



CHESAPEAKE AND POTOMAC REGION OF NARCOTICS ANONYMOUS

FEBRUARY/MARCH 2010

NA Meeting List for the Washington DC Metropolitan Area

PO Box 8160
Silver Spring, MD 20907
Regional Phoneline: 1-800-543-4670
Outside the Region: 202-399-5316
<http://www.cprna.org>
webservant@cprna.org

BATTLEFIELD ASC PO Box 4164 Manassas VA 20108	CENTRAL MARYLAND ASC PO Box 515 Greenbelt MD 20768	DISTRICT OF COLUMBIA ASC PO Box 9863 Washington DC 20016	DULLES CORRIDOR ASC PO Box 374 Herndon VA 20172	EAST OF THE RIVER ASC PO Box 91955 Washington DC 20090-1955	FREDERICK ASC PO Box 4233 Frederick MD 21705
MONTGOMERY ASC PO Box 10297 Gaithersburg MD 20898	NORVANA ASC PO Box 7113 Falls Church VA 22046	ROCK CREEK ASC PO Box 11500 Washington DC 20008	SOUTH POTOMAC ASC PO Box 5260 Capitol Heights MD 20791	TRI-COUNTY ASC PO Box 743 Charlotte Hall MD 20622	

Freestate Region, Baltimore, MD, Helpline 1-800-317-3222, Service Office 410-566-4022 <http://www.freestatena.org>
Narcotics Anonymous World Service Inc., PO Box 9999, Van Nuys CA 91409-9099, 818-773-9999 <http://www.na.org>

Submit changes by 1 April 2010, via meetings@cprna.org, your Area PI, or your RCM

MEETING CODES: All meetings are NON-SMOKING unless indicated

75m: 75 min	D: Discussion	I: It Works How and Why	N: Newcomer/Beginner	T: Tradition	Z: Meditation
90m: 90 min	E: Candlelight	J: Just For Today study	O: Open (public welcome)	V: Format Varies	!: Smoking
A: Beginners 1-2-3 Step	F: Topic	K: Speaker	P: Information Pamphlet	W: Women	
B: Basic Text study	G: Step Working Guide	L: Literature study	Q: Question/Answer	Wc: Wheelchair	
C: Closed (addicts only)	H: Childcare Available	M: Men	S: Step	Y: Young People	

*** SUNDAY ***

Battlefield Area

8:30pm All Things Considered O/D/J/Wc
Bethlehem Lutheran Church, 9748
Copeland Dr, Manassas VA

Central Maryland Area

10am Breakfast Club O/D/Wc College
Park Youth Service, 9916 Rhode Island
Ave, College Park MD

10am Easy Like Sunday Morning
90m/O/D/Wc Springhill Lake Rec Ctr,
6101 Cherrywood Ln, Greenbelt MD

4:30pm Write-2-Work Literature Study
O/B/Wc 180 Degree Club, 5130
Baltimore Ave, Hyattsville MD

7pm Small Wonders C/D/Wc University
Christian Church, 6800 Adelphi Rd,
Hyattsville MD (@ Belcrest Rd)

7:30pm Savage Survivors O/D/Wc
Savage UMC, 9050 Baltimore St, Savage
MD

District of Columbia Area

7am Open Door To Freedom 75m/O/B/A
Church of the Epiphany, 1317 G St NW

10:30am Coffee Hour 90m/O/D/Wc
Providence Hospital, 1150 Varnum St NE
(ground floor lounge)

11am Sunday Morning Steps & Traditions
90m/O/S/T/Wc Howard University
Hospital, 2041 Georgia Ave NW

1:30pm Another Level of Awareness
90m/O/S Community for Creative Non-
Violence, 425 Second St NW (Second
Floor)

2:30pm Join Us O/D Sibley Plaza
Meeting Room 1st Fl, 1140 N Capitol St
NW

5pm Sunday Step Study O/S First Rising
Mt Zion Church, 602 N St NW

6pm Family Circle O/D/Wc Providence
Hospital, 1150 Varnum St NE

6:30pm Freedom's Chance 90m/O/S/Wc
St Martin's Church, 1908 N Capitol St NW

7pm Bottom of the Barrel 90m/O/S/Wc
Temple of Praise, 700 Southern Ave SE
(back)

7pm Sunday Spiritual 90m/O/D/S/T St
Mary's Church, 717 5th St NW (Church
Hall)

7:30pm Joyful Start 90m/O/S/T Mt Zion
Baptist Church, 5101 14th St NW

Dulles Corridor Area

9:45am To Tell The Truth 90m/O/D
Sunset Hills Montessori School, 1180
Ridge Heights Rd, Reston VA

10am Keep It Real O/D/Wc Loudoun
Hospital Cornwall Campus, 224 Cornwall
St, Leesburg VA (Rm CR2)

5pm Work the Steps or Die O/S Loudoun
Club 12, 58 Sycolin Rd, Leesburg VA

7pm Third Tradition O/D Glade Room,
11500 Glade Dr, Reston VA (@ Glade
Pool)

East of the River Area

9am Sunday Morning Spiritual
75m/O/D/Wc VA Hospital, 50 Irving St
NW

3:30pm Sunday Step Guide 90m/C/G St
Luke's Ctr, 4923 E Capitol St SE

8pm Spiritual Meeting O/A/Wc The
Chess House, 4322 Sheriff Rd NE

Frederick Area

11am Sunday Morning NA O/D/J Kemp
Hall, 4 E Church St, Frederick MD ("Artst
Gallery" sign out front)

6:30pm Just For Today 90m/C/K/S
Crossroads Center, 203 Broadway St,
Frederick MD

8pm Bring Your Book 90m/C/G/ The
Club, 400 E Church St, Frederick MD

Montgomery Area

8:15am Squeaky Clean O/F Del Ray
Club, 7300 Pearl St, Bethesda MD (free
meters&garage)

12pm Progress in NA 90m/O/S/T/Wc
Holy Cross Resource Center, 9805
Dameron Dr, Silver Spring MD (Room 7)

6pm Come Get Your Help O/V Barrons
Bldg, 23 West Diamond Ave,
Gaithersburg MD (2nd Fl)

6pm Talking Heads O/D/K Chevy Chase
UMC, 7001 Connecticut Ave, Chevy
Chase MD

7pm NA at PRC O/D/Wc Mont. County
PRC, 11651 Nebel St, Rockville MD

7:30pm The Alternative O/D/E/Wc Silver
Spring Presbyterian Church, 580
University Blvd E, Silver Spring MD

