KEY: Meetings ordered by Day of Week, Area, and Time of Day

Please email meetings@cprna.org with questions or changes

75/90: 75/90 min (all else 60)
A: Beginners 1-2-3 Step
G: Step Working Guide
T: Tradition
C: Closed (addicts only)
J: Just for Today
K: Speaker
D: Discussion
E: Candlelight
P: Information Pamphlet
L: Literature Study/Living
Q: Question/Answer
S: Step
W: Welcome
N: Newcomer/Beginner
I: It Works How & Why
O: Open (public welcome)
M: Men
F: Topic
C: Closed (addicts only)
K: Speaker
R: Route
Q: Question/Answer
S: Step
Z: Meditation

For more info, go to www.cprna.org
1-800-543-4670 or 202-399-5316
PO Box 8160, Silver Spring, MD 20907

 Chesapeake & Potomac Region of NA
Meeting List for October/November 2019
(last updated 11/01/2019 9:20pm)

SUNDAY
Battlefield Area, VA
8:00 PM Sunday Night Meeting
O,B;I,K; St Mark's UMC (@LeLand Ave, downstairs), 7803 Well St, Manassas
Centra Maryland Area, MD
10:00 AM Breakfast Club O.D.W.A.
College Park Youth Service, 4912 Nantucket Rd, College Park
10:00 AM Easy Like Sunday Morning O.D.W.A.; Springfield Lake Rec Center, 6101 Cherrywood St NE, Hyattsville
7:00 PM Small Wonders C.D.W.A.; University Christian Church (Belcrest Rd), 6800 Adelphi Rd, Hyattsville
3:00 PM Savage Survivors O.D.W.A.; Savage UMC, 9050 Baltimore St, Savage

d District of Columbia Area
7:00 AM Open Door To Freedom O.A.B.A.T.A.; Church of the Epiphany, 1317 G St NW
9:00 AM Sunday Morning Spiritual O.D.T.W.A.; Veterans Administration Medical Center, 50 Irving St NW
10:30 AM Coffee Hour O.D.W.A.; The View Apartments 635 Edgewood St SE (9th floor)
11:00 AM Sunday Morning Steps & Traditions O.S.T.W.A.; Howard University Hospital, 2041 Georgia Ave NW
1:30 PM Another Level of Awareness O.S.; Community for Creative Non-Violence (2nd Fl), 425 2nd St NW
7:00 PM Sunday Night Spiritual Group O.S.T.S.T.; St Mary's Church (Church Hall), 727 5th St NW
7:00 PM Still I Rise Women's Rap 75,W.O.D.; Varick Memorial AME Zion Church, 25B Anacostia Ave NE
7:00 PM Joyful Start O.S.T.S.T.; Mt Zion Baptist Church, 5101 14th St NW

Dulles Corridor Area, VA
10:30 AM To Tell The Truth O.D.W.A.J.; Community Center Room 6 (Hunters Woods), 2310 Collins Rd Reston
7:00 PM The Journey Continues O.D.L.
Saint David's Episcopal Church, 43600 Russell Branch Pwy, Ashburn
7:30 PM New Way Of Life O.D.; A.D.W.A., no children; A New Beginning Treatment Center, 4213 Walney Rd, Chantilly

East of the River Area, DC
There are no Sunday meetings in the East of the River Area at this time.

Frederick Area, MD
11:00 AM Sunday Morning NA O.D.; Crossroads Center, 511 W South St, Frederick
6:30 PM Just For Today O.C.K.W.S.A.O.; Crossroads Center, 511 W South St, Frederick

Montgomery Area, MD
7:45 AM Squeaky Clean O.D.; AISH Learning Center, 5814 Old Georgetown Rd, Rockville
12:00 PM Progress in NA O.S.T.W.A.; Holy Cross Resource Center (Room 7), 9805 Darnerdale Dr, Silver Spring
8:00 PM Talking Heads O.D.; Cherry UMC, 7001 Connecticut Ave, Chevy Chase
7:00 PM The Real Recovering of Garmenters - Women's Meeting C.W.L. Mother Seton Catholic Church (basement), 19951 Father Hurley Blvd, Germantown
7:30 PM Today's Recovery O.D.W.A.; Seneca Creek Community Church (use front entrance), 13 Firstfield Rd, Gaithersburg
7:30 PM The Alternative O.D.W.A.E.K.; Silver Spring Presbyterian Church, 580 University Blvd E, Silver Spring

