE

9:30PM Candlelight - Mission of Hope 1537 1st Ave SE

Saturday 7:00PM We Do Recover - 392 15th St. SE

7:30PM Living Free Group - Ecumenical Bldg 1035 3rd Ave SE

Centerville, IA (SMANA)

Wednesday 7:30PM Rathburn Regional NA - St Joe's Mercy Hospital

Sunday 7:30PM Rathburn Regional NA - St Joe's Mercy Hospital

Charles City, IA (NCIANA)

Monday 8:00PM Principles Before Personalities - 805 Wisconsin

Sheldon, IA (#2PANA)

Saturday 8:00PM NA - 1423 Park St. Prairie Arts School House

Shenandoah, IA (SWINA)

Tuesday 8:00PM Stairway to Freedom - 200 Church St. United Methodist Church Wesley Hall

Saturday 8:00PM Living Clean - 303 Walnut St.

Sioux City, IA (SANA)

Sunday 12:00PM Living Free - 1404 Summit Street

12:00PM Misfits Group - 1911 Grandview Blvd.

7:00PM Misfits Group - 1911 Grandview Blvd.

Monday 10:30AM Living Free - 1404 Summit Street

12:00PM Misfits Group - 1911 Grandview Blvd.

5:30PM Living Free - 1404 Summit Street

7:00PM Misfits Group - 1911 Grandview Blvd.

8:30PM Freedom and Surrender Group - Mayflower Church W. 18th and Rebecca

Tuesday 10:30AM Living Free - 1404 Summit Street

12:00PM Misfits Group - 1911 Grandview Blvd.

5:30PM Living Free - 1404 Summit Street

7:00PM Misfits Group - 1911 Grandview Blvd.

8:00PM Candlelight Meeting - Unity Club 2101 1/2 Court St.

Wednesday 10:30AM Living Free - 1404 Summit Street

12:00PM Misfits Group - 1911 Grandview Blvd.

5:30PM Living Free - 1404 Summit Street

7:00PM Misfits Group - 1911 Grandview Blvd.

8:30PM Guardian Angels III - 420 Jones St

Thursday 10:30AM Living Free - 1404 Summit Street

12:00PM Misfits Group - 1911 Grandview Blvd.

7:00PM Living Free - 1404 Summit Street

7:00PM Misfits Group - 1911 Grandview Blvd.

8:00PM Anything Goes - Methodist Church 2826 Myrtle St.

Friday 12:00PM Misfits Group - 1911 Grandview Blvd.

5:30PM Living Free - 1404 Summit Street

7:00PM Guardian Angels II - Unity Club 2101 1/2 Court St.

7:00PM Misfits Group - 1911 Grandview Blvd.

9:00PM Sioux City Friday Nights - 27th & Pierce Streets

1159PM Living Free - 1404 Summit Street

Saturday 10:30AM Keeping it Real - Unity Club 2101 1/2 Court St.

12:00PM Misfits Group - 1911 Grandview Blvd.

7:00PM Keeping it Simple - Unity Club 2101 1/2 Court St.

7:00PM Misfits Group - 1911 Grandview Blvd.

10:00PM Basic Text Study Group - 2700 Leech Ave CAAS (Rm. 104)

1159PM Living Free - 1404 Summit Street

Spencer, IA (#2PANA)

Sunday 8:00PM NA - 1212 1st Ave W 1st Congregational Church

Spirit Lake, IA (#2PANA)

Tuesday 8:00PM NA - St Albans Episcopal Church 23rd & Zenith

Sumner, IA (CFANA)

Friday 7:00PM Sumner Group - St. Paul's Lutheran Church 612 W 3rd St.

Tabor, IA (SWINA)

Thursday 8:00PM Simple Recovery - 1t Christian Youth Center 515 New St.

Villisca, IA (SWINA)

Monday 6:00PM Straight Friends - 109 S 3rd Ave Presbyterian Church

Marshalltown, IA (HANA)

Friday 7:00PM Cope Without Dope - Central Christian Church 3rd St. & Main
Saturday 6:30PM New Direction - 34 W. Main (Around Back)

Mason City, IA (NCIANA)

Sunday 5:00PM Sunday Serenity - 125 East State St. First Baptist Church
Monday 8:00PM More Will Be Revealed - 101 1st NE 1st Cong. Church
Wednesday 8:00PM Stop the Insanity - 125 East State St. First Baptist Church
Thursday 8:00PM HOW Group - St Paul's Lutheran Church 329 E. State St.
Friday 7:30PM More Will Be Revealed - First Cong. Church 101 1st NE
Saturday 8:00PM HOW Group - St Paul's Lutheran Church 329 E. State St.

