	MONDAY
10:00AM	Fresh Start (O,DISC)
	St. Lukes Church 4925 E Capitol St. NE Washington, DC
6:00PM	1-12 Step (O,STEP)
	Mt Moriah (except holidays)1636 E 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)
7.00111	St. Lukes Church 4925 E. Capitol St. NE Washington,
	DC DC
	WEDNESDAY
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
6:30PM	Under New Management (C,STEP,TRAD,VM,LIT)
	Washington, DC
	Zoom ID: 997 824 3262; No Passcode
	FRIDAY
7:00PM	Aging In Recovery (O,DISC,VM)
	Washington, DC
	Zoom ID: 824 005 5286; Passcode: recovery SATURDAY
9:30AM	Women with a Purpose
9.30An	(C,IP,STEP,TRAD,W,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	С	Closed	
DISC	Discussion	IP	IP Study	
IW	It Works Study	LIT	Literature Study	
М	Men	0	Open	
STEP	Step	TRAD	Tradition	
VM	Virtual Web Meeting	W	Women	

BEG	Beginners	C	Closed		
DISC	Discussion	IP	IP Study		
IW	It Works Study	LIT	Literature Study		
М	Men	0	Open		
STEP	Step	TRAD	Tradition		
VM Virtual Web Meeting		W	Women		
BUONELINES					

DC.	
C&P Region 24/7 Phoneline	800-543-4670
Our neighboring regions:	

In MD, Free State Region: In VA, Central Atlantic Region: 800-317-3222 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	

FIIORE ROMBERS

## 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.

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## EAST OF THE RIVER AREA MEETING LIST JANUARY 2025

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: 11