

## Sunday

### Spiritual Solutions

100-110 am  
Cumberland Heights IOP Facility  
745 S. Church St. Ste 501  
Murfreesboro, TN 37130

### Keep It Real

1230-130 pm  
CL, GP, HC  
*(Hybrid Mtg Second And Fourth Sundays)*  
(Zoom ID 851 112 4561 PW keepitreal)  
Fairlane Church Of Christ  
101 Dow Drive  
Shelbyville, TN 37160

### Keep It Real

200-300pm  
CL, OD, HC  
Fairlane Church Of Christ  
101 Dow Drive  
Shelbyville, TN 37160

### Ties That Bind Us

530-630 pm  
CL, BS, HC  
Cumberland Heights IOP Facility  
745 S. Church St. Ste 501  
Murfreesboro, TN 37130

### By The Book

600-700pm  
CL, LS, HC  
Woodbury Lions Club  
634 Lehman St.  
Woodbury, TN 37190

## Monday

### Highsteppers

1200-100 pm  
OP, OD, HC  
Greater First Baptist Church  
512 N. 6<sup>th</sup> Ave.  
Lewisburg, TN 37091

### By The Book

600-700 pm  
CL, LS, HC  
Real Life Community Church  
2022 E. Main St.  
Murfreesboro, TN 37130

### Glow

630-745 pm  
CL, MD, BL  
Cumberland Heights IOP Facility  
745 S. Church St. Ste 501  
Murfreesboro, TN 37130

### Promise Of Freedom

630-730 pm  
CL, OD  
Sharp Springs Business Park  
433 Nissan Drive  
Smyrna, TN 37167

### The Night Owls

700-830 pm  
OP, OD, HC  
First United Methodist Church  
*(Upstairs 2<sup>nd</sup> Floor Rm 218)*  
265 W, Thompson Ln  
Murfreesboro, TN 37129

### Clean And Serene

700-800 pm  
OP, OD  
*(Does Not Meet On Federal Holidays)*  
DeKalb Community Complex  
712 Congress Blvd  
Smithville, TN 37166

## Tuesday

### Recovery At Noon

1200-100 pm  
CL, BT  
Central Christian Church  
*(Downstairs In Basement)*  
404 E. Main St.  
Murfreesboro, TN 37130

### By The Book

600-700 pm  
CL, LS, HC  
Real Life Community Church  
2022 E. Main St.  
Murfreesboro, TN 37130

### The Next Step

600-700 pm  
OP, OD, HC  
Serenity House  
313 N. Collins St.  
Tulahoma TN 37388

### Underground Recovery Men

645-815 pm  
OP, OD  
Central Christian Church  
*(Downstairs In Basement)*  
404 E. Main St  
Murfreesboro, TN 37130

### Get Honest Hour

700-800 pm  
CL, OD, HC  
Grove Hill Church  
5216 Nashville Hwy  
Chapel Hill, TN 37034

### No Matter What

700-800 pm  
OP, OD  
West End Baptist Church  
200 Morgan Ave N.  
Fayetteville, TN 37334

### Highsteppers

700-800 pm  
CL, OD, HC  
Greater First Baptist Church  
512 N. 6<sup>th</sup> Ave.  
Lewisburg, TN 37091

### Recovery Is Possible

700-800 pm  
CL, OD, HC  
Temple Baptist Church  
34 Oak Tree Drive  
McMinnville, TN 37110

### Clean and Serene

700-800 pm  
OP, OD,  
*(Does Not Meet On Federal Holidays)*  
DeKalb Community Complex  
712 Congress Blvd  
Smithville, TN 37166

## Wednesday

### Spiritual Solutions

1200-100 pm  
CL, SP, HC  
Cumberland Heights IOP Facility  
745 S. Church St. Ste 501  
Murfreesboro, TN 37130

### Spiritual Solutions

600-700 pm  
CL, SP, HC  
Cumberland Heights IOP Facility  
745 S. Church St. Ste 501  
Murfreesboro, TN 37130

### Underground Recovery

645-815 pm  
CL, OD  
Central Christian Church  
*(Downstairs In Basement)*  
404 E. Main St  
Murfreesboro, TN 37130

### Decherd Surrender

700-800 pm  
OP, OD  
First United Methodist Church Office  
301 E. Main St.  
Decherd, TN 37324

### Clean And Serene

700-800 pm  
OP, OD  
*(Does Not Meet On Federal Holidays)*  
DeKalb Community Complex  
712 Congress Blvd  
Smithville, TN 37166

### Keep It Real

730-830 pm  
CL, GP  
*(Zoom Only)*  
(Zoom ID 851 112 4561 PW keepitreal)

## Thursday

### By The Book

600-700 pm  
CL, LS, HC  
Real Life Community Church  
2022 E. Main St.  
Murfreesboro, TN 37130

### Never Alone

645-815 pm  
CL, OD  
Central Christian Church  
*(Downstairs In Basement)*  
404 E. Main St  
Murfreesboro, TN 37130

### The Achievers Of NA

700-800 pm  
OP, OD, HC  
*(Meets on the First and Third Thursdays)*  
City Hall  
141 Church St.  
Dowelltown, TN 37059