Milford, IA (#2PANA)

Wednesday 8:00PM NA - 1204 L Ave 1st Congregational Church

Moline, IL (OCANA)

Thursday 8:00PM BYOB (Bring your own Book) - 4800 38th Ave.

Muscatine, IA (FGANA)

Sunday 4:00PM NA - 704 S Houser
Tuesday 7:00PM Steps & Tradition - 211 Walnut St.
Wednesday 6:00PM NA - 211 Walnut St.

Newton, IA (SCANA)

Sunday 7:00PM Phoenix Rising - Salvation Army 301 N.2nd Ave East
Thursday 7:00PM Phoenix Rising - Salvation Army 301 N.2nd Ave East

North Liberty, IA (IRVANA)

Sunday 6:00PM Serenity in North Liberty - 5209 W Cherry St - North Liberty Rec Center

Oelwein, IA (CFANA)

Thursday 7:00PM Ask the Basket - 517 1st St. N.E
Saturday 7:00PM Do It Group - 517 1st Street NE

Onawa, IA (SANA)

Tuesday 7:00PM NA - Faith Lutheran Church 316 15th St.
Thursday 7:00PM NA - Faith Lutheran Church 316 15th St.

Osage, IA (NCIANA)

Thursday 7:30PM NA - 732 1/2 Main

Oskaloosa, IA (SMANA)

Monday 7:00PM Monday Miracles - St James Church 207 S 3rd St
Tuesday 12:00PM Oskaloosa Spiritual - St James Church 207 S 3rd St
Thursday 7:00PM Thursday Miracles - St James Church 207 S 3rd St

Ottumwa, IA (SMANA)

Sunday 5:00PM Clean and Free - 410 W Keota St.
Monday 11:45AM Bridge of Hope - 312 E Alta Vista
Tuesday 6:30PM New Beginings - 410 W Keota St.
Friday 8:00PM By Joe It's Friday - 312 E Alta Vista, 5th Floor

Pocahontas, IA (#2PANA)

Tuesday 7:30PM NA - Resurrection Catholic Church 21 SW 3rd St

Red Oak, IA (SWINA)

Monday 6:00PM Just for Today - Faith Community Church - 2701 N. 8th St.
Friday 6:00PM Just for Today - Faith Community Church - 2701 N. 8th St.

Rock Island, IL (OCANA)

Sunday 8:00PM Life after Drugs - 1501 30th St.
Friday 8:00PM Life after Drugs - 1501 30th St.
10:30PM Just for Today - 929 14th St
Saturday 5:00PM Life after Drugs - 1501 30th St.

Charles City, IA (NCIANA)

Thursday 8:00PM Principles Before Personalities - 805 Wisconsin

Clarinda, IA (SWINA)

Thursday 8:00PM Straight Edge - 115 1/2 East Stuart

Clinton, IA (QCANA)

Sunday 12:00PM Unity Group - 513 South 3rd St.
7:00PM Unity Group - 513 South 3rd St.
Monday 12:00PM Unity Group - 513 South 3rd St.
7:00PM Unity Group - 513 South 3rd St.
Tuesday 12:00PM Unity Group - 513 South 3rd St.
7:00PM Unity Group - 513 South 3rd St.
Wednesday 12:00PM Unity Group - 513 South 3rd St.
7:00PM Unity Group - 513 South 3rd St.
Thursday 12:00PM Unity Group - 513 South 3rd St.
7:00PM Unity Group - 513 South 3rd St.
Friday 12:00PM Unity Group- 513 South 3rd St.
7:00PM Unity Group - 513 South 3rd St.
Saturday 12:00PM Unity Group - 513 South 3rd St.
7:00PM Unity Group - 513 South 3rd St.
7:00PM South 4th St. Group - 1004 S. 4th St.

Council Bluffs, IA (SWINA)

