

**SATURDAY (CONT)**

8:00PM **Living Life on Life's Terms (C,O,DISC,STEP,VM, 90)** Zoom ID: 438 348 3469; P/C: 121525, Washington, DC,

**Tri-County Area**

10:00AM **Healthy Relationships (O,CH,DISC,WC &, 90)**, Northeast Community Center, 4075 Gordon Stinnett Ave., Chesapeake Beach, MD,

NOON **Women In Recovery (O,W,WC &, 60)**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD,

2:00PM **Men At Work (C,JFT,M,WC &,SPAD, 60)**, Great Escape Recovery Lounge, 85 High St., Ste. 1, Waldorf, MD,

6:00PM **Stick and Stay (O,VAR,SPK,TOP,WC &, 60)**, Northeast Community Center, 4075 Gordon Stinnett Ave, Chesapeake Beach, MD,

7:00PM **It's A We Thing (O,WC &, 75)**, St Paul's UMC, Brubecker Hall, 25550 Point Lookout Rd., Leonardtown, MD,

7:00PM **Making Miracles (O,DISC,WC &, 90)**, Good Shepherd Church, 305 Smallwood Dr., Waldorf, MD,

10:00PM **Candlelight (O,SPK,WC &, 60)**, Good Shepherd Church, 305 Smallwod Dr., Waldorf, MD,

**CONTACT US!**

**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) on the 2nd Saturday of that month

**24/7 Phoneline: 1-800-543-4670**  
**Meeting changes: meetings@cprna.org**

**https://www.cprna.org**  
**Questions about NA: info@cprna.org**

**CHESAPEAKE & POTOMAC REGION OF NA**



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

**24/7 Phoneline: 1-800-543-4670**  
**https://www.cprna.org**  
**info@cprna.org**



**MEETING LIST BY AREA**  
**MAY 2026**

**Meeting Format Legend**

Ti	Timer	BT	Basic Text
C	Closed	M	Men
O	Open	TW	Traditions Workshop
W	Women	ME	Meditation
QA	Question and Answer	BEG	Beginners
CAN	Candlelight	DISC	Discussion
IP	IP Study	IW	It Works Study
JFT	Just for Today Study	VAR	Format Varies
SPK	Speaker	SWG	Step Working Guide Study
STEP	Step	TOP	Topic
TRAD	Tradition	Y	Young People
CPT	12 Concepts	WC &	Wheelchair
VM	Virtual Web Meeting	HY	Hybrid Physical/Virtual
LIT	Literature Study	NP	No Pets
PH	Phone Meeting	PER	Persian / Farsi
ASM	Area Service Meeting	CH	Closed Holidays
ENG	English speaking	ES	Espanol
LC	Living Clean Study	SPAD	Spiritual Principle A Day Book Study
WR	Writing Meeting		

Weekly Meetings: **427**

**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, 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, Reston, & Sterling, VA \* **East of the River Area:** NE/SE Washington, DC \* **Frederick Area:** Frederick, Jefferson, Middletown, & Mount Airy, 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, McLean, Springfield, West Springfield, & Woodbridge, VA \* **Rock Creek Area:** Chevy Chase, MD & NW/SW Washington, DC \* **South Potomac Area:** Capitol Heights, Clinton, District Heights, Fort Washington, Oxon Hill, Suitland, & Temple Hills, MD \* **The Virtual Ties That Bind Us Together Area:** All Virtual Meetings \* **Tri-County Area:** California, Callaway, Chaptico, Chesapeake Beach, Huntingtown, La Plata, Leonardtown, Lexington Park, Lusby, Pomfret, Prince Frederick, Sunderland, & Waldorf, MD

**SUNDAY**

**Battlefield Area**

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

**Central Maryland Area**

10:00AM	<b>Breakfast Club (O,VAR,WC &amp;, 60)</b> , 4912 Nantucket Rd., College Park, MD,
10:00AM	<b>Easy Like Sunday Morning 2 [Phoneline] (O,DISC,PH,VM, 90)</b> Phone#: 605-313-4221; Phone P/C: 3074093, District Heights, MD This meeting is a phone line meeting only.,
10:00AM	<b>Easy Like Sunday Morning [In-Person] (O,DISC, 90)</b> , Municipal Center, 2000 Marbury Dr., District Heights, MD,
10:00AM	<b>Virtual Breakfast Club (O,SPK,VM,LIT, 60)</b> Zoom ID: 878 4829 2214; P/C: 4912Donuts, Greenbelt, MD,
11:00AM	<b>Starting Over (O,VAR,WC &amp;, 60)</b> , Serenity Center, 8650 Basket Ring Rd., Columbia, MD,
7:00PM	<b>Savage Survivors (O,WC &amp;, 60)</b> , Savage UMC, 9050 Baltimore St, Savage, MD,
7:00PM	<b>Small Wonders (O,DISC,VAR,WC &amp;, 60)</b> , University Christian Church, 6800 Adelphi Rd, Hyattsville, MD,

