

SATURDAY (CONT)

- 7:00PM Speakeasy (O, 90)** Woodside UMC, 8900 Georgia Ave, Silver Spring, MD, 20910
- Norvana Area**
- 11:00AM Sisters in Recovery (O,W,VM, 90)** Zoom Meeting ID: 885 4478 3657; Passcode: Sisters12; Phone Passcode: 471683773, Falls Church, VA, 22046
- NOON Stepping Together (BEG,JFT,PPE,HY, 75)** Zoom Meeting ID: 568 046 8023; Passcode: 121212, St. Paul United Methodist Church, Side entrance down the hill, 1400 G St, Woodbridge, VA, 22191
- 6:00PM Welcome Home (O,LIT,PPE, 60)** Bush Hill Presbyterian Church, 4916 Franconia Rd, Alexandria, VA, 22310
- 7:00PM Free Yourself (O,WC &,PPE,HY, 75)** Zoom Meeting ID: 962 211 7089; Passcode: 169422, Independence Club, 7043 Wimsatt Rd, Springfield, VA, 22151
- 7:00PM NA Pavilion (O,PPE, 90)** Greenbrier Baptist Church, 5401 7th Road S, Arlington, VA, 22204
- Rock Creek Area**
- 7:00AM Saturday Morning Relief (O,TC,VM, 90)** Zoom Meeting ID: 897 4991 1386; Passcode: saturday, Washington, DC, 20001
- 7:30PM Hope Fiends (O,CAN,HY, 60)** Zoom Meeting ID: 769 2838 9204; Passcode: hope, Luther Place Memorial Church, @ N Street; in the library, 1226 Vermont Ave NW, Washington, DC, 20005
- 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, 20016
- South Potomac Area**
- 10:00AM Spiritually Speaking (STEP,VM,LIT, 90)** Zoom Meeting ID: 894 6057 5502; Passcode: 943360, Capitol Heights, MD, 20791
- 7:30PM Keep It Simple (O,JFT,VAR,STEP,TRAD,VM,SPAD, 90)** Zoom Meeting ID# 890 426 5809 Passcode: simple, Oxon Hill, MD, 20745
- Tri-County Area**
- 1:00PM Women In Recovery (, 60)** Great Escape Recovery Lounge, 85 High Street, Waldorf, MD, 20602
- 6:00PM Stick and Stay (O,VAR,SPK,TOP,WC &, 60)** Life Church, 35 Cox Rd, Huntingtown, MD, 20639
- 7:00PM It's A We Thing (O,WC &, 75)** St Paul's UMC, Brubecker Hall, 25550 Point Lookout Rd, Leonardtown, MD, 20650
- 7:00PM Making Miracles (O,DISC,WC &, 90)** Good Shepherd Church, 305 Smallwood Dr, Waldorf, MD, 20602
- 10:00PM Candlelight (SPK,WC &, 60)** Good Shepherd Church, 305 Smallwod Dr, Waldorf, MD, 20602

CONTACT INFO

Chesapeake & Potomac Region of Narcotics Anonymous (CPRNA)
PO Box 8160
Silver Spring, MD 20907

Regional Service Committee Meeting
Meets every even month: Feb, Apr, Jun, Aug, Oct, Dec
2nd Saturday of that month at 1:00 PM
Zoom Meeting ID: 824 5089 4047;
Passcode: 12

24/7 Phonenumber: 1-800-543-4670 <https://www.cprna.org>
Email meeting changes to: meetings@cprna.org

CHESAPEAKE & POTOMAC REGION OF NA



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

24/7 Phonenumber: 1-800-543-4670
<https://www.cprna.org>
Email meeting changes to: meetings@cprna.org



Scan QR Code to go to our website Meetings page!

MEETING LIST BY AREA
MARCH 2023

Meeting Format Legend

BEG	Beginners	BT	Basic Text
C	Closed	CAN	Candlelight
CPT	12 Concepts	CW	Children Welcome
DISC	Discussion	ES	Espanol
F2F	Face 2 Face	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	PH	Phone Meeting
PPE	Masks Required	Pi	Pitch
SPAD	Spiritual Principle A Day Book Study	SPK	Speaker
STEP	Step	SWG	Step Working Guide Study
TC	Temporary Closed	TOP	Topic
TRAD	Tradition	TW	Traditions Workshop
VAR	Format Varies	VM	Virtual Web Meeting
W	Women	WC &	Wheelchair
WR	Writing Meeting		

Weekly Meetings: **379**

OUR MEETINGS

SUNDAY

Battlefield Area

- NOON Recovery (O,DISC,JFT,VM, 60)** Zoom Meeting ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20110
- 7:00PM Sunday Funday (O,DISC,SPK,VM, 60)** Zoom Meeting ID# 962 211 7089 Passcode: 169422, Manassas, VA, 20110
- 9:00PM Sunday Night Meeting (O,BT,DISC,IW,VAR,SPK,VM,LIT, 60)** Zoom Meeting ID: 822 228 001; Passcode: 078030, Manassas, VA, 20109

Central Maryland Area

- 10:00AM Breakfast Club (O,DISC,WC &,HY, 60)** Zoom Meeting ID: 878 4829 2214; Passcode: 4912Donuts, 4912 Nantucket Road, College Park, MD, 20740
- 10:00AM Easy Like Sunday Morning (O,DISC,PH,VM, 90)** Phone#: 605-313-4221; Phone Password: 3074093, Greenbelt, MD, 20770, This meeting is a phone line meeting only.
- 11:00AM Starting Over (O,VAR,WC &,HY, 60)** Zoom Meeting ID: 402 843 751; No Passcode, Serenity Center, 8650 Basket Ring Rd, Columbia, MD, 21045
- 4:30PM The Living Clean Group (O,WC &,VM,LIT, 90)** Zoom Meeting ID: 819 6121 9682; Passcode: LvClean, Greenbelt, MD, 20770
- 7:30PM Savage Survivors (O,WC &, 60)** Savage UMC, 9050 Baltimore St, Savage, MD, 20763

SUNDAY (CONT)

SATURDAY (CONT)

