

SUNDAY		
<b>Lunch Bunch</b> O,D,NS	2:00PM (1 hr)	
258 N Merton St.	Memphis TN, 38112	
The Commons	Enter on the north side of the bldg, downstairs in the basement	
<b>Welcome Home</b> O,D,NS	2:30PM (1.5 hr)	
3711 Pleasant Hill Road	Olive Branch MS, 38654	
<b>Clarity</b> O,D,H	7:00PM (1 hr)	
8500 Walnut Grove	Cordova TN, 38018	
Hope Presbyterian Room	Room 230	
<b>No Matter What</b> O,BK,NS	7:00PM (1 hr)	
209 Park Dr	West Memphis AR, 72301	
<b>Primary Purpose</b> O,D,NS,H	7:00PM (1 hr)	
1720 Peabody Ave.	Memphis TN, 38104	
Grace St. Luke's Church	Enter west side of church, up the ramp, ring doorbell	
MONDAY		
<b>Positive Awareness</b> O,D,NS	10:30AM (1 hr)	
4798 Summer Ave	Memphis TN, 38122	
<b>Lunch Bunch</b> O,D,To	NOON (1 hr)	
258 N Merton St.	Memphis TN, 38112	
The Commons	Enter on the north side of the bldg, downstairs in the basement	
<b>Get Honest or Die (Hybrid)</b>	6:30PM (1 hr)	
O,IW,RF,BK,HY		
4680 Walnut Grove Rd Room 113	Memphis TN, 38120	
Hybrid at 2nd Baptist Church	Enter below the breezeway across from the gym on the right, buzz the keypad to gain entry or use code 2176# on the keypad	
<a href="https://us04web.zoom.us/j/9018461836">https://us04web.zoom.us/j/9018461836</a> , Zoom PW=GHOD		
<b>Harmony</b> O,NS	7:00PM (1 hr)	
120 Quinton Dr	Munford TN, 38058	
<b>Hope Dealers</b> O,D,MR	7:00PM (1 hr)	
6176 Chester St	Arlington TN, 38002	
<b>Something Different</b> O,RF,H	7:00PM (1 hr)	
5676 Stage Rd	Bartlett TN, 38134	
Bartlett United Methodist Church	ROOM 200L	
<b>High on Life</b> O,To,NS	8:30PM (1 hr)	
4798 Summer Ave	Memphis TN, 38122	
	Meets in Elementary Room	
TUESDAY		
<b>Lunch Bunch</b> O,D,NS	NOON (1 hr)	
258 N Merton St.	Memphis TN, 38112	
The Commons	Enter on the north side of the bldg, downstairs in the basement	
<b>Welcome Home</b> O,C,BT,BK	5:30PM (1 hr)	
3711 Pleasant Hill Road	Olive Branch MS, 38654	
<b>Never Alone</b> D,RF,To,LT	6:00PM (1 hr)	
4680 Walnut Grove Rd Room 118	Memphis TN, 38120	
2nd Baptist Church	Enter below the breezeway across from the gym on the right, buzz the keypad to gain entry or use code 2176# on the keypad	
<b>Clarity</b> O,D,H	7:00PM (1 hr)	
8500 Walnut Grove	Cordova TN, 38018	
Hope Presbyterian	Room 227	

<b>G.I.F.T (Growing in Faith Today)</b> O,BT	7:00PM (1 hr)	
403 South Main Street	Covington TN, 38019	
<b>Unity(New Location)</b> O,RF	7:00PM (1.5 hr)	
68 E Mitchell Rd	Memphis TN, 38109	
Washington Chapel CME Church		
WEDNESDAY		
<b>Positive Awareness</b> O,D,NS	10:30AM (1 hr)	
4798 Summer Ave	Memphis TN, 38122	
Believing Church		
<b>Lunch Bunch</b> O,D,Tr,NS	NOON (1 hr)	
258 N Merton St.	Memphis TN, 38112	
The Commons	Enter on the north side of the bldg, downstairs in the basement	
<b>Daily Reprieve</b> O,D,NS,MR	6:00PM (1 hr)	
400 Hill Street	Forrest City AR, 72335	
Episcopal Church		
<b>Desire</b> O,CL,D	7:00PM (1 hr)	
1738 Galloway	Memphis TN, 38112	
Trinity United Methodist Church	Enter in Rear, then downstairs	
THURSDAY		
<b>Lunch Bunch</b> O,D,NS	NOON (1 hr)	
258 N Merton St.	Memphis TN, 38112	
The Commons	Enter on the north side of the bldg, downstairs in the basement	
<b>Welcome Home</b> C,D,NS	5:30PM (1 hr)	
3711 Pleasant Hill Road	Olive Branch MS, 38654	
<b>Clarity</b> O,D,H	7:00PM (1 hr)	
8500 Walnut Grove	Cordova TN, 38018	
Hope Presbyterian	Room 227	
<b>Harmony</b> O,NS	7:00PM (1 hr)	
120 Quinton Drive	Munford TN, 38058	
<b>High on Life</b> O,To,NS	8:30PM (1 hr)	
4798 Summer Ave	Memphis TN, 38122	
	Meets in Elementary Room	
FRIDAY		
<b>Positive Awareness</b> O,D,NS	10:30AM (1 hr)	
4798 Summer Ave	Memphis TN, 38122	
Believing Church		
<b>Lunch Bunch</b> O,D,NS	NOON (1 hr)	
258 N Merton St.	Memphis TN, 38112	
The Commons	Enter on the north side of the bldg, downstairs in the basement	
<b>HopeNworks</b> D,To,H	5:30PM (1 hr)	
3337 Summer Ave	Memphis TN, 37122	
HopeNWorks		
<b>Keep it Green</b> D,To	7:00PM (1 hr)	
1738 Galloway	Memphis TN, 38112	
Trinity United Methodist Church	Left Entrance in Rear, then downstairs.	
<b>Spiritual Awakenings</b> O,BT,NS	7:00PM (1 hr)	
5330 Park Ave	Memphis TN, 38119	
Colonial Park United Methodist	Meets in the church. Enter on Estate side and turn right to the room with large table.	