**District of Columbia Area**

7:00AM	<b>Open Door To Freedom (O,BEG,STEP, 90)</b> , Church of the Epiphany, 1317 G St NW, Washington, DC,
9:00AM	<b>Sunday Morning Spiritual (O,DISC,TRAD,VM, 60)</b> Zoom ID: 812-2295-5124; P/C 774257, Washington, DC,
10:30AM	<b>10:30 Coffee Hour (O,DISC,WC &amp;, 90)</b> , 5656A 3rd St. NE, Washington, DC,
10:30AM	<b>I Can't, We Can (C,JFT,STEP,WC &amp;, 85)</b> , Luther Place Memorial Church, 1226 Vermont Avenue, NW, Washington, DC,
11:00AM	<b>Sunday Morning Steps &amp; Traditions (O,VM, 60)</b> Zoom ID: 893 1577 3534; P/C: 873274, Washington, DC,
7:00PM	<b>Sunday Night Spiritual Group (O, 90)</b> , St Mary's Church (Church Hall) 727 5th St. NW, Washington, DC,
10:30PM	<b>Faith &amp; Sanity (O, 90)</b> , St John CME Church, 2801 Stanton Rd SE, Washington, DC,

**Dulles Corridor Area**

10:30AM	<b>To Tell The Truth (O,WC &amp;, 60)</b> , Community Center (Hunters Woods) Room 6, 2310 Colts Neck Rd., Reston, VA,
NOON	<b>Noon Meeting (O,VM, 60)</b> Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA,
7:00PM	<b>The Journey Continues (O,LIT, 60)</b> , St. David's Episcopal Church (Trailer) 43600 Russell Branch Parkway, Ashburn, VA,

**East of the River Area**

6:30PM	<b>Up from Down Under (O,DISC, 90)</b> , 6056 Old Central Ave, Capitol Heights, MD,
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**Frederick Area**

11:30AM	<b>Sunday Morning NA (O,JFT, 60)</b> , The Club, 205B Bucheimer Rd., Frederick, MD,
6:30PM	<b>Just For Today (C,SPK,STEP,TRAD, 75)</b> , Trinity UMC, 703 W Patrick St., Frederick, MD,

**Montgomery Area**

8:00AM	<b>Squeaky Clean (O,DISC,HY, 60)</b> Zoom ID: 828 8288 3957; No P/C, AISH Learning Center, 11418 Old Georgetown Rd, Rockville, MD,
NOON	<b>Progress in NA (O,STEP,TRAD,VM, 90)</b> Zoom ID: 973 466 3601 P/C: 875711, Gaithersburg, MD,
5:00PM	<b>NA in the Galaxy (O,DISC,WC &amp;, 75)</b> , The Galaxy Apartments, - 2nd Floor, Rm L2. FREE parking in the back!, 8025 13th St., Silver Spring, MD,
6:00PM	<b>Let it Shine (Women's Meeting) (C,W,LIT, 60)</b> Zoom ID 208 618 1867, Mother Seton Parish, Meeting in the basement; take stairs left of sanctuary, 19951 Father Hurley Blvd., Germantown, MD,
6:00PM	<b>Talking Heads (O,DISC,WC &amp;, 60)</b> , Chevy Chase UMC, - Use parking lot entrance, 7001 Connecticut Ave., Chevy Chase, MD,
6:00PM	<b>Topic of Cancer (O,VAR,VM, 60)</b> Zoom ID: 861 6976 9680; P/C: TopicOC, Gaithersburg, MD,
7:30PM	<b>The Alternative (O,CAN,DISC,SPK,HY, 60)</b> Zoom ID: 114 114 644 P/C: 016821, Trinity Lutheran Church, 11200 Old Georgetown Rd., Bethesda, MD,
7:30PM	<b>Today's Recovery (O,DISC,WC &amp;, 60)</b> , Seneca Creek Community Church, 13 Firstfield Rd., Gaithersburg, MD,

**Norvana Area**

10:00AM	<b>NA in Delray (O,WC &amp;,HY, 90)</b> Zoom ID: 873 4446 3412; P/C: 1991, Department of Community & Human Services (DCHS) Conference Center, 1st Floor, 4850 Mark Center Dr., Alexandria, VA,
NOON	<b>Just For Today (O, 75)</b> , Unity Club, 116 W Broad St., Falls Church, VA,
7:00PM	<b>Another Look (O,WC &amp;, 60)</b> , Franconia UMC, 6037 Franconia Rd., Alexandria, VA,
7:00PM	<b>Living In The Solution (O,VAR,SPK,STEP,VM, 75)</b> Zoom ID: 568 046 8023; P/C: 121212, Woodbridge, VA,

**Rock Creek Area**

NOON	<b>Midday Meditations and Miracles (O,DISC,JFT,ME, 60)</b> , Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC,
5:30PM	<b>Progressive Recovery (O,DISC,LIT, 60)</b> , Triangle Club, 1638 R St. NW #120, Washington, DC,
7:00PM	<b>Clean On The Hill (C, 60)</b> , 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,
7:00PM	<b>Clean On The Screen (O,VM, 60)</b> Zoom ID: 724 9574 1690; No P/C, Washington, DC,

**South Potomac Area**

7:00AM	<b>Spiritually Speaking (C,VM,LIT, 90)</b> Meeting ID: 202 999 2020 P/C: hope, Capitol Heights, MD,
7:00PM	<b>Closed Sunday (C,WC &amp;, 90)</b> , Our Savior Lutheran Church, 4915 St. Barnabas Rd, Temple Hills, MD,