7:30pm Today's Recovery O/Wc Trinity
UM Church, 13700 Schaeffer Rd,
Germantown MD

Norvana Area

9am NA in Delray 90m/O/V , 4600 Duke
St, Alexandria VA (Room 46)

12pm Just for Today O/D/J Unity Club,
116-B W Broad St, Falls Church VA

4pm NA Back Room 75m/O/S/I/Wc
Rebos Club, 12902 Occoquan Rd,
Woodbridge VA

7pm Another Look 75m/O/D/Wc
Franconia UMC, 6037 Franconia Rd,
Springfield VA

7pm Sunday Sanity 90m/O/D/K/Wc
Arlington Pres Church, 3507 Columbia
Pike, Arlington VA

Rock Creek Area

10:30am Sunday Morning Miracles
O/D/Wc Psychiatric Institute of
Washington, 4228 Wisconsin Ave NW
(Auditorium)

12noon Midday Meditations and Miracles
45m/O/V Dupont Circle Club, 1623
Connecticut Ave NW

5:30pm Progressive Recovery
90m/O/D/L Universalist National
Memorial Church, 1810 16th St NW
(basement)

7pm Clean On The Hill C/D Capitol Hill
UMC, 421 Seward Sq SE (enter on 5th
St, ring bell)

8pm Footsteps O/D/S Grace Episcopal
Church, 1041 Wisconsin Ave NW (Betw K
& M Sts)

South Potomac Area

6:30pm The Best Step & Tradition
Meeting Around O/S/T Carmody Hills
Baptist Church, 6501 Seat Pleasant Dr,
Capitol Heights MD

7pm Closed Sunday 90m/C/S/T/V
Bethany Lutheran Church, 5501 Silver Hill
Rd, District Heights MD

Tri-County Area

7pm Basket Case O/D St Andrew's
Church, 44078 St Andrew's Church Rd,
California MD (Rt 4 South)

7:30pm Stepping Into Trads&Cons
O/D/S/T St Joseph's Church, 4590 St
Joseph Way, Pomfret MD

730pm Another Chance O/B/Wc Calvert
Memorial Hospital, 100 Hospital Rd,
Prince Frederick MD (Rts 2 & 4
Basement Cafeteria)

*** MONDAY ***

Battlefield Area

7pm Grateful Heads O/D/B St Marks
UMC, 7803 Well St, Manassas VA (@
Leland Ave; meeting downstairs)

8:30pm Getting Centered O/D Church of
the Ascension, 13941 Braddock Rd,
Centreville VA

8:30pm Learning How to Live O/D
Gainesville Pres Church, 16127 Lee
Highway, Gainesville VA

Central Maryland Area

7pm It Works: How and Why
75m/C/H/I/Wc Holy Cross Lutheran
Church, 6905 Greenbelt Rd, Greenbelt
MD

7pm Laurel Basics 1-2-3 O/A/S/Wc
Laurel Regional Hospital, 7100 Contee
Rd, Laurel MD

8pm Hope Fiends 90m/O/A/Wc Prince
George's Hospital, 3001 Hospital Dr,
Cheverly MD (1st Fl Auditorium)

District of Columbia Area

12pm Courthouse Recovery O/D/S First
Trinity Lutheran Church, 501 4th St NW
(2nd Floor Library)

12noon New Hope O/D St Martin's
Church, 1908 N Capitol St NW

12pm Noon at the Shack O/D Emory
Shelter Clinic, 1725 Lincoln Rd NE

6:30pm Redlight Recovery 90m/O/I
Walker Memorial Baptist Church, 2020
13th St NW

7pm Hanna Women's Rap 90m/C/A/W
Hanna House, 612 M. St NW

7pm Lesbian and Gay C/D Foundry UM
Church, 1500 16th St NW

7pm New Endeavors Women's Rap
O/N/B/W/K New Endeavors, 611 N St
NW

8:30pm Foggy Bottom Step O/S United
Church of Christ, 1920 G St NW

Dulles Corridor Area

6:30pm Exact Nature O/M Community
Lutheran Church, 21014 Whitfield Pl,
Sterling VA

7:30pm Conscious Contact O/L/Wc
Hunter Woods Community Center, 2310
Colts Neck Rd., Reston VA (Room A)

7:30pm Free To Live 75m/O/N/H/Wc St.
Matthew's Episcopal Church, 201 E.
Frederick Dr., Sterling VA

8:30pm Tribe of Recovery O/D/E
Loudoun Club 12, 58 Sycolin Rd,
Leesburg VA

East of the River Area

11am Fresh Start O/D St Luke's Ctr,
4923 E Capitol St SE

6pm Beginner's Steps O/D Mt Moriah
Baptist Church, 1636 E Capitol St NE

6pm HOW 90m/O/A/I/P Congress
Heights Clinic, 3720 MLK Ave SE (2nd Fl)

6:30pm Second Chance 90m/O/D , 2914 Bladensburg Rd NE (side entrance)
8pm Monday Night Step 90m/O/A St Luke's Ctr, 4923 E Capitol St SE (@ 17th St)

Frederick Area

12pm Noon O/B/J Kemp Hall, 4 E Church St, Frederick MD
7pm Monday Night Miracles by Candlelight O/D/B/J/Wc Wesley Chapel UMC, 3519 Urbana Pike, Frederick MD
7:30pm Sex and Relationships 75m/C/K Evangelical Lutheran Church, 26 E Second St, Frederick MD
8:30pm Late But Straight O/V/W Salvation Army, 238 1/2 Fifth St, Frederick MD (Across street thru parking lot on right)

Montgomery Area

12pm NA at Noon O/J/Wc Christ Congregational Church, 9525 Colesville Rd, Silver Spring MD
7pm Illness in Recovery O/D/L/Wc Millian Memorial UMC, 13016 Parkland Dr, Rockville MD
7pm Score Some Hope O/D Faith UMC, 22420 Frederick Rd, Clarksburg MD
7pm Women With Hope O/D/W Montgomery County PRC, 11651 Nebel St, Rockville MD
7:30pm Beginning Miracles O/A/E Chevy Chase UMC, 7001 Connecticut Ave, Chevy Chase MD
8pm Monday Miracles 90m/O/D/S Montgomery Hills Baptist Church, 9727 Georgia Ave, Silver Spring MD
8:00pm Oasis O/J Prince of Peace Lutheran Church, 11900 Darnestown Rd, Gaithersburg MD
8:30pm Keys To Recovery O/D/A/N Veirs Mill Baptist Church, 12221 Veirs Mill Rd, Silver Spring MD (Rm 209)

