

**SUNDAY**

- 10:00A M Little River Group**, Arock Inc., Traditions & Concepts Workshop - bring brunch to eat beforehand, 3722 Old Knoxville Hwy, Rockford, TN, 37853 **(O,D,Tr,BK,NS,CW,CP,LT,H,E,GP)**
- NOON Little River Group**, Arock Inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 **(O,D,JT,NS,CW,H)**
- 12:30P M New Attitudes**, The Flat Iron, 710 maryville pike, Knoxville, TN, 37920 **(D,OE)**
- 1:00PM Recovery at Work**, Powell Methodist Church, 323 W Emory Rd, Powell, TN, 37849 **(C,RF)**
- 3:00PM Athens Serenity Group**, St. Paul's Episcopal Church, 123 South Jackson St., Athens, TN, 37303 **(D)**
- 7:00PM Carry The Message**, All Saints Episcopal Church (Use back door), 601 W Main Street, Morristown, TN, 37814 **(D)**
- 7:00PM Glow in the Dark**, Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 **(O,D,NS,CW,H)**
- 7:00PM HOPE**, 300 West Beech Street, LaFollette, TN, 37766 **(C,NS)**
- 8:00PM Hope N da hood**, The Gateway, 530 W Fifth Ave, Knoxville, TN, 37917 **(O,D,JT,NS,CW,H)**
- 8:00PM Little River Group**, AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 **(O,B,D,JT,NS,CW,H,SP)**
- 8:00PM The Fix**, Flat Iron, 710 Maryville Pike, Knoxville, TN, 37902 **(O,SP)**

**MONDAY**

- NOON High Noon**, The Flatiron, 710 Maryville Pike, Knoxville, TN, 37920 **(O)**
- 12:30P M Noon Thirty**, Martin Chapel United Methodist (NA entrance is lower door facing parking lot), 1746 Ohio Ave, Knoxville, TN, 37921 **(O,RF,NS,H)**
- 6:00PM Serenity in Sweetwater**, Sweetwater Hospital, Conference Room, next to Cafeteria, 304 Wright St, Sweetwater, TN, 37874 **(O,NS,H)**
- 6:30PM Little River Group**, AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37917 **(C,SG,St,NS,CW,H)**
- 6:30PM NO NAME**, First United Methodist Church, Meeting inside the church, 3316 Kingston Pike, Knoxville, TN, 37919 **(C,LT,H)**
- 7:00PM Glow in the Dark**, Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 **(C,D,NS,CW,H)**
- 7:00PM HOPE**, 300 West Beech Street, LaFollette, TN, 37766 **(C,NS)**
- 7:00PM High on Life**, Washington Pike Church, 1700 Washington Pike, Knoxville, TN, 37917 **(C,D,CW)**
- 7:00PM Sunshine Sisters in Recovery**, Virtual, TN, **(RF,VM)**
- 7:00PM The Boondock Saints**, Millers Chapel United Methodist Church, 2719 Maynardville Highway, Maynardville, TN, 37807 **(O,D,NS,CW)**

- 7:30PM H.O.P.E.**, Knoxville, TN, 37902 **(B,D,VM)**
- 7:30PM Hugs Not Drugs**, Emerald Ave. Methodist Church, Masks Required, 1629 N. Central St., Knoxville, TN, 37919 **(C,CL,D,St,NS,H,MR)**
- 7:30PM Solutions R Us**, Northside Christian Church, 4008 Tazewell Pike, Knoxville, TN, 37918 **(O,D,NS,CW,H)**
- 8:00PM Dopeless Hope Fiends 2**, Max Purpose (meeting house 3), 1034 E. Woodland Ave., Knoxville, TN, 37917 **(D)**
- 8:00PM Hope N da hood**, The Gateway, 530 W Fifth Ave, Knoxville, TN, 37917 **(O,D,JT,NS,CW,H)**
- 8:00PM Little River Group**, AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 **(C,D,To,NS,AB,CW,H)**

**TUESDAY**

- NOON Reality Is Change**, The Gateway, 530 W Fifth Ave, Knoxville, TN, 37917 **(D)**