**SATURDAY (CONT)**

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,
9:00PM	<b>Miracle of Women (C,BEG,DISC,W,VM, 90)</b> Zoom ID: 917 1964 217; P/C 1908, Washington, DC,

**Dulles Corridor Area**

10:00AM	<b>Rainbow Llama (O,LIT, 60)</b> , Galilee Methodist Church, 45425 Winding Rd., Sterling, VA,
NOON	<b>Noon Meeting (O,VM, 60)</b> Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA,
7:00PM	<b>Empieza Aqui (Start Here) (O,ES, 60)</b> , St. Matthew's Episcopal Church (in the trailers behind the church) 201 E. Frederick Dr., Sterling, VA,
7:00PM	<b>Literally Speaking (O, 60)</b> , St Matthew's Episcopal Church (right side room of trailer) 201 E. Frederick Dr., Sterling, VA,
7:30PM	<b>Keep It Real (O, 60)</b> , A New Beginning, 4213 Walney Rd., Chantilly, VA,
8:30PM	<b>Saturday Night Live (O,WC &amp;, 60)</b> , St Matthew's Episcopal Church (trailer) 201 E Frederick Dr., Sterling, VA,

**East of the River Area**

9:00AM	<b>Roll Up Your Sleeves (O,TRAD,CPT,HY, 90)</b> Zoom ID: 557 493 6316, Passcode: 1953, 2409 Ainger Pl SE, Washington, DC,
2:00PM	<b>Unbreakable Women (O,W,WC &amp;,LIT, 90)</b> , 2451 Ainger Place SE, Washington, DC,
7:00PM	<b>818 Miracles (O,STEP,TRAD,VM, 90)</b> Zoom ID: 731-1498-4304; P/C: 818, Washington, DC,

**Frederick Area**

10:00AM	<b>Kickin' It Raw (O,M,VM, 90)</b> Zoom ID: 9853773041; P/C: MANUP., Frederick, MD,
NOON	<b>Noon Group (O, 60)</b> , Sol Yoga, 256 W Patrick St., Frederick, MD Limited capacity,
8:00PM	<b>Saturday Night Special (O,WC &amp;, 60)</b> , Good Shepherd Lutheran Church, 1415 W 7th St., Frederick, MD,

**Montgomery Area**

11:00AM	<b>Share On Saturday (O,VM, 60)</b> Zoom ID: 879 3942 8041; P/C: basictext, Gaithersburg, MD,
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,
NOON	<b>Progress Not Perfection (O,DISC,WC &amp;, 60)</b> , Progress Place, Parking is limited., 8106 Georgia Ave., Room 205, Silver Spring, MD,
4:00PM	<b>Good Stuff (O,VM, 60)</b> Zoom ID: 812 8137 9871; P/C: GoodStuff, Gaithersburg, MD,
6:00PM	<b>Fresh Start (O,WC &amp;,LIT, 75)</b> , Prince of Peace Church, 11900 Darnestown Rd., Gaithersburg, MD,
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,
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,
7:00PM	<b>Speakeasy (O,DISC,VAR, 90)</b> , Woodside UMC, 8900 Georgia Ave., Silver Spring, MD,
7:30PM	<b>Off the Beaten Path 2 (O,VM, 60)</b> Zoom ID: 862 2444 3740; P/C: NArocks, Gaithersburg, MD,

**Norvana Area**

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,
NOON	<b>Stepping Together (O,BEG,JFT, 75)</b> , St. Paul UMC, Side entrance down the hill, 1400 G St, Woodbridge, VA,
6:00PM	<b>Welcome Home (O,LIT, 60)</b> , Bush Hill Presbyterian Church, 4916 Franconia Rd, Alexandria, VA,
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,

**Rock Creek Area**

7:00AM	<b>Saturday Morning Relief (O,VM, 90)</b> Zoom ID: 913 0361 8898; P/C: saturday, Washington, DC,
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,
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,

**South Potomac Area**

NOON	<b>Keep It Simple (O,WC &amp;,LIT, 90)</b> , St. Barnabas Episcopal Church, 5203 Saint Barnabas Rd, Temple Hills, MD,
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**The Virtual Ties That Bind Us Together 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,
9:30AM	<b>Women With A Purpose (C,IP,JFT,STEP,TRAD,W,VM,LC, 90)</b> Zoom ID: 979-1044-9558, Washington, DC,
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,
2:00PM	<b>Steppin' Into The Afternoon (C,STEP,VM, 90)</b> Zoom ID: 785 963 7766; P/C: 1953, Washington, DC,
2:00PM	<b>Where Healing Takes Place (C,DISC,SPK,VM, 90)</b> Zoom ID: 404 510 8699 P/C: GODcares00, Washington, DC,
7:00PM	<b>Where Healing Takes Place (C,DISC,SPK,VM, 120)</b> Zoom ID: 404 510 8699 P/C: GODcares00, Washington, DC,

**FRIDAY (CONT)**

7:15PM	<b>Church Basement Recovery (O, 75)</b> , Kirkwood Presbyterian Church, 8336 Carrleigh Pkwy, West Springfield, VA, <b>Better Here Than There (O,JFT,VM,SPAD, 60)</b> Zoom ID: 536 659 392; P/C: 842931, Arlington, VA,
<b>Rock Creek Area</b>	
NOON	<b>Midday Meditations and Miracles (O, 60)</b> , Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC,
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,
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,
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, In Sanctuary, 1525 Newton St NW, Washington, DC,
10:00PM	<b>Late Nite Friday Nite (O,DISC,JFT,WC &amp;, 75)</b> , St Alban's Church, 3001 Wisconsin Ave. NW, Washington, DC,

