

CHESAPEAKE & POTOMAC REGION OF NA



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

24/7 Phonenumber: 1-800-543-4670

http://www.cprna.org

info@cprna.org



MEETING LIST BY AREA MAY 2026

Meeting Format Legend			
BEG	Beginners	BT	Basic Text
C	Closed	CAN	Candlelight
CH	Closed Holidays	CPT	12 Concepts
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	QA	Question and Answer
SPAD	Spiritual Principle A Day Book Study	SPK	Speaker
STEP	Step	SWG	Step Working Guide Study
TOP	Topic	TRAD	Tradition
TW	Traditions Workshop	Ti	Timer
VAR	Format Varies	VM	Virtual Web Meeting
W	Women	WC &	Wheelchair
WR	Writing Meeting	Y	Young People

The C&P Region has 427 NA meetings

OUR MEETINGS

The meetings in the Chesapeake & Potomac Region are located in Washington DC, Maryland, & Virginia. Some meetings are in person, and some are held virtually. Our 12 Areas and the cities our meetings are in as follows:

Battlefield Area: Gainesville, & Manassas, VA

Central Maryland Area: Beltsville, Bowie, College Park, Columbia, District Heights, Glenarden, Greenbelt, Hyattsville, Laurel, & Savage, MD

District of Columbia Area: Washington, DC

Dulles Corridor Area: Ashburn, Chantilly, Herndon, Leesburg, Reston, & Sterling, VA

East of the River Area: NE/SE Washington, DC

Frederick Area: Frederick, Jefferson, Middletown, & Mount Airy, MD

Montgomery Area: Bethesda, Chevy Chase, Gaithersburg, Germantown, Kensington, Montgomery Village, Mount Airy, Rockville, & Silver Spring, MD

Norvana Area: Alexandria, Annandale, Arlington, Fairfax, Falls Church, McLean, Springfield, West Springfield, & Woodbridge, VA

Rock Creek Area: Chevy Chase, MD & NW/SW Washington, DC

South Potomac Area: Capitol Heights, Clinton, District Heights, Fort Washington, Oxon Hill, Suitland, & Temple Hills, MD

The Virtual Ties That Bind Us Together Area: All Virtual Meetings

Tri-County Area: California, Callaway, Chaptico, Chesapeake Beach, Huntingtown, La Plata, Leonardtown, Lexington Park, Lusby, Pomfret, Prince Frederick, Sunderland, & Waldorf, MD

SUNDAY

Battlefield Area

NOON **Nooner Meeting (O,DISC,JFT,VM 60)**, Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA

7:00PM **Sunday Funday (O,DISC,SPK,VM 60)**, Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA

Central Maryland Area

10:00AM **Breakfast Club (O,VAR,WC & 60)**, 4912 Nantucket Rd., College Park, MD

10:00AM **Easy Like Sunday Morning 2 [Phoneline] (O,DISC,PH,VM 90)**, Phone#: 605-313-4221; Phone P/C: 3074093, District Heights, MD, This meeting is a phone line meeting only.

10:00AM **Easy Like Sunday Morning [In-Person] (O,DISC 90)**, Municipal Center, 2000 Marbury Dr., District Heights, MD

10:00AM **Virtual Breakfast Club (O,SPK,VM,LIT 60)**, Zoom ID: 878 4829 2214; P/C: 4912Donuts, Greenbelt, MD

11:00AM **Starting Over (O,VAR,WC & 60)**, Serenity Center, 8650 Basket Ring Rd., Columbia, MD

7:00PM **Savage Survivors (O,WC & 60)**, Savage UMC, 9050 Baltimore St, Savage, MD

7:00PM **Small Wonders (O,DISC,VAR,WC & 60)**, University Christian Church, 6800 Adelphi Rd, Hyattsville, MD

SUNDAY (CONT)**District of Columbia Area**

- 7:00AM **Open Door To Freedom (O,BEG,STEP 90)**, Church of the Epiphany, 1317 G St NW, Washington, DC
- 9:00AM **Sunday Morning Spiritual (O,DISC,TRAD,VM 60)**, Zoom ID: 812-2295-5124; P/C 774257, Washington, DC
- 10:30AM **10:30 Coffee Hour (O,DISC,WC & 90)**, 5656A 3rd St. NE, Washington, DC
- 10:30AM **I Can't, We Can (C,JFT,STEP,WC & 85)**, Luther Place Memorial Church, 1226 Vermont Avenue, NW, Washington, DC
- 11:00AM **Sunday Morning Steps & Traditions (O,VM 60)**, Zoom ID: 893 1577 3534; P/C: 873274, Washington, DC
- 7:00PM **Sunday Night Spiritual Group (O 90)**, St Mary's Church (Church Hall), 727 5th St. NW, Washington, DC
- 10:30PM **Faith & Sanity (O 90)**, St John CME Church, 2801 Stanton Rd SE, Washington, DC

Dulles Corridor Area

- 10:30AM **To Tell The Truth (O,WC & 60)**, Community Center (Hunters Woods), Room 6, 2310 Colts Neck Rd., Reston, VA
- NOON **Noon Meeting (O,VM 60)**, Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
- 7:00PM **The Journey Continues (O,LIT 60)**, St. David's Episcopal Church (Trailer), 43600 Russell Branch Parkway, Ashburn, VA

East of the River Area

- 6:30PM **Up from Down Under (O,DISC 90)**, 6056 Old Central Ave, Capitol Heights, MD

Frederick Area

- 11:30AM **Sunday Morning NA (O,JFT 60)**, The Club, 205B Bucheimer Rd., Frederick, MD
- 6:30PM **Just For Today (C,SPK,STEP,TRAD 75)**, Trinity UMC, 703 W Patrick St., Frederick, MD

Montgomery Area

- 8:00AM **Squeaky Clean (O,DISC,HY 60)**, Zoom ID: 828 8288 3957; No P/C, AISH Learning Center, 11418 Old Georgetown Rd, Rockville, MD
- NOON **Progress in NA (O,STEP,TRAD,VM 90)**, Zoom ID: 973 466 3601 P/C: 875711, Gaithersburg, MD
- 5:00PM **NA in the Galaxy (O,DISC,WC & 75)**, The Galaxy Apartments, - 2nd Floor, Rm L2. FREE parking in the back!, 8025 13th St., Silver Spring, MD
- 6:00PM **Let it Shine (Women's Meeting) (C,W,LIT 60)**, Zoom ID 208 618 1867, Mother Seton Parish, Meeting in the basement; take stairs left of sanctuary, 19951 Father Hurley Blvd., Germantown, MD
- 6:00PM **Talking Heads (O,DISC,WC & 60)**, Chevy Chase UMC, - Use parking lot entrance, 7001 Connecticut Ave., Chevy Chase, MD
- 6:00PM **Topic of Cancer (O,VAR,VM 60)**, Zoom ID: 861 6976 9680; P/C: TopicOC, Gaithersburg, MD
- 7:30PM **The Alternative (O,CAN,DISC,SPK,HY 60)**, Zoom ID: 114 114 644 P/C: 016821, Trinity Lutheran Church, 11200 Old Georgetown Rd., Bethesda, MD
- 7:30PM **Today's Recovery (O,DISC,WC & 60)**, Seneca Creek Community Church, 13 Firstfield Rd., Gaithersburg, MD

Norvana Area

- 10:00AM **NA in Delay (O,WC & ,HY 90)**, Zoom ID: 873 4446 3412; P/C: 1991, Department of Community & Human Services (DCHS), Conference Center, 1st Floor, 4850 Mark Center Dr., Alexandria, VA
- NOON **Just For Today (O 75)**, Unity Club, 116 W Broad St., Falls Church, VA
- 7:00PM **Another Look (O,WC & 60)**, Franconia UMC, 6037 Franconia Rd., Alexandria, VA
- 7:00PM **Living In The Solution (O,VAR,SPK,STEP,VM 75)**, Zoom ID: 568 046 8023; P/C: 121212, Woodbridge, VA

