

SUNDAY / DOMINGO

9:30 AM Unity In The Mornings (O,VM)
Raleigh, NC
Zoom ID: 2293021100, Password: Unity!

10:30 AM Came to Believe (O,D,WC,So,VM)
Raleigh, NC
Zoom ID: 8066848969, Password: 7101988

2:00 PM Life On Life's Terms (O)
Ship of Zion Ministries
105 E Lee St, Raleigh, NC

3:00 PM Spiritually Connected (O,D)
West Baptist Grove Church
302 E Main St, Garner, NC

5:30 PM Sunday Serenity Group (O,VAR)
Beth Meyer Synagogue
504 Newton Rd, Raleigh, NC

6:30 PM Together We Can (O)
Wilson Medical Center - Wells Fargo Room
1705 Tarboro St SW, Wilson, NC

7:00 PM I Can't We Can (O,D,BK)
Saint James Church
3808 St James Church Rd, Raleigh, NC

8:00 PM NA Way (O,D,IP,RF,So,St,Tr)
Fairmont United Methodist Church
2501 Clark Ave, Raleigh, NC

MONDAY / LUNES

8:00 AM Serenity In The Morning (O,D)
124 S Salisbury St, Raleigh, NC

9:30 AM A New Beginning (O,D)
Fairmont United Methodist Church
2501 Clark Ave, Raleigh, NC
Downstairs enter from Horne st. door

9:30 AM Unity In The Mornings (O,VM)
Raleigh, NC
Zoom ID: 2293021100, Password: Unity!

NOON Recovery at Noon (O,BT)
Fairmont United Methodist Church
2501 Clark Ave, Raleigh, NC

6:00 PM Southside Recovery (O,D)
Tupper Memorial Baptist Church
501 S Blount St, Raleigh, NC

7:00 PM New Beginnings (O,D)
817 West End St, Rocky Mount, NC

7:30 PM A New Way To Live (O,D,VAR,To,L)
Parkwood United Methodist Church
5123 Revere Rd, Durham, NC
in the fellowship hall; parking directly across the street

7:30 PM The Primary Purpose Group (O,B)
Westover United Methodist Church
300 Powell Dr, Raleigh, NC

8:00 PM Lunatic Fringe (O,D)
St. Giles Church
5101 Oak Park Rd, Raleigh, NC

TUESDAY / MARTES

8:00 AM Serenity In The Morning (O,D)
124 S Salisbury St, Raleigh, NC

9:30 AM A New Beginning (O,D)
Fairmont United Methodist Church
2501 Clark Ave, Raleigh, NC
Downstairs enter from Horne st. door

9:30 AM Unity In The Mornings (O,VM)
Raleigh, NC
Zoom ID: 2293021100, Password: Unity!

TUESDAY / MARTES (CONT)

NOON Experience, Strength, and Hope (O,VM)
Cary, NC
Zoom ID: 844891962, Password: hope

7:00 PM Principles B4 Personalities (O,JT,St,Tr)
Ambrose Church
813 Darby St, Raleigh, NC

7:00 PM Women of Substance (C,BT,CW,W,LC,RF,So,ME)
Holly Springs United Methodist Church
108 Avent Ferry Rd, Holly Springs, NC

7:30 PM Spiritual Change (O)
First United Methodist Church
100 Green St NE, Wilson, NC

8:00 PM Tuesday Night Live (O,D,SD)
Greenwood Forest Baptist Church
110 SE Maynard Rd, Cary, NC

WEDNESDAY / MIÉRCOLES

8:00 AM Serenity In The Morning (O,D,HH)
124 S Salisbury St, Raleigh, NC
Zoom ID: 836 1755 3675, passcode: NY1j8G

9:30 AM A New Beginning (O,D)
Fairmont United Methodist Church
2501 Clark Ave, Raleigh, NC
Downstairs enter from Horne st. door

9:30 AM Unity In The Mornings (O,VM)
Raleigh, NC
Zoom ID: 2293021100, Password: Unity!

