

SUNDAY**NOON 2HR Just for Today Group**, 7 N 21st St, Harrisburg, PA, 17103 **(O,DISC)****NOON 1HR Noon Day Serenity**, 300 Market Street, Lemoyne, PA, 17043 **(O,DISC)****6:00PM 1HR Acceptance**, New Life Community Church, Parking lot off Bedford St, 64 E North St, Carlisle, PA, 17013 **(C,DISC,WC &)****6:00PM 1. 5HR Exodus to Genesis Group**, 7 N 14th St, Harrisburg, PA, 17103 **(O,DISC,JFT)****6:00PM 1HR The Gathering Place**, First Church of God, 323 Reno Street, New Cumberland, PA, 17070 **(O,DISC,WC &)****6:00PM 1HR Value of Life**, St Peter Lutheran Church, 130 Nittany Dr, Mechanicsburg, PA, 17055 **(O,VAR,WC &)****7:00PM 1HR Life or Death**, Trinity Evangelical Lutheran Church, 221 South 2nd Street, Steelton, PA, 17113 **(C,WC &)****7:30PM 1. 25HR Keeping the Hope Alive**, 300 Market St, Lemoyne, PA, 17043 **(O,VAR)****MONDAY****NOON 2HR Bottom Line Group**, 7 N 14th St, Harrisburg, PA, 17103 **(O,DISC)****NOON 1HR Lunch Bunch**, Grace Methodist Church, 313 Herman Avenue, Lemoyne, PA, 17043-1940 **(O,VAR,HY)****5:30PM 1HR The H.O.W. Group**, 1300 Market St, Lemoyne, PA, 17043 **(C,DISC,STEP,TRAD,LIT)****6:30PM 1. 75HR On Life's Terms**, Messiah Lutheran Church, 901 North 6th Street, Harrisburg, PA, 17102 **(C,DISC,WC &)****7:00PM 1. 25HR Share & Care Group**, Baughman Memorial United Methodist, 228 Bridge Street, New Cumberland, PA, 17070 **(C,DISC,WC &)****7:00PM 1. 5HR Steps to Freedom**, Messiah Lutheran Church, 901 North 6th Street, Harrisburg, PA, 17102 **(O,STEP,TRAD)****7:00PM 1HR Twisted Sisters**, Cornerstone Fellowship Assmby, 32 S Front Street, Wormleysburg, PA, 17043 **(W)****7:00PM 1HR We Do Recover Millersburg**, Moose Lodge - Basement, 345 Market St, Millersburg, PA, 17061 **(O,DISC,TOP,WC &)****7:30PM 1HR Nothing To Fear Group**, Grace United Methodist Church, Rear (0) 216 South Market Street, Mechanicsburg, PA, 17055-6315 **(O,STEP,TRAD,WC &,LIT)****TUESDAY****NOON 2HR Bottom Line Group**, 7 N 14th St, Harrisburg, PA, 17103 **(O,DISC,WC &)****NOON 1HR Lunch Bunch**, Lemoyne, PA, 17043-1940 **(O,DISC,WC &,VM)****7:00PM 1HR Acceptance**, New Life Community Church, Parking lot off Bedford St, 64 E North St, Carlisle, PA, 17013 **(C,DISC,WC &)****7:30PM 1HR Desire to Grow Group**, 300 Market Street, Lemoyne, PA, 17043-1627 **(O,STEP,TRAD,TW)****WEDNESDAY****NOON 2HR Bottom Line Group**, 7 N 7th St, Harrisburg, PA, 17103 **(O,DISC,WC &)****NOON 1HR Lunch Bunch**, Grace Methodist Church, 313 Herman Avenue, Lemoyne, PA, 17043-1940 **(O,DISC,WC &,HY)****7:00PM 1HR Linglestown Meeting**, Linglestown Church of God, across from firehouse, 5834 Linglestown Road, Harrisburg, PA, 17112-1122 **(C,DISC,HY)****7:00PM 1HR One Disease One Program Group**, Fairview Brethren in Christ, 600 Evergreen Road, New Cumberland, PA, 17070-2820 **(O,IW,LIT)****7:30PM 1HR Back to Basics**, First United Methodist Church, 135 W. Simpson Street, Mechanicsburg, PA, 17055 **(O,STEP,WC &,PPE)****THURSDAY****NOON 2HR Bottom Line Group**, 7 N 14th St, Harrisburg, PA, 17103 **(O,DISC,WC &)****NOON 1HR Lunch Bunch**, Grace Methodist Church, 313 Herman Ave, Lemoyne, PA, 17043-1940 **(O,DISC,WC &)****6:30PM 1. 