Sunday 6:45PM New Way Group - 11 South 1st. Street (East Doors Upstairs Rm 210)
Monday 12:00PM Let it Be - New Lite House - 200 S. 16th Ave.
8:00PM Visions of Hope - Our Savior Lutheran Church - 313 Story St.
10:00PM Turning Point - New Lite House - 200 S 16th Ave
Tuesday 12:00PM Let it Be - New Lite House - 200 S. 16th Ave.
8:00PM Visions of Hope - Our Savior Lutheran Church - 313 Story St.
10:00PM Turning Point - New Lite House - 200 S 16th Ave
Wednesday 12:00PM Let it Be - New Lite House - 200 S. 16th Ave.
6:30PM Reaching Out - Council Bluffs Public Library - 400 Willow Avenue Rm 2-E
8:00PM Visions of Hope - Our Savior Lutheran Church - 313 Story St.
10:00PM Turning Point - New Lite House - 200 S 16th Ave
Thursday 12:00PM Let it Be - New Lite House - 200 S. 16th Ave.
10:00PM Turning Point - New Lite House - 200 S 16th Ave
Friday 11:00AM Let it Be - New Lite House - 200 S. 16th Ave.
12:00PM Visions of Hope - Our Savior Lutheran Church - 313 Story St.
7:00PM Clean & Free - Jennie Edmondson Hospital (Ground Flr Library) 933 E Pierce St
8:30PM Discovery Group - Timothy Lutheran Church - 31st & Broadway
Saturday 6:00PM On the Right Track - 515 East Broadway (Enter through East Side Door)

Chariton, IA (SMANA)

Monday 7:00PM Monday Night Discussion - St. Andrew's Church Hwy 14
Wednesday 7:00PM NA - St. Andrew's Church Hwy 14

Cherokee, IA (SANA)

Thursday 7:00PM NA - St. Paul's UMC 531 W Main St.

Creston, IA (SWINA)

Friday 8:00PM New Freedom Group - Catholic Rectory - 401 Clark Street

Davenport, IA (QCANA)

Monday 8:00PM Promise Group - 2603 Rockingham Road
Tuesday 7:00PM We Do Recover - 117 Perry Street
Wednesday 8:00PM Promise Group - 2603 Rockingham Rd.
Thursday 7:00PM We Are Forgiven - 2651 Telegraph Rd
Friday 12:00PM The Ties that Bind us Together - 1016 W. 5th St.

Davenport, IA (QCANA)

Saturday 12:00PM NA Journeys - 117 Perry St
7:00PM We Do Recover - 117 Perry Street

Des Moines, IA (SCANA)

Sunday 7:00PM Sunday N.A. - 1801 Hickman
7:30PM Eastside Recovery Group - 1216 East 25th CT.
Monday 12:00PM New Noon - 2300 Euclid (across from Target)
7:30PM Truth or Consequences - 1111 E. Armypost (West Entrance)
7:30PM NA - 803 Lyon St.
7:30PM Spiritual Hour - 3600 30th St. Bldg 2 Room 102 (Enter Bldg 4, Park 7W)
Tuesday 7:00PM Tuesday Night at the Meetings - 1708 6th Ave.
7:30PM Unity in Action - Mercy First Step 48th & Franklin in the Gym
Wednesday 12:00PM Just For Today - Thoreau House 3500 Kingman Blvd.
7:00PM Recovery on the River - 101 Locust St. YMCA (Locust St. Entrance-RiverRm)
7:30PM We Came to Believe - Lutheran Hospital 700 E. University 4th Floor
7:30PM We Found Hope - 1111 E. Armypost (West Entrance)
Thursday 7:00PM Step Study - 3938 Fleur Drive, Church basement
7:00PM The Uncut Group - 1343 13th St. @ Forest Ave Upstairs
11:00PM Midnight Miracles - 2718 University Ave SW Door
Friday 12:00PM Found a Way Out - Thoreau Center 3500 Kingman Blvd.
7:00PM Port of Entry - 803 Lyon St.
7:00PM Free Addicts Recovering Together - Mercy First Step 49th & Franklin
7:30PM New Beginnings - 24th & Cottage Grove Pres. Church
7:30PM Truth or Consequences - 1111 E. Armypost (West Entrance)
8:00PM Free on Friday - 700 E. University Lutheran Hosp (B Level past cafeteria)
Saturday 9:00AM Basic Text Study - 4349 Merle Hay Rd Ste 6 (CiCi's Pizza)
6:30PM Central City - 1708 6th Ave.
7:00PM Saturday Night Live - 1111 E. Army Post Rd. (West Entrance)
7:30PM Eastside Recovery Group - 1216 East 25th CT.
7:30PM Living Clean - 925 Jordan Creek Pkwy (Lutheran Church of Hope)

Dubuque, IA (DNA)

Sunday 1:00PM Sisters of Support - 1166 1/2 Main
8:30PM Back To Basics - 1166 1/2 Main
Monday 7:00PM Addict's N the Basement - 1195 Prys
Tuesday 3:30PM Experience, Strength, & Hope - 1166 1/2 Main
5:30PM Gals With Goals - 1166 1/2 Main
7:00PM Newcomers meeting - 250 Mercy Drive Conference room1-E
Wednesday 7:00PM It Works-How & Why Step Mtg - 1780 White Street
Thursday 7:00PM Basic Text Mtg - 250 Mercy Drive Conference Room 1-E
8:30PM NA - 1166 1/2 Main
Friday 4:00PM The Ties That Bind - 1166 1/2 Main
7:00PM United in Recovery - 1166 1/2 Main
11:00PM Midnight w/o Madness - 1166 1/2 Main
Saturday 11:00AM The "We" not "Me" Group - 1166 1/2 Main
7:00PM Miracles Happen - 1201 Locust St.

