

THE TWELVE STEPS

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

Meeting Format Legend			
BK	Book Study	BT	Basic Text
C	Closed	CH	Closed Holidays
CL	Candlelight	CS	Children under Supervision
CW	Children Welcome	D	Discussion
IW	It Works -How and Why	JT	Just for Today
L	Literature Study	LC	Living Clean
M	Men	ME	Meditation
O	Open	OE	Open-Ended
RF	Rotating Format	Rr	Round Robin
SD	Speaker/Discussion	SG	Step Working Guide
So	Speaker Only	St	Step
To	Topic	Tr	Tradition
W	Women	WC	Wheelchair

ALBIA

Tue 7:00PM Albia NA, Trinity United Methodist Church, 1117 Benton Avenue East, Albia, IA, 52531 (WC,O)

ALGONA

Mon 8:00PM OMITA, Finn House, 600 North Ridgley Street, Algona, IA (To,D,O)

Wed 8:00PM IWHAW, Finn House, 600 North Ridgley Street, Algona, IA (D,O,To)

Sat 8:00PM Alive, Finn House, 600 North Ridgley Street, Algona, IA (O,To,D)

AMES

Tue 7:00PM We Have a Choice, 516 Kellogg Ave, Ames, IA, 50010 (D,C)

Thu 7:00PM New Meeting, 516 Kellogg Ave, Ames, IA, 50010

Sat 7:00PM Seekers of Serenity, Collegiate United Methodist Church, Enter Far West door to the building. Down the stairs. Room 44, 2622 Lincoln Way, Ames, IA (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, Ankeny, IA (O)

ATLANTIC

Wed 7:00PM Atlantic NA, United Church of Christ, 1607 Hazel Street, Atlantic, IA

Fri 7:00PM Friday Night Live, 309 Elm Street, Atlantic, IA (O)

BEACON

Fri 7:00PM Beacon NA, United Methodist Church, 500 Sheridan Street, Beacon, IA, 52534 (CL,WC,O)

BOONE

Wed 7:00PM Gimme 12 Steps, Use East Entrance, 917 10th Street, Boone, IA (O,D)

Fri 7:00PM Gimme 12 Steps, Use East Entrance, 917 10th Street, Boone, IA (D,O)

CARROLL

Thu 7:00PM Clean & Serene, Recovery Hall, off HWY 30, North of Pepsi, 1240 Heirs Avenue, Suite E, Carroll, IA (O)

Sat NOON Carroll Nooners Basic Text, Recovery Hall, off HWY 30, North of Pepsi, 1240 Heirs Avenue, Suite E, Carroll, IA (C)

CARTER LAKE

Mon 7:00PM Recharge, Carter Lake United Methodist Church, 3025 Mabrey Lane, Carter Lake, IA (O,WC)

CEDAR FALLS

Mon 7:00PM Never Alone, Grace Community Church, 4421 Hudson Rd, Cedar Falls, IA, 50613 (D,WC,O) *2nd Monday of the month no meeting*

CEDAR RAPIDS

Sun 1:30PM The Gift (It Works), Ecumenical Community Center, Enter in the alley, 601 2nd Avenue SE, Cedar Rapids, IA, 52401 (BK) *This meeting does not meet 2nd Sunday of the month.*

Sun 6:00PM Face Anything, Fear Nothing, Ecumenical Community Center, 601 2nd Avenue SouthEast, Cedar Rapids, IA (WC,O,To,D)

Mon NOON We Do Recover, Safe Place (ring door bell), 527 6th Avenue SouthEast, Cedar Rapids, IA (O)

Mon 6:00PM We Do Recover, Wellington Community Center, 392 15th Street SouthEast, Cedar Rapids, IA (D,O,WC,To)

Mon 6:00PM Young and Free, Ecumenical Community Center, Entrance in Alley, 601 2nd Avenue SouthEast, Cedar Rapids, IA (WC,C,OE)

Tue NOON We Do Recover, Safe Place Foundation, Only Knock on Office Door, 527 6th Avenue SouthEast, Cedar Rapids, IA (O,D,To)

Tue 7:00PM Principles Before Personalities, Westminster Presbyterian Church, Enter in back, 1285 3rd Ave SE, Cedar Rapids, IA, 52403 (D,To,SD,RF,O,JT) *sometimes this meeting only goes until 8:00-8:15*

