

CHESAPEAKE & POTOMAC REGION OF NA



**Narcotics Anonymous Meetings in
Washington DC, Maryland, and Northern
Virginia**

24/7 Phonenumber: 1-800-543-4670



Scan QR Code to go to our
website Meetings page!

MEETING LIST BY AREA & DAY JULY 2024

Meeting Format Legend			
BEG	Beginners	BT	Basic Text
C	Closed	CAN	Candlelight
CH	Closed Holidays	CPT	12 Concepts
CW	Children Welcome	DISC	Discussion
ENG	English speaking	ES	Espanol
HY	Hybrid Physical/Virtual	IP	IP Study
IW	It Works Study	JFT	Just for Today Study
LC	Living Clean Study	LIT	Literature Study
M	Men	ME	Meditation
NP	No Pets	O	Open
PER	Persian / Farsi	PH	Phone Meeting
Pi	Pitch	RR	Round Robin
SPAD	Spiritual Principle A Day Book Study	SPK	Speaker
STEP	Step	SWG	Step Working Guide Study
TOP	Topic	TRAD	Tradition
TW	Traditions Workshop	VAR	Format Varies
VM	Virtual Web Meeting	W	Women
WC &	Wheelchair	WR	Writing Meeting
Y	Young People		

Weekly Meetings: **403**

CONTACT INFO

**Chesapeake & Potomac Region of Narcotics
Anonymous (CPRNA)**

PO Box 8160 * Silver Spring, MD 20907

24/7 Phonenumber: 1-800-543-4670

Meeting changes: meetings@cprna.org

Regional Service Committee Meeting

Meets every even month (Feb, Apr, Jun, Aug, Oct,
Dec) on the 2nd Saturday of that month

<https://www.cprna.org>

Questions about NA: info@cprna.org

OUR MEETINGS

SUNDAY

Battlefield Area

- NOON** **Recovery (O,DISC,JFT,VM, 60)**, Zoom ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20110
- 7:00PM** **A Shot of Hope (O,BEG, 60)**, Baymont Hotel, Conference Room 1st Floor, 7379 Comfort Inn Road, Warrenton, Va, 20187
- 7:00PM** **Sunday Funday (O,DISC,SPK,VM, 60)**, Zoom ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20110
- 9:00PM** **Sunday Night Meeting (O,BT,DISC,IW,VAR,SPK,VM,LIT, 60)**, ID: 822 228 0011; Passcode: 121212, Manassas, VA, 20109

Central Maryland Area

- 10:00AM** **Breakfast Club (O,VAR,WC &, 60)**, 4912 Nantucket Road, College Park, MD, 20740
- 10:00AM** **Easy Like Sunday Morning (O,DISC,PH, 90)**, Phone#: 605-313-4221; Phone Password: 3074093, Municipal Center, 2000 Marbury Dr, District Heights, MD, 20747, This meeting is a phone line meeting only.
- 10:00AM** **Virtual Breakfast Club (SPK,VM,LIT, 60)**, Zoom ID: 878 4829 2214; Passcode: 4912Donuts, Greenbelt, MD, 20770
- 11:00AM** **Starting Over (O,VAR,WC &, 60)**, Serenity Center, 8650 Basket Ring Rd, Columbia, MD, 21045
- 4:30PM** **The Living Clean Group (O,WC &,VM,LIT, 90)**, Zoom ID: 819 6121 9682; Passcode: LvClean, Greenbelt, MD, 20770
- 7:00PM** **Small Wonders (DISC,JFT,STEP,TRAD,WC &, 60)**, University Christian Church, 6800 Adelphi Rd, Hyattsville, MD, 20782

SUNDAY (CONT)**7:30PM Savage Survivors (O,WC &, 60)**, Savage UMC, 9050 Baltimore St, Savage, MD, 20763**District of Columbia Area****7:00AM Open Door To Freedom (O,BEG,STEP, 90)**, Church of the Epiphany, 1317 G St. NW, Washington, DC, 20005**9:00AM Sunday Morning Spiritual (O,DISC,TRAD,VM, 60)**, Zoom ID: 812-2295-5124; Passcode: 774257, Washington, DC, 20090**10:30AM 10:30 Coffee Hour (O,DISC,WC &, 90)**, 5656A 3rd Street NE, Washington, DC, 20011**11:00AM Sunday Morning Steps & Traditions (O,VM, 60)**, Zoom ID: 893 1577 3534; Passcode: 873274, Washington, DC, 20090**7:00PM Sunday Night Spiritual Group (O, 90)**, St Mary's Church (Church Hall), 727 5th St NW, Washington, DC, 20001**Dulles Corridor Area****10:30AM To Tell The Truth (O,WC &, 60)**, Community Center (Hunters Woods), Room 6, 2310 Colts Neck Rd., Reston, VA, 20191**NOON Noon Meeting (O,VM, 60)**, Zoom ID: 962 211 7089; Passcode: 169422, Herndon, VA, 20172**7:00PM The Journey Continues (O,LIT, 60)**, St. David's Episcopal Church (Trailer), 43600 Russell Branch Parkway, Ashburn, VA, 20147**Frederick Area****11:30AM Sunday Morning NA (O,JFT, 60)**, The Club, 205B Bucheimer Rd, Frederick, MD, 21701**6:30PM Just For Today (C,SPK,STEP,TRAD, 75)**, Trinity United Methodist Church, 703 W Patrick St, Frederick, MD, 21701**Montgomery Area****8:00AM Squeaky Clean (O,DISC,HY, 60)**, Zoom ID: 828 8288 3957; No Passcode, AISH Learning Center, 11418 Old Georgetown Rd, Rockville, MD, 20852**NOON Progress in NA (O,STEP,TRAD,VM, 90)**, Zoom ID: 973 466 3601 Passcode: 875711, Gaithersburg, MD, 20898**5:00PM NA in the Galaxy (O,DISC,WC &, 75)**, The Galaxy Apartments, 2nd Floor, Room L2. Free Parking in the Back!, 8025 13th Street, Silver Spring, MD, 20910**6:00PM Let it Shine (Women's Meeting) (C,W,LIT, 60)**, Mother Seton Parish, Meeting in the basement; take stairs left of sanctuary; follow around to room # St. Josephs, 19951 Father Hurley Blvd, Germantown, MD, 20874. Closed for Easter, Christmas Eve, Christmas Day, New Year's Eve, New Year's Day**6:00PM Talking Heads (O,DISC,WC &, 60)**, Chevy Chase UMC, Please use parking lot entrance, 7001 Connecticut Ave, Chevy Chase, MD, 20815**6:00PM Topic of Cancer (O,VAR,VM, 60)**, Zoom ID: 861 6976 9680; Passcode: TopicOC, Gaithersburg, MD, 20898**7:30PM The Alternative (O,CAN,DISC,SPK,HY, 60)**, Zoom ID: 114 114 644 Passcode: 016821, Trinity Lutheran Church, 11200 Old Georgetown Rd., Bethesda, MD, 20852**7:30PM Today's Recovery (O,DISC,WC &, 60)**, Seneca Creek Community Church, 13 Firstfield Rd, Gaithersburg, MD, 20878**Norvana Area****10:00AM NA in Delray (O,WC &,HY, 90)**, Zoom ID: 873 4446 3412; Passcode: 1991, Department of Community & Human Services (DCHS), Conference Center, 1st Floor, 4850 Mark Center Drive, Alexandria, VA, 22311**NOON Just For Today (O, 60)**, Unity Club, 116 W Broad St, Falls Church, VA, 22046**7:00PM Another Look (O,WC &, 60)**, Franconia United Methodist Church, 6037 Franconia Rd, Alexandria, VA, 22151**7:00PM Living In The Solution (O,VAR,SPK,STEP,WC &,HY, 75)**, Zoom ID: 568 046 8023; Passcode: 121212, Immanuel Anglican Church, 7075 Hoadly Rd, Manassas, VA, 20112**Rock Creek Area****NOON Midday Meditations and Miracles (O,DISC,JFT,ME, 60)**, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009**5:30PM Progressive Recovery (O,DISC,WC &,LIT, 60)**, Triangle Club, 1638 R St NW #120, Washington, DC, 20009**7:00PM Clean On The Hill (C, 60)**, Capitol Hill UMC (enter on 5th St; ring bell), 421 Seward Square SE, Washington, DC, 20003**7:00PM Clean On The Screen (VM, 60)**, Zoom ID: 724 9574 1690; No Passcode, Washington, DC, 20008**South Potomac Area****1:00PM Sunday Afternoon Meeting (O,VM, 90)**, Zoom ID: 202 999 2020; Passcode: hope, Capitol Heights, MD, 20791**6:30PM Best Step & Tradition Meeting In Town (O, 90)**, Greater Beulah Baptist Church, 6056 Old Central Ave, Capitol Heights, MD, 20743**7:00PM Closed Sunday (C,WC &, 90)**, Our Savior Lutheran Church, 4915 St. Barnabas Rd, Temple Hills, MD, 20748**The Virtual Ties That Bind Us Together Area****8:30AM Early Just For Today Check-in (C,JFT,VM, 90)**, ID: 826 3577 8671; Passcode: 242275, Washington, DC, 20090**2:00PM Steppin' Into The Afternoon (C,STEP,VM, 90)**, Zoom ID: 785 963 7766; Passcode: 1953, Washington, DC, 20090**8:00PM Living Life on Life's Terms (C,DISC,STEP,VM, 90)**, Zoom ID: 438 348 3469; Passcode: 121525, Washington, DC, 20090**Tri-County Area****7:00PM Basket Case (O, 75)**, Patuxent Presbyterian Church, 23421 Kingston Creek Road, California, MD, 20619**7:30PM Another Chance (O,WC &, 60)**, St. Nicholas Lutheran Church, 1450 Plum Pl. Rd., Huntingtown, MD, 20639**7:30PM Stepping Into Traditions & Concepts (O, 75)**, St Joseph's Church, 4590 St Joseph Way, Pomfret, MD, 20675**MONDAY****Battlefield Area****NOON High Noon (O,BEG,DISC,WC &, 60)**, Jean McCoy Conference, 7987 Ashton Ave., Manassas, VA, 20109**NOON Recovery (O,DISC,JFT,VM, 60)**, Zoom ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20110**8:00PM Learning How To Live (O,BEG,DISC,VAR,LIT, 60)**, Gainesville Presbyterian Church, Meeting is downstairs to the right, 16127 Lee Highway, Gainesville, VA, 20155**8:30PM Getting Centered (O,DISC,VM,LIT, 60)**, Zoom ID: 837 7972 7742; No Passcode, Manassas, VA, 20110**Central Maryland Area****10:00AM Ladies in Recovery (JFT,SPK,W,Y,VM, 60)**, Zoom ID: 803 826 655; No Passcode, Greenbelt, MD, 20770**7:00PM Hope Fiends (O,BEG,WC &,VM, 75)**, Zoom ID: 329 527 2677; Passcode: 8W2UGA, Greenbelt, MD, 20770**7:00PM It Works: How and Why (C,WC &, 90)**, Holy Cross Lutheran Church, 6905 Greenbelt Rd, Greenbelt, MD, 20770**7:30PM Laurel Basics 1-2-3 (O, 60)**, Holy Trinity Lutheran Church, In the basement, 7607 Sandy Spring Rd, Laurel, MD, 20707**District of Columbia Area****NOON New Hope (O,DISC, 90)**, St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1908 N Capitol St. NW, Washington, DC, 20002**6:00PM Why are We Here (O, 60)**, Bread for the City, 1700 Good Hope Rd. SE, Washington, DC, 20032**6:30PM Redlight Recovery (O, 90)**, Walker Memorial Baptist Church, 2020 13th Street NW, Washington, DC, 20009**Dulles Corridor Area****NOON Noon Meeting (O,VM, 60)**, Zoom ID: 962 211 7089; Passcode: 169422, Herndon, VA, 20172**6:30PM Exact Nature Men's Meeting (O,M,WC &, 75)**, Riverside Presbyterian Church, 21631 Ridgetop Circle, Ste 100, Sterling, VA, 21066**7:00PM Now What? (WC &, 60)**, Loudoun Club 12, 58 Sycolin Rd., SE, Leesburg, VA, 20175**8:00PM Free To Live (O,WC &, 60)**, St. Matthew's Episcopal Church (Trailer), 201 E. Frederick Dr., Sterling, VA, 20164**East of the River Area****10:00AM Fresh Start (O,DISC, 90)**, St. Lukes Church, 4925 E. Capitol St NE, Washington, DC, 20019**1:30PM Let Go and Let God (O, 90)**, Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020**6:00PM 1-12 Step (O,STEP, 90)**, Mt Moriah (except holidays), 1636 East Capitol St NE, Washington, DC, 20003**7:00PM Aging In Recovery (O,DISC,VM, 90)**, Zoom ID: 824 005 5286; Passcode: recovery, Washington, DC, 20020**7:00PM Monday Night Step Meeting (LIT, 90)**, St. Lukes Church, 4925 E. Capitol St NE, Washington, DC, 20019