Rock Creek Area

- NOON **Midday Meditations and Miracles (O,DISC,JFT,ME 60)**, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC
- 5:30PM **Progressive Recovery (O,DISC,LIT 60)**, Triangle Club, 1638 R St. NW #120, Washington, DC
- 7:00PM **Clean On The Hill (C 60)**, Capitol Hill UMC, The entry door is on Seward Square SE. Please don't use the 5th ST Entrance, 421 Seward Square SE, Washington, DC
- 7:00PM **Clean On The Screen (O,VM 60)**, Zoom ID: 724 9574 1690; No P/C, Washington, DC

South Potomac Area

- 7:00AM **Spiritually Speaking (C,VM,LIT 90)**, Meeting ID: 202 999 2020 P/C: hope, Capitol Heights, MD
- 7:00PM **Closed Sunday (C,WC & 90)**, Our Savior Lutheran Church, 4915 St. Barnabas Rd, Temple Hills, MD

The Virtual Ties That Bind Us Together Area

- 8:30AM **Early Just For Today Check-in (C,JFT,VM 90)**, Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC
- 2:00PM **Steppin' Into The Afternoon (C,STEP,VM 90)**, Zoom ID: 785 963 7766; P/C: 1953, Washington, DC
- 2:00PM **Where Healing Takes Place (C,DISC,SPK,VM 90)**, Zoom ID: 404 510 8699; P/C: GODcares00, Washington, DC
- 8:00PM **Living Life on Life's Terms (C,DISC,STEP,VM 90)**, Zoom ID: 438 348 3469; P/C: 121525, Washington, DC

Tri-County Area

- 7:30PM **Another Chance (O,WC & 60)**, St Nicholas Lutheran Church, 1450 Plum Point Rd., Huntingtown, MD
- 7:30PM **Basket Case (O 60)**, Patuxent Presbyterian Church, 23421 Kingston Creek Rd., California, MD
- 7:30PM **Stepping Into Traditions & Concepts (O 75)**, St. Joseph's Church, 4590 St. Joseph Way, Pomfret, MD

MONDAY**Battlefield Area**

- NOON **High Noon (O,BEG,CH,DISC,JFT,WC & 60)**, Jean McCoy Conference, First Door to Right, Behind Security Desk. If room unavailable, please check other locations around the corner: 8033 Ashton Avenue, first room on left., 7987 Ashton Ave., Manassas, VA
- NOON **Nooner Meeting (O,DISC,JFT,VM 60)**, Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
- 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
- 8:30PM **Getting Centered (O,DISC,VM,LIT 60)**, Zoom ID: 837 7972 7742; Password: 06011988, Manassas, VA

Central Maryland Area

- 10:00AM **Ladies in Recovery (C,JFT,SPK,W,VM 60)**, Zoom ID: 803 826 655; No P/C, Greenbelt, MD
- 7:00PM **It Works: How and Why (C,WC & 90)**, Holy Cross Lutheran Church, 6905 Greenbelt Rd, Greenbelt, MD
- 7:30PM **Laurel Basics 1-2-3 (O 60)**, Holy Trinity Lutheran Church, In the basement, 7607 Sandy Spring Rd, Laurel, MD

District of Columbia Area

- 8:30AM **Let Go and Let God I (O,LIT 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
- 10:00AM **We Still Need Help Group (C,VAR,SPK,VM 90)**, Meeting ID: 785 1315 770; P/C: 1234, Washington, DC
- 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
- 1:30PM **Let Go and Let God II (O,LIT 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
- 6:30PM **Redlight Recovery (O 90)**, Walker Memorial Baptist Church, 2020 13th St. NW, Washington, DC

Dulles Corridor Area

- NOON **Noon Meeting (O,VM 60)**, Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
- 6:30PM **Exact Nature Men's Meeting (O,M,WC & 75)**, Riverside Presbyterian Church, 21631 Ridgetop Cir., Ste 100, Sterling, VA
- 7:00PM **Serenity Seekers (O,WC & 60)**, Loudoun Club 12, 58 Sycolin Rd., SE, Leesburg, VA
- 8:00PM **Free To Live (O,WC & 60)**, St. Matthew's Episcopal Church (Trailer), 201 E. Frederick Dr., Sterling, VA

MONDAY (CONT)**East of the River Area**

- 10:00AM **Fresh Start (O,DISC 90)**, St. Lukes Church, 4925 E Capitol St. NE, Washington, DC
 6:00PM **1-12 Step (O,STEP 90)**, Mt Moriah (except holidays), 1636 E Capitol St. NE, Washington, DC
 7:00PM **Aging In Recovery (O,DISC,VM 90)**, Zoom ID: 824 005 5286; P/C: recovery, Washington, DC
 7:00PM **Monday Night Step Meeting (C,LIT 90)**, St. Lukes Church, 4925 E. Capitol St. NE, Washington, DC

Frederick Area

- NOON **Noon Group (O 60)**, Sol Yoga, 256 W Patrick St., Frederick, MD, Limited capacity
 7:00PM **Monday Night Miracles by Candlelight (O,WC &,LIT 60)**, Good Shepherd Lutheran Church, 1415 W 7th St., Frederick, MD
 8:00PM **Back To Basics (O,IW,WC & 60)**, Staley Park, 11 W 10th Street, Frederick, MD, formerly called Late But Straight

Montgomery Area

- 7:30AM **Freedom in the Village (O,DISC,JFT,VM 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD
 NOON **Freedom in the Village (O,WC &,HY 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD
 NOON **NA at Noon (O,JFT,VM 60)**, Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD
 6:00PM **Béisbol (Persona, Dios, Sociedad, Servicio) (O,ES,JFT,LIT,HY 60)**, Zoom ID: 831 7185 1799; P/C: 152608, Emory Grove UM Church, 8200 Emory Grove Rd., Gaithersburg, MD
 6:00PM **Steps at Glenmont (O,DISC,IP,STEP,TRAD 60)**, Glenmont UMC, Enter thru Education Building, Room 209, 12901 Georgia Ave., Silver Spring, MD
 7:00PM **Illness in Recovery (O,Y 60)**, Millian Memorial UMC, Closed when MoCo Schools are closed (for inclement weather), 13016 Parkland Dr., Rockville, MD
 7:00PM **Monday Miracles (O,BEG,STEP 75)**, Silver Spring United Methodist Church, 8900 Georgia Ave., Silver Spring, MD
 7:15PM **Step Working Addicts Group (O,DISC,IW,SWG,STEP,VM 60)**, Zoom ID: 843 0163 1904; P/C: 12Steps, Gaithersburg, MD
 8:00PM **Oasis (O,BEG,BT,STEP,LIT 60)**, Prince of Peace Church, 11900 Darnestown Rd., Gaithersburg, MD
 8:00PM **Stayin' Alive (O,STEP,VM 60)**, Zoom ID: 862 2444 3740; P/C: NArocks, Gaithersburg, MD

