

SUNDAY

NOON Midday Meditations and Miracles (O,DISC,JFT,ME, 60), Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC

5:30 Progressive Recovery (O,DISC,LIT, 60), PM Triangle Club, 1638 R St. NW #120, Washington, DC

7:00 Clean On The Hill (C, 60), PM 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

7:00 Clean On The Screen (O,VM, 60), PM Washington, DC
Zoom ID: 724 9574 1690; No P/C

MONDAY

NOON Midday Meditations and Miracles (O, 60), Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC

6:30 Southwest Serenity (C,CH,STEP, 60), PM Carron Baptist Church, We are meeting on holidays, 1354 1st Street SW, Washington, DC

7:30 Living Proof (O, 60), PM 4201 Albemarle St. NW, Washington, DC

TUESDAY

NOON Midday Meditations and Miracles (O, 60), Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC

5:30 Write to Recover (O,DISC,STEP,VM,WR, PM 60), Step writing during this meeting. The meeting will be locked after the writing portion ends., Washington, DC
Zoom Meeting ID: 727 524 5654; P/C: 249292

7:00 Stepping Out of Trouble into Study PM (O,SWG,VM,SPAD, 90), Washington, DC
Zoom ID: 880-6299-5493; P/C: sotis

7:30 Glad to be Alive Steps (O,WC □,HY, 60), PM Chevy Chase UMC, 7001 Connecticut Ave, Chevy Chase, MD
Zoom ID: 275 118 642; P/C: 982195

TUESDAY (CONT)

7:30 Pure Uncut Literature Study Group of NA PM (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

8:30 Dupont Circle NA (O, 60), PM Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC

8:30 Fire Barrel (O,DISC,HY, 60), PM Wesley UMC, Library on lower level; Plz use the Jenifer St. entrance., 5312 Connecticut Ave. NW, Washington, DC
Zoom ID: 847 1689 8440; P/C: step11

WEDNESDAY

NOON Midday Meditations and Miracles (O, 60), Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC

7:00 SW Freeway (C,WC □, 60), PM Westminster Presbyterian Church, Ground Level, 400 I St. SW, Washington, DC

8:00 Step Up (C,DISC,ME,VM,LIT, 60), PM Washington, DC
Zoom ID: 818 8913 0099; P/C: 165124

8:30 Conscious Contact Beginners (O,WC □, PM 60), Wesley UMC, Meeting is Upstairs; use Connecticut Ave entrance, 5312 Connecticut Ave. NW, Washington, DC

THURSDAY

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

5:30 Whole Lava Love (O,VM, 60), PM Washington, DC
Zoom ID: 835 0459 8692; P/C: choirloft; Phone: 301-715-8592; Phone P/C: 074664516

7:00 Meeting on the Avenue (O, 60), PM Wesley UMC, Library on lower level; plz use the Jenifer Street entrance, 5312 Connecticut Ave. NW, Washington, DC

8:30 Men's Rap (C,M, 60), PM West Side Club, 1341 Wisconsin Ave. NW, Washington, DC

FRIDAY

NOON Midday Meditations and Miracles (O, 60), Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC

7:30 Clean Works (O,DISC,LIT,HY, 60), PM St Thomas' Parish, 3rd Floor, 1517 18th St. NW, Washington, DC
Zoom ID: 858 0344 5434; P/C: easydoesit; Phone P/C: 8264201235

9:00 Recovery Alley (C,HY, 60), PM St Stephen's Church (corner of 16th & Newton), 1530 Newton St. NW, Washington, DC
Zoom ID: 822 0563 4651; P/C: Homegroup

9:00 Solo Por Hoy (O,ES,LIT,HY, 60), PM Stephens of the Incarnation, In Sanctuary, 1525 Newton St NW, Washington, DC
Zoom ID: 232 505 167; P/C: 7611

10:00 Late Nite Friday Nite (O,DISC,JFT,WC □, PM 75), St Alban's Church, 3001 Wisconsin Ave. NW, Washington, DC

SATURDAY

7:00 Saturday Morning Relief (O,VM, 90), AM Washington, DC
Zoom ID: 913 0361 8898; P/C: saturday

7:30 Hope Fiends (O,CAN,HY, 60), PM Triangle Club, 1638 R St. NW #120, Washington, DC
Zoom ID: 292 549 9011; P/C: hope

8:05 Beachcombers Electric Coffee Test Pure PM Spiritual Progress Underground NA Group (C,BT,DISC,WC □, 60), St Alban's Church, 3001 Wisconsin Ave. NW, Washington, DC

MEETING FORMAT LEGEND

BT	Basic Text	C	Closed
CAN	Candlelight	CH	Closed Holidays
DISC	Discussion	ES	Espanol
HY	Hybrid Physical/Virtual	JFT	Just for Today Study
LIT	Literature Study	M	Men
ME	Meditation	O	Open
SPAD	Spiritual Principle A Day Book Study	STEP	Step
SWG	Step Working Guide Study	VM	Virtual Web Meeting

WC Wheelchair

WR Writing Meeting

PHONE NUMBERS

ROCK CREEK AREA

PHONELINES

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

Our neighboring regions:

In MD, Free State Region: 800-317-3222

In VA, Central Atlantic Region: 800-777-1515

SERVICE MEETINGS

Rock Creek Area Service Committee meets the 1st Thursdays of every month at 7:00

PM: Meeting ID: 976 3369 5567; P/C: rockcreek



The Rock Creek Area of Narcotics Anonymous has 31 meetings in Chevy Chase, MD & NW and SW Washington DC

**NA MEETING LIST
MAY 2026**

SUGGESTIONS FOR EVERYONE

DON'T USE no matter what

Ask your Higher Power to keep you clean

Come early and stay late

Get a home group

Go to 90 meetings in 90 days

Read NA literature daily

Get and use a sponsor

Use the PHONE

KEEP COMING BACK. IT WORKS!

What is our message?

The message is that an addict,
any addict, can stop using drugs,
lose the desire to use,
and find a new way to live.
Our message is hope
and the promise of freedom.

Basic Text, page 65

**Rock Creek Area of Narcotics
Anonymous**

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

Questions? info@cprna.org

Website: <https://www.cprna.org>

Not in the DMV? Go to <https://www.na.org>

Meeting change? meetings@cprna.org