MONDAY (CONT)

Frederick Area

NOON	Noon Group (O, 60) , Grace United Church, 25 E 2nd street, Frederick, MD, 21701, Limited capacity
7:00PM	Monday Night Miracles by Candlelight (O,WC &,LIT, 60) , Good Shepherd Lutheran Church, 1415 W 7th Street, Frederick, MD, 21702
8:00PM	Back To Basics (O,IW,WC &, 60) , Will be at 100 S Market St in the event of inclement weather, Staley Park, 11 West 10th Street, Frederick, MD, 21701, formerly called Late But Straight

Montgomery Area

7:30AM	Freedom in the Village (O,DISC,JFT,VM, 60) , Zoom ID: 823 5857 7621, Passcode: 685408, Montgomery Village, MD, 20886
NOON	Freedom in the Village (O,WC &,HY, 60) , Zoom ID: 823 5857 7621 Passcode: 685408, Christ the Servant Lutheran Church, 9801 Centerway Rd, Montgomery Village, MD, 20886
NOON	NA at Noon (O,JFT,WC &,HY, 60) , Zoom ID: 889 4686 0935; No Passcode, Christ Congregational Church (Mon-Fri), 9525 Colesville Rd, Silver Spring, MD, 20901
6:00PM	Béisbol (Persona, Dios, Sociedad, Servicio) (O,ES,JFT,LIT,HY, 60) , Zoom ID: 831 7185 1799; Passcode: 152608, Emory Grove UM Church, 8200 Emory Grove Rd, Gaithersburg, MD, 20877
7:00PM	Illness in Recovery (O,WC &,Y, 60) , Millian Memorial UMC, 13016 Parkland Dr, Rockville, MD, 20853
7:00PM	Monday Miracles (BEG,STEP, 75) , Montgomery Hills Baptist Church, 9727 Georgia Ave, Silver Spring, MD, 20910
7:15PM	Step Working Addicts Group (O,DISC,IW,SWG,STEP,VM, 60) , Zoom ID: 843 0163 1904; Passcode: 12Steps, Gaithersburg, MD, 20898
8:00PM	Oasis (O,BEG,BT,STEP,LIT, 60) , Prince of Peace Lutheran Church, 11900 Darnestown Rd, Gaithersburg, MD, 20878
8:00PM	Stayin' Alive (O,STEP,VM, 60) , Zoom ID: 862 2444 3740; Passcode: NARocks, Gaithersburg, MD, 20898

Norvana Area

7:00PM	Covid Soldiers (O, 90) , Arlington Assembly of God, 4501 N. Pershing Dr., Arlington, VA, 22203
7:00PM	Cracker Box (O,WC &, 60) , Fairfax Presbyterian Church Rm 124, Rm 124, 10723 Main St, Fairfax, VA, 22030
7:00PM	In The Heart Of (O, 90) , Charles Houston Recreation Center, 901 Wythe St, Alexandria, VA, 22314
7:00PM	Miracles on Broad Street (O,WC &,HY, 60) , Zoom ID 962 211 7089; Passcode: 169422, Falls Church Presbyterian Church, 225 E Broad St, Falls Church, VA, 22046
7:30PM	Bring Your Stepwork (C,STEP, 60) , Our Lady of Lourdes Catholic Church, Parish hall Lower Level RM#6 - Does not meet on Federal Holiday's or Easter Monday, 800 23rd St. S, Arlington, VA, 22202
8:00PM	Step Over the Hump (O,STEP,TRAD,WC &,NP, 75) , Good Shepherd Lutheran Church, Entrance - In Rear, 15695 Blackburn Road, Woodbridge, VA, 22191