District of Columbia Area	
9:00AM	Sunday Morning Spiritual (O,DISC,TRAD,VM, 60) Zoom ID 812-2295-5124; Passcode 774257, Washington, DC, 20090
10:30AM	Coffee Hour (O,VM, 90) Zoom Meeting ID 849 7022 7938; Passcode 930969, Washington, DC, 20090
11:00AM	Sunday Morning Steps & Traditions (O,VM, 60) Zoom Meeting ID: 893 1577 3534; Passcode: 873274, Washington, DC, 20090
7:00PM	Joyful Start (O,STEP,TRAD,LIT, 90) The First Church of Seventh-day Adventists, 810 Shepherd St NW, Washington, DC, 20011
7:00PM	Sunday Night Spiritual Group (O, 90) St Mary's Church (Church Hall), 727 5th St NW, Washington, DC, 20001
8:00PM	Living Life on Life's Terms (C,DISC,STEP,VM, 90) Zoom Meeting ID# 438 348 3469; Passcode: 121525, Washington, DC, 20090
Dulles Corridor Area	
10:30AM	To Tell The Truth (O,WC &, 60) Community Center (Hunters Woods), Room 6, 2310 Colts Neck Rd., Reston, VA, 20191
NOON	Noon Meeting (O,VM, 60) Zoom Meeting ID: 962 211 7089; Passcode: 169422, Herndon, VA, 20172
7:00PM	The Journey Continues (O,LIT, 60) St. David's Episcopal Church (Trailer), 43600 Russell Branch Parkway, Ashburn, VA, 20147
East of the River Area	
2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) Zoom Meeting ID: 785 963 7766; Passcode: 1953, Washington, DC, 20020
Frederick Area	
11:30AM	Sunday Morning NA (O,JFT, 60) The Club, 205B Bucheimer Rd, Frederick, MD, 21701
6:30PM	Just For Today (O,SPK,STEP,TRAD, 60) Trinity United Methodist Church, 703 W Patrick St, Frederick, MD, 21701
Montgomery Area	
8:00AM	Squeaky Clean (O,DISC,HY, 60) Zoom Meeting ID: 828 8288 3957; No Passcode, AISH Learning Center, 11418 Old Georgetown Rd, Rockville, MD, 20852
NOON	Progress in NA (O,STEP,TRAD,VM, 90) Zoom Meeting ID: 973 466 3601 Passcode: 875711, Gaithersburg, MD, 20898
6:00PM	Let it Shine (Women's Meeting) (C,W,LIT, 60) Mother Seton Parish, 19951 Father Hurley Blvd, Germantown, MD, 20874. CLOSED for Christmas 12/25/2022 ; group recommends this https://www.cprna.org/events/mase-holiday-potluck-and-marathon-meeting/
6:00PM	Talking Heads (O,DISC,WC &, 60) Chevy Chase UMC, Please use parking lot entrance, 7001 Connecticut Ave, Chevy Chase, MD, 20815
6:00PM	Topic of Cancer (O,VAR,VM, 60) Meeting ID: 817 1770 9889; Passcode: 438560, Gaithersburg, MD, 20898
7:30PM	The Alternative (O,CAN,DISC,SPK,HY, 60) Zoom Meeting ID: 114 114 644 Passcode: 016821, Trinity Lutheran Church, 11200 Old Georgetown Rd., Bethesda, MD, 20852
7:30PM	Today's Recovery (O,DISC,WC &, 60) Seneca Creek Community Church, 13 Firstfield Rd, Gaithersburg, MD, 20878
Norvana Area	
10:00AM	NA in Delray (O,WC &,PPE,HY, 90) Zoom Meeting ID: 873 4446 3412; Passcode: 1991, Elks Lodge, 227 N. Henry St., Alexandria, VA, 22314
10:30AM	NA Farsi (O,VM, 60) Meeting ID: 558 663 8203; Passcode: 1212, Falls Church, VA, 22046
NOON	Just For Today (O, 60) Unity Club, 116 W Broad St, Falls Church, VA, 22046
3:00PM	Sunday Sanity (O,DISC,PPE, 90) Unitarian Universalist Church of Arlington, 4444 Arlington Blvd, Arlington, VA, 22204
7:00PM	Another Look (O,WC &,PPE,HY, 60) Zoom Meeting ID: 297699721; Passcode: 014577, Franconia United Methodist Church, 6037 Franconia Rd, Alexandria, VA, 22151
7:00PM	Living In The Solution (O,VAR,SPK,STEP,WC &,VM, 75) Zoom Meeting ID: 568 046 8023; Passcode: 121212, Woodbridge, VA, 22193
Rock Creek Area	
NOON	Midday Meditations and Miracles (O,DISC,JFT,ME, 60) Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009
5:30PM	Progressive Recovery (O,DISC,WC &,LIT, 60) Luther Place Memorial, 1226 Vermont Ave NW, Washington, DC, 20009
7:00PM	Clean On The Hill (C, 60) Capitol Hill UMC (enter on 5th St; ring bell), 421 Seward Square SE, Washington, DC, 20003
7:00PM	Clean On The Screen (VM, 60) Zoom Meeting ID: 724 9574 1690; No Passcode; Perpetually Virtual, Washington, DC, 20008
South Potomac Area	
1:00PM	Sunday Afternoon Meeting (O,VM, 90) Zoom Meeting ID: 202 999 2020; Passcode: hope, Capitol Heights, MD, 20791
6:30PM	Best Step & Tradition Meeting In Town (O, 90) Greater Beulah Baptist Church, 6056 Old Central Ave, Capitol Heights, MD, 20743

7:00PM	Destination Hope (O,SPK,F2F,PPE, 60) Church of the Brethren, Through the main doors and in Room 209 at the end of the hall, 10047 Nokesville Road, Manassas, VA, 20110
Central Maryland Area	
NOON	Just for Today (O,WC &, 60) The 180 Club, 4318 Hamilton Ave, Hyattsville, MD, 20781
5:00PM	Fear to Faith (O,WC &, 60) Emmanuel United Methodist Church, 11416 Cedar Lane, Beltsville, MD, 20705
7:00PM	Gut Bucket (O,WC &,TC,VM, 60) Zoom Meeting ID: 973-466-3601; Passcode 875711, Greenbelt, MD, 20770
7:00PM	HOW Group (O,DISC,WC &, 60) St Mary's School, 106 St. Mary's Place, Laurel, MD, 20707
8:30PM	Tracks to Recovery (O,WC &, 60) Unity Place, 8610 Railroad Avenue, Bowie, MD, 20720
District of Columbia Area	
9:00AM	Better Way (O,PH,VM, 60) Phone #: 425-436-6351; Phone Password: 344456#, Washington, DC, 20090
10:00AM	Come Clean to Stay Clean (O,PPE, 90) Emmanuel Baptist Church, Masks Required, 2409 Ainger Place SE, Washington, DC, 20020
11:30AM	Men's Rap (O,VM, 60) Zoom Meeting ID: 826 2424 5198; Passcode: dcmensrap, Washington, DC, 20090
11:30AM	Women's Rap (O,W,VM, 60) Zoom Meeting ID: 473 645 8102; Passcode: Women2021, Washington, DC, 20090
NOON	Mount Olivet Recovery (O,DISC,WC &,PPE, 90) Mount Olivet Church, 1306 Vermont Ave NW, Washington, DC, 20005, Mask required, vaccine preferred
NOON	Women's Step and Tradition (C,STEP,TRAD,W,VM, 90) Zoom Meeting ID: 874 6272 9053; Passcode: 632923, Washington, DC, 20090
1:30PM	NA group at The Metropolis Club (O, 60) The Metropolis Club, 938 Rhode Island Ave, NE, Washington, DC, 20002
7:00PM	Illness In Recovery (O,VM, 60) Zoom Meeting ID: 970 781 8525; Passcode: 1HMZCm, Washington, DC, 20090
8:00PM	Gift of Life (O,STEP,TRAD,WC &,HY, 90) Zoom Meeting ID: 511 626 4561; No Passcode, St. Martin's Church, 1908 N Capitol St NW, Washington, DC, 20002
8:00PM	Living Life on Life's Terms (C,DISC,STEP,VM, 90) Zoom Meeting ID# 438 348 3469; Passcode: 121525, Washington, DC, 20090
9:00PM	Miracle of Women (O,W,VM, 60) Zoom Meeting ID: 917 1964 217; Passcode 1908, Washington, DC, 20090
Dulles Corridor Area	
10:00AM	Rainbow Llama (O,LIT, 60) Galilee Methodist Church, 45425 Winding Rd., Sterling, VA, 20165
NOON	Noon Meeting (O,VM, 60) Zoom Meeting ID: 962 211 7089; Passcode: 169422, Herndon, VA
7:00PM	Literally Speaking (O,HY, 60) St Matthew's Episcopal Church (right side room of trailer), 201 E. Frederick Dr., Sterling, VA, 20164
7:30PM	Keep It Real (O, 60) A New Beginning (every other Saturday - 03/11 & 03/25), 4213 Walney Rd, Chantilly, VA, 20151
8:30PM	Saturday Night Live (O,WC &, 60) St Matthew's Episcopal Church (trailer), 201 E. Frederick Dr., Sterling, VA, 20164
East of the River Area	
9:00AM	Women with a Purpose (C,IP,STEP,TRAD,VM,LIT, 90) Zoom Meeting ID: 979 1044 9558; No Passcode, Washington, DC, 20020
2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) Zoom Meeting ID: 785 963 7766; Passcode: 1953, Washington, DC, 20020
7:00PM	818 Miracles (O,STEP,TRAD,WC &,VM, 90) Zoom Meeting ID: 731 1498 4304; Passcode: 818, Washington, DC, 20001
Frederick Area	
10:00AM	Can't Do It Alone (O,DISC,IP,JFT,STEP,W,WC &,VM, 90) Zoom Meeting ID: 8108397960; Passcode: 287829, Frederick, MD
10:00AM	Kickin' It Raw (O,M,VM, 90) Zoom Meeting ID: 9853773041; Passcode: MANUP., Frederick, MD, 21705
NOON	Noon Group (O, 60) Trinity Chapel, Side door-2nd floor, 10 W Church St, Frederick, MD, 21701, Limited capacity
7:30PM	Off the Beaten Path 2 (O,VM, 60) Zoom Id: 862 2444 3740; Passcode: NArocks, Mt Airy, MD, 21771
8:00PM	Saturday Night Special (O,WC &, 60) Good Shepherd Lutheran Church, 1415 W 7th St, Frederick, MD, 21702
Montgomery Area	
11:00AM	Share On Saturday (O,VM, 60) Zoom Meeting ID: 803 910 502; Passcode: share, Gaithersburg, MD, 20898
12:30PM	Hugs not Drugs (O,VM, 60) Zoom Meeting ID: 216 990 5455; No Passcode, Gaithersburg, MD, 20898
3:00PM	Good Stuff (O,VM, 60) Meeting ID: 816 6880 9875; Passcode: 448515, Gaithersburg, MD, 20898
6:00PM	Fresh Start (O,WC &, 75) Prince of Peace Lutheran Church, 11900 Darnestown Rd, Gaithersburg, MD, 20878
7:00PM	A Good Deal (O,DISC,VM, 60) Zoom Meeting ID: 769 038 042; Passcode: 8675309, Gaithersburg, MD, 20898
7:00PM	Saturday Night Living Clean (O,LIT,LC, 60) The Freedom Center, Enter on side of building, 202 Perry Pkwy. Suite #5, Gaithersburg, MD, 20877, Read from Living Clean