Norvana Area

- 7:00PM **Cracker Box (O,WC & 60)**, Fairfax Presbyterian Church, 10723 Main St., Fairfax, VA
 7:00PM **In The Heart Of (O 90)**, Charles Houston Recreation Center, 901 Wythe St, Alexandria, VA
 7:00PM **Miracles on Broad Street (O,WC &,HY 60)**, Zoom ID 962 211 7089; P/C: 169422, Falls Church Presbyterian Church, 225 E Broad St., Falls Church, VA, Zoom participations are unable to share except in the Chat.
 7:30PM **Bring Your Stepwork (C,CH,DISC,WR 60)**, Our Lady of Lourdes Church, Parish Hall lower level RM#5 - Does not meet on federal holidays or Easter Monday - Not suitable for treatment center groups, 800 23rd St. S, Arlington, VA
 8:00PM **Step Over the Hump (O,STEP,TRAD,WC &,NP 75)**, Good Shepherd Lutheran Church, Entrance - In Rear, 15695 Blackburn Road, Woodbridge, VA

Rock Creek Area

- NOON **Midday Meditations and Miracles (O 60)**, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC
 6:30PM **Southwest Serenity (C,CH,STEP 60)**, Carron Baptist Church, We are meeting on holidays, 1354 1st Street SW, Washington, DC
 7:30PM **Living Proof (O 60)**, 4201 Albemarle St. NW, Washington, DC

South Potomac Area

- 7:00PM **That Tired Old Lie (O,STEP,TRAD 90)**, Second Baptist Church, 5501 Silver Hill Rd, District Heights, MD
 7:30PM **Monday Night Step (O,VM 90)**, Zoom ID: 457 476 3595; P/C: MNS, Capitol Heights, MD

The Virtual Ties That Bind Us Together Area

- 8:30AM **Early Just For Today Check-in (C,JFT,VM 90)**, Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC
 10:00AM **Just For Today (C,JFT,VM 90)**, Zoom ID: 858 2487 7564; P/C: Love, Washington, DC
 NOON **Noon Time is the Right Time (C,DISC,VM 90)**, Zoom ID: 932 959 7603; P/C: 1962, Washington, DC
 2:00PM **Steppin' Into The Afternoon (C,STEP,VM 90)**, Zoom ID: 785 963 7766; P/C: 1953, Washington, DC
 3:30PM **Spiritually Connected (O,VM,SPAD 60)**, Zoom ID: 892 2381 6673; P/C: Free, Washington, DC
 5:00PM **Rush Hour (C,DISC,VM,LIT 90)**, Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC
 8:00PM **Living Life on Life's Terms (C,DISC,STEP,VM 90)**, Zoom ID: 438 348 3469; P/C: 121525, Washington, DC
 8:00PM **Monday Miracles Virtual (O,BEG,STEP,VM 90)**, Zoom ID: 717 680 837; P/C: 428066, Washington, DC

Tri-County Area

- NOON **NA In the Day (O,WC &,LC 60)**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD
 7:00PM **Cover To Cover (O,WC & 75)**, Callaway Baptist Church, 20960 Point Lookout Rd., Callaway, MD
 7:00PM **Time To Change (O 60)**, Lifestream Church of the Nazarene, 5105 Leonardtown Rd., Waldorf, MD, First Mon Literature, Last Monday JFT

TUESDAY**Battlefield Area**

- NOON **Nooner Meeting (O,DISC,JFT,VM 60)**, Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
 8:00PM **Just For Today (O,STEP,VM 60)**, Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA

Central Maryland Area

- 10:00AM **Ladies in Recovery (C,JFT,SPK,W,VM 60)**, Zoom ID: 803 826 655; No P/C, Greenbelt, MD
 7:00PM **Firm Believers (O,WC & 90)**, Glenarden Town Hall (1st Flr.), 8600 Glenarden Pkwy, Glenarden, MD
 7:00PM **Just Relationships (O,WC & 75)**, Laurel Municipal Pool, 901 Main St, Laurel, MD
 7:00PM **Women Living Clean (C,DISC,SPK,W,VM,LIT 90)**, Zoom ID: 876 8758 1084; P/C: 766458, Greenbelt, MD
 7:30PM **AWOL (O,BT,DISC,IW,JFT,STEP,TRAD,WC & 60)**, Greenbelt Step Club, 143 Centerway Rd., Greenbelt, MD
 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

District of Columbia Area

- 8:30AM **Let Go and Let God I (O,LIT 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
 10:00AM **We Still Need Help Group (C,VAR,SPK,VM 90)**, Zoom ID: 785 1315 770; P/C: 1234, Washington, DC
 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
 1:30PM **Let Go and Let God II (O,LIT 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
 5:00PM **The One Promise Group (O,DISC,WC & 90)**, CCONV, Parking & entrance in back at E Street Alley, 425 2nd St. NW, Washington, DC
 6:30PM **Freedom To Change (O 60)**, St Martin's Church, 1908 N Capitol St. NW, Washington, DC
 6:30PM **Steps to the Courthouse (C,STEP,VM 90)**, Zoom ID: 994 490 7494; No P/C, Washington, DC
 7:00PM **The Last Shall Be First (C,STEP,TRAD 90)**, The Harold J. Gordon Bldg., 124 15th St. SE, Washington, DC

Dulles Corridor Area

- NOON **Noon Meeting (O,VM 60)**, Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
 7:30PM **Living Clean (O,DISC,LIT,LC 60)**, Loudoun Serenity House, Main Level, 29 N King St, Leesburg, VA
 8:00PM **New Attitudes (O,WC & 60)**, Sterling UMC (side building), 304 E. Church Rd., Sterling, VA

TUESDAY (CONT)**Frederick Area**

- NOON **Noon Group (O 60)**, Sol Yoga, 256 W Patrick St., Frederick, MD
 5:30PM **Rush Hour Recovery (O,DISC,WC &,LIT 60)**, Jefferson UMC, 3882 Jefferson Pike, Jefferson, MD
 7:00PM **Vision of Hope (O,VAR 60)**, All Saints Episcopal Church, 106 W Church St, Frederick, MD, Limited capacity

Montgomery Area

- 7:30AM **Freedom in the Village (O,DISC,JFT,VM 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD
 NOON **Freedom in the Village (O,WC &,HY 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD
 NOON **NA at Noon (O,JFT,VM 60)**, Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD
 6:00PM **New Way of NA (O,SWG,TRAD 60)**, Millian Memorial UMC, Corner of Hallet & Parkland. Downstairs in Outreach Recovery., 13016 Parkland Dr, Rockville, MD
 6:30PM **Life On Life's Terms (O,DISC,WC &,LIT,HY 60)**, Zoom ID: 885 1687 6965; P/C: LOLT, The Episcopal Church of the Transfiguration, 13925 New Hampshire Ave., Silver Spring, MD
 7:30PM **All About Change (O,DISC,WC & 60)**, Seneca Creek Community Church, - Please use front entrance, 13 Firstfield Rd., Gaithersburg, MD
 8:00PM **Carrying the Message (O,VM 60)**, Zoom ID: 862 2444 3740; P/C: NArocks, Gaithersburg, MD

Norvana Area

- NOON **High Noon II (O,WC &,SPAD 60)**, Ferlazo Building, 2nd Floor - Dottie Bell Conference Room, 15941 Donald Curtis Dr., Woodbridge, VA
 7:00PM **Choose Life (O 60)**, Christ Crossman UMC, 384 N Washington St, Falls Church, VA
 7:00PM **NA in LA (O,WC &,HY 90)**, Zoom ID: 533 129 809; P/C: NALA, Lee Center, 1108 Jefferson St, Alexandria, VA
 8:00PM **Comfort Zone (O,VM 60)**, Zoom ID: 929 625 3168; P/C: 658318, Falls Church, VA
 8:00PM **Just for Tonight (O,JFT 60)**, Bush Hill Presbyterian Church, 4916 Franconia Road, Alexandria, VA