Rock Creek Area

NOON	Midday Meditations and Miracles (O,HY, 60) , Zoom ID: 376 456 0565; Passcode: 3rvad5, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009
6:30PM	Southwest Serenity (, 60) , James Creek House, 100 N Street SW, Washington, DC, 20024
7:30PM	Living Proof (O, 60) , 4201 Albemarle Street NW, Washington, DC, 20016
8:05PM	Beachcombers, Too (C,BT,DISC,VM, 60) , Zoom ID: 643 733 6181; Passcode: 805805, Washington, DC, 20008

South Potomac Area

7:30PM	Monday Night Step (O,VM, 90) , Zoom ID: 457 476 3595; Passcode: MNS, Capitol Heights, MD, 20791
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The Virtual Ties That Bind Us Together Area

8:30AM	Early Just For Today Check-in (C,JFT,VM, 90) , ID: 826 3577 8671; Passcode: 242275, Washington, DC, 20090
10:00AM	Just For Today (O,JFT,VM, 90) , Zoom ID: 858 2487 7564; Passcode: Love, Washington, DC, 20090
NOON	Noon Time is the Right Time (C,DISC,VM, 90) , Zoom ID: 932 959 7603; Passcode: 1962, Washington, DC, 20090
2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) , Zoom ID: 785 963 7766; Passcode: 1953, Washington, DC, 20090
5:00PM	Rush Hour (C,DISC,Pi,VM,LIT, 90) , Zoom ID: 705 264 3243; Passcode: RUSHHOUR, Washington, DC, 20090
8:00PM	Living Life on Life's Terms (C,DISC,STEP,VM, 90) , Zoom ID: 438 348 3469; Passcode: 121525, Washington, DC, 20090
8:00PM	Monday Miracles Virtual (BEG,STEP,VM, 90) , Zoom ID: 717 680 837; Passcode: 428066, Washington, DC, 20090

Tri-County Area

NOON	NA In the Day (O,WC &,LC, 60) , 85 Smallwood Village Center, Waldorf, MD, 20602
7:00PM	Cover To Cover (O,WC &, 75) , 21549 Point Lookout Rd, Leonardtown, MD, 20650
7:00PM	Seeds of Serenity (O,BT, 60) , Crossroads Church, 150 Ball Rd, St Leonard, MD, 20685
7:00PM	Time To Change (O, 60) , Lifestream Church of the Nazarene, 5105 Leonardtown Rd, Waldorf, MD, 20601, First Mon Literature, Last Monday JFT

TUESDAY

Battlefield Area

NOON	Recovery (O,DISC,JFT,VM, 60) , Zoom ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20110
8:00PM	Just For Today (O,CW,STEP,VM, 60) , Zoom ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20111

Central Maryland Area

10:00AM	Ladies in Recovery (JFT,SPK,W,Y,VM, 60) , Zoom ID: 803 826 655; No Passcode, Greenbelt, MD, 20770
7:00PM	Firm Believers (O,WC &, 90) , Glenarden Town Hall (1st Flr.), 8600 Glenarden Pkwy, Glenarden, MD, 20706
7:00PM	Just Relationships (O,WC &, 75) , Laurel Municipal Pool, 901 Main St, Laurel, MD, 20707
7:00PM	Women Living Clean (C,DISC,SPK,W,VM,LIT, 90) , Zoom ID: 876 8758 1084; Passcode: 766458, Greenbelt, MD, 20770
7:30PM	AWOL (O,BT,DISC,IW,JFT,STEP,TRAD,WC &, 60) , Greenbelt Step Club, 143 Centerway Rd., Greenbelt, MD, 20768
7:30PM	Serenity on Sandy Spring (O,BT,DISC,SPK,STEP, TOP, 60) , Holy Trinity Church, Meeting in Basement, 7607 Sandy Spring Road, Laurel, MD, 20707

District of Columbia Area

NOON	New Hope (O,DISC, 90) , St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1908 N Capitol St. NW, Washington, DC, 20002
5:00PM	The One Promise Group (O,DISC,WC &, 90) , CCNV, Parking & entrance in back at E Street Alley, 425 2nd Street NW, Washington, DC, 20001
6:30PM	Freedom To Change (O, 60) , St Martin's Church, 1908 N Capitol St NW, Washington, DC, 20002
6:30PM	Steps to the Courthouse (C,STEP,VM, 90) , Zoom ID: 994 490 7494; No Passcode, Washington, DC, 20090
7:00PM	The Last Shall Be First (C,STEP,TRAD, 90) , The Harold J. Gordon Bldg., 124 15th Street SE, Washington, DC, 20002

Dulles Corridor Area

NOON	Noon Meeting (O,VM, 60) , Zoom ID: 962 211 7089; Passcode: 169422, Herndon, VA, 20172
8:00PM	New Attitudes (O,WC &, 60) , Sterling United Methodist Church (side building), 304 E. Church Rd., Sterling, VA, 20164

East of the River Area

1:30PM	Let Go and Let God (O, 90) , Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020
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Frederick Area

NOON	Noon Group (O, 60) , Grace United Church, 25 E 2nd street, Frederick, MD, 21701
5:30PM	Rush Hour Recovery (O,DISC,WC &,LIT, 60) , Jefferson United Methodist Church, 3882 Jefferson Pike, Jefferson, MD, 21755
7:00PM	Vision of Hope (O,VAR,HY, 60) , Zoom ID: 8108397960; Passcode: 287829, All Saints Episcopal Church, 106 W Church St, Frederick, MD, 21701, Limited capacity

Montgomery Area

7:30AM	Freedom in the Village (O,DISC,JFT,VM, 60) , Zoom ID: 823 5857 7621, Passcode: 685408, Montgomery Village, MD, 20886
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TUESDAY (CONT)

NOON	Freedom in the Village (O,WC &,HY, 60) , Zoom ID: 823 5857 7621 Passcode: 685408, Christ the Servant Lutheran Church, 9801 Centerway Rd, Montgomery Village, MD, 20886
NOON	NA at Noon (O,JFT,WC &,HY, 60) , Zoom ID: 889 4686 0935; No Passcode, Christ Congregational Church (Mon-Fri), 9525 Colesville Rd, Silver Spring, MD, 20901
5:00PM	New Way of NA (O, 60) , Rockville Metro Club, Upstairs, 12319 Washington Ave, Rockville, MD, 20852
6:30PM	Life On Life's Terms (O,DISC,WC &,LIT,HY, 60) , Zoom ID: 885 1687 6965; Passcode: LOLT, The Episcopal Church of the Transfiguration, 13925 New Hampshire Avenue, Silver Spring, MD, 20904
7:00PM	Women Do Recover (O,BT,DISC,STEP,W,WC &, 60) , Montgomery Hills Baptist Church, Rear Door, Room 133, 9727 Georgia Avenue, Silver Spring, MD, 20919
7:30PM	All About Change (O,WC &, 90) , Seneca Creek Community Church (please use front entrance), 13 Firstfield Rd, Gaithersburg, MD, 20878
8:00PM	Carrying the Message (O,VM, 60) , Zoom ID: 862 2444 3740; Passcode: NARocks, Gaithersburg, MD, 20898

Norvana Area

NOON	High Noon II (O,WC &,SPAD, 60) , Ferlazo Building, 2nd Floor - Dottie Bell Conference Room, 15941 Donald Curtis Dr., Woodbridge, VA, 22191
6:30PM	NA Farsi (O,PER,HY, 60) , Zoom ID: 822 6895 7935; Passcode: 267059; This meeting is ONLY spoken in FARSI, St Dunstan's Episcopal Church, 1830 Kirby Road, McLean, VA, 22101
6:30PM	The Basics Group (O,BT, 60) , Annandale United Methodist Church, Door #2. Turn left down the hallway. Last room on the left., 6935 Columbia Pike, Annandale, VA, 22003
7:00PM	Choose Life (O, 60) , Christ Crossman United Methodist Church, 384 N Washington St, Falls Church, VA, 22046
7:00PM	NA in LA (O,WC &,HY, 90) , Zoom ID: 533 129 809; Passcode: NALA, Lee Center, 1108 Jefferson St, Alexandria, VA, 22314
7:00PM	Stepping Out of the Hole (O,JFT,WC &, 90) , Arlington Assembly of God, 4501 N. Pershing Drive, Arlington, VA, 22203
7:30PM	Just for Tonight (O,JFT, 60) , Bush Hill Presbyterian Church, 4916 Franconia Road, Alexandria, VA, 22310
8:00PM	Comfort Zone (O,WC &,VM, 60) , Zoom ID: 929 625 3168; Passcode: 658318, Falls Church, VA, 22046