**South Potomac Area**

7:00PM	<b>Women Do Recover (O,W,WC &amp;,LIT, 90)</b> , Hope Lutheran Church, 6201 Coventry Way, Clinton, MD,
7:30PM	<b>Living the Program Men's Rap (O,M, 90)</b> , Bethany Christian Church, 7128 Allentown Rd, Fort Washington, MD,

**The Virtual Ties That Bind Us Together 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,
10:00AM	<b>Just For Today (C,JFT,VM, 90)</b> Zoom ID: 858 2487 7564; P/C: Love, Washington, DC,
NOON	<b>Noon Time is the Right Time (C,DISC,VM, 90)</b> Zoom ID: 932 959 7603; P/C: 1962, Washington, DC,
2:00PM	<b>Steppin' Into The Afternoon (C,STEP,VM, 90)</b> Zoom ID: 785 963 7766; P/C: 1953, Washington, DC,
3:30PM	<b>Spiritually Connected (O,IW,VM, 60)</b> Zoom ID: 892 2381 6673; P/C: Free, Washington, DC,
5:00PM	<b>Rush Hour (C,DISC,VM, 90)</b> Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC,
6:00PM	<b>Where Healing Takes Place (C,DISC,SPK,VM, 90)</b> Zoom ID: 404 510 8699 P/C: GODcares00, Washington, DC,
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,

**Tri-County Area**

NOON	<b>Give Yourself A Break (O,JFT,VAR,SPK,STEP,TRAD, 60)</b> , Great Escape Recovery Lounge, 85 High St. Ste. 1, Waldorf, MD,
7:05PM	<b>7:07 (O,IP, 60)</b> , Trinity Lutheran Church (at S Essex) 46707 S Shangri La Dr., Lexington Park, MD,
7:30PM	<b>Work 'Em Or Die (O,WC &amp;, 75)</b> , Good Samaritan Presbyterian Church, 13025 Good Samaritan Dr., Waldorf, MD,
8:00PM	<b>One Line At a Time (O,CH,DISC,VAR,WC &amp;, 75)</b> , Northeast Community Center, 4075 Gordon Stinnett Ave., Chesapeake Beach, MD,
9:30PM	<b>Another Late Night (O,CAN,DISC,WC &amp;,LIT, 60)</b> , 46940 S.Shangri-La Dr., Lexington Park, MD,

**SATURDAY****Battlefield Area**

NOON	<b>Nooner Meeting (O,DISC,JFT,VM, 60)</b> Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA,
7:00PM	<b>Destination Hope (O,SPK, 60)</b> , Manassas Church of the Brethren, Through the main doors and in Room 209 at the end of the hall, 10047 Nokesville Road, Manassas, VA,

**Central Maryland Area**

10:00AM	<b>Ladies in Recovery (C,JFT,SPK,W,VM, 60)</b> Zoom ID: 803 826 655; No P/C, Greenbelt, MD,
NOON	<b>Just for Today (O,WC &amp;, 60)</b> , The 180 Club, 4318 Hamilton Ave, Hyattsville, MD,
5:00PM	<b>Fear to Faith (O,WC &amp;, 60)</b> , Emmanuel UMC, 11416 Cedar Ln., Beltsville, MD,
7:00PM	<b>Gut Bucket (O,VM, 60)</b> Zoom ID: 973-466-3601; P/C 875711, Greenbelt, MD,
7:00PM	<b>HOW Group (O,DISC,WC &amp;, 60)</b> , St Mary's School, 106 St. Mary's Place, Laurel, MD,
8:30PM	<b>Tracks to Recovery (O,DISC,WC &amp;, 60)</b> , Unity Place, 8610 Railroad Ave., Bowie, MD,

**District of Columbia Area**

10:30AM	<b>Come Clean to Stay Clean (O, 90)</b> , Emmanuel Baptist Church, 2409 Ainger Pl. SE, Washington, DC,
11:30AM	<b>Men Under Construction (C,DISC,M,WC &amp;, 90)</b> , Cedar Hill Hospital, 1200 Pecan Street SE, Washington, DC,
11:30AM	<b>Saturday Morning Women's Rap (C,VAR,W,VM, 90)</b> Zoom ID: 473 645 8102; P/C: Women2021, Washington, DC,
NOON	<b>Mount Olivet Recovery (O,DISC,WC &amp;, 90)</b> , Mount Olivet Church, 1306 Vermont Ave NW, Washington, DC,
NOON	<b>The Ties That Bind Us Together Inspirational Women Steps and Traditions Meeting (C,STEP,TRAD,W, 90)</b> , Saint Martins Catholic Church, 908 North Capitol Street, NW, Washington, DC,
NOON	<b>Women's Step and Tradition (C,STEP,TRAD,W,VM, 90)</b> Zoom ID: 874 6272 9053; P/C: 632923, Washington, DC,
1:30PM	<b>All Inclusive Group (O, 90)</b> , 938 Rhode Island Ave. NE, Washington, DC,
6:00PM	<b>The Uptown Group (O, 90)</b> , 1908 North Capitol St. NW, Washington, DC,
7:00PM	<b>Illness In Recovery (O,DISC,VM, 90)</b> Meeting ID: 655 991 9437; PWC: saturday, Washington, DC,

