

**SUNDAY**

<b>NOON</b>	<b>hrsH</b>	<b>Little River Group</b> , Arock Inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 <b>(O,NS,TC)</b>
<b>1:00PM</b>	<b>hrsH</b>	<b>New Attitude Group</b> , YWCA, 124 South Cruze St, Knoxville, TN, 37915 <b>(O,D,NS)</b>
<b>1:00PM</b>	<b>hrsH</b>	<b>Recovery at Work</b> , Powell Methodist Church, 323 W Emory Rd, Powell, TN, 37849 <b>(C,RF)</b>
<b>6:30PM</b>	<b>hrsH</b>	<b>One More 24</b> , Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 <b>(C,NS,TC,MR)</b>
<b>6:30PM</b>	<b>hrsH</b>	<b>Solution Seekers</b> , Smoky Mountain Christian Church, 125 South Boulevard, Sevierville, TN, 37876 <b>(O,D)</b>
<b>7:00PM</b>	<b>hrsH</b>	<b>HOPE</b> , 300 West Beech Street, LaFollette, TN, 37766 <b>(C,NS)</b>
<b>7:00PM</b>	<b>hrsH</b>	<b>Together We Can</b> , Central United Methodist, Lamar and 3rd, 201 East Third Avenue, Knoxville, TN, 37917 <b>(O,CL,D,NS)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>Changes</b> , Lighthouse Christian Church, 8015 Facade Ln., Powell, TN, 37849 <b>(O,H)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>Glow in the Dark</b> , Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 <b>(O,D,NS,H)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>Little River Group</b> , AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 <b>(O,B,NS)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>SNL</b> , 808 Sevier Ave, Knoxville, TN, 37920 <b>(Spe)</b>
<b>11:00P</b>	<b>hrsH</b>	<b>Nightshift</b> , Recovery Center, 808 Sevier Avenue, Knoxville, TN, 37920

**MONDAY**

<b>10:30A</b>	<b>hrsH</b>	<b>Just For Today</b> , Emerald Ave. United Methodist Church, 1620 N. Central St., Knoxville, TN, 37919 <b>(O,B,D,NS)</b> <i>No Children</i>
<b>NOON</b>	<b>hrsH</b>	<b>Glow in the Dark</b> , Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 <b>(C,O,D,NS,H)</b>
<b>NOON</b>	<b>hrsH</b>	<b>The Came to Believe Group of NA</b> , Green Meadow United Methodist Church, 1633 Louisville Road, Alcoa, TN, 37701 <b>(C,D)</b>
<b>12:30P</b>	<b>hrsH</b>	<b>Noon Thirty</b> , Westview Park, 2950 Keith Avenue, Knoxville, TN, 37921 <b>(O,D,NS)</b>
<b>6:00PM</b>	<b>hrsH</b>	<b>KAZM</b> , <a href="https://zoom.us/j/5669013180">https://zoom.us/j/5669013180</a> , <b>(C,D,VM)</b>
<b>6:30PM</b>	<b>hrsH</b>	<b>Easy Does It</b> , Christ Community Church, 100 Ogden Lane, Oak Ridge, TN, 37830 <b>(C,D,NS,H,NT)</b>
<b>6:30PM</b>	<b>hrsH</b>	<b>NO NAME</b> , First United Methodist Church, 3316 Kingston Pike, Knoxville, TN, 37919 <b>(C,LT,VM)</b>
<b>7:00PM</b>	<b>hrsH</b>	<b>HOPE</b> , 300 West Beech Street, LaFollette, TN, 37766 <b>(C,NS)</b>
<b>7:00PM</b>	<b>hrsH</b>	<b>Hugs Not Drugs</b> , Emerald Ave. Methodist Church, 1629 N. Central St., Knoxville, TN, 37919 <b>(St,NS)</b>
<b>7:30PM</b>	<b>hrsH</b>	<b>H.O.P.E.</b> , St. John's Cathedral, 413 W. Cumberland, Knoxville, TN, 37902 <b>(O,B)</b>
<b>7:30PM</b>	<b>hrsH</b>	<b>Solutions R Us</b> , Northside Christian Church, 4008 Tazewell Pike, Knoxville, TN, 37918 <b>(O,D,NS,CW,H)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>Glow in the Dark</b> , Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 <b>(NS,H)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>Little River Group</b> , AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 <b>(C,To,NS)</b>