Norvana Area

12noon Port in the Storm O/D Juniper Program, 8001 Forbes Pl, Springfield VA (1st floor CR)
6:30pm Women's Choice 75m/O/D/W Fairlington Presbyterian, 3846 King St, Alexandria VA
7pm In The Heart Of 90m/O/D/Wc Charles Houston Center, 905 Wythe St, Alexandria VA
7pm Just For Today Meditation 90m/O/Wc Ashlawn Building, 4921 Seminary Rd, Alexandria VA
7pm Mens Step C/S/M Unity Club, 116-B W Broad St, Falls Church VA (Room 4)
7pm The Cracker Box O/D/Wc Fairfax Presbyterian Church, 10723 Main St, Fairfax City VA
8pm Step Over the Hump O/S/Wc Pr Wm Homeless Shelter, 14945 Jefferson Davis Hwy, Woodbridge VA
8:30pm Monday Night Freedom O/D/Wc Franconia Baptist Church, 5912 Franconia Rd, Franconia VA

Rock Creek Area

12pm Midday Meditations and Miracles 45m/O/D/J/K/Z Dupont Circle Club, 1623 Connecticut Ave NW (Above Melody Records, 2nd Fl)
2:30pm Living for the Weekend O/D Reeves Recovery Group, 1403 V St NW
4pm Rush Hour at Four O/D Reeves Recovery Group, 1403 V St NW
6pm Recovery on V Street O/D Reeves Recovery Group, 1403 V St NW
7:30pm O Street Women's Rap O/L First Baptist Church, 1328 16th St NW (Basement)

8:30pm Living Proof O/D/L/Wc St Columba's Episcopal Church, 4201 Albermarle St NW (Rm 206)

South Potomac Area

7:30pm Monday Night Step 90m/O/S Unity Presbyterian Church, 4401 Brinkley Rd, Camp Springs MD

Tri-County Area

7pm Cover To Cover 75m/O/B/D/Wc St Andrew's Church, 44078 St Andrew's Church Rd, California MD (Rt 4 South)
8pm A New Lease on Life O/L Jude House, 9505 Crain Hwy S, Bel Alton MD
8pm Time To Change O/S/W Lifestream Church of the Nazarene, 5105 Leonardtown Rd, Waldorf MD

*** TUESDAY ***

Battlefield Area

7pm Defeating Our Addiction O/D Warrenton Baptist Church, 123 Main St, Warrenton VA (@ 6th St)
8pm Just For Today O/D/J St Marks UMC, 7803 Well St, Manassas VA (@ Leland Ave; meeting downstairs)
8:30pm Making a Difference O/D Bull Run UUC, 9350 Main St, Manassas VA (@ Church St)

Central Maryland Area

7pm Firm Believers 90m/O/A/Wc Glenarden City Hall, 8600 Glenarden Pkwy, Glenarden MD (2nd Fl)
7:30pm Another Way Of Life O/D Greenbelt Step Club, 155 Centerway Rd, Greenbelt MD (Behind Dominos Pizzeria)
7:30pm Serenity on Sandy Spring O/D/S Holy Trinity Church, 7607 Sandy Spring Rd, Laurel MD
8pm Just Relationships 75m/O/D/Wc Laurel Municipal Pool, 901 Main St, Laurel MD
8pm Shot of Hope O/D Mt Rainier Christian Church, 4001 33rd St, Mount Rainier MD (@ Bunker Hill Rd)

District of Columbia Area

12noon New Hope O/D St Martin's Church, 1908 N Capitol St NW
12pm Noon at the Shack O/D Emory Shelter Clinic, 1725 Lincoln Rd NE
1pm Head to the Sky O/A St Aloysius Church, 900 N Capitol St NW (Side entrance)
6:30pm Freedom To Change 90m/O/A St Martin's Church, 1908 N Capitol St NW
6:30pm Start to Live 90m/O/S Johnson Memorial Baptist Church, 800 Ridge Rd SE
6:30pm Steps to the Courthouse 90m/O/S St Mary's Church, 717 5th St NW (G St entrance)
7pm New Way O/D/Wc Clean and Sober Street, 425 2nd St NW
7pm War is Over O/D Walter Reed Medical Center, 6900 Georgia Ave NW (Rm 3F301A; ID required)
8:30pm Miracles on P Street O/D Triangle Club, 2030 P St NW

Dulles Corridor Area

7:30pm Bottom of the Mountain O/D Round Hill Baptist Church, 9 W Loudoun St, Round Hill VA
8pm New Attitudes 70m/O/B/L/Wc Sterling UMC, 304 E Church St, Sterling VA

East of the River Area

6pm Footprints 90m/O/D Congress Heights Clinic, 3720 MLK Ave SE (2nd Fl)
6:30pm Give Yourself a Chance O/D Holy Christian Missionary Baptist Church, 5110 Burroughs Ave NE

7pm Last Shall Be First O/D CAG's Sanctuary, 124 15th St SE

Frederick Area

12pm Noon Group O/B/J Kemp Hall, 4 E Church St, Frederick MD
7pm Vision of Hope O/D/K The Club, 400 E Church St, Frederick MD

Montgomery Area

12pm NA at Noon O/J/Wc Christ Congregational Church, 9525 Colesville Rd, Silver Spring MD
5:30pm New Way of NA O/D Rockville Metro Club, 12319 Washington Ave, Rockville MD
7pm Lie is Dead O/A/D Rockville UMC, 112 W Montgomery Ave, Rockville MD (Enter back of church thru daycare door, upstairs)
7pm Main Street Recovery O/D/J/A Damascus UMC, 9700 New Church St, Damascus MD (Rts 108 & 124, below the Thrift Shop)
7:30pm All About Change 90m/O/D/Wc Upper County Rec Ctr, 8201 Emory Grove Rd, Gaithersburg MD
8pm Meetin' in Wheaton 90m/C/S/T Hughes Methodist Church, 10700 Georgia Ave, Wheaton MD