NORVANA, Northern VA
10:00 AM NA in Delray O.V.W.A.; Mt Vernon Hospital (ENGH Conit Rom), 2501 Parkers Ln, Alexandria
10:30 AM NA Fasti O.D.; Unity Club (Farsi spoken), 116-B W Broad St, Falls Church
12:00 PM Just For Today O.G.J.D.L 75; Unity Club, 116-B W Broad St, Falls Church
6:00 PM Sunday Sanity O.D.W.A.O.; Unitarian Universalist Church, 4444 Arlington Blvd, Arlington
7:00 PM Another Look O.D.W.A.; Francia UMC, 6037 Francia Rd, Alexandria
7:00 PM Living In The Solution O.K.S.W.A.; Reconciliation Community Church, 14654 Jolpiln Rd, Woodbridge

Rock Creek Area, DC
12:00 PM Midday Meditations and Miracles O.D.J.; Dupont Circle Club, 1623 Connecticut Ave NW
5:30 PM Progressive Recovery O.D.; Luther Memorial Parish, 12226 Vermont Ave NW
7:00 PM Clean On The Hill C.O.D.; Capitol Hill UMC (enter on 5th St, ring bell), 421 Seward Sq SE

South Potomac Area, MD
6:30 PM Best Step & Tradition Meeting In Town O.S.T.; Greater Beulah Baptist Church, 6056 Old' Central Ave, Capitol Heights
7:00 PM Closed Sunday C.V.S.T.O.; Bells UMC, 6101 Alletson Rd, Suitland

Tri-County Area, MD
2:00 PM Walk the Walk O.D.; All Faith Episcopal Church, 38885 New Market Turner Rd, Mechanicsville
7:00 PM Basket Case O.D.M; 60th last Sun; St Andrew's Church (RT 4 S) 44078 St Andrew's Ch Rd, California
7:30 PM Stepping Into Traditions & Concepts O.D.S.T.; St Joseph's Church, 4930 St Joseph Way, Potomac
7:30 PM Another Chance O.W.A.K.("1/3") L(2"4th"), St Nicholas Lutheran Church 1450 Plum Point Rd, Huntington

MONDAY
Battlefield Area, VA
7:00 PM Grateful Heads O.D.B.A.; St Mark's UMC (@LeLand Ave, downstairs), 7803 Well St, Manassas
8:30 PM Getting Centered O.D.; Church of the Ascension, 13941 Braddock Rd, Centreville
7:30 PM Learning How To Live O.D.V.; Gainesville Presbyterian Church, 16127 Lee Hwy, Gainesville

Central Maryland Area, MD
6:30 PM A Greater Freedom O.D.; St Andrews Church, 4152 College Ave, College Park
7:00 PM It Works: How and Why C.W.A.I.J.H.; Holy Cross Lutheran Church, 6905 Greenbelt Rd, Greenbelt
7:00 PM Laurel Basics 1-2-3 O.A.W.A.; Laurel Regional Hospital (2nd floor, PRC Rom), 7100 Contee Rd, Laurel
7:00 PM Hope Friends O.A.S.W.A.5; UM Prince George's Hospital Center, 3001 Hospital Dr, Cheverly

District of Columbia Area
12:00 PM Noon Group O.B.J.; Trinity Chapel (side door-2nd floor), 10 W Church St, Frederick
7:00 PM Monday Night Miracles by Candlelight O.D.E.W.A.B.; Grace Trinity United Church of Christ, 9501 Baltimore Rd, Frederick
7:30 PM Addicts Only Q; Concordia Lutheran Church, 17906 Garden Ln, Hagerstown
8:30 PM Late But Straight O.I.A.; 111 Pennsylvania Ave, Frederick

