

SUNDAY / DOMINGO

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

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

2:00 PM Seeking Similarities Group (O,JFT,BK)
Mens Healing Transitions
1251 Goode Street, Raleigh, NC

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

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

8:00 PM NA Way (O,D,IP,STP,TRD,RF)
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!

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

7:00 PM Genesis Reflections (O,D,SWG,IW)
St. Paul's Church
928 S Main St, Louisburg, 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!

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

7:00 PM Principles B4 Personalities (O,STP,TRD,JFT)
Ambrose Church
813 Darby St, Raleigh, 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 Road, Cary, NC
enter parking lot on Kilmayne

WEDNESDAY / MIÉRCOLES

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

WEDNESDAY / MIÉRCOLES (CONT)

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 Southside Recovery (O,BT,IP,STP,TRD,WC,JFT)
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 Together We Can (O,SD)
Wilson Medical Center - Wells Fargo Room
1705 Tarboro St SW, Wilson, 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,STP,TRD)
Open Table United Methodist Church
824 N Bloodworth Street, Raleigh, NC

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,CAN,D,WC)
Branded Boots Community Church
4040 Wendell Blvd, Wendell, 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!

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,JFT)
Tupper Memorial Church
501 S Blount St, Raleigh, NC

FRIDAY / VIERNES (CONT)

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,STP,TRD,WC,IW,BK)
Celebration Church
8700 Capital Blvd, Raleigh, NC
auxillary building

7:00 PM Way to Grow Group (O,D,WC)
Branded Boots Community Church
4040 Wendell Blvd, Wendell, NC

SATURDAY / SÁBADO

9:00 AM Peace in the AM (C,STP,TRD,IW)
Mount Peace Baptist Church
1601 Martin Luther King Jr Blvd, Raleigh, NC

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

2:00 PM Seeking Similarities Group (O,JFT,BK)
Mens Healing Transitions
1251 Goode Street, Raleigh, NC

5:30 PM We Do Recover (O,STP,TRD,SD)
13 Heath St, Raleigh, NC

6:30 PM Rediscovery Thru Recovery (O,D,IP,STP,TRD,WC)
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,STP,TRD)
Hillyer Memorial Church
718 Hillsborough St, Raleigh, NC

8:30 PM Young Connections To Recovery (O,CAN,D,ME)
St. Marks United Methodist Church
4801 Six Forks Rd, Raleigh, NC
In Gym

MEETING FORMAT LEGEND

BEG	Beginners	CAN	Candlelight
D	Discussion	IP	Informational Pamphlet
VAR	Format Varies	SD	Speaker & Discussion
CS	Children Supervised	O	Open
C	Closed to Non-Addicts	WC	Wheelchair
BT	Basic Text	STP	Step
TOP	Topic	TRD	Tradition
RF	Rotating Format	BK	Book Study
ME	Meditation	VM	Virtual Meeting
SWG	Step Working Guide Study	JFT	Just for Today Study
IW	It Works: How and Why		

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

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

Capital Area Narcotics Anonymous



May 2026 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: 52 — — —

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