BUFFALO

Thursday

7:30PM Out of the Ashes, 122 East. Bennett St., Buffalo, Wyoming, 82834 (O,To)

CASPER

Sunday

9:00AM Up Early, Not Late, 12/24 Club, 500 South Wolcott Street, Casper, Wyoming, 82601

NOON Noon Miracle Group, 12-24 Club, 500 South Wolcott Street, Casper, WY, 82601 (D)

3:00PM No Matter What Group, Salvation Army Hope Center, 625 S Jefferson st, Casper, Wyoming, 82601 (W)

6:00PM Breath of Life Group, 12-24 Club, 500 South Wolcott Street, Casper, WY, 82601

Monday

NOON Noon Miracle Group, 12-24 Club, 500 South Wolcott Street, Casper, WY, 82601 (D)

7:00PM Wake Up Call Group, Arbor House in alley, 309 N. McKinley, Casper, WY, 82601

Tuesday

NOON Noon Miracle Group, 12-24 Club, 500 South Wolcott Street, Casper, WY, 82601 (D)

7:00PM No Matter What Group, Salvation Army Hope Center, 625 S Jefferson st, Casper, Wyoming, 82601

Wednesday

NOON Noon Miracle Group, 12-24 Club, 500 South Wolcott Street, Casper, WY, 82601 (D)

7:00PM Wake Up Call Group, Arbor House in alley, 309 N. McKinley, Casper, WY, 82601

Thursday

NOON Noon Miracle Group, 12-24 Club, 500 South Wolcott Street, Casper, WY, 82601 (D)

6:00PM Solutions Group, United Church of Christ, 701 South Wolcott Street, Casper, WY, 82601 (To)

8:00PM Hope not Dope Group, Saint Stephen's Episcopal Church, 4700 South Poplar Street, Casper, WY, 82601 (D,HY)

Friday

NOON Noon Miracle Group, 12-24 Club, 500 South Wolcott Street, Casper, WY, 82601 (D)

7:00PM Wake Up Call Group, Arbor House in alley, 309 N. McKinley, Casper, Wyoming, 82601

Saturday

9:00AM Up Early, Not Late, 12/24 Club, 500 South Wolcott Street, Casper, Wyoming, 82601

NOON Noon Miracle Group, 12-24 Club, 500 South Wolcott Street, Casper, WY, 82601 (D)

7:05PM Breath of Life Group, 12/24 Club, 500 S Wolcott, Casper, Wyoming, 82601

CHEYENNE

Sunday

10:30AM Anchors Away, First Christian Church, Northeast Corner entrance, located in basement., 219 W 27th St., Cheyenne, WY, 82001 (O,D)

7:00PM Serenity Seekers, Grace United Methodist Church, 2950 Spruce Dr, Cheyenne, WY, 82001 (O)

Monday

10:30AM Anchors Away, First Christian Church, Northeast Corner entrance, located in basement., 219 W 27th St., Cheyenne, WY, 82001 (O,D)

6:00PM On Life's Terms, Unitarian Universalist Church of Cheyenne, 3005 Thomes Ave, Cheyenne, WY, 82001 (O,RF)

Tuesday

10:30AM Anchors Away, First Christian Church, Northeast Corner entrance, located in basement., 219 W 27th St., Cheyenne, WY, 82001 (O,D)

7:00PM Serenity Seekers, Grace United Methodist Church, 2950 Spruce Dr, Cheyenne, WY, 82001 (O,BK) *Living Clean The Journey Continues*

Wednesday

10:30AM Anchors Away, First Christian Church, Northeast Corner entrance, located in basement., 219 W 27th St., Cheyenne, WY, 82001 (O,D)

7:00PM On Life's Terms, Unitarian Universalist Church of Cheyenne, 3005 Thomes Ave, Cheyenne, WY, 82001 (O,RF)

Thursday

10:30AM Anchors Away, First Christian Church, Northeast Corner entrance, located in basement., 219 W 27th St., Cheyenne, WY, 82001 (O,D)

7:00PM On Life's Terms, Unitarian Universalist Church of Cheyenne, 3005 Thomes Ave., Cheyenne, WY, 82001 (O,RF)

Friday

10:30AM Anchors Away, First Christian Church, Northeast Corner entrance, located in basement., 219 W 27th St., Cheyenne, WY, 82001 (O,D)