Rock Creek Area

- NOON **Midday Meditations and Miracles (O 60)**, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC
 5:30PM **Write to Recover (O,DISC,STEP,VM,WR 60)**, Zoom Meeting ID: 727 524 5654; P/C: 249292, Step writing during this meeting. The meeting will be locked after the writing portion ends., Washington, DC
 7:00PM **Stepping Out of Trouble into Study (O,SWG,VM,SPAD 90)**, Zoom ID: 880-6299-5493; P/C: sotis, Washington, DC
 7:30PM **Glad to be Alive Steps (O,WC &,HY 60)**, Zoom ID: 275 118 642; P/C: 982195, Chevy Chase UMC, 7001 Connecticut Ave, Chevy Chase, MD
 7:30PM **Pure Uncut Literature Study Group of NA (O,WC &,LIT 60)**, Chevy Chase Presbyterian Church, Enter off Oliver St before Chevy Chase Cir.; There is a parking lot and street parking., 1 Chevy Chase Cir. NW, Washington, DC
 8:30PM **Dupont Circle NA (O 60)**, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC
 8:30PM **Fire Barrel (O,DISC,HY 60)**, Zoom ID: 847 1689 8440; P/C: step11, Wesley UMC, Library on lower level; Plz use the Jenifer St. entrance., 5312 Connecticut Ave. NW, Washington, DC

South Potomac Area

- 7:15PM **Keep Coming Back (O,SPAD 90)**, Capitol Allentown Baptist Church, 7911 Allentown Road, Fort Washington, MD

The Virtual Ties That Bind Us Together Area

- 8:30AM **Early Just For Today Check-in (C,JFT,VM 90)**, Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC
 10:00AM **Just For Today (C,JFT,VM 90)**, Zoom ID: 858 2487 7564; P/C: Love, Washington, DC
 NOON **Noon Time is the Right Time (C,DISC,VM 90)**, Zoom ID: 932 959 7603; P/C: 1962, Washington, DC
 2:00PM **Steppin' Into The Afternoon (C,STEP,VM 90)**, Zoom ID: 785 963 7766; P/C: 1953, Washington, DC
 3:30PM **Spiritually Connected (O,VAR,STEP,VM,LIT 60)**, Zoom ID: 892 2381 6673; P/C: Free, Washington, DC
 5:00PM **Rush Hour (C,DISC,SPK,VM 90)**, Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC
 8:00PM **Living Life on Life's Terms (C,VM 60)**, Zoom ID: 438 348 3469; P/C: 121525, Washington, DC

Tri-County Area

- NOON **Hope in the Woods (O,WC & 60)**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD
 7:00PM **Living Clean (O,WC & 60)**, St Paul's UM Church, Classroom #8, 25550 Point Lookout Rd., Leonardtown, MD
 7:30PM **Lusby Recovery (O 60)**, South Community Center, 20 Appeal Ln., Lusby, MD
 7:30PM **Off Campus Recovery (O,WC & 60)**, First Baptist Church of La Plata, 9070 Hawthorne Rd., La Plata, MD

WEDNESDAY**Battlefield Area**

- NOON **Nooner Meeting (O,DISC,JFT,VM 60)**, Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
 8:30PM **Welcome Home (O,BEG,CAN,DISC,VAR,Ti,LIT 60)**, Bull Run Unitarian Universalist Church, @Church St. Entrance, downstairs. Door autolocks @8:45. Latecomers tap on window., 9350 Main St., Manassas, VA

Central Maryland Area

- 10:00AM **Ladies in Recovery (C,JFT,SPK,W,VM 60)**, Zoom ID: 803 826 655; No P/C, Greenbelt, MD
 7:00PM **Back to the Basics (O,WC & 60)**, Savage UMC, 9050 Baltimore St, Savage, MD
 7:00PM **New Wave (O,STEP,TRAD,WC & 90)**, Glenarden City Hall, Downstairs, 8600 Glenarden Parkway, Glenarden, MD
 7:00PM **STAR (O 75)**, First UMC (5th St), 424 Main St, Laurel, MD

District of Columbia Area

- 8:30AM **Let Go and Let God I (O,LIT 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
 10:00AM **We Still Need Help Group (C,VAR,SPK,VM 90)**, Meeting ID: 785 1315 770; P/C: 1234, Washington, DC
 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
 1:30PM **Let Go and Let God II (O,LIT 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
 7:00PM **Ultimate Weapons (C,STEP,TW,CPT,VM,LIT 90)**, Zoom ID: 516 993 416; No P/C, Washington, DC
 9:00PM **Miracle of Women (C,BEG,DISC,W,VM 90)**, Zoom ID: 917 1964 217; P/C 1908, Washington, DC

Dulles Corridor Area

- 7:00AM **The Early Cup of Recovery (O,DISC,VM 60)**, Zoom ID: 893 6775 9854; P/C: 946130, Sterling, VA
 NOON **Noon Meeting (O,VM 60)**, Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
 5:30PM **No Matter What (O,VM,LC 60)**, Zoom ID: 795 467 25226; P/C: jmDcW0 (last digit is zero), Sterling, VA
 7:00PM **Young People's NA Meeting (O,DISC,Y 60)**, Loudon Serenity House, Upstairs room, 29 N King St, Leesburg, VA
 8:00PM **We Made It! (O,DISC,WC & 60)**, St. Matthew's Episcopal Church, 201 E. Frederick Dr., Sterling, VA

East of the River Area

- 10:00AM **Fresh Start (O,DISC 90)**, St. Lukes Church, 4925 E Capitol St. NE, Washington, DC
 6:00PM **The How Group (O,BEG,IP,IW,M,STEP 90)**, Ambassador Baptist Church, 1412 Minnesota Ave. SE, Washington, DC
 6:30PM **From the Streets to the Seats (C,STEP,TRAD,QA,LIT 90)**, St. Francis Xavier Church, 2815 O St SE, Washington, DC
 7:00PM **Agging In Recovery (O,DISC,VM 90)**, Zoom ID: 824 005 5286; P/C: recovery, Washington, DC

WEDNESDAY (CONT)**Frederick Area**

- NOON **Noon Group (O 60)**, Sol Yoga, 256 W Patrick St., Frederick, MD, Limited capacity
- 7:00PM **Exact Nature Men's Rap (O,DISC,M 60)**, Frederick Club, 205B Bucheimer Rd, Frederick, MD
- 7:00PM **Principles Before Personalities (O,WC & 60)**, Community Action Agency 100 S. Market St, Frederick, MD

Montgomery Area

- 7:30AM **Freedom in the Village (O,DISC,VM,LIT 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD
- NOON **Freedom in the Village (O,WC & ,HY 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD
- NOON **NA at Noon (O,JFT,VM 60)**, Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD
- 7:00PM **Fresh Air (O,BT,STEP,TRAD,WC & 60)**, Cedar Lane UUC, - The Chalice House (use upper parking lot), 9601 Cedar Ln., Bethesda, MD
- 7:30PM **Gentleman's Club (C,JFT,M 60)**, Epworth UMC, 9008 Rosemont Dr., Gaithersburg, MD
- 7:30PM **Never Alone (O,CAN,WC & ,LIT 75)**, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD
- 7:30PM **People's Recovery (O,WC & ,HY 60)**, Zoom ID: 878 0419 2075; P/C: 659058, The Episcopal Church of the Transfiguration, 13925 New Hampshire Ave., Silver Spring, MD
- 7:30PM **Wednesday's Willingness (O,HY 90)**, Zoom ID: 800 990 800; P/C: 016212, Rockville Courthouse, - Lower Level, 30 Courthouse Square G-1, Rockville, MD
- 8:00PM **Another Way (O 60)**, Prince of Peace Church, Small building in back, 11900 Darnestown Rd., Gaithersburg, MD