Rock Creek Area

NOON	Midday Meditations and Miracles (O,HY, 60) , Zoom ID: 376 456 0565; Passcode: 3rvad5, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009
5:30PM	Write to Recover (DISC,STEP,VM,WR, 60) , Zoom Meeting ID: 727 524 5654; Passcode: 249292, Washington, DC, 20016
7:00PM	Stepping Out of Trouble into Study (SWG,VM, 90) , Zoom ID: 880-6299-5493; Passcode: sotis, Washington, DC, 20011
7:30PM	Glad to be Alive Steps (O,WC &,HY, 60) , Zoom ID: 275 118 642; Passcode: 982195, Chevy Chase United Methodist Church, 7001 Connecticut Ave, Chevy Chase, MD, 20815
7:30PM	Pure Uncut Literature Study Group of NA (WC &,LIT, 60) , Chevy Chase Presbyterian Church, 1 Chevy Chase Circle, Washington, DC, 20015
8:30PM	Dupont Circle NA (O, 60) , Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009
8:30PM	Fire Barrel (O,DISC,WC &,HY, 60) , Zoom ID: 847 1689 8440; Passcode: step11, St. Luke's UMC, 3655 Calvert St. NW, Washington, DC, 20007

South Potomac Area

7:15PM	Keep Coming Back (O,SPAD, 90) , Capitol Allentown Baptist Church, 7911 Allentown Road, Fort Washington, MD, 20744
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The Virtual Ties That Bind Us Together Area

8:30AM	Early Just For Today Check-in (C,JFT,VM, 90) , ID: 826 3577 8671; Passcode: 242275, Washington, DC, 20090
10:00AM	Just For Today (O,JFT,VM, 90) , Zoom ID: 858 2487 7564; Passcode: Love, Washington, DC, 20090
NOON	Noon Time is the Right Time (C,DISC,VM, 90) , Zoom ID: 932 959 7603; Passcode: 1962, Washington, DC, 20090
2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) , Zoom ID: 785 963 7766; Passcode: 1953, Washington, DC, 20090
5:00PM	Rush Hour (C,DISC,SPK,VM, 90) , Zoom ID: 705 264 3243; Passcode: RUSHHOUR, Washington, DC, 20090
8:00PM	Living Life on Life's Terms (C,VM, 60) , Zoom ID: 438 348 3469; Passcode: 121525, Washington, DC, 20090

Tri-County Area

3:00PM	Hope in the Woods (O,WC &, 60) , Nanjemoy Community Center, 4375 Port Tobacco Road, Nanjemoy, MD, 20662
7:00PM	Living Clean (O,WC &, 60) , St Paul's UM Church, Classroom #8, 25550 Point Lookout Rd, Leonardtown, MD, 20650
7:30PM	Lusby Recovery (O, 60) , South Community Center, 20 Appeal Lane, Lusby, MD, 20657
7:30PM	Off Campus Recovery (O,WC &, 60) , First Baptist Church of La Plata, 9070 Hawthorne Rd, La Plata, MD, 20646

WEDNESDAY**Battlefield Area**

NOON	Recoviderly (O,DISC,JFT,VM, 60) , Zoom ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20110
8:30PM	Welcome Home (O,DISC,VAR,LIT, 60) , Bull Run UUC, @Church Street, downstairs. Door autolocks@8:45. Latecomers tap on window., 9350 Main St, Manassas, VA, 20110

Central Maryland Area

10:00AM	Ladies in Recovery (JFT,SPK,W,Y,VM, 60) , Zoom ID: 803 826 655; No Passcode, Greenbelt, MD, 20770
7:00PM	Back to the Basics (O,WC &, 60) , Savage UMC, 9050 Baltimore St, Savage, MD, 20763
7:00PM	New Wave (O,STEP,TRAD,WC &, 90) , Glenarden City Hall, Downstairs, 8600 Glenarden Parkway, Glenarden, MD, 20706
7:00PM	STAR (O, 75) , First UMC (5th St), 424 Main St, Laurel, MD, 20707

District of Columbia Area

NOON	New Hope (O,DISC, 90) , St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1908 N Capitol St. NW, Washington, DC, 20002
7:00PM	Ultimate Weapons (C,STEP,TW,CPT,VM,LIT, 60) , Zoom ID: 516 993 416; No Passcode, Washington, DC, 20090
9:00PM	Miracle of Women (O,W,VM, 60) , Zoom ID: 917 1964 217; Passcode 1908, Washington, DC, 20090

Dulles Corridor Area

7:00AM	The Early Cup of Recovery (DISC,VM, 60) , ZOOM: 893 6775 9854 PASS: 946130, Sterling, VA, 21065
NOON	Noon Meeting (O,VM, 60) , Zoom ID: 962 211 7089; Passcode: 169422, Herndon, VA, 20172
5:30PM	No Matter What (VM,LC, 60) , Zoom ID: 795 467 25226; Passcode: jmDcW0, Sterling, VA, 21065
7:00PM	Women's Rap (O,W,VM, 60) , Zoom ID: 881 666 45122; Passcode: 596376, Herndon, VA, 20172
8:00PM	We Made It! (O,DISC,W,WC &, 60) , St. Matthew's Episcopal Church, 201 E. Frederick Dr., Sterling, VA, 20164

East of the River Area

1:30PM	Let Go and Let God (O, 90) , Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020
6:00PM	The How Group (O,BEG,IP,IW,M,STEP, 90) , Ambassador Baptist Church, 1412 Minnesota Ave SE, Washington, DC, 20020
7:00PM	Aging In Recovery (O,DISC,VM, 90) , Zoom ID: 824 005 5286; Passcode: recovery, Washington, DC, 20020

Frederick Area

NOON	Noon Group (O, 60) , Grace United Church, 25 E 2nd street, Frederick, MD, 21701, Limited capacity
7:00PM	Principles Before Personalities (O,WC &, 60) , Community Action Agency 100 S. Market St, Frederick, MD, 21701

Montgomery Area

7:30AM	Freedom in the Village (O,DISC,VM,LIT, 60) , Zoom ID: 823 5857 7621; Passcode: 685408, Montgomery Village, MD, 20886
NOON	Freedom in the Village (O,WC &,HY, 60) , Zoom ID: 823 5857 7621 Passcode: 685408, Christ the Servant Lutheran Church, 9801 Centerway Rd, Montgomery Village, MD, 20886

WEDNESDAY (CONT)

NOON	NA at Noon (O,JFT,WC &,HY, 60) , Zoom ID: 889 4686 0935; No Passcode, Christ Congregational Church, Mon-Fri, 9525 Colesville Rd, Silver Spring, MD, 20901
7:00PM	Fresh Air (O,BT,STEP,TRAD,WC &, 60) , Cedar Lane Unitarian Universalist Church, The Chalice House (use upper parking lot), 9601 Cedar lane, Bethesda, MD, 20814
7:30PM	Gentleman's Club (C,JFT,M, 60) , Epworth UMC, 9008 Rosemont Dr, Gaithersburg, MD, 20877
7:30PM	Never Alone (O,CAN,WC &,LIT, 75) , Christ the Servant Lutheran Church, Mont.Village Ave & Centerway Rd, 9801 Centerway Rd, Montgomery Village, MD, 20886
7:30PM	People's Recovery (O,WC &,HY, 60) , Zoom ID: 878 0419 2075; Passcode: 659058, The Episcopal Church of the Transfiguration, 13925 New Hampshire Avenue, Silver Spring, MD, 20904
7:30PM	Wednesday's Willingness (O,HY, 90) , Zoom ID: 800 990 800; Passcode: 016212, Rockville Courthouse, Lower Level, 30 Courthouse Square G-1, Rockville, MD, 20850
8:00PM	Another Way (O, 60) , Prince of Peace Lutheran Church, Small building in back;, 11900 Darnestown Road, Gaithersburg, MD, 20878

Norvana Area

6:30PM	Clean in Clarendon (O,DISC,SPK, 60) , Clarendon Presbyterian Church, Free parking, door marked Aikido of Arlington, 1305 N Jackson St, Arlington, VA, 22201
6:30PM	Women Do Recover (W,LIT,HY, 60) , Zoom ID: 842 4803 8677; Passcode: 999612, Springfield Church of Christ, 7512 Old Keene Mills Rd, Springfield, VA, 22150
7:00PM	NA at Walter Reed (O,DISC, 90) , Walter Reed, Inside the Rec center, 2909 16th St S, Arlington, VA, 22204, Meets inside, in the rec center
7:00PM	Plan B (O, 75) , Unity Club, Rm R3, 116-B W Broad St, Falls Church, VA, 22046
7:30PM	Came to Believe (O, 60) , Cameron United Methodist Church, 3130 Franconia Rd, Alexandria, VA, 22310
8:00PM	Over The Hump (O,JFT,SPK,WC &,NP, 75) , Good Shepherd Lutheran Church, Entrance - In Rear, 15695 Blackburn Road, Woodbridge, VA, 22191