**MONDAY (CONT)**

<b>8:00PM</b>	<b>hrsH</b>	<b>Serenity in Sweetwater</b> , Sweetwater Hospital, Conference Room - Next to Cafeteria, 304 Wright St., Sweetwater, TN, 37874 <b>(O,NS)</b>
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**TUESDAY**

<b>10:30A</b>	<b>hrsH</b>	<b>Just For Today</b> , Emerald Ave. United Methodist Church, 1620 N. Central St., Knoxville, TN, 37919 <b>(O,B,D,NS)</b> <i>No Children</i>
<b>12:30P</b>	<b>hrsH</b>	<b>Noon Thirty</b> , Westview Park, 2950 Keith Avenue, Knoxville, TN, 37921 <b>(O,D,NS)</b>
<b>5:30PM</b>	<b>hrsH</b>	<b>VOL Group</b> , St. John Lutheran Church, 544 North Broadway St., Knoxville, TN, 37917 <b>(O,D,NS)</b>
<b>6:00PM</b>	<b>hrsH</b>	<b>KAZM</b> , <a href="https://zoom.us/j/5669013180">https://zoom.us/j/5669013180</a> , <b>(C,D,VM)</b>
<b>6:30PM</b>	<b>hrsH</b>	<b>New Way of Life</b> , Tazewell Church of Christ, 2nd Tuesday of each month., 1605 Tazewell Rd, Tazewell, TN, 37879 <b>(O,D,H)</b>
<b>6:30PM</b>	<b>hrsH</b>	<b>One More 24</b> , Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 <b>(C,NS,TC,MR)</b>
<b>6:30PM</b>	<b>hrsH</b>	<b>There Is Hope</b> , Pigeon Forge Library, 2448 Library Road, Pigeon Forge, TN, 37863 <b>(C,D)</b>
<b>7:00PM</b>	<b>hrsH</b>	<b>HOPE</b> , 300 West Beech Street, LaFollette, TN, 37766 <b>(C,NS)</b>
<b>7:30PM</b>	<b>hrsH</b>	<b>Hugs Not Drugs</b> , Emerald Ave. Methodist Church, 1629 N. Central St., Knoxville, TN, 37919 <b>(C,D,St,NS)</b>
<b>7:30PM</b>	<b>hrsH</b>	<b>Primary Purpose</b> , St. Elizabeth's Episcopal Church, 110 Sugarwood Dr., Farragut, TN, 37934 <b>(O,D,To,NS,TC)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>Dopeless Hope Fiends</b> , 3607 Western Ave, Knoxville, TN, 37921 <b>(O,D)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>Glow in the Dark</b> , Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 <b>(O,D,NS,H)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>Little River Group</b> , AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 <b>(C,D,NS)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>The Remedy</b> , Recovery center, 808 Sevier Avenue, Knoxville, TN, 37920 <b>(O,LT)</b>

**WEDNESDAY**

<b>10:30A</b>	<b>hrsH</b>	<b>Just For Today</b> , Emerald Ave. United Methodist Church, 1620 N. Central St., Knoxville, TN, 37919 <b>(O,D,NS)</b>
<b>NOON</b>	<b>hrsH</b>	<b>Glow in the Dark</b> , Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 <b>(O,D,NS,H)</b>
<b>12:30P</b>	<b>hrsH</b>	<b>Noon Thirty</b> , Westview Park, 2950 Keith Avenue, Knoxville, TN, 37921 <b>(O,D,NS)</b>
<b>6:00PM</b>	<b>hrsH</b>	<b>KAZM</b> , <a href="https://zoom.us/j/5669013180">https://zoom.us/j/5669013180</a> , <b>(C,D,VM)</b>
<b>7:00PM</b>	<b>hrsH</b>	<b>Together We Can</b> , Central United Methodist, Lamar and 3rd, 201 East Third Avenue, Knoxville, TN, 37917 <b>(O,CL,D,NS)</b>
<b>7:30PM</b>	<b>hrsH</b>	<b>LET GO GROUP OF NA</b> , Faith Lutheran Church, 225 Jamestowne Blvd, Knoxville, TN, 37934 <b>(O)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>Changes</b> , Lighthouse Christian Church, 8015 Facade Ln., Powell, TN, 37849 <b>(H,Spe)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>Glow in the Dark</b> , Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 <b>(O,D,NS,H)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>Little River Group</b> , AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 <b>(IP,NS)</b> <i>2nd Wednesday Group Conscience - No Meeting</i>

