

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, 300 Market St, Lemoyne, PA, 17043 **(O,VAR)**

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)**

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 the Hams are Cured, Messiah Lutheran Church, 901 North 6th Street, Harrisburg, PA, 17102 **(O,DISC,NC,SPK,TEMP)**

MEETING FORMAT LEGEND

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

HELPLINES

Area 1	Number 1
Area 2	Number 2

SERVICE MEETINGS



**CAPITAL AREA
MEETING LIST
DECEMBER 2024**

**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**