Rock Creek Area

NOON	Midday Meditations and Miracles (O,HY, 60) , Zoom ID: 376 456 0565; Passcode: 3rvad5, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009
7:00PM	SW Freeway (C,WC &, 60) , Westminster Presbyterian Church, Ground Level, 400 I Street SW, Washington, DC, 20024
8:00PM	Step Up (O,DISC,ME,VM,LIT, 60) , Zoom ID: 858 1685 7897; Passcode: 620486, Washington, DC, 20008
8:30PM	Conscious Contact Beginners (O,WC &, 60) , Wesley UMC, Meeting is Upstairs; use Connecticut Ave entrance, 5312 Connecticut Avenue NW, Washington, DC, 20015

South Potomac Area

7:00PM	Bright Hope Group (O,STEP,TRAD,LIT,LC, 75) , Carolina Baptist Church, 9901 Allentown Rd, Fort Washington, MD, 20744
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The Virtual Ties That Bind Us Together Area

8:30AM	Early Just For Today Check-in (C,JFT,VM, 90) , ID: 826 3577 8671; Passcode: 242275, Washington, DC, 20090
10:00AM	Just For Today (O,JFT,VM, 90) , Zoom ID: 858 2487 7564; Passcode: Love, Washington, DC, 20090
NOON	Noon Time is the Right Time (C,DISC,VM, 90) , Zoom ID: 932 959 7603; Passcode: 1962, Washington, DC, 20090
2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) , Zoom ID: 785 963 7766; Passcode: 1953, Washington, DC, 20090
5:00PM	Rush Hour (C,DISC,VM, 90) , Zoom ID: 705 264 3243; Passcode: RUSHHOUR, Washington, DC, 20090
8:00PM	Living Life on Life's Terms (C,DISC,STEP,VM, 90) , Zoom ID: 438 348 3469; Passcode: 121525, Washington, DC, 20090
8:00PM	Wednesday Night Men's Rap (Keeping it Real) (O,M,VM, 60) , Zoom ID: 871 4546 0605; Passcode: 556828, Washington, DC, 20090

Tri-County Area

7:00PM	Positive Alternative (O,WC &, 60) , Good Samaritan Church (Near Rt. 5 N/Billingsley Rd.), 13025 Good Samaritan Dr, Waldorf, MD, 20601
7:00PM	Tower of Power (O,WC &, 60) , Mount Hope Community Center (Off Rt 2), 100 Pushaw Station Rd, Sunderland, MD, 20689, Maximum 18 people
7:30PM	Life Support (O,WC &, 60) , Trinity Lutheran Church, 46707 Shangri La Drive, Lexington Park, MD, 20653

THURSDAY

Battlefield Area

NOON	Recovery (O,DISC,JFT,VM, 60) , Zoom ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20110
7:00PM	New Found Hope (O,BEG,BT,DISC,SPK,VM, 60) , Zoom ID: 822 228 0011; Passcode: 121212, Manassas, VA, 20111

Central Maryland Area

10:00AM	Ladies in Recovery (JFT,SPK,W,Y,VM, 60) , Zoom ID: 803 826 655; No Passcode, Greenbelt, MD, 20770
6:45PM	Spiritual Awakenings (O,WC &, 75) , First Methodist Church of Laurel, 424 Main St, Laurel, MD, 20707
7:00PM	Gateway to Recovery (O,STEP,TRAD,VM, 90) , Zoom ID: 395 553 318; Passcode: 1957, Greenbelt, MD, 20770
7:00PM	Just For Today (O,WC &,VM, 60) , Zoom ID: 702 155 242; No Passcode, Greenbelt, MD, 20770
7:30PM	More Will Be Revealed (O, 75) , Trinity Lutheran Church, 6600 Laurel-Bowie Rd, Bowie, MD, 20715, Masks Required.

District of Columbia Area

NOON	New Hope (O,DISC, 90) , St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1908 N Capitol St. NW, Washington, DC, 20002
6:30PM	Steps on the Hill (O,BEG,STEP,VM,LIT, 75) , Zoom ID: 775 7711 6885; Passcode: 084748, Washington, DC, 20090
7:00PM	Daily Principles (O,VM, 60) , Zoom ID: 841 4747 4473; Passcode: 347743, Washington, DC, 20090
7:00PM	Stone Soul Recovery (O, 90) , Plymouth Congregation Church, 5301 North Capitol St NE, Washington, DC, 20011

Dulles Corridor Area

NOON	Noon Meeting (O,VM, 60) , Zoom ID: 962 211 7089; Passcode: 169422, Herndon, VA, 20172
7:00PM	Keyhole To Recovery (O,STEP,LIT, 75) , Galilee Church, 45425 Winding Rd, Sterling, VA, 20165
7:30PM	Out of the Dark (O,DISC, 60) , A New Beginning, located in the gym, 4213 Walney Road, Chantilly, VA, 20151

East of the River Area

1:30PM	Let Go and Let God (O, 90) , Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020
6:30PM	Under New Management (C,STEP,TRAD,VM,LIT, 60) , Zoom ID: 997 824 3262; No Passcode, Washington, DC, 20019

Frederick Area

NOON	Noon Group (O, 60) , Grace United Church, 25 E 2nd street, Frederick, MD, 21701, Limited capacity
7:00PM	Inner City (O,STEP,WC &, 60) , Community Action Agency, 100 S. Market St, Frederick, MD, 21701
7:00PM	Sisters in Serenity (W,HY, 60) , Zoom ID: 81395991987 no PW, Staley Park, 11 West 10th Street, Frederick, MD, 21701
7:30PM	Off The Beaten Path (, 60) , St James Episcopal Church, 1307 N Main St, Mt Airy, MD, 21771
7:30PM	Thursday Night Candlelight (O, 60) , St Joseph's Church (the old church), 5843 Manor Woods Rd, Frederick, MD, 21717

Montgomery Area

7:30AM	Freedom in the Village (O,DISC,JFT,VM, 60) , Zoom ID: 823 5857 7621, Passcode: 685408, Montgomery Village, MD, 20886
NOON	Freedom in the Village (O,WC &,HY, 60) , Zoom ID: 823 5857 7621 Passcode: 685408, Christ the Servant Lutheran Church, Mon- Fri, 9801 Centerway Rd, Montgomery Village, MD, 20886
NOON	NA at Noon (O,JFT,WC &,HY, 60) , Zoom ID: 889 4686 0935; No Passcode, Christ Congregational Church (Mon-Fri), 9525 Colesville Rd, Silver Spring, MD, 20901
7:15PM	Solo Por Hoy (O,ES,LIT,HY, 60) , Zoom ID: 232 505 167; Passcode: 7611, Del Ray Club, Bill W. Room, 7611 Clarendon Rd, Bethesda, MD, 20814
7:30PM	Off the Beaten Path (O, 60) , St. James Episcopal Church (around back), 1307 N Main St, Mt Airy, MD, 21771
7:30PM	Serenity in the Park (O,BEG,SPK,SWG,STEP,TRAD,LIT, 90) , Mt Calvary Baptist Church, 608 N Horners Ln, Rockville, MD, 20850
7:30PM	She Do Recover (O,DISC,W,VM, 60) , Zoom ID: 829 2967 3668; Passcode: 8675309, Gaithersburg, MD, 20898

THURSDAY (CONT)

- 8:00PM** **Crossroads (O,VM, 60)**, Zoom ID: 551 384 252; Passcode: 297348, Gaithersburg, MD, 20898
- 8:00PM** **Making A Difference (O,WC &, 60)**, Silver Spring Christian Reformed Church, 1501 Arcola Ave., Silver Spring, MD, 20902
- 8:30PM** **Stepping Free (O,STEP, 60)**, Fairhaven UMC, 12801 Darnestown Rd, Gaithersburg, MD, 20878