**WEDNESDAY (CONT)**

<b>8:00PM</b>	<b>hrsH</b>	<b>Recovery Plug</b> , 3607 Western Ave, Knoxville, TN, 37921 <b>(O,D)</b>
<b>11:00P</b>	<b>hrsH</b>	<b>Nightshift</b> , Recovery center, 808 Sevier Avenue, Knoxville, TN, 37920

**THURSDAY**

<b>10:00A</b>	<b>hrsH</b>	<b>One More 24</b> , Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 <b>(C,NS,TC,MR)</b>
<b>10:30A</b>	<b>hrsH</b>	<b>Just For Today</b> , Emerald Ave. United Methodist Church, 1620 N. Central St., Knoxville, TN, 37919 <b>(O,D,NS)</b>
<b>12:30P</b>	<b>hrsH</b>	<b>Noon Thirty</b> , Westview Park, 2950 Keith Avenue, Knoxville, TN, 37921 <b>(O,D,NS)</b>
<b>5:30PM</b>	<b>hrsH</b>	<b>VOL Group</b> , St. John Lutheran Church, 544 North Broadway St., Knoxville, TN, 37917 <b>(O,D,NS)</b>
<b>6:00PM</b>	<b>hrsH</b>	<b>KAZM</b> , <a href="https://zoom.us/j/5669013180">https://zoom.us/j/5669013180</a> , <b>(C,D,VM)</b>
<b>6:00PM</b>	<b>hrsH</b>	<b>Something More Than Free</b> , Green Meadow United Methodist, 1633 Louisville Rd, Alcoa, TN, 37701 <b>(C,D)</b>
<b>6:30PM</b>	<b>hrsH</b>	<b>It's a Beautiful Day</b> , Rockwood Methodist Church, 801 N Kingston Ave., Rockwood, TN, 37854
<b>6:30PM</b>	<b>hrsH</b>	<b>One More 24</b> , Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 <b>(C,NS,TC,MR)</b>
<b>7:00PM</b>	<b>hrsH</b>	<b>Freeway</b> , 136 Little Senator Cir, Clinton, TN, 37716 <b>(O,H,NT)</b>
<b>7:30PM</b>	<b>hrsH</b>	<b>H.O.P.E.</b> , St. John's Cathedral, 413 W. Cumberland, Knoxville, TN, 37902 <b>(O,B,RF)</b>
<b>7:30PM</b>	<b>hrsH</b>	<b>Hugs Not Drugs</b> , Emerald Ave. Methodist Church, 1629 N. Central St., Knoxville, TN, 37919 <b>(C,D,St,NS)</b>
<b>7:30PM</b>	<b>hrsH</b>	<b>Primary Purpose</b> , St. Elizabeth's Episcopal Church, 110 Sugarwood Dr., Knoxville, TN, 37934 <b>(O,CL,NS,SP)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>Dopeless Hope Fiends</b> , 3607 Western Ave, Knoxville, TN, 37921 <b>(O,D)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>Glow in the Dark</b> , Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 <b>(O,D,NS,H)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>Little River Group</b> , AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 <b>(NS,Spe)</b>
<b>8:00PM</b>	<b>hrsH</b>	<b>New Way of Life</b> , Tazewell Church of Christ, 1605 Tazewell Rd, Tazewell, TN, 37879
<b>8:00PM</b>	<b>hrsH</b>	<b>The Remedy</b> , Recovery center, 808 Sevier Avenue, Knoxville, TN, 37920 <b>(O,D)</b> <i>1st Thursday Speaker Meeting</i>

