

Upper Midwest Region of Narcotics Anonymous Meeting List

Updated June 7 2010

Email updates/corrections to info@umrna.org

Visit the Upper Midwest Region of Narcotics Anonymous Website: www.UMRNA.org

Neighboring NA Regions: Ontario: www.orcna.org; Minnesota: www.naminnnesota.org; Montana: www.namontana.com; South Dakota: www.sdrna.com

<u>City</u>	<u>State</u>	<u>Day</u>	<u>Time</u>	<u>Group Name</u>	<u>Building</u>	<u>Address</u>
Alexandria	Minnesota	Tue	7:00PM	Recovery by the Lakes	Marion	700 Cedar St
Alexandria	Minnesota	Thu	7:00PM	Recovery by the Lakes	Marion	700 Cedar St
Alexandria	Minnesota	Sat	7:00PM	Alex NA	First Baptist	202 7th Ave E
Bismarck	North Dakota	Sun	8:00PM		New Freedom Center	905 E. Interstate Ave.
Bismarck	North Dakota	Mon	8:00PM	Southside NA	Salvation Army (backdr)	601 S Washington St
Bismarck	North Dakota	Wed	8:00PM	Old-Timer's NA	Trinity Lutheran Church	502 N 4th St
Bismarck	North Dakota	Thu	8:00PM	Eastenders NA	Grace Lutheran Church	503 N 24th St
Bismarck	North Dakota	Fri	8:00PM	Keep the Faith NA	Faith Lutheran Church	1402 E. Ave. C
Bismarck	North Dakota	Sat	8:00PM	Saturday Night Live NA	New Freedom Center	905 E. Interstate Ave.
Crookston	Minnesota	Mon	6:30PM	Monday Serenity Group	Glenmore Recovery Ctr	323 S. Minnesota St
Detroit Lakes	Minnesota	Mon	8:00PM	Monday Step Study	Holmes	827 Summit Ave
Detroit Lakes	Minnesota	Wed	8:00PM	Living The Moment	Holmes	827 Summit Ave
Detroit Lakes	Minnesota	Fri	8:30PM	Friday Night NA Meeting	Holmes	827 Summit Ave
Detroit Lakes	Minnesota	Sat	10:00PM	Candlelight Meeting	Holmes	827 Summit Ave
Devils Lake	North Dakota	Mon	8:00PM	Monday Nite Candlelight		312 4th St
Dickinson	North Dakota	Tue	7:00PM		Heights of Glory Church	816 11th St. E.
Dickinson	North Dakota	Fri	7:00PM	Queen of Peace	Emmanuel Baptist Church	229 3rd St W.
Erskine	Minnesota	Mon	7:00PM	Light Within	Grace Lutheran Church	332 Vance Ave
Fargo	North Dakota	Sun	7:00PM	Young People's Group	1st Presb. Chruch	650 2nd Ave N
Fargo	North Dakota	Sun	8:00PM	Sunday Clean and Free	1st United Methodist	906 1st Ave S
Fargo	North Dakota	Mon	12 Noon	A Break in the Day NA	UU Church	121 9th St S
Fargo	North Dakota	Mon	6:30PM	Sherwood Group	St. Marks Church	670 4th Ave N
Fargo	North Dakota	Mon	8:00PM	Monday Candlelight	1st United Methodist	906 1st Ave S
Fargo	North Dakota	Tue	12 Noon	A Break in the Day NA	UU Church	121 9th St S
Fargo	North Dakota	Tue	6:30PM	Poop In A Group	1st Presb. Chruch	650 2nd Ave N
Fargo	North Dakota	Tue	8:00PM	H.O.W. Group	Edgewood Church	3000 Elm St N
Fargo	North Dakota	Wed	12 Noon	A Break in the Day NA	UU Church	121 9th St S
Fargo	North Dakota	Wed	6:30PM	Together We Can Sisters		3910 25th St S
Fargo	North Dakota	Wed	7:30PM	Just For Today NA	New Life Ctr, South Door	1902 3rd Ave N
Fargo	North Dakota	Thu	12 Noon	A Break in the Day NA	UU Church	121 9th St S
Fargo	North Dakota	Thu	6:30PM	Serenity NOW!	Pontoppidan Church	309 4th St N
Fargo	North Dakota	Thu	8:00PM	It's A Good Thing		3910 25th St S
Fargo	North Dakota	Fri	12 Noon	A Break in the Day NA	UU Church	121 9th St S
Fargo	North Dakota	Fri	7:30PM	Friday Fellowship	Salvation Army	304 Roberts St
Fargo	North Dakota	Fri	9:00PM	Friday Speaker Meeting	St. Marks Church	670 4th Ave N
Fargo	North Dakota	Sat	12 Noon	A Break in the Day NA	UU Church	121 9th St S
Fargo	North Dakota	Sat	7:30PM	Sat Addict's Meeting	Pontoppidan Church	309 4th St N
Fargo	North Dakota	Sat	10:00PM	NA After Dark	UU Church	121 9th St S
Fergus Falls	Minnesota	Sun	7:00PM	Sun Night NA "That's It"	Alano Club	215 E Junius
Fergus Falls	Minnesota	Tue	8:00PM	"That's It" NA	Alano Club	215 E Junius
Fergus Falls	Minnesota	Thu	8:00PM	"That's It" NA	Alano Club	215 E Junius
Fertile	Minnesota	Sat	10:30AM	Just For Today	Knutson Comm. Center	Community Center
Grafton	North Dakota	Thu	8:00PM	Clean and Serene		98 E 5th St
Grand Forks	North Dakota	Sun	8:00PM	Living In Recovery		2122 University Ave
Grand Forks	North Dakota	Tue	8:00PM	We Do Recover	Antenna Building-Upstairs	401 7th St N