7:00PM Serenity Seekers, Grace United Methodist Church, 2950 Spruce Dr, Cheyenne, WY, 82001 (JT)

Saturday

10:30AM Anchors Away, First Christian Church, Northeast Corner entrance, located in basement., 219 W 27th St., Cheyenne, WY, 82001 (O,D)

7:00PM Serenity Seekers, Grace United Methodist Church, 2950 Spruce Dr., Cheyenne, WY, 82001 (JT)

CODY

Monday

7:00PM Unity Group, Hybrid, Zoom ID: 726 428 528 / Password: 099890, 825 Simpson Ave., Cody, WY, 82414 (D,HY)

Wednesday

7:00PM Unity Group, Hybrid, Zoom ID: 726 428 528 / Password: 099890, 825 Simpson Ave., Cody, WY, 82414 (D,HY)

Friday

7:00PM Unity Group, Hybrid, Zoom ID: 726 428 528 / Password: 099890, 825 Simpson Ave, Cody, WY, 82414 (D,HY)

GERING

Saturday

6:30PM Panhandle Equality, 1018 O St., Gering, Nebraska, 69341 (O,To)

GILLETTE

Sunday

2:00PM Refuge Group, Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718 (O,BK)

5:30PM The Home Group, basement, 604 W. 10th st., Gillette, Wyoming, 82716 (O,St)

Monday

NOON Refuge Group, Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718

5:30PM Refuge Group, Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718

5:30PM The Home Group, basement, 604 W. 10th st., Gillette, Wyoming, 82716 (O,St)

Tuesday

6:00PM Refuge Group, Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718

Wednesday

NOON Refuge Group, Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718

5:30PM Refuge Group, Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718

5:30PM The Home Group, basement, 604 W. 10th st., Gillette, Wyoming, 82716 (O,M,St)

Thursday

NOON Refuge Group, Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718

6:00PM Refuge Group, Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718

Friday

5:30PM Refuge Group, Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718

Saturday

NOON The Home Group, basement, 604 W. 10th st, Gillette, Wyoming, 82716 (O,JT)

7:00PM Refuge Group, Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718

GREEN RIVER

Sunday

7:00PM Surrender to Win Group, Union Congregational Church, 350 Mansface Street, Green River, WY, 82935 (BK)

Thursday

7:00PM Surrender to Win Group, Union Congregational Church, 350 Mansface Street, Green River, WY, 82935 (BK)

KEMMERER

Monday

7:00PM Recovery Nation, Zoom ID: 411 078 7662, 501 Sapphire St., Kemmerer, Wyoming, 83101 (O,D,HY)

Wednesday

7:00PM Recovery Nation, Zoom ID: 411 078 7662, 501 Sapphire St., Kemmerer, Wyoming, 83101 (O,D,HY)

LANDER

Thursday

7:00PM Lander Live and Let Live, Trinity Episcopal Church, 860 South 3rd Street, Lander, WY, 82520 (O,BK)

Saturday

7:00PM Lander Live and Let Live, Trinity Episcopal Church, 860 South 3rd Street, Lander, WY, 82520 (O,CL)

LARAMIE

Sunday

7:00PM Live From Laramie, Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (O,BT,BK)

Monday

7:00PM Live From Laramie, Rm. 116, 1215 E.Gibbon St., Laramie, WY, 82072 (O,D,SPAD)

Tuesday

7:00PM Live From Laramie, Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (O,D)

Wednesday

7:00PM Live From Laramie, Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (O,IW,BK)

Thursday

7:00PM Live From Laramie, Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (O,BK,LC)

Friday

7:00PM Live From Laramie, Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (O,CL,D)

Saturday

7:00PM Live From Laramie, Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (O,D)

LOVELL

Wednesday

7:00PM Message of Hope Group, Saint Joseph's Catholic Church, 1141 Shoshone Avenue, Lovell, WY, 82431 (O)

PINEDALE

Thursday

7:00PM Crossroads Group, Saint Andrew's In The Pines, 524 West Pine Street, Pinedale, WY, 82941 (CW)

Saturday

7:00PM Crossroads Group, Saint Andrew's In The Pines, 524 West Pine Street, Pinedale, WY, 82941 (D,CW)

