

SATURDAY (CONT)

- 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 INFO

**Chesapeake & Potomac Region of
Narcotics Anonymous (CPRNA)**
PO Box 8160
Silver Spring, MD 20907

Regional Service Committee Meeting
Meets every even month: Feb, Apr, Jun,
Aug, Oct, Dec
2nd Saturday of that month at 1:00 PM
Zoom Meeting ID: 824 5089 4047;
Passcode: 12

24/7 Phoneline: 1-800-543-4670 <https://www.cprna.org>
Email meeting changes to: meetings@cprna.org

CHESAPEAKE & POTOMAC REGION OF NA



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

24/7 Phoneline: 1-800-543-4670
<https://www.cprna.org>
Email meeting changes to:
meetings@cprna.org



Scan QR Code to go to our
website Meetings page!

**MEETING LIST BY AREA
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**

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

SUNDAY (CONT)**7:00PM Small Wonders (DISC,JFT,STEP,TRAD,WC &, 60)** University Christian Church, 6800 Adelphi Rd, Hyattsville, MD, 20782**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**FRIDAY (CONT)****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 Recoviderly (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**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

FRIDAY (CONT)

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
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: RUSH HOUR, 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

SUNDAY (CONT)

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
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

MONDAY (CONT)

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 Mimosas 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

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

THURSDAY (CONT)

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 accross 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

THURSDAY (CONT)

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
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

TUESDAY (CONT)

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
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
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

TUESDAY (CONT)

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** **Recovery (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
- 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

WEDNESDAY (CONT)

- 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

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