

SUNDAY

NOON	Midday Meditations and Miracles, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009 (O,DISC,JFT,ME)
5:30PM	Progressive Recovery, Triangle Club, 1638 R St NW #120, Washington, DC, 20009 (O,DISC,WC &,LIT)
7:00PM	Clean On The Hill, Capitol Hill UMC (enter on 5th St; ring bell), 421 Seward Square SE, Washington, DC, 20003 (C)
7:00PM	Clean On The Screen, Washington, DC, 20008 (VM)

MONDAY

NOON	Midday Meditations and Miracles, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009 (O,HY)
6:30PM	Southwest Serenity, James Creek House, 100 N Street SW, Washington, DC, 20024
7:30PM	Living Proof, 4201 Albemarle Street NW, Washington, DC, 20016 (O)
8:05PM	Beachcombers, Too, Washington, DC, 20008 (C,BT,DISC,VM)

TUESDAY

NOON	Midday Meditations and Miracles, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009 (O,HY)
5:30PM	Write to Recover, Washington, DC, 20016 (DISC,STEP,VM,WR)
7:00PM	Stepping Out of Trouble into Study, Washington, DC, 20011 (SWG,VM)
7:30PM	Glad to be Alive Steps, Chevy Chase United Methodist Church, 7001 Connecticut Ave, Chevy Chase, MD, 20815 (O,WC &,HY)
7:30PM	Pure Uncut Literature Study Group of NA, Chevy Chase Presbyterian Church, 1 Chevy Chase Circle, Washington, DC, 20015 (WC &,LIT)
8:30PM	Dupont Circle NA, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009 (O)
8:30PM	Fire Barrel, St. Luke's UMC, 3655 Calvert St. NW, Washington, DC, 20007 (O,DISC,WC &,HY)

WEDNESDAY

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

THURSDAY

NOON	Midday Meditations and Miracles, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009 (O,HY)
5:30PM	Whole Lava Love, Washington, DC, 20010 (O,VM)
6:00PM	Open Doors, 1908 North Capital Street, NW, Washington, DC, 20002 (O,STEP)
6:30PM	Coming Out from the Bottom, Washington, DC, 20010 (O,DISC,SPK,STEP,VM)
7:00PM	Meeting on the Avenue, Wesley UMC, Library on lower level; plz use the Jenifer Street entrance, 5312 Connecticut Avenue, Washington, DC, 20015 (O)
8:30PM	Men's Rap, West Side Club, 1341 Wisconsin Ave NW, Washington, DC, 20007 (C,M)
8:30PM	Prime Time Recovery, The Festival Center, Parking behind building at 2612 Mozart Place, 1640 Columbia Road NW, Washington, DC, 20009 (O,DISC,RR,HY,LC)

FRIDAY

NOON	Midday Meditations and Miracles, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009 (O,HY)
7:00PM	Un Dia a la Vez, Festival Center, Hybrid even Fridays, virtual all other Fridays, 1640 Columbia Rd, Washington, DC, 20009 (ES,SPK,HY,SPAD)
7:30PM	Clean Works, St Thomas' Parish, 3rd Floor, 1517 18th Street NW, Washington, DC, 20036 (O,DISC,LIT,HY)
9:00PM	Recovery Alley, St Stephen's Church (corner of 16th & Newton), 1530 Newton Street NW, Washington, DC, 20010 (C,HY)
10:00PM	Late Nite Friday Nite, St Alban's Church, 3001 Wisconsin Avenue NW, Washington, DC, 20016 (O,DISC,JFT,WC &)

SATURDAY

7:00AM	Saturday Morning Relief, Washington, DC, 20001 (O,VM)
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SATURDAY (CONT)

6:00PM	It's Lit, Westside Club, 2nd Floor, 1341 Wisconsin Ave. NW, Washington D.C., 20007 (LIT)
7:30PM	Hope Fiends, Luther Place Memorial Church, @ N Street; in the chapel, 1226 Vermont Ave NW, Washington, DC, 20005 (O,CAN,HY)
8:05PM	Beachcombers Electric Coffee Test Pure Spiritual Progress Underground NA Group, St Alban's Church, 3001 Wisconsin Ave NW, Washington, DC, 20016 (C,BT,DISC,WC &)

MEETING FORMAT LEGEND

BT	Basic Text	C	Closed
CAN	Candlelight	DISC	Discussion
ES	Espanol	HY	Hybrid Physical/Virtual
JFT	Just for Today Study	LC	Living Clean Study
LIT	Literature Study	M	Men
ME	Meditation	O	Open
RR	Round Robin	SPAD	Spiritual Principle A Day Book Study
SPK	Speaker	STEP	Step
SWG	Step Working Guide Study	VM	Virtual Web Meeting
WC &	Wheelchair	WR	Writing Meeting

HELPLINES

C&P Region	800-543-4670
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SERVICE MEETINGS



ROCK CREEK AREA

MEETING LIST

[DATE]

24 HOUR PHONELINE

1-800-543-4670

<https://www.cprna.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: 35

What is our message?

**The message is that an addict,
any addict, can stop using drugs,
lose the desire to use,
and find a new way to live.
Our message is hope
and the promise of freedom.**