

**DID YOU KNOW?** You can also dial-in by phone to most Zoom meetings. Use any of the below phone numbers. You will be asked to enter the Meeting ID and Passcode. When on the call, use \*6 to mute/unmute and \*9 to raise/lower hand to share. Zoom Dial-In Numbers: 301-715-8592, 312-626-6799, 929-205-6099

SUNDAY	
<b>8:30AM</b>	<b>Early Just For Today Check-in</b> , Washington, DC, 20090 <b>(C,JFT,VM)</b> ID: 826 3577 8671; Passcode: 242275
<b>10:00AM</b>	<b>Special Events Subcommittee Meeting</b> , Washington, DC, 20090 <b>(VM,ASM)</b> Every 3rd Sunday Zoom ID: 551 453 2789; Passcode: 2023
<b>2:00PM</b>	<b>Steppin' Into The Afternoon</b> , Washington, DC, 20090 <b>(C,STEP,VM)</b> Zoom ID: 785 963 7766; Passcode: 1953
<b>8:00PM</b>	<b>Living Life on Life's Terms</b> , Washington, DC, 20090 <b>(C,DISC,STEP,VM)</b> Zoom ID: 438 348 3469; Passcode: 121525
MONDAY	
<b>8:30AM</b>	<b>Early Just For Today Check-in</b> , Washington, DC, 20090 <b>(C,JFT,VM)</b> ID: 826 3577 8671; Passcode: 242275
<b>10:00AM</b>	<b>Just For Today</b> , Washington, DC, 20090 <b>(O,JFT,VM)</b> Zoom ID: 858 2487 7564; Passcode: Love
<b>NOON</b>	<b>Noon Time is the Right Time</b> , Washington, DC, 20090 <b>(C,DISC,VM)</b> Zoom ID: 932 959 7603; Passcode: 1962
<b>2:00PM</b>	<b>Steppin' Into The Afternoon</b> , Washington, DC, 20090 <b>(C,STEP,VM)</b> Zoom ID: 785 963 7766; Passcode: 1953
<b>5:00PM</b>	<b>Rush Hour</b> , Washington, DC, 20090 <b>(C,DISC,Pi,VM,LIT)</b> Zoom ID: 705 264 3243; Passcode: RUSHHOUR
<b>7:00PM</b>	<b>Public Relations Subcommittee Meeting</b> , Washington, DC, 20090 <b>(VM,ASM)</b> Every 3rd Monday Zoom ID: 551 453 2789; Passcode: 2023
<b>8:00PM</b>	<b>Living Life on Life's Terms</b> , Washington, DC, 20090 <b>(C,DISC,STEP,VM)</b> Zoom ID: 438 348 3469; Passcode: 121525
<b>8:00PM</b>	<b>Monday Miracles Virtual</b> , Washington, DC, 20090 <b>(BEG,STEP,VM)</b> Zoom ID: 717 680 837; Passcode: 428066
TUESDAY	
<b>8:30AM</b>	<b>Early Just For Today Check-in</b> , Washington, DC, 20090 <b>(C,JFT,VM)</b> ID: 826 3577 8671; Passcode: 242275
<b>10:00AM</b>	<b>Just For Today</b> , Washington, DC, 20090 <b>(O,JFT,VM)</b> Zoom ID: 858 2487 7564; Passcode: Love
<b>NOON</b>	<b>Noon Time is the Right Time</b> , Washington, DC, 20090 <b>(C,DISC,VM)</b> Zoom ID: 932 959 7603; Passcode: 1962
<b>2:00PM</b>	<b>Steppin' Into The Afternoon</b> , Washington, DC, 20090 <b>(C,STEP,VM)</b> Zoom ID: 785 963 7766; Passcode: 1953
<b>5:00PM</b>	<b>Rush Hour</b> , Washington, DC, 20090 <b>(C,DISC,SPK,VM)</b> Zoom ID: 705 264 3243; Passcode: RUSHHOUR

