

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 on the 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. 6th 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 630-730 pm
CL, MD, BL
Cumberland Heights IOP Facility
745 S. Church St. Ste 501
Murfreesboro, TN 37130

The Night Owls 700-830 pm
OP, OD, HC
First United Methodist Church
(Upstairs 2nd 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.
Tullahoma 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. 6th 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

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

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 2nd Floor Rm 218)
(Third Thursday, Eating Meeting starts at 600 pm)
265 W, Thompson Ln
Murfreesboro, TN 37129

<u>Clean And Serene</u>	700-800 pm	<u>Spiritual Solutions</u>	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

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

<u>Underground Recovery Women</u> CL, OD Central Christian Church <i>(Downstairs In Basement)</i> 404 E. Main St Murfreesboro, TN 37130	600-700 pm	512 N. 6 th Ave. Lewisburg, TN 37091	
		<u>Pathway To Progress</u> CL, OD, HC First Presbyterian Church 1101 Jackson St Nashville, TN 37203	700-800 pm

<u>Finding A New Way To Live</u>	630-730 pm	Manchester, TN 37355
OP, OD		
433 Nissan Drive, Ste 202		<u>Clean And Serene</u>
Smyrna, TN 37167		700-800 pm
		OP, OD
		(Don't Meet On Facebook!!!)

<u>Clean And Serene</u> OP, OD <i>(Does Not Meet On Federal Holidays)</i> Dekalb Community Complex 712 Congress Blvd Smithville, TN 37166	700-800 pm	Dekalb Community Complex 712 Congress Blvd Smithville, TN 37166
<u>The Night Owls</u> OP, OD, HC St. Albans Methodist Church	700-800 pm	

<u>Keep It Real</u> CL, OD, HC <i>(The last Friday is an eat and speak meeting.)</i> Fairlane Church Of Christ 101 Dow Drive Shelbyville, TN 37160	700-800 pm	<i>(Upstairs 2nd Floor Rm 218)</i> 265 W, Thompson Ln Murfreesboro, TN 37129
		<u>Meeting Types</u>

<u>The Night Owls</u> OP, OD, HC First United Methodist Church <i>(Upstairs 2nd Floor Rm 218)</i> 265 W, Thompson Ln Murfreesboro, TN 37129	700-800 pm	as addicts, or for those who think that they may have a problem with drugs. <u>OP</u>—Open meetings are open to everyone to attend, not only those members who identify as addicts, or for those who may think that they have a problem with drugs.
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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

Highsteppers 700-800 pm
CL, OD, HC
Greater First Baptist Church
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Lewisburg, TN 37091

Pathway To Progress 700-800 pm
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1101 Jackson St.
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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 2nd 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.

<u>BS</u> —	Book Study	<u>LS</u> —	Literature Study
<u>BT</u> —	Basic Text Study	<u>OD</u> —	Open Discussion
<u>MD</u> —	Meditation Meeting	<u>ZM</u> —	Zoom Meeting
<u>SP</u> —	Spiritual Principle	<u>BL</u> —	Blacklight
<u>HC</u> —	Handicap Accessible	<u>RF</u> —	Rotating Format

For meeting updates, or changes to the schedule, please send an email to 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

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

NA Literature may be purchased at the Area Service Committee Meeting each month or from www.na.org.

Phone Numbers

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.

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

Meeting Schedule

Fall 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 from Google Play or the Apple Store.