Norvana Area

6:30pm Recovery at Walter Reed 90m/O/D Walter Reed Rec Ctr, 2909 S 16th St, Arlington VA
7pm Choose Life O/D Unity Club, 116-B W Broad St, Falls Church VA
7pm NA in LA 90m/O/D/S/Wc Lee Ctr, 1108 S Jefferson St, Alexandria VA
7:15pm Edsall Park C/D St John's UMC, 5312 Backlick Rd, Springfield VA
7:30pm NA at G Street O/D St Paul's UM Church, 1400 G St, Woodbridge VA
7:30pm Steps in the Valley 90m/O/B/S/Wc Charles Drew Community Ctr, 3500 S 23rd St, Arlington VA
8:30pm Comfort Zone 75m/O/D/N/Wc VA Hospital Ctr, 1701 N George Mason Dr, Arlington VA (Cafeteria)
8:30pm Rose Hill Recovery 75m/O/D/J Franconia Baptist Church, 5912 Franconia Rd, Franconia VA

Rock Creek Area

12pm Midday Meditations and Miracles 45m/O/D/J/K/Z Dupont Circle Club, 1623 Connecticut Ave NW (Above Melody Records, 2nd Fl)
2:30pm Living for the Weekend O/D Reeves Recovery Group, 1403 V St NW
4pm Winning Streak O/D Reeves Recovery Group, 1403 V St NW
6pm Q&A NA O/D Reeves Recovery Group, 1403 V St NW
7pm Stepping Out of Trouble into Study 90m/C/S/WG Plymouth Congregational Church, 5301 N Capitol St NE
7:30pm Glad to be Alive O/S/Wc St. Paul's Lutheran Church, 4900 Connecticut Avenue NW
7:45pm New Life Recovery O/D/A First Baptist Church, 1328 16th St NW (enter O betw. 16th&17th)
8:30pm Dupont Circle NA O/D Dupont Circle Club, 1623 Connecticut Ave NW (Above Melody Records, 2nd Fl)
8:30pm Fire Barrel O/D/Wc Psychiatric Institute of Washington, 4228 Wisconsin Ave NW (Auditorium)

South Potomac Area

6:30pm Search For Serenity O/A/Wc Prince George's Health Dept, 9314 Piscataway Rd, Clinton MD (D Leonard Dyer Regional Health Ctr)

7:30pm Keep Coming Back 90m/O/N/P/S St Barnabas Church, 5203 St Barnabas Rd, Temple Hills MD

Tri-County Area

7pm Spiritual Principles O/D/Wc St Paul's UM Church, 25550 Point Lookout Rd, Leonardtown MD (Classroom #8)
7:30pm Life Recovery O/V South Community Center, 20 Appeal Ln, Lusby MD
7:30pm Off Campus Recovery O/D/Wc Grace Lutheran Church, 1200 Charles St, La Plata MD (Rts 6 & 488)
8:30pm Canopy Recovery O/D Church of the Ascension, 21641 Great Mills Rd, Lexington Park MD

*** WEDNESDAY ***

Battlefield Area

8pm Journey of Recovery 90min/O/S/I/Wc Bethel Lutheran Church, 8712 Plantation La, Manassas VA
8:30pm Welcome Home O/D/E Bull Run UUC, 9350 Main St, Manassas VA (@ Church St)

Central Maryland Area

7pm Back to the Basics O/D/Wc Savage UMC, 9050 Baltimore St, Savage MD
7pm Men's Stag 75m/O/D/A/T/Wc 180 Degree Club, 5130 Baltimore Ave, Hyattsville MD
7pm New Wave 90m/O/D , 3018 Brightseat Rd, Glenarden MD (Apt 101)
7:30pm Steps to Recovery O/S/B/Wc Lion of Judah Church, 9901M Business Parkway, Lanham MD
8pm STAR O/D/S/T First UMC, 424 Main St, Laurel MD (@ 5th St)

District of Columbia Area

12pm Courthouse Recovery O/D First Trinity Lutheran Church, 501 4th St NW (2nd Floor Library)
12noon New Hope O/D St Martin's Church, 1908 N Capitol St NW
12pm Noon at the Shack O/D Emory Shelter Clinic, 1725 Lincoln Rd NE
6pm Just For Today O/J Mt Moriah Baptist Church, 1636 E Capitol St NE
6:30pm Beginner's Steps to Freedom 90m/O/A/Wc Woodridge Library, 1801 Hamlin St NE (Rm 3)
6:30pm Way Out Recovery 90m/O/A St Martin's Church, 1908 N Capitol St NW
7pm Southwest Free Way C/L Westminster Presbyterian Church, 401 I St SW
7pm Steps To Recovery C/S/B Metro Baptist Church, 1225 R St NW
7pm Ultimate Weapons O/D/B/N Johnson Memorial Baptist Church, 800 Ridge Rd SE
7pm Women Do Recover W/D , 611 N. St NW

Dulles Corridor Area

7pm Living in the Solution O/D/Wc Loudoun Hospital Cornwall Campus, 224 Cornwall St, Leesburg VA (Rm CR2)
7pm Survivors O/D/Wc Hunter Woods Community Center, 2310 Colts Neck Rd, Reston VA (Room A)
8:30pm New Hopefuls O/D/Wc St. Timothy's Episcopal Church, 432 Van Buren St, Herndon VA

East of the River Area

11am Fresh Start 90m/O/D St Luke's Ctr, 4923 E Capitol St SE
7:30pm The Road Home O/D Covenant Baptist Church, 3845 S Capitol St SW
8pm Men's Rap O/D St Luke's Ctr, 4923 E Capitol St SE

8pm Up From Down Under 90mO/S/T St Luke's Ctr, 4923 E Capitol St SE

Frederick Area

12pm Noon Group O/B/J Kemp Hall, 4 E Church St, Frederick MD

7:30pm Principles Before Personalities O/F/Wc Frederick Comm Ctr, 100 S Market St, Frederick MD (Cafeteria)

7:30pm Welcome to Life O/D Jefferson United Church of Christ, 3837 Jefferson Pike, Jefferson MD (Rt 180)

Montgomery Area

12pm Freedom in the Village O/D/J/Wc Christ the Servant Lutheran Church, 9801 Centerway Rd, Montgomery Village MD (Mont.Village Ave & Centerway Rd)

12pm NA at Noon O/J/Wc Christ Congregational Church, 9525 Colesville Rd, Silver Spring MD