Grand Forks	North Dakota	Wed	8:30PM	Living In Recovery		2122 University Ave
Grand Forks	North Dakota	Fri	4:00PM	Freedom Group	Library	3012 University Ave
Henning	Minnesota	Wed	7:00PM	Henning NA	Community Center	2nd St
Jamestown	North Dakota	Mon	8:00PM	Jamestown Overcomers	Hillcrest Christian School	116 15th Ave. NE
Jamestown	North Dakota	Wed	5:15PM	The 5:15 at the 518	Alano Building	518 10th Ave SE
Jamestown	North Dakota	Fri	8:00PM	J.O.N.A. Candlelight	Hillcrest Christian School	116 15th Ave. NE
Mandan	North Dakota	Mon	12 Noon	Outta the Box	Ridge Motel	2630 Old Red Trail
Mandan	North Dakota	Tue	8:00PM	Frankly Earnest NA	1st Presb. Chruch	310 3rd Ave NW
Mandan	North Dakota	Wed	12 Noon	Outta the Box	Ridge Motel	2630 Old Red Trail
Mandan	North Dakota	Fri	12 Noon	Outta the Box	Ridge Motel	2630 Old Red Trail
Minot	North Dakota	Sun	8:00PM	Sunday Night Regulars	Church of Christ	1315 1st St NE
Minot	North Dakota	Mon	8:00PM	Reaching Out	St. Joes Hospital	407 3rd St. SE
Minot	North Dakota	Tue	8:00PM	Principles Before Personalities	Church of Christ	1315 1st St NE
Minot	North Dakota	Fri	8:00PM	Friday Night Freedom Group	Church of Christ	1315 1st St NE
Minot	North Dakota	Sat	?		Our Redeemers Church	760 16th Ave SE
Moorhead	Minnesota	Wed	7:00PM	Service with a Smile	High School Rm 227B	2300 4th Ave S
Morris	Minnesota	Sun	8:00PM	Easy Does It NA	Easy Does It House	East 1st St
Park Rapids	Minnesota	Sun	6:00PM	Vision of Hope NA	Cavalry Lutheran	112 Park Ave S
Park Rapids	Minnesota	Thu	7:00PM	Vision of Hope NA	Cavalry Lutheran	112 Park Ave S
Perham	Minnesota	Mon	8:00PM	Perham Solutions Group	Alano Club	Chy 34
Perham	Minnesota	Tues	8:00PM	Tools For Recovery	Alano Club	Chy 34
Thief River Falls	Minnesota	Sun	8:00PM	Serenity Seekers		614 Davis
Thief River Falls	Minnesota	Wed	8:00PM	Serenity Seekers		614 Davis
Thief River Falls	Minnesota	Fri	8:00PM	Serenity Seekers		614 Davis
Thief River Falls	Minnesota	Sat	11:00AM	Serenity Seekers		614 Davis
Wadena	Minnesota	Sat	8:00PM	Tools For Recovery	Alano Club (downstairs)	421 4th St N.W.
Wadena	Minnesota	Tues	8:00PM	Tools For Recovery	Alano Club (downstairs)	421 4th St N.W.
Wahpeton	North Dakota	Mon	8:00PM	Just For Today	Robanks Building	909 4th Ave S
Wahpeton	North Dakota	Fri	7:00PM	Just For Today	*Only held 4th Fri./mth*	909 4th Ave S
Williston	North Dakota	Wed	8:00PM	Freedom NA	Papa Jacks	1924 6th Ave E
Williston	North Dakota	Fri	6:45PM	Freddom NA	Papa Jacks	1924 6th Ave E
Williston	North Dakota	Sat	9:30PM	Freedom NA Candlelite	Papa Jacks	1924 6th Ave E