Friday

Spiritual Solutions 12-100 PM
Cumberland Heights IOP Facility
745 S. Church St. Suite 501
Murfreesboro, TN 37130

The Next Step O, D, HC 600-700 PM
Serinity House
313 N. Collins St
Tullahoma, TN 37388

Finding A New Way To Live O, HC, SP 630-730 PM
433 Nissan Dr. Suite 202
Smyrna, TN 37167

Night Owls C, HC, CL 700-830 PM
First United Methodist Church (2nd Floor)
265 W. Thompson Ln.
Murfreesboro, TN 37129

Keep It Real, HC,C, OD, SP 700-800 PM
Fairlane Church Of Christ
101 Dow St.
Shelbyville, TN 37160

Clean And Serene HC, O, OD 700-800 PM
Dekalb Community Complex
712 S. Congress Blvd
Smithville, TN 37166

Saturday

Never Alone C, OD 900-1000 AM
Central Christian Church
404 E. Main St
Murfreesboro, TN 37130

Spiritual Solutions C, HC, SP 600-700 PM
Cumberland Heights IOP Facility
745 S. Church St. Suite 501
Murfreesboro, TN 37130

Keep Coming Back Group CL, OD 600-700 PM
Right Road Ministeries
188 Old Nashville Hwy
LaVergne, TN 37086

Pathway To Progress O, HC, OD, 700-800 PM
First Presbyterian Church
1101 Jackson St.
Manchester, TN 37355

Clean And Serene O, HC, OD 700-800 PM
Dekalb Community Complex
712 S. Congress Blvd
Smithville, TN 37166

Decherd Surrender OD, CL 700-800 PM
Decherd United Methodist Church
301 E, Main St.
Decherd, TN 37324

Night Owls C, HC, OD 730-830 PM
First United Melodist Church (2nd Floor)
265 W. Thompson Ln.
Murfreesboro, TN 37130

Meeting Types

C– Closed Meeting (For addicts or those individuals who think they might have a problem with drugs.)

O– Open meeting; (Anyone is welcome to attend but only those who identify as addicts are welcome to share.)

BS– Book Study	**LS– Literature Study**
RF– Rotating Format	**BT– Basic Text Study**
HC– Handicap Accessible	**MN– Men**
WM– Women	**OD– Open Discussion**
TD– Topic Discussion	**SK– Speaker**
MD– Meditation	**ZM– Zoom**
SP– Spiritual Principle	**CL– Candlelight**

For changes to this meeting schedule please send an email to;

webservant@hotascna.org

Phone Numbers

Narcotics Anonymous®

Heart Of Tennessee Area Service Committee Of NA Meeting Schedule

Summer 2026

"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

Visit our website by scanning the QR code below for the most up-to-date meeting schedule, Area and Subcommittee Information, events or other information.

SCAN ME

www.hotascna.org

Sunday

Spiritual Solutions C, HC, SP 10-11 AM
Cumberland Heights IOP Facility
745 S. Church St. Suite 501
Murfreesboro, TN 37130

Keep It Real C, HC, LS 200-300 PM
Fairlane Church Of Christ
101 Dow St.
Shelbyville, TN 37160

The Ties That Bind Us C, HC, LS, 530-630 PM
Cumberland Heights IOP Facility
745 S. Church St. Suite 501
Murfreesboro, TN 37130

By The Book C, HC, LS 600-700 PM
Lions Club
634 Lehman St,
Woodbury, TN 37190

Monday

High Steppers HC, C, BS, OD 12-100 PM
Greater First Baptist Church
512 N. 6th Ave
Lewisburg, TN 37091

By The Book HC, C, LS, ZM 600-700 PM
Real Life Community Church
2022 E. Main St.
Murfreesboro, TN 37130
Zoom ID 6152072530

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

Night Owls C, HC, SK, OD, 700-830 PM
First United Methodist Church (2nd Floor)
265 W. Thompson Ln.
Murfreesboro, TN 37129

Clean And Serene O, OD 700-800 PM
Dekalb Community Complex
712 S. Congress Blvd
Smithville, TN 37166

