

**SUNDAY****7:00 Spiritually Speaking****AM (C,VM,LIT, 90)**

, Capitol Heights, MD

**Meeting ID: 202 999 2020 P/C: hope****7:00 Closed Sunday****PM (C,WC &, 90)**Our Savior Lutheran Church, 4915 St.  
Barnabas Rd, Temple Hills, MD**MONDAY****7:00 That Tired Old Lie****PM (O,STEP,TRAD, 90)**Second Baptist Church, 5501 Silver Hill  
Rd, District Heights, MD**7:30 Monday Night Step****PM (O,VM, 90)**

, Capitol Heights, MD

**Zoom ID: 457 476 3595; P/C: MNS****TUESDAY****7:15 Keep Coming Back****PM (O,SPAD, 90)**Capitol Allentown Baptist Church, 7911  
Allentown Road, Fort Washington, MD**WEDNESDAY****7:00 Bright Hope Group****PM (O,STEP,TRAD,LIT,LC, 75)**Carolina Baptist Church, 9901 Allentown  
Rd, Fort Washington, MD**THURSDAY****7:00 Restored To Sanity****PM (O,BEG,STEP, 90)**Good Samaritan Mission Church, 4409  
Arnold Rd., Suitland, MD**7:00 Steps to Life****PM (O, 90)**Oxon Hill UMC, 6400 Livingston Road,  
Oxon Hill, MD**FRIDAY****7:00 Women Do Recover****PM (O,W,WC &,LIT, 90)**Hope Lutheran Church, 6201 Coventry  
Way, Clinton, MD**FRIDAY (CONT)****7:30 Living the Program Men's Rap****PM (O,M, 90)**Bethany Christian Church, 7128  
Allentown Rd, Fort Washington, MD**SATURDAY****NOON Keep It Simple****(O,WC &,LIT, 90)**St. Barnabas Episcopal Church, 5203  
Saint Barnabas Rd, Temple Hills, MD**MEETING FORMAT CODES**

BEG	Beginners	C	Closed
LC	Living Clean Study	LIT	Literature Study
M	Men	O	Open
SPAD	Spiritual Principle A Day Book Study	STEP	Step
TRAD	Tradition	VM	Virtual Web Meeting
W	Women	WC	Wheelchair &

**SERVICE COMMITTEE MEETINGS****Hospitals & Institutions Subcommittee***Meets the last Thursday of every month at 7:00  
PM*

, Capitol Heights, MD

**Zoom ID: 675 717 4597; P/C: spahi****South Potomac Area Service Committee***Meets 1st Saturday of the month. Will meet the  
following Saturday if there is a holiday. at 6:00  
PM*Davies Memorial Unitarian Universal Church,  
7400 Temple Hills Rd., Camp Springs, MD**Special Events Subcommittee***Meets the first Saturday of each month at 4:30  
PM*

, Capitol Heights, MD

**Zoom ID: 202 999 2020; P/C: hope****What is our message?***The message is that an addict,  
any addict, can stop using drugs,  
lose the desire to use,  
and find a new way to live.**Our message is hope  
and the promise of freedom.*

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## PHONE NUMBERS

## The Twelve Steps of Narcotics Anonymous

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

**GET & USE PHONE NUMBERS! DON'T USE, NO MATTER WHAT!**

## SOUTH POTOMAC AREA



***The South Potomac Area of Narcotics Anonymous has 14 meetings in Prince George's County, MD***

## NA MEETING LIST JANUARY 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!**

**South Potomac Area of NA  
PO Box 5966  
Capitol Heights, MD 20791**

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

**Questions?** [southpotomac@cprna.org](mailto:southpotomac@cprna.org)

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

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

**Meeting change?** [meetings@cprna.org](mailto:meetings@cprna.org)