Norvana Area

- 6:30PM** **Spiritual Pause (C,SPAD, 60)**, Lord of Life Lutheran Church, Park and enter in the back of the church, 5114 Twinbrook Rd, Fairfax, VA, 22032
- 6:30PM** **Women In Unity (W,WC &, 75)**, Mark Center, Rm 1305 - Free parking in lower garage; take elevator to 1st Flr, 4850 Mark Center Dr, Alexandria, VA, 22311
- 7:30PM** **Old Time Recovery (C,WC &, 60)**, Langston-Brown Center, 2121 N. Culpeper St, Arlington, VA, 22207
- 8:00PM** **So Happy It's Thursday (O, 60)**, Bush Hill Presbyterian Church, 4916 Franconia Road, Alexandria, VA, 22150

Rock Creek Area

- NOON** **Midday Meditations and Miracles (O,HY, 60)**, Zoom ID: 376 456 0565; Passcode: 3rvad5, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009
- 5:30PM** **Whole Lava Love (O,VM, 60)**, Zoom ID: 835 0459 8692; Passcode: choirloft; Phone: 301-715-8592; Phone Passcode: 074664516, Washington, DC, 20010
- 6:00PM** **Open Doors (O,STEP, 60)**, 1908 North Capital Street, NW, Washington, DC, 20002
- 6:30PM** **Coming Out from the Bottom (O,DISC,SPK,STEP,VM, 75)**, Zoom ID: 889 6372 8561; Passcode: 3636ga, Washington, DC, 20010
- 7:00PM** **Meeting on the Avenue (O, 60)**, Wesley UMC, Library on lower level; plz use the Jenifer Street entrance, 5312 Connecticut Avenue, Washington, DC, 20015
- 8:30PM** **Men's Rap (C,M, 60)**, West Side Club, 1341 Wisconsin Ave NW, Washington, DC, 20007
- 8:30PM** **Prime Time Recovery (O,DISC,RR,HY,LC, 60)**, Zoom ID: 811 4418 9202; Passcode: 121212, The Festival Center, Parking behind building at 2612 Mozart Place, 1640 Columbia Road NW, Washington, DC, 20009

South Potomac Area

- 7:00PM** **Restored To Sanity (O, 90)**, Good Samaritan Mission Church, 4409 Arnold Rd, Suitland, MD, 20746
- 7:00PM** **Steps to Life (O, 90)**, Oxon Hill United Methodist Church, 6400 Livingston Road, Oxon Hill, MD, 20745

The Virtual Ties That Bind Us Together Area

- 8:30AM** **Early Just For Today Check-in (C,JFT,VM, 90)**, ID: 826 3577 8671; Passcode: 242275, Washington, DC, 20090
- 10:00AM** **Just For Today (O,JFT,VM, 90)**, Zoom ID: 858 2487 7564; Passcode: Love, Washington, DC, 20090
- NOON** **Noon Time is the Right Time (C,DISC,VM, 90)**, Zoom ID: 932 959 7603; Passcode: 1962, Washington, DC, 20090
- 2:00PM** **Steppin' Into The Afternoon (C,STEP,VM, 90)**, Zoom ID: 785 963 7766; Passcode: 1953, Washington, DC, 20090
- 5:00PM** **Rush Hour (C,VM,LC, 90)**, Zoom ID: 705 264 3243; Passcode: RUSHHOUR, Washington, DC, 20090
- 8:00PM** **Living Life on Life's Terms (C,DISC,STEP,VM, 90)**, Zoom ID: 438 348 3469; Passcode: 121525, Washington, DC, 20090

Tri-County Area

- NOON** **12 at 12 (O, 60)**, Great Escape Recovery Lounge, 85 High Street, Waldorf, MD, 20602
- 6:00PM** **New Life Ahead (O,CW,WC &, Y, 60)**, The Cove, 46940 S. Shangri-la Dr, Lexington Park, MD, 20653
- 7:00PM** **Hope Fiends (O, 60)**, New Life Church, 3170 German Chapel Rd, Prince Frederick, MD, 20678
- 7:00PM** **Indian Heads (BT,WC &,LIT, 60)**, St James Episcopal Church, 7 E Potomac Ave, Indian Head, MD, 20640
- 7:00PM** **More Alike Than Different (O,WC &, 60)**, Great Escape Recovery Lounge, 85 High St, Waldorf, MD, 20602
- 7:00PM** **Outsiders (O,WC &, 60)**, Trinity Lutheran, 46707 S Shangri-La Dr, Lexington Park, MD, 20653
- 7:30PM** **Chaptico Under The Stars (O, 60)**, Christ Episcopal Church, 37497 Zach Fowler Road, Chaptico, MD, 20621

FRIDAY**Battlefield Area**

- NOON** **Recovery (O,DISC,JFT,VM, 60)**, Zoom ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20110
- 6:30PM** **Gimme Shelter (O,DISC,IW,JFT, 60)**, Church of the Brethren, Through the main doors and in Room 209 at the end of the hall, 10047 Nokesville Road, Manassas, VA, 20110
- 8:30PM** **Keep It Simple (O,BT,DISC,SPK, 60)**, Bull Run UUC, At Church Street, downstairs, Door autolocks at 8:45 Latecomers tap on window, 9350 Main St, Manassas, VA, 20110

Central Maryland Area

- 10:00AM** **Ladies in Recovery (JFT,SPK,W,Y,VM, 60)**, Zoom ID: 803 826 655; No Passcode, Greenbelt, MD, 20770
- 7:00PM** **Friday Nite Live (C,WC &, 75)**, Holy Cross Lutheran Church, 6905 Greenbelt Rd, Greenbelt, MD, 20770
- 7:00PM** **Miracles on Main Street (O,WC &, 60)**, St. Philips Episcopal Church, 522 Main Street, Laurel, MD, 20707
- 7:30PM** **Walk The Walk (O,WC &, 60)**, Our Savior Lutheran Church, 13611 Laurel-Bowie Rd, Laurel, MD, 20708
- 8:00PM** **New Start (O,VM, 60)**, Zoom ID: 168 147 906; Passcode: 005762, Greenbelt, MD, 20770
- 8:30PM** **Drawn Together (STEP,ME, 75)**, Holy Trinity Lutheran Church, 7607 Sandy Spring Rd., Laurel, MD, 20707, Art and Meditation Meeting
- 9:00PM** **Keep It Real (O, 75)**, Serenity Center, 9650 Basket Ring Rd, Columbia, MD, 21045

District of Columbia Area

- NOON** **New Hope (O,DISC, 90)**, St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1908 N Capitol St. NW, Washington, DC, 20002
- 5:00PM** **The What Can I Do Group (O,WC &,LIT, 90)**, CCNV, Parking & entrance in back at E Street Alley, 425 2nd Street NW, Washington, DC, 20001
- 7:00PM** **Jump Start to Recovery (O,STEP,TRAD,WC &,LIT, 90)**, Incarnation Catholic Church, 880 Eastern Ave, NE, Washington, DC, 20019
- 7:00PM** **Lighthouse (O,STEP,TRAD,WC &, 75)**, Israel Methodist CME Church, 557 Randolph St. NW, Washington, DC, 20011
- 7:00PM** **O Street Steps 123 (O, 60)**, SOME, Dining Hall, 71 O Street NW, Washington, DC, 20001
- 7:00PM** **One Step at a Time (O,STEP,TRAD,VM, 90)**, Zoom ID: 727 6810 6047; Passcode: 349943, Washington, DC, 20090
- 7:00PM** **Regardless Of Sexual Identity (C,VM, 90)**, Zoom ID: 452 943 0512; Passcode: 205542, Washington, DC, 20090
- 7:00PM** **Yellow Brick Road (O,VM, 60)**, Zoom ID: 821 9026 0549; No Passcode, Washington, DC, 20090
- 8:00PM** **Help Somebody (O,BEG,VM, 90)**, Zoom ID: 893 0884 8140; Passcode: 787123, Washington, DC, 20090

Dulles Corridor Area

- NOON** **Noon Meeting (O,VM, 60)**, Zoom ID: 962 211 7089; Passcode: 169422, Herndon, VA, 20172
- 7:00PM** **Out Of The Grip (DISC,JFT,WC &,LIT, 60)**, Bethany United Methodist Church, main church bldg lower level - 10/20, 12/23, 02/16, 04/12 will meet across the street at a restaurant, 100 Main Street, Purcellville, VA, 20132
- 7:30PM** **Just For Today (O,CAN,WC &,SPAD, 60)**, Community Lutheran Church, 21014 Whitfield Pl, Sterling, VA, 20164
- 8:00PM** **I'm Somebody (O,VM, 60)**, Zoom ID: 449 215 767; Passcode: 703, Herndon, VA, 20172

East of the River Area

- 1:30PM** **Let Go and Let God (O, 90)**, Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020
- 7:00PM** **Aging In Recovery (O,DISC,VM, 90)**, Zoom ID: 824 005 5286; Passcode: recovery, Washington, DC, 20020

Frederick Area

- NOON** **Noon Group (O, 60)**, Grace United Church, 25 E 2nd street, Frederick, MD, 21701, Limited capacity
- 7:30PM** **We Do Recover (O,TOP, 60)**, Frederick Church of Christ, 1305 N Market St, Frederick, MD, 21701, The last Friday of the month is a speaker meeting.

