

SUNDAY
9:00AM 1HR Up Early, Not Late , 12/24 Club, 500 South Wolcott Street, Casper, Wyoming, 82601
NOON 1HR Noon Miracle Group , 12-24 Club, 500 South Wolcott Street, Casper, WY, 82601 (D)
2:00PM 1HR Refuge Group , Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718 (O,BK)
3:00PM 1HR Anchors Away , First Christian Church, Northeast Corner entrance, located in basement., 219 W 27th St., Cheyenne, WY, 82001 (O,D)
4:00PM 1HR Not Alone Group , First United Methodist Church, 2002 4th Avenue, Scottsbluff, Nebraska, 69361
5:30PM 1HR The Home Group , basement, 604 W. 10th st., Gillette, Wyoming, 82716 (O,St)
6:00PM 1HR Breath of Life Group , 12-24 Club, 500 South Wolcott Street, Casper, WY, 82601
7:00PM 1HR Alive & Free Group , Big Horn Enterprises, use side door off parking lot, 146 South Bent Street, Powell, 82435 (CL)
7:00PM 1HR Footsteps in Recovery (Men's Meeting) , VOA, 2310 E. 8th St., Cheyenne, WY, 82001 (C,D,M)
7:00PM 1HR Live From Laramie , Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (O,BT,BK)
7:00PM 1HR Serenity Seekers , Grace United Methodist Church, 2950 Spruce Dr, Cheyenne, WY, 82001 (O)
7:00PM 1HR Surrender to Win Group , Union Congregational Church, 350 Mansface Street, Green River, WY, 82935 (BK)
7:00PM 1HR Welcome Home Group , New Hope Church, 513 G Street, Rock Springs, 82901 (BT,D)
7:30PM 1HR New Freedom Group , 215 West Works Street, Sheridan, WY, 82801
8:00PM 1HR Clean and Serene , Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)
MONDAY
10:30AM 1HR Anchors Away , First Christian Church, Northeast Corner entrance, located in basement., 219 W 27th St., Cheyenne, WY, 82001 (O,D)
NOON 1HR Noon Miracle Group , 12-24 Club, 500 South Wolcott Street, Casper, WY, 82601 (D)
NOON 1HR Refuge Group , Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718
5:30PM 1HR Refuge Group , Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718
5:30PM 1HR The Home Group , basement, 604 W. 10th st., Gillette, Wyoming, 82716 (O,St,W)
6:00PM 1HR New Freedom Group , 215 West Works Street, Sheridan, WY, 82801
6:00PM 1HR On Life's Terms , Unitarian Universalist Church of Cheyenne, 3005 Thomes Ave, Cheyenne, WY, 82001 (O,RF)
7:00PM 1HR Cody Group , 725 19th Street, Cody, WY, 82414 (D,HY)
7:00PM 1HR Live From Laramie , Rm. 116, 1215 E.Gibbon St., Laramie, WY, 82072 (O,D,SPAD)
7:00PM 1.5HR Living Proof Group , 10th & Center St., Evanston, WY, 82930 (D,To)
7:00PM 1HR Serenity Group , Church Of Christ, 100 Clearview Street, Rock Springs, WY, 82901
7:00PM 1HR Wake Up Call Group , First United Methodist Church, 302 East 2nd Street, Casper, WY, 82601
8:00PM 1HR Clean and Serene , Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)
TUESDAY
10:30AM 1HR Anchors Away , First Christian Church, Northeast Corner entrance, located in basement., 219 W 27th St., Cheyenne, WY, 82001 (O,D)
NOON 1HR Noon Miracle Group , 12-24 Club, 500 South Wolcott Street, Casper, WY, 82601 (D)
5:30PM 1HR Hope No Dope Group , White Buffalo Recovery, 450 S. Federal Blvd, Riverton, Wyoming, 82501
5:30PM 1HR The Home Group , basement, 604 W. 10th st., Gillette, Wyoming, 82716 (O,YP)
6:00PM 1HR Recovery and Chill , Online Meeting - Zoom Platform, Meeting ID: 848 615 7250, (O,D,VM)
6:00PM 1HR Refuge Group , Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718
7:00PM 1HR Alive & Free Group , Big Horn Enterprises, use side door off parking lot, 146 South Bent Street, Powell, 82435
7:00PM 1HR Live From Laramie , Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (O,D)
7:00PM 1HR No Matter What Group , Salvation Army Hope Center, 625 S Jefferson st, Casper, Wyoming, 82601
7:00PM 1HR Serenity Seekers , Grace United Methodist Church, 2950 Spruce Dr, Cheyenne, WY, 82001 (O,BK) <i>Living Clean The Journey Continues</i>
7:00PM 1HR Thermopolis Group , Water Treatment Plant, Across river from McDonalds. Access by footbridge or by vehicle using 8th Street Bridge, 1020 6th Street South, Thermopolis, WY, 82443