FRIDAY (CONT)

2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) Zoom Meeting ID: 785 963 7766; Passcode: 1953, Washington, DC, 20020
3:30PM	Let Go and Let God (O, 60) Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020
7:00PM	Aging In Recovery (O,DISC,VM, 90) Zoom Meeting ID: 824 005 5286; Passcode: recovery, Washington, DC, 20020
Frederick Area	
NOON	Noon Group (O, 60) Trinity Chapel, Side door-2nd floor, 10 W Church St, Frederick, MD, 21701, Limited capacity
7:30PM	We Do Recover (O,TOP, 60) Frederick Church of Christ, 1305 N Market St, Frederick, MD, 21701, The last Friday of the month is a speaker meeting.
8:30PM	Friday Night Candlelight (O,WC &, 60) Frederick Friends Meeting House, Parking lot is immediate left of building, 723 N. Market St., Frederick, MD, 21701, Spiritual Principles A Day study
Montgomery Area	
7:30AM	Freedom in the Village (O,DISC,JFT,VM, 60) Zoom Meeting ID: 823 5857 7621, Passcode: 685408, Gaithersburg, MD, 20898
NOON	Freedom in the Village (O,HY, 60) Zoom Meeting ID: 823 5857 7621 Passcode: 685408, Christ the Servant Lutheran Church, 9801 Centerway Rd, Gaithersburg, MD, 20879
NOON	NA at Noon (O,JFT,TC,VM, 60) Zoom Meeting ID: 889 4686 0935; No Passcode, Silver Spring, MD, 20901
7:00PM	Older Toddlers (O,WC &,HY, 60) Zoom Meeting ID: 903443801; Passcode: Recovery12, Christ Episcopal Church, Basement, 4001 Franklin Street, Kensington, MD, 20895
7:00PM	Take the Steps (O,DISC,VAR, 60) Fresh Start Recovery Center, 15886 Gaither Dr Suite B, Gaithersburg, MD, 20877
7:30PM	Upcounty NA (O,PPE, 90) Emory Grove UM Church, Masks are required., 8200 Emory Grove Rd, Gaithersburg, MD, 20877
8:00PM	Live and Let Live (O,LIT, 60) Fairhaven UMC, 12801 Darnestown Rd, Gaithersburg, MD, 20878
8:30PM	Get Down (O,VM, 60) Zoom Meeting ID: 86570165126; Passcode: getdown, Bethesda, MD, 20898

Norvana Area	
7:00PM	Man Up (M,VAR,WC &,VM, 60) Zoom Meeting ID: 812 7769 9050; No Passcode:, Falls Church, VA, 22046
7:00PM	NA for Life (O,WC &, 90) Langston Brown Center, 2121 N Culpeper Street, Arlington, VA, 22207
7:00PM	Recovery on the South Side (O,WC &, 60) Lee Center, 1108 South Jefferson Street, Alexandria, VA, 22314
7:00PM	Simplicity Is the Key (C,DISC,LIT, 60) Falls Church Presbyterian Church, 225 E Broad Street, Falls Church, VA, 22046
7:00PM	Women Of Woodbridge - W.O.W. (O,VAR,W,WC &,VM,PPE, 60) Zoom Meeting ID: 568 046 8023; Passcode: 121212, Falls Church, VA, 22046
7:15PM	Church Basement Recovery (O,PPE,HY, 75) Meeting ID: 962 211 7089; Password: 169422, Kirkwood Presbyterian Church, 8336 Carleigh Pkwy, West Springfield, VA, 22152
7:30PM	Better Here Than There (O,JFT,VM,SPAD, 60) Zoom Meeting ID: 536 659 392; Passcode: 842931, Arlington, VA, 22204

Rock Creek Area	
NOON	Midday Meditations and Miracles (O,HY, 60) Zoom Meeting ID: 376 456 0565; Passcode: 3rvad5, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009
7:30PM	Clean Works (O,DISC,LIT,HY, 60) Zoom Meeting ID: 858 0344 5434; Passcode: easydoesit; Phone Passcode: 8264201235, St Thomas' Parish, 4th Floor, 1517 18th Street NW, Washington, DC, 20036
9:00PM	Recovery Alley (C,HY, 60) Zoom Meeting ID: 987 3916 8163; Passcode: Homegroup, St Stephen's Church (corner of 16th & Newton), 1530 Newton Street NW, Washington, DC, 20010
10:00PM	Late Nite Friday Nite (O,DISC,JFT,WC &, 75) St Alban's Church, 3001 Wisconsin Avenue NW, Washington, DC, 20016

South Potomac Area	
10:00AM	Just For Today (C,VM, 90) Zoom Meeting ID: 858 2487 7564; Passcode: Love, Capitol Heights, MD
7:30PM	Living the Program Men's Rap (O,M,PPE, 90) The Church of the Great Anointing, 3710 Riviera St, Temple Hills, MD, 20748, Masks Are Recommended
7:30PM	Women Do Recover (O,W,VM,LIT, 90) Zoom Meeting ID: 450 339 7149; Passcode: 7VvB4p, Capitol Heights, MD, 20791

Tri-County Area	
NOON	Give Yourself A Break (O,JFT,VAR,SPK,STEP,TRAD, 60) Good Samaritan Church, 13025 Good Samaritan Dr., Waldorf, MD, 20601
7:05PM	7:07 (O, 60) Trinity Lutheran Church (at S Essex), 46707 S Shangri La Dr, Lexington Park, MD, 20653
7:30PM	Work 'Em Or Die (O,WC &, 75) Good Samaritan Presbyterian Church, 13025 Good Samaritan Dr, Waldorf, MD, 20601
9:30PM	Another Late Night (O,DISC,STEP,TRAD, 60) Good Samaritan Lutheran Church, 20850 Langley Rd, Lexington Park, MD, 20653

SATURDAY

Battlefield Area	
NOON	Recovery (O,DISC,JFT,VM, 60) Zoom Meeting ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20110

SUNDAY (CONT)

7:00PM	Closed Sunday (C,WC &, 90) Our Savior Lutheran Church, 4915 St. Barnabas Rd, Temple Hills, MD, 20748
Tri-County Area	
7:00PM	Basket Case (O, 60) Patuxent Presbyterian Church, 23421 Kingston Creek Road, California, MD, 20619
7:30PM	Another Chance (O,WC &,PPE, 60) St. Nicholas Lutheran Church, 1450 Plum Pl. Rd., Huntingtown, MD, 20639
7:30PM	Stepping Into Traditions & Concepts (O, 75) St Joseph's Church, 4590 St Joseph Way, Pomfret, MD, 20675

