

SUNDAY

Lunch Bunch O,D,NS,H 2:00PM (1 hr)
258 N Merton St. Memphis TN, 38112
The Commons Oxford Street entrance,
downstairs in the basement.
Handicap access Merton parking
lot walkway backside of building.

Welcome Home O,D,NS 2:30PM (1 hr)
3711 Pleasant Hill Road Olive Branch MS, 38654

Clarity O,D,H 7:00PM (1 hr)
8500 Walnut Grove Cordova TN, 38018
Hope Presbyterian Room Room 232

No Matter What O,BK,NS 7:00PM (1 hr)
209 Park Dr West Memphis AR, 72301

Primary Purpose O,D,Ti,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

Lunch Bunch O,D,To NOON (1 hr)
258 N Merton St. Memphis TN, 38112
The Commons Oxford Street entrance,
downstairs in the basement.
Handicap access Merton parking
lot walkway backside of building.

Positive Awareness O,D,NS 5:30PM (1 hr)
4798 Summer Ave Memphis TN, 38122

Get Honest or Die (Hybrid) 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

<https://us04web.zoom.us/j/9018461836>,
Zoom PW=GHOD

Harmony O,NS 7:00PM (1 hr)
120 Quinton Dr Munford TN, 38058

Something Different O,RF,H 7:00PM (1 hr)
5676 Stage Rd Bartlett TN, 38134
Bartlett United Methodist Church ROOM 200L

High on Life O,To,NS 8:30PM (1 hr)
3337 Summer Ave Memphis TN, 38122
Starting Dec 23 @ HopenWorks Building

TUESDAY

Lunch Bunch O,D,NS NOON (1 hr)
258 N Merton St. Memphis TN, 38112
The Commons Oxford Street entrance,
downstairs in the basement.
Handicap access Merton parking
lot walkway backside of building.

Welcome Home O,C,BT,BK 5:30PM (1 hr)
3711 Pleasant Hill Road Olive Branch MS, 38654

Never Alone 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

Clarity O,D,H 7:00PM (1 hr)
8500 Walnut Grove Cordova TN, 38018
Hope Presbyterian Room 232

G.I.F.T (Growing in Faith Today) O,BT 7:00PM (1 hr)
403 South Main Street Covington TN, 38019

Hope Dealers O,D,MR 7:00PM (1 hr)
6176 Chester St Arlington TN, 38002

Unity(New Location) O,RF 7:00PM (1.5 hr)
68 E Mitchell Rd Memphis TN, 38109
Washington Chapel CME Church

WEDNESDAY

Lunch Bunch O,D,Tr,NS NOON (1 hr)
258 N Merton St. Memphis TN, 38112
The Commons Oxford Street entrance,
downstairs in the basement.
Handicap access Merton parking
lot walkway backside of building.

Positive Awareness O,D,NS 5:30PM (1 hr)
4798 Summer Ave Memphis TN, 38122
Believing Church

Daily Reprieve O,D,NS,MR 6:00PM (1 hr)
400 Hill Street Forrest City AR, 72335
Episcopal Church

Desire O,CL,D 7:00PM (1 hr)
1738 Galloway Memphis TN, 38112
Trinity United Methodist Church Enter in Rear, then downstairs

THURSDAY

Lunch Bunch O,D,NS NOON (1 hr)
258 N Merton St. Memphis TN, 38112
The Commons Oxford Street entrance,
downstairs in the basement.
Handicap access Merton parking
lot walkway backside of building.

Welcome Home C,D,NS 5:30PM (1 hr)
3711 Pleasant Hill Road Olive Branch MS, 38654

Harmony O,NS 7:00PM (1 hr)
120 Quinton Drive Munford TN, 38058

High on Life O,To,NS 8:30PM (1 hr)
3337 Summer Ave Memphis TN, 38122
Starting Dec 23 @HopeNWorks Building

FRIDAY

Lunch Bunch O,D,NS NOON (1 hr)
258 N Merton St. Memphis TN, 38112
The Commons Oxford Street entrance,
downstairs in the basement.
Handicap access Merton parking
lot walkway backside of building.