### Pathway To Progress

700-800 pm  
OP, OD, HC  
First Presbyterian Church  
1101 Jackson St.  
Manchester, TN 37355

### Recovery Is Possible

700-800 pm  
CL, OD, HC  
Temple Baptist Church  
34 Oak Tree Drive  
McMinnville, TN 37110

### The Night Owls

700-830 pm  
OP, OD, HC  
First United Methodist Church  
*(Upstairs 2<sup>nd</sup> Floor Rm 218)*  
*(Third Thursday, Eating Meeting starts at 600 pm)*  
265 W, Thompson Ln  
Murfreesboro, TN 37129

**Clean And Serene** 700-800 pm  
OP, OD  
*(Does Not Meet On Federal Holidays)*  
DeKalb Community Complex  
712 Congress Blvd  
Smithville, TN 37166

**Friday**

**The Next Step** 600-700 pm  
OP, OD, HC  
Serenity House  
313 N. Collins St.  
Tulahoma, TN 37388

**Underground Recovery Women** 700-800 pm  
CL, OD  
Central Christian Church  
*(Downstairs In Basement)*  
404 E. Main St  
Murfreesboro, TN 37130

**Clean And Serene** 700-800 pm  
OP, OD  
*(Does Not Meet On Federal Holidays)*  
DeKalb Community Complex  
712 Congress Blvd  
Smithville, TN 37166

**Keep It Real** 700-800 pm  
CL, OD, HC  
*(The last Friday is an eat and speak meeting.)*  
Fairlane Church Of Christ  
101 Dow Drive  
Shelbyville, TN 37160

**The Night Owls** 700-800 pm  
OP, OD, HC  
First United Methodist Church  
*(Upstairs 2<sup>nd</sup> Floor Rm 218)*  
265 W, Thompson Ln  
Murfreesboro, TN 37129

**Saturday**

**Never Alone** 900-1000 am  
CL, BT  
Central Christian Church  
*(Downstairs In Basement)*  
404 E. Main St  
Murfreesboro, TN 37130

**Spiritual Solutions** 600-700 pm  
CL, SP, HC  
Cumberland Heights IOP Facility  
745 S. Church St. Ste 501  
Murfreesboro, TN 37130

**Decherd Surrender** 700-800 pm  
OP, LS  
First United Methodist Church Office  
301 E. Main St.  
Decherd, TN 37324

**Highesteppers** 700-800 pm  
CL, OD, HC  
Greater First Baptist Church  
512 N. 6<sup>th</sup> Ave.  
Lewisburg, TN 37091

**Pathway To Progress** 700-800 pm  
CL, OD, HC  
First Presbyterian Church  
1101 Jackson St.  
Manchester, TN 37355

**Clean And Serene** 700-800 pm  
OP, OD  
*(Does Not Meet On Federal Holidays)*  
DeKalb Community Complex  
712 Congress Blvd  
Smithville, TN 37166

**The Night Owls** 700-800 pm  
OP, OD, HC  
First United Methodist Church  
*(Upstairs 2<sup>nd</sup> Floor Rm 218)*  
265 W, Thompson Ln  
Murfreesboro, TN 37129

**Meeting Types**

**CL** – Closed meetings are for those members who identify as addicts, or for those who think that they may have a problem with drugs.

**OP** – Open meetings are open to everyone to attend but only those members who identify as addicts, or for those who may think that they have a problem with drugs are allowed to share.

**BS** – Book Study      **LS** – Literature Study  
**BT** – Basic Text Study    **OD** – Open Discussion  
**MD** – Meditation Meeting    **ZM** – Zoom Meeting  
**SP** – Spiritual Principle    **BL** – Blacklight  
**HC** – Handicap Accessible    **RF** – Rotating Format

**For meeting updates, or changes to the schedule, please send an email to [webservant@hotascna.org](mailto:webservant@hotascna.org).**

**Get Involved**

The Heart of Tennessee Area Service Committee meets on the 3rd Sunday of each month at 130 at Real Life Community Church, 2022 E. Main St. Murfreesboro, TN 37130. For additional information send an email to [chair@hotascna.org](mailto:chair@hotascna.org)

The Heart of Tennessee Area Fellowship Development Committee which consists of the Hospitals and Institutions, Public Relations, Activities, and Outreach Committees meets the Saturday before the Area meeting each month at 130 at Real Life Community Church, Murfreesboro, TN, 37130 For additional information send an email to [fd@hotascna.org](mailto:fd@hotascna.org)

NA Literature may be purchased at the Area Service Committee Meeting each month or from [www.na.org](http://www.na.org).

**Phone Numbers**

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**The Heart of Tennessee Area Service Committee of Narcotics Anonymous**

**Meeting Schedule**

**Spring 2025**

**Our message;**

*"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 is freedom." Basic Text, page 65.*

For more information, or the most up to date meeting schedule, and a calendar of activities or events, visit our website or scan the QR Code.



**[www.hotascna.org](http://www.hotascna.org)**

*You can also download the Meeting Locator App provided by [www.na.org](http://www.na.org) from Google Play or the Apple Store.*