**The Virtual Ties That Bind Us Together 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,
2:00PM	<b>Steppin' Into The Afternoon (C,STEP,VM, 90)</b> Zoom ID: 785 963 7766; P/C: 1953, Washington, DC,
2:00PM	<b>Where Healing Takes Place (C,DISC,SPK,VM, 90)</b> Zoom ID: 404 510 8699; P/C: GODcares00, Washington, DC,
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,

**Tri-County Area**

7:30PM	<b>Another Chance (O,WC &amp;, 60)</b> , St Nicholas Lutheran Church, 1450 Plum Point Rd., Huntingtown, MD,
7:30PM	<b>Basket Case (O, 60)</b> , Patuxent Presbyterian Church, 23421 Kingston Creek Rd., California, MD,
7:30PM	<b>Stepping Into Traditions &amp; Concepts (O, 75)</b> , St. Joseph's Church, 4590 St. Joseph Way, Pomfret, MD,

**MONDAY****Battlefield Area**

NOON	<b>High Noon (O,BEG,CH,DISC,JFT,WC &amp;, 60)</b> , Jean McCoy Conference, First Door to Right, Behind Security Desk. If room unavailable, please check other locations around the corner: 8033 Ashton Avenue, first room on left., 7987 Ashton Ave., Manassas, VA,
NOON	<b>Nooner Meeting (O,DISC,JFT,VM, 60)</b> Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA,
8:00PM	<b>Learning How To Live (O,BEG,DISC,VAR,LIT, 60)</b> , Gainesville Presbyterian Church, Meeting is downstairs to the right, 16127 Lee Highway, Gainesville, VA,
8:30PM	<b>Getting Centered (O,DISC,VM,LIT, 60)</b> Zoom ID: 837 7972 7742; Password: 06011988, Manassas, VA,

**Central Maryland Area**

10:00AM	<b>Ladies in Recovery (C,JFT,SPK,W,VM, 60)</b> Zoom ID: 803 826 655; No P/C, Greenbelt, MD,
7:00PM	<b>It Works: How and Why (C,WC &amp;, 90)</b> , Holy Cross Lutheran Church, 6905 Greenbelt Rd, Greenbelt, MD,
7:30PM	<b>Laurel Basics 1-2-3 (O, 60)</b> , Holy Trinity Lutheran Church, In the basement, 7607 Sandy Spring Rd, Laurel, MD,

**District of Columbia 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,
10:00AM	<b>We Still Need Help Group (C,VAR,SPK,VM, 90)</b> Meeting ID: 785 1315 770; P/C: 1234, Washington, DC,
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,
1:30PM	<b>Let Go and Let God II (O,LIT, 75)</b> , Church of the First Born, 2451 Ainger Pl. SE, Washington, DC,
6:30PM	<b>Redlight Recovery (O, 90)</b> , Walker Memorial Baptist Church, 2020 13th St. NW, Washington, DC,

**Dulles Corridor Area**

NOON	<b>Noon Meeting (O,VM, 60)</b> Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA,
6:30PM	<b>Exact Nature Men's Meeting (O,M,WC &amp;, 75)</b> , Riverside Presbyterian Church, 21631 Ridgetop Cir., Ste 100, Sterling, VA,
7:00PM	<b>Serenity Seekers (O,WC &amp;, 60)</b> , Loudoun Club 12, 58 Sycolin Rd., SE, Leesburg, VA,
8:00PM	<b>Free To Live (O,WC &amp;, 60)</b> , St. Matthew's Episcopal Church (Trailer) 201 E. Frederick Dr., Sterling, VA,

**East of the River Area**

10:00AM	<b>Fresh Start (O,DISC, 90)</b> , St. Lukes Church, 4925 E Capitol St. NE, Washington, DC,
6:00PM	<b>1-12 Step (O,STEP, 90)</b> , Mt Moriah (except holidays) 1636 E Capitol St. NE, Washington, DC,
7:00PM	<b>Aging In Recovery (O,DISC,VM, 90)</b> Zoom ID: 824 005 5286; P/C: recovery, Washington, DC,
7:00PM	<b>Monday Night Step Meeting (C,LIT, 90)</b> , St. Lukes Church, 4925 E. Capitol St. NE, Washington, DC,

**Frederick Area**

NOON	<b>Noon Group (O, 60)</b> , Sol Yoga, 256 W Patrick St., Frederick, MD Limited capacity,
7:00PM	<b>Monday Night Miracles by Candlelight (O,WC &amp;,LIT, 60)</b> , Good Shepherd Lutheran Church, 1415 W 7th St., Frederick, MD,
8:00PM	<b>Back To Basics (O,IW,WC &amp;, 60)</b> , Staley Park, 11 W 10th Street, Frederick, MD formerly called Late But Straight,

