

# CHESAPEAKE & POTOMAC REGION OF NA

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

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

<http://www.cprna.org>

[info@cprna.org](mailto:info@cprna.org)



Scan QR Code to go to our Meetings page!

## MEETING LIST BY CITY JULY 2025

Meeting Format Legend			
BEG	Beginners	BT	Basic Text
C	Closed	CAN	Candlelight
CH	Closed Holidays	CPT	12 Concepts
CW	Children Welcome	DISC	Discussion
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	OE	Open-Ended
PER	Persian / Farsi	PH	Phone Meeting
Pi	Pitch	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	VAR	Format Varies
VM	Virtual Web Meeting	W	Women
WC &	Wheelchair	WR	Writing Meeting
Y	Young People		

Weekly Meetings: **417**

### 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, & Warrenton, 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, Purcellville, Reston, Sterling, VA

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

**Frederick Area:** Frederick & Jefferson, 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, Manassas, McLean, Springfield, West Springfield, & Woodbridge, VA

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

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

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

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

### SUNDAY

#### Alexandria

10:00AM **NA in Delray (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, Norvana Area

7:00PM **Another Look (O,WC &, 60)**, Franconia UMC, 6037 Franconia Rd., Alexandria, VA, Norvana Area

#### Ashburn

7:00PM **The Journey Continues (O,LIT, 60)**, St. David's Episcopal Church (Trailer), 43600 Russell Branch Parkway, Ashburn, VA, Dulles Corridor Area

#### Bethesda

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, Montgomery Area

#### California

7:30PM **Basket Case (O, 60)**, Patuxent Presbyterian Church, 23421 Kingston Creek Rd., California, MD, Tri-County Area

## SUNDAY (CONT)

### Capital Heights

7:00AM **Spiritually Speaking (C,VM,LIT, 90)**, Meeting ID: 202 999 2020 P/C: hope Capital Heights, MD, South Potomac Area

### Chevy Chase

6:00PM **Talking Heads (O,DISC,WC &, 60)**, Chevy Chase UMC, - Use parking lot entrance, 7001 Connecticut Ave., Chevy Chase, MD, Montgomery Area

### College Park

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

### Columbia

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

### District Heights

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., Central Maryland Area

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

### Falls Church

NOON **Just For Today (O, 75)**, Unity Club, 116 W Broad St., Falls Church, VA, Norvana Area

### Frederick

11:30AM **Sunday Morning NA (O,JFT, 60)**, The Club, 205B Bucheimer Rd., Frederick, MD, Frederick Area

6:30PM **Just For Today (C,SPK,STEP,TRAD, 75)**, Trinity UMC, 703 W Patrick St., Frederick, MD, Frederick Area

### Gaithersburg

NOON **Progress in NA (O,STEP,TRAD,VM, 90)**, Zoom ID: 973 466 3601 P/C: 875711 Gaithersburg, MD, Montgomery Area

6:00PM **Topic of Cancer (O,VAR,VM, 60)**, Zoom ID: 861 6976 9680; P/C: TopicOC Gaithersburg, MD, Montgomery Area

7:30PM **Today's Recovery (O,DISC,WC &, 60)**, Seneca Creek Community Church, 13 Firstfield Rd., Gaithersburg, MD, Montgomery Area

### Germantown

6:00PM **Let it Shine (Women's Meeting) (C,W,LIT, 60)**, Mother Seton Parish, Meeting in the basement; take stairs left of sanctuary, 19951 Father Hurley Blvd., Germantown, MD, Montgomery Area

### Greenbelt

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

### Herndon

NOON **Noon Meeting (O,VM, 60)**, Zoom ID: 962 211 7089; P/C: 169422 Herndon, VA, Dulles Corridor Area

### Huntingtown

7:30PM **Another Chance (O,WC &, 60)**, St Nicholas Lutheran Church, 1450 Plum Point Rd., Huntingtown, MD, Tri-County Area

### Hyattsville

7:00PM **Small Wonders (DISC,JFT,STEP,TRAD,WC &, 60)**, University Christian Church, 6800 Adelphi Rd, Hyattsville, MD, Central Maryland Area

### Manassas

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

7:00PM **Living In The Solution (O,VAR,SPK,STEP,WC &,HY, 75)**, Zoom ID: 568 046 8023; P/C: 121212 Immanuel Anglican Church, 7075 Hoadly Rd, Manassas, VA, Norvana Area

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

### Pomfret

7:30PM **Stepping Into Traditions & Concepts (O, 75)**, St. Joseph's Church, 4590 St. Joseph Way, Pomfret, MD, Tri-County Area

### Reston

10:30AM **To Tell The Truth (O,WC &, 60)**, Community Center (Hunters Woods), Room 6, 2310 Colts Neck Rd., Reston, VA, Dulles Corridor Area

### Rockville

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, Montgomery Area

### Savage

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

### Silver Spring

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, Montgomery Area

### Temple Hills

7:00PM **Closed Sunday (C,WC &, 90)**, Our Savior Lutheran Church, 4915 St. Barnabas Rd, Temple Hills, MD, South Potomac Area

### Washington

7:00AM **Open Door To Freedom (O,BEG,STEP, 90)**, Church of the Epiphany, 1317 G St NW, Washington, DC, District of Columbia Area

8:30AM **Early Just For Today Check-in (C,JFT,VM, 90)**, Zoom ID: 826 3577 8671; P/C: 242275 Washington, DC, The Virtual Ties That Bind Us Together Area

9:00AM **Sunday Morning Spiritual (O,DISC,TRAD,VM, 60)**, Zoom ID: 812-2295-5124; P/C 774257 Washington, DC, District of Columbia Area

10:30AM **10:30 Coffee Hour (O,DISC,WC &, 90)**, 5656A 3rd St. NE, Washington, DC, District of Columbia Area

11:00AM **Sunday Morning Steps & Traditions (O,VM, 60)**, Zoom ID: 893 1577 3534; P/C: 873274 Washington, DC, District of Columbia Area

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

2:00PM **Steppin' Into The Afternoon (C,STEP,VM, 90)**, Zoom ID: 785 963 7766; P/C: 1953 Washington, DC, The Virtual Ties That Bind Us Together Area

2:00PM **Where Healing Takes Place (C,DISC,SPK,VM, 90)**, Zoom ID: 404 510 8699; P/C: GODcares00 Washington, DC, The Virtual Ties That Bind Us Together Area

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

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, Rock Creek Area

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

7:00PM **Sunday Night Spiritual Group (O, 90)**, St Mary's Church (Church Hall), 727 5th St. NW, Washington, DC, District of Columbia Area

8:00PM **Living Life on Life's Terms (C,DISC,STEP,VM, 90)**, Zoom ID: 438 348 3469; P/C: 121525 Washington, DC, The Virtual Ties That Bind Us Together Area

## MONDAY

### Alexandria

7:00PM **In The Heart Of (O, 90)**, Charles Houston Recreation Center, 901 Wythe St, Alexandria, VA, Norvana Area

## MONDAY (CONT)

### Arlington

7:00PM **Covid Soldiers (O, 90)**, Arlington Assembly of God, 4501 N. Pershing Dr., Arlington, VA, Norvana Area

7:30PM **Bring Your Stepwork (C,STEP, 60)**, Our Lady of Lourdes Church, Parish Hall lower level RM#6 - Does not meet on federal holidays or Easter Monday, 800 23rd St. S, Arlington, VA, Small room not suitable for treatment center groups., Norvana Area

### Callaway

7:00PM **Cover To Cover (O,WC &, 75)**, Callaway Baptist Church, 20960 Point Lookout Rd., Callaway, MD, Tri-County Area

### Capitol Heights

7:30PM **Monday Night Step (O,VM, 90)**, Zoom ID: 457 476 3595; P/C: MNS Capitol Heights, MD, South Potomac Area

### Fairfax

7:00PM **Cracker Box (O,WC &, 60)**, Fairfax Presbyterian Church, 10723 Main St., Fairfax, VA, Norvana Area

### Falls Church

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, Norvana Area

### Frederick

NOON **Noon Group (O, 60)**, Grace United Church, 25 E 2nd St., Frederick, MD, Limited capacity, Frederick Area

7:00PM **Monday Night Miracles by Candlelight (O,WC &,LIT, 60)**, Good Shepherd Lutheran Church, 1415 W 7th St., Frederick, MD, Frederick Area

8:00PM **Back To Basics (O,IW,WC &, 60)**, Staley Park, In case of severe weather we will meet at the Community Action Agency, 100 S. Market St., Frederick, MD 21701, 11 West 10th St., Frederick, MD, formerly called Late But Straight, Frederick Area