Wed NOON We Do Recover, Safe Place (ring door bell), 527 6th Avenue SouthEast, Cedar Rapids, IA (O)

Wed 6:00PM New Attitudes, Grace Episcopal Church, 525 A Avenue NorthEast, Cedar Rapids, IA (WC,O)

Wed 8:00PM Steps and Traditions, Bethel Church, 512 6th St SE, Cedar Rapids, IA, 52401 (WC,To,BK,St,IW,D,C,Tr)

Thu NOON We Do Recover, Safe Place Foundation, Only Knock on Office Door, 527 6th Avenue SouthEast, Cedar Rapids, IA (To,D,O)

Thu 6:00PM Face Anything, Fear Nothing, Ecumenical Community Center, Entrance in Alley, 601 2nd Avenue SouthEast, Cedar Rapids, IA (To,WC,D,O)

THE TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends on NA unity.
2. For our group purpose there is but one ultimate authority— a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every NA group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

CEDAR RAPIDS (CONT)

Thu 8:00PM Men's Meeting, St. Mark's Church, SW Entrance, 601 2nd Ave SE, Cedar Rapids, IA, 52401

Fri NOON We Do Recover, Safe Place Foundation, Only Knock on Office Door, 527 6th Avenue SouthEast, Cedar Rapids, IA (WC,To,O)

Fri 7:00PM We Do Recover, Wellington Community Center, 392 15th Street SouthEast, Cedar Rapids, IA (O)

Fri 9:00PM Principles Before Personalities, Westminster Presbyterian Church, Enter in back, 1285 3rd Ave SE, Cedar Rapids, IA, 52403 (WC,CL,C,OE)

Sat 8:00AM The Breakfast Club, Every 3rd Saturday of the Month, 3636 Cottage Grove SE, Cedar Rapids, IA, 52403

Sat NOON Steps in the Right Direction, Saint Marks Church, 4700 Johnson Avenue NorthWest, Cedar Rapids, IA (O)

Sat 6:00PM Sisters & Brothers of Serenity, Bethel Church, Enter back entrance. No addict turned away., 512 6th Street SouthEast, Cedar Rapids, IA, 52401 (W,M,O)

Sat 8:00PM Principles Before Personalities, Westminster Presbyterian Church, Enter in back, 1285 3rd Ave SE, Cedar Rapids, IA, 52403 (D,O,JT,OE,To,SD,RF)

CHARITON

Mon 7:00PM NA, St. Andrew's Church, In Summer may meet at Red Hawk Park., 1112 North 7th Street, Chariton, IA, 50049 (O,WC)

Wed 7:00PM NA, St. Andrew's Church, 1112 North 7th Street, Chariton, IA, 50049 (WC,O)

CHARLES CITY

Thu 8:00PM Principles Before Personalities, Hope House, 805 Wisconsin Street, Charles City, IA, 50616 (O)

CHEROKEE

Thu 7:00PM Thursday Night, St Paul's Methodist Church, Across from the Cherokee County Courthouse, 531 W Main St, Cherokee, IA, 51012 (O)

CLARINDA

Tue 7:00PM Straight Edge, Zion Recovery Building, 1800 North 16th Street, Clarinda, IA (O)

CLEAR LAKE

Tue 8:00PM The Few The Proud The Clean, Meeting is in Basement, 1115 East Main Street, Clear Lake, IA (To,D,O)

CLINTON

Thu 7:00PM NA Meeting, Salvation Army, 219 First Avenue, Clinton, IA (O)

CORALVILLE

Sun 7:30PM We Do Recover, 806 13th Ave, Coralville, Enter from 8th street, 806 13th Avenue, Coralville, IA (O,WC,CW,Rr,To)

Thu 7:30PM We Do Recover, 806 13th Ave, Coralville, Enter from 8th street, 806 13th Avenue, Coralville, IA (To,D,WC,O)

COUNCIL BLUFFS

Sun 11:00AM Spiritual Breakfast Meeting, The New LiteHouse, 200 16th Avenue, Council Bluffs, IA (O)

Sun 6:45PM New Way, Broadway United Methodist Church, Through the east doors and upstairs in room 210., 11 South 1st Street, Council Bluffs, IA (O,SG,WC)

