

SUNDAY

7:00AM Mugs Not Drugs, (VM) <https://zoom.us/j/5463636379>

10:30AM Sunday Morning NA, N/A, 3501 Chicago Ave.S., Minneapolis **(O,RF,St,Tr)** Ed W 612-366-0066

11:30AM Bunch o' Queerdos, Twin Cities Men's Center, Enter through the Left door then come down to the lower level., 3249 Hennepin Ave S, Minneapolis **(O,LGBTQ,RF,WC,+)**

2:00PM NA Sisters on Sundays, Twin Cities **(C,VM)** A Women's closed NA Text study meeting.

<https://us06web.zoom.us/j/85191146877> PW: kR3Q6v

5:00PM The Grind to Grace, 1st Covenant Church, Door 9 under blue parking sign, 810 7th Street South, Mpls **(O,RF)**

5:30PM Hope NA, Veterans in Community Housing, Park in VA Hospital Lot, Buzz #93 Back of Building, 5511 Minnehaha Av S, Minneapolis **(BT,RF,SD,BK)**

6:00PM On Life's Terms, Minneapolis **(C,LD,VM)**

<https://us02web.zoom.us/j/89880335649>

6:00PM Serenity Sunday, Gloria Dei Church, 3014 McKinley Street, Minneapolis **(O,RF,WC)** Holly O. 763-300-6967

6:30PM Fienix NA, 2218 First Avenue South, Minneapolis **(O)** Joel B. 612-459-8242

6:30PM More Will Be Revealed, ICCM Church, Rear Entrance, 1812 Park Ave South, Minneapolis **(C)** James S. 612-202-7126

7:00PM Pleasant NA, 610 West 28th Street, Minneapolis **(C,RF,St,Tr)**

7:00PM Relating NA Relationship, Survivor's Services@ Redeemer Church, 285 Dale St N., Saint Paul **(O,B,BT,WC)**

7:05PM East Lake Nokomis NA, Minneapolis **(SD,VM,SPAD)** <https://zoom.us/j/5049116789> Passcode: Recovery

7:30PM Live the Steps or Die Motherfucker (LTSODMF), Sahara Club, 3408 Dakota Ave S, Saint Louis Park **(O)**

MONDAY

7:00AM Mugs Not Drugs, (VM) <https://zoom.us/j/5463636379>

6:30PM Fienix NA, 2218 First Avenue South, Minneapolis **(O)** Joel B. 612-459-8242

7:00PM Clean in the Park, Vista Lutheran Church, 4003 Wooddale Avenue South, Saint Louis Park **(BT,RF)** Jake F. 612-532-4953

7:00PM Monday Night Wave, n/a, 3045 Chicago Av S, Minneapolis **(C,B,RF)** Yonova E. (612) 223-1599

7:00PM NA By The Book, All Gods Children, 3100 Park Avenue, Minneapolis **(RF,SD,Ti)**

7:00PM Northside NA, Redeemer Lutheran Church, 1800 Glenwood Avenue, Minneapolis **(C,WC,CF)** Mike: 612-751-7381

7:00PM Northside Virtual NA, Minneapolis **(VM)** <https://zoom.us/j/942904411>

7:00PM Recovering Addicts of NA, United Methodist, 10506 North Hanson Boulevard, Coon Rapids **(O,RF,To,WC,CF)**

TUESDAY

7:00AM Mugs Not Drugs, (VM) <https://zoom.us/j/5463636379>

11:00AM Miracles in Motion, ICCM Life Center, 1812 Park Ave, Minneapolis **(RF)**

5:30PM All Will Be Well, Makwa Coffee, 2811 Hamline Ave N, Roseville **(C,B,IP,IW,RF,LD,CF)**

6:30PM By NA Means Necessary, Back entrance, Back entrance, 2218 First Avenue South, Minneapolis **(O)** Tad A (763) 301-3221

6:30PM Kinksters In Recovery NA, Umbra Arts, Near Lake St and Lyndale Ave intersection, 710 W Lake St, Minneapolis **(LGBTQ,RF)**

6:30PM Recovery Art, New city church, Upstairs, 3104 16th Ave S, Minneapolis **(C)**

7:00PM Clean and Serene, St Matthew Lutheran Church, 4101 Washington Street Northeast, Columbia Heights **(RF)** Brad Bourgojn P. 763.226.6981

7:00PM Fresh Start, Spring House Ministry Center, 610 West 28th Street, Minneapolis **(O,JT,SD,To,WC)** Paul D. 763-760-0542

7:00PM Live the Steps or Die Motherfuckers, Bryant Square Park Community Center, 3101 Bryant Avenue South, Minneapolis **(O,LD)** Andy K. 773-807-7456

7:30PM Clear Atmosphere, Church, 3400 Park Ave S, Minneapolis **(C,WC)** Jeanine B 651-354-4281