### Gainesville

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, Battlefield Area

### Gaithersburg

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, Montgomery Area

7:15PM **Step Working Addicts Group (O,DISC,IW,SWG,STEP,VM, 60)**, Zoom ID: 843 0163 1904; P/C: 12Steps Gaithersburg, MD, Montgomery Area

8:00PM **Oasis (O,BEG,BT,STEP,LIT, 60)**, Prince of Peace Church, 11900 Darnestown Rd., Gaithersburg, MD, Montgomery Area

8:00PM **Stayin' Alive (O,STEP,VM, 60)**, Zoom ID: 862 2444 3740; P/C: NARocks Gaithersburg, MD, Montgomery Area

### Greenbelt

10:00AM **Ladies in Recovery (C,JFT,SPK,W,VM, 60)**, Zoom ID: 803 826 655; No P/C Greenbelt, MD, Central Maryland Area

7:00PM **It Works: How and Why (C,WC &, 90)**, Holy Cross Lutheran Church, 6905 Greenbelt Rd, Greenbelt, MD, Central Maryland Area

### Herndon

NOON **Noon Meeting (O,VM, 60)**, Zoom ID: 962 211 7089; P/C: 169422 Herndon, VA, Dulles Corridor Area

### Laurel

7:30PM **Laurel Basics 1-2-3 (O, 60)**, Holy Trinity Lutheran Church, In the basement, 7607 Sandy Spring Rd, Laurel, MD, Central Maryland Area

### Leesburg

7:00PM **Serenity Seekers (WC &, 60)**, Loudoun Club 12, 58 Sycolin Rd., SE, Leesburg, VA, Dulles Corridor Area

### Manassas

NOON **High Noon (O,BEG,DISC,WC &, 60)**, Jean McCoy Conference, 7987 Ashton Ave., Manassas, VA, Battlefield Area

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

8:30PM **Getting Centered (O,DISC,VM,LIT, 60)**, Zoom ID: 837 7972 7742; Password: 06011988 Manassas, VA, Battlefield Area

### Montgomery Village

7:30AM **Freedom in the Village (O,DISC,JFT,VM, 60)**, Zoom ID: 823 5857 7621, P/C: 685408 Montgomery Village, MD, Montgomery Area

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, Montgomery Area

### NO DATA

3:30PM **Spiritually Connected (VM,LIT, 60)**, ZOOM ID: 892 2381 6673 / PASS: Free , The Virtual Ties That Bind Us Together Area

### Rockville

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, Montgomery Area

### Silver Spring

NOON **NA at Noon (O,JFT,WC &,HY, 60)**, Zoom ID: 872 0510 4241; No P/C The Well Community Church, Same location, different Church name., 9525 Colesville Rd., Silver Spring, MD, Hybrid M-Th; Virtual only on Friday, Montgomery Area

6:00PM **Steps at Glenmont (O,DISC,IP,STEP,TRAD, 60)**, Glenmont UMC, Park in back, door on the left. Go upstairs to Fellowship Hall., 12901 Georgia Ave., Silver Spring, MD, Montgomery Area

7:00PM **Monday Miracles (BEG,STEP, 75)**, Montgomery Hills Baptist Church, 9727 Georgia Ave., Silver Spring, MD, Montgomery Area

### Sterling

6:30PM **Exact Nature Men's Meeting (O,M,WC &, 75)**, Riverside Presbyterian Church, 21631 Ridgetop Cir., Ste 100, Sterling, VA, Dulles Corridor Area

8:00PM **Free To Live (O,WC &, 60)**, St. Matthew's Episcopal Church (Trailer), 201 E. Frederick Dr., Sterling, VA, Dulles Corridor Area

### Waldorf

NOON **NA In the Day (O,WC &,LC, 60)**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD, Tri-County Area

7:00PM **Time To Change (O, 60)**, Lifestream Church of the Nazarene, 5105 Leonardtown Rd., Waldorf, MD, First Mon Literature, Last Monday JFT, Tri-County Area

### Washington

8:30AM **Early Just For Today Check-in (C,JFT,VM, 90)**, Zoom ID: 826 3577 8671; P/C: 242275 Washington, DC, The Virtual Ties That Bind Us Together Area

8:30AM **Let Go and Let God I (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC, District of Columbia Area

10:00AM **Fresh Start (O,DISC, 90)**, St. Lukes Church, 4925 E Capitol St. NE, Washington, DC, East of the River Area

10:00AM **Just For Today (C,O,JFT,VM, 90)**, Zoom ID: 858 2487 7564; P/C: Love Washington, DC, The Virtual Ties That Bind Us Together Area

10:00AM **We Still Need Help Group (C,VAR,SPK,VM, 90)**, Meeting ID: 785 1315 770; P/C: 1234 Washington, DC, District of Columbia Area

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

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, District of Columbia Area

NOON **Noon Time is the Right Time (C,DISC,VM, 90)**, Zoom ID: 932 959 7603; P/C: 1962 Washington, DC, The Virtual Ties That Bind Us Together Area

1:30PM **Let Go and Let God II (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC, District of Columbia Area

2:00PM **Steppin' Into The Afternoon (C,STEP,VM, 90)**, Zoom ID: 785 963 7766; P/C: 1953 Washington, DC, The Virtual Ties That Bind Us Together Area