Mon NOON Let It Be, The New LiteHouse, 200 16th Avenue, Council Bluffs, IA (O)

Mon NOON Perfekly Broken, Peer Connections, 622 South 4th Street, Council Bluffs, IA (O)

Mon 7:00PM Visions of Hope Group, The New LiteHouse, 200 16th Avenue, Council Bluffs, IA (L,O)

Tue NOON Let It Be, The New LiteHouse, 200 16th Avenue, Council Bluffs, IA (O)

Tue 7:00PM Visions of Hope, The New LiteHouse, 200 16th Avenue, Council Bluffs, IA (O,BT)

Wed NOON Let It Be, The New LiteHouse, 200 16th Avenue, Council Bluffs, IA (O)

Wed 5:00PM Acceptance, Courage - Wisdom, 500 Club, 410 South 16th Street, Council Bluffs, IA (O)

Wed 8:00PM Visions of Hope, The New LiteHouse, 200 16th Avenue, Council Bluffs, IA (D,O)

Thu NOON Let It Be, The New LiteHouse, 200 16th Avenue, Council Bluffs, IA (O)

Thu 7:00PM Visions of Hope, The New LiteHouse, 200 16th Avenue, Council Bluffs, IA (O,CW,So)

Fri NOON Let It Be, The New LiteHouse, 200 16th Avenue, Council Bluffs, IA (O)

Fri 6:00PM More will be Revealed, 500 Club, 410 South 16th Street, Council Bluffs, IA (O)

Fri 7:30PM Discovery, Broadway United Methodist Church, Through the east doors and upstairs in room 210., 11 South 1st Street, Council Bluffs, IA, 51503 (WC,O)

Sat 6:00PM On the Right Track, 500 Club, 410 South 16th Street, Council Bluffs, IA (O)

CRESTON

Mon 7:00PM New Freedom, Catholic Rectory, 407 West Clark Street, Creston, IA (O,C,W)

Wed 7:00PM New Freedom, Catholic Rectory, 407 West Clark Street, Creston, IA (O)

Fri 8:00PM New Freedom, Catholic Rectory, 407 West Clark Street, Creston, IA (CL,O)

DAVENPORT

Mon 7:00PM Promise, West End Alano Club, 2603 Rockingham Road, Davenport, IA (C,WC)

Tue 7:00PM We Do Recover, Blandine Club, Upstairs, 117 1/2 Perry Street, Davenport, IA (O)

Wed 7:00PM Promise, West End Alano Club, 2603 Rockingham Road, Davenport, IA (WC,O)

Thu 7:00PM Road to Recovery, Grace United, 2651 Telegraph Road, Davenport, IA (O)

Fri NOON Promise, West End Alano Club, 2603 Rockingham Road, Davenport, IA (O,WC)

Fri 5:30PM We Do Recover, Blandine Club, Upstairs, 117 1/2 Perry Street, Davenport, IA (O)

Sat NOON Focus on Recovery, Blandine Club, Upstairs, 117 1/2 Perry Street, Davenport, IA (O)

Sat 5:30PM Road to Recovery, Grace United, 2651 Telegraph Road, Davenport, IA (O)

Sat 7:00PM We Do Recover, Blandine Club, Upstairs, 117 1/2 Perry Street, Davenport, IA (O)

DENISON

Thu 6:30PM JN, Our Savior Lutheran Church, 500 North 24th Street, Denison, IA, 51442

DES MOINES

Sun 11:00AM The Journey Continues, Lutheran Hosp., B Level Conference Rm., 700 East University Avenue, Des Moines, IA, 50316 (WC,O,To,CS)

Sun 7:00PM Basic Meditation, Wesley House (upstairs), 2718 University Ave, Des Moines, IA, 50311 (O)

Sun 7:00PM Sunday Night NA, Naureen Conference Room -- Use Emergency Entrance, 1801 Hickman Road, Des Moines, IA (WC,O)

Sun 7:30PM Eastside Recovery, Experience Church, East Entrance, Sanctuary, 3800 East Douglas Street, Des Moines, IA (WC,O)

Mon NOON Our Primary Purpose, First Christian Church, 2nd Floor of Church, 25th & University Avenue, Des Moines, IA (O,WC)