Montgomery Area

- 7:30AM** **Freedom in the Village (O,DISC,JFT,VM, 60)**, Zoom ID: 823 5857 7621, Passcode: 685408, Montgomery Village, MD, 20886

FRIDAY (CONT)

NOON	Freedom in the Village (O,WC &,HY, 60) , Zoom ID: 823 5857 7621 Passcode: 685408, Christ the Servant Lutheran Church, 9801 Centerway Rd, Montgomery Village, MD, 20886
NOON	NA at Noon (O,JFT,VM, 60) , Zoom ID: 889 4686 0935; No Passcode, Silver Spring, MD, 20901, Hybrid M-Th; Virtual only on Friday
7:00PM	Older Toddlers (O,WC &,HY, 60) , Zoom ID: 903443801; Passcode: Recovery12, Christ Episcopal Church, Parking lot is off Everett St. In the Basement., 4001 Franklin Street, Kensington, MD, 20895
7:30PM	Upcounty NA (O, 90) , Emory Grove UM Church, 8200 Emory Grove Rd, Gaithersburg, MD, 20877
8:00PM	Live and Let Live (O,LIT, 60) , Fairhaven UMC, 12801 Darnestown Rd, Gaithersburg, MD, 20878
8:30PM	Get Down (O,VM, 60) , Zoom ID: 86570165126; Passcode: getdown, Bethesda, MD, 20898

Norvana Area

7:00PM	Man-up G-Street (O,M,VAR,WC &,VM, 75) , Zoom ID: 818 5987 9896; Passcode: 123, Woodbridge, VA, 22191
7:00PM	NA for Life (O,WC &, 90) , Langston Brown Center, 2121 N Culpeper Street, Arlington, VA, 22207
7:00PM	Recovery on the South Side (O,WC &, 90) , Lee Center, 1108 South Jefferson Street, Alexandria, VA, 22314
7:00PM	Simplicity Is the Key (C,DISC,LIT, 60) , Falls Church Presbyterian Church, 225 E Broad Street, Falls Church, VA, 22046
7:00PM	Women Of Woodbridge - W.O.W. (O,VAR,W,WC &,VM, 60) , Zoom ID: 568 046 8023; Passcode: 121212, Woodbridge, VA, 22191
7:15PM	Church Basement Recovery (O,HY, 75) , Zoom ID: 962 211 7089; Password: 169422, Kirkwood Presbyterian Church, 8336 Carrleigh Pkwy, West Springfield, VA, 22152
7:30PM	Better Here Than There (O,JFT,VM,SPAD, 60) , Zoom ID: 536 659 392; Passcode: 842931, Arlington, VA, 22204

Rock Creek Area

NOON	Midday Meditations and Miracles (O,HY, 60) , Zoom ID: 376 456 0565; Passcode: 3rvad5, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009
7:00PM	Un Dia a la Vez (ES,SPK,HY,SPAD, 60) , Zoom ID: 868 6217 7691 ; Passcode:121212, Festival Center, Hybrid even Fridays, virtual all other Fridays, 1640 Columbia Rd, Washington, DC, 20009
7:30PM	Clean Works (O,DISC,LIT,HY, 60) , Zoom ID: 858 0344 5434; Passcode: easydoesit; Phone Passcode: 8264201235, St Thomas' Parish, 3rd Floor, 1517 18th Street NW, Washington, DC, 20036
9:00PM	Recovery Alley (C,HY, 60) , Zoom ID: 987 3916 8163; Passcode: Homegroup, St Stephen's Church (corner of 16th & Newton), 1530 Newton Street NW, Washington, DC, 20010
10:00PM	Late Nite Friday Nite (O,DISC,JFT,WC &, 75) , St Alban's Church, 3001 Wisconsin Avenue NW, Washington, DC, 20016

South Potomac Area

7:00PM	Women Do Recover (O,W,WC &,LIT, 90) , Hope Lutheran Church, 6201 Coventry Way, Clinton, MD, 20735
7:30PM	Living the Program Men's Rap (O,M, 90) , The Church of the Great Anointing, 3710 Riviera St, Temple Hills, MD, 20748

The Virtual Ties That Bind Us Together Area

8:30AM	Early Just For Today Check-in (C,JFT,VM, 90) , ID: 826 3577 8671; Passcode: 242275, Washington, DC, 20090
10:00AM	Just For Today (O,JFT,VM, 90) , Zoom ID: 858 2487 7564; Passcode: Love, Washington, DC, 20090
NOON	Noon Time is the Right Time (C,DISC,VM, 90) , Zoom ID: 932 959 7603; Passcode: 1962, Washington, DC, 20090
2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) , Zoom ID: 785 963 7766; Passcode: 1953, Washington, DC, 20090
5:00PM	Rush Hour (C,DISC,VM, 90) , Zoom ID: 705 264 3243; Passcode: RUSHHOUR, Washington, DC, 20090
8:00PM	Living Life on Life's Terms (C,O,DISC,STEP,VM, 90) , Zoom ID: 438 348 3469; Passcode: 121525, Washington, DC, 20090

Tri-County Area

NOON	Give Yourself A Break (O,JFT,VAR,SPK,STEP,TRAD, 60) , Good Samaritan Church, 13025 Good Samaritan Dr., Waldorf, MD, 20601
7:05PM	7:07 (O, 60) , Trinity Lutheran Church (at S Essex), 46707 S Shangri La Dr, Lexington Park, MD, 20653
7:30PM	Work 'Em Or Die (O,WC &, 75) , Good Samaritan Presbyterian Church, 13025 Good Samaritan Dr, Waldorf, MD, 20601
8:00PM	One Line At a Time (O,CH,DISC,VAR,WC &,ENG, 75) , Northeast Community Center, 4075 Gordon Stinnett Ave, Chesapeake Beach, MD, 20732
9:30PM	Another Late Night (O,DISC,STEP,TRAD, 60) , Good Samaritan Lutheran Church, 20850 Langley Rd, Lexington Park, MD, 20653

SATURDAY

Battlefield Area

NOON	Recovery (O,DISC,JFT,VM, 60) , Zoom ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20110
7:00PM	Destination Hope (O,SPK, 60) , Church of the Brethren, Through the main doors and in Room 209 at the end of the hall, 10047 Nokesville Road, Manassas, VA, 20110

Central Maryland Area

10:00AM	Ladies in Recovery (SPK,W,Y,VM, 60) , Zoom ID: 803 826 655; No Passcode, Greenbelt, MD, 20770
NOON	Just for Today (O,WC &, 60) , The 180 Club, 4318 Hamilton Ave, Hyattsville, MD, 20781
5:00PM	Fear to Faith (O,WC &, 60) , Emmanuel United Methodist Church, 11416 Cedar Lane, Beltsville, MD, 20705
7:00PM	Gut Bucket (O,WC &,VM, 60) , Zoom ID: 973-466-3601; Passcode 875711, Greenbelt, MD, 20770
7:00PM	HOW Group (O,DISC,WC &, 60) , St Mary's School, 106 St. Mary's Place, Laurel, MD, 20707
8:30PM	Tracks to Recovery (O,WC &, 60) , Unity Place, 8610 Railroad Avenue, Bowie, MD, 20720