MONDAY (CONT)	
5:00PM	<b>Rush Hour (C,DISC,Pi,VM,LIT, 90)</b> , Zoom ID: 705 264 3243; P/C: RUSHHOUR Washington, DC, The Virtual Ties That Bind Us Together Area
6:00PM	<b>1-12 Step (O,STEP, 90)</b> , Mt Moriah (except holidays), 1636 E Capitol St. NE, Washington, DC, East of the River Area
6:30PM	<b>Redlight Recovery (O, 90)</b> , Walker Memorial Baptist Church, 2020 13th St. NW, Washington, DC, District of Columbia Area
6:30PM	<b>Southwest Serenity (C,CH,STEP, 60)</b> , James Creek House, We are meeting on holidays, 100 N St. SW, Washington, DC, Rock Creek Area
7:00PM	<b>Aging In Recovery (O,DISC,VM, 90)</b> , Zoom ID: 824 005 5286; P/C: recovery Washington, DC, East of the River Area
7:00PM	<b>Monday Night Step Meeting (LIT, 90)</b> , St. Lukes Church, 4925 E. Capitol St. NE, Washington, DC, East of the River Area
7:30PM	<b>Living Proof (O, 60)</b> , 4201 Albemarle St. NW, Washington, DC, Rock Creek Area
8:00PM	<b>Living Life on Life's Terms (C,DISC,STEP,VM, 90)</b> , Zoom ID: 438 348 3469; P/C: 121525 Washington, DC, The Virtual Ties That Bind Us Together Area
8:00PM	<b>Monday Miracles Virtual (BEG,STEP,VM, 90)</b> , Zoom ID: 717 680 837; P/C: 428066 Washington, DC, The Virtual Ties That Bind Us Together Area
8:05PM	<b>Beachcombers, Too (C,BT,DISC,VM, 60)</b> , Zoom ID: 643 733 6181; P/C: 805805 Washington, DC, Rock Creek Area
<b>Woodbridge</b>	
8:00PM	<b>Step Over the Hump (O,STEP,TRAD,WC &amp;,NP, 75)</b> , Good Shepherd Lutheran Church, Entrance - In Rear, 15695 Blackburn Road, Woodbridge, VA, Norvana Area
TUESDAY	
<b>Alexandria</b>	
7:00PM	<b>NA in LA (O,WC &amp;,HY, 90)</b> , Zoom ID: 533 129 809; P/C: NALA Lee Center, 1108 Jefferson St, Alexandria, VA, Norvana Area
8:00PM	<b>Just for Tonight (O,JFT, 60)</b> , Bush Hill Presbyterian Church, 4916 Franconia Road, Alexandria, VA, Norvana Area
<b>Annandale</b>	
6:30PM	<b>The Basics Group (O,BT, 60)</b> , Annandale UMC, Door #2. Turn left down the hallway. Last room on the left., 6935 Columbia Pike, Annandale, VA, Norvana Area
<b>Chevy Chase</b>	
7:30PM	<b>Glad to be Alive Steps (O,WC &amp;,HY, 60)</b> , Zoom ID: 275 118 642; P/C: 982195 Chevy Chase UMC, 7001 Connecticut Ave, Chevy Chase, MD, Rock Creek Area
<b>Falls Church</b>	
7:00PM	<b>Choose Life (O, 60)</b> , Christ Crossman UMC, 384 N Washington St, Falls Church, VA, Norvana Area
8:00PM	<b>Comfort Zone (O,WC &amp;,VM, 60)</b> , Zoom ID: 929 625 3168; P/C: 658318 Falls Church, VA, Norvana Area
<b>Fort Washington</b>	
7:15PM	<b>Keep Coming Back (O,SPAD, 90)</b> , Capitol Allentown Baptist Church, 7911 Allentown Road, Fort Washington, MD, South Potomac Area
<b>Frederick</b>	
NOON	<b>Noon Group (O, 60)</b> , Grace United Church, 25 E 2nd St., Frederick, MD, Frederick Area
7:00PM	<b>Vision of Hope (O,VAR, 60)</b> , All Saints Episcopal Church, 106 W Church St, Frederick, MD, Limited capacity, Frederick Area
<b>Gaithersburg</b>	
7:30PM	<b>All About Change (O,DISC,WC &amp;, 60)</b> , Seneca Creek Community Church, - Please use front entrance, 13 Firstfield Rd., Gaithersburg, MD, Montgomery Area
8:00PM	<b>Carrying the Message (O,VM, 60)</b> , Zoom ID: 862 2444 3740; P/C: NArocks Gaithersburg, MD, Montgomery Area
<b>Glenarden</b>	
7:00PM	<b>Firm Believers (O,WC &amp;, 90)</b> , Glenarden Town Hall (1st Flr.), 8600 Glenarden Pkwy, Glenarden, MD, Central Maryland Area
<b>Greenbelt</b>	
10:00AM	<b>Ladies in Recovery (C,JFT,SPK,W,VM, 60)</b> , Zoom ID: 803 826 655; No P/C Greenbelt, MD, Central Maryland Area
7:00PM	<b>Women Living Clean (C,DISC,SPK,W,VM,LIT, 90)</b> , Zoom ID: 876 8758 1084; P/C: 766458 Greenbelt, MD, Central Maryland Area
7:30PM	<b>AWOL (O,BT,DISC,IW,JFT,STEP,TRAD,WC &amp;, 60)</b> , Greenbelt Step Club, 143 Centerway Rd., Greenbelt, MD, Central Maryland Area
<b>Herndon</b>	
NOON	<b>Noon Meeting (O,VM, 60)</b> , Zoom ID: 962 211 7089; P/C: 169422 Herndon, VA, Dulles Corridor Area
<b>Jefferson</b>	
5:30PM	<b>Rush Hour Recovery (O,DISC,WC &amp;,LIT, 60)</b> , Jefferson UMC, 3882 Jefferson Pike, Jefferson, MD, Frederick Area
<b>La Plata</b>	
7:30PM	<b>Off Campus Recovery (O,WC &amp;, 60)</b> , First Baptist Church of La Plata, 9070 Hawthorne Rd., La Plata, MD, Tri-County Area
<b>Laurel</b>	
7:00PM	<b>Just Relationships (O,WC &amp;, 75)</b> , Laurel Municipal Pool, 901 Main St, Laurel, MD, Central Maryland Area
7:30PM	<b>Serenity on Sandy Spring (O,BT,DISC,SPK,STEP,TOP, 60)</b> , Holy Trinity Church, Meeting in Basement, 7607 Sandy Spring Road, Laurel, MD, Central Maryland Area
<b>Leesburg</b>	
7:30PM	<b>NA Basic Text Meeting (O,BT,DISC, 60)</b> , Loudon Serenity House, Upstairs room, 29 N King St, Leesburg, VA, Dulles Corridor Area
<b>Leonardtown</b>	
7:00PM	<b>Living Clean (O,WC &amp;, 60)</b> , St Paul's UM Church, Classroom #8, 25550 Point Lookout Rd., Leonardtown, MD, Tri-County Area
<b>Lusby</b>	
7:30PM	<b>Lusby Recovery (O, 60)</b> , South Community Center, 20 Appeal Ln., Lusby, MD, Tri-County Area
<b>Manassas</b>	
NOON	<b>Recoveridery (O,DISC,JFT,VM, 60)</b> , Zoom ID: 962 211 7089; P/C: 169422 Manassas, VA, Battlefield Area
8:00PM	<b>Just For Today (O,CW,STEP,VM, 60)</b> , Zoom ID: 962 211 7089; P/C: 169422 Manassas, VA, Battlefield Area
<b>McLean</b>	
6:30PM	<b>NA Farsi (O,PER,HY, 60)</b> , 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, Norvana Area
<b>Montgomery Village</b>	
7:30AM	<b>Freedom in the Village (O,DISC,JFT,VM, 60)</b> , Zoom ID: 823 5857 7621, P/C: 685408 Montgomery Village, MD, Montgomery Area
NOON	<b>Freedom in the Village (O,WC &amp;,HY, 60)</b> , Zoom ID: 823 5857 7621, P/C: 685408 Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD, Montgomery Area
<b>NO DATA</b>	
3:30PM	<b>Spiritually Connected (IP,STEP,TRAD,VM,LC, 60)</b> , ZOOM ID: 892 2381 6673 / PASS: Free 1st Tuesday - Step corresponding with month / 2nd Tuesday - Tradition corresponding with month / 3rd Tuesday - Information Pamphlet / 4th Tuesday - Living Clean the Journey Continues / 5th Tuesday - Informational Pamphlet, Montgomery Area
<b>Rockville</b>	
5:00PM	<b>New Way of NA (O,SWG,TRAD, 60)</b> , Millian Memorial UMC, Corner of Hallet & Parkland. Downstairs in Outreach Recovery., 13016 Parkland Dr, Rockville, MD, Montgomery Area

## TUESDAY (CONT)

### Silver Spring

NOON	<b>NA at Noon (O,JFT,WC &amp;,HY, 60)</b> , Zoom ID: 872 0510 4241; No P/C The Well Community Church, Same location, different Church name., 9525 Colesville Rd., Silver Spring, MD, Hybrid M-Th; Virtual only on Friday, Montgomery Area
6:30PM	<b>Life On Life's Terms (O,DISC,WC &amp;,LIT,HY, 60)</b> , Zoom ID: 885 1687 6965; P/C: LOLT The Episcopal Church of the Transfiguration, 13925 New Hampshire Ave., Silver Spring, MD, Montgomery Area

### Sterling

8:00PM	<b>New Attitudes (O,WC &amp;, 60)</b> , Sterling UMC (side building), 304 E. Church Rd., Sterling, VA, Dulles Corridor Area
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### Waldorf

NOON	<b>Hope in the Woods (O,WC &amp;, 60)</b> , Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD, Tri-County Area
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### Washington

8:30AM	<b>Early Just For Today Check-in (C,JFT,VM, 90)</b> , Zoom ID: 826 3577 8671; P/C: 242275 Washington, DC, The Virtual Ties That Bind Us Together Area
8:30AM	<b>Let Go and Let God I (O,LIT, 75)</b> , Church of the First Born, 2451 Ainger Pl. SE, Washington, DC, District of Columbia Area
10:00AM	<b>Just For Today (C,O,JFT,VM, 90)</b> , Zoom ID: 858 2487 7564; P/C: Love Washington, DC, The Virtual Ties That Bind Us Together Area
10:00AM	<b>We Still Need Help Group (C,VAR,SPK,VM, 90)</b> , Zoom ID: 785 1315 770; P/C: 1234 Washington, DC, District of Columbia Area
NOON	<b>Midday Meditations and Miracles (O, 60)</b> , Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC, Rock Creek Area
NOON	<b>New Hope (O,DISC, 90)</b> , St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1908 N Capitol St. NW, Washington, DC, District of Columbia Area
NOON	<b>Noon Time is the Right Time (C,DISC,VM, 90)</b> , Zoom ID: 932 959 7603; P/C: 1962 Washington, DC, The Virtual Ties That Bind Us Together Area
1:30PM	<b>Let Go and Let God II (O,LIT, 75)</b> , Church of the First Born, 2451 Ainger Pl. SE, Washington, DC, District of Columbia Area
2:00PM	<b>Steppin' Into The Afternoon (C,STEP,VM, 90)</b> , Zoom ID: 785 963 7766; P/C: 1953 Washington, DC, The Virtual Ties That Bind Us Together Area
5:00PM	<b>Rush Hour (C,DISC,SPK,VM, 90)</b> , Zoom ID: 705 264 3243; P/C: RUSHHOUR Washington, DC, The Virtual Ties That Bind Us Together Area
5:00PM	<b>The One Promise Group (O,DISC,WC &amp;, 90)</b> , CCNV, Parking & entrance in back at E Street Alley, 425 2nd St. NW, Washington, DC, District of Columbia Area
5:30PM	<b>Write to Recover (DISC,STEP,VM,WR, 60)</b> , Zoom Meeting ID: 727 524 5654; P/C: 249292 Step writing will take place during this meeting. The meeting will be locked after the writing portion ends., Washington, DC, Rock Creek Area
6:30PM	<b>Freedom To Change (O, 60)</b> , St Martin's Church, 1908 N Capitol St. NW, Washington, DC, District of Columbia Area
6:30PM	<b>Steps to the Courthouse (C,STEP,VM, 90)</b> , Zoom ID: 994 490 7494; No P/C Washington, DC, District of Columbia Area
7:00PM	<b>Stepping Out of Trouble into Study (SWG,VM, 90)</b> , Zoom ID: 880-6299-5493; P/C: sosis Washington, DC, Rock Creek Area
7:00PM	<b>The Last Shall Be First (C,STEP,TRAD, 90)</b> , The Harold J. Gordon Bldg., 124 15th St. SE, Washington, DC, District of Columbia Area
7:30PM	<b>Pure Uncut Literature Study Group of NA (WC &amp;,LIT, 60)</b> , 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, Rock Creek Area
8:00PM	<b>Living Life on Life's Terms (C,VM, 60)</b> , Zoom ID: 438 348 3469; P/C: 121525 Washington, DC, The Virtual Ties That Bind Us Together Area
8:30PM	<b>Dupont Circle NA (O, 60)</b> , Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC, Rock Creek Area
8:30PM	<b>Fire Barrel (O,DISC,HY, 60)</b> , 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, Rock Creek Area

