

SUNDAY
NOON-1PM Living Free (CS,IW,O) Living Free House, 1404 Summit St, Sioux City, IA, 51103
4-5PM Living the Solution (O,WC) Seating up to 30, 2432 Jay Ave, Sioux City, IA, 51106
5:30-6:30PM Living Free (CS,O,Rr) Living Free House, 1404 Summit St, Sioux City, IA, 51103
7-8PM Guardian Angels I (CS,O) Central Baptist Church, 4001 Indian Hills Dr, Sioux City, IA, 51108
7:30-8:30PM No Name Group (O,To,WC,CW) St. Paul's Lutheran Church, 100 7th St, Ida Grove, IA, 51445
MONDAY
10:30-11:30AM Living Free (CS,O,STK) Living Free House, 1404 Summit St, Sioux City, IA, 51103
5:30-6:30PM Living Free (CS,O,Rr) Living Free House, 1404 Summit St, Sioux City, IA, 51103
6-7PM Clean Purpose Group (O,WC) St. Paul United Methodist Church, 2003 A St, South Sioux City, NE, 68776
7-8PM L.I.T. Group (O,WC,L,WEB,HY) St. Joseph Church, 510 Tipton St, Salix, IA, 51052
7-8PM Stairway to Heaven (CS) The Living Center, Across from Wells ice cream parlor, 112 Central Ave NE, Le Mars, IA, 51031
8-9PM Freedom and Surrender (D,O) Mayflower Church, 1407 W 18th St, Sioux City, IA, 51103
TUESDAY
10:30-11:30AM Living Free (CS,D,O) Living Free House, 1404 Summit St, Sioux City, IA, 51103
NOON-1PM NOONER (D,O) 420 Jones St, Sioux City, IA, 51101
5:30-6:30PM Living Free Newcomer Chair (CS,O) Living Free House, 1404 Summit St, Sioux City, IA, 51103
7-8PM Tag You're It! NEW (O,To,CW) Lutheran Church, 2801 Jackson St, Sioux City, IA, 51106
8-9PM Living Free (CS,O,Rr) Living Free House, 1404 Summit St, Sioux City, IA, 51103
WEDNESDAY
10:30-11:30AM Living Free (CS,D,O) Living Free House, 1404 Summit St, Sioux City, IA, 51103
5:30-6:30PM Living Free - Spiritual & Relaxation Meeting (CS,O) Living Free House, 1404 Summit St, Sioux City, IA, 51103
7-8PM Clean & Free (D,WC) Onawa Community Center, 320 10th Street, Onawa, IA, 51040

WEDNESDAY (CONT)
7-8PM Stairway to Heaven (CS) The Living Center, Across from Wells ice cream parlor, 112 Central Ave NE, Le Mars, IA, 51031 <i>Room#2 Basement</i>
8-9PM Not Quite Right (C,So,NC) 420 Jones St, Sioux City, IA, 51101
THURSDAY
10:30-11:30AM Living Free (CS,D,O) Living Free House, 1404 Summit St, Sioux City, IA, 51103
5:30-6:30PM Living Free (CS,O,Rr) Living Free House, 1404 Summit St, Sioux City, IA, 51103
6-7PM No Name Group (O,WC,CW,L) 100 7th St, Ida Grove, IA, 51445
7-8PM *Never Alone, Never Again (CL,O) 126 3rd Street SW, Le Mars, Iowa, 51031
7-8PM *Surgery of The Spirit (O) 220 North Pearl Street, City Auditorium in the South Meeting Room, Wayne, Nebraska, 68787
7-8PM Living Free (BT,CS,O,BK) Living Free House, 1404 Summit St, Sioux City, IA, 51103
8-9PM Anything Goes (C,D) First United Methodist Church, 1915 Nebraska St, Sioux City, IA, 51104
FRIDAY
10:30-11:30AM Living Free (CS,D,O) Living Free House, 1404 Summit St, Sioux City, IA, 51103
5:30-6:30PM Living Free Spiritual Principal Stick Meeting (O,To,STK) 1404 Summit St, Sioux City, IA, 51103
7-8PM Living Free Women's Meeting (O,To,W) 1404 Summit St, Sioux City, IA, 51103
7-8PM Simplicity (New Location, formally known as GAIL) (CS,D,O,CW) American Legion, 4021 Floyd Blvd, Sioux City, Iowa,
7-8PM Stairway to Heaven (CS) The Living Center, Across from Wells ice cream parlor, 112 Central Ave NE, Le Mars, IA, 51031
11:59-12:59AM Living Free (D,O,OE) Living Free House, 1404 Summit St, Sioux City, IA, 51103
SATURDAY
10:30-11:30AM Living Free (CS,D,O) Living Free House, 1404 Summit St, Sioux City, IA, 51103
2-3PM Never Alone, Never Again (O,L) 126 3rd Street. SW, Le Mars, Iowa, 51031
5:30-6:30PM Living Free (CS,D,O) Living Free House, 1404 Summit St, Sioux City, IA, 51103
7-8PM Keeping it Simple (CS,O) Morningside Lutheran Church Grace House, 3715 Marshall Ave, Sioux City, IA, 51106

SATURDAY (CONT)
7-8PM Step By Step (CS,O,WC,SPL) Onawa Community Center, 320 10th St., Onawa, IA, 51040
10-11PM Basic Text Study (BT) Community Action Agency, Room 104, 2700 Leech Ave, Sioux City, IA, 51106
11:59-12:59AM Living Free (D,O,OE) Living Free House, 1404 Summit St, Sioux City, IA, 51103

MEETING FORMAT LEGEND			
BT	Basic Text	C	Closed
CL	Candlelight	CS	Children under Supervision
D	Discussion	IW	It Works -How and Why
O	Open	Rr	Round Robin
So	Speaker Only	To	Topic
W	Women	WC	Wheelchair
OE	Open-Ended	BK	Book Study
CW	Children Welcome	L	Literature Study
WEB	Online Meeting	NC	No Children
HY	Hybrid Meeting	STK	Stick meeting
SPL	Speaker last week of month		

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[illegible]

MEETING LIST

October 13, 2026

If you have any doubts about a group's current location or status, please call the helpline or visit the website!

1-800-897-6242

iowa-na.org

Meetings Weekly: 41

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

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