Norvana Area

- NOON **One Noon at a Time (O,DISC,IP,JFT,SPK 60)**, Unity Club, 116 W Broad St., Falls Church, VA
- 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
- 6:30PM **Foundation Steps to Freedom (O,STEP,WC & 90)**, Leonard Chick Armstrong Recreation Center, 25 W Reed Ave., Alexandria, VA
- 6:30PM **NA Farsi (O,PER,HY 60)**, Zoom ID: 822 6895 7935; P/C: 267059; This meeting is ONLY spoken in FARSI, St Dunstan's Episcopal Church, 1830 Kirby Rd., McLean, VA
- 6:30PM **Women Do Recover (O,W,LIT,HY 60)**, Zoom ID: 842 4803 8677; P/C: 999612, Springfield Church of Christ, 7512 Old Keene Mills Rd, Springfield, VA
- 7:00PM **NA at Walter Reed (O,DISC 90)**, Walter Reed, Inside the Rec center, 2909 16th St S, Arlington, VA, Meets inside, in the rec center
- 7:00PM **Plan B (O 75)**, Unity Club, Rm R3, 116-B W Broad St, Falls Church, VA
- 7:30PM **Came to Believe (O 60)**, Cameron UMC, 3130 Franconia Rd, Alexandria, VA
- 8:00PM **Over The Hump (O,JFT,SPK,NP 75)**, Good Shepherd Lutheran Church, Entrance - In Rear, 15695 Blackburn Rd., Woodbridge, VA

Rock Creek Area

- NOON **Midday Meditations and Miracles (O 60)**, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC
- 7:00PM **SW Freeway (C,WC & 60)**, Westminster Presbyterian Church, Ground Level, 400 I St. SW, Washington, DC
- 8:00PM **Step Up (C,DISC,ME,VM,LIT 60)**, Zoom ID: 818 8913 0099; P/C: 165124, Washington, DC
- 8:30PM **Conscious Contact Beginners (O,WC & 60)**, Wesley UMC, Meeting is upstairs; use Connecticut Ave entrance, 5312 Connecticut Ave. NW, Washington, DC

South Potomac Area

- 7:00PM **Bright Hope Group (O,STEP,TRAD,LIT,LC 75)**, Carolina Baptist Church, 9901 Allentown Rd, Fort Washington, MD

The Virtual Ties That Bind Us Together Area

- 8:30AM **Early Just For Today Check-in (C,JFT,VM 90)**, Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC
- 10:00AM **Just For Today (C,JFT,VM 90)**, Zoom ID: 858 2487 7564; P/C: Love, Washington, DC
- NOON **Noon Time is the Right Time (C,DISC,VM 90)**, Zoom ID: 932 959 7603; P/C: 1962, Washington, DC
- 2:00PM **Steppin' Into The Afternoon (C,STEP,VM 90)**, Zoom ID: 785 963 7766; P/C: 1953, Washington, DC
- 5:00PM **Rush Hour (C,DISC,VM 90)**, Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC
- 8:00PM **Living Life on Life's Terms (C,DISC,STEP,VM 90)**, Zoom ID: 438 348 3469; P/C: 121525, Washington, DC
- 8:00PM **Wednesday Night Men's Rap (Keeping it Real) (O,M,VM 60)**, Zoom ID: 871 4546 0605; P/C: 556828, Washington, DC

Tri-County Area

- NOON **Midweek Miracles (O,JFT,WC & ,SPAD 60)**, Room: Village Lounge, The Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD
- 7:00PM **Positive Alternative (O,WC & 60)**, Good Samaritan Church (Near Rt 5 N/Billingsley Rd.), 13025 Good Samaritan Dr., Waldorf, MD
- 7:00PM **Tower of Power (O,WC & 60)**, Mount Hope Community Center (Off Rt 2), 100 Pushaw Station Rd., Sunderland, MD, Maximum 18 people
- 7:30PM **Life Support (O 60)**, Trinity Lutheran Church, 46707 Shangri La Dr., Lexington Park, MD

THURSDAY**Battlefield Area**

- NOON **Nooner Meeting (O,DISC,JFT,VM 60)**, Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
- 7:00PM **New Found Hope (O,BEG,BT,DISC,SPK,VM 60)**, Zoom ID: 822 228 0011; P/C: 121212, Manassas, VA

Central Maryland Area

- 10:00AM **Ladies in Recovery (C,JFT,SPK,W,VM 60)**, Zoom ID: 803 826 655; No P/C, Greenbelt, MD
- 7:00PM **Gateway to Recovery (O,STEP,TRAD,VM 90)**, Zoom ID: 395 553 318; P/C: 1957, Greenbelt, MD
- 7:00PM **Spiritual Awakenings (O,WC & 75)**, First Methodist Church of Laurel, 424 Main St, Laurel, MD
- 7:30PM **More Will Be Revealed (O 75)**, Trinity Lutheran Church, 6600 Laurel-Bowie Rd, Bowie, MD

District of Columbia Area

- 8:30AM **Let Go and Let God I (O,LIT 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
- 10:00AM **We Still Need Help Group (C,VAR,SPK,VM 90)**, Meeting ID: 785 1315 770 PW: 1234, Washington, DC
- 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
- 1:30PM **Let Go and Let God II (O,LIT 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
- 6:00PM **Open Door (C,LIT 90)**, St. Martin's Church, 1908 North Capitol St. NW, Washington, DC
- 6:30PM **Steps on the Hill (C,BEG,STEP,VM,LIT 90)**, Zoom ID: 8459 681 9763; P/C: soth71, Washington, DC
- 7:00PM **Stone Soul Recovery (O 90)**, Plymouth Congregation Church, 5301 North Capitol St. NE, Washington, DC

Dulles Corridor Area

- NOON **Noon Meeting (O,VM 60)**, Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
- 7:00PM **Keyhole To Recovery (O,STEP,LIT 75)**, Galilee Church, 45425 Winding Rd, Sterling, VA
- 7:30PM **Out of the Dark (O,DISC 60)**, A New Beginning, located in the gym, 4213 Walney Road, Chantilly, VA

East of the River Area

- 6:30PM **Emergency Room to Life (O,WC & ,LIT 90)**, 1600 Morris Rd SE, Washington, DC
- 6:30PM **Under New Management (C,STEP,TRAD,VM,LIT 60)**, Zoom ID: 997 824 3262; No P/C, Washington, DC
- 6:30PM **Up from Down Under (O,DISC 90)**, 6056 Old Central Ave, Capitol Heights, MD

Frederick Area

- NOON **Noon Group (O 60)**, Sol Yoga, 256 W Patrick St., Frederick, MD, Limited capacity
- 7:00PM **Inner City (O,STEP,WC & 60)**, Community Action Agency, 100 S. Market St, Frederick, MD

THURSDAY (CONT)

- 7:00PM **Sisters in Serenity (O,W,HY 60)**, Zoom ID: 620 895 0648; PW: 1357, On Our Own of Frederick, 121 South Market St., Frederick, MD
 7:30PM **Off the Beaten Path (O 60)**, St. James Episcopal Church, - Around back, 1307 N Main St., Mount Airy, MD
 7:30PM **Thursday Night Candlelight (O 60)**, St Joseph's Church (the old church), 5843 Manor Woods Rd, Frederick, MD

Montgomery Area

- 7:30AM **Freedom in the Village (O,DISC,JFT,VM 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD
 NOON **Freedom in the Village (O,WC &,HY 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD
 NOON **NA at Noon (O,JFT,VM 60)**, Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD
 7:00PM **Women Do Recover (O,W 60)**, Glenmont UMC, 12901 Georgia Ave, Silver Spring, MD
 7:30PM **Serenity in the Park (O,BEG,SPK,SWG,STEP,TRAD,LIT 90)**, Mt Calvary Baptist Church, 608 N Horners Ln., Rockville, MD
 8:00PM **Crossroads (O,VM 60)**, Zoom ID: 551 384 252; P/C: 297348, Gaithersburg, MD
 8:00PM **Making A Difference (O,WC & 60)**, Silver Spring Christian Reformed Church, 1501 Arcola Ave., Silver Spring, MD
 8:00PM **Stepping Free (O,STEP 60)**, Fairhaven UMC, 12801 Darnestown Rd., Gaithersburg, MD