MONDAY

Battlefield Area	
10:00AM	The Best Guarantee Group (O,WC &, 90) The Warrenton Meeting Place, 26 S 3rd St, Warrenton, VA, 20186
NOON	Recovery (O,DISC,JFT,VM, 60) Zoom Meeting ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20110
8:00PM	Learning How To Live (O,BEG,DISC,VAR,F2F,LIT, 60) Gainesville Presbyterian Church, Meeting is downstairs to the right, 16127 Lee Highway, Gainesville, VA, 20155
8:30PM	Getting Centered (O,DISC,VM,LIT, 60) Zoom Meeting ID: 837 7972 7742; No Passcode, Manassas, VA, 20110
Central Maryland Area	
7:00PM	Hope Fiends (O,BEG,WC &,VM, 75) Zoom Meeting ID: 329 527 2677; Passcode: 8W2UGA, Greenbelt, MD, 20770
7:00PM	It Works: How and Why (C,WC &, 75) Holy Cross Lutheran Church, 6905 Greenbelt Rd, Greenbelt, MD, 20770
7:30PM	Laurel Basics 1-2-3 (O,WC &,HY, 60) Zoom Meeting ID: 818 0795 7839; No Passcode, Holy Trinity Lutheran Church, 7607 Sandy Spring Rd, Laurel, MD, 20707

District of Columbia Area	
NOON	New Hope (O,DISC, 90) St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1901 N Capitol St. NW, Washington, DC, 20002
NOON	Noon Time is the Right Time (C,DISC,VM, 90) Zoom Meeting ID: 932 959 7603; Passcode: 1962, Washington, DC, 20090
5:00PM	Rush Hour (O,DISC,Pi,VM,LIT, 90) Zoom Meeting ID# 833 9381 0962; Passcode: RUSHHOUR, Washington, DC, 20090
5:30PM	The One Promise Group (O,DISC,WC &, 60) CCNV, Parking & entrance in back at E Street Alley, 425 2nd Street NW, Washington, DC, 20001
6:00PM	Why are We Here (O, 60) Bread for the City, 1700 Good Hope Rd. SE, Washington, DC, 20032
6:30PM	Redlight Recovery (O, 90) Walker Memorial Baptist Church, 2020 13th Street NW, Washington, DC, 20009
8:00PM	Living Life on Life's Terms (C,DISC,STEP,VM, 90) Zoom Meeting ID# 438 348 3469; Passcode: 121525, Washington, DC, 20090

Dulles Corridor Area	
NOON	Noon Meeting (O,VM, 60) Zoom Meeting ID: 962 211 7089; Passcode: 169422, Herndon, VA, 20172
6:30PM	Exact Nature Men's Meeting (O,M,WC &, 75) Riverside Presbyterian Church, 21631 Ridgetop Circle, Ste 100, Sterling, VA, 21066
8:00PM	Free To Live (O,WC &, 60) St. Matthew's Episcopal Church (Trailer), 201 E. Frederick Dr., Sterling, VA, 20164

East of the River Area	
8:30AM	Let Go and Let God (O,STEP, 75) Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020
1:30PM	Let Go and Let God (O, 60) Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020
2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) Zoom Meeting ID: 785 963 7766; Passcode: 1953, Washington, DC, 20020
3:30PM	Let Go and Let God (O, 60) Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020
6:00PM	123 Step (O,STEP, 90) Mt Moriah, 1636 East Capitol St NE, Washington, DC, 20003
7:00PM	Aging In Recovery (O,DISC,VM, 90) Zoom Meeting ID: 824 005 5286; Passcode: recovery, Washington, DC, 20020

Frederick Area	
NOON	Noon Group (O, 60) Trinity Chapel, side door-2nd floor, 10 W Church St, Frederick, MD, 21701, Limited capacity
7:00PM	Monday Night Miracles by Candlelight (O,WC &,LIT, 60) Good Shepherd Lutheran Church, 1415 W 7th Street, Frederick, MD, 21702
8:00PM	Back To Basics (O,IW,WC &, 60) All Saints Episcopal Church, Basement side entrance of lot, 106 W Church St, Frederick, MD, 21701, formerly called Late But Straight

Montgomery Area	
7:30AM	Freedom in the Village (O,DISC,JFT,VM, 60) Zoom Meeting ID: 823 5857 7621, Passcode: 685408, Gaithersburg, MD, 20898
NOON	Freedom in the Village (O,HY, 60) Zoom Meeting ID: 823 5857 7621 Passcode: 685408, Christ the Servant Lutheran Church, 9801 Centerway Rd, Gaithersburg, MD, 20879

MONDAY (CONT)

NOON	NA at Noon (O,JFT,WC &,HY, 60) Zoom Meeting ID: 889 4686 0935; No Passcode, Christ Congregational Church (Mon-Fri), 9525 Colesville Rd, Silver Spring, MD, 20901
6:00PM	Béisbol (Persona, Dios, Sociedad, Servicio) (O,ES,JFT,LIT,HY, 60) ID: 831 7185 1799 ; Passcode: 152608, Emory Grove UM Church, 8200 Emory Grove Rd, Gaithersburg, MD, 20877
7:00PM	Illness in Recovery (O,WC &,PPE, 60) Millian Memorial UMC, 13016 Parkland Dr, Rockville, MD, 20853, Masks required by church.
7:15PM	Step Working Addicts Group (O,DISC,IW,SWG,STEP,VM, 60) Zoom Meeting ID: 898 6204 2460; Passcode: 12Steps, Gaithersburg, MD, 20898
7:30PM	Steps to Freedom (C,STEP,VM,WR, 60) Zoom Meeting ID: 859 4843 0435; Passcode: 842655, Gaithersburg, MD, 20898
8:00PM	Monday Miracles (BEG,STEP,VM, 90) Zoom Meeting ID: 717 680 837; Passcode: 428066, Gaithersburg, MD, 20898
8:00PM	Oasis (O,BEG,BT,STEP,LIT, 60) Prince of Peace Lutheran Church, 11900 Darnestown Rd, Gaithersburg, MD, 20878
8:00PM	Stayin' Alive (O,STEP,VM, 60) Zoom Meeting ID: 862 2444 3740; Passcode: NARocks, Gaithersburg, MD, 20898

Norvana Area

6:30PM	Women's Choice (O,W, 60) Fairlington Presbyterian Church, 3846 King St, Alexandria, VA, 22206
7:00PM	Covid Soldiers (O,PPE, 90) Arlington Assembly of God, Masks Required, 4501 N. Pershing Dr., Arlington, VA, 22203
7:00PM	Cracker Box (O,WC &,PPE, 60) Fairfax Presbyterian Church Rm 124, Rm 124, 10723 Main St, Fairfax, VA, 22030
7:00PM	In The Heart Of (O, 90) Charles Houston Recreation Center, 901 Wythe St, Alexandria, VA, 22314
7:00PM	Miracles on Broad Street (O,WC &,PPE,HY, 60) Zoom Meeting ID 962 211 7089; Passcode: 169422, Falls Church Presbyterian Church, 225 E Broad St, Falls Church, VA, 22046
7:30PM	Bring Your Stepwork (C,STEP, 60) Our Lady of Lourdes Catholic Church, Parish hall Lower Level RM#6 - Does not meet on Federal Holiday's or Easter Monday, 800 23rd St. S, Arlington, VA, 22202
8:00PM	Step Over the Hump (O,STEP,TRAD,WC &,NP,PPE, 60) Good Shepherd Lutheran Church, Entrance - In Rear, 15695 Blackburn Road, Woodbridge, VA, 22191