Montgomery Area, MD
7:30 AM Freedom in the Village O.D.J.W.A.; Christ the Servant Lutheran 9801 Centerway Rd, Montgomery Village
12:00 PM Freedom in the Village O.D.B.W.A.; Christ the Servant Lutheran 9801 Centerway Rd, Montgomery Village
12:00 PM NA at Noon O.J.W.A.; Christ Congregational Church, 9525 Colesville Rd, Silver Spring
7:00 PM Illness in Recovery O.D.W.A.L.; Millian Memorial UMC, 13016 Parkland Dr, Rockville
7:00 PM Just For Tonight O.P.W.A.; Congregation Beth El, 8215 Old Georgetown Rd (no outside food or drink; kosher facility), Bethesda

Dulles Corridor Area, VA
6:30 PM Exact Nature Men's Meeting O.D.W.A.W.J.; 21631 Ridgeline Circle, Sterling
8:00 PM Free To Live O.N,W.A.H; St Matthew's Episcopal Church, 201 E Frederick Dr, Sterling

East of the River Area, DC
8:30 AM Let Go and Let God J.F.T.T.S.; Holy Christian House of Praise, 5110 Nanny Helen Burroughs Ave NE
10:00 AM Fresh Air Group O.D.; St Luke's Center, 4923 E Capital St SE
1:30 PM Let Go and Let God O.D.; Church of the First Born, 2451 Ainger Pl SE
3:30 PM Let Go and Let God O.D.; Church of the First Born, 2451 Ainger Pl SE
5:00 PM Moving On B.I.N.S.O.; Anacostia Library, 1800 Good Hope Rd SE
6:00 PM Beginner's Steps O.A.; Mt Moriah Baptist Church, 1636 E Capitol St NE
7:00 PM Free Indeed A; Bethel Christian Church, 2217 Minnesota Ave SE
7:00 PM Full Package S.T.; Temple of Praise Church, 700 Summer Ave SE
8:00 PM Monday Night Step O.A.; St Luke's Center, 4923 E Capital St SE

Frederick Area, MD
12:00 PM Noon Group O.B.J.; Trinity Chapel (side door-2nd floor), 10 W Church St, Frederick
7:30 PM Monday Night Miracles by Candlelight O.D.E.W.A.B.; Grace Trinity United Church of Christ, 9501 Baltimore Rd, Frederick
7:30 PM Addicts Only Q; Concordia Lutheran Church, 17906 Garden Ln, Hagerstown
8:30 PM Late But Straight O.I.A.; 111 Pennsylvania Ave, Frederick

Montgomery Area, MD
7:30 AM Freedom in the Village O.D.J.W.A.; Christ the Servant Lutheran 9801 Centerway Rd, Montgomery Village
12:00 PM Freedom in the Village O.D.B.W.A.; Christ the Servant Lutheran 9801 Centerway Rd, Montgomery Village
12:00 PM NA at Noon O.J.W.A.; Christ Congregational Church, 9525 Colesville Rd, Silver Spring
7:00 PM Illness in Recovery O.D.W.A.L.; Millian Memorial UMC, 13016 Parkland Dr, Rockville
7:00 PM Just For Tonight O.P.W.A.; Congregation Beth El, 8215 Old Georgetown Rd (no outside food or drink; kosher facility), Bethesda

For meetings in Baltimore, Annapolis and other locations in Maryland, contact the Free State Region of NA 1-800-317-3222 www.fsrna.org
For meetings in Fredericksburg, Richmond and other locations in Virginia, contact the Central Atlantic Region of NA 1-800-777-1515 www.car-na.org
South Potomac Area, MD
7:30 PM Living the Program
O.S.M.A.J,90; St Barnabas Church,
5203 St Barnabas Rd, Temple Hills
7:30 PM Women Do Recover O.S.T,;W,
Bells UMC, 5016 Allentown Rd, Suitland
8:30 PM Friday Night Free at Last
O.D.K.S,WA; F1 Washington Christian
Church, 10900 Indian Head Hwy, Ft Washington