**FRIDAY**

<b>10:30A</b>	<b>hrsH</b>	<b>Just For Today</b> , Emerald Ave. United Methodist Church, 1620 N. Central St., Knoxville, TN, 37919 <b>(O,BT,D,IW,NS)</b>
<b>NOON</b>	<b>hrsH</b>	<b>Glow in the Dark</b> , Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 <b>(C,NS,H)</b>
<b>12:30P</b>	<b>hrsH</b>	<b>Noon Thirty</b> , Westview Park, 2950 Keith Avenue, Knoxville, TN, 37921 <b>(O,D,NS)</b>
<b>6:00PM</b>	<b>hrsH</b>	<b>KAZM</b> , <a href="https://zoom.us/j/5669013180">https://zoom.us/j/5669013180</a> , <b>(C,D,VM)</b>
<b>7:00PM</b>	<b>hrsH</b>	<b>HOPE</b> , 300 West Beech Street, LaFollette, TN, 37766 <b>(C,NS)</b>
<b>7:30PM</b>	<b>hrsH</b>	<b>Solutions R Us</b> , Northside Christian Church, 4008 Tazewell Pike, Knoxville, TN, 37918 <b>(O,NS,CW,H,LC)</b>

**FRIDAY (CONT)**

- 8:00PM hrsH** **Glow in the Dark**, Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 **(C,NS,H)**  
**R**
- 8:00PM hrsH** **Little River Group**, AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 **(C,BT,NS)**  
**R**
- 8:00PM hrsH** **Serenity in Sweetwater**, Sweetwater Hospital, Conference Room - Next to Cafeteria, 304 Wright St., Sweetwater, TN, 37874 **(O,NS)**  
**R**
- 11:00P hrsH** **Nightshift**, Recovery Center, 808 Sevier Avenue, Knoxville, TN, 37920  
**M R**

**SATURDAY**

- 10:30A hrsH** **Just For Today**, Emerald Ave. United Methodist Church, 1620 N. Central St., Knoxville, TN, 37919 **(O,D,NS)**  
**M R**
- NOON hrsH** **Little River Group**, Arock Inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 **(C,NS)**  
**R**
- 12:30P hrsH** **Noon Thirty**, Westview Park, 2950 Keith Avenue, Knoxville, TN, 37921 **(O,D,NS)**  
**M R**
- 6:30PM hrsH** **Hugs Not Drugs Literature Study**, Emerald Ave Methodist Church, 1629 N Central St, Knoxville, TN, 37919 **(BT,IW,NS,LT)**  
**R**
- 6:30PM hrsH** **One More 24**, Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 **(C,NS,TC,MR)**  
**R**
- 8:00PM hrsH** **Glow in the Dark**, Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 **(C,CL,D,NS,H)**  
**R**
- 8:00PM hrsH** **Hugs Not Drugs**, Emerald Ave. Methodist Church, 1629 N. Central St., Knoxville, TN, 37919 **(C,CL,St,NS)**  
**R**
- 8:00PM hrsH** **Recovery Plug**, 3607 Western Ave, Knoxville, TN, 37921 **(O,D)**  
**R**
- 8:30PM hrsH** **Little River Group**, AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 **(C,NS)**  
**R**

**MEETING FORMAT LEGEND**

B	Beginners	BT	Basic Text
C	Closed	CL	Candlelight
CW	Children Welcome	D	Discussion
H	Handicapped accessible	IP	Informational Pamphlet
IW	It Works -How and Why	LC	Living Clean
LT	Literature study	MR	Mask Required
NS	No Smoking	NT	No Tobacco
O	Open	RF	Rotating Format
SP	Spiritual Principle	Spe	Speaker
St	Step	TC	Temporary Closure
To	Topic	VM	Virtual Meeting

**HELPLINES**

844-409-3762 Area Helpline  
 901-350-5030 Regional Helpline

**SERVICE MEETINGS**

KANA ASC - 3rd Saturday @ 12:30 Square Dancers Inc. 828 Tulip Ave, Knoxville  
 H&I - 3rd Saturday @ 11:00a Square Dancers Inc. 828 Tulip Ave, Knoxville  
 PR - 2nd Monday @ 6:00p 2800 Chapman Hwy, Knoxville  
 KACNA - 2nd Sunday @ 4:00p 301 S. Gallagher View Rd. Suite 300, Knoxville  
 ROR - 2nd Sunday @ 6:00p 8015 Facade Lane, Powell

**PHONE NUMBERS**

## KNOXVILLE AREA OF NARCOTICS ANONYMOUS MEETING LIST JULY 2020

**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: 87

### What is our message?

**The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.**

**Our message is HOPE and the promise of FREEDOM.**

Basic Text, page 65