7:30PM Two Rivers to Recovery, Trinity Church, 1415 6th Avenue, Anoka **(O,RF,To,WC)** Sam B. 952-406-2894

7:30PM Writing on the Steps, Faith Evangelical Lutheran Church, 3430 E. 51 St., Minneapolis **(St,WC,HY)** Bring your step working guide Donny S. 6126855635

<https://zoom.us/j/5049116789> Password- Recovery

WEDNESDAY

7:00AM Mugs Not Drugs, (VM) <https://zoom.us/j/5463636379>

10:00AM Any Addict, 1010 Currie Ave, Minneapolis **(C,B)**

6:30PM Park Center Recovery NA, Use North Entrance By Church Parking Lot, 7200 Brooklyn Boulevard, Brooklyn Center **(CL,RF)**

6:30PM The Usual Suspects - In Person Version, Alano Club, The Annex, 2218 1st Ave. South, Minneapolis **(RF)** Brandon S. 612-202-9172

6:30PM Wednesday Night Winners, Ramsey Cornerstone Church, #201 Upstairs, 2665 4th Avenue, Anoka **(O,B,CS,RF)** Sarah 763-607-9633

7:00PM Get Honest and Grow, ICCM Life Center, 1812 Park Avenue South, Minneapolis **(O)** Sam B 952-406-2894

7:30PM Candlelight Bakery NA, All God's Children MCC, 3100 Park Avenue South, Minneapolis **(O,CL,RF)**

7:30PM East Lake Nokomis NA, Faith Evangelical Lutheran Church, 3430 E. 51st St., Minneapolis **(SD,HY)** Phil F.

651-353-6810 <https://zoom.us/j/5049116789> Password: Recovery

8:00PM Escape From Despair, Elk River Alano Society, 414 Gironde Court, Otsego **(B)** Romney S. 320-260-3921

8:00PM Just for Today NA, Aliveness Proj, 3808 Nicollet Ave, Minneapolis **(O,CL,CS,JT,WC)** Randy H 612-875-0743

8:30PM Na, Andover alano, 18100 tulip St NW, Andover **(To)**

THURSDAY

7:00AM Mugs Not Drugs, (VM) <https://zoom.us/j/5463636379>

6:00PM Camden Bridge N.A., Minneapolis **(O,RF,VM)** <https://zoom.us/j/86715456940> Password: 910127

6:30PM Nuts About the Newcomer, 2218 Alano, 2218 First Avenue South, Minneapolis **(O,B)**

6:30PM SOS Sisters of Serenity, NONE, 2218 First Avenue South, Minneapolis **(W)**

7:00PM Self Preservation Addics of NA, North Point Church, 10732 Hanson Blvd NW, Coon Rapids **(O,CS,RF,To)** Elizabeth S. 763-688-5799

7:30PM New Way to Live NA, 13000 Saint Davids Road, Minnetonka **(C,JT,To,WC)** Michael D 612. 240. 4512

7:30PM Riverside NA, Minnehaha Community Lutheran Church, 4101 37th Ave S, Minneapolis **(C,CL,RF)** Alex 612-868-3528

8:00PM 7-11 Group, Mount Olive Lutheran Church (Use 31st Street Door By Alley) 3045 Chicago Avenue, Minneapolis **(O,WC)**

FRIDAY

7:00AM Early Morning Recovery, Spirit of Christ Church, 5801 Minnetonka Blvd, Saint Louis Park **(JT,LD)** Howie 612-723-9092

7:00AM Mugs Not Drugs, (VM) <https://zoom.us/j/5463636379>

11:00AM It Works on Fridays Too, ICCM Life Center, 1812 Park Ave, Minneapolis **(O)** Cee Jay 205-760-2457

6:00PM Leading by Example, Church Basement, 1800 Glenwood Avenue North, Minneapolis **(C,NC,RF)**

6:30PM Fienix NA, 2218 First Avenue South, Minneapolis **(O)** Joel B. 612-459-8242

7:00PM A Better Way to Live, none, 12266 255th Av, Zimmerman **(O)**

7:00PM First Friday, Park Ave United Methodist, Only The Frst Friday Of Each Month, 3400 Park Ave S, Minneapolis **(SD,WC,OE)** Sam B. 952-406-2894

7:00PM Fridays Aren't High Days, Trinity Church, 1415 6th Avenue, Anoka **(O,RF,To)**

7:00PM LGBTQIA Clarity NA, Clare Housing NE, 929 Central Avenue Northeast, Minneapolis **(O,LGBTQ,RF,WC)** Jackson O. 847-912-7298

7:00PM N.E.N.A., NE Neighborhood Center, 1700 2nd Street Northeast, Minneapolis **(O,BT,JT,CF)** contact change