75HR Steps & Traditions Group**, Harrisburg, PA, **(C,DISC,VAR,STEP,TRAD,WC &,LIT)****7:30PM 1HR Honesty Group**, 300 Market St, Lemoyne, PA, 17043 **(C,CAN,DISC)****FRIDAY****NOON 2HR Bottom Line Group**, 7 N 14th St, Harrisburg, PA, 17103 **(O,DISC,WC &)****NOON 1HR Lunch Bunch**, Grace Methodist Church, 313 Herman Avenue, Lemoyne, PA, 17043-1940 **(O,DISC,WC &,HY)****6:30PM 1. 5HR H.A.N.A.**, Messiah Lutheran Church, 901 North 6th Street, Harrisburg, PA, 17102 **(O,STEP,TRAD,CPT)****7:00PM 1. 5HR Cut & Dry**, Bethany AME Church, 914 South 21st Street, Harrisburg, PA, 17104 **(O,STEP,TRAD)****7:00PM 1HR Friday Night Lights**, 444 Market St, Millersburg, PA, 17061 **(O,DISC)****8:00PM 1HR Message of Hope**, Mt Zion United Methodist Church, 4685 Mt Zion Dr, Enola, PA, 17025 **(O,DISC,VAR,SPK,WC &)****SATURDAY****NOON 2HR Clean & Free Group**, 7 N 14th St, Harrisburg, PA, 17103 **(O,BT,WC &)****NOON 1HR Lunch Bunch**, Grace Methodist Church, 313 Herman Avenue, Lemoyne, PA, 17043-1940 **(O,DISC,WC &,HY)****7:00PM 1. 5HR Only Hams Are Cured Group**, Harrisburg, PA, **(O,DISC,NC,SPK,VM)****7:00PM 1. 5HR Only Hams Are Cured**, Messiah Lutheran Church, 901 North 6th Street, Harrisburg, PA, 17102 **(O,DISC,NC,SPK,TEMP)****7:00PM 1HR Saturday at Swatara**, Chambers Hill United Methodist, 6300 Chambers Hill Rd, Harrisburg, PA, 17111 **(C,DISC)****8:00PM 1HR Just For Tonight**, 1300 Market St, 3rd Floor, Lemoyne, PA, 17043 **(O,VAR)****MEETING FORMAT LEGEND**

NC	No Children	BT	Basic Text
C	Closed	O	Open
TW	Traditions Workshop	W	Women
CAN	Candlelight	DISC	Discussion
IW	It Works Study	JFT	Just for Today Study
VAR	Format Varies	SPK	Speaker
STEP	Step	TOP	Topic
TRAD	Tradition	CPT	12 Concepts
WC &	Wheelchair	VM	Virtual Web Meeting
HY	Hybrid Physical/Virtual	LIT	Literature Study
TEMP	Temperature Check	PPE	Masks Required

HELPLINESArea 1 Number 1Area 2 Number 2**SERVICE MEETINGS**



**CAPITAL AREA
MEETING LIST
MAY 2026**

**24 HOUR HELPLINE
717-233-FREE (3733)**

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.**

Basic Text, page 65

<https://casna.info>
<https://na.org>

SUGGESTIONS FOR EVERYONE

**DON'T USE no matter what
Ask your Higher Power to keep you clean
Come early and stay late
Get a home group
Go to 90 meetings in 90 days
Read NA literature daily
Get and use a sponsor
Use the PHONE
KEEP COMING BACK. IT WORKS**