Rock Creek Area

NOON	Midday Meditations and Miracles (O,HY, 60) Zoom Meeting ID: 376 456 0565; Passcode: 3rvad5, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009
7:30PM	Living Proof (O,WC &, 60) St Columba's Episcopal Church (Room 205), Meeting is In-Person EXCEPT CLOSED for Federal Holidays; then the meeting will be Virtual for that week., 4201 Albermarle St NW, Washington, DC, 20016, Church closed for Federal Holidays
8:05PM	Beachcombers, Too (C,BT,DISC,VM, 60) Zoom Meeting ID: 643 733 6181; Passcode: 805805; Perpetually Virtual, Washington, DC, 20008

South Potomac Area

10:00AM	Just For Today (C,VM, 90) Zoom Meeting ID: 858 2487 7564; Passcode: Love, Capitol Heights, MD
NOON	High Noon Group (O,LIT, 60) Woodside Village Senior Living Center, 6801 Bock Rd, Fort Washington, MD, 20744
7:30PM	Monday Night Step (O,VM, 90) Zoom Meeting ID: 457 476 3595; Passcode: MNS, Capitol Heights, MD, 20791

Tri-County Area

7:00PM	Cover To Cover (O,WC &, 75) 21549 Point Lookout Rd, Leonardtown, MD, 20650
7:00PM	Seeds of Serenity (O,BT, 60) Crossroads Church, 150 Ball Rd, St Leonard, MD, 20685
7:00PM	Time To Change (O, 60) Lifestream Church of the Nazarene, 5105 Leonardtown Rd, Waldorf, MD, 20601, First Mon Literature, Last Monday JFT

TUESDAY**Battlefield Area**

NOON	Recovery (O,DISC,JFT,VM, 60) Zoom Meeting ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20110
8:00PM	Just For Today (O,CW,STEP,VM, 60) Zoom Meeting ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20111

Central Maryland Area

7:00PM	Firm Believers (O,WC &, 90) Glenarden Town Hall (1st Flr.), 8600 Glenarden Pkwy, Glenarden, MD, 20706
7:00PM	Just Relationships (O,WC &,PPE, 75) Laurel Municipal Pool, 901 Main St, Laurel, MD, 20707
7:00PM	Women Living Clean (C,DISC,SPK,W,VM,LIT, 90) Zoom Meeting ID: 876 8758 1084; Passcode: 766458, Greenbelt, MD, 20770
7:30PM	AWOL (O,BT,DISC,IW,JFT,STEP,TRAD,WC &,HY, 60) Zoom Meeting ID: 842 8425 4194; Passcode: 043386, Greenbelt Step Club, 143 Centerway Rd., Greenbelt, MD, 20768
7:30PM	Serenity on Sandy Spring (O,BT,DISC,SPK,STEP,TOP,HY, 60) Zoom Meeting ID: 115 231 858; No Passcode, Holy Trinity Church, Meeting in Basement, 7607 Sandy Spring Road, Laurel, MD, 20707

THURSDAY (CONT)

8:30PM	Men's Rap (C,M, 60) West Side Club, 1341 Wisconsin Ave NW, Washington, DC, 20007
9:00PM	Prime Time Recovery (O,TC,VM, 60) Zoom Meeting ID: 811 4418 9202; Passcode: 121212, Washington, DC, 20009

South Potomac Area

10:00AM	Just For Today (C,VM, 90) Zoom Meeting ID: 858 2487 7564; Passcode: Love, Capitol Heights, MD
7:00PM	Bright Hope Group (O, 75) Carolina Baptist Church, 9901 Allentown Rd, Fort Washington, MD, 20744
7:00PM	Restored To Sanity (O, 90) Good Samaritan Mission Church, 4409 Arnold Rd, Suitland, MD, 20746
8:00PM	Steps to Life (O,TC,VM, 90) Zoom Meeting ID: 261 798 5699; Passcode: STL, Capitol Heights, MD, 20791

Tri-County Area

NOON	12 at 12 (O, 60) Great Escape Recovery Lounge, 85 High Street, Waldorf, MD, 20602
7:00PM	Hope Fiends (O, 60) New Life Church, 3170 German Chapel Rd, Prince Frederick, MD, 20678
7:00PM	More Alike Than Different (O,WC &, 60) Great Escape Recovery Lounge, 85 High St, Waldorf, MD, 20602
7:00PM	Outsiders (O,WC &, 60) Trinity Lutheran, 46707 S Shangri-La Dr, Lexington Park, MD, 20653
7:30PM	Chapico Under The Stars (O, 60) Christ Episcopal Church, 37497 Zach Fowler Road, Chaptico, MD, 20621

FRIDAY**Battlefield Area**

10:00AM	The Best Guarantee Group (O,WC &, 90) The Warrenton Meeting Place, 26 S 3rd St, Warrenton, VA, 20186
NOON	Recovery (O,DISC,JFT,VM, 60) Zoom Meeting ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20110
6:30PM	Gimnee Shelter (O,DISC,IW,JFT,F2F,PPE,HY, 60) Zoom Meeting ID: 822 228 001; Passcode: 078030, Church of the Brethren, Through the main doors and in Room 209 at the end of the hall, 10047 Nokesville Road, Manassas, VA, 20110
8:30PM	Keep It Simple (O,BT,DISC,SPK,F2F, 60) Bull Run UUC, At Church Street, downstairs, Door autolocks at 8:45 Latecomers tap on window, 9350 Main St, Manassas, VA, 20110

Central Maryland Area

7:00PM	Friday Nite Live (C,WC &, 75) Holy Cross Lutheran Church, 6905 Greenbelt Rd, Greenbelt, MD, 20770
7:00PM	Miracles on Main Street (O,WC &,PPE, 60) St. Philips Episcopal Church, 522 Main Street, Laurel, MD, 20707
7:30PM	Walk The Walk (O,WC &, 60) Our Savior Lutheran Church, 13611 Laurel-Bowie Rd, Laurel, MD, 20708
8:00PM	New Start (O,VM, 60) Zoom Meeting ID: 168 147 906; Passcode: 005762, Greenbelt, MD, 20770
9:00PM	Keep It Real (O, 60) Serenity Center, 9650 Basket Ring Rd, Columbia, MD, 21045

District of Columbia Area

NOON	New Hope (O,DISC, 90) St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1901 N Capitol St. NW, Washington, DC, 20002
NOON	Noon Time is the Right Time (C,DISC,VM, 90) Zoom Meeting ID: 932 959 7603; Passcode: 1962, Washington, DC, 20090
5:00PM	Rush Hour (O,DISC,Pi,VM,LIT, 90) Zoom Meeting ID# 833 9381 0962; Passcode: RUSHHOUR, Washington, DC, 20090
5:30PM	The What Can I Do Group (O,WC &,LIT, 60) CCNV, Parking & entrance in back at E Street Alley, 425 2nd Street NW, Washington, DC, 20001
7:00PM	Jump Start to Recovery (O,STEP,TRAD,WC &,LIT, 90) Incarnation Catholic Church, For Everyone's protection, please wear a mask, 880 Eastern Ave, NE, Washington, DC, 20019, For Everyone's protection, please wear a mask
7:00PM	Lighthouse (O,PH,VM, 75) Phone #: 978-990-5000; Phone Password: 347490#, Washington, DC, 20090
7:00PM	O Street Steps 123 (O, 60) SOME, Dining Hall, 71 O Street NW, Washington, DC, 20001
7:00PM	One Step at a Time (O,STEP,TRAD,VM, 90) Zoom Meeting ID: 727 6810 6047; Passcode: 349943, Washington, DC, 20090
7:00PM	Regardless Of Sexual Identity (C,VM, 90) Zoom Meeting ID: 452 943 0512; Passcode: 205542, Washington, DC, 20090
7:00PM	Yellow Brick Road (O,VM, 60) Zoom Meeting ID: 821 9026 0549; No Passcode, Washington, DC, 20090
8:00PM	Help Somebody (O,BEG,VM, 90) Zoom Meeting ID: 893 0884 8140; Passcode: 787123, Washington, DC, 20090
8:00PM	Living Life on Life's Terms (C,O,DISC,STEP,VM, 90) Zoom Meeting ID# 438 348 3469; Passcode: 121525, Washington, DC, 20090

