

MONDAY

- 10:00AM Fresh Start (O,DISC)**
St. Lukes Church 4925 E. Capitol St NE Washington, DC
- 1:30PM Let Go and Let God (O)**
Church of the First Born 2451 Ainger Pl SE Washington, DC
- 6:00PM 1-12 Step (O,STEP)**
Mt Moriah (except holidays)1636 East Capitol St NE Washington, DC
- 7:00PM Aging In Recovery (O,DISC,VM)**
Washington, DC
Zoom ID: 824 005 5286; Passcode: recovery
- 7:00PM Monday Night Step Meeting (LIT)**
St. Lukes Church 4925 E. Capitol St NE Washington, DC

TUESDAY

- 1:30PM Let Go and Let God (O)**
Church of the First Born 2451 Ainger Pl SE Washington, DC

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

- 9:30AM Women with a Purpose (C,IP,STEP,TRAD,VM,LIT)**
Washington, DC
Zoom ID: 979 1044 9558; No Passcode
- 7:00PM 818 Miracles (O,STEP,TRAD,VM)**
Washington, DC
Zoom ID: 731 1498 4304; Passcode: 818

MEETING FORMAT LEGEND

BEG	Beginners	C	Closed
DISC	Discussion	IP	IP Study
IW	It Works Study	LIT	Literature Study
M	Men	O	Open
STEP	Step	TRAD	Tradition
VM	Virtual Web Meeting		

PHONELINES

East of the River Area is part of the C&P Region and serves NE & SE Washington, DC.

C&P Region 24/7 Phonenumber 800-543-4670

Our neighboring regions:
 In MD, Free State Region: 800-317-3222
 In VA, Central Atlantic Region: 800-777-1515

SERVICE MEETINGS

EOR ASC
at 7:30PM
 PO Box 1056
 Suitland, MD 20746
 Zoom ID 894 4996 3387; Passcode: 075531; Meets the last Monday of the month

PHONE NUMBERS

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.



EAST OF THE RIVER AREA

MEETING LIST

JULY 2024

24 HOUR PHONELINE

1-800-543-4670

East of the River Area of Narcotics Anonymous

PO Box 1056
Suitland, MD 20746

<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: 16