

Sunday

**Spiritual Solutions** 1000-1100 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

<b><u>Clean And Serene</u></b>	700-800 pm	<b><u>Spiritual Solutions</u></b>	600-700 pm
OP, OD		CL, SP, HC	
<i>(Does Not Meet On Federal Holidays)</i>		Cumberland Heights IOP Facility	
Dekalb Community Complex		745 S. Church St. Ste 501	
712 Congress Blvd		Murfreesboro, TN 37130	
Smithville, TN 37166			

## Friday

<b><u>The Next Step</u></b>	600-700 pm	301 E. Main St. Decherd, TN 37324	
OP, OD, HC			
Serenity House		<b><u>Highsteppers</u></b>	700-800 pm
313 N. Collins St.		CL, OD, HC	
Tullahoma, TN 37388		Greater First Baptist Church	

<b><u>Underground Recovery Women</u></b> CL, OD Central Christian Church <i>(Downstairs In Basement)</i> 404 E. Main St Murfreesboro, TN 37130	700-800 pm	512 N. 6 <sup>th</sup> Ave. Lewisburg, TN 37091	
		<b><u>Pathway To Progress</u></b> CL, OD, HC First Presbyterian Church 1101 Jackson St	700-800 pm

<b><u>Clean And Serene</u></b>	700-800 pm	Manchester, TN 37355
OP, OD		
<i>(Does Not Meet On Federal Holidays)</i>		
Dekalb Community Complex		<b><u>Clean And Serene</u></b>
712 Congress Blvd		OP, OD
Smithville, TN 37166		<i>(Does Not Meet On Federal Holidays)</i>
		Dekalb Community Complex
		712 Congress Blvd
		Smithville, TN 37166

<b><u>Keep It Real</u></b>	700-800 pm	Smithville, TN 37166	
CL, OD, HC			
<i>(The last Friday is an eat and speak meeting.)</i>			
Fairlane Church Of Christ		<b><u>The Night Owls</u></b>	700-800 pm
101 Dow Drive		OP, OD, HC	
Shelbyville, TN 37160		First United Methodist Church	
		<i>(Upstairs 2<sup>nd</sup> Floor Rm 218)</i>	
		665 N. Third St.	

<p><b><u>The Night Owls</u></b>          OP, OD, HC          First United Methodist Church  <i>(Upstairs 2<sup>nd</sup> Floor Rm 218)</i>          265 W, Thompson Ln          Murfreesboro, TN 37129</p>	<p>700-800 pm</p>	<p>Murfreesboro, TN 37129</p>
<p><b><u>Meeting Types</u></b></p>		
<p><b><u>CL</u></b> – Closed meetings are for those members who identify as addicts, or for those who think that they may have an addiction.</p>		

## Saturday

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

**BS** – Book Study  
**BT** – Basic Text Study  
**MD** – Meditation Meeting

**LS** – Literature Study  
**OD** – Open Discussion  
**ZM** – Zoom Meeting

**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

**Highsteppers** 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

This image shows a blank 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.

**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**

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