Tri-County Area, MD
12:00 PM Give Yourself A Break
O.J.K,S,;T,V; MCAT Waldorf Building 3,
11100 Billingsley Rd, Waldorf
6:00 PM North Beach Group O.V,
Northeast Community Center, 4075
Gordon Stinnett Ave, Chesapeake
Beach
7:07 PM 7:07 PM O.D.P; Trinity
Lutheran Church (at S Essex), 46707 S Shangri
La Dr, Lexington Park
7:30 PM Work 'Em Or Die O.S.W,A.B,;90,
Grace Lutheran Church (Rts 6 & 488),
1200 Charles St, La Plata
9:30 PM Another Late Night O.D.P.T;
Beacon of Hope, 21861 Great Mills Ln,
Lexington Park
10:00 PM We Stay Lit O.F,K,W.A; All Faith
Episcopal Church, 38885 New Market
Turner Rd, Mechanicville

SATURDAY
Battlesfield Area, VA
1:01 PM Recovery 101 O.A.D.N,; Trinity
Episcopal Church (downstairs), 9325
West St, Manassas (children welcome)
7:00 PM Destination Hope O.K, 10047
Nokesville Road (Room 209, use door at
back of bigd-walk to 2nd floor),
Manassas
Central Maryland Area, MD
12:00 PM Just For Today J.K.L.N.O,
4318 Hamilton Ave, Hyattsville
5:00 PM Fear to Faith O.D.W.A,
Emmanuel UMC, 11416 Cedar Ln,
Beltsville
6:00 PM Surviving Our Journey
C.L.G.W.A; UM Prince George’s
Hospital (Auditorium), 3001
Hospital Dr, Cheverly
7:00 PM Gut Bucket O.D.,W.TA,90f,
Springhill Lake Recreation Center,
6101 Cherrywood Ln, Greenbelt
7:00 PM HOW O.D.W.A; St Mary’s School
(behind Boys & Girls Club), 106 St
Mary’s Place, Laurel
8:30 PM Tracks to Recovery O.D.W.A.B,
Unity Place, 8610 Rail Road Ave,
Bowie

District of Columbia Area
9:00 AM Better Way O.D.S.T,;90; St
Martin’s Church, 1908 N Capitol St NW
11:00 AM I Can’t We Can O,T,A; Luther
Place Memorial Church, 1226 Vernon
Ave NW
11:30 AM Men’s Rap O.D.W.A; United
Medical Center (Basement Auditorium),
1310 Southern Ave SE
11:30 AM Women’s Rap W,90;
Brentwood Rec Center, 2311 14th St NE
12:00 PM Mount Olivet Recovery O.W,A,
1306 Vermont Ave NW
12:00 PM Women’s Step and Traditions
C.W,S.T,90; St Martin’s Church,1912 N
Capitol St NW
6:00 PM Uptown O.D.,90; Twelfth Street
Christian Church, 1812 17th St NW
6:00 PM 11th Step Meeting O.S.S,90;
St Martin’s Church, 1908 N Capitol St NW
7:00 PM Illness in Recovery C.D.W.A,
Howard University Hospital (Rm 5E-
17), 2041 Georgia Ave NW
8:00 PM Gift of Life O.A; St Martin’s
Church, 1908 N Capitol St NW

Dulles Corridor Area, VA
7:00 PM Literally Speaking O.L.H,
Community Lutheran Church, 21014
Whitfield Pl, Sterling
7:30 Street Survivors O.D.W.A;
New Beginning Treatment Center, 4213
Walney Rd, Chantilly
8:30 PM Saturday Night Live O.W,A;
Community Lutheran Church, 21014
Whitfield Pl, Sterling