7:00PM One Hour NA, n/a, 3837 Central Av NE, Columbia Heights **(O,RF,St,WC)** Kent L 612-425-7010

7:30PM Barking Buffaloes, Hope Harbor, 53 Glenwood Av, Minneapolis **(O,RF,WC)** Buddy K 612 735 7579

9:00PM Young in Recovery, Grace Trinity Community Church, 1430 W 28th St, Minneapolis **(O,LGBTQ,RF,SD,YP)**

SATURDAY

7:00AM Mugs Not Drugs, (VM) <https://zoom.us/j/5463636379>

10:00AM Queer, Trans, & Friends NA, Aliveness Project, 3808 Nicollet Av, Minneapolis **(O,LGBTQ,WC)** Max A. 612-559-4773

10:00AM Recovering Ladies of the Lakes, n/a, Basement, 1800 Glenwood Av N, Minneapolis **(C,IW,NC,Ti,W)**

10:00AM Scars And Tattoos NA, Iktomi tattoos, and art studio, 1415 w 35th st, Minneapolis **(B)**

10:00AM Stepping on Traditions, n/a, 5540 30th Ave. S, Minneapolis **(BT,IW,M)** Thadious 612-407-9428

1:00PM Asking For Help, 3400 East Lake Street, Minneapolis **(To)**

5:30PM Saturday Solutions, Elk River Alano, 9231 O'Dean Ave NE, Otsego **(B)**

6:00PM RBA NA, Richfield Bloomington Alano, 9321 Bryant Avenue South, Bloomington **(B,RF)**

6:30PM Fienix NA, 2218 First Avenue South, Minneapolis **(O)** Joel B. 612-459-8242

7:00PM LGBTQ & Friends, Bryn Mawr Presbyterian Church, 420 Cedar Lake Road South, Minneapolis **(O,LGBTQ,RF,WC)**

7:00PM Northwest NA, United Church of Christ, 1000 Longlake Rd, New Brighton **(O,RF,WC)** Lynn N 612-208-1427

8:00PM Beacon of Hope - Candlelight meeting, Oak Knoll Lutheran Church, West Entrance, 610 Hopkins Crossroads, Minnetonka **(O)** <https://zoom.us/j/735789917> Password: 55305

10:00PM Late Night NA, Church basement, 4747 Lyndale Ave S, Minneapolis **(O,BT,CL,WC)** Lillie 612-438-9698

MEETING FORMAT LEGEND

B	Beginners	BT	Basic Text
C	Closed	CL	Candlelight
CS	Children under Supervision	LGBTQ	Gay/Lesbian/Bisexual/Transgender
IP	Informational Pamphlet	IW	It Works -How and Why
JT	Just for Today	M	Men
NC	No Children	O	Open
RF	Rotating Format	SD	Speaker/Discussion
St	Step	Ti	Timer
Tr	Tradition	To	Topic/Discussion
W	Women	WC	Wheelchair
YP	Young People	OE	Open-Ended
BK	Book Study	LD	Literature Discussion
+	AIDS/HIV Affirming	CF	Child Friendly
VM	Virtual Meeting	HY	Hybrid Meeting
SPAD	A Spiritual Principle a Day		

SERVICE MEETINGS - ALL MEMBERS WELCOME!

Area Service Conference meets monthly - ALL Members WELCOME: 3rd Saturdays, meets hybrid. Zoom **ID# 983-4394-4690** and in-person at 1179 SE 15th Ave, Mpls. (Winter St)

H&I/PR/Outreach team meets monthly: First Thursday 6pm, on-line only. Zoom **ID# 983-4394-4690**. Contact Jeff C (612) 990-0455 for more information.

Activities Team meets weekly Sundays 4pm on-line. Zoom ID#867-8358-9829. Contact Sarah 612-850-5941

Inner City Unity Convention (ICUC) Committee meets monthly: 2nd Sundays, 1:30pm, **In-person only**, 3400 Park Ave, Minneapolis, MN.

Literature Team meets monthly: 10:30am 1st Saturday 1179 15th Ave SE (Winter St.), Mpls or Contact Alex (605) 377-0527 or Patty K (651) 246-7142 with NA products requests and for group order appointments.

What is our message?
The 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.

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**TWIN CITIES
NARCOTICS ANONYMOUS
MEETING LIST
MAY 2026**

The Twin Cities Area welcomes all people, no matter their age, race, sexual orientation, gender, creed, religion, or lack thereof

**24 HOUR HELPLINE
(877) 767-7676
<https://naminnesota.org>**

KEEP COMING BACK! IT WORKS!
Weekly Meetings: 79

Attend the Area Service Conference!
3rd Saturday each month, 11am - 1:30pm
Share group information, join service committees, plan events, purchase literature and meeting supplies, & more!
1179 15th Ave SE, Mpls or
join on Zoom Meeting ID#983 4394 4690