

SUNDAY	
10:00AM	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)
12:30PM	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	It's In The Book , Flat Iron, 710 Maryville Pike, Knoxville, TN, 37920 (O,LGBT,BK)
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 , Pavilion, At park, 350 West 9th North Street, Morristown, TN, 37813 (O)
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,B,D,JT,NS,CW,H,SP)
8:00PM	The Fix , Flat Iron, 710 Maryville Pike, Knoxville, TN, 37902 (O,SP)

MONDAY	
12:30PM	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	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)
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)
7:30PM	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	Faith Over Fear , Martin Chapel UMC, 1746 Ohio Ave, Knoxville, TN, 37921 (O,D,JT,NS,CW,H)

MONDAY (CONT)	
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)
12:30PM	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	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)
7:30PM	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	
12:30PM	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)
7:30PM	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,JT,RF)
9:00PM	Carry The Message , All Saints Episcopal Church (Use Back Door), 601 W Main Street, Morristown, TN, 37814 (D)
THURSDAY	
NOON	Reality Is Change , The Gateway, 530 W Fifth Ave, Knoxville, TN, 37917 (D)

THURSDAY (CONT)	
12:30PM	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 , Seymour Heights Christian Church, upper parking lot, last door on right, 122 Boyds Creek Hwy, Seymour, TN, 37865 (O)
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)
7:30PM	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)
12:30PM	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)
6:00PM	Show Up 2 Grow Up , Gateway, 530 W 5th Avenue, Knoxville, TN, 37917 (BK)
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)

FRIDAY (CONT)

- 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)**
- 7:30PM 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)**
- 10:00P Nightshift**, FlatIron V, 710 Maryville Pike, Knoxville, TN, 37920 **M (C,CL,D,H)**

SATURDAY

- 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 Jefferson Cir, Oak Ridge, TN, 37830 **(C,CL,D,NS,CW,H)**
- 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)**
- 8:30PM Little River Group**, AROCK inc., 3722 Old Knoxville Hwy, Rockford, TN, 37853 **(C,CL,D,JT,NS,CW,H)**

MEETING FORMAT LEGEND

B	Beginners	BT	Basic Text
C	Closed	CL	Candlelight
D	Discussion	LGBT	LGBTQ+
IW	It Works -How and Why	JT	Just for Today
M	Men	O	Open
RF	Rotating Format	SG	Step Working Guide
To	Topic	Tr	Tradition
W	Women	OE	Open-Ended
BK	Book Study	NS	No Smoking
AB	Ask-It-Basket	CW	Children Welcome
CP	Concepts	LT	Literature study
H	Handicapped accessible	E	eating meeting
SP	Spiritual Principle	NT	No Tobacco
St	Step	Spe	Speaker
LC	Living Clean	GP	Guiding Principles
MR	Mask Required	VM	Virtual Meeting

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 Dance Center 828 Tulip Ave, Knoxville (need lots of help still, H&I orientations available) - contact h-i@naknoxville.org
- * Activities - 1st Sundays at 3pm at Fountain City Park
- * ROR XXVIII - 1st Sundays at 4pm at Fountain City Park

Regional, Zonal, and World Service Opportunities

* Email newsletter@natennessee.org - looking for content for the regional Volunteer

Spirit newsletter!

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 OCTOBER 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: 94