**Montgomery Area**

7:30AM	<b>Freedom in the Village (O,DISC,JFT,VM, 60)</b> Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD,
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,
NOON	<b>NA at Noon (O,JFT,VM, 60)</b> Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD,
6:00PM	<b>Béisbol (Persona, Dios, Sociedad, Servicio) (O,ES,JFT,LIT,HY, 60)</b> Zoom ID: 831 7185 1799; P/C: 152608, Emory Grove UMC Church, 8200 Emory Grove Rd., Gaithersburg, MD,
6:00PM	<b>Steps at Glenmont (O,DISC,IP,STEP,TRAD, 60)</b> , Glenmont UMC, Enter thru Education Building, Room 209, 12901 Georgia Ave., Silver Spring, MD,
7:00PM	<b>Illness In Recovery (O,Y, 60)</b> , Millian Memorial UMC, Closed when MoCo Schools are closed (for inclement weather) 13016 Parkland Dr., Rockville, MD,

**MONDAY (CONT)**

- 7:00PM **Monday Miracles (O,BEG,STEP, 75)**, Silver Spring United Methodist Church, 8900 Georgia Ave., Silver Spring, MD,
- 7:15PM **Step Working Addicts Group (O,DISC,IW,SWG,STEP,VM, 60)** Zoom ID: 843 0163 1904; P/C: 12Steps, Gaithersburg, MD,
- 8:00PM **Oasis (O,BEG,BT,STEP,LIT, 60)**, Prince of Peace Church, 11900 Darnestown Rd., Gaithersburg, MD,
- 8:00PM **Stayin' Alive (O,STEP,VM, 60)** Zoom ID: 862 2444 3740; P/C: NARocks, Gaithersburg, MD,

**Norvana Area**

- 7:00PM **Cracker Box (O,WC &, 60)**, Fairfax Presbyterian Church, 10723 Main St., Fairfax, VA,
- 7:00PM **In The Heart Of (O, 90)**, Charles Houston Recreation Center, 901 Wythe St, Alexandria, VA,
- 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 Zoom participations are unable to share except in the Chat.,
- 7:30PM **Bring Your Stepwork (C,CH,DISC,WR, 60)**, Our Lady of Lourdes Church, Parish Hall lower level RM#5 - Does not meet on federal holidays or Easter Monday - Not suitable for treatment center groups, 800 23rd St. S, Arlington, VA,
- 8:00PM **Step Over the Hump (O,STEP,TRAD,WC &,NP, 75)**, Good Shepherd Lutheran Church, Entrance - In Rear, 15695 Blackburn Road, Woodbridge, VA,

**Rock Creek Area**

- NOON **Midday Meditations and Miracles (O, 60)**, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC,
- 6:30PM **Southwest Serenity (C,CH,STEP, 60)**, Carron Baptist Church, We are meeting on holidays, 1354 1st Street SW, Washington, DC,
- 7:30PM **Living Proof (O, 60)**, 4201 Albemarle St. NW, Washington, DC,

**South Potomac Area**

- 7:00PM **That Tired Old Lie (O,STEP,TRAD, 90)**, Second Baptist Church, 5501 Silver Hill Rd, District Heights, MD,
- 7:30PM **Monday Night Step (O,VM, 90)** Zoom ID: 457 476 3595; P/C: MNS, Capitol Heights, MD,

**The Virtual Ties That Bind Us Together Area**

- 8:30AM **Early Just For Today Check-in (C,JFT,VM, 90)** Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC,
- 10:00AM **Just For Today (C,JFT,VM, 90)** Zoom ID: 858 2487 7564; P/C: Love, Washington, DC,
- NOON **Noon Time is the Right Time (C,DISC,VM, 90)** Zoom ID: 932 959 7603; P/C: 1962, Washington, DC,
- 2:00PM **Steppin' Into The Afternoon (C,STEP,VM, 90)** Zoom ID: 785 963 7766; P/C: 1953, Washington, DC,
- 3:30PM **Spiritually Connected (O,VM,SPAD, 60)** Zoon ID: 892 2381 6673; P/C: Free, Washington, DC,
- 5:00PM **Rush Hour (C,DISC,VM,LIT, 90)** Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC,
- 8:00PM **Living Life on Life's Terms (C,DISC,STEP,VM, 90)** Zoom ID: 438 348 3469; P/C: 121525, Washington, DC,
- 8:00PM **Monday Miracles Virtual (O,BEG,STEP,VM, 90)** Zoom ID: 717 680 837; P/C: 428066, Washington, DC,

**Tri-County Area**

- NOON **NA In the Day (O,WC &,LC, 60)**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD,
- 7:00PM **Cover To Cover (O,WC &, 75)**, Callaway Baptist Church, 20960 Point Lookout Rd., Callaway, MD,
- 7:00PM **Time To Change (O, 60)**, Lifestream Church of the Nazarene, 5105 Leonardtown Rd., Waldorf, MD First Mon Literature, Last Monday JFT,

**TUESDAY****Battlefield Area**

- NOON **Nooner Meeting (O,DISC,JFT,VM, 60)** Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA,
- 8:00PM **Just For Today (O,STEP,VM, 60)** Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA,