NOON Recovery at Noon (O,BT)
Fairmont United Methodist Church
2501 Clark Ave, Raleigh, NC

6:00 PM Southside Recovery (O,BT,IP,WC,JT,St,Tr)
Tupper Memorial Baptist Church
501 S Blount St, Raleigh, NC

6:30 PM The Journey Continues (O,VM)
Raleigh, NC
Zoom ID: 516871964, Password: 553251

7:00 PM New Beginnings (O,D)
817 West End St, Rocky Mount, NC

7:00 PM Together We Can (O,SD)
Wilson Medical Center - Wells Fargo Room
1705 Tarboro St SW, Wilson, NC

7:30 PM The Primary Purpose Group (C,St,Tr)
Westover United Methodist Church
300 Powell Dr, Raleigh, NC

8:00 PM Breaking Ground (O,BEG,BT,D,VAR)
Men's Healing Transitions Campus
1251 Goode Street, Raleigh, NC
Joe McQ Room

THURSDAY / JUEVES

8:00 AM Serenity In The Morning (O,D)
124 S Salisbury St, Raleigh, NC

9:30 AM A New Beginning (O,D)
Fairmont United Methodist Church
2501 Clark Ave, Raleigh, NC
Downstairs enter from Horne st. door

9:30 AM Unity In The Mornings (O,VM)
Raleigh, NC
Zoom ID: 2293021100, Password: Unity!

6:00 PM Life On Life's Terms (O)
Ship of Zion Ministries
105 E Lee St, Raleigh, NC

6:30 PM Basic Text Study Group (O,BT,St,Tr)
Open Table United Methodist Church
824 N Bloodworth Street, Raleigh, NC

THURSDAY / JUEVES (CONT)

6:30 PM Simple Solution (O)
Mt Zion First Baptist Church
320 W Thomas St, Rocky Mount, NC
Life Center

7:00 PM Clayton Group (O,MED)
11379 US-70 BUS, Clayton, NC
Between Big Cheese Pizza and Star Nails - look for sign on door

7:00 PM Thursday Night LIT (O,So,L)
St Philips Lutheran Church
7304 Falls of Neuse Rd, Raleigh, NC
meets downstairs - use side door

7:30 PM Let The Healing Begin (O)
Women's Healing Transitions
3304 Glen Royal Rd, Raleigh, NC

7:30 PM Spiritual Change (O,WC,BK)
First United Methodist Church
100 Green St NE, Wilson, NC

7:30 PM Way to Grow Group (O,D,WC,CL)
Knightdale United Methodist Church
7071 Forestville Rd, Knightdale, NC

8:00 PM Freedom Thru Recovery (C,D,CL)
Greenwood Forest Baptist Church
110 SE Maynard Rd, Cary, NC

8:00 PM In From The Storm (O)
Healing Transitions
1251 Goode St, Raleigh, NC

FRIDAY / VIERNES

8:00 AM Serenity In The Morning (O,D)
124 S Salisbury St, Raleigh, NC

9:30 AM A New Beginning (O,D)
Fairmont United Methodist Church
2501 Clark Ave, Raleigh, NC
Downstairs enter from Horne st. door

9:30 AM Unity In The Mornings (O,VM)
Raleigh, NC
Zoom ID: 2293021100, Password: Unity!

NOON Recovery at Noon (O,BT)
Fairmont United Methodist Church
2501 Clark Ave, Raleigh, NC

7:00 PM Never Alone Never Again (O,BT,D,VAR,WC,LC,IW,So)
Faith Baptist Church
1004 US-64, Apex, NC

7:00 PM Recovery in The Hood (O,BT,D,WC,CS)
Healing Transitions
1251 Goode St, Raleigh, NC

7:00 PM Southside Recovery (O,IP,JT)
Tupper Memorial Baptist Church
501 S Blount St, Raleigh, NC

7:00 PM Together We Can (O)
Wilson Medical Center - Wells Fargo Room
1705 Tarboro St SW, Wilson, NC

7:00 PM Trust The Process (O,WC,IW,St,Tr,BK,HH)
Celebration Church
8700 Capital Blvd, Raleigh, NC
auxillary building
Zoom ID: 696664080, Password: 13579

8:00 PM Way to Grow Group (O,D,WC)
Knightdale United Methodist Church
7071 Forestville Rd, Knightdale, NC

10:00 PM Candlelight Recovery (O,D,CL,JT)
Fairmont United Methodist Church
2501 Clark Ave, Raleigh, NC

SATURDAY / SÁBADO

9:00 AM Peace in the AM (C,IW,St,Tr)

Martin Street Baptist Church
1001 E Martin St, Raleigh, NC
Enter on State Street side

9:30 AM Unity In The Mornings (O,VM)

Raleigh, NC
Zoom ID: 2293021100, Password: Unity!