### Woodbridge

NOON	<b>High Noon II (O,WC &amp;,SPAD, 60)</b> , Ferlazzo Building, 2nd Floor - Dottie Bell Conference Room, 15941 Donald Curtis Dr., Woodbridge, VA, Norvana Area
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## WEDNESDAY

### Alexandria

6:30PM	<b>Foundation Steps to Freedom (STEP,WC &amp;, 90)</b> , Leonard Chick Armstrong Recreation Center, 25 W Reed Ave., Alexandria, VA, Norvana Area
7:30PM	<b>Came to Believe (O, 60)</b> , Cameron UMC, 3130 Franconia Rd, Alexandria, VA, Norvana Area

### Arlington

6:30PM	<b>Clean in Clarendon (O,DISC,SPK, 60)</b> , Clarendon Presbyterian Church, Free parking, door marked Aikido of Arlington, 1305 N Jackson St, Arlington, VA, Norvana Area
7:00PM	<b>NA at Walter Reed (O,DISC, 90)</b> , Walter Reed, Inside the Rec center, 2909 16th St S, Arlington, VA, Meets inside, in the rec center, Norvana Area

### Bethesda

7:00PM	<b>Fresh Air (O,BT,STEP,TRAD,WC &amp;, 60)</b> , Cedar Lane UUC, - The Chalice House (use upper parking lot), 9601 Cedar Ln., Bethesda, MD, Montgomery Area
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### Falls Church

7:00PM	<b>Plan B (O, 75)</b> , Unity Club, Rm R3, 116-B W Broad St, Falls Church, VA, Norvana Area
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### Fort Washington

7:00PM	<b>Bright Hope Group (O,STEP,TRAD,LIT,LC, 75)</b> , Carolina Baptist Church, 9901 Allentown Rd, Fort Washington, MD, South Potomac Area
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### Frederick

NOON	<b>Noon Group (O, 60)</b> , Grace United Church, 25 E 2nd St., Frederick, MD, Limited capacity, Frederick Area
7:00PM	<b>Exact Nature Men's Rap (DISC,M, 60)</b> , Frederick Club, 205B Bucheimer Rd, Frederick, MD, Frederick Area
7:00PM	<b>Principles Before Personalities (O,WC &amp;, 60)</b> , Community Action Agency 100 S. Market St, Frederick, MD, Frederick Area

### Gaithersburg

7:30PM	<b>Gentleman's Club (C,JFT,M, 60)</b> , Epworth UMC, 9008 Rosemont Dr., Gaithersburg, MD, Montgomery Area
8:00PM	<b>Another Way (O, 60)</b> , Prince of Peace Church, - Small building in back, 11900 Darnestown Rd., Gaithersburg, MD, Montgomery Area

### Glenarden

7:00PM	<b>New Wave (O,STEP,TRAD,WC &amp;, 90)</b> , Glenarden City Hall, Downstairs, 8600 Glenarden Parkway, Glenarden, MD, Central Maryland Area
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### Greenbelt

10:00AM	<b>Ladies in Recovery (C,JFT,SPK,W,VM, 60)</b> , Zoom ID: 803 826 655; No P/C Greenbelt, MD, Central Maryland Area
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### Herndon

NOON	<b>Noon Meeting (O,VM, 60)</b> , Zoom ID: 962 211 7089; P/C: 169422 Herndon, VA, Dulles Corridor Area
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### Laurel

7:00PM	<b>STAR (O, 75)</b> , First UMC (5th St), 424 Main St, Laurel, MD, Central Maryland Area
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### Leesburg

7:00PM	<b>Young People's NA Meeting (O,DISC,Y, 60)</b> , Loudon Serenity House, Upstairs room, 29 N King St, Leesburg, VA, Dulles Corridor Area
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### Lexington Park

7:30PM	<b>Life Support (O,WC &amp;, 60)</b> , Trinity Lutheran Church, 46707 Shangri La Dr., Lexington Park, MD, Tri-County Area
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### Manassas

NOON	<b>Recovery (O,DISC,JFT,VM, 60)</b> , Zoom ID: 962 211 7089; P/C: 169422 Manassas, VA, Battlefield Area
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**WEDNESDAY (CONT)**

8:30PM **Welcome Home (O,DISC,VAR,LIT, 60)**, Bull Run UUC, @Church St., downstairs. Door autolocks@8:45. Latecomers tap on window., 9350 Main St., Manassas, VA, Battlefield Area

**Montgomery Village**

7:30AM **Freedom in the Village (O,DISC,VM,LIT, 60)**, Zoom ID: 823 5857 7621; P/C: 685408 Montgomery Village, MD, Montgomery Area

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, Montgomery Area

7:30PM **Never Alone (O,CAN,WC &,LIT, 75)**, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD, Montgomery Area

**Rockville**

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, Montgomery Area

**Savage**

7:00PM **Back to the Basics (O,WC &, 60)**, Savage UMC, 9050 Baltimore St, Savage, MD, Central Maryland Area

**Silver Spring**

NOON **NA at Noon (O,JFT,WC &,HY, 60)**, Zoom ID: 872 0510 4241; No P/C The Well Community Church, Same location, different Church name., 9525 Colesville Rd., Silver Spring, MD, Hybrid M-Th; Virtual only on Friday, Montgomery Area

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, Montgomery Area

**Springfield**

6:30PM **Women Do Recover (W,LIT,HY, 60)**, Zoom ID: 842 4803 8677; P/C: 999612 Springfield Church of Christ, 7512 Old Keene Mills Rd, Springfield, VA, Norvana Area

**Sterling**

7:00AM **The Early Cup of Recovery (DISC,VM, 60)**, Zoom ID: 893 6775 9854; P/C: 946130 Sterling, VA, Dulles Corridor Area

5:30PM **No Matter What (VM,LC, 60)**, Zoom ID: 795 467 25226; P/C: jmDcW0 (last digit is zero) Sterling, VA, Dulles Corridor Area

8:00PM **We Made It! (O,DISC,WC &, 60)**, St. Matthew's Episcopal Church, 201 E. Frederick Dr., Sterling, VA, Dulles Corridor Area

**Sunderland**

7:00PM **Tower of Power (O,WC &, 60)**, Mount Hope Community Center (Off Rt 2), 100 Pushaw Station Rd., Sunderland, MD, Maximum 18 people, Tri-County Area

**Waldorf**

NOON **Midweek Miracles (O,JFT,WC &,SPAD, 60)**, Room: Village Lounge. Meeting will start 1/8/25, The Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, 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, Tri-County Area

**Washington**

8:30AM **Early Just For Today Check-in (C,JFT,VM, 90)**, Zoom ID: 826 3577 8671; P/C: 242275 Washington, DC, The Virtual Ties That Bind Us Together Area

8:30AM **Let Go and Let God I (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC, District of Columbia Area

10:00AM **Just For Today (C,O,JFT,VM, 90)**, Zoom ID: 858 2487 7564; P/C: Love Washington, DC, The Virtual Ties That Bind Us Together Area

10:00AM **We Still Need Help Group (C,VAR,SPK,VM, 90)**, Meeting ID: 785 1315 770; P/C: 1234 Washington, DC, District of Columbia Area