**Central Maryland Area**

- 10:00AM **Ladies in Recovery (C,JFT,SPK,W,VM, 60)** Zoom ID: 803 826 655; No P/C, Greenbelt, MD,
- 7:00PM **Firm Believers (O,WC &, 90)**, Glenarden Town Hall (1st Flr.) 8600 Glenarden Pkwy, Glenarden, MD,
- 7:00PM **Just Relationships (O,WC &, 75)**, Laurel Municipal Pool, 901 Main St, Laurel, MD,
- 7:00PM **Women Living Clean (C,DISC,SPK,W,VM,LIT, 90)** Zoom ID: 876 8758 1084; P/C: 766458, Greenbelt, MD,
- 7:30PM **AWOL (O,BT,DISC,IW,JFT,STEP,TRAD,WC &, 60)**, Greenbelt Step Club, 143 Centerway Rd., Greenbelt, MD,
- 7:30PM **Serenity on Sandy Spring (O,BT,DISC,SPK,STEP,TOP, 60)**, Holy Trinity Church, Meeting in Basement, 7607 Sandy Spring Road, Laurel, MD,

**District of Columbia Area**

- 8:30AM **Let Go and Let God I (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC,
- 10:00AM **We Still Need Help Group (C,VAR,SPK,VM, 90)** Meeting ID: 785 1315 770; P/C: 1234, Washington, DC,
- 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,
- 1:30PM **Let Go and Let God II (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC,

**THURSDAY (CONT)**

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

**FRIDAY****Battlefield Area**

- NOON **Nooner Meeting (O,DISC,JFT,VM, 60)** Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA,
- 6:30PM **Gimme Shelter (O,LIT, 60)**, Manassas Church of the Brethren, Through the main doors and in Room 209 at the end of the hall, 10047 Nokesville Road, Manassas, VA,
- 8:30PM **Keep It Simple (O,BT,DISC,SPK, 60)**, Bull Run Unitarian Universalist Church, At Church Street, downstairs, Door autolocks at 8:45 Latecomers tap on window, 9350 Main St., Manassas, VA,

**Central Maryland Area**

- 10:00AM **Ladies in Recovery (C,JFT,SPK,W,VM, 60)** Zoom ID: 803 826 655; No P/C, Greenbelt, MD,
- 7:00PM **Friday Nite Live (C,WC &, 75)**, Holy Cross Lutheran Church, 6905 Greenbelt Rd, Greenbelt, MD,
- 7:00PM **Miracles on Main Street (O,WC &, 60)**, St. Philip's Episcopal Church, 522 Main St., Laurel, MD,
- 7:30PM **Walk The Walk (O,WC &, 60)**, Our Savior Lutheran Church, 13611 Laurel-Bowie Rd, Laurel, MD,
- 8:30PM **Drawn Together (STEP,ME, 75)**, Savage UMC, 9050 Baltimore St., Savage, MD Art and Meditation Meeting,
- 9:00PM **Keep It Real (O, 75)**, Serenity Center, 9650 Basket Ring Rd, Columbia, MD,

**District of Columbia Area**

- 8:30AM **Let Go and Let God I (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC,
- 10:00AM **We Still Need Help Group (C,VAR,SPK,VM, 90)** Meeting ID: 785 1315 770; P/C: 1234, Washington, DC,
- 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,
- 1:30PM **Let Go and Let God II (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC,
- 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,
- 7:00PM **Lighthouse (O,STEP,TRAD,WC &, 75)**, Israel Methodist CME Church, 557 Randolph St. NW, Washington, DC,
- 7:00PM **O Street Steps (O,STEP,WC &, 90)**, SOME, Dining Hall, 71 O St. NW, Washington, DC,
- 7:00PM **One Step at a Time (O,STEP,TRAD,VM, 90)** Zoom ID: 727 6810 6047; P/C: 349943, Washington, DC,
- 7:00PM **Regardless Of Sexual Identity (C,VM, 90)** Zoom ID: 550 925 8673; PC: friday, Washington, DC,
- 7:00PM **Yellow Brick Road (O,VM, 60)** Zoom ID: 821 9026 0549; No P/C, Washington, DC,
- 8:00PM **Help Somebody (O,BEG,VM, 90)** Zoom ID: 893 0884 8140; P/C: 787123, Washington, DC,

**Dulles Corridor Area**

- NOON **Noon Meeting (O,VM, 60)** Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA,
- 7:30PM **Just For Today (O,CAN,WC &,SPAD, 60)**, Community Lutheran Church, 21014 Whitfield Pl, Sterling, VA,
- 7:45PM **Progress Not Perfection (O,JFT,ENG, 60)**, Serenity House, 29 N King St., Leesburg, VA,
- 8:00PM **I'm Somebody (O,VM, 60)** Zoom ID: 449 215 767; P/C: 703, Herndon, VA,

**East of the River Area**

- 10:00AM **Fresh Start (O,DISC, 90)**, St. Lukes Church, 4925 E Capitol St. NE, Washington, DC,
- 7:00PM **Aging In Recovery (O,DISC,VM, 90)** Zoom ID: 824 005 5286; P/C: recovery, Washington, DC,
- 7:00PM **Jump Start to Recovery (, 90)**, 880 Eastern Ave NE, Washington, DC,

**Frederick Area**

- NOON **Noon Group (O, 60)**, Sol Yoga, 256 W Patrick St., Frederick, MD Limited capacity,
- 7:00PM **Friday Night Lights (O,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,
- 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.,