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
 7:30PM **Old Time Recovery (C,CH,DISC,WC & 60)**, Langston-Brown Community Center, 2121 N. Culpeper St, Arlington, VA
 8:00PM **So Happy It's Thursday (O 60)**, Bush Hill Presbyterian Church, 4916 Franconia Road, Alexandria, VA

Rock Creek Area

- NOON **Midday Meditations and Miracles (O 60)**, Dupont Circle Club, Above Mimosa Salon; Will not meet December 25 & January 1, 1623 Connecticut Ave. NW, Washington, DC
 5:30PM **Whole Lava Love (O,VM 60)**, Zoom ID: 835 0459 8692; P/C: choirloft; Phone: 301-715-8592; Phone P/C: 074664516, Washington, DC
 7:00PM **Meeting on the Avenue (O 60)**, Wesley UMC, Library on lower level; plz use the Jenifer Street entrance, 5312 Connecticut Ave. NW, Washington, DC
 8:30PM **Men's Rap (C,M 60)**, West Side Club, 1341 Wisconsin Ave. NW, Washington, DC

South Potomac Area

- 7:00PM **Restored To Sanity (O,BEG,STEP 90)**, Good Samaritan Mission Church, 4409 Arnold Rd., Suitland, MD
 7:00PM **Steps to Life (O 90)**, Oxon Hill UMC, 6400 Livingston Road, Oxon Hill, MD

The Virtual Ties That Bind Us Together Area

- 8:30AM **Early Just For Today Check-in (C,JFT,VM 75)**, Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC
 10:00AM **Just For Today (C,JFT,VM 90)**, Zoom ID: 858 2487 7564; P/C: Love, Washington, DC
 NOON **Noon Time is the Right Time (C,DISC,VM 90)**, Zoom ID: 932 959 7603; P/C: 1962, Washington, DC
 2:00PM **Steppin' Into The Afternoon (C,STEP,VM 90)**, Zoom ID: 785 963 7766; P/C: 1953, Washington, DC
 5:00PM **Rush Hour (C,VM,LC 90)**, Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC
 8:00PM **Living Life on Life's Terms (C,DISC,STEP,VM 90)**, Zoom ID: 438 348 3469; P/C: 121525, Washington, DC

Tri-County Area

- NOON **12 at 12 (O,WC & 60)**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD
 2:00PM **Men At Work (C,JFT,M,SPAD 60)**, 85 High St., Ste. 1, Waldorf, MD
 7:00PM **Hope Fiends (O 60)**, New Life Church, 3170 German Chapel Rd., Prince Frederick, MD
 7:00PM **More Alike Than Different (O,WC & 60)**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD
 7:00PM **Outsiders (O,DISC,IW,TRAD,WC &,LIT 75)**, Trinity Lutheran, 46707 S Shangri-La Dr., Lexington Park, MD
 7:30PM **Chaptico Under The Stars (O 60)**, Christ Episcopal Church, 37497 Zach Fowler Rd., Chaptico, MD

FRIDAY**Battlefield Area**

- NOON **Nooner Meeting (O,DISC,JFT,VM 60)**, Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
 6:30PM **Gimme Shelter (O,LIT 60)**, Manassas Church of the Brethren, Through the main doors and in Room 209 at the end of the hall, 10047 Nokesville Road, Manassas, VA
 8:30PM **Keep It Simple (O,BT,DISC,SPK 60)**, Bull Run Unitarian Universalist Church, At Church Street, downstairs, Door autolocks at 8:45 Latecomers tap on window, 9350 Main St., Manassas, VA

Central Maryland Area

- 10:00AM **Ladies in Recovery (C,JFT,SPK,W,VM 60)**, Zoom ID: 803 826 655; No P/C, Greenbelt, MD
 7:00PM **Friday Nite Live (C,WC & 75)**, Holy Cross Lutheran Church, 6905 Greenbelt Rd, Greenbelt, MD
 7:00PM **Miracles on Main Street (O,WC & 60)**, St. Philip's Episcopal Church, 522 Main St., Laurel, MD
 7:30PM **Walk The Walk (O,WC & 60)**, Our Savior Lutheran Church, 13611 Laurel-Bowie Rd, Laurel, MD
 8:30PM **Drawn Together (STEP,ME 75)**, Savage UMC, 9050 Baltimore St., Savage, MD, Art and Meditation Meeting
 9:00PM **Keep It Real (O 75)**, Serenity Center, 9650 Basket Ring Rd, Columbia, MD

District of Columbia Area

- 8:30AM **Let Go and Let God I (O,LIT 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
 10:00AM **We Still Need Help Group (C,VAR,SPK,VM 90)**, Meeting ID: 785 1315 770; P/C: 1234, Washington, DC
 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
 1:30PM **Let Go and Let God II (O,LIT 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
 5:00PM **The What Can I Do Group (O,WC &,LIT 90)**, CCONV, Parking & entrance in back at E Street Alley, 425 2nd St. NW, Washington, DC
 7:00PM **Lighthouse (O,STEP,TRAD,WC & 75)**, Israel Methodist CME Church, 557 Randolph St. NW, Washington, DC
 7:00PM **O Street Steps (O,STEP,WC & 90)**, SOME, Dining Hall, 71 O St. NW, Washington, DC
 7:00PM **One Step at a Time (O,STEP,TRAD,VM 90)**, Zoom ID: 727 6810 6047; P/C: 349943, Washington, DC
 7:00PM **Regardless Of Sexual Identity (C,VM 90)**, Zoom ID: 550 925 8673; PC: friday, Washington, DC
 7:00PM **Yellow Brick Road (O,VM 60)**, Zoom ID: 821 9026 0549; No P/C, Washington, DC
 8:00PM **Help Somebody (O,BEG,VM 90)**, Zoom ID: 893 0884 8140; P/C: 787123, Washington, DC

Dulles Corridor Area

- NOON **Noon Meeting (O,VM 60)**, Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
 7:30PM **Just For Today (O,CAN,WC &,SPAD 60)**, Community Lutheran Church, 21014 Whitfield Pl, Sterling, VA
 7:45PM **Progress Not Perfection (O,JFT,ENG 60)**, Serenity House, 29 N King St., Leesburg, VA
 8:00PM **I'm Somebody (O,VM 60)**, Zoom ID: 449 215 767; P/C: 703, Herndon, VA

East of the River Area

- 10:00AM **Fresh Start (O,DISC 90)**, St. Lukes Church, 4925 E Capitol St. NE, Washington, DC
 7:00PM **Aging In Recovery (O,DISC,VM 90)**, Zoom ID: 824 005 5286; P/C: recovery, Washington, DC
 7:00PM **Jump Start to Recovery (90)**, 880 Eastern Ave NE, Washington, DC

FRIDAY (CONT)