**TUESDAY (CONT)**

- 12:30P M Noon Thirty**, Martin Chapel United Methodist, 1746 Ohio Ave, Knoxville, TN, 37921 **(O,RF,NS,H)**
- 5:30PM VOL Group**, St. John Lutheran Church, The meeting entrance is at the side door located on N Gay St. To get in, call the phone number posted on the door, 544 North Broadway St., Knoxville, TN, 37917 **(O,D,NS)**
- 7:00PM Glow in the Dark**, Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 **(C,O,D,NS,CW,H)**
- 7:00PM There Is Hope**, 300 West Beech Street, LaFollette, TN, 37766 **(C,NS)**
- 7:00PM Together We Can**, North Acres Baptist Church, 5803 Millertown Pike, Knoxville, TN, 37924 **(D)**
- 7:30PM Hugs Not Drugs**, Emerald Ave. Methodist Church, Masks Required, 1629 N. Central St., Knoxville, TN, 37919 **(C,CL,D,St,NS,H)**
- 7:30PM Primary Purpose**, Faith Lutheran Church, 225 Jamestowne Blvd, Knoxville, TN, 37934 **(O,D,To,NS)**
- 8:00PM Dopeless Hope Fiends 2**, Max Purpose (meeting house 3), 1034 E. Woodland Ave., Knoxville, TN, 37917 **(D)**
- 8:00PM Hope N da hood**, The Gateway, 530 W Fifth Ave, Knoxville, TN, 37917 **(O,D,JT,NS,CW,H)**
- 8:00PM Little River Group**, AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 **(C,D,M,NS,CW,H)**
- 8:00PM Little River Group**, AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 **(C,D,W,NS,CW,H)**
- 8:00PM The Fix**, Flat Iron, 710 Maryville Pike, Knoxville, TN, 37902 **(O,D)**

**WEDNESDAY**

- 12:30P M Noon Thirty**, Martin Chapel United Methodist, NA entrance is lower door facing parking lot, 1746 Ohio Ave, Knoxville, TN, 37921 **(O,RF,NS,H)**
- 5:30PM VOL Group**, St. John Lutheran Church, The meeting entrance is at the side door located on N Gay St. To get in, call the phone number posted on the door, 544 North Broadway St., Knoxville, TN, 37917 **(O,D,NS)**
- 6:00PM The Gentlemen's Club**, The Gateway, Men's Meeting, 530 W Fifth Ave, Knoxville, TN, 37917 **(C,BT,M,BK)**
- 7:00PM Glow in the Dark**, Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 **(O,D,NS,H)**
- 7:00PM Hope**, 300 W Beech, LaFollette, TN, 37766 **(C,NS,VM)**
- 7:00PM No More Excuses**, Washington Pike Church, 1700 Washington Pike, Knoxville, TN, 37917 **(O,D)**
- 7:30PM Point of Freedom**, Middlebrook Pike United Methodist Church, 7234 Middlebrook Pike, Knoxville, TN, 37909 **(D,St)**
- 8:00PM Hope N da hood**, The Gateway, 530 W Fifth Ave, Knoxville, TN, 37917 **(O,D,JT,RF,BK,NS,CW,H)**
- 8:00PM Little River Group**, AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 **(C,IW,BK,NS,CW,LT,H)**
- 8:00PM Nickel and Dime**, Bearden United Methodist Church, 4407 Sutherland Ave., Knoxville, TN, 37919 **(C,D,NS,FD,H)**
- 8:00PM The Fix**, Flat Iron, 710 Maryville Pike, Knoxville, TN, 37902 **(O,JT)**

**THURSDAY**

- NOON Reality Is Change**, The Gateway, 530 W Fifth Ave, Knoxville, TN, 37917 **(D)**
- 12:30P M Noon Thirty**, Martin Chapel United Methodist, NA entrance lower door facing parking lot, 1746 Ohio Ave, Knoxville, TN, 37921 **(O,RF,NS,H)**