Mon 7:00PM Addicts for Addicts, Capitol Hill Christian Church, Enter Thru South West Door, 3322 East 25th Street, Des Moines, IA, 50317 (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, Des Moines, IA (O)

Tue NOON Clean Living, First Christian Church, 2nd Floor, 25th Street & University Avenue, Des Moines, IA (WC,O)

Tue 7:00PM Central City, Urban Dreams, 601 Forest Avenue, Des Moines, IA, 50314 (O,WC)

Tue 7:30PM Unity in Action, Mercy Franklin Suite 4 (South End), 1818 48th Street, Des Moines, IA (CL,O,WC)

Wed NOON Meeting with no name, First Christian Church, 2nd Floor, 25th Street & University Avenue, Des Moines, IA (O)

Wed 7:00PM Freedom, VA Medical Ctr, Room 2756, Bldg 2 - Main Entrance, room 2754, Elevator A end of Hall, 3600 30th Street, Des Moines, IA, 50310 (O)

Wed 7:30PM We Came to Believe, Lutheran Hospital, B Level Cafeteria, 700 East University Avenue, Des Moines, IA (WC,O)

Thu NOON Thursday Nooner, First Christian Church, 2nd Floor, 25th Street & University Avenue, Des Moines, IA (O)

Thu 7:00PM Closed for Repair, Easton Place Methodist Church, In basement use North Entrance., 2412 Easton Boulevard, Des Moines, IA (C)

Thu 7:00PM SIS (Serenity in Sisterhood), Fort Des Moines Methodist Church, 6205 SouthWest 9th Street, Des Moines, IA (W,WC,O)

Fri NOON Found A Way Out, First Christian Church, 2nd floor, 2500 University Avenue, Des Moines, IA, 50311 (O)

Fri 5:30PM Stick & Stay, Des Moines Social Club, Room 211, 900 Mulberry Street, Des Moines, IA, 50309 (O)

Fri 7:00PM Free on Friday, Lutheran Hospital, B Level Cafeteria, 700 East University Avenue, Des Moines, IA (O,WC)

Fri 7:00PM Off the Chain, Art Therapy Room, Main Hospital S.E. Entrance, 1818 48th Street, Des Moines, IA (WC,O)

Fri 7:30PM New Beginnings, Grace United Methodist Church, South Entrance - Library, 3700 Cottage Grove, Des Moines, IA (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, Des Moines, IA (O)

Sat 6:30PM Central City, Urban Dreams, 601 Forest Avenue, Des Moines, IA, 50314 (WC,O)

Sat 7:00PM Saturday Night Live, Ft. Des Moines Methodist Church, 6205 SouthWest 9th Street, Des Moines, IA (WC,O)

WATERLOO (CONT)

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

Thu 12:15PM Basic NA, 217 East 4th Street, Waterloo, IA (St,C)

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

Thu 7:30PM Book Step Study, Door in Alley Way, 617 Mulberry Street, Waterloo, IA (ME,C,BK)

Thu 7:30PM Free @ Last, Junkman-Knobel Center, 1014 West 4th Street, Waterloo, IA (O)

Fri 12:15PM Basic NA, 217 East 4th Street, Waterloo, IA (ME,C)

Fri 7:00PM Spirit of Anonymity In Action, 608 West 4th Street, Waterloo, IA (O)

Fri 8:30PM Basic Book Study/Speaker, Mt.Carmel Baptist Church, 805 Adams Street, Waterloo, IA (SD)

Sat 12:15PM Basic NA, 217 East 4th Street, Waterloo, IA (St,IW,Tr)

Sat 6:30PM Who Is An Addict, First Lutheran Church, 617 Mulberry Street, Waterloo, IA, 50703 (O)

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

WAVERLY

Tue 8:00PM Topic Meeting, Use Rear Entrance, 120 ½ East Bremer Avenue, Waverly, IA (To)

WEST UNION

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

Fri 7:00PM Keeping it Real, United Methodist Church, 301 Hansen Boulevard, West Union, IA (O,WC,D)

WINTERSET

Sun 7:00PM Madison County Narcotics Anonymous, Lower Level, 103 West Green Street, Winterset, IA, 50273 (JT,WC)