7:00PM 1HR Welcome Home Group , New Hope Church, 513 G Street, Rock Springs, 82901 (BT,D)
7:30PM 1HR New Freedom Group , 215 West Works Street, Sheridan, WY, 82801 (D)
8:00PM 1HR Clean and Serene , Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)
WEDNESDAY
10:30AM 1HR Anchors Away , First Christian Church, Northeast Corner entrance, located in basement., 219 W 27th St., Cheyenne, WY, 82001 (O,D)
NOON 1HR Noon Miracle Group , 12-24 Club, 500 South Wolcott Street, Casper, WY, 82601 (D)
NOON 1HR Refuge Group , Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718
NOON 1HR Welcome Home Group , New Hope Church, 513 G Street, Rock Springs, 82901 (BT,D)
5:30PM 1HR Refuge Group , Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718
5:30PM 1HR The Home Group , basement, 604 W. 10th st., Gillette, Wyoming, 82716 (O,M,St)
6:00PM 1HR New Freedom Group , 215 West Works Street, Sheridan, WY, 82801
7:00PM 1HR Greybull Group , Grace Fellowship Church, white church in the middle of block, 401 South 5th Street, Greybull, WY, 82426 (D)
7:00PM 1HR Live From Laramie , Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (O,IW,BK)
7:00PM 1.5HR Living Proof Group , 10th & Sage St., Evanston, WY, 82930 (BT)
7:00PM 1HR Message of Hope Group , Saint Joseph's Catholic Church, 1141 Shoshone Avenue, Lovell, WY, 82431 (O)
7:00PM 1HR On Life's Terms , Unitarian Universalist Church of Cheyenne, 3005 Thomes Ave, Cheyenne, WY, 82001 (O,RF)
7:00PM 1HR Unity Group , 725 19th Street, Cody, WY, 82414 (D)
7:00PM 1HR Wake Up Call Group , First United Methodist Church, 302 East 2nd Street, Casper, WY, 82601
8:00PM 1HR Clean and Serene , Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)
8:00PM 1HR Serenity Group , Church Of Christ, 100 Clearview Street, Rock Springs, WY, 82901
THURSDAY
10:30AM 1HR Anchors Away , First Christian Church, Northeast Corner entrance, located in basement., 219 W 27th St., Cheyenne, WY, 82001 (O,D)
NOON 1HR Noon Miracle Group , 12-24 Club, 500 South Wolcott Street, Casper, WY, 82601 (D)
5:30PM 1HR The Home Group , basement, 604 W. 10th st., Gillette, Wyoming, 82716 (O)
6:00PM 1HR Refuge Group , Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718
6:00PM 1HR Solutions Group , United Church of Christ, 701 South Wolcott Street, Casper, WY, 82601 (To)
6:00PM 1HR The Tried and True Group , 2950 Spruce Dr, Cheyenne, Wyoming, 82001 (D,St,Tr,BK,CP)
7:00PM 1HR Alive & Free Group , Big Horn Enterprises, use side door off parking lot, 146 South Bent Street, Powell, 82435
7:00PM 1HR Crossroads Group , Saint Andrew's In The Pines, 524 West Pine Street, Pinedale, WY, 82941 (CW)
7:00PM 1HR Lander Live and Let Live , Trinity Episcopal Church, 860 South 3rd Street, Lander, WY, 82520 (O,BK)
7:00PM 1HR Live From Laramie , Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (O,BK,LC)
7:00PM 1HR No Matter What , 95 19th St., Wheatland, WY, 82201 (O,D)
7:00PM 1HR On Life's Terms , Unitarian Universalist Church of Cheyenne, 3005 Thomes Ave., Cheyenne, WY, 82001 (O,RF)
7:00PM 1HR Serenity Group , Church Of Christ, 100 Clearview Street, Rock Springs, WY, 82901
7:00PM 1HR Surrender to Win Group , Union Congregational Church, 350 Mansface Street, Green River, WY, 82935 (BK)
7:30PM 1HR Living Proof Group , 10th & Sage St., Evanston, WY, 82930 (BT)
7:30PM 1HR New Freedom Group , 215 West Works Street, Sheridan, WY, 82801
8:00PM 1HR Clean and Serene , Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,LC)
8:00PM 1HR Hope not Dope Group , Saint Stephen's Episcopal Church, 4700 South Poplar Street, Casper, WY, 82601 (D,HY)
FRIDAY
10:30AM 1HR Anchors Away , First Christian Church, Northeast Corner entrance, located in basement., 219 W 27th St., Cheyenne, WY, 82001 (O,D)
NOON 1HR Noon Miracle Group , 12-24 Club, 500 South Wolcott Street, Casper, WY, 82601 (D)
NOON 1HR Refuge Group , Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718
5:30PM 1HR Refuge Group , Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718
6:00PM 1HR New Freedom Group , 215 West Works Street, Sheridan, WY, 82801

