

SUNDAY

10:00A Little River Group, Arock Inc., Traditions & Concepts
M 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**)

12:30P 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**)

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**)

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

12:30P 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**)

7:30PM 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**)

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**)

12:30P 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**)

7:00PM We are Miracles, Behind church, Double wide, 1826 Ivey Lane, Morristown, TN, 37813 (**O**)

7:00PM We are miracles, Faith Baptist Church, 1826 Ivy 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**)

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**)

7:30PM 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

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, 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**)

7:00PM Spiritual Awakening, Highway 27 Unity Club, 17737 S Alberta St Oneida TN 37841, Oneida, TN, 37841 (**C,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**)

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**)

FRIDAY (CONT)

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)**

7:30PM 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)**

SATURDAY

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 M 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	IW	It Works -How and Why
JT	Just for Today	M	Men
O	Open	RF	Rotating Format
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
901-350-5030

Area Helpline
Regional Helpline

* 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

Regional, Zonal, and World Service Opportunities

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

PHONE NUMBERS

KNOXVILLE AREA OF NARCOTICS ANONYMOUS MEETING LIST JANUARY 2026

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: 98