Tue 8:00PM Winterset NA, First United Methodist Church, 309 East Jefferson St, Winterset, IA, 50273 (O)

SIOUX CITY (CONT)

Mon 5:30PM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (Rr,O,CS)

Mon 8:30PM Freedom and Surrender, Mayflower Church, 1407 West 18th Street, Sioux City, IA (D,O)

Tue 10:30AM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (O,D,CS)

Tue 5:30PM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (CS,O,Rr)

Tue 7:00PM Living Clean, Community Action Agency, Corner of South Fairmont Street & Leech Avenue, 2700 Leech Avenue, Room 104, Sioux City, IA (O,BK,CW)

Tue 7:00PM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (O,CS,Rr)

Tue 8:00PM Candlelight, Trimble United Methodist Church, Southeast door, 1424 27th Street, Sioux City, IA (O,WC,CL)

Wed 10:30AM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (O,D,CS)

Wed 5:30PM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (Rr,O,CS)

Wed 8:00PM Not Quite Right, 420 Jones Street, Sioux City, IA (O)

Wed 8:30PM Guardian Angels III, Trimble Methodist Church, 1424 27th Street, Sioux City, IA (O,WC)

Thu 10:30AM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (O,D,CS)

Thu 5:30PM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (Rr,CS,O)

Thu 7:00PM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (SD,CS,O)

Thu 8:00PM Anything Goes, Crescent Park United Methodist Church, 2826 Myrtle Street, Sioux City, IA (D,C)

Fri 10:30AM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (O,CS,D)

Fri 5:30PM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (Rr,O,CS)

Fri 7:00PM Guardian Angels II, Tremble United Methodist Church, Southeast door, 1424 27th Street, Sioux City, IA (O,CS,D)

Fri 11:59PM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (CS,OE,CL,D,O)

Sat 10:30AM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (O,D,CS)

Sat 1:00PM Boys to Men, Living Free House, 1404 Summit Street, Sioux City, IA (M)

Sat 5:30PM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (CS,O,D)

Sat 7:00PM Keeping it Simple, Trimble United Methodist Church, Southeast door, 1424 27th Street, Sioux City, IA (CS,O)

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

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

Sat 11:59PM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (CL,OE,D,O,CS)

SPENCER

Sun 8:00PM NA, 1st Congregational Church, 1212 1st Avenue West, Spencer, IA (RF,C)

Tue 7:00PM NA, Iowa Lakes Mall, Ste. A, Compass Pointe, 1900 Grand Avenue North, Spencer, IA

SPIRIT LAKE

Thu 7:00PM NA, Discovery House, 1411 Hill Ave, Spirit Lake, IA (O,WC) *Independent*

SUMNER

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

VILLISCA

Mon 6:00PM Straight Friends, Presbyterian Church, 109 South 3rd Street, Villisca, IA (O)

WATERLOO

Sun 3:00PM Spirit of Anonymity, Use Alley Door, 617 Mulberry Street, Waterloo, IA (O,WC)

Sun 6:00PM Sunday Topic Meeting, Black Hawk Labor Temple, 1695 Burton Avenue, Waterloo, IA (To,O)

Sun 7:30PM Young At Heart, Black Hawk Labor Temple, 1695 Burton Ave, Waterloo, IA (O)

Mon 12:15PM Basic NA, 217 East 4th Street, Waterloo, IA (O,WC)

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

Tue 12:15PM Basic NA, 217 East 4th Street, Waterloo, IA (C,D)

Tue 6:00PM Free @ Last, Junkman-Knobel Center, 1014 West 4th Street, Waterloo, IA (O,WC)

Tue 7:30PM K.I.S., Black Hawk Labor Temple, Meeting in the basement, 1695 Burton Avenue, Waterloo, IA (C,Tr,St)

Wed 12:15PM Basic NA, 217 East 4th Street, Waterloo, IA (O,WC)

DES MOINES (CONT)

Sat 7:30PM Saturday Night Salvation, Experience Church, Use East Entrance Room 207, 3800 East Douglas Avenue, Des Moines, IA (O)

DUBUQUE

Sun 7:00PM Back to Basics, The Source, 1166 1/2 Main Street, Dubuque, IA (BT,O,WC)