Tuesday

Recovery At Noon O, LS, OD 12-100 PM
Central Christian Church
404 E. Main St.
Murfreesboro, TN 37130

By The Book C, HC, LS, ZM 600-700 PM
Real Life Community Church
2022 E. Main St.
Murfreesboro, TN 37130
Zoom ID 6152072530

The Next Step C, HC, OD 600-700 PM
Serenity House
313 N. Collins St.
Tullahoma, TN 37388

Primary Purpose C, LS, HC 630-730 PM
Cumberland Presbyterian Church
522 Castle Heights Ave.
Lebanon, TN 37090

Underground Recovery Men C, MN 645-800 PM
Central Christian Church
404 E, Main St
Murfreesboro, TN 37130

Get Honest Hour C, HC, OD 700-800 PM
Grove Hill Church
5216 Nashville Hwy
Chapel Hill, TN 37034

High Steppers C, BS 700-800 PM
Greater First Baptist Church
512 N. 6th Ave
Lewisburg, TN 37091

Recovery Is Possible C, HC, LS 700-800 PM
Temple Baptist Church
34 Oak Tree St.
McMinnville, TN 37110

Clean And Serene O, OD 700-800 PM
Dekalb Community Complex
712 S. Congress Blvd
Smithville, TN 37166

Wednesday

Primary Purpose C, LS, HC 12-100 PM
Cumberland Presbyterian Church
522 Castle Heights Ave.
Lebanon, TN 37090

Spiritual Solutions C, HC, SP 12-100 PM
Cumberland Heights IOP Facility
745 S. Church St. Suite 501
Murfreesboro, TN 37130

The Golden Hour CL, OD
Advent Luteran Church 530-630 PM
1700 Irby Lane
Murfreesboro, TN 371327

Spiritual Solutions C, HC, SP 600-700 PM
Cumberland Heights IOP Facility
745 S. Church St. Suite 501
Murfreesboro, TN 37130

Underground Recovery C, RF 645-800 PM
Central Christian Church
(Downstairs in basement)
404 E. Main St.
Murfreesboro, TN 37130

Decherd Surrender Group C, OD 700-800 PM
Decherd United Methodist Church
301 E. Main St.
Decherd, TN 37324

Clean And Serene O, HC, OD 700-800 PM
Dekalb Community Complex
712 S. Congress Blvd
Smithville, TN 37166

Keep It Real C, ZM , OD 730-830 PM
(Zoom only)
Zoom ID 8511124561 PW keepitreal

Thursday

Recovery At Noon C, LS 12-100 PM
Central Christian Church
(Downstairs in the Basement)
404 E. Main St.
Murfreesboro, TN 37130

By The Book C, HC, LS, ZM 600-700 PM
Real Life Community Church
2022 E. Main St.
Murfreesboro, TN 37130
Zoom ID 6152072530

Never Alone C, OD 645-800 PM
Central Christian Church
(Downstairs in basement)
404 E. Main St
Murfreesboro, TN 37130

Achievers Of NA O, D, HC 700-800 PM
(Only meets the 1st and 3rd Thursdays of the month)
City Hall
141 Church St
Doweltown, TN 37059

Pathway To Progress O, HC, OD, 700-800 PM
First Presbyterian Church
1101 Jackson St.
Manchester, TN 37355

Recovery Is Possible C, HC, LS 700-800 PM
Temple Baptist Church
34 Oak Tree St.
McMinnville, TN 37110

Night Owls C, HC, OD 700-830 PM
First United Methodist Church (2nd Floor)
265 W. Thompson Ln.
Murfreesboro, TN 37129

Clean And Serene HC, O, OD 700-800 PM
Dekalb Community Complex
712 S. Congress Blvd
Smithville, TN 37166
Murfreesboro, TN 37130

Friday

Spiritual Solutions CL. HC, SP 12-100 PM
Cumberland Heights IOP Facility
745 S. Church St. Suite 501
Murfreesboro, TN 37130

Underground Recovery Women CL, WM 600-700 PM
Central Christian Church
(Downstairs in the basement)
404 E. Main St.
Murfreesboro, TN 37130