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

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, District of Columbia Area

NOON **Noon Time is the Right Time (C,DISC,VM, 90)**, Zoom ID: 932 959 7603; P/C: 1962 Washington, DC, The Virtual Ties That Bind Us Together Area

1:30PM **Let Go and Let God II (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC, District of Columbia Area

2:00PM **Steppin' Into The Afternoon (C,STEP,VM, 90)**, Zoom ID: 785 963 7766; P/C: 1953 Washington, DC, The Virtual Ties That Bind Us Together Area

5:00PM **Rush Hour (C,DISC,VM, 90)**, Zoom ID: 705 264 3243; P/C: RUSHHOUR Washington, DC, The Virtual Ties That Bind Us Together Area

6:00PM **The How Group (O,BEG,IP,IW,M,STEP, 90)**, Ambassador Baptist Church, 1412 Minnesota Ave. SE, Washington, DC, East of the River Area

7:00PM **Aging In Recovery (O,DISC,VM, 90)**, Zoom ID: 824 005 5286; P/C: recovery Washington, DC, East of the River Area

7:00PM **From the Streets to the Seats (C,STEP,TRAD,QA,LIT, 90)**, St. Francis Xavier Church, 2815 O St SE, Washington, DC, East of the River Area

7:00PM **SW Freeway (C,WC &, 60)**, Westminster Presbyterian Church, Ground Level, 400 I St. SW, Washington, DC, Rock Creek Area

7:00PM **Ultimate Weapons (C,STEP,TW,CPT,VM,LIT, 60)**, Zoom ID: 516 993 416; No P/C Washington, DC, District of Columbia Area

8:00PM **Living Life on Life's Terms (C,DISC,STEP,VM, 90)**, Zoom ID: 438 348 3469; P/C: 121525 Washington, DC, The Virtual Ties That Bind Us Together Area

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

8:00PM **Wednesday Night Men's Rap (Keeping it Real) (O,M,VM, 60)**, Zoom ID: 871 4546 0605; P/C: 556828 Washington, DC, The Virtual Ties That Bind Us Together Area

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

9:00PM **Miracle of Women (C,BEG,DISC,W,VM, 90)**, Zoom ID: 917 1964 217; P/C 1908 Washington, DC, District of Columbia Area

**Woodbridge**

8:00PM **Over The Hump (O,JFT,SPK,WC &,NP, 75)**, Good Shepherd Lutheran Church, Entrance - In Rear, 15695 Blackburn Rd., Woodbridge, VA, Norvana Area

**THURSDAY****Alexandria**

8:00PM **So Happy It's Thursday (O, 60)**, Bush Hill Presbyterian Church, 4916 Franconia Road, Alexandria, VA, Norvana Area

**Arlington**

7:30PM **Old Time Recovery (C,WC &, 60)**, Langston-Brown Community Center, 2121 N. Culpeper St, Arlington, VA, Norvana Area

**Bowie**

7:30PM **More Will Be Revealed (O, 75)**, Trinity Lutheran Church, 6600 Laurel-Bowie Rd, Bowie, MD, Central Maryland Area

**Chantilly**

7:30PM **Out of the Dark (O,DISC, 60)**, A New Beginning, located in the gym, 4213 Walney Road, Chantilly, VA, Dulles Corridor Area

**Chaptico**

7:30PM **Chaptico Under The Stars (O, 60)**, Christ Episcopal Church, 37497 Zach Fowler Rd., Chaptico, MD, Tri-County Area

**Fairfax**

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, Norvana Area

**Frederick**

NOON **Noon Group (O, 60)**, Grace United Church, 25 E 2nd St., Frederick, MD, Limited capacity, Frederick Area

7:00PM **Inner City (O,STEP,WC &, 60)**, Community Action Agency, 100 S. Market St, Frederick, MD, Frederick Area

7:00PM **Sisters in Serenity (W,HY, 60)**, Zoom ID: 813 9599 1987; No P/C Staley Park, 11 West Tenth St., Frederick, MD, Frederick Area

7:30PM **Thursday Night Candlelight (O, 60)**, St Joseph's Church (the old church), 5843 Manor Woods Rd, Frederick, MD, Frederick Area

## THURSDAY (CONT)

### Gaithersburg

7:30PM **She Do Recover (O,DISC,W,VM, 60)**, Zoom ID: 829 2967 3668; P/C: 8675309 Gaithersburg, MD, Montgomery Area

8:00PM **Crossroads (O,VM, 60)**, Zoom ID: 551 384 252; P/C: 297348 Gaithersburg, MD, Montgomery Area

8:00PM **Stepping Free (O,STEP, 60)**, Fairhaven UMC, 12801 Darnestown Rd., Gaithersburg, MD, Montgomery Area

### Greenbelt

10:00AM **Ladies in Recovery (C,JFT,SPK,W,VM, 60)**, Zoom ID: 803 826 655; No P/C Greenbelt, MD, Central Maryland Area

7:00PM **Gateway to Recovery (O,STEP,TRAD,VM, 90)**, Zoom ID: 395 553 318; P/C: 1957 Greenbelt, MD, Central Maryland Area

### Herndon

NOON **Noon Meeting (O,VM, 60)**, Zoom ID: 962 211 7089; P/C: 169422 Herndon, VA, Dulles Corridor Area

### Indian Head

7:00PM **Indian Heads (BT,WC &,LIT, 60)**, St James Episcopal Church, 7 E Potomac Ave., Indian Head, MD, Tri-County Area

### Laurel

7:00PM **Spiritual Awakenings (O,WC &, 75)**, First Methodist Church of Laurel, 424 Main St, Laurel, MD, Central Maryland Area

### Lexington Park

7:00PM **Outsiders (O,DISC,IW, 75)**, Trinity Lutheran, 46707 S Shangri-La Dr., Lexington Park, MD, Tri-County Area

### Manassas

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

7:00PM **New Found Hope (O,BEG,BT,DISC,SPK,VM, 60)**, Zoom ID: 822 228 0011; P/C: 121212 Manassas, VA, Battlefield Area

### Montgomery Village

7:30AM **Freedom in the Village (O,DISC,JFT,VM, 60)**, Zoom ID: 823 5857 7621, P/C: 685408 Montgomery Village, MD, Montgomery Area

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, Montgomery Area

### Mount Airy

7:30PM **Off the Beaten Path (O, 60)**, St. James Episcopal Church, - Around back, 1307 N Main St., Mount Airy, MD, Montgomery Area

### Oxon Hill

7:00PM **Steps to Life (O, 90)**, Oxon Hill UMC, 6400 Livingston Road, Oxon Hill, MD, South Potomac Area

### Prince Frederick

7:00PM **Hope Fiends (O, 60)**, New Life Church, 3170 German Chapel Rd., Prince Frederick, MD, Tri-County Area

### Rockville

7:30PM **Serenity in the Park (O,BEG,SPK,SWG,STEP,TRAD,LIT, 90)**, Mt Calvary Baptist Church, 608 N Horners Ln., Rockville, MD, Montgomery Area

### Silver Spring

NOON **NA at Noon (O,JFT,WC &,HY, 60)**, Zoom ID: 872 0510 4241; No P/C The Well Community Church, Same location, different Church name., 9525 Colesville Rd., Silver Spring, MD, Hybrid M-Th; Virtual only on Friday, Montgomery Area

8:00PM **Making A Difference (O,WC &, 60)**, Silver Spring Christian Reformed Church, 1501 Arcola Ave., Silver Spring, MD, Montgomery Area

### Sterling

7:00PM **Keyhole To Recovery (O,STEP,LIT, 75)**, Galilee Church, 45425 Winding Rd, Sterling, VA, Dulles Corridor Area

### Suitland

7:00PM **Restored To Sanity (O,BEG,STEP, 90)**, Good Samaritan Mission Church, 4409 Arnold Rd., Suitland, MD, South Potomac Area

### Waldorf

NOON **12 at 12 (O,WC &, 60)**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD, Tri-County Area

7:00PM **More Alike Than Different (O,WC &, 60)**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD, Tri-County Area

### Washington

8:30AM **Early Just For Today Check-in (C,JFT,VM, 90)**, Zoom ID: 826 3577 8671; P/C: 242275 Washington, DC, The Virtual Ties That Bind Us Together Area

8:30AM **Let Go and Let God I (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC, District of Columbia Area

10:00AM **Just For Today (C,O,JFT,VM, 90)**, Zoom ID: 858 2487 7564; P/C: Love Washington, DC, The Virtual Ties That Bind Us Together Area