Mon 1:00PM Just For Today, The Source, 1166 1/2 Main Street, Dubuque, IA (O,WC,D)

Mon 7:30PM Monday Night Munchies, Church of the Nazarene, 1195 Prys Avenue, Dubuque, IA (O)

Tue 1:00PM Just For Today, The Source, 1166 1/2 Main Street, Dubuque, IA, 52001 (O)

Tue 7:05PM Misfits with Attitude, The Source, 1166 1/2 Main Street, Dubuque, IA (WC,O)

Wed 1:00PM Just For Today, The Source, 1166 1/2 Main Street, Dubuque, IA (O)

Wed 7:00PM It Works- How & Why, St. Matthew's Church, 1780 White Street, Dubuque, IA (Tr,St,IW,C)

Thu 1:00PM Just For Today, The Source, 1166 1/2 Main Street, Dubuque, IA (O,WC)

Thu 8:30PM Topic Meeting, The Source, 1166 1/2 Main Street, Dubuque, IA (O,To,CL,WC)

Fri 1:00PM Just For Today, The Source, 1166 1/2 Main Street, Dubuque, IA (BT,WC,O)

Fri 7:00PM Keep It Real, The Source, 1166 1/2 Main Street, Dubuque, IA (C)

Sat 11:00AM The We not Me Group, The Source, 1166 1/2 Main Street, Dubuque, IA (WC,O)

Sat 7:00PM Miracles Happen, The Source, 1166 1/2 Main Street, Dubuque, IA (O,CL)

EAGLE GROVE

Mon 7:00PM The Legal Eagles NA Group, 1220 South Commercial Avenue, Eagle Grove, IA, 50533

Fri 7:00PM The Legal Eagles NA Group, 1220 South Commercial Avenue, Eagle Grove, IA, 50533

ESTHERVILLE

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

FORT DODGE

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

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

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

GRINELL

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

HARLAN

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

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

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

HARTLEY

Sat 7:00PM NA, United Methodist Church, 8th Avenue West, Hartley, IA, 51346

HIAWATHA

Tue 7:00PM Miracles Happen, New Beginings Church, 910 Boyson Court, Hiawatha, IA (O)

Fri 6:00PM Meet the New You, New Beginings Church, 910 Boyson Court, Hiawatha, IA

INDEPENDENCE

Tue 7:00PM Freedom Group, Living Water Church, 113 2nd Avenue NorthEast, Independence, IA (D,C)

IOWA CITY

Mon 8:00PM We Do Recover, Up Stairs, 511 Melrose Street, Iowa City, IA (BT,O)

Tue 7:00PM We Do Recover, River Community Church, West Entrance, 3001 Muscatine Avenue, Iowa City, IA (LC,WC,O,CW)

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

Wed 8:00PM We Do Recover, Up Stairs, 511 Melrose Street, Iowa City, IA (C,CL,IW)

Fri 7:00PM We Do Recover, River Community Church, West entrance, 3001 Muscatine Avenue, Iowa City, IA (WC,O,To)

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

IOWA FALLS

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

IOWA FALLS (CONT)

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

KEOKUK

Wed 8:00PM Freedom: The New Beginning, Heritage Center, 508 Main Street, Keokuk, IA (O,To,WC)

KNOXVILLE

Sun 7:30PM Freedom Seekers, Celebrate Christian Church, 1005 North Lincoln Street, Knoxville, IA, 50138 (O)

Tue 5:00PM Knoxville NA, Riverside Community Center, 120 W Main Street, Knoxville, IA, 50138

Thu 7:00PM Free On Friday, Celebrate Christian Church, 1005 North Lincoln Street, Knoxville, IA, 50138 (St,WC,O)

Fri 7:00PM Free On Friday, Celebrate Christian Church, 1005 North Lincoln Street, Knoxville, IA, 50138 (O)

LAKE CITY

Sat 7:00PM Saturday Night Live, Historical Center School, 211 South Center, Lake City, IA, 51449 (O)

LE MARS

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

Wed 7:00PM Stairway to Heaven, Floyd Valley Hospital, 714 Lincoln Street NorthEast, Le Mars, IA (CS) *Room#2 Basement*

Fri 7:00PM Stairway to Heaven, Floyd Valley Hosiptal, 714 Lincoln Street NorthEast, Le Mars, IA (CS)