District of Columbia Area

9:00AM	Better Way (O,PH,VM, 60) , Phone #: 425-436-6351; Phone Password: 344456#, Washington, DC, 20090
11:00AM	Come Clean to Stay Clean (O, 90) , Emmanuel Baptist Church, 2409 Ainger Place SE, Washington, DC, 20020
11:30AM	Men Under Construction (O,DISC,M,WC &, 90) , United Medical Center, 1310 Southern Ave. SE, Washington, DC, 20032
11:30AM	Women's Rap (O,W,VM, 60) , Zoom ID: 473 645 8102; Passcode: Women2021, Washington, DC, 20090
NOON	Mount Olivet Recovery (O,DISC,WC &, 90) , Mount Olivet Church, 1306 Vermont Ave NW, Washington, DC, 20005
NOON	Women's Step and Tradition (C,STEP,TRAD,W,VM, 90) , Zoom ID: 874 6272 9053; Passcode: 632923, Washington, DC, 20090
1:30PM	NA group at The Metropolis Club (O, 60) , The Metropolis Club, 938 Rhode Island Ave, NE, Washington, DC, 20002
6:00PM	Uptown (O,DISC, 90) , Unity Baptist Church, 2706 Bladensburg Road NE, Washington, DC, 20018
7:00PM	Illness In Recovery (O,DISC,VM, 60) , Zoom ID: 970 781 8525; Passcode: 1HMZCm, Washington, DC, 20090
8:00PM	Gift of Life (O,STEP,TRAD,WC &,HY, 90) , Zoom ID: 511 626 4561; No Passcode, St. Martin's Church, 1908 N Capitol St NW, Washington, DC, 20002
9:00PM	Miracle of Women (O,W,VM, 60) , Zoom ID: 917 1964 217; Passcode 1908, Washington, DC, 20090

Dulles Corridor Area

10:00AM	Rainbow Llama (O,LIT, 60) , Galilee Methodist Church, 45425 Winding Rd., Sterling, VA, 20165
10:00AM	The Bacon & Eggs Meeting (C,LIT, 60) , Old Dominion Men's Recovery Center, Breakfast & Literature, 41743 Stumptown Rd, Leesburg, VA, 20176
NOON	Noon Meeting (O,VM, 60) , Zoom ID: 962 211 7089; Passcode: 169422, Herndon, VA, 20172
7:00PM	Literally Speaking (O,HY, 60) , St Matthew's Episcopal Church (right side room of trailer), 201 E. Frederick Dr., Sterling, VA, 20164
7:30PM	Keep It Real (O, 60) , A New Beginning (every other Saturday - 4/8/23 & 4/22/23), 4213 Walney Rd, Chantilly, VA, 20151
8:30PM	Saturday Night Live (O,WC &, 60) , St Matthew's Episcopal Church (trailer), 201 E. Frederick Dr., Sterling, VA, 20164

East of the River Area

9:30AM	Women with a Purpose (C,IP,STEP,TRAD,VM,LIT, 90) , Zoom ID: 979 1044 9558; No Passcode, Washington, DC, 20020
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SATURDAY (CONT)**7:00PM 818 Miracles (O,STEP,TRAD,VM, 90)**, Zoom ID: 731 1498 4304; Passcode: 818, Washington, DC, 20001**Frederick Area****10:00AM Can't Do It Alone (O,DISC,IP,JFT,STEP,W,WC &,VM, 90)**, Zoom ID: 81395991987 NO PW, Frederick, MD, 21705**10:00AM Kickin' It Raw (O,M,VM, 90)**, Zoom ID: 9853773041; Passcode: MANUP., Frederick, MD, 21705**NOON Noon Group (O, 60)**, Grace United Church, 25 E 2nd street, Frederick, MD, 21701, Limited capacity**7:00PM Up in Smoke (VAR,TRAD,WC &, 60)**, Community Action Agency, 100 S. Market St, Frederick, MD, 21701**8:00PM Saturday Night Special (O,WC &, 60)**, Good Shepherd Lutheran Church, 1415 W 7th St, Frederick, MD, 21702**Montgomery Area****11:00AM Share On Saturday (O,VM, 60)**, Zoom ID: 803 910 502; Passcode: share, Gaithersburg, MD, 20898**NOON Free Yourself (O,DISC,JFT,WC &, 60)**, Woodside UMC, Enter in Back. Door Code: 82911, 8900 Georgia Ave, Silver Spring, MD, 20910**3:00PM Good Stuff (O,VM, 60)**, Zoom ID: 882 8490 9775; Passcode: 717012, Gaithersburg, MD, 20898**6:00PM Fresh Start (O,WC &,LIT, 75)**, Prince of Peace Lutheran Church, 11900 Darnestown Rd, Gaithersburg, MD, 20878**7:00PM A Good Deal (O,DISC,VM, 60)**, Zoom ID: 769 038 042; Passcode: 8675309, Gaithersburg, MD, 20898**7:00PM Saturday Night Living Clean (O,LIT,LC, 60)**, The Freedom Center, Enter on side of building, 202 Perry Pkwy. Suite #5, Gaithersburg, MD, 20877, Read from Living Clean**7:00PM Speakeasy (O,DISC,VAR, 90)**, Woodside UMC, 8900 Georgia Ave, Silver Spring, MD, 20910**7:30PM Off the Beaten Path 2 (O,VM, 60)**, Zoom ID: 862 2444 3740; Passcode: NArocks, Mt Airy, MD, 21771**Norvana Area****11:00AM Sisters in Recovery (O,W, 90)**, Fairlington Presbyterian Church, 3846 King Street, Alexandria, VA, 22302**NOON Stepping Together (BEG,JFT, 75)**, St. Paul United Methodist Church, Side entrance down the hill, 1400 G St, Woodbridge, VA, 22191**6:00PM Welcome Home (O,LIT, 60)**, Bush Hill Presbyterian Church, 4916 Franconia Rd, Alexandria, VA, 22310**6:45PM Free Yourself (O,WC &,HY, 75)**, Zoom ID: 962 211 7089; Passcode: 169422, Independence Club, 7043 Wimsatt Rd, Springfield, VA, 22151**Rock Creek Area****7:00AM Saturday Morning Relief (O,VM, 90)**, Zoom ID: 897 4991 1386; Passcode: saturday, Washington, DC, 20001**6:00PM It's Lit (LIT, 60)**, Westside Club, 2nd Floor, 1341 Wisconsin Ave. NW, Washington D.C., 20007**7:30PM Hope Fiends (O,CAN,HY, 60)**, Zoom ID: 292 549 9011; Passcode: hope, Luther Place Memorial Church, @ N Street; in the chapel, 1226 Vermont Ave NW, Washington, DC, 20005**8:05PM Beachcombers Electric Coffee Test Pure Spiritual Progress Underground NA Group (C,BT,DISC,WC &, 60)**, St Alban's Church, 3001 Wisconsin Ave NW, Washington, DC, 20016**South Potomac Area****NOON Keep It Simple (O,WC &,LIT, 90)**, St. Barnabas Episcopal Church, 5203 Saint Barnabas Rd, Temple Hills, MD, 20748**1:00PM Spiritually Speaking (STEP,VM,LIT, 90)**, Zoom ID: 894 6057 5502; Passcode: 943360, Capitol Heights, MD, 20791**The Virtual Ties That Bind Us Together Area****8:30AM Early Just For Today Check-in (C,JFT,VM, 90)**, ID: 826 3577 8671; Passcode: 242275, Washington, DC, 20090**2:00PM Steppin' Into The Afternoon (C,STEP,VM, 90)**, Zoom ID: 785 963 7766; Passcode: 1953, Washington, DC, 20090**8:00PM Living Life on Life's Terms (C,O,DISC,STEP,VM, 90)**, Zoom ID: 438 348 3469; Passcode: 121525, Washington, DC, 20090**Tri-County Area****10:00AM Healthy Relationships (CH,DISC,WC &,ENG, 90)**, Northeast Community Center, 4075 Gordon Stinnett Ave, Chesapeake Beach, MD, 20732**NOON Women In Recovery (O,W, 60)**, Great Escape Recovery Lounge, 85 High Street, Waldorf, MD, 20602**6:00PM Stick and Stay (O,VAR,SPK,TOP,WC &, 60)**, Life Church, 35 Cox Rd, Huntingtown, MD, 20639**7:00PM It's A We Thing (O,WC &, 75)**, St Paul's UMC, Brubecker Hall, 25550 Point Lookout Rd, Leonardtown, MD, 20650**7:00PM Making Miracles (O,DISC,WC &, 90)**, Good Shepherd Church, 305 Smallwood Dr, Waldorf, MD, 20602**10:00PM Candlelight (SPK,WC &, 60)**, Good Shepherd Church, 305 Smallwod Dr, Waldorf, MD, 20602**CONTACT US!****24/7 Phonenumber: 1-800-543-4670****Meeting changes: meetings@cprna.org****<https://www.cprna.org>****Questions about NA: info@cprna.org**