### SUNDAY

- 10:00A Little River Group, Arock Inc., Traditions & Concepts

  M Workshop bring brunch to eat beforehand, 3722 Old Knoxvlle
  Hwy, Rockford, TN, 37853 (O,D,Tr,BK,NS,CW,CP,LT,H,E,GP)
- NOON Little River Group, Arock Inc., 3722 Old Knoxvlle Hwy, Rockford, TN, 37853 (O,D,JT,NS,CW,H)
- 12:30P New Attitudes, The Flat Iron, 710 maryville pike, Knoxville, M TN, 37920 (D,OE)
- 1:00PM Recovery at Work, Powell Methodist Church, 323 W Emory Rd, Powell, TN, 37849 (C,RF)
- 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 Miracles In The Mountains, West End Community Center, 300 West Beech Street, LaFollette, TN, 37766 (C,NS)
- 7:00PM We are Miracles, Behind church, Double wide, 1826 Ivey Lane, Morristown, TN, 37813 (O)
- **7:00PM** We are miracles, 1826 lvy lane, 1826 lvy lane, Morristown, TN, 37814 **(O,D)**
- 8:00PM Faith Over Fear, Martin Chapel UMC, 1746 Ohio Ave, Knoxville, TN, 37921 (O,D,IT,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

- 12:30P 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 Bridges, First Church of the Nazarene, 111 Sharp Drive, Lenoir City, TN, 37771 (O,D)
- 6:00PM Serenity in Sweetwater, Sweetwater Hospital, Conference Room, next to Cafeteria, 304 Wright St, Sweetwater, TN, 37874 (O,NS,H)
- **6:30PM NO NAME**, First United Methodist Church, We meet at the pavilion by the river when weather permits, otherwise entrance to church basement is next to the playground behind the main building., 3316 Kingston Pike, Knoxville, TN, 37919 **(C,LT,H)**
- **6:45PM High on Life**, Washington Pike Church, 1700 Washington Pike, Knoxville, TN, 37917 **(C,D,CW)**
- 7:00PM Glow in the Dark, Serenity Club, 170 N Jefferson Cir, Oak Ridge, TN, 37830 (C,D,NS,CW,H)
- 7:00PM Lost Dreams Awaken, Middlebrook Pike United Methodist Church, 7234 Middlebrook Pike, Knoxville, TN, 37909 (O,D,To)
- 7:00PM Miracles In The Mountains, West End Community Center, 300 West Beech Street, LaFollette, TN, 37766 (C,NS)
- 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)
- 7:00PM We are miracles, Faith Baptist church, 1826 lvy Lane, Morristown, TN, 37814 (O,D)
- 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)
- 7:58PM We are Miracles, Behind Church, Double wide, 1826 ivy Lane, Morristown, TN, 37813 (O)

### MONDAY (CONT)

- 8:00PM Dopeless Hope Fiends 2, Max Purpose (meeting house 3), 1034 E. Woodland Ave., Knoxville, TN, 37917 (D)
- 8:00PM Faith Over Fear, Martin Chapel UMC, 1746 Ohio Ave, Knoxville, TN, 37921 (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)
- 9:00PM Carry the Message, All Saints Episcopal Church, 601 W Main Street, Morristown, TN, 37814 (D)

### **TUESDAY**

- NOON Reality Is Change, The Gateway, 530 W Fifth Ave, Knoxville, TN, 37917 (D)
- 12:30P Noon Thirty, Martin Chapel United Methodist, 1746 Ohio Ave, M 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 Miracles In The Mountains, West End Community Center, 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)
- 7:00PM We are Miracles, Behind church, Double wide, 1826 Ivey Lane, Morristown, TN, 37813 (O)
- **7:00PM** We are miracles, Faith Baptist Church, 1826 lvy lane, Morristown, TN, 37814 (O,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, Farragut, 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 Faith Over Fear, Martin Chapel UMC, 1746 Ohio Ave, Knoxville, TN, 37921 (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 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 No More Excuses**, Washington Pike Church, 1700 Washington Pike, Knoxville, TN, 37917 **(O,D)**
- 7:00PM We are Miracles, Behind church, Double wide, 1826 Ivey Lane, Morristown, TN, 37813 (O)
- **7:00PM** We are miracles, Faith Baptist church, 1826 lvy lane, Morristown, TN, 37814 (O,D)