7pm Focus on Women O/G/W Warner Memorial Presbyterian Church, 10123 Connecticut Ave, Kensington MD

7pm Fresh Air C/B/S/Wc Cedar Lane UUC, 9601 Cedar Ln, Bethesda MD

7:30pm Never Alone O/D/J/Wc Christ the Servant Lutheran Church, 9801 Centerway Rd, Montgomery Village MD (Mont.Village Ave & Centerway Rd)

7:30pm Wednesday's Willingness 90m/O/S/T First Baptist Church of Silver Spring, 8415 Fenton St, Silver Spring MD (Ring bell if door is locked)

8pm Another Way O/J Rockville Presbyterian Church, 215 W Montgomery Ave, Rockville MD (Enter on Harrison St, turn onto Forest Ave)

8pm People's Recovery O/D/N/Wc People's Community Baptist Church, 41 Norwood Rd, Silver Spring MD (Next door)

Norvana Area

7pm Plan B O/D/N Unity Club, 116-B W Broad St, Falls Church VA

7pm Stepping Out of the Hole 90m/O/S/T/Wc Cora Kelly Rec Ctr, 25 Reed Ave, Alexandria VA

7pm Youth N Recovery O/D/Wc Alexandria Mental Health, 720 N Saint Asaph St, Alexandria VA (fourth floor)

8pm Came to Believe O/S/T/B Cameron UMC, 3130 Franconia Rd, Alexandria VA

8pm Over the Hump O/D/Wc Pr Wm Homeless Shelter, 14945 Jefferson Davis Hwy, Woodbridge VA

Rock Creek Area

12pm Midday Meditations and Miracles 45m/O/D/J/K/Z Dupont Circle Club, 1623 Connecticut Ave NW (Above Melody Records, 2nd Fl)

2:30pm Living for the Weekend O/D Reeves Recovery Group, 1403 V St NW

4pm NA 12&12 Step & Tradition O/B/N/S/T Reeves Recovery Group, 1403 V St NW

6pm Just Don't Use O/D Reeves Recovery Group, 1403 V St NW

8pm Conscious Contact Step C/S/Wc Chevy Chase Presbyterian Church, 1 Chevy Chase Circle NW

8:30pm Conscious Contact Beginners O/D/N/Wc Wesley UMC, 5312 Connecticut Ave NW (@ Jenifer St)

South Potomac Area

6pm One Day at a Time O/D Daily Reporting Ctr, 1895 Brightseat Rd, Landover MD (Back of building)

7:30pm Clean Being O/D/Wc Unity Presbyterian Church, 4401 Brinkley Rd, Camp Springs MD

Tri-County Area

7pm A Positive Alternative O/D/Wc Good Samaritan Church, 13025 Good Samaritan Dr, Waldorf MD (Near Rt. 5 N/Billingsley Rd.)

7pm Tower of Power O/J/Wc Mt Hope Comm Ctr, 100 Pushaw Station Rd, Sunderland MD (Off Rt 2)

7:30pm Life Support O/D/Wc Cornerstone Presby Church, 23075 Town Creek Dr, California MD

*** THURSDAY ***

Battlefield Area

8pm Ties That Bind Us O/D/Wc Warrenton Bible Fellowship, 46 Winchester St, Warrenton VA

8:30pm The Ultimate Weapon O/S/D Bull Run UUC, 9350 Main St, Manassas VA

Central Maryland Area

12pm Not High Noon O/J Greenbelt Step Club, 155 Centerway Rd, Greenbelt MD (Behind Dominos Pizza)

7pm Journey Into the Steps 90m/O/B/S Addison Baptist Church, 4705 Addison Rd, Capitol Heights MD

7pm Just For Today O/D/Wc Laurel Regional Hospital, 7100 Contee Rd, Laurel MD

7:30pm More Will Be Revealed F/O/S Trinity Lutheran Church, 6600 Laurel-Bowie Rd, Bowie MD

8pm Spiritual Awakenings O/B/Wc Oshe Shalom Synagogue, 7515 Olive Branch Way, Laurel MD (Next to Laurel Regional Hospital)

8:15pm How Ya Livin? 75m/O/T/Wc 180 Degree Club, 5130 Baltimore Ave, Hyattsville MD

District of Columbia Area

12noon New Hope O/D St Martin's Church, 1908 N Capitol St NW

12pm Noon at the Shack O/D Emory Shelter Clinic, 1725 Lincoln Rd NE

1pm Head to the Sky O/D St Aloysius Church, 900 N Capitol St NW

6pm Never Give Up 90m/O/D , 2501 Benning Rd NE

6:30pm Gay Beginners Step 123 90m/C Helping Us Building, 3636 Georgia Ave NW

7pm Steps on the Hill 75m/O/S Mt. Moriah Baptist Church, 1636 E. Capitol St NE

7pm Stone Soul Recovery 90m/O/D/S All Souls Church, 1500 Harvard St NW

8pm Daily Principles 90m/O/M/K/S/T/Wc Guildfield Church, 1023 Otis St NE

8pm Just For Today O/S/D St Augustine's Ctr, 1419 V St NW

Dulles Corridor Area

4:30pm Afternoon Delight O/D Loudoun Club 12, 58 Sycolin Rd, Leesburg VA

7:30pm Keyhole To Recovery O/I Galilee UMC, 20600 Broad Run Dr, Sterling VA

7:30pm Miracles Happen O/D/J Crossroads Baptist Church, 850 Edwards Ferry Rd NE, Leesburg VA

East of the River Area

6:30pm Hope & Strength O/D Congress Heights Comm Ctr, 3720 MLK Ave SE

6:30pm Under New Management C/S/T/Wc First Baptist Church, 3440 Minnesota Ave SE

7pm 50/50 Recovery O/S/T/Wc Bethlehem Baptist Church, 2458 MLK Ave SE

8pm Literature Study 90m/O/L , 6041 Dix St NE (Enter thru side)

Frederick Area

12pm Noon Group O/B/J Kemp Hall, 4 E Church St, Frederick MD

7pm Inner City O/A/Wc Frederick Comm Ctr, 100 S Market St, Frederick MD

7:30pm Off the Beaten Path O/D St. James Episcopal Church, 1307 N Main St, Mt. Airy MD (Main Bldg upstairs)

7:30pm Thursday Night Candlelight O/E/J St Joseph's Church, 5843 Manor Woods Rd, Buckeystown MD