Dulles Corridor Area

NOON	Noon Meeting (O,VM, 60) Zoom Meeting ID: 962 211 7089; Passcode: 169422, Herndon, VA
7:30PM	Just For Today (O,CAN,JFT,WC &, 60) Community Lutheran Church, 21014 Whitfield Pl, Sterling, VA, 20164
8:00PM	I'm Somebody (O,VM, 60) Zoom Meeting ID: 449 215 767; Passcode: 703, Herndon, VA, 20172

East of the River Area

8:30AM	Let Go and Let God (O,STEP, 75) Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020
1:30PM	Let Go and Let God (O, 60) Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020

THURSDAY (CONT)

NOON	Noon Time is the Right Time (C,DISC,VM, 90) Zoom Meeting ID: 932 959 7603; Passcode: 1962, Washington, DC, 20090
5:00PM	Rush Hour (O,DISC,Pi,VM,LIT, 90) Zoom Meeting ID# 833 9381 0962; Passcode: RUSHHOUR, Washington, DC, 20090
6:30PM	Steps on the Hill (O,BEG,STEP,VM,LIT, 75) Zoom Meeting ID 775 7711 6885: Passcode: 084748, Washington, DC, 20090
7:00PM	Daily Principles (O,VM, 60) Zoom Meeting ID: 841 4747 4473; Passcode: 347743, Washington, DC, 20090
7:00PM	Stone Soul Recovery (O, 90) Plymouth Congregation Church, 5301 North Capitol St NE, Washington, DC, 20011
8:00PM	Living Life on Life's Terms (C,DISC,STEP,VM, 90) Zoom Meeting ID# 438 348 3469; Passcode: 121525, Washington, DC, 20090

Dulles Corridor Area

NOON	Noon Meeting (O,VM, 60) Zoom Meeting ID: 962 211 7089; Passcode: 169422, Herndon, VA
7:30PM	Keyhole To Recovery (O,STEP,LIT,PPE, 75) Galilee Church, 45425 Winding Rd, Sterling, VA, 20165

East of the River Area

8:30AM	Let Go and Let God (O,STEP, 75) Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020
1:30PM	Let Go and Let God (O, 60) Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020
2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) Zoom Meeting ID: 785 963 7766; Passcode: 1953, Washington, DC, 20020
3:30PM	Let Go and Let God (O, 60) Church of the First Born, 2415 Ainger Pl SE, Washington, DC, 20020
6:30PM	Under New Management (C,STEP,TRAD,WC &,VM, 60) Zoom Meeting ID: 997 824 3262; No Passcode, Washington, DC, 20019

Frederick Area

NOON	Noon Group (O, 60) Trinity Chapel, Side door 2nd floor, 10 W Church St, Frederick, MD, 21701, Limited capacity
7:00PM	Inner City (O,STEP,WC &, 60) Community Action Agency, 100 S. Market St, Frederick, MD, 21701
7:00PM	Sisters in Serenity (W,HY, 60) zoom id: 5834793477, passcode: SISTERHOOD, 205 Broadway St. Suite 110, Frederick, MD, 21701
7:30PM	Off the Beaten Path (O, 60) St. James Episcopal Church (around back), 1307 N Main St, Mt Airy, MD, 21771
7:30PM	Thursday Night Candlelight (O, 60) St Joseph's Church (the old church), 5843 Manor Woods Rd, Frederick, MD, 21717

Montgomery Area

NOON	Freedom in the Village (O,WC &,PPE,HY, 60) Zoom Meeting ID: 823 5857 7621 Passcode: 685408, Christ the Servant Lutheran Church, Mon- Fri, 9801 Centerway Rd, Montgomery Village, MD, 20879
NOON	NA at Noon (O,JFT,WC &,HY, 60) Zoom Meeting ID: 889 4686 0935; No Passcode, Christ Congregational Church (Mon-Fri), 9525 Colesville Rd, Silver Spring, MD, 20901
7:15PM	Solo Por Hoy (O,ES,LIT,HY, 60) Zoom Meeting ID: 232 505 167; Passcode: 7611, Del Ray Club, Bill W. Room, 7611 Clarendon Rd, Bethesda, MD, 20814
7:30PM	Serenity in the Park (O,BEG,SPK,SWG,STEP,TRAD,LIT,PPE, 90) Mt Calvary Baptist Church, 608 N Horners Ln, Rockville, MD, 20850
7:30PM	She Do Recover (O,DISC,W,VM, 60) Zoom Meeting ID: 829-2967-3668; Passcode: 8675309, Gaithersburg, MD, 20898
8:00PM	Crossroads (O,VM, 60) Zoom Meeting ID: 551 384 252; Passcode: 297348, Gaithersburg, MD, 20898
8:00PM	Making A Difference (O,VM, 60) Zoom Meeting ID: 520 984 331; Passcode 123456, Gaithersburg, MD, 20898
8:30PM	Stepping Free (O,STEP, 60) Fairhaven UMC, 12801 Darnestown Rd, Gaithersburg, MD, 20878

Norvana Area

7:00PM	Solid Foundation (IW,STEP,VM, 75) Meeting ID# 874 1903 7195 Passcode: 123, Falls Church, VA, 22406
7:00PM	Spiritual Pause (C,SPAD, 60) Lord of Life Lutheran Church, Park and enter in the back of the church, 5114 Twinbrook Rd, Fairfax, VA, 22032
7:30PM	Old Time Recovery (C,WC &, 60) Langston-Brown Center, 2121 N. Culpeper St, Arlington, VA, 22207
8:00PM	So Happy It's Thursday (O,PPE, 60) Bush Hill Presbyterian Church, 4916 Franconia Road, Alexandria, VA, 22150

Rock Creek Area

NOON	Midday Meditations and Miracles (O,HY, 60) Zoom Meeting ID: 376 456 0565; Passcode: 3rvad5, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009
5:30PM	Whole Lava Love (O,VM, 60) Zoom Meeting ID: 835 0459 8692; Passcode: choirloft; Phone: 301-715-8592; Phone Passcode: 074664516, Washington, DC, 20010
6:00PM	Open Doors (O,STEP, 60) 1908 North Capital Street, NW, Washington, DC, 20002
6:30PM	Coming out from the Bottom (O,DISC,SPK,STEP,TC,VM, 75) Zoom Meeting ID: 811 7545 2852; Passcode: 3636ga; Phone Passcode: 984114, Us Helping Us, Meeting located in the basement, 3636 Georgia Ave, NW, Washington, DC, 20010
7:00PM	Meeting on the Avenue (O, 60) Wesley UMC, Library on lower level; plz use the Jenifer Street entrance, 5312 Connecticut Avenue, Washington, DC, 20015

TUESDAY (CONT)

District of Columbia Area

NOON	New Hope (O,DISC, 90) St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1901 N Capitol St. NW, Washington, DC, 20002
NOON	Noon Time is the Right Time (C,DISC,VM, 90) Zoom Meeting ID: 932 959 7603; Passcode: 1962, Washington, DC, 20090
5:00PM	Rush Hour (O,DISC,Pi,VM,LIT, 90) Zoom Meeting ID# 833 9381 0962; Passcode: RUSHHOUR, Washington, DC, 20090
6:30PM	Freedom To Change (O,PPE, 60) St Martin's Church, 1908 N Capitol St NW, Washington, DC, 20002
6:30PM	Steps to the Courthouse (C,STEP,VM, 60) Zoom Meeting ID: 994 490 7494; No Passcode, Washington, DC, 20090
7:00PM	The Last Shall Be First (C,STEP,TRAD,PPE, 90) The Harold J. Gordon Bldg., 124 15th Street SE, Washington, DC, 20002
8:00PM	Living Life on Life's Terms (C,VM, 60) Zoom Meeting ID# 438 348 3469; Passcode: 121525, Washington, DC, 20090