### WEDNESDAY (CONT)

- 7:30PM Point of Freedom, Middlebrook Pike United Methodist Church, 7234 Middlebrook Pike, Knoxville, TN, 37909 (D,St)
- 8:00PM Little River Group, AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 (C,IW,BK,NS,CW,LT,H)
- 8:00PM The Fix, Flat Iron, 710 Maryville Pike, Knoxville, TN, 37902 (O,IT,RF)
- 9:00PM Carry The Message, All Saints Episcopal Church (Use Back Door), 601 W Main Street, Morristown, TN, 37814 (D)

### THURSDAY

- 7:00AM We are Miracles, Behind church, Double wide, 1826 Ivey Lane, Morristown, TN, 37813 (O)
- NOON Reality Is Change, The Gateway, 530 W Fifth Ave, Knoxville, TN, 37917 (D)
- 12:30P Noon Thirty, Martin Chapel United Methodist, NA entrance lower door facing parking lot, 1746 Ohio Ave, Knoxville, TN, 37921 (O,RF,NS,H)
- 5:15PM Seymour Just for Today no meeting on Thanksgiving day, Seymour Heights Christian Church, upper parking lot, last door on right, 122 Boyds Creek Hwy, Seymour, TN, 37865 (0)
- 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 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 Spiritual Awakening, Highway 27 Unity Club, 17737 S Alberta St Oneida TN 37841, Oneida, TN, 37841 (C,D)
- **7:00PM** We are miracles, Faith Baptist church, 1826 lvy lane, Morristown, TN, 37814 (O,D)
- 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,RF,LT,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, Farragut, TN, 37934 **(O,CL,NS,SP)**
- 8:00PM Faith Over Fear, Martin Chapel UMC, 1746 Ohio Ave, Knoxville, TN, 37921 (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)

### FRIDAY (CONT)

- 12:30P 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)
- 5:30PM Bridges, First Church of the Nazarene, Office and gymnasium building - no cigarette butts on the ground please, 111 Sharp Dr, 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 Miracles In The Mountains, West End Community Center, 300 West Beech Street, LaFollette, TN, 37766 (C,NS)
- 7:00PM Nightshift, The Gateway, 530 W 5th ave, Knoxville, TN, 37917 (RF,H)
- 7:00PM Primary Purpose, Faith Lutheran Church, 225 Jamestowne Blvd, Farragut, 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)
- 7:00PM We are Miracles, Behind church, Double wide, 1826 Ivey Lane, Morristown, TN, 37813 (O)
- 7:00PM We are miracles, Faith Baptist church, 1826 lvy lane, Morristown, TN, 37814 (O,D)
- 7:30PM Solutions R Us, Northside Christian Church, 4008 Tazewell Pike, Knoxville, TN, 37918 (O,NS,CW,H,LC)
- 8:00PM Dopeless Hope Fiends 2, Max Purpose (meeting house 3), 1034 E. Woodland Ave., Knoxville, TN, 37917 (D)
- 8:00PM Faith Over Fear, Martin Chapel UMC, 1746 Ohio Ave, Knoxville, TN, 37921 (O,D,JT,NS,CW,H)
- 8:00PM Little River Group, AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 (C,BT,D,NS,CW,LT,H)
- 8:00PM The Fix, Flat Iron, 710 Maryville Pike, Knoxville, TN, 37902 (O,B)

- 7:00AM We are Miracles, Behind church, Double wide, 1826 Ivey Lane, Morristown, TN, 37813 (O)
- NOON Little River Group, Arock Inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 (O,D,JT,NS,CW,H,SP)
- 12:30P Noon Thirty. Martin Chapel United Methodist. NA entrance lower door facing parking lot, 1746 Ohio Ave, Knoxville, TN, 37921 (O,RF,NS,H)
- 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 lefferson Cir. Oak Ridge, TN, 37830 (C,CL,D,NS,CW,H)
- 7:00PM We are miracles, Faith Baptist Church, 1826 lvy lane, Morristown, TN, 37814 (O,D)
- 7:30PM Clean and Serene, First Christian Church, 328 W. Rockwood St, Rockwood, TN, 37854 (O,B,BT,D,RF,LT,H,Spe)
- 7:30PM Hugs Not Drugs Candlelight Meeting, Emerald Ave Methodist Church, 1629 N Central St. Knoxville, TN, 37919 (C,CL,D,St,NS,LT)
- 8:00PM Faith Over Fear, Martin Chapel UMC, 1746 Ohio Ave, Knoxville, TN, 37921 (O,D,JT,NS,CW,H)
- 8:00PM The Fix, Flat Iron, \*\* ONLY 2nd & 4th SATURDAYS!, 710 Maryville Pike, Knoxville, TN, 37902 (O,D)