TUESDAY (CONT)	
<b>6:00PM</b>	<b>Policy Subcommittee Meeting</b> , Washington, DC, 20090 <b>(VM,ASM)</b> Every 2nd Tuesday Zoom ID: 551 453 2789; Passcode: 2023
<b>6:30PM</b>	<b>H&amp;I Subcommittee Meeting</b> , Washington, DC, 20090 <b>(VM,ASM)</b> Every 3rd Tuesday Zoom ID: 551 453 2789; Passcode: 2023
<b>8:00PM</b>	<b>Living Life on Life's Terms</b> , Washington, DC, 20090 <b>(C,VM)</b> Zoom ID: 438 348 3469; Passcode: 121525
WEDNESDAY	
<b>8:30AM</b>	<b>Early Just For Today Check-in</b> , Washington, DC, 20090 <b>(C,JFT,VM)</b> ID: 826 3577 8671; Passcode: 242275
<b>10:00AM</b>	<b>Just For Today</b> , Washington, DC, 20090 <b>(O,JFT,VM)</b> Zoom ID: 858 2487 7564; Passcode: Love
<b>NOON</b>	<b>Noon Time is the Right Time</b> , Washington, DC, 20090 <b>(C,DISC,VM)</b> Zoom ID: 932 959 7603; Passcode: 1962
<b>2:00PM</b>	<b>Steppin' Into The Afternoon</b> , Washington, DC, 20090 <b>(C,STEP,VM)</b> Zoom ID: 785 963 7766; Passcode: 1953
<b>5:00PM</b>	<b>Rush Hour</b> , Washington, DC, 20090 <b>(C,DISC,VM)</b> Zoom ID: 705 264 3243; Passcode: RUSHHOUR
<b>6:20PM</b>	<b>Virtual ASC</b> , Washington, DC, 20090 <b>(VM,ASM)</b> Every 1st Wednesday Zoom ID: 551 453 2789; Passcode: 2023
<b>8:00PM</b>	<b>Living Life on Life's Terms</b> , Washington, DC, 20090 <b>(C,DISC,STEP,VM)</b> Zoom ID: 438 348 3469; Passcode: 121525
<b>8:00PM</b>	<b>Wednesday Night Men's Rap (Keeping it Real)</b> , Washington, DC, 20090 <b>(O,M,VM)</b> Zoom ID: 871 4546 0605; Passcode: 556828
THURSDAY	
<b>8:30AM</b>	<b>Early Just For Today Check-in</b> , Washington, DC, 20090 <b>(C,JFT,VM)</b> ID: 826 3577 8671; Passcode: 242275
<b>10:00AM</b>	<b>Just For Today</b> , Washington, DC, 20090 <b>(O,JFT,VM)</b> Zoom ID: 858 2487 7564; Passcode: Love
<b>NOON</b>	<b>Noon Time is the Right Time</b> , Washington, DC, 20090 <b>(C,DISC,VM)</b> Zoom ID: 932 959 7603; Passcode: 1962
<b>2:00PM</b>	<b>Steppin' Into The Afternoon</b> , Washington, DC, 20090 <b>(C,STEP,VM)</b> Zoom ID: 785 963 7766; Passcode: 1953
<b>5:00PM</b>	<b>Rush Hour</b> , Washington, DC, 20090 <b>(C,VM,LC)</b> Zoom ID: 705 264 3243; Passcode: RUSHHOUR
<b>8:00PM</b>	<b>Living Life on Life's Terms</b> , Washington, DC, 20090 <b>(C,DISC,STEP,VM)</b> Zoom ID: 438 348 3469; Passcode: 121525

FRIDAY	
<b>8:30AM</b>	<b>Early Just For Today Check-in</b> , Washington, DC, 20090 <b>(C,JFT,VM)</b> ID: 826 3577 8671; Passcode: 242275
<b>10:00AM</b>	<b>Just For Today</b> , Washington, DC, 20090 <b>(O,JFT,VM)</b> Zoom ID: 858 2487 7564; Passcode: Love
<b>NOON</b>	<b>Noon Time is the Right Time</b> , Washington, DC, 20090 <b>(C,DISC,VM)</b> Zoom ID: 932 959 7603; Passcode: 1962
<b>2:00PM</b>	<b>Steppin' Into The Afternoon</b> , Washington, DC, 20090 <b>(C,STEP,VM)</b> Zoom ID: 785 963 7766; Passcode: 1953
<b>5:00PM</b>	<b>Rush Hour</b> , Washington, DC, 20090 <b>(C,DISC,VM)</b> Zoom ID: 705 264 3243; Passcode: RUSHHOUR
<b>8:00PM</b>	<b>Living Life on Life's Terms</b> , Washington, DC, 20090 <b>(C,O,DISC,STEP,VM)</b> Zoom ID: 438 348 3469; Passcode: 121525
SATURDAY	
<b>8:30AM</b>	<b>Early Just For Today Check-in</b> , Washington, DC, 20090 <b>(C,JFT,VM)</b> ID: 826 3577 8671; Passcode: 242275
<b>2:00PM</b>	<b>Steppin' Into The Afternoon</b> , Washington, DC, 20090 <b>(C,STEP,VM)</b> Zoom ID: 785 963 7766; Passcode: 1953
<b>8:00PM</b>	<b>Living Life on Life's Terms</b> , Washington, DC, 20090 <b>(C,O,DISC,STEP,VM)</b> Zoom ID: 438 348 3469; Passcode: 121525

MEETING FORMAT LEGEND			
ASM	Area Service Meeting	BEG	Beginners
C	Closed	DISC	Discussion
JFT	just for Today Study	LC	Living Clean Study
LIT	Literature Study	M	Men
O	Open	Pi	Pitch
SPK	Speaker	STEP	Step
VM	Virtual Web Meeting		

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SPK	Speaker	STEP	Step
VM	Virtual Web Meeting		

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

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

## SERVICE MEETINGS

**6:30PM H&I Subcommittee Meeting**, Washington, DC, 20090 Every 3rd Tuesday Zoom ID: 551 453 2789; Passcode: 2023

**6:00PM Policy Subcommittee Meeting**, Washington, DC, 20090 Every 2nd Tuesday Zoom ID: 551 453 2789; Passcode: 2023

**7:00PM Public Relations Subcommittee Meeting**, Washington, DC, 20090 Every 3rd Monday Zoom ID: 551 453 2789; Passcode: 2023

**10:00AM Special Events Subcommittee Meeting**, Washington, DC, 20090 Every 3rd Sunday Zoom ID: 551 453 2789; Passcode: 2023

**6:20PM Virtual ASC**, Washington, DC, 20090 Every 1st Wednesday Zoom ID: 551 453 2789; Passcode: 2023

[illegible]

## MEETING LIST

**MAY 2024**

**24/7/365 PHONELINE**  
**1-800-543-4670**

<https://www.cprna.org>

## 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!**

Meetings Weekly: 43

**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.**