Dulles Corridor Area

NOON	Noon Meeting (O,VM, 60) Zoom Meeting ID: 962 211 7089; Passcode: 169422, Herndon, VA, 20172
8:00PM	New Attitudes (O,WC &, 60) Sterling United Methodist Church (side building), 304 E. Church Rd., Sterling, VA, 20164

East of the River Area

8:30AM	Let Go and Let God (O,STEP, 75) Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020
1:30PM	Let Go and Let God (O, 60) Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020
2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) Zoom Meeting ID: 785 963 7766; Passcode: 1953, Washington, DC, 20020
3:30PM	Let Go and Let God (O, 60) Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020

Frederick Area

NOON	Noon Group (O, 60) Trinity Chapel, Side door 2nd floor, 10 W Church St, Frederick, MD, 21701
5:30PM	Rush Hour Recovery (O,DISC,WC &,LIT, 60) Jefferson United Methodist Church, 3882 Jefferson Pike, Jefferson, MD, 21755
7:00PM	Vision of Hope (O,VAR,HY, 60) Zoom Meeting ID: 8108397960; Passcode: 287829, All Saints Episcopale Church, 106 West Church St, Frederick, MD, 21701, Limited capacity

Montgomery Area

NOON	Freedom in the Village (O,HY, 60) Zoom Meeting ID: 823 5857 7621 Passcode: 685408, Christ the Servant Lutheran Church, 9801 Centerway Rd, Gaithersburg, MD, 20879
NOON	NA at Noon (O,JFT,WC &,HY, 60) Zoom Meeting ID: 889 4686 0935; No Passcode, Christ Congregational Church (Mon-Fri), 9525 Colesville Rd, Silver Spring, MD, 20901
5:00PM	New Way of NA (O, 60) Rockville Metro Club, Upstairs, 12319 Washington Ave, Rockville, MD, 20852
6:30PM	Life On Life's Terms (O,DISC,WC &,LIT,HY, 60) Zoom Meeting ID: 812 9257 4584; Passcode: 862738, The Episcopal Church of the Transfiguration, 13925 New Hampshire Avenue, Silver Spring, MD, 20904
7:00PM	Neighborhood NA (O,JFT,WC &, 60) Neighborhood Church, 16501 Redland Rd, Derwood, MD, 20882
7:30PM	All About Change (O,WC &, 90) Seneca Creek Community Church (please use front entrance), 13 Firstfield Rd, Gaithersburg, MD, 20878
8:00PM	Carrying the Message (O,VM, 60) Zoom Meeting ID: 862 2444 3740; Passcode: NARocks, Gaithersburg, MD, 20898
8:00PM	Meetin' in Wheaton (C,VM, 90) Zoom Meeting ID: 205 312 092; Passcode: 018581, 10700 Gerogia Ave, Wheaton, MD, 20902

Norvana Area

6:30PM	The Basics Group (O,BT, 60) Annandale United Methodist Church, Door #2. Turn left down the hallway. Last room on the left., 6935 Columbia Pike, Annandale, VA, 22003
7:00PM	Choose Life (O,PPE, 60) Christ Crossman United Methodist Church, 384 N Washington St, Falls Church, VA, 22046
7:00PM	NA in LA (O,WC &,PPE,HY, 90) Zoom Meeting ID: 533 129 809; Passcode: NALA, Lee Center, 1108 Jefferson St, Alexandria, VA, 22314
7:00PM	Solid Foundation (BT,STEP,VM, 75) Meeting ID# 874 1903 7195 Passcode: 123, Falls Church, VA, 22406
7:00PM	Stepping Out of the Hole (O,JFT,WC &, 90) Arlington Assembly of God, Masks Required, 4501 N. Pershing Drive, Arlington, VA, 22203
8:00PM	Comfort Zone (O,WC &,VM,PPE, 60) Zoom Meeting ID: 929 625 3168; Passcode: 658318, Falls Church, VA, 22046
8:00PM	Just for Tonight (O,F2F,PPE, 60) Bush Hill Presbyterian Church, 4916 Franconia Road, Alexandria, VA, 22310

Rock Creek Area

NOON	Midday Meditations and Miracles (O,HY, 60) Zoom Meeting ID: 376 456 0565; Passcode: 3rvad5, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009
7:00PM	Stepping Out of Trouble into Study (SWG,TC,VM, 90) Zoom Meeting ID: 880-6299-5493; Passcode: sotis, Washington, DC, 20011

TUESDAY (CONT)

- 7:30PM Glad to be Alive Steps (O,WC &,HY, 60)** Zoom Meeting ID: 275 118 642; Passcode: 982195, Chevy Chase United Methodist Church, 7001 Connecticut Ave, Chevy Chase, MD, 20815
- 8:30PM Dupont Circle NA (O,HY, 60)** Zoom Meeting ID: 869 6478 9507; Passcode: dupontna, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009
- 8:30PM Fire Barrel (O,DISC,WC &,HY, 60)** Zoom Meeting ID: 847 1689 8440; Passcode: step11, St. Luke's UMC, 3655 Calvert St. NW, Washington, DC, 20007

South Potomac Area

- 10:00AM Just For Today (C,VM, 90)** Zoom Meeting ID: 858 2487 7564; Passcode: Love, Capitol Heights, MD
- 7:15PM Keep Coming Back (O,SPAD, 90)** Capitol Allentown Baptist Church, 7911 Allentown Road, Fort Washington, MD, 20744

Tri-County Area

- 3:00PM Hope in the Woods (O,WC &, 60)** Nanjemoy Community Center, 4375 Port Tobacco Road, Nanjemoy, MD, 20662
- 7:00PM Living Clean (O,WC &, 60)** St Paul's UM Church, Classroom #8, 25550 Point Lookout Rd, Leonardtown, MD, 20650
- 7:30PM Lusby Recovery (O, 60)** South Community Center, 20 Appeal Lane, Lusby, MD, 20657
- 7:30PM Off Campus Recovery (O,WC &, 60)** First Baptist Church of La Plata, 9070 Hawthorne Rd, La Plata, MD, 20646

WEDNESDAY**Battlefield Area**

- 10:00AM The Best Guarantee Group (O,WC &, 90)** The Warrenton Meeting Place, 26 S 3rd St, Warrenton, VA, 20186
- NOON Recoviderly (O,DISC,JFT,VM, 60)** Zoom Meeting ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20110
- 8:30PM Welcome Home (O,DISC,VAR,F2F,LIT, 60)** Bull Run UUC, @Church Street, downstairs. Door autolocks@8:45. Latecomers tap on window., 9350 Main St, Manassas, VA, 20110

Central Maryland Area

- 7:00PM Back to the Basics (O,WC &, 60)** Savage UMC, 9032 Baltimore St, Savage, MD, 20763
- 7:00PM New Wave (O,STEP,TRAD,WC &, 60)** Glenarden City Hall, Downstairs, 8600 Glenarden Parkway, Glenarden, MD, 20706
- 7:00PM STAR (O, 60)** First UMC (5th St), 424 Main St, Laurel, MD, 20707
- 7:30PM Berwyn Group 2.0 (O,DISC,VM, 60)** Zoom Meeting ID: 84487988948; Passcode: holyredeem, Greenbelt, MD, 20770

District of Columbia Area

- NOON New Hope (O,DISC, 90)** St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1901 N Capitol St. NW, Washington, DC, 20002
- NOON Noon Time is the Right Time (C,DISC,VM, 90)** Zoom Meeting ID: 932 959 7603; Passcode: 1962, Washington, DC, 20090
- 5:00PM Rush Hour (O,DISC,Pi,VM,LIT, 90)** Zoom Meeting ID# 833 9381 0962; Passcode: RUSHHOUR, Washington, DC, 20090
- 7:00PM Ultimate Weapons (C,STEP,TW,CPT,VM,LIT, 60)** Zoom Meeting ID: 516 993 416; No Passcode, Washington, DC, 20090
- 8:00PM Living Life on Life's Terms (C,DISC,STEP,VM, 90)** Zoom Meeting ID# 438 348 3469; Passcode: 121525, Washington, DC, 20090
- 9:00PM Miracle of Women (O,W,VM, 60)** Zoom Meeting ID: 917 1964 217; Passcode 1908, Washington, DC, 20090