Estherville, IA (#2PANA)

Friday 8:00PM NA - 1st Christian Church 205 N. 7th St. North Door

Forest City, IA (NCIANA)

Friday 7:00PM New Way NA - First Congregational Church 316 North 6th Street

Fort Dodge, IA (#2PANA)

Tuesday 8:00PM NA - 211 S. 13th St. Sacred Heart Catholic
Thursday 8:00PM NA - 211 S. 13th St. Sacred Heart Catholic Church

Fort Dodge, IA (#2PANA)

Saturday 12:00AM Woodburners - 132 Ave G.
Saturday 10:30PM 3rd Tradition - 509 1st Ave. S

Grinnell, IA (SMANA)

Monday 7:30PM Our Primary Purpose - 3rd & Pearl

Grinnell, IA (SMANA)

Wednesday 7:30PM Our Primary Purpose - 3rd & Pearl

Friday 7:30PM Our Primary Purpose - 3rd & Pearl

Hampton, IA (NCIANA)

Sunday 7:00PM Sunday Hampton Meeting - FCASC 504 2nd Ave Se

Harlan, IA (SWINA)

Monday 8:00PM Never Alone Group - 1912 18th Street St. Michael's Rectory

Thursday 7:30PM Nobody's Group - 9th & Durrant - Methodist Church

Saturday 5:00PM Saturday Serenity - Abundant Life Church - 1610 Chatburn St.

Independance, IA (FSANA)

Tuesday 8:00PM Topic Meeting - St. James Church - 206 2nd Ave

Indianola, IA (SCANA)

Thursday 7:00PM Found a Way Out - 1st United Methodist Church 309 West Ashland

Iowa City, IA (IRVANA)

Monday 12:00PM The Ultimate Noon Group - 30 N. Clinton (Entrance on the N Side)

8:00PM Hugs not Drugs - U of I Hospitals Elevator F 7th Floor Conf G

Tuesday 8:00PM The Ties That Bind - 511 Melrose Ave.(upstairs)

Wednesday 6:30PM Women's Group - Faith United Church - 1609 Deforest Ave

8:00PM Unity Group - 511 Melrose Ave.(upstairs)

Thursday 8:00PM Never Alone - 511 Melrose Ave.(upstairs)

Friday 8:00PM End of the Road Group - 511 Melrose (upstairs)

Saturday 8:00PM Saturday Night Alive - 430 Southgate Ave

Iowa Falls, IA (NCIANA)

Tuesday 7:00PM Fireside Meeting - 11241 US HWY 65 North

Saturday 7:00PM Fireside Meeting - 11241 US HWY 65 North

Keokuk, IA (FGANA)

Tuesday 7:30PM Book Study - 2nd and Bank

Friday 7:30PM Peace by Choice - 2nd and Bank

Knoxville, IA (SCANA)

Sunday 7:30PM A.I.R. Group - Fellowship Hall, Roche & Main St.

Thursday 7:30PM A.I.R. Group - Fellowship Hall, Roche & Main St.

LeMars, IA (SANA)

Tuesday 6:00PM NA - Floyd Vally Hospital - Highway 3, Room 3

Manning, IA (SWINA)

Wednesday 8:00PM Miracles of Recovery - Manning Hospital

Maquoketa, IA (DNA)

Sunday 7:00PM Discussion Meeting - Jackson Co. Public Hospital

Thursday 8:00PM Discussion Meeting - 1st Baptist Church

Marshalltown, IA (HANA)

Sunday 6:30PM Cope Without Dope - 34 W. Main (Around Back)

Monday 7:00PM New Direction - 34 W. Main (Around Back)

Tuesday 12:00PM Cope Without Dope - 34 W. Main (Around Back)

Tuesday 7:00PM New Direction - 34 W. Main (Around Back)

Wednesday 7:00PM New Direction - 34 W. Main (Around Back)

Thursday 6:30PM New Direction - 34 W. Main (Around Back)

Friday 12:00PM New Direction - Central Christian Church 3rd St. & Main
5:00PM Faith, Hope & Unitv - Central Christian Church 3rd St. & Main