Montgomery Area

12pm NA at Noon O/J/Wc Christ Congregational Church, 9525 Colesville Rd, Silver Spring MD (Four Corners)

7:30pm Serenity in the Park 90m/O/S/T Mt Calvary Baptist Church, 608 N Horners Ln, Rockville MD

8pm Crossroads O/D/Wc Montgomery General Hospital, 18101 Prince Phillip Dr, Olney MD (6th Fl)

8pm Making A Difference O/D Silver Spring Christian Reformed Church, 1501 Arcola Ave, Silver Spring MD (@ Kemp Mill Rd, Rm 3)

8:30pm Stepping Free O/S Fairhaven UMC, 12801 Darnestown Rd, Darnestown MD

Norvana Area

6pm Womens Step & Trad 90m/W/S/T Lee Ctr, 1108 S. Jefferson St, Alexandria VA

7pm Glad To Be Back 90m/O/D Third Baptist Church, 917 Princess St, Alexandria VA

7:45pm We Do Recover O/D Alex Substance Abuse Ctr, 2355 Mill Rd, Alexandria VA

8pm Old Time Recovery C/D Langston-Brown Center, 2121 N. Culpeper St, Arlington VA

8pm So Happy It's Thursday O/D/K Bush Hill Presbyterian Church, 4916 Franconia Rd, Franconia VA

8:30pm At the Top of the Hill 90m/O/S/T St Paul's UM Church, 1400 G St, Woodbridge VA

Rock Creek Area

12pm Midday Meditations and Miracles 45m/O/D/J/K/Z Dupont Circle Club, 1623 Connecticut Ave NW (Above Melody Records, 2nd Fl)

2:30pm Living for the Weekend O/D Reeves Recovery Group, 1403 V St NW

4pm Keeping It Real O/D Reeves Recovery Group, 1403 V St NW

5:30pm Whole Lava Love O/D St Stephen's Church, 1530 Newton St NW (Betw Allison & Webster Sts)

6pm Open Doors O/D St Martin's Church, 1908 N Capitol St NW

6pm Step Study O/S Reeves Recovery Group, 1403 V St NW

6:30pm Coming out from Under the Bottom O/K/N Us Helping Us, 3636 Georgia Ave NW

7:30pm The Meeting O/D Dumbarton UMC, 3133 Dumbarton St NW

8:30pm Come As You Are O/D/Wc Psychiatric Institute of Washington, 4228 Wisconsin Ave NW (Auditorium)

8:30pm Men's Rap C/D/M West Side Club, 1341 Wisconsin Ave NW

9:15pm Prime Time O/D The Festival Ctr, 1640 Columbia Rd NW (Free parking in rear)

South Potomac Area

7pm Living Clean O/V , 6100 Jost St, Fairmont Hts MD

8pm Steps to Life 90m/O/S Oxon Hill UMC, 6400 Livingston Rd, Oxon Hill MD

Tri-County Area

7pm Outsiders O/D/S/T/Wc Church of the Ascension, 21641 Great Mills Rd, Lexington Park MD (Near Rescue Squad)

7pm Steps to Serenity O/S/Wc St. Nicholas Lutheran Church, 1450 Plum Point Rd, Huntingtown MD

7:30pm Chaptico Under The Stars O/D King/Queen Parish Hall, 37501 Zack Fowler Rd, Chaptico MD (Off Rt 234, east of circle)

8pm Brandywine O/D Union Bethel Church, 6810 Floral Park Rd, Brandywine MD

8pm Indian Heads O/B St James Episcopal Church, 7 Potomac Ave, Indian Head MD (Rt 210 & Potomac Ave)

*** FRIDAY ***

Battlefield Area

6:30pm Gimmee Shelter O/I Buckhall UMC, 10251 Moore Dr, Manassas VA

8:30pm FNG O/D Warrenton Presbyterian Church, 91 Main St, Warrenton VA

8:30pm Keep It Simple O/D Bull Run UUC, 9350 Main St, Manassas VA (@ Church St)

Central Maryland Area

12noon NA at Noon K/L/O First Assembly of God Church, 1102 Montgomery St, Laurel MD

7pm Friday Nite Live C/S/T/Wc Holy Cross Lutheran Church, 6905 Greenbelt Rd, Greenbelt MD

7:30pm Walk The Walk O/L/Wc Our Savior Lutheran Church, 13611 Laurel-Bowie Rd, Laurel MD

10pm Keeping It Real 75m/O/S Crossroads, 102 Washington Blvd, Laurel MD (2nd Fl)

District of Columbia Area

12pm Courthouse Steps and Traditions O/D First Trinity Lutheran Church, 501 4th St NW (2nd Floor Library)

12noon New Hope O/D St Martin's Church, 1908 N Capitol St NW

12pm Noon at the Shack O/D Emory Shelter Clinic, 1725 Lincoln Rd NE

7pm Get Right Friday Night 90m/C/D Clean and Sober Street, 425 2nd St NW

7pm Lighthouse 75m/O/D Israel AME Church, 557 Randolph St NW

7pm O Street Steps 123 90m/O/A SOME, 71 O St NW (Dining Hall)

7pm One Step at a Time 90m/O/S/T 14th and Decatur NW Bus Barn, 4729 14th St NW (Metro's community room)

7pm The Mask Must Go 90m/C/V/Wc , 3901 Suitland Road, Suitland MD

8pm Help Somebody 75m/O/N Providence Hospital, 1150 Varnum St NE (St Catherine Hall)

8pm Yellow Brick Road O/D VA Medical Ctr, 50 Irving St NW

8:30pm Trust Gay NA Way 90m/C/D Metro Community Church, 474 Ridge St NW

Dulles Corridor Area

6pm Friday Night Girlfriends O/W Community Lutheran Church, 21014 Whitfield Pl, Sterling VA

7:30pm Bedrock O/D Thomas Balch Library, 208 W Market St, Leesburg VA

7:30pm Gut Level O/D/Wc A New Beginning, 4213 Walney Rd, Chantilly VA

7:30pm Just For Today O/H/J/Wc/Z Community Lutheran Church, 21014 Whitfield Pl, Sterling VA

East of the River Area

11am Fresh Start C/S/W St Luke's Ctr, 4923 E Capitol St SE

6pm Recovery & Relapse O/D Mt Moriah Baptist Church, 1636 E Capitol St NE
6:30pm Shine In Time C/D Congress Heights Comm Ctr, 3720 MLK Ave SE (Basement)
8pm Relationships 90m/O/D Holy Comforter Church, 1357 E Capitol St SE (Side entrance, basement)