Dulles Corridor Area

- 7:00AM The Early Cup of Recovery (DISC,VM, 60)** ZOOM: 893 6775 9854 PASS: 946130, Sterling, VA, 21065
- NOON Noon Meeting (O,VM, 60)** Zoom Meeting ID: 962 211 7089; Passcode: 169422, Herndon, VA
- 5:30PM No Matter What (VM,LC, 60)** ZOOM ID: 795 467 25226 / PASS: jmDcW0, Sterling, VA, 21065
- 7:00PM Women's Rap (O,W,VM, 60)** Zoom Meeting ID: 881 666 45122; Passcode: 596376, Herndon, VA
- 8:00PM New Hopefuls (O,DISC,STEP, 60)** St. Timothy's Episcopal Church, Enter the doors by the bell - upstairs from the big room, 432 Van Buren St, Herndon, VA, 20170

East of the River Area

- 8:30AM Let Go and Let God (O,STEP, 75)** Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020
- 1:30PM Let Go and Let God (O, 60)** Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020
- 2:00PM Steppin' Into The Afternoon (C,STEP,VM, 90)** Zoom Meeting ID: 785 963 7766; Passcode: 1953, Washington, DC, 20020
- 3:30PM Let Go and Let God (O, 60)** Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020
- 6:00PM HOW (O,BEG,IP,IW,M,PH,STEP,VM, 90)** Phone #: 701-802-5308; Phone Password: 7758700#, Washington, DC, 20020
- 7:00PM Aging In Recovery (O,DISC,VM, 90)** Zoom Meeting ID: 824 005 5286; Passcode: recovery, Washington, DC, 20020

Frederick Area

- NOON Noon Group (O, 60)** Trinity Chapel, side door-2nd floor, 10 W Church St, Frederick, MD, 21701, Limited capacity

WEDNESDAY (CONT)

- 7:00PM Principles Before Personalities (O,WC &, 60)** Community Action Agency, 100 S Market, Frederick, MD, 21701

Montgomery Area

- 7:30AM Freedom in the Village (O,DISC,VM,LIT, 60)** Zoom ID: 82358577621, Passcode: 685408, Gaithersburg, MD, 20898
- NOON Freedom in the Village (O,HY, 60)** Zoom Meeting ID: 823 5857 7621 Passcode: 685408, Christ the Servant Lutheran Church, 9801 Centerway Rd, Gaithersburg, MD, 20879
- NOON NA at Noon (O,JFT,WC &,HY, 60)** Zoom Meeting ID: 889 4686 0935; No Passcode, Christ Congregational Church, Mon-Fri, 9525 Colesville Rd, Silver Spring, MD, 20901
- 7:00PM Fresh Air (O,VM, 60)** Zoom Meeting ID: 843 9336 4207; Passcode: NAWed7, Gaithersburg, MD, 20898
- 7:30PM Gentleman's Club (C,JFT,M,PPE, 60)** Epworth UMC, 9008 Rosemont Dr, Gaithersburg, MD, 20877
- 7:30PM Never Alone (O,CAN,WC &,LIT, 75)** Christ the Servant Lutheran Church, Mont.Village Ave & Centerway Rd, 9801 Centerway Rd, Montgomery Village, MD, 20886
- 7:30PM People's Recovery (O,WC &,HY, 60)** Zoom Meeting ID: 878 0419 2075; Passcode: 659058, The Episcopal Church of the Transfiguration, 13925 New Hampshire Avenue, Silver Spring, MD, 20904
- 7:30PM Wednesday's Willingness (O,HY, 90)** Zoom Meeting ID: 800 990 800; Passcode: 016212, Rockville Courthouse, Lower Level, 30 Courthouse Square G-1, Rockville, MD, 20850
- 8:00PM Another Way (O,PPE, 60)** Prince of Peace Lutheran Church, Small building in back,, 11900 Darnestown Road, Gaithersburg, MD, 20878

Norvana Area

- 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, 22201
- 6:30PM Women Do Recover (W,PPE,HY, 60)** Zoom Meeting ID: 842 4803 8677; Passcode: 999612, Springfield Church of Christ, 7512 Old Keene Mills Rd, Springfield, VA, 22150
- 7:00PM NA at Walter Reed (O,DISC, 90)** Walter Reed, Inside the Rec center, 2909 16th St S, Arlington, VA, 22204, Meets inside, in the rec center
- 7:00PM Plan B (O,PPE, 75)** Unity Club, Rm R3, 116-B W Broad St, Falls Church, VA, 22046
- 7:45PM Came to Believe (O,PPE, 75)** Cameron United Methodist Church, 3130 Franconia Rd, Alexandria, VA, 22310
- 8:00PM Over The Hump (O,JFT,SPK,WC &,NP,PPE, 75)** Good Shepherd Lutheran Church, Entrance - In Rear, 15695 Blackburn Road, Woodbridge, VA, 22191

Rock Creek Area

- NOON Midday Meditations and Miracles (O,HY, 60)** Zoom Meeting ID: 376 456 0565; Passcode: 3rvad5, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Avenue NW, Washington, DC, 20009
- 7:00PM SW Freeway (C, 60)** Westminster Presbyterian Church, 400 I Street SW, Washington, DC, 20024
- 8:00PM Step Up (O,DISC,ME,VM,LIT, 60)** Zoom Meeting ID: 858 1685 7897; Passcode: 620486, Washington, DC, 20008
- 8:30PM Conscious Contact Beginners (O,WC &, 60)** Wesley UMC, @ Jenifer Street; plz use the Connecticut Ave entrance, 5312 Connecticut Avenue NW, Washington, DC, 20015

South Potomac Area

- 10:00AM Just For Today (C,VM, 90)** Zoom Meeting ID: 858 2487 7564; Passcode: Love, Capitol Heights, MD

Tri-County Area

- 7:00PM Positive Alternative (O,WC &, 60)** Good Samaritan Church (Near Rt. 5 N/Billingsley Rd.), 13025 Good Samaritan Dr, Waldorf, MD, 20601
- 7:00PM Tower of Power (O,WC &, 60)** Mount Hope Community Center (Off Rt 2), 100 Pushaw Station Rd, Sunderland, MD, 20689, Maximum 18 people
- 7:30PM Life Support (O,WC &, 60)** Trinity Lutheran Church, 46707 Shangri la drive, Lexington Park, MD, 20653

THURSDAY**Battlefield Area**

- NOON Recoviderly (O,DISC,JFT,VM, 60)** Zoom Meeting ID: 962 211 7089; Passcode: 169422, Manassas, VA, 20110
- NOON The Blue Bookers (BT,DISC,VM,LIT, 60)** Zoom Meeting ID: 822 228 001; Passcode 078030, Manassas Park, VA, 20113
- 7:00PM New Found Hope (O,BEG,BT,DISC,SPK,VM, 60)** Zoom Meeting ID: 489 403 2056; Passcode: 12345, Manassas, VA, 20111

Central Maryland Area

- 7:00PM Gateway to Recovery (O,STEP,TRAD,VM, 90)** Zoom Meeting ID: 395 553 318; Passcode: 1957, Greenbelt, MD, 20770
- 7:00PM Just For Today (O,WC &,VM, 60)** Zoom Meeting ID: 702 155 242; No Passcode, Greenbelt, MD, 20770
- 7:00PM Spiritual Awakenings (O,WC &, 60)** First Methodist Church of Laurel, 424 Main St, Laurel, MD, 20707
- 7:30PM More Will Be Revealed (O,PPE, 75)** Trinity Lutheran Church, 6600 Laurel-Bowie Rd, Bowie, MD, 20715, Masks Required.

District of Columbia Area

- NOON New Hope (O,DISC, 90)** St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1901 N Capitol St. NW, Washington, DC, 20002