LOHRVILLE

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

MANNING

Tue 8:00PM Miracles of Recovery, McClaughlin Construction Building, 410 Elm Street, Manning, IA (O)

MAQUEKETA

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

MARSHALLTOWN

Sun 6:30PM New Directions, First Friends Church, Enter through door to the left of the front door., 2409 South 6th Street, Marshalltown, IA (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, Marshalltown, IA (BK,O,CW)

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

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

Thu 5:30PM Steps to Freedom, Iowa Veteran's Home-DACK Building, Enter building around back, 1301 Summit Street, Marshalltown, IA (D,O,WC)

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

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

MASON CITY

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

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

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

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

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

MISSOURI VALLEY

Tue 7:30PM Trusting the Process Group, Missouri Valley Christian Church, 119 North 4th Street, Missouri Valley, IA (O)

MONROE

Fri 7:00PM Write on Rosebud, Recreational Building, 3410 Rosebud Avenue, Monroe, IA, 50170 (WC,C)

MONTICELLO

Sat 10:00AM The New Life Group, 16159 County Road E16, Monticello, IA (O)

MT. PLEASANT

Mon 6:30PM Day By Day, Mt. Pleasant Public Library, 307 East Monroe Street, Mt. Pleasant, IA (WC,O,CH,To)

Wed 6:00PM Day By Day, Mt. Pleasant Public Library, 307 East Monroe Street, Mt. Pleasant, IA (CH,WC,O,St)

MUSCATINE

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

NEWTON

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

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

ODEBOLT

Fri 6:30PM New Life NA Group, Faith Luthran Church, 708 Locust Street, Odebolt, IA, 51458

OELWEIN

Sat 7:00PM Do It, Alano Club, 517 1st Street North East, Oelwein, IA (C)

ONAWA

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

OSAGE

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

OSKALOOSA

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

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

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

Thu 7:00PM Thursday Miracles, St. James Church, 207 South 3rd Street, Oskaloosa, IA, 52577 (WC,O)

OTTUMWA

Sun 7:00PM New Beginnings, Wesley United Methodist Church, 430 East 2nd Street, Ottumwa, IA, 52501 (WC,O)

Mon NOON O'Town Recovery, First Pentecostal Assembly Of God, 733 Church Street, Ottumwa, IA, 52501

Tue NOON O'Town Recovery, First Pentecostal Assembly Of God, 733 Church Street, Ottumwa, IA, 52501 (O)

Tue 7:00PM New Beginnings, Wesley United Methodist Church, 430 East 2nd Street, Ottumwa, IA, 52501 (WC,O)

Wed NOON O'Town Recovery, First Pentecostal Assembly Of God, 733 Church Street, Ottumwa, IA, 52501 (O)

Thu 10:30AM How It Works, Wesley United Methodist Church, 430 East 2nd Street, Ottumwa, IA, 52501 (WC,O)

Thu NOON O'Town Recovery, First Pentecostal Assembly Of God, 733 Church Street, Ottumwa, IA, 52501 (O)

Fri NOON O'Town Recovery, First Pentecostal Assembly Of God, 733 Church Street, Ottumwa, IA, 52501 (O)

Sat NOON O'Town Recovery, First Pentecostal Assembly Of God, 733 Church Street, Ottumwa, IA, 52501 (O)

Sat 7:00PM Camel Club, Camel Club, 410 Keota Street, Ottumwa, IA, 52501 (O)

PELLA

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

PERRY

Tue 7:00PM NA, 1213 Lucinda Street, Perry, IA, 50220

Sat 7:00PM NA, 1213 Lucinda Street, Perry, IA, 50220 *First United Methodist Church Annex, 3rd Street and Warford Street*

RED OAK

Thu 6:30PM Messengers Book Study, 406 North 3rd Street, Red Oak, IA (O,BK)

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

SIoux CITY

Sun NOON Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (O,CS,IW)

Sun 5:30PM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (Rr,O,CS)

Sun 7:00PM Guardian Angels, Central Baptist Church, 4001 Indian Hills Drive, Sioux City, IA, 51108 (CS,O)

Mon 10:30AM Living Free, Living Free House, 1404 Summit Street, Sioux City, IA (D,O,CS)