<b>Meeting after the Meeting (Virtual)</b> C,D,NS,LC,VM	10:00PM (1 hr)	
	Memphis TN, 38104	
<a href="https://zoom.us/j/641364382">https://zoom.us/j/641364382</a> , PW: 42		
SATURDAY		
<b>Lunch Bunch</b> O,D,NS	NOON (1.5 hr)	
258 N Merton St.	Memphis TN, 38112	
The Commons	Enter on the north side of the bldg, downstairs in the basement	
<b>New Beginnings II</b> O,D	5:00PM (1 hr)	
1953 Sartain	Horn Lake MS, 38637	
<b>Clean A.I.R.</b> O,D,NS,HY	8:00PM (1 hr)	
390 S Yates	Memphis TN, 38120	
<a href="https://zoom.us/j/657640780">https://zoom.us/j/657640780</a> , Zoom PW: cleanair		
<b>Meeting after the Meeting (Virtual)</b> C,D,NS,LC,VM	10:00PM (1 hr)	
	Memphis TN, 38104	
<a href="https://zoom.us/j/641364382">https://zoom.us/j/641364382</a> , PW: 42		
SERVICE MEETINGS		

**H&I meets in person and on Zoom 12:45 PM 4th Sunday of the month EXCEPT Nov\Dec which are 3rd Sunday. 8500 Walnut Grove Rd, Cordova, TN. Meeting ID: 96064845034 Password: 121212 FOLLOWED BY>>>>>**

**Area Service Committee following H&I in person and on Zoom 2:15 PM on 4th Sunday each month EXCEPT Nov\Dec which are 3rd Sunday. 8500 Walnut Grove Rd, Cordova, TN Meeting ID: 960 6484 5034 Passcode: 121212**

BK	Book Study	BT	Basic Text
C	Closed	CL	Candlelight
D	Discussion	H	Handicapped accessible
HY	Hybrid Meeting	IW	It Works -How and Why
LC	Living Clean	LT	Literature study
MR	Mask Required	NS	No Smoking
O	Open	RF	Rotating Format
To	Topic	Tr	Tradition
VM	Virtual Meeting		

**Check <https://www.na-wt.org/meetings> OR Call 901-276-LIVE (5483) for updated meeting info.**

**Regional Website: [www.natennessee.org](http://www.natennessee.org)  
Regional Helpline: 901-350-5030**

Just for Today

**Tell yourself:**

**JUST FOR TODAY** my thoughts will be on my recovery,  
living and enjoying life without the use of drugs.

JUST FOR TODAY I will have faith in someone in NA who believes in me and wants to help me in my recovery.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY, through NA, I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid. My thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

GOD GRANT ME THE  
SERENITY  
TO ACCEPT THE THINGS  
I CANNOT CHANGE

COURAGE  
TO CHANGE THE THINGS I CAN

WISDOM  
TO KNOW THE DIFFERENCE

## What is our message?

**Our 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*

**Phone List: Female or Male**  
**(Circle one)**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## NARCOTICS ANONYMOUS



## WEST TENNESSEE AREA

## MEETING LIST

**JUNE 2025**

<https://www.na-wt.org>  
901-276-LIVE (5483)

[West Tn Area Virtual Meetings](https://natennessee.org/west-tennessee-virtual-meetings)  
natennessee.org/west-tennessee-virtual-meetings

## SUGGESTIONS FOR EVERYONE

**DON'T USE. Go to a meeting instead.  
Go to a meeting even if you used that day.  
Go to 1 meeting a day, 90 in 90 days.  
Come to meetings early. Stay late.  
Get a home group.**

**Avoid people, places, things you used with.**  
**Find and use a sponsor.**  
**Use the PHONE. Call someone instead of using.**  
**Find a Higher Power that is loving, caring, and greater than you are.**  
**Read NA Basic Text & NA literature EVERYDAY.**  
**Always put your recovery FIRST.**

**KEEP COMING BACK. IT WORKS**