Frederick Area

12pm Noon O/B/J Kemp Hall, 4 E Church St, Frederick MD
7:30pm We Do Recover C/S/V Asbury UMC, 100 W All Saints St, Frederick MD (Across street from Chapel, rear entrance)
9pm Friday Night Candlelight O/K Evangelical Lutheran Church, 26 E Second St, Frederick MD

Montgomery Area

12pm NA at Noon O/J/Wc Christ Congregational Church, 9525 Colesville Rd, Silver Spring MD
7pm Good Times O/L Christ Lutheran Church, 8011 Old Georgetown Rd, Bethesda MD
7pm Older Toddlers O/S/Wc Cedar Lane UUC, 9601 Cedar Ln, Bethesda MD
8pm Live and Let Live O/L Fairhaven UMC, 12801 Darnestown Rd, Darnestown MD
8pm Upcounty NA 90m/O/D Emory Grove UM Church, 8200 Emory Grove Rd, Gaithersburg MD
8:30pm Get Down O/D/Wc Cedar Lane UUC, 9601 Cedar Ln, Bethesda MD
8:30pm Good Stuff O/T/Y/A Christ Lutheran Church, 8011 Old Georgetown Rd, Bethesda MD
8:30pm SYA O/D Norbeck Community Church, 2631 Norbeck Rd, Silver Spring MD

Norvana Area

7pm Circle of Hope W/D (starting 3/5) St Johns UM Church, 5312 Backlick Rd, Springfield VA
7pm NA for Life 90m/O/D/Wc Walter Reed Rec Ctr, 2909 S 16th St, Arlington VA
7pm Recovery on the South Side 90m/O/D/Wc Lee Ctr, 1108 S Jefferson St, Alexandria VA
7pm Women Need Women 90m/O/D/Wc Cora Kelly Rec Ctr, 25 Reed Ave, Alexandria VA
7:15pm Church Basement Recovery 75m/O/D/Wc Arlington Baptist Church, 714 S Monroe St, Arlington VA
7:30pm One Route To Recovery O/D/ Mt Vernon Hospital, 2501 Parkers Ln, Alexandria VA (Conference Rm C)
8pm I'm Somebody O/D/N Lewinsville Pres Church, 1724 Chain Bridge Rd, McLean VA
8:30pm Better Here Than There O/D/N/Wc Fairfax Hospital, 3300 Gallows Rd, Falls Church VA (ECC Bldg)
8:30pm Simplicity is the Key C/B Unity Club, 116-B W Broad St, Falls Church VA
8:30pm Still Around O/D/Wc Rebos Club, 12902 Occoquan Rd, Woodbridge VA

Rock Creek Area

12pm Midday Meditations and Miracles 45m/O/D/J/K/Z Dupont Circle Club, 1623 Connecticut Ave NW (Above Melody Records, 2nd Fl)
2:30pm Living for the Weekend O/D Reeves Recovery Group, 1403 V St NW
4pm Rush Hour at Four O/D Reeves Recovery Group, 1403 V St NW
6pm Recovery on V Street O/D Reeves Recovery Group, 1403 V St NW

7pm Womens Candlelight 90m/C/B/E/W Plymouth Congregational Church, 5301 N Capitol St NE (Enter through parking lot)
8pm Clean Works O/B First Baptist Church of Washington, 1328 16 St NW (Church Parlor)
8pm Solo Por Hoy 90m/O/V Neighbors' Consejo, 3118 16th Street NW
10pm Late Nite Friday Nite 75min/O/D/Wc St Alban's Church, 3001 Wisconsin Ave NW
10pm Recovery Alley C/D/E St Stephen's Church, 1530 Newton St NW (corner of 16th & Newton)

South Potomac Area

7:30pm Living the Program 90m/O/J/M/S St. Barnabas Church, 5203 St. Barnabas Rd, Temple Hills MD
7:30pm Women Do Recover O/S/T/W Unity Presbyterian Church, 4401 Brinkley Rd, Camp Springs MD
8pm Gateway to Recovery 90m/O/S/T , 7411 Village Green Terr, Landover MD
8:30pm Friday Night Free at Last O/D/Wc Ft Washington Christian Church, 10900 Indian Head Hwy, Ft Washington MD (Speaker brings Step)

Tri-County Area

11:30am Uninterrupted O/D/J St. Pauls UM Church, 25550 Point Lookout Rd, Leonardtown MD (classrm#13)
6pm North Beach Group O/V Union Church, 274 Bay View Rd., North Beach MD
7:07pm 7:07 O/D/P Trinity Lutheran Church, 46707 S Shangri La Dr, Lexington Park MD (at S. Essex)
7:30pm Work 'Em Or Die 90m/O/B/S/Wc Grace Lutheran Church, 1200 Charles St, La Plata MD (Rts 6 & 488)

*** SATURDAY ***

Battlefield Area

8:30pm Saturday Night Live O/D/K/V/Wc Bethlehem Lutheran Church, 9748 Copeland Dr, Manassas VA

Central Maryland Area

12pm High Noon O/D/Wc 180 Degree Club, 5130 Baltimore Ave, Hyattsville MD
7pm Gut Bucket 90m/O/D/S/T/Wc Springhill Lake Rec Ctr, 6101 Cherrywood Ln, Greenbelt MD
7pm How 90m/O/D/Wc St Mary's School, 114 St Mary's Pl, Laurel MD (Behind Laurel Boys & Girls Club)
8:30pm Tracks to Recovery O/B/D/Wc Unity Place, 8610 Railroad Ave, Bowie MD

District of Columbia Area

9am Better Way 90m/O/D/V/Wc Emory Shelter Clinic, 1725 Lincoln Rd NE
11am I Can't We Can O/A/T Luther Place Memorial Church, 1226 Vermont Ave NW
11:30am Men's Rap C/K/M/Wc Greater Southeast Community Hospital, 1310 Southern Ave SE
11:30am Mens Step Rap C/K/M Chess House, 4322 Sheriff Rd NE
11:30am Women's Rap 90m/W Brentwood Rec Center, 2311 14th St NE
12pm Mt Olivet Recovery 90m/O/D/N Mt Olivet Lutheran Church, 1306 Vermont Ave NW
12pm Saturday Surrender O/D First Baptist Church, 1328 16th St NW
2pm NA Gay Men's Rap 90m/C/D/M St Martin's Church, 1908 N Capitol St NW
6pm 11th Step Meeting 90m/O/S St Martin's Church, 1908 N Capitol St NW
7pm HIV the NA Way C/D/Wc Howard University Hospital, 2041 Georgia Ave NW (Rm 5E-17)