POWELL

Sunday

7:00PM Alive & Free Group, Big Horn Enterprises, use side door off parking lot, 146 South Bent Street, Powell, 82435 (CL)

Tuesday

7:00PM Alive & Free Group, Big Horn Enterprises, use side door off parking lot, 146 South Bent Street, Powell, 82435

Thursday

7:00PM Alive & Free Group, Big Horn Enterprises, use side door off parking lot, 146 South Bent Street, Powell, 82435

Saturday

10:00AM Alive & Free Group, Big Horn Enterprises, use side door off parking lot, 146 South Bent Street, Powell, 82435

RAWLINS

Monday

7:00PM Rawlins Serenity, 2100 east cedar, Rawlins, Wyoming, 82301 (O,To)

Thursday

7:00PM Rawlins Serenity, 2100 east cedar, Rawlins, Wyoming, 82301 (O,To)

RIVERTON

Monday

7:00PM Pointless Group, St. Johns Lutheran, 606 N. 8th West St., Riverton, Wyoming, 82501 (O,To)

Tuesday

5:30PM Hope No Dope Group, White Buffalo Recovery, 450 S. Federal Blvd, Riverton, Wyoming, 82501

Friday

7:00PM Pointless Group, St. Johns Lutheran, 606 N. 8th West St., Riverton, Wyoming, 82501 (O,D)

ROCK SPRINGS

Sunday

7:00PM Welcome Home Group, New Hope Church, 513 G Street, Rock Springs, 82901 (BT,D)

Tuesday

7:00PM Welcome Home Group, New Hope Church, 513 G Street, Rock Springs, 82901 (BT,D)

Wednesday

8:00PM Serenity Group, Church Of Christ, 100 Clearview Street, Rock Springs, WY, 82901

Thursday

6:00PM IN IT TO WIN IT, College Room 1348, 2500 foothill BLVD, Rock Springs, Wyoming, 82901 (O,D,JT)

7:00PM Serenity Group, Church Of Christ, 100 Clearview Street, Rock Springs, WY, 82901

Friday

7:00PM Welcome Home Group, New Hope Church, 513 G Street, Rock Springs, 82901 (BT,D)

SCOTTSBLUFF

Sunday

4:00PM Not Alone Group, First United Methodist Church, 2002 4th Avenue, Scottsbluff, Nebraska, 69361

8:00PM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)

Monday

8:00PM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)

Tuesday

8:00PM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)

Wednesday

8:00PM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)

Thursday

8:00PM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,LC)

Friday

8:00PM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)

Saturday

10:00AM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)

8:00PM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)

SHERIDAN

Sunday

7:30PM New Freedom Group, 215 West Works Street, Sheridan, WY, 82801

Monday

6:00PM New Freedom Group, 215 West Works Street, Sheridan, WY, 82801

Tuesday

7:30PM New Freedom Group, 215 West Works Street, Sheridan, WY, 82801 (D)

Wednesday

6:00PM New Freedom Group, 215 West Works Street, Sheridan, WY, 82801

Thursday

7:30PM New Freedom Group, 215 West Works Street, Sheridan, WY, 82801

Friday

7:30PM New Freedom Group, 215 West Works Street, Sheridan, WY, 82801 (O,CL,To)

Saturday

7:30PM New Freedom Group, 215 West Works Street, Sheridan, WY, 82801

THERMOPOLIS

Tuesday

7:00PM Thermopolis Group, Water Treatment Plant, The Cottage 6th street adjacent to water treatment plant using the 8th street bridge, see google maps for directions, S. 6th Street St., Thermopolis, WY, 82443

Saturday

7:00PM Thermopolis Group, Water Treatment Plant, The Cottage 6th street adjacent to water treatment plant using the 8th street bridge, see google maps for directions, S. 6th Street St., Thermopolis, WY, 82443

MEETING FORMAT LEGEND

BT	Basic Text	CL	Candlelight
IW	It Works -How and Why	JT	Just for Today
M	Men	RF	Rotating Format
St	Step	To	Topic
W	Women	BK	Book Study
CW	Children Welcome	LC	Living Clean
HY	Hybrid	SPAD	A Spiritual Principle a Day
D	Discussion	O	Open

URMRNA

MEETING LIST

NOVEMBER 2026

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

Meetings Weekly: 100