10:30 AM Morning Miracles (O,BK)

2860 Ward Blvd, Wilson, NC

NOON NA at Noon (O,WC,JT)

The Fountain of Raleigh
9621 Six Forks Rd, Raleigh, NC

2:00 PM Life Worth Living (O)

United Community Ministries Shelter
341 McDonald Street, Rocky Mount, NC

5:30 PM We Do Recover (O,SD,St,To)

13 Heath St, Raleigh, NC

6:00 PM Clayton Group (O,L)

11379 US-70 BUS, Clayton, NC
Between Big Cheese Pizza and Star Nails - look for sign on door

6:00 PM Wonderful Women Clayton Group (W)

11379 US 70 BUSINESS HWY W, Clayton, NC
Behind the McDonalds next to Big Cheese Pizza

6:30 PM Rediscovery Thru Recovery (O,D,IP,WC,St,Tr)

The Camel Club
4015 Spring Forest Rd, Raleigh, NC

7:30 PM Spiritual Change (O,D)

First United Methodist Church
100 Green St NE, Wilson, NC

8:00 PM Daily Reprieve (O,D,So,St,To,Tr)

Hillyer Memorial Church
718 Hillsborough St, Raleigh, NC

8:30 PM Young Connections To Recovery (O,D,CL,ME)

St. Marks United Methodist Church
4801 Six Forks Rd, Raleigh, NC
In Gym

MEETING FORMAT LEGEND

B	Beginners	BEG	Beginners
BK	Book Study	BT	Basic Text
C	Closed to Non-Addicts	CL	Candlelight
CS	Children Supervised	CW	Children Welcome
D	Discussion	HY	Hybrid
IP	Informational Pamphlet	IW	It Works -How and Why
JT	Just for Today	L	Literature Study
LC	Living Clean	ME	Meditation
MED	Just for Today Study	O	Open
RF	Rotating Format	SD	Speaker & Discussion
So	Speaker Only	St	Step
To	Topic	Tr	Tradition
VAR	Format Varies	VM	Virtual Meeting
W	Women	WC	Wheelchair

HELP KEEP OUR MEETING DIRECTORY CURRENT!

If you find a meeting has moved, closed or is otherwise different than as shown on this list, please call 877-590-6262 or email admin@capitalareancna.com

What is the Narcotics Anonymous Program?

"NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work." —Basic Text, page 9

Helpful Suggestions

DON'T USE — NO MATTER WHAT!

Go to an NA meeting

Ask your Higher Power to keep you clean today

Call your sponsor

Read NA literature

Talk to other recovering addicts

Work the Twelve Steps of Narcotics Anonymous

KEEP COMING BACK — IT WORKS!

Names and Numbers

Capital Area Narcotics Anonymous



May 2024 Meeting Directory

For more info & most up-to-date meeting directory call 877-590-6262 or visit

CapitalArea.org or scan *this QR code*:



"... an addict, any addict,
can stop using drugs,
lose the desire to use,
and find a new way to live."
— Basic Text, page 68

877-590-6262

www.CapitalArea.org
admin@capitalareancna.com

Address | P.O. Box 10953 Raleigh, NC 27605

Serving | Wake County and Neighboring Cities

— — — Meetings Weekly: 71 — — —

To find meeting information for other nearby areas,
please visit CRNA.org and NCRegion-NA.org

To find NA literature in electronic and printed form,
please visit NA World Services at www.NA.org

Text "SUBSCRIBE" to (877) 809-0937 to
receive Capital Area-related updates