8pm Uptown 90m/O/D Twelfth Street Christian Church, 1812 12th St NW
8pm Work the Steps or Die 90m/S/T Twelfth Street Christian Church, 1812 12th St NW

Dulles Corridor Area

7pm HOW O/D St Anne's Episcopal Church, 1700 Wainwright Dr, Reston VA
7pm Literally Speaking O/L/H Community Lutheran Church, 21014 Whitfield Pl, Sterling VA
7:30pm Saturday Nite Staying Alive O/D/N/Wc A New Beginning, 4213 Walney Rd, Chantilly VA
8:30pm Saturday Night Live O/D/H Community Lutheran Church, 21014 Whitfield Pl, Sterling VA
10:30pm Rogue O/D Loudoun Club 12, 58 Sycolin Rd, Leesburg VA

East of the River Area

12pm Women's Step 90m/O/D St Martin's Church, 1908 N Capitol St NW
6pm Growing Together 90m/O/D Bread for the City Center, 1640 Good Hope Rd SE
6pm In the Gardens 90m/O/S/T/Wc Potomac Gardens, 700 12th St SE
7pm 818 Miracles 90m/O/S/T/Wc Christ Love Baptist Church, 818 Bladensburg Rd NE
8:30pm Let Go and Let God 90m/O/A , 1215 Good Hope Rd SE

Frederick Area

9am Kickin' it Raw 90m/C/D/M Kemp Hall, 4 E Church St, Frederick MD
9am Women's Rap 90m/O/D Kemp Hall, 4 E Church St, Frederick MD
12pm Noon O/B/J Kemp Hall, 4 E Church St, Frederick MD
6:30pm Downtown Recovery C/K Kemp Hall, 4 E Church St, Frederick MD
7:30pm Off the Beaten Path 2 O/B St. James Episcopal Church, 1307 N Main St, Mount Airy MD

Montgomery Area

11am Share On Saturday O/B/Wc Holy Cross Hospital, 1500 Forest Glen Rd, Silver Spring MD (Private Dining Rm 1)
4pm IP@4 O/P , 11701 Fulham St, Silver Spring MD (left basement)
5:30pm SOS O/D Rockville Presbyterian Church, 215 W. Montgomery Ave, Rockville MD
7pm A Good Deal O/D St John's Lutheran Church, 4629 Aspen Hill Rd, Rockville MD (Fellowship Hall)
7:30pm Fresh Start 75m/O/D/Wc Shady Grove Adventist Hospital, 9901 Medical Center Dr, Rockville MD (L of Emerg. Rm)
8pm Speakeasy O/D Calvary Lutheran Church, 9545 Georgia Ave, Silver Spring MD (no mtg 1st Sat)

Norvana Area

11am Sisters in Recovery 90m/W/V , 3848 King St, Alexandria VA
3pm Keep on Stepping Mens Rap 90m/M/S Charles Houston Rec Center, 901 Wythe St, Alexandria VA
4pm Steps to Serenity 75m/O/S Family Life Center, 3410 S. 22nd St, Arlington VA
6pm Who Wants to Live 90m/O/D/B Gum Springs Comm Ctr, 8100 Fordson Rd, Alexandria VA
7pm Free Yourself O/D/Wc Providence Presbyterian, 9019 Little River Turnpike, Fairfax VA
7pm NA Pavilion 90m/O/V Greenbrier Baptist Church, 5401 7th Rd S, Arlington VA

8:30pm Come As You Are O/D Serenity Club, 8121B Richmond Hwy, Alexandria VA
10:30pm Late But Straight 90m/C/D/Wc Arlington Pres Church, 3507 Columbia Pike, Arlington VA

Rock Creek Area

7am Saturday Morning Relief 90m/O/A/T Metro Community Church, 474 Ridge St NW
7am The Sunrise 75min/O/T Reeves Recovery Group, 1403 V St NW
12noon Midday Meditations and Miracles 45m/O/V Dupont Circle Club, 1623 Connecticut Ave NW
7:30pm Hope Fiends O/D/E Luther Place Memorial Church, 1226 Vermont Ave NW (at N St, in library)
8pm Beachcomber's Electric Coffee Test C/D/B St Alban's Church, 3001 Wisconsin Ave NW (Saterlee Hall 6th Grade Rm)
11pm Stayin' Alive O/F Universalist National Memorial Church, 1810 16th St NW (3rd floor)

South Potomac Area

10am Spiritually Speaking 90m/L/S Unity Presbyterian Church, 4401 Brinkley Rd, Camp Springs MD
7:30pm Keep it Simple 90m/O/S/T St Barnabas Church, 5203 St Barnabas Rd, Temple Hills MD
10pm Candlelight O/D/K Forestville Methodist Church, 3111 Forestville Rd, Forestville MD (Annex Building across parking lot)

Tri-County Area

7pm Leonardtown Beginners 75m/O/A/D/S St Paul's UM Church, 25550 Point Lookout Rd, Leonardtown MD (Brubecker Hall)
7pm Making Miracles 90m/O/D/Wc Good Shepherd Church, 305 Smallwood Dr, Waldorf MD
7pm Tower of Power O/D/Wc Mt. Hope Comm Ctr, 100 Pushaw Station Rd, Sunderland MD
10:30pm Serenity Group O/D/Wc Good Shepherd Church, 305 Smallwood Dr, Waldorf MD

*** DAILY ***

East of the River Area

8:30am Let Go and Let God 75m/O/J , 1215 Good Hope Rd SE (Mon-Fri)
1:30pm Let Go and Let God 90m/O/A , 1215 Good Hope Rd SE (Mon-Fri)
3:30pm Let Go and Let God O/D , 1215 Good Hope Rd SE (Mon-Fri)
8:30pm Let Go and Let God O/L , 1215 Good Hope Rd SE (Mon-Fri)
10pm Let Go and Let God O/D , 1215 Good Hope Rd SE (Mon-Fri)

Norvana Area

10pm Opening Night O/D Independence Club, 7024 Spring Garden Dr, Springfield VA