

SUNDAY

10:00AM Breakfast Club, (O,VAR,WC ☐, 60) , 4912 Nantucket Rd., College Park, MD 20740

10:00AM Easy Like Sunday Morning 2 [Phoneline], (O,DISC,PH,VM, 90) , District Heights, MD 20747
Phone#: 605-313-4221; Phone P/C: 3074093 605-313-4221

10:00AM Easy Like Sunday Morning [In-Person], (O,DISC, 90) Municipal Center, 2000 Marbury Dr., District Heights, MD 20747

10:00AM Virtual Breakfast Club, (O,SPK,VM,LIT, 60) , Greenbelt, MD 20770
Zoom ID: 878 4829 2214; P/C: 4912Donuts

11:00AM Starting Over, (O,VAR,WC ☐, 60) Serenity Center, 8650 Basket Ring Rd., Columbia, MD 21045

7:00PM Savage Survivors, (O,WC ☐, 60) Savage UMC, 9050 Baltimore St, Savage, MD 20763

7:00PM Small Wonders, (O,DISC,VAR,WC ☐, 60) University Christian Church, 6800 Adelphi Rd, Hyattsville, MD 20782

MONDAY

10:00AM Ladies in Recovery, (C,JFT,SPK,W,VM, 60) , Greenbelt, MD 20770
Zoom ID: 803 826 655; No P/C

7:00PM It Works: How and Why, (C,WC ☐, 90) Holy Cross Lutheran Church, 6905 Greenbelt Rd, Greenbelt, MD 20770

7:30PM Laurel Basics 1-2-3, (O, 60) Holy Trinity Lutheran Church, 7607 Sandy Spring Rd, Laurel, MD 20707

TUESDAY

10:00AM Ladies in Recovery, (C,JFT,SPK,W,VM, 60) , Greenbelt, MD 20770
Zoom ID: 803 826 655; No P/C

TUESDAY (CONT)

7:00PM Firm Believers, (O,WC ☐, 90) Glenarden Town Hall, 8600 Glenarden Pkwy, Glenarden, MD 20706

7:00PM Just Relationships, (O,WC ☐, 75) Laurel Municipal Pool, 901 Main St, Laurel, MD 20707

7:00PM Women Living Clean, (C,DISC,SPK,W,VM,LIT, 90) , Greenbelt, MD 20770
Zoom ID: 876 8758 1084; P/C: 766458

7:30PM AWOL, (O,BT,DISC,IW,JFT,STEP,TRAD,WC ☐, 60) Greenbelt Step Club, 143 Centerway Rd., Greenbelt, MD 20768

7:30PM Serenity on Sandy Spring, (O,BT,DISC,SPK,STEP,TOP, 60) Holy Trinity Church, 7607 Sandy Spring Road, Laurel, MD 20707

WEDNESDAY

10:00AM Ladies in Recovery, (C,JFT,SPK,W,VM, 60) , Greenbelt, MD 20770
Zoom ID: 803 826 655; No P/C

7:00PM Back to the Basics, (O,WC ☐, 60) Savage UMC, 9050 Baltimore St, Savage, MD 20763

7:00PM New Wave, (O,STEP,TRAD,WC ☐, 90) Glenarden City Hall, 8600 Glenarden Parkway, Glenarden, MD 20706

7:00PM STAR, (O, 75) First UMC, 424 Main St, Laurel, MD 20707

THURSDAY

10:00AM Ladies in Recovery, (C,JFT,SPK,W,VM, 60) , Greenbelt, MD 20770
Zoom ID: 803 826 655; No P/C

7:00PM Gateway to Recovery, (O,STEP,TRAD,VM, 90) , Greenbelt, MD 20770
Zoom ID: 395 553 318; P/C: 1957

THURSDAY (CONT)

7:00PM Spiritual Awakenings, (O,WC ☐, 75) First Methodist Church of Laurel, 424 Main St, Laurel, MD 20707

7:30PM More Will Be Revealed, (O, 75) Trinity Lutheran Church, 6600 Laurel-Bowie Rd, Bowie, MD 20715

FRIDAY

10:00AM Ladies in Recovery, (C,JFT,SPK,W,VM, 60) , Greenbelt, MD 20770
Zoom ID: 803 826 655; No P/C

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 ☐, 60) St. Philip's Episcopal Church, 522 Main St., Laurel, MD 20707

7:30PM Walk The Walk, (O,WC ☐, 60) Our Savior Lutheran Church, 13611 Laurel-Bowie Rd, Laurel, MD 20708

8:30PM Drawn Together, (STEP,ME, 75) Savage UMC, 9050 Baltimore St., Savage, MD 20763

9:00PM Keep It Real, (O, 75) Serenity Center, 9650 Basket Ring Rd, Columbia, MD 21045

SATURDAY

10:00AM Ladies in Recovery, (C,JFT,SPK,W,VM, 60) , Greenbelt, MD 20770
Zoom ID: 803 826 655; No P/C

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 UMC, 11416 Cedar Ln., Beltsville, MD 20705

7:00PM Gut Bucket, (O,VM, 60) , Greenbelt, MD 20770
Zoom ID: 973-466-3601; P/C 875711

7:00PM HOW Group, (O,DISC,WC ☐, 60) St Mary's School, 106 St. Mary's Place, Laurel, MD 20707

SATURDAY (CONT)

8:30PM Tracks to Recovery, (O,DISC,WC ☐, 60)

Unity Place, 8610 Railroad Ave., Bowie, MD
20720

Meeting Format Legend

BT Basic Text	C Closed
DISC Discussion	HY Hybrid Physical/Virtual
IW It Works Study	JFT Just for Today Study
LIT Literature Study	ME Meditation
O Open	PH Phone Meeting
SPK Speaker	STEP Step
TOP Topic	TRAD Tradition
VAR Format Varies	VM Virtual Web Meeting
W Women	WC ☐ Wheelchair

SERVICE MEETINGS

Central MD Area Service Committee

Meets the 1st Wednesday of each month at 7:00PM

Zoom ID: 836 2452 0975; P/C: 353938

Holy Cross Lutheran Church, 6905 Greenbelt Road,
Greenbelt, MD

Central MD H&I Subcommittee

2nd Sunday of the month at 6:00PM

Zoom ID: 636 606 6098; P/C 010746

Greenbelt, MD

PHONELINES

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

Our neighboring Regions:

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

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

PHONE NUMBERS

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

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

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CENTRAL MARYLAND AREA



*The Central MD Area of Narcotics Anonymous has
38 meetings in Prince George's and Howard Counties*

NA MEETING LIST

JANUARY 2026

SUGGESTIONS FOR EVERYONE

DON'T USE no matter what

Ask your Higher Power to keep you clean

Come early and stay late

Get a home group

Go to 90 meetings in 90 days

Read NA literature daily

Get and use a sponsor

Use the PHONE

KEEP COMING BACK. IT WORKS!

CMASC

PO Box 515, Greenbelt, MD 20770

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

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

Email meeting changes to meetings@cprna.org