10:00AM **We Still Need Help Group (C,VAR,SPK,VM, 90)**, Meeting ID: 785 1315 770 PW: 1234 Washington, DC, District of Columbia Area

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

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, District of Columbia Area

NOON **Noon Time is the Right Time (C,DISC,VM, 90)**, Zoom ID: 932 959 7603; P/C: 1962 Washington, DC, The Virtual Ties That Bind Us Together Area

1:30PM **Let Go and Let God II (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC, District of Columbia Area

2:00PM **Steppin' Into The Afternoon (C,STEP,VM, 90)**, Zoom ID: 785 963 7766; P/C: 1953 Washington, DC, The Virtual Ties That Bind Us Together Area

5:00PM **Rush Hour (C,VM,LC, 90)**, Zoom ID: 705 264 3243; P/C: RUSHHOUR Washington, DC, The Virtual Ties That Bind Us Together Area

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, Rock Creek Area

6:00PM **Open Doors (O,STEP, 60)**, St. Martin's Church, 1908 North Capitol St. NW, Washington, DC, Rock Creek Area

6:30PM **Living Our Literature (O,STEP,TRAD,LIT,HY, 75)**, Zoom ID: 889 6372 8561; P/C: 3636ga The Festival Center + Virtual- Pilot of meeting merger January-March 2025, Parking behind building at 2612 Mozart Place (disregard no parking/towing signs), 1640 Columbia Rd. NW, Washington, DC, Park behind building 2612 Mozart Pl (disregard no parking/towing signs) pilot of meeting merger January to March 2025, Rock Creek Area

6:30PM **Steps on the Hill (C,BEG,STEP,VM,LIT, 90)**, Zoom ID: 8459 681 9763; P/C: soth71 Washington, DC, District of Columbia Area

6:30PM **Under New Management (C,STEP,TRAD,VM,LIT, 60)**, Zoom ID: 997 824 3262; No P/C Washington, DC, East of the River Area

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, Rock Creek Area

7:00PM **Stone Soul Recovery (O, 90)**, Plymouth Congregation Church, 5301 North Capitol St. NE, Washington, DC, District of Columbia Area

8:00PM **Living Life on Life's Terms (C,DISC,STEP,VM, 90)**, Zoom ID: 438 348 3469; P/C: 121525 Washington, DC, The Virtual Ties That Bind Us Together Area

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

## FRIDAY

### Alexandria

7:00PM **Recovery on the South Side (O,WC &, 90)**, Lee Center, 1108 Jefferson St., Alexandria, VA, Norvana Area

### Arlington

7:00PM **NA for Life (O,WC &, 90)**, Langston Brown Center, 2121 N Culpeper St., Arlington, VA, Norvana Area

7:30PM **Better Here Than There (O,JFT,VM,SPAD, 60)**, Zoom ID: 536 659 392; P/C: 842931 Arlington, VA, Norvana Area

## FRIDAY (CONT)

### Bethesda

8:30PM **Get Down (O,VM, 60)**, Zoom ID: 86570165126; P/C: getdown Bethesda, MD, Montgomery Area

### Chesapeake Beach

8:00PM **One Line At a Time (O,CH,DISC,VAR,WC &, 75)**, Northeast Community Center, 4075 Gordon Stinnett Ave., Chesapeake Beach, MD, Tri-County Area

### Clinton

7:00PM **Women Do Recover (O,W,WC &,LIT, 90)**, Hope Lutheran Church, 6201 Coventry Way, Clinton, MD, South Potomac Area

### Columbia

9:00PM **Keep It Real (O, 75)**, Serenity Center, 9650 Basket Ring Rd, Columbia, MD, Central Maryland Area

### Falls Church

7:00PM **Simplicity Is the Key (C,DISC,LIT, 60)**, Falls Church Presbyterian Church, 225 E Broad St., Falls Church, VA, Norvana Area

### Fort Washington

7:30PM **Living the Program Men's Rap (O,M, 90)**, Bethany Christian Church, 7128 Allentown Rd, Fort Washington, MD, South Potomac Area

### Frederick

NOON **Noon Group (O, 60)**, Grace United Church, 25 E 2nd St., Frederick, MD, Limited capacity, Frederick Area

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., Frederick Area

### Gaithersburg

7:30PM **Upcounty NA (O, 75)**, Emory Grove UMC, 8200 Emory Grove Rd., Gaithersburg, MD, Montgomery Area

8:00PM **Live and Let Live (O,LIT, 60)**, Fairhaven UMC, 12801 Darnestown Rd., Gaithersburg, MD, Montgomery Area

### Greenbelt

10:00AM **Ladies in Recovery (C,JFT,SPK,W,VM, 60)**, Zoom ID: 803 826 655; No P/C Greenbelt, MD, Central Maryland Area

7:00PM **Friday Nite Live (C,WC &, 75)**, Holy Cross Lutheran Church, 6905 Greenbelt Rd, Greenbelt, MD, Central Maryland Area

8:00PM **New Start (O,VM, 60)**, Zoom ID: 168 147 906; P/C: 005762 Greenbelt, MD, Central Maryland Area

### Herndon

NOON **Noon Meeting (O,VM, 60)**, Zoom ID: 962 211 7089; P/C: 169422 Herndon, VA, Dulles Corridor Area

8:00PM **I'm Somebody (O,VM, 60)**, Zoom ID: 449 215 767; P/C: 703 Herndon, VA, Dulles Corridor Area

### Kensington

7:00PM **Older Toddlers (O,DISC,STEP,WC &, 60)**, Christ Episcopal Church, Parking lot is off Everett St, Side Entrance, in Basement, 4001 Franklin St., Kensington, MD, Montgomery Area

### Laurel

7:00PM **Miracles on Main Street (O,WC &, 60)**, St. Philip's Episcopal Church, 522 Main St., Laurel, MD, Central Maryland Area

7:30PM **Walk The Walk (O,WC &, 60)**, Our Savior Lutheran Church, 13611 Laurel-Bowie Rd, Laurel, MD, Central Maryland Area

### Lexington Park

7:05PM **7:07 (O, 60)**, Trinity Lutheran Church (at S Essex), 46707 S Shangri La Dr., Lexington Park, MD, Tri-County Area

9:30PM **Another Late Night (O,CAN,DISC,WC &,OE,LIT, 60)**, Good Samaritan Lutheran Church, 20850 Langley Rd., Lexington Park, MD, Tri-County Area

### Manassas

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

6:30PM **Gimmee Shelter (O,DISC,IW,JFT, 60)**, Church of the Brethren, Through the main doors and in Room 209 at the end of the hall, 10047 Nokesville Road, Manassas, VA, Battlefield Area

8:30PM **Keep It Simple (O,BT,DISC,SPK, 60)**, Bull Run UUC, At Church Street, downstairs, Door autolocks at 8:45 Latecomers tap on window, 9350 Main St., Manassas, VA, Battlefield Area

### Middletown

7:00PM **Friday Night Lights (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, Frederick Area

### Montgomery Village

7:30AM **Freedom in the Village (O,DISC,JFT,VM, 60)**, Zoom ID: 823 5857 7621; P/C: 685408 Montgomery Village, MD, Montgomery Area

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, Montgomery Area

### Savage

8:30PM **Drawn Together (STEP,ME, 75)**, Savage UMC, 9050 Baltimore St., Savage, MD, Art and Meditation Meeting, Central Maryland Area

### Silver Spring

NOON **NA at Noon (O,JFT,VM, 60)**, Zoom ID: 872 0510 4241; No P/C Silver Spring, MD, Hybrid M-Th; Virtual only on Friday, Montgomery Area

3:30PM **Progress Not Perfection (O,DISC,WC &, 60)**, Progress Place, Parking is limited., 8106 Georgia Ave., Room 205, Silver Spring, MD, Montgomery Area

### Sterling

7:30PM **Just For Today (O,CAN,WC &,SPAD, 60)**, Community Lutheran Church, 21014 Whitfield Pl, Sterling, VA, Dulles Corridor Area

### Waldorf

NOON **Give Yourself A Break (O,JFT,VAR,SPK,STEP,TRAD, 60)**, Great Escape Recovery Lounge, 85 High St. Ste. 1, Waldorf, MD, Tri-County Area

7:30PM **Work 'Em Or Die (O,WC &, 75)**, Good Samaritan Presbyterian Church, 13025 Good Samaritan Dr., Waldorf, MD, Tri-County Area

### Washington

8:30AM **Early Just For Today Check-in (C,JFT,VM, 90)**, Zoom ID: 826 3577 8671; P/C: 242275 Washington, DC, The Virtual Ties That Bind Us Together Area