### SATURDAY (CONT)

8:30PM Little River Group, AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 (C,CL,D,JT,NS,CW,H)

MEETING FORMAT LEGEND							
AB	Ask-It-Basket	В	Beginners				
BK	Book Study	BT	Basic Text				
С	Closed	CL	Candlelight				
CP	Concepts	CW	Children Welcome				
D	Discussion	E	eating meeting				
GP	Guiding Principles	Н	Handicapped accessible				
IW	It Works -How and Why	JT	Just for Today				
LC	Living Clean	LT	Literature study				
М	Men	MR	Mask Required				
NS	No Smoking	NT	No Tobacco				
0	Open	OE	Open-Ended				
RF	Rotating Format	SP	Spiritual Principle				
Spe	Speaker	St	Step				
То	Topic	Tr	Tradition				
VM	Virtual Meeting	W	Women				

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

## **Area Service Opportunities**

- Knoxville Area Service Committee 3rd Saturdays @ 10:00am Square Dance Center 828 Tulip Ave, Knoxville (no clean time requirements, show up to observe and get involved)
- \* Area H&I 3rd Saturday @ 9:00am Square Dancers Inc. 828 Tulip Ave, Knoxville (need lots of help still, H&I orientations available) - contact h-i@naknoxville.org Area Outreach - 3rd Saturdays @ 9:00am Square Dancers Inc. 828 Tulip Ave, Knoxville (need help spinning up and forming Outreach subcommittee)
- \* Area PR meets monthly (need volunteers to meet for flyer distribution day coming up) - contact pr@naknoxville.org
- \* Area Activities meets monthly (always need volunteers to help support home group events and area events, including assisting ROR/KACNA/VRC) - contact activities@naknoxville.org
- \* Area Website Ad Hoc meets throughout month to work with web developer to redo our website, email webmaster@naknoxville.org for more info
- \* KACNA VI meets 12:30pm Sunday before area at 530 W. 5th Avenue @ The Gateway (need volunteers leading up to KACNA VI & weekend of)
- \* Policies & Procedures (need help, seeking editing experience on a computer) show up to monthly Area Service Committee 10am 3rd Saturdays and talk to Joe S

### Regional, Zonal, and World Service Opportunities

- Visit na.org/surveys for multiple 5-minute or less surveys, looking for experience,
- strength, and hope on multiple topics including H&!

  \* Email policyandprocedure@natennessee.org looking for content for the regional CHANGES newsletter!
- \* VRC 42, Knoxville in 2024 meets 2nd Thursdays at 6pm at Dunkin Donuts Chapman Highway (subcommittees need help, need more positions filled) - contact vrc42info@vrcna.org
- \* (1/9/2024 @ 7pm EST) Regional MID-CASUAL In-between meeting (Zoom only, 901 3505 030 passcode NATN) email chair@natennessee.org
- \* (1/9/2024 @ 8pm EST) Regional Policies & Procedures Committee (Zoom only, 901
- 3505 030 passcode NATN) email policyandprocedure@natennessee.org \* (2/4/2024 @ 10:30am EST) Volunteer Region Service Committee (Zoom only, 901
- 3505 030 passcode NATN) email chair@natennessee.org \* (5/4/2024) Regional Assembly for RCMs and GSRs, Murfreesboro, TN, more will be revealed - email chair@natennessee.org

### **EVENTS**

- KACNA VI (Knoxville) March 1-3, 2024
- \* World Convention 38 (Washington, DC) August 29 through September 1, 2024
- \* VRC 42 (Knoxville) Thanksgiving Weekend, 2024

### **PHONE NUMBERS**

# 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



# KNOXVILLE AREA OF NARCOTICS ANONYMOUS MEETING LIST DECEMBER 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: 105