



**SOUTH CENTRAL  
AREA OF  
NARCOTICS ANONYMOUS  
MEETING DIRECTORY**

PO Box 743  
Des Moines, Iowa 50306  
24/7 Helpline (515) 244-2277

**ADEL:**

**Monday:**

**7:30 pm, *The Never Alone Meeting***  
602 S. 14th St.

**Saturday:**

**5:00 pm, *The Quitters Club***  
102 1/2 Nile Kinnick Drive S.

**DES MOINES:**

**Sunday:**

**\*/\*\* 10:30a.m. -12:00noon**  
*S.C.A.N.A.M.O.S.A.*  
4349 Merle Hay Rd Ste 6  
CiCi's Pizza

**\*/\*\*7:00pm, *Sunday Night NA***  
1801 Hickman Rd  
Sidney Sands Entrance

**\*/\*\*7:30pm, *Eastside Recovery Group***  
1216 East 25th Ct.

**Monday:**

**\*/\*\* 12:00pm, *Our Primary Purpose***  
25th & University, 2nd Floor (Church)

**\*/\*\* 7:30 pm, *Monday Spiritual Hour***  
1211 Vine St. Building 1000

**\*/\*\* 7:30 pm, *Port of Entry***  
803 Lyon St.

**\*/\*\* 7:30 pm, *Truth or Consequences***  
1111 E. Army post West Entrance near  
Target next to Shoe Carnival

**Tuesday:**

**\*/\*\*12:00 pm, *Recovery is then Possible***  
3500 Kingman Blvd, Thoreau House

**\*/\*\* 6:30 pm, *Road to Recovery***  
1308 2nd Ave. Iowa Muffler and Brake

**\*/\*\* 7:00 pm, *Central City***  
1710 6<sup>th</sup> Ave.

**Tuesday:**

**\*/\*\* 7:30 pm, *Unity in Action***, 48<sup>th</sup> &  
Franklin Ave in Gym.

**Wednesday:**

**\*/\*\*12:00 pm, *Just for Today***  
3500 Kingman Blvd, Thoreau House

**\*/\*\* 7:00 pm, *Recovery on the river***  
YMCA River Room

**\*/\*\* 7:30 pm, *We Came to Believe***  
Lutheran Hosp., 700 E. University Ave  
B Level cafeteria

**\*/\*\* 7:30 pm, *We Found Hope***  
1111 E. Army post West Entrance near  
Target next to Shoe Carnival

**Thursday:**

**\*/\*\*12:00 pm, *The Literature of NA***  
3500 Kingman Blvd, Thoreau House

**\*/\*\*5:00 pm, *R.A.W. NA Meeting***  
1920 Cottage Grove, Smokey Row

**\*\* /\*7:00-8:30 pm,**  
*The N.A. Principles of Recovery*  
3938 Fleur Dr.,  
Wakonda Church Basement

**7:00 pm, *The Uncut Group***  
1343 13<sup>th</sup> street @ Forest Ave. Downstairs

**\*/\*\* 7:30 pm, *SIS (Serenity in Sisterhood)***  
Women's meeting  
1111 E. Army post West Entrance near  
Target next to Shoe Carnival

**Friday:**

**\*/\*\*12:00 pm, *Found Away Out***  
3500 Kingman Blvd, Thoreau House

**\*/\*\* 7:00 p.m. *Free Addicts Recovering  
Together***, 48<sup>th</sup> & Franklin, Art Therapy  
Rm., Main Hosp, S.E. Entrance

**\*/\*\*7:00 pm *Port of Entry***  
803 Lyon St. \*/\*\*

**\*/\*\* 7:00 pm, *Free on Friday***  
Lutheran Hosp., 700 E. Univ.  
B Level cafeteria

**\*7:30 pm, *New Beginnings***, Redeemer  
Lutheran, 3615 University Ave.

**Friday:**

**\*/\*\* 7:30 pm, *Truth or Consequences***  
1111 E. Army post West Entrance near  
Target next to Shoe Carnival

**Saturday:**

**\*9:00 am, *Basic Text Study***  
62nd & Urbandale Ave  
3003 62nd St. Basement of the  
Community of Christ Church

**\*\*6:30 pm, *Central City***  
1710 6<sup>th</sup> Ave.

**\*/\*\*7:30 pm *Saturday Night Salvation***  
1216 E25thCt  
Salvation Army Bldg.

**\*\* / \* 7:30 pm *Living Clean***  
925 Jordan Creek Parkway  
In the Lutheran Church of Hope

**\*7:00-8:00 pm *Saturday Night Live***  
244 E. Army post

**WINTERSET:**

**Thursday:**

**8:00pm *Courage to Change***  
115 John Wayne Dr.

**WHY ARE WE HERE?**

Before coming to the Fellowship of NA, we could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and we thought we had found it in drugs. We placed their use ahead of the welfare of our families, our wives, husbands, and our children. We had to have drugs at all costs. We did many people great harm, but most of all we harmed ourselves. Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms.

Most of us realized that in our addiction we were slowly committing suicide, but addiction is such a cunning enemy of life that we had lost the power to do anything about it. Many of us ended up in jail, or sought help through medicine, religion, and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or continued to progress until, in desperation, we sought help

from each other in Narcotics Anonymous.

After coming to NA we realized we were sick people. We suffered from a disease from which there is no known cure. It can, however, be arrested at some point, and recovery is then possible.

**The Twelve Steps**

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these prin-

**\*Smoke Free  
\*\*Handicap Accessible  
All Meetings are OPEN unless  
otherwise noted !**