8:30AM **Let Go and Let God I (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC, District of Columbia Area

10:00AM **Just For Today (C,O,JFT,VM, 90)**, Zoom ID: 858 2487 7564; P/C: Love Washington, DC, The Virtual Ties That Bind Us Together Area

10:00AM **We Still Need Help Group (C,VAR,SPK,VM, 90)**, Meeting ID: 785 1315 770; P/C: 1234 Washington, DC, District of Columbia Area

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

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, District of Columbia Area

NOON **Noon Time is the Right Time (C,DISC,VM, 90)**, Zoom ID: 932 959 7603; P/C: 1962 Washington, DC, The Virtual Ties That Bind Us Together Area

1:30PM **Let Go and Let God II (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC, District of Columbia Area

2:00PM **Steppin' Into The Afternoon (C,STEP,VM, 90)**, Zoom ID: 785 963 7766; P/C: 1953 Washington, DC, The Virtual Ties That Bind Us Together Area

5:00PM **Rush Hour (C,DISC,VM, 90)**, Zoom ID: 705 264 3243; P/C: RUSHHOUR Washington, DC, The Virtual Ties That Bind Us Together Area

5:00PM **The What Can I Do Group (O,WC &,LIT, 90)**, CCNV, Parking & entrance in back at E Street Alley, 425 2nd St. NW, Washington, DC, District of Columbia Area

6:00PM **Where Healing Takes Place (C,DISC,SPK,VM, 90)**, Zoom ID: 404 510 8699 P/C: GODcares00 Washington, DC, The Virtual Ties That Bind Us Together Area



FRIDAY (CONT)	
7:00PM	<b>Aging In Recovery (O,DISC,VM, 90)</b> , Zoom ID: 824 005 5286; P/C: recovery Washington, DC, East of the River Area
7:00PM	<b>Jump Start to Recovery (O,STEP,TRAD,WC &amp;,LIT, 90)</b> , Incarnation Church, 880 Eastern Ave. NE, Washington, DC, District of Columbia Area
7:00PM	<b>Lighthouse (O,STEP,TRAD,WC &amp;, 75)</b> , Israel Methodist CME Church, 557 Randolph St. NW, Washington, DC, District of Columbia Area
7:00PM	<b>O Street Steps (O,STEP,WC &amp;, 90)</b> , SOME, Dining Hall, 71 O St. NW, Washington, DC, District of Columbia Area
7:00PM	<b>One Step at a Time (O,STEP,TRAD,VM, 90)</b> , Zoom ID: 727 6810 6047; P/C: 349943 Washington, DC, District of Columbia Area
7:00PM	<b>Regardless Of Sexual Identity (C,VM, 90)</b> , Zoom ID: 452 943 0512; P/C: 205542 Washington, DC, District of Columbia Area
7:00PM	<b>Yellow Brick Road (O,VM, 60)</b> , Zoom ID: 821 9026 0549; No P/C Washington, DC, District of Columbia Area
7:30PM	<b>Clean Works (O,DISC,LIT,HY, 60)</b> , Zoom ID: 858 0344 5434; P/C: easydoesit; Phone P/C: 8264201235 St Thomas' Parish, 3rd Floor, 1517 18th St. NW, Washington, DC, Rock Creek Area
8:00PM	<b>Help Somebody (O,BEG,VM, 90)</b> , Zoom ID: 893 0884 8140; P/C: 787123 Washington, DC, District of Columbia Area
8:00PM	<b>Living Life on Life's Terms (C,O,DISC,STEP,VM, 90)</b> , Zoom ID: 438 348 3469; P/C: 121525 Washington, DC, The Virtual Ties That Bind Us Together Area
9:00PM	<b>Recovery Alley (C,HY, 60)</b> , Zoom ID: 822 0563 4651; P/C: Homegroup St Stephen's Church (corner of 16th & Newton), 1530 Newton St. NW, Washington, DC, Rock Creek Area
9:00PM	<b>Solo Por Hoy (O,ES,LIT,HY, 60)</b> , Zoom ID: 232 505 167; P/C: 7611 St. Stephens of the Incarnation, Sanctuary, 1525 Newton St NW, Washington, DC, Rock Creek Area
10:00PM	<b>Late Nite Friday Nite (O,DISC,JFT,WC &amp;, 75)</b> , St Alban's Church, 3001 Wisconsin Ave. NW, Washington, DC, Rock Creek Area
<b>West Springfield</b>	
7:15PM	<b>Church Basement Recovery (O, 75)</b> , Kirkwood Presbyterian Church, 8336 Carleigh Pkwy, West Springfield, VA, Norvana Area
<b>Woodbridge</b>	
7:00PM	<b>Women Of Woodbridge - W.O.W. (O,VAR,W,WC &amp;,VM, 60)</b> , Zoom ID: 568 046 8023; P/C: 121212 Woodbridge, VA, Norvana Area
SATURDAY	
<b>Alexandria</b>	
NOON	<b>Just Living (O,JFT,WC &amp;,LC, 90)</b> , Department of Community & Human Services (DCHS), Conference Center, 1st Floor, 4850 Mark Center Dr., Alexandria, VA, Norvana Area
6:00PM	<b>Welcome Home (O,LIT, 60)</b> , Bush Hill Presbyterian Church, 4916 Franconia Rd, Alexandria, VA, Norvana Area
<b>Beltsville</b>	
5:00PM	<b>Fear to Faith (O,WC &amp;, 60)</b> , Emmanuel UMC, 11416 Cedar Ln., Beltsville, MD, Central Maryland Area
<b>Bethesda</b>	
6:30PM	<b>Every Step Counts (O,STEP,WC &amp;, 60)</b> , Cedar Lane UUC, - The Chalice House (use upper parking lot), 9601 Cedar Ln., Bethesda, MD, Montgomery Area
<b>Bowie</b>	
8:30PM	<b>Tracks to Recovery (O,DISC,WC &amp;, 60)</b> , Unity Place, 8610 Railroad Ave., Bowie, MD, Central Maryland Area
<b>Chantilly</b>	
7:30PM	<b>Keep It Real (O, 60)</b> , A New Beginning, 4213 Walney Rd., Chantilly, VA, Dulles Corridor Area
<b>Chesapeake Beach</b>	
10:00AM	<b>Healthy Relationships (CH,DISC,WC &amp;, 90)</b> , Northeast Community Center, 4075 Gordon Stinnett Ave., Chesapeake Beach, MD, Tri-County Area
<b>Frederick</b>	
10:00AM	<b>Kickin' It Raw (O,M,VM, 90)</b> , Zoom ID: 9853773041; P/C: MANUP. Frederick, MD, Frederick Area
NOON	<b>Noon Group (O, 60)</b> , Grace United Church, 25 E 2nd St., Frederick, MD, Limited capacity, Frederick Area
7:00PM	<b>Up in Smoke (VAR,TRAD,WC &amp;, 60)</b> , Community Action Agency, 100 S. Market St, Frederick, MD, Frederick Area
8:00PM	<b>Saturday Night Special (O,WC &amp;, 60)</b> , Good Shepherd Lutheran Church, 1415 W 7th St., Frederick, MD, Frederick Area
<b>Gaithersburg</b>	
11:00AM	<b>Share On Saturday (O,VM, 60)</b> , Zoom ID: 879 3942 8041; P/C: basictext Gaithersburg, MD, Montgomery Area
3:00PM	<b>Good Stuff (O,VM, 60)</b> , Zoom ID: 882 8490 9775; P/C: 717012 Gaithersburg, MD, Montgomery Area
6:00PM	<b>Fresh Start (O,WC &amp;,LIT, 75)</b> , Prince of Peace Church, 11900 Darnestown Rd., Gaithersburg, MD, Montgomery Area
7:00PM	<b>Saturday Night Living Clean (O,LIT,LC, 60)</b> , The Freedom Center, - Enter on side of building, 202 Perry Pkwy. Ste. #5, Gaithersburg, MD, Read from Living Clean, Montgomery Area
<b>Greenbelt</b>	
10:00AM	<b>Ladies in Recovery (C,JFT,SPK,W,VM, 60)</b> , Zoom ID: 803 826 655; No P/C Greenbelt, MD, Central Maryland Area
7:00PM	<b>Gut Bucket (O,WC &amp;,VM, 60)</b> , Zoom ID: 973-466-3601; P/C 875711 Greenbelt, MD, Central Maryland Area
<b>Herndon</b>	
NOON	<b>Noon Meeting (O,VM, 60)</b> , Zoom ID: 962 211 7089; P/C: 169422 Herndon, VA, Dulles Corridor Area
<b>Huntingtown</b>	
6:00PM	<b>Stick and Stay (O,VAR,SPK,TOP,WC &amp;, 60)</b> , Life Church, 35 Cox Rd., Huntingtown, MD, Tri-County Area
<b>Hyattsville</b>	
NOON	<b>Just for Today (O,WC &amp;, 60)</b> , The 180 Club, 4318 Hamilton Ave, Hyattsville, MD, Central Maryland Area
<b>Laurel</b>	
7:00PM	<b>HOW Group (O,DISC,WC &amp;, 60)</b> , St Mary's School, 106 St. Mary's Place, Laurel, MD, Central Maryland Area
<b>Leonardtown</b>	
7:00PM	<b>It's A We Thing (O,WC &amp;, 75)</b> , St Paul's UMC, Brubecker Hall, 25550 Point Lookout Rd., Leonardtown, MD, Tri-County Area
<b>Manassas</b>	
NOON	<b>Recoviderly (O,DISC,JFT,VM, 60)</b> , Zoom ID: 962 211 7089; P/C: 169422 Manassas, VA, Battlefield Area
7:00PM	<b>Destination Hope (O,SPK, 60)</b> , Church of the Brethren, Through the main doors and in Room 209 at the end of the hall, 10047 Nokesville Road, Manassas, VA, Battlefield Area
<b>Mount Airy</b>	
7:30PM	<b>Off the Beaten Path 2 (O,VM, 60)</b> , Zoom ID: 862 2444 3740; P/C: NArocks Mount Airy, MD, Montgomery Area
<b>Silver Spring</b>	
NOON	<b>Free Yourself (O,DISC,JFT,WC &amp;, 60)</b> , Woodside UMC, - Enter in Back. Door Code: 82911, 8900 Georgia Ave., Silver Spring, MD, Montgomery Area
NOON	<b>Progress Not Perfection (O,DISC,WC &amp;, 60)</b> , Progress Place, Parking is limited., 8106 Georgia Ave., Room 205, Silver Spring, MD, Montgomery Area
7:00PM	<b>Speakeasy (O,DISC,VAR, 90)</b> , Woodside UMC, 8900 Georgia Ave., Silver Spring, MD, Montgomery Area
<b>Springfield</b>	
6:45PM	<b>Free Yourself (O,WC &amp;,HY, 75)</b> , Zoom ID: 962 211 7089; P/C: 169422 Independence Club, 7043 Wimsatt Rd, Springfield, VA, Norvana Area