Frederick Area

- NOON **Noon Group (O 60)**, Sol Yoga, 256 W Patrick St., Frederick, MD, Limited capacity
- 7:00PM **Friday Night Lights (O,IP,STEP,TRAD,WC & 60)**, Zion Lutheran Church, Parking around back. Door on side and remains locked. Need to knock, 107 W Main St, Middletown, MD
- 7:30PM **We Do Recover (O,TOP 60)**, Frederick Church of Christ, 1305 N Market St, Frederick, MD, 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, P/C: 685408, Montgomery Village, MD
- NOON **Freedom in the Village (O,WC &,HY 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD
- NOON **NA at Noon (O,JFT,VM 60)**, Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD
- 7:00PM **Older Toddlers (O,DISC,STEP,WC & 60)**, Christ Episcopal Church, Enter from parking lot off Everett St. In basement, Parish Hall, 4001 Franklin St., Kensington, MD
- 7:30PM **Upcounty NA (O 75)**, Emory Grove UMC, 8200 Emory Grove Rd., Gaithersburg, MD
- 8:00PM **Live and Let Live (O,LIT 60)**, Fairhaven UMC, 12801 Darnestown Rd., Gaithersburg, MD
- 8:30PM **Get Down (O,VM 60)**, Zoom ID: 86570165126; P/C: getdown, Bethesda, MD

Norvana Area

- 7:00PM **NA for Life (O,WC & 90)**, Langston Brown Center, 2121 N Culpeper St., Arlington, VA
- 7:00PM **Recovery on the South Side (O,WC & 90)**, Lee Center, 1108 Jefferson St., Alexandria, VA
- 7:00PM **Simplicity Is the Key (C,DISC,LIT 60)**, Falls Church Presbyterian Church, 225 E Broad St., Falls Church, VA
- 7:00PM **Women Of Woodbridge - W.O.W. (O,VAR,W,VM 60)**, Zoom ID: 568 046 8023; P/C: 121212, Woodbridge, VA
- 7:15PM **Church Basement Recovery (O 75)**, Kirkwood Presbyterian Church, 8336 Carleigh Pkwy, West Springfield, VA
- 7:30PM **Better Here Than There (O,JFT,VM,SPAD 60)**, Zoom ID: 536 659 392; P/C: 842931, Arlington, VA

Rock Creek Area

- NOON **Midday Meditations and Miracles (O 60)**, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC
- 7:30PM **Clean Works (O,DISC,LIT,HY 60)**, Zoom ID: 858 0344 5434; P/C: easydoesit; Phone P/C: 8264201235, St Thomas' Parish, 3rd Floor, 1517 18th St. NW, Washington, DC
- 9:00PM **Recovery Alley (C,HY 60)**, Zoom ID: 822 0563 4651; P/C: Homegroup, St Stephen's Church (corner of 16th & Newton), 1530 Newton St. NW, Washington, DC
- 9:00PM **Solo Por Hoy (O,ES,LIT,HY 60)**, Zoom ID: 232 505 167; P/C: 7611, St. Stephens of the Incarnation, In Sanctuary, 1525 Newton St NW, Washington, DC
- 10:00PM **Late Nite Friday Nite (O,DISC,JFT,WC & 75)**, St Alban's Church, 3001 Wisconsin Ave. NW, Washington, DC

South Potomac Area

- 7:00PM **Women Do Recover (O,W,WC &,LIT 90)**, Hope Lutheran Church, 6201 Coventry Way, Clinton, MD
- 7:30PM **Living the Program Men's Rap (O,M 90)**, Bethany Christian Church, 7128 Allentown Rd, Fort Washington, MD

The Virtual Ties That Bind Us Together Area

- 8:30AM **Early Just For Today Check-in (C,JFT,VM 90)**, Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC
- 10:00AM **Just For Today (C,JFT,VM 90)**, Zoom ID: 858 2487 7564; P/C: Love, Washington, DC
- NOON **Noon Time is the Right Time (C,DISC,VM 90)**, Zoom ID: 932 959 7603; P/C: 1962, Washington, DC
- 2:00PM **Steppin' Into The Afternoon (C,STEP,VM 90)**, Zoom ID: 785 963 7766; P/C: 1953, Washington, DC
- 3:30PM **Spiritually Connected (O,IW,VM 60)**, Zoom ID: 892 2381 6673; P/C: Free, Washington, DC
- 5:00PM **Rush Hour (C,DISC,VM 90)**, Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC
- 6:00PM **Where Healing Takes Place (C,DISC,SPK,VM 90)**, Zoom ID: 404 510 8699 P/C: GODcares00, Washington, DC
- 8:00PM **Living Life on Life's Terms (C,O,DISC,STEP,VM 90)**, Zoom ID: 438 348 3469; P/C: 121525, Washington, DC

Tri-County Area

- NOON **Give Yourself A Break (O,JFT,VAR,SPK,STEP,TRAD 60)**, Great Escape Recovery Lounge, 85 High St. Ste. 1, Waldorf, MD
- 7:05PM **7:07 (O,IP 60)**, Trinity Lutheran Church (at S Essex), 46707 S Shangri La Dr., Lexington Park, MD
- 7:30PM **Work 'Em Or Die (O,WC & 75)**, Good Samaritan Presbyterian Church, 13025 Good Samaritan Dr., Waldorf, MD
- 8:00PM **One Line At a Time (O,CH,DISC,VAR,WC & 75)**, Northeast Community Center, 4075 Gordon Stinnett Ave., Chesapeake Beach, MD
- 9:30PM **Another Late Night (O,CAN,DISC,WC &,LIT 60)**, 46940 S.Shangri-La Dr., Lexington Park, MD

SATURDAY

Battlefield Area

- NOON **Nooner Meeting (O,DISC,JFT,VM 60)**, Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
- 7:00PM **Destination Hope (O,SPK 60)**, Manassas Church of the Brethren, Through the main doors and in Room 209 at the end of the hall, 10047 Nokesville Road, Manassas, VA

Central Maryland Area

- 10:00AM **Ladies in Recovery (C,JFT,SPK,W,VM 60)**, Zoom ID: 803 826 655; No P/C, Greenbelt, MD
- NOON **Just for Today (O,WC & 60)**, The 180 Club, 4318 Hamilton Ave, Hyattsville, MD
- 5:00PM **Fear to Faith (O,WC & 60)**, Emmanuel UMC, 11416 Cedar Ln., Beltsville, MD
- 7:00PM **Gut Bucket (O,VM 60)**, Zoom ID: 973-466-3601; P/C 875711, Greenbelt, MD
- 7:00PM **HOW Group (O,DISC,WC & 60)**, St Mary's School, 106 St. Mary's Place, Laurel, MD
- 8:30PM **Tracks to Recovery (O,DISC,WC & 60)**, Unity Place, 8610 Railroad Ave., Bowie, MD

District of Columbia Area

- 10:30AM **Come Clean to Stay Clean (O 90)**, Emmanuel Baptist Church, 2409 Ainger Pl. SE, Washington, DC
- 11:30AM **Men Under Construction (C,DISC,M,WC & 90)**, Cedar Hill Hospital, 1200 Pecan Street SE, Washington, DC
- 11:30AM **Saturday Morning Women's Rap (C,VAR,W,VM 90)**, Zoom ID: 473 645 8102; P/C: Women2021, Washington, DC
- NOON **Mount Olivet Recovery (O,DISC,WC & 90)**, Mount Olivet Church, 1306 Vermont Ave NW, Washington, DC
- NOON **The Ties That Bind Us Together Inspirational Women Steps and Traditions Meeting (C,STEP,TRAD,W 90)**, Saint Martins Catholic Church, 908 North Capitol Street, NW, Washington, DC
- NOON **Women's Step and Tradition (C,STEP,TRAD,W,VM 90)**, Zoom ID: 874 6272 9053; P/C: 632923, Washington, DC
- 1:30PM **All Inclusive Group (O 90)**, 938 Rhode Island Ave. NE, Washington, DC
- 6:00PM **The Uptown Group (O 90)**, 1908 North Capitol St. NW, Washington, DC
- 7:00PM **Illness In Recovery (O,DISC,VM 90)**, Meeting ID: 655 991 9437; PWC: saturday, Washington, DC
- 8:00PM **Gift of Life (O,STEP,TRAD,WC &,HY 90)**, Zoom ID: 511 626 4561; P/C: 1908, St. Martin's Church, 1908 N Capitol St. NW, Washington, DC
- 9:00PM **Miracle of Women (C,BEG,DISC,W,VM 90)**, Zoom ID: 917 1964 217; P/C 1908, Washington, DC