7:00PM 1HR Cody Group , 725 19th Street, Cody, WY, 82414 (D,HY)
7:00PM 1HR Footsteps in Recovery (Men's Meeting) , VOA, 2310 E. 8th St., Cheyenne, WY, 82001 (C,D,M)
7:00PM 1HR Pointless Group , United Methodist Church, 1116 W. Park Ave, Riverton, Wyoming, 82501 (O,D)
7:00PM 1HR Serenity Seekers , Grace United Methodist Church, 2950 Spruce Dr, Cheyenne, WY, 82001 (JT)
7:00PM 1HR Wake Up Call Group , First United Methodist Church, 302 E 2nd St, Casper, Wyoming, 82601
7:00PM 1HR Welcome Home Group , New Hope Church, 513 G Street, Rock Springs, 82901 (BT,D)
7:30PM 1HR Living Proof Group , 10th & Center St., Evanston, WY, 82930 (D)
8:00PM 1HR Clean and Serene , Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)
8:00PM 1HR Live From Laramie , Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (O,CL,D)
SATURDAY
9:00AM 1HR Up Early, Not Late , 12/24 Club, 500 South Wolcott Street, Casper, Wyoming, 82601
10:00AM 1HR Alive & Free Group , Big Horn Enterprises, use side door off parking lot, 146 South Bent Street, Powell, 82435
10:00AM 1HR Clean and Serene , Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)
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NOON 1HR The Home Group , basement, 604 W. 10th st, Gillette, Wyoming, 82716 (O,JT)
7:00PM 1HR Crossroads Group , Saint Andrew's In The Pines, 524 West Pine Street, Pinedale, WY, 82941 (D,CW)
7:00PM 1HR Lander Live and Let Live , Trinity Episcopal Church, 860 South 3rd Street, Lander, WY, 82520 (O,CL)
7:00PM 1HR Live From Laramie , Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (O,D)
7:00PM 1HR Refuge Group , Lakeway Professional Center, 201 W Lakeway Road Suite 511, Gillette, WY, 82718
7:00PM 1HR Serenity Group , Church Of Christ, 100 Clearview Street, Rock Springs, WY, 82901
7:00PM 1HR Serenity Seekers , Grace United Methodist Church, 2950 Spruce Dr., Cheyenne, WY, 82001 (JT)
7:05PM 1HR Breath of Life Group , 12/24 Club, 500 S Wolcott, Casper, Wyoming, 82601
7:30PM 1HR New Freedom Group , 215 West Works Street, Sheridan, WY, 82801
8:00PM 1HR Clean and Serene , Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)

MEETING FORMAT LEGEND

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

Area Service Committees

Central Basin Area: PO BOX 2922, Cody, WY 82414
Phone: 1-855-596-HOPE (4673)
Central Wyoming Area: PO BOX 1878, Casper, WY 82604
Phone: 307-266-7154
Freedom Seekers Area: PO. BOX 6041, Sheridan, WY 82801
Wyo-Braska Area: PO BOX 4263, Cheyenne, WY 82003
Website: www.wyo-braskana.org
Wyoming Western Area: PO BOX 445, Evanston, WY 82931
Phone: 307-789-3208

SERVICE MEETINGS**PHONE NUMBERS**

A meeting a day for at least the first ninety days of recovery is a good idea. There is a special feeling for addicts when they discover that there are other people who share their difficulties, past and present. In time, we can relax and enjoy the atmosphere of recovery. Meetings strengthen our recovery. We may be scared at first because we don't know anyone. Some of us think that we don't need meetings. However, when we hurt, we go to a meeting and find relief. Meetings keep us in touch with where we've been, but more importantly with where we could go in our recovery. Basic Text, Page 52

Our primary purpose is to stay clean and to carry the message to the addict who still suffers. "Recovery is what happens in our meetings. Our lives are at stake." Basic Text, Page 15

**URMRNA
MEETING LIST
MAY 2024**

Contact us by mail:
URMRNA
PO Box 4012
Cheyenne, WY 82003
www.urmrna.org
To contact us via Email:
urmrna@gmail.com

The Upper Rocky Mountain Region is part of the Rocky Mountain Zonal Forum. The Upper Rocky Mountain Regional Service Committee meets the first Saturday of February, June, August & October with the Regional Assembly held in April.

<https://urmrna.org>

Meetings Weekly: 105