

SUNDAY

7:30 PM **Another Chance**, St Nicholas Lutheran Church, 1450 Plum Point Rd., Huntingtown, MD, 20639 **(O,WC &)**

7:30 PM **Basket Case**, Patuxent Presbyterian Church, 23421 Kingston Creek Rd., California, MD, 20619 **(O)**

7:30 PM **Stepping Into Traditions & Concepts**, St. Joseph's Church, 4590 St. Joseph Way, Pomfret, MD, 20675 **(O)**

MONDAY

NOON **NA In the Day**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD, 20602 **(O,WC &,LC)**

7:00 PM **Cover To Cover**, Callaway Baptist Church, 20960 Point Lookout Rd., Callaway, MD, 20620 **(O,WC &)**

7:00 PM **Time To Change**, Lifestream Church of the Nazarene, 5105 Leonardtown Rd., Waldorf, MD, 20601 **(O)** First Mon Literature, Last Monday JFT

TUESDAY

NOON **Hope in the Woods**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD, 20602 **(O,WC &)**

7:00 PM **Living Clean**, St Paul's UM Church, Classroom #8, 25550 Point Lookout Rd., Leonardtown, MD, 20650 **(O,WC &)**

7:30 PM **Lusby Recovery**, South Community Center, 20 Appeal Ln., Lusby, MD, 20657 **(O)**

7:30 PM **Off Campus Recovery**, First Baptist Church of La Plata, 9070 Hawthorne Rd., La Plata, MD, 20646 **(O,WC &)**

WEDNESDAY

NOON **Midweek Miracles**, Room: Village Lounge, The Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD, 20602 **(O,JFT,WC &,SPAD)**

7:00 PM **Positive Alternative**, Good Samaritan Church (Near Rt 5 N/Billingsley Rd.), 13025 Good Samaritan Dr., Waldorf, MD, 20601 **(O,WC &)**

WEDNESDAY (CONT)

7:00 PM **Tower of Power**, Mount Hope Community Center (Off Rt 2), 100 Pushaw Station Rd., Sunderland, MD, 20689 **(O,WC &)**
Maximum 18 people

7:30 PM **Life Support**, Trinity Lutheran Church, 46707 Shangri La Dr., Lexington Park, MD, 20653 **(O,WC &)**

THURSDAY

NOON **12 at 12**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD, 20602 **(O,WC &)**

7:00 PM **Hope Fiends**, New Life Church, 3170 German Chapel Rd., Prince Frederick, MD, 20678 **(O)**

7:00 PM **More Alike Than Different**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD, 20602 **(O,WC &)**

7:00 PM **Outsiders**, Trinity Lutheran, 46707 S Shangri-La Dr., Lexington Park, MD, 20653 **(O,DISC,IW)**

7:30 PM **Chaptico Under The Stars**, Christ Episcopal Church, 37497 Zach Fowler Rd., Chaptico, MD, 20621 **(O)**

FRIDAY

NOON **Give Yourself A Break**, Great Escape Recovery Lounge, 85 High St. Ste. 1, Waldorf, MD, 20601 **(O,JFT,VAR,SPK,STEP,TRAD)**

7:05 PM **7:07**, Trinity Lutheran Church (at S Essex), 46707 S Shangri La Dr., Lexington Park, MD, 20653 **(O)**

7:30 PM **Work 'Em Or Die**, Good Samaritan Presbyterian Church, 13025 Good Samaritan Dr., Waldorf, MD, 20601 **(O,WC &)**

8:00 PM **One Line At a Time**, Northeast Community Center, 4075 Gordon Stinnett Ave., Chesapeake Beach, MD, 20732 **(O,CH,DISC,VAR,WC &)**

9:30 PM **Another Late Night**, 46940 S. Shangri-La Dr., Lexington Park, MD, 20653 **(O,CAN,DISC,WC &,OE,LIT)**

SATURDAY

10:00 AM **Healthy Relationships**, Northeast Community Center, 4075 Gordon Stinnett Ave., Chesapeake Beach, MD, 20732 **(O,CH,DISC,WC &)**

NOON **Women In Recovery**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD, 20602 **(O,W,WC &)**

2:00 PM **Men At Work**, Great Escape Recovery Lounge, 85 High St., Ste. 1., Waldorf, MD, 20602 **(C,JFT,M,WC &,SPAD)**

6:00 PM **Stick and Stay**, Northeast Community Center, 4075 Gordon Stinnett Ave., Chesapeake Beach, MD, 20732 **(O,VAR,SPK,TOP,WC &)**

7:00 PM **It's A We Thing**, St Paul's UMC, Brubecker Hall, 25550 Point Lookout Rd., Leonardtown, MD, 20650 **(O,WC &)**

7:00 PM **Making Miracles**, Good Shepherd Church, 305 Smallwood Dr., Waldorf, MD, 20602 **(O,DISC,WC &)**

10:00 PM **Candlelight**, Good Shepherd Church, 305 Smallwod Dr., Waldorf, MD, 20602 **(O,SPK,WC &)**

MEETING FORMAT LEGEND

C	Closed	CAN	Candlelight
CH	Closed Holidays	DISC	Discussion
IW	It Works Study	JFT	Just for Today Study
LC	Living Clean Study	LIT	Literature Study
M	Men	O	Open
OE	Open-Ended	SPAD	Spiritual Principle A Day Book Study
SPK	Speaker	STEP	Step
TOP	Topic	TRAD	Tradition
VAR	Format Varies	VM	Virtual Web Meeting
W	Women	WC	& Wheelchair

PHONE NUMBERS

REGIONAL PHONELINES

Chesapeake & Potomac: DC, MD, VA 800-543-4670
Free State: Baltimore, Eastern Shore, DE 800-317-3222
Central Atlantic: Western MD, NC, VA, WV 800-777-1515

SERVICE MEETINGS

Tri-County Area Service Committee Meets the 1st Wednesday of each month 6:30 PM, Christ Church, 112 Charles St., La Plata, MD

Tri-County H&I Subcommittee meets the 3rd Sunday of each month at 5:00 PM, All Faith Episcopal Church, 38885 New Market Turner Rd., Mechanicsville, MD

Tri-County Public Relations Subcommittee 2:00 PM, LaPlata, MD ID: 822 3481 5906 PC: 121212

Tri-County Special Events Subcommittee meets the 2nd Sunday each month at 3:30 PM, AJ Habachi, 30320 Triangle Dr., Ste. 6, Charlotte Hall, MD

Unity Retreat Subcommittee Meets 2nd & 4th Sunday of each month 4:30 PM, All Faith Episcopal Church, 38885 New Market Turner Rd., Mechanicsville, MD

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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TRI-COUNTY AREA



The Tri-County Area of Narcotics Anonymous has 36 weekly meetings in Calvert, Charles, and St. Mary's Counties

JANUARY 2026

MEETING LIST BY DAY

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!

Mailing Address: TCANA, PO Box 155, LaPlata, MD 20646

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

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

Email meeting changes to meetings@cprna.org