## SATURDAY (CONT)

### Sterling

10:00AM	<b>Rainbow Llama (O,LIT, 60)</b> , Galilee Methodist Church, 45425 Winding Rd., Sterling, VA, Dulles Corridor Area
7:00PM	<b>Literally Speaking (O, 60)</b> , St Matthew's Episcopal Church (right side room of trailer), 201 E. Frederick Dr., Sterling, VA, Dulles Corridor Area
8:30PM	<b>Saturday Night Live (O,WC &amp;, 60)</b> , St Matthew's Episcopal Church (trailer), 201 E Frederick Dr., Sterling, VA, Dulles Corridor Area

### Temple Hills

NOON	<b>Keep It Simple (O,WC &amp;,LIT, 90)</b> , St. Barnabas Episcopal Church, 5203 Saint Barnabas Rd, Temple Hills, MD, South Potomac Area
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### Waldorf

NOON	<b>Women In Recovery (O,W,WC &amp;, 60)</b> , Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD, Tri-County Area
7:00PM	<b>Making Miracles (O,DISC,WC &amp;, 90)</b> , Good Shepherd Church, 305 Smallwood Dr., Waldorf, MD, Tri-County Area
10:00PM	<b>Candlelight (SPK,WC &amp;, 60)</b> , Good Shepherd Church, 305 Smallwod Dr., Waldorf, MD, Tri-County Area

### Washington

7:00AM	<b>Saturday Morning Relief (O,VM, 90)</b> , Zoom ID: 897 4991 1386; P/C: saturday Washington, DC, Rock Creek Area
8:30AM	<b>Early Just For Today Check-in (C,JFT,VM, 90)</b> , Zoom ID: 826 3577 8671; P/C: 242275 Washington, DC, The Virtual Ties That Bind Us Together Area
9:00AM	<b>Better Way (O,PH,VM, 60)</b> , Phone #: 425-436-6351; Phone P/C: 344456# Washington, DC, District of Columbia Area
9:30AM	<b>Women with a Purpose (C,IP,STEP,TRAD,W,VM,LIT, 90)</b> , Zoom ID: 979 1044 9558; No P/C Washington, DC, East of the River Area
10:00AM	<b>Can't Do It Alone Women's Rap (O,DISC,JFT,STEP,TRAD,W,VM,LC,SPAD, 90)</b> , Zoom ID: 2875318067; P/C: women25 Washington, DC, The Virtual Ties That Bind Us Together Area
10:30AM	<b>Come Clean to Stay Clean (O, 90)</b> , Emmanuel Baptist Church, 2409 Ainger Pl. SE, Washington, DC, District of Columbia Area
11:30AM	<b>Men Under Construction (O,DISC,M,WC &amp;, 90)</b> , United Medical Center, 1310 Southern Ave. SE, Washington, DC, District of Columbia Area
11:30AM	<b>Saturday Morning Women's Rap (C,VAR,W,VM, 90)</b> , Zoom ID: 473 645 8102; P/C: Women2021 Washington, DC, District of Columbia Area
NOON	<b>Mount Olivet Recovery (O,DISC,WC &amp;, 90)</b> , Mount Olivet Church, 1306 Vermont Ave NW, Washington, DC, District of Columbia Area
NOON	<b>Women's Step and Tradition (C,STEP,TRAD,W,VM, 90)</b> , Zoom ID: 874 6272 9053; P/C: 632923 Washington, DC, District of Columbia Area
1:30PM	<b>All Inclusive Group (O, 90)</b> , 938 Rhode Island Ave. NE, Washington, DC, District of Columbia Area
1:30PM	<b>NA group at The Metropolis Club (O, 60)</b> , The Metropolis Club, 938 Rhode Island Ave. NE, Washington, DC, District of Columbia Area
2:00PM	<b>Steppin' Into The Afternoon (C,STEP,VM, 90)</b> , Zoom ID: 785 963 7766; P/C: 1953 Washington, DC, The Virtual Ties That Bind Us Together Area
2:00PM	<b>Where Healing Takes Place (C,DISC,SPK,VM, 90)</b> , Zoom ID: 404 510 8699 P/C: GODcares00 Washington, DC, The Virtual Ties That Bind Us Together Area
6:00PM	<b>The Uptown Group (O, 90)</b> , 1908 North Capitol St. NW, Washington, DC, District of Columbia Area
7:00PM	<b>818 Miracles (O,STEP,TRAD,VM, 90)</b> , Zoom ID: 731 1498 4304; P/C: 818 Washington, DC, East of the River Area
7:00PM	<b>Illness In Recovery (O,DISC,VM, 60)</b> , Zoom ID: 970 781 8525; P/C: 1HMZCm Washington, DC, District of Columbia Area
7:30PM	<b>Hope Fiends (O,CAN,HY, 60)</b> , Zoom ID: 292 549 9011; P/C: hope Triangle Club, 1638 R St. NW #120, Washington, DC, Rock Creek Area
8:00PM	<b>Gift of Life (O,STEP,TRAD,WC &amp;,HY, 90)</b> , Zoom ID: 511 626 4561; P/C: 1908 St. Martin's Church, 1908 N Capitol St. NW, Washington, DC, District of Columbia Area
8:00PM	<b>Living Life on Life's Terms (C,O,DISC,STEP,VM, 90)</b> , Zoom ID: 438 348 3469; P/C: 121525 Washington, DC, The Virtual Ties That Bind Us Together Area
8:05PM	<b>Beachcombers Electric Coffee Test Pure Spiritual Progress Underground NA Group (C,BT,DISC,WC &amp;, 60)</b> , St Alban's Church, 3001 Wisconsin Ave. NW, Washington, DC, Rock Creek Area
9:00PM	<b>Miracle of Women (C,BEG,DISC,W,VM, 90)</b> , Zoom ID: 917 1964 217; P/C 1908 Washington, DC, District of Columbia Area

### Woodbridge

NOON	<b>Stepping Together (BEG,JFT, 75)</b> , St. Paul UMC, Side entrance down the hill, 1400 G St, Woodbridge, VA, Norvana Area
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## CONTACT US!

### Chesapeake & Potomac Region of Narcotics Anonymous (CPRNA)

PO Box 8160 \* Silver Spring, MD 20907

**24/7 Phoneline: 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**