**THURSDAY (CONT)**

- 5:30PM VOL Group**, St. John Lutheran Church, The meeting entrance is at the side door located on N Gay St. To get in, call the phone number posted on the door, 544 North Broadway St., Knoxville, TN, 37917 **(O,D,NS)**
- 6:00PM 5th Ave Serenity Sisters**, The Gateway (women only), 530 W Fifth Ave, Knoxville, TN, 37917 **(O,D,St,W,BK,NS,CW,LT,H)**
- 6:00PM Something More Than Free**, Green Meadow United Methodist, 1633 Louisville Rd, Alcoa, TN, 37701 **(C,D)**
- 6:00PM Thankful Thursdays**, Project Transition, 8904 Crosspark dr suite B, Knoxville, TN, 37923 **(C)**
- 7:00PM Athens Serenity Group**, St. Paul's Episcopal Church, 123 South Jackson St., Athens, TN, 37303 **(D)**
- 7:00PM Carry The Message**, All Saints Episcopal Church (Use back door), 601 W Main Street, Morristown, TN, 37814 **(D)**
- 7:00PM Freeway Group**, Sinking Springs United Methodist Church, in the basement, 108 Bland Road, Clinton, TN, 37716 **(D)**
- 7:00PM Glow in the Dark**, Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 **(C,BT,NS,CW,H)**
- 7:00PM Hope**, 300 W Beech, LaFollette, TN, 37766 **(C,NS)**
- 7:30PM H.O.P.E.**, Knoxville, TN, 37902 **(O,B,D,VM)**
- 7:30PM HOPE ON THURSDAY**, Thursday meeting #1 - in-person at St. John's Cathedral, Free Parking entrance on Church St. in White Striped Spaces in lot next to Church. Entrance downstairs on Walnut St, 413 Cumberland Ave, KNOXVILLE, TN, 37902 **(O,BT,RF,Spe)**
- 7:30PM Hugs Not Drugs**, Emerald Ave. Methodist Church, Masks Required, 1629 N. Central St., Knoxville, TN, 37919 **(C,CL,D,St,NS)**
- 7:30PM Primary Purpose**, Faith Lutheran Church, 225 Jamestowne Blvd, Knoxville, TN, 37934 **(O,CL,NS,SP)**
- 8:00PM Hope N da hood**, The Gateway, 530 W Fifth Ave, Knoxville, TN, 37917 **(O,D,JT,NS,CW,H)**
- 8:00PM Little River Group**, AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 **(O,NS,CW,H,Spe)**
- 8:00PM The Fix**, Flat Iron, 710 Maryville Pike, Knoxville, TN, 37902 **(O,St)**

**FRIDAY**

- NOON Reality Is Change**, The Gateway, 530 W Fifth Ave, Knoxville, TN, 37917 **(D)**
- 12:30P M Noon Thirty**, Martin Chapel United Methodist, NA entrance lower door facing parking lot, 1746 Ohio Ave, Knoxville, TN 37921, Knoxville, TN, 37921 **(O,RF,NS,H)**
- 1:00PM Show Up 2 Grow Up**, Flatiron, 710 Maryville Pike, Knoxville, TN, 37902 **(BK)**
- 5:30PM Bridges**, First Church of the Nazarene, Office and gymnasium building - no cigarette butts on the ground please, 111 Sharp Drive, Lenoir City, TN, 37771 **(O,D,NS,CW,H,NT)**
- 5:30PM VOL Group**, St. John Lutheran Church, The meeting entrance is at the side door located on N Gay St. To get in, call the phone number posted on the door, 544 North Broadway St., Knoxville, TN, 37917 **(O,D,NS)**
- 6:00PM Serenity in Sweetwater**, Sweetwater Hospital, Conference Room, next to Cafeteria, 304 Wright St, Sweetwater, TN, 37874 **(O,NS,H)**
- 7:00PM Glow in the Dark**, Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 **(C,D,NS,CW,H)**
- 7:00PM HOPE**, 300 West Beech Street, LaFollette, TN, 37766 **(C,NS)**
- 7:00PM Primary Purpose**, Faith Lutheran Church, 225 Jamestowne Blvd, Knoxville, TN, 37934 **(O,D,M,To,W,NS)**
- 7:00PM Thank God for New Beginnings**, Fountain City Church, Mask Required, 2801 Holbrook Dr., Knoxville, TN, 37918 **(O,D,MR)**





**KNOXVILLE AREA OF NARCOTICS  
ANONYMOUS  
MEETING LIST  
JANUARY 2025**

**24 HOUR HELPLINE  
844-409-3762**

<https://naknoxville.org>

**SUGGESTIONS FOR EVERYONE**

**DON'T USE no matter what  
Ask your Higher Power to keep you clean  
Come early and stay late  
Get a home group  
Go to 90 meetings in 90 days  
Read NA literature daily  
Get and use a sponsor  
Use the PHONE**

**KEEP COMING BACK. IT WORKS**

Meetings Weekly: 97