HopeNworks D,To,H 5:30PM (1 hr)
3337 Summer Ave Memphis TN, 38122
HopeNWorks Time changes to 6PM-7PM
starting July 17

Keep it Green D,To 7:00PM (1 hr)
1738 Galloway Memphis TN, 38112
Trinity United Methodist Church Left Entrance in Rear, then
downstairs.

Spiritual Awakenings 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.

Meeting after the Meeting (Virtual) C,D,NS,LC,VM 10:00PM (1 hr)
Memphis TN, 38104

<https://zoom.us/j/641364382>,
PW: 42

SATURDAY

Lunch Bunch O,D,NS NOON (1.5 hr)
258 N Merton St. Memphis TN, 38112
The Commons Oxford Street entrance,
downstairs in the basement.
Handicap access Merton parking
lot walkway backside of building.

LORE (Legacy of Recovery Everyday) O,D,LT,H 4:00PM (1 hr)
7054 St. Elmo Rd Bartlett TN, 38135
Legacy Church

Clean A.I.R. O,D,NS,HY 8:00PM (1 hr)
390 S Yates Memphis TN, 38120

<https://zoom.us/j/657640780>,
Zoom PW: cleanair

Meeting after the Meeting (Virtual) C,D,NS,LC,VM 10:00PM (1 hr)
Memphis TN, 38104

<https://zoom.us/j/641364382>,
PW: 42

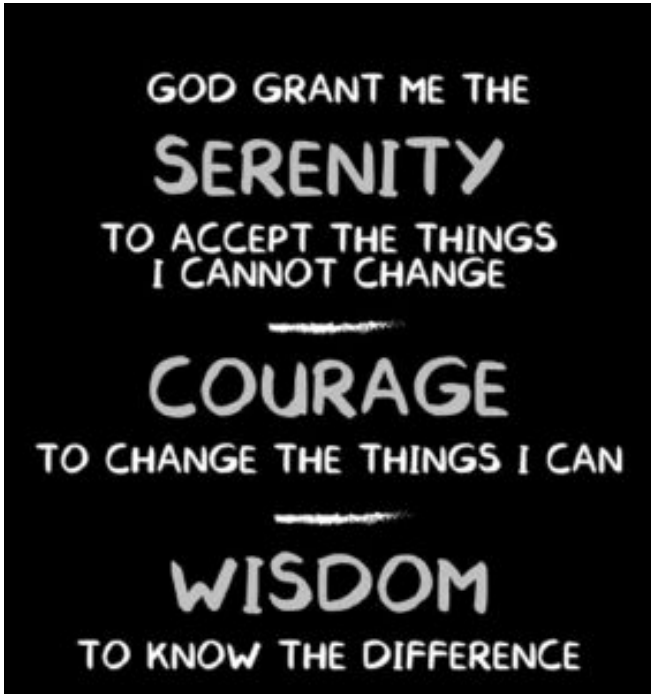
SERVICE MEETINGS

H&I meets in person at 12:45 PM 4th Sunday of the month EXCEPT Nov\Dec which are 3rd Sunday. 8500 Walnut Grove Rd, Cordova, TN. FOLLOWED BY>>>>>

Area Service Committee meets 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
Ti	Timer	To	Topic
Tr	Tradition	VM	Virtual Meeting

Check <https://www.na-wt.org/meetings> OR Call 901-276-LIVE (5483) for updated Memphis and West Tennessee meeting info. Regional Website: www.natennessee.org



THIRD STEP PRAYER
Take My Will and My
Life.
Guide Me in My
Recovery and Show
Me How to Live.

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)**

NARCOTICS ANONYMOUS



**WEST TENNESSEE AREA
MEETING LIST
July 2026**

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

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