Dulles Corridor Area

- 10:00AM **Rainbow Llama (O,LIT 60)**, Galilee Methodist Church, 45425 Winding Rd., Sterling, VA
- NOON **Noon Meeting (O,VM 60)**, Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
- 7:00PM **Empieza Aqui (Start Here) (O,ES 60)**, St. Matthew's Episcopal Church (in the trailers behind the church), 201 E. Frederick Dr., Sterling, VA
- 7:00PM **Literally Speaking (O 60)**, St Matthew's Episcopal Church (right side room of trailer), 201 E. Frederick Dr., Sterling, VA

SATURDAY (CONT)

- 7:30PM **Keep It Real (O 60)**, A New Beginning, 4213 Walney Rd., Chantilly, VA
8:30PM **Saturday Night Live (O,WC & 60)**, St Matthew's Episcopal Church (trailer), 201 E Frederick Dr., Sterling, VA

East of the River Area

- 9:00AM **Roll Up Your Sleeves (O,TRAD,CPT,HY 90)**, Zoom ID: 557 493 6316, Passcode: 1953, 2409 Ainger Pl SE, Washington, DC
2:00PM **Unbreakable Women (O,W,WC & ,LIT 90)**, 2451 Ainger Place SE, Washington, DC
7:00PM **818 Miracles (O,STEP,TRAD,VM 90)**, Zoom ID: 731-1498-4304; P/C: 818, Washington, DC

Frederick Area

- 10:00AM **Kickin' It Raw (O,M,VM 90)**, Zoom ID: 9853773041; P/C: MANUP., Frederick, MD
NOON **Noon Group (O 60)**, Sol Yoga, 256 W Patrick St., Frederick, MD, Limited capacity
8:00PM **Saturday Night Special (O,WC & 60)**, Good Shepherd Lutheran Church, 1415 W 7th St., Frederick, MD

Montgomery Area

- 11:00AM **Share On Saturday (O,VM 60)**, Zoom ID: 879 3942 8041; P/C: basictext, Gaithersburg, MD
NOON **Free Yourself (O,DISC,JFT,WC & 60)**, Woodside UMC, - Enter in Back. Door Code: 82911, 8900 Georgia Ave., Silver Spring, MD
NOON **Progress Not Perfection (O,DISC,WC & 60)**, Progress Place, Parking is limited., 8106 Georgia Ave., Room 205, Silver Spring, MD
4:00PM **Good Stuff (O,VM 60)**, Zoom ID: 812 8137 9871; P/C: GoodStuff, Gaithersburg, MD
6:00PM **Fresh Start (O,WC & ,LIT 75)**, Prince of Peace Church, 11900 Darnestown Rd., Gaithersburg, MD
6:30PM **Every Step Counts (O,STEP,WC & 60)**, Cedar Lane UUC, - The Chalice House (use upper parking lot), 9601 Cedar Ln., Bethesda, MD
7:00PM **Saturday Night Living Clean (O,LIT,LC 60)**, The Freedom Center, - Enter on side of building, 202 Perry Pkwy. Ste. #5, Gaithersburg, MD, Read from Living Clean
7:00PM **Speakeasy (O,DISC,VAR 90)**, Woodside UMC, 8900 Georgia Ave., Silver Spring, MD
7:30PM **Off the Beaten Path 2 (O,VM 60)**, Zoom ID: 862 2444 3740; P/C: NARocks, Gaithersburg, MD

Norvana Area

- NOON **Just Living (O,JFT,WC & ,LC 90)**, Department of Community & Human Services (DCHS), Conference Center, 1st Floor, 4850 Mark Center Dr., Alexandria, VA
NOON **Stepping Together (O,BEG,JFT 75)**, St. Paul UMC, Side entrance down the hill, 1400 G St, Woodbridge, VA
6:00PM **Welcome Home (O,LIT 60)**, Bush Hill Presbyterian Church, 4916 Franconia Rd, Alexandria, VA
6:45PM **Free Yourself (O,WC & ,HY 75)**, Zoom ID: 962 211 7089; P/C: 169422, Independence Club, 7043 Wimsatt Rd., Springfield, VA

Rock Creek Area

- 7:00AM **Saturday Morning Relief (O,VM 90)**, Zoom ID: 913 0361 8898; P/C: saturday, Washington, DC
7:30PM **Hope Fiends (O,CAN,HY 60)**, Zoom ID: 292 549 9011; P/C: hope, Triangle Club, 1638 R St. NW #120, Washington, DC
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

South Potomac Area

- NOON **Keep It Simple (O,WC & ,LIT 90)**, St. Barnabas Episcopal Church, 5203 Saint Barnabas Rd, Temple Hills, MD

The Virtual Ties That Bind Us Together Area

- 8:30AM **Early Just For Today Check-in (C,JFT,VM 90)**, Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC
9:30AM **Women With A Purpose (C,IP,JFT,STEP,TRAD,W,VM,LC 90)**, Zoom ID: 979-1044-9558, Washington, DC
10:00AM **Can't Do It Alone Women's Rap (O,DISC,JFT,STEP,TRAD,W,VM,LC,SPAD 90)**, Zoom ID: 2875318067; P/C: women25, Washington, DC
2:00PM **Steppin' Into The Afternoon (C,STEP,VM 90)**, Zoom ID: 785 963 7766; P/C: 1953, Washington, DC
2:00PM **Where Healing Takes Place (C,DISC,SPK,VM 90)**, Zoom ID: 404 510 8699 P/C: GODcares00, Washington, DC
7:00PM **Where Healing Takes Place (C,DISC,SPK,VM 120)**, Zoom ID: 404 510 8699 P/C: GODcares00, Washington, DC
8:00PM **Living Life on Life's Terms (C,O,DISC,STEP,VM 90)**, Zoom ID: 438 348 3469; P/C: 121525, Washington, DC

Tri-County Area

- 10:00AM **Healthy Relationships (O,CH,DISC,WC & 90)**, Northeast Community Center, 4075 Gordon Stinnett Ave., Chesapeake Beach, MD
NOON **Women In Recovery (O,W,WC & 60)**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD
2:00PM **Men At Work (C,JFT,M,WC & ,SPAD 60)**, Great Escape Recovery Lounge, 85 High St., Ste. 1., Waldorf, MD
6:00PM **Stick and Stay (O,VAR,SPK,TOP,WC & 60)**, Northeast Community Center, 4075 Gordon Stinnett Ave, Chesapeake Beach, MD
7:00PM **It's A We Thing (O,WC & 75)**, St Paul's UMC, Brubecker Hall, 25550 Point Lookout Rd., Leonardtown, MD
7:00PM **Making Miracles (O,DISC,WC & 90)**, Good Shepherd Church, 305 Smallwood Dr., Waldorf, MD
10:00PM **Candlelight (O,SPK,WC & 60)**, Good Shepherd Church, 305 Smallwood Dr., Waldorf, MD

CONTACT US!

Chesapeake & Potomac Region of Narcotics Anonymous (CPRNA)

PO Box 8160 * Silver Spring, MD 20907

24/7 Phonenumber: 1-800-543-4670
Meeting changes: meetings@cprna.org

Regional Service Committee Meeting

Meets every even month (Feb, Apr, Jun, Aug, Oct, Dec) on the 2nd Saturday of that month

<https://www.cprna.org>
Questions about NA: info@cprna.org