

SUNDAY

NOON	Midday Meditations and Miracles, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC, 20009 (O,DISC,JFT,ME)
5:30PM	Progressive Recovery, Triangle Club, 1638 R St. NW #120, Washington, DC, 20009 (O,DISC,LIT)
7:00PM	Clean On The Hill, Capitol Hill UMC, The entry door is on Seward Square SE. Please don't use the 5th ST Entrance, 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 Ave. NW, Washington, DC, 20009 (O,HY)
6:30PM	Southwest Serenity, James Creek House, Enter through the yellow rear door on alley side of the building., 100 N St. SW, Washington, DC, 20024 (C,CH,STEP)
7:30PM	Living Proof, 4201 Albemarle St. 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 Ave. 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, Enter off Oliver St before Chevy Chase Circle; There is a parking lot and street parking., 1 Chevy Chase Circle, Washington, DC, 20015 (WC &,LIT)
8:30PM	Dupont Circle NA, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC, 20009 (O)
8:30PM	Fire Barrel, Library on lower level; Plz use the Jenifer Street entrance., 5312 Connecticut Ave. NW, Washington, DC, 20015 (O,DISC,HY)

WEDNESDAY

NOON	Midday Meditations and Miracles, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC, 20009 (O,HY)
7:00PM	SW Freeway, Westminster Presbyterian Church, Ground Level, 400 I St. 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 Ave. NW, Washington, DC, 20015 (O,WC &)

THURSDAY

NOON	Midday Meditations and Miracles, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC, 20009 (O,HY)
5:30PM	Whole Lava Love, Washington, DC, 20010 (O,VM)
6:00PM	Open Doors, St. Martin's Church, 1908 North Capitol St. NW, Washington, DC, 20002 (O,STEP)
6:30PM	Coming Out from the Bottom, Washington, DC, 20010 (O,DISC,SPK,STEP,VM)
6:30PM	Loving Life Living Our Literature, The Festival Center, Parking behind building at 2612 Mozart Place (disregard no parking/towing signs), 1640 Columbia Rd. NW, Washington, DC, 20009 (O,STEP,TRAD,LIT,HY) <i>Parking behind building at 2612 Mozart Pl (disregard no parking/towing signs)</i>
7:00PM	Meeting on the Avenue, Wesley UMC, Library on lower level; plz use the Jenifer Street entrance, 5312 Connecticut Ave. NW, Washington, DC, 20015 (O)
8:30PM	Men's Rap, West Side Club, 1341 Wisconsin Ave. NW, Washington, DC, 20007 (C,M)

FRIDAY

NOON	Midday Meditations and Miracles, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. 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. NW, Washington, DC, 20009 (ES,SPK,HY,SPAD)
7:30PM	Clean Works, St Thomas' Parish, 3rd Floor, 1517 18th St. NW, Washington, DC, 20036 (O,DISC,LIT,HY)
9:00PM	Recovery Alley, St Stephen's Church (corner of 16th & Newton), 1530 Newton St. NW, Washington, DC, 20010 (C,HY)

FRIDAY (CONT)

10:00PM	Late Nite Friday Nite, St Alban's Church, 3001 Wisconsin Ave. NW, Washington, DC, 20016 (O,DISC,JFT,WC &)
SATURDAY	
7:00AM	Saturday Morning Relief, Washington, DC, 20001 (O,VM)
6:00PM	It's Lit, Westside Club, 2nd Floor, 1341 Wisconsin Ave. NW, Washington, DC, 20007 (LIT)
7:30PM	Hope Fiends, Triangle Club, 1638 R St. NW #120, Washington, DC, 20009 (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	CH	Closed Holidays
DISC	Discussion	ES	Espanol
HY	Hybrid Physical/Virtual	JFT	Just for Today Study
LIT	Literature Study	M	Men
ME	Meditation	O	Open
SPAD	Spiritual Principle A Day Book Study	SPK	Speaker
STEP	Step	SWG	Step Working Guide Study
TRAD	Tradition	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.**