

## SUNDAY

### Mid Eastern Missouri Area (MEMO)

5 : 00 **PM What's the Point**, Centenary United Methodist Church, 20 Park Ave, Bonne Terre, MO, 63628 **(O,RF)**

5 : 30 **PM How it Works**, Trinity Episcopal Church, 202 Miller St., DeSoto, MO, 63020 **(O,RF)**

7 : 00 **PM Living In the Solution**, New Hope United Methodist Church, Front door, 3921 Jeffco Blvd., Arnold, MO, 63010 **(CL,O,RF,WC)**

## MONDAY

### Mid Eastern Missouri Area (MEMO)

7 : 00 **PM Point Of Freedom**, St. Mark United Church of Christ, 1861 Missouri State Rd., Arnold, MO, 63010 **(O,WC)** *Currently meeting inside*

7 : 00 **PM Stairway to Recovery**, Christ Episcopal Church, 101 N Fountain St, Cape Girardeau, MO, 63701 **(O)**

7 : 00 **PM Surrendering Our Will**, First United Methodist Church, Room 110, Parlor, Use rear entry, 113 Grand Ave., Festus, MO, 63028 **(O,WC)**

7 : 00 **PM Warriors of Hope**, 235 E High St, Potosi, MO, 63664 **(O,RF)**

## TUESDAY

### Mid Eastern Missouri Area (MEMO)

6 : 45 **PM One Among Many**, We Do Recover Community Center, 715 Broadway St, Cape Girardeau, MO, 63701 **(O)**

7 : 00 **PM Working Steps in Recovery**, Private Probation Service (PPS), Meeting Upstairs, 310 Locust St, Hillsboro, MO, 63050 **(O,RF)**

7 : 30 **PM Hope Without Dope**, All Saints Episcopal Church, 1151 West Columbia Street, Farmington, MO, 63640 **(O,RF,WC)**

7 : 30 **PM Show Me How To Live**, Cannon Baptist Church, Windsor Campus, 6701 Highway 61-67, Barnhart, MO, 63052 **(O,RF,SD,WC)**

## WEDNESDAY

### Mid Eastern Missouri Area (MEMO)

11 : 30 **AM Easy Does it**, Concord Church, Room 227, 13775 Tesson Ferry Road, St. Louis, MO, 63128 **(O,RF,WC)**

7 : 00 **PM Stairway to Recovery**, Christ Episcopal Church, 101 N Fountain St, Cape Girardeau, MO, 63701 **(O)**

7 : 00 **PM Steps in the Sticks**, Transformation United Methodist Church, 4869 Scottsdale Creek Boulevard, House Springs, MO, 63051 **(O,RF,WC)**

7 : 30 **PM Growth Through Recovery**, Twin City Church Of Christ, Rear Door, 11780 County Rd. CC, Festus, MO, 63028 **(O,RF,WC)**

## THURSDAY

### Mid Eastern Missouri Area (MEMO)

6 : 45 **PM One Among Many**, We Do Recover Community Center, 715 Broadway St, Cape Girardeau, MO, 63701 **(O)**

7 : 00 **PM One Step at a Time**, Trinity Episcopal Church, 202 Miller St., DeSoto, MO, 63020 **(O,RF)**

7 : 00 **PM The Gift**, South County Church of the Nazarene, 2500 Telegraph Rd, St. Louis, MO, 63125 **(O)**

7 : 30 **PM Hope Without Dope**, All Saints Episcopal Church, 1151 West Columbia Street, Farmington, MO, 63640-3500 **(O,RF,WC)**

## FRIDAY

### Mid Eastern Missouri Area (MEMO)

6 : 00 **PM Country Steppin**, 126 River Bluff Dr., Fredericktown, MO, 63645 **(O,RF,HY)**

7 : 00 **PM Grateful Not Hateful**, United Methodist Church, Use Rear Entry, 113 Grand Ave., Festus, MO, 63028 **(O,RF,WC)**

## SATURDAY

### Mid Eastern Missouri Area (MEMO)

5 : 30 **PM One Day At A Time**, Festus Church of the Nazarene, Basement, Highway A & P, 2717 State Rd. P, Festus, MO, 63028 **(O,WC)**

5 : 30 **PM Stairway to Recovery**, Christ Episcopal Church, 101 N Fountain St, Cape Girardeau, MO, 63701 **(O)**

7 : 00 **PM It's A God Thing**, Vandover Baptist Church, Use Rear Entry, 1714 Smizer Station Rd., Fenton, MO, 63026 **(O,WC)**

## MEETING FORMAT LEGEND

CL	Candlelight	HY	Hybrid Meeting
O	Open	RF	Rotating Format
SD	Speaker/Discussion	WC	Wheelchair

## SERVICE MEETINGS

### Area Service Committee (ASC)

10:30 AM 1st Saturday of the month at Festus Church of the Nazarene (Basement)  
2730 Lucas Lane, Hwy P & A, Festus MO 63028

### Public Relations (PI, H&I, and Phoneline)

9:00 AM – 10:30 AM 1st Saturday of the month before ASC at Festus Church of the Nazarene (Basement)  
2730 Lucas Lane, Hwy P & A, Festus MO 63028

### Area Ways and Means (A.W.A.M.)

6:00 PM 1st Friday of the month at New Hope United Methodist Church  
3921 Jeffco Blvd, Arnold MO 63010

## PHONE NUMBERS



## Mid. East Missouri Area (MEMO)

### MEETING LIST

**MAY 2024**

### 24 HOUR HELPLINE

**636-875-1001**

### 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://metroeastna.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**

Meetings Weekly: 24