Eastern of the Village, DC
7:00 PM 818 Miracles O.S.T,W,A; SOME,
71 O St NW

Frederick Area, MD
10:00 AM Kickin’ It Raw C.D;
Trinity Chapel (side door-2nd fl), 10 W Church
St, Frederick
10:00 AM Can’t Do It Alone
O,D.P,;S,WA; Trinity Chapel (side
door-1st floor), 10 W Church St,
Frederick
12:00 PM Noon Group O.B,;J,Y;
Trinity Chapel (side door 2nd fl), 10 W Church
St, Frederick
6:00 PM Right Side Of The Tracks O;
New Hope UMC, 7 S Maryland Ave,
Brunswick
7:30 PM Off the Beaten Path 2 O.B;
St James Episcopal Church, 1307 North
Main St, Mt Airy
8:00 PM Saturday Night Special
O.S.W.A; Good Shepherd Lutheran
Church, 1415 W 7th St, Frederick

Montgomery Area, MD
11:00 AM Share On Saturday O.B,W,A;
Holy Cross Hospital (Private Dining Rm 1),
1500 Forest Glen Rd, Silver Spring
12:30 PM Hugs Not Drugs O.V;
Woodside UMC (park in back), 8900
Georgia Ave, Silver Spring
2:00 PM Sister to Sister W.W.A; Holy
Cross Hospital (room location will vary,
check lobby monitor), 1500 Forest Glen
Rd, Silver Spring
7:00 PM A Good Deal O.D;
St John’s Lutheran Church (Fellowship Hall),
4629 Aspen Hill Rd, Rockville
7:30 PM Fresh Start O.D.W.A,75; Happy
Grove Adventist Hospital (Main
entrance), 9901 Medical Center Dr,
Rockville
8:00 PM Speakeasy O.D.90; Woodside
UMC (park in back), 8900 Georgia Ave,
Silver Spring
8:00 PM Pooleysville 12 O,S,T,;75;
Peter’s Episcopal Church, 20100 Fisher
Ave, Pooleysville

NORVANA, Northern VA
12:00 PM Stepping Together Group
A,B,V; St Paul UMC, 400 G St, Woodbridge
11:00 AM Sisters In Recovery O.W; 3846
King St, Alexandria
7:00 PM Free Yourself: O.WA;
Presbyterian Virginia Church,
9019 Little River Tpke, Fairfax
7:00 PM Glad to be Back O.D.W.A,90;
12902 Occoquan Rd, Woodbridge
7:00 PM NA Pavilion O; Greenbrier
Baptist Church, 5401 7th S Rd, Arlington

Rock Creek Area, DC
7:00 AM Saturday Morning Relief
O.S.B,;90; Metro Community Church,
474 Ridge Dr NW
7:30 PM Hope Friends O.D.; Luther
Place Memorial Church (at N St, in
library), 1226 Vermont Ave NW
8:00 PM Backcountry’s Electric Coffee
Year C.D.B,WA; St Albans Church
(Satterlee Hall), 3001 Wisconsin Ave NW

South Potomac Area, MD
10:00 AM Spiritually Speaking S.L,90;
Prince George’s Presbyterian
Community Church, 4401 Brickley
Road, Camp Springs
7:30 PM Keep it Simple O.S.T,90; St
Barnabas Church, 5203 St Barnabas
Rd, Temple Hills

Tri-County Area, MD
10:00 AM Healthy Relationships O;
Northeast Community Center, 4075
Gordon Stinnett Blvd, Chesapeake
Beach
12:00 PM Recovery in the Park C;
Beacon of Hope Center, 21800 N
Shangri La Dr, Lexington Park
4:00 PM Back to the Basic B (10
chapters); Beacon of Hope Center,
21800 N Shangri Dr, Arlington
7:00 PM It’s A We Thing O.D.S.T,W,;90;
St Paul’s UMC (Brubecker Hall), 25550
Point Lookout Rd, Leonardtown
7:00 PM Tower of Power O.D.W,A;
Mt Hope Community Center, 100 Pushaw
Station Rd, Sunderland
7:00 PM Making Miracles O.D,W.A,90;
Good Shepherd Church, 305
Smedrow Dr, Waldorf
10:00 PM Candlelight O.D,S,T,A,E,;WA;
Good Shepherd Church, 305
Smallwood Dr, Waldorf

People I can call...

Keep coming back!