**Montgomery Area**

- 7:30AM **Freedom in the Village (O,DISC,JFT,VM, 60)** Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD,
- 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,
- NOON **NA at Noon (O,JFT,VM, 60)** Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD,
- 7:00PM **Older Toddlers (O,DISC,STEP,WC &, 60)**, Christ Episcopal Church, Enter from parking lot off Everett St. In basement, Parish Hall, 4001 Franklin St., Kensington, MD,
- 7:30PM **Upcounty NA (O, 75)**, Emory Grove UMC, 8200 Emory Grove Rd., Gaithersburg, MD,
- 8:00PM **Live and Let Live (O,LIT, 60)**, Fairhaven UMC, 12801 Darnestown Rd., Gaithersburg, MD,
- 8:30PM **Get Down (O,VM, 60)** Zoom ID: 86570165126; P/C: getdown, Bethesda, MD,

**Norvana Area**

- 7:00PM **NA for Life (O,WC &, 90)**, Langston Brown Center, 2121 N Culpeper St., Arlington, VA,
- 7:00PM **Recovery on the South Side (O,WC &, 90)**, Lee Center, 1108 Jefferson St., Alexandria, VA,
- 7:00PM **Simplicity Is the Key (C,DISC,LIT, 60)**, Falls Church Presbyterian Church, 225 E Broad St., Falls Church, VA,
- 7:00PM **Women Of Woodbridge - W.O.W. (O,VAR,W,VM, 60)** Zoom ID: 568 046 8023; P/C: 121212, Woodbridge, VA,

**Dulles Corridor Area**

NOON **Noon Meeting (O,VM, 60)** Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA,  
 7:00PM **Keyhole To Recovery (O,STEP,LIT, 75)**, Galilee Church, 45425 Winding Rd, Sterling, VA,  
 7:30PM **Out of the Dark (O,DISC, 60)**, A New Beginning, located in the gym, 4213 Walney Road, Chantilly, VA,

**East of the River Area**

6:30PM **Emergency Room to Life (O,WC &,LIT, 90)**, 1600 Morris Rd SE, Washington, DC,  
 6:30PM **Under New Management (C,STEP,TRAD,VM,LIT, 60)** Zoom ID: 997 824 3262; No P/C, Washington, DC,  
 6:30PM **Up from Down Under (O,DISC, 90)**, 6056 Old Central Ave, Capitol Heights, MD,

**Frederick Area**

NOON **Noon Group (O, 60)**, Sol Yoga, 256 W Patrick St., Frederick, MD Limited capacity,  
 7:00PM **Inner City (O,STEP,WC &, 60)**, Community Action Agency, 100 S. Market St, Frederick, MD,  
 7:00PM **Sisters in Serenity (O,W,HY, 60)** Zoom ID: 620 895 0648; PW: 1357, On Our Own of Frederick, 121 South Market St., Frederick, MD,  
 7:30PM **Off the Beaten Path (O, 60)**, St. James Episcopal Church, - Around back, 1307 N Main St., Mount Airy, MD,  
 7:30PM **Thursday Night Candlelight (O, 60)**, St Joseph's Church (the old church) 5843 Manor Woods Rd, Frederick, MD,

**Montgomery Area**

7:30AM **Freedom in the Village (O,DISC,JFT,VM, 60)** Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD,  
 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,  
 NOON **NA at Noon (O,JFT,VM, 60)** Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD,  
 7:00PM **Women Do Recover (O,W, 60)**, Glenmont UMC, 12901 Georgia Ave, Silver Spring, MD,  
 7:30PM **Serenity in the Park (O,BEG,SPK,SWG,STEP,TRAD,LIT, 90)**, Mt Calvary Baptist Church, 608 N Horners Ln., Rockville, MD,  
 8:00PM **Crossroads (O,VM, 60)** Zoom ID: 551 384 252; P/C: 297348, Gaithersburg, MD,  
 8:00PM **Making A Difference (O,WC &, 60)**, Silver Spring Christian Reformed Church, 1501 Arcola Ave., Silver Spring, MD,  
 8:00PM **Stepping Free (O,STEP, 60)**, Fairhaven UMC, 12801 Darnestown Rd., Gaithersburg, MD,

**Norvana Area**

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,  
 7:30PM **Old Time Recovery (C,CH,DISC,WC &, 60)**, Langston-Brown Community Center, 2121 N. Culpeper St, Arlington, VA,  
 8:00PM **So Happy It's Thursday (O, 60)**, Bush Hill Presbyterian Church, 4916 Franconia Road, Alexandria, VA,

**Rock Creek Area**

NOON **Midday Meditations and Miracles (O, 60)**, Dupont Circle Club, Above Mimosa Salon; Will not meet December 25 & January 1, 1623 Connecticut Ave. NW, Washington, DC,  
 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,  
 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,  
 8:30PM **Men's Rap (C,M, 60)**, West Side Club, 1341 Wisconsin Ave. NW, Washington, DC,

**South Potomac Area**

7:00PM **Restored To Sanity (O,BEG,STEP, 90)**, Good Samaritan Mission Church, 4409 Arnold Rd., Suitland, MD,  
 7:00PM **Steps to Life (O, 90)**, Oxon Hill UMC, 6400 Livingston Road, Oxon Hill, MD,

**The Virtual Ties That Bind Us Together Area**

8:30AM **Early Just For Today Check-in (C,JFT,VM, 75)** Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC,  
 10:00AM **Just For Today (C,JFT,VM, 90)** Zoom ID: 858 2487 7564; P/C: Love, Washington, DC,  
 NOON **Noon Time is the Right Time (C,DISC,VM, 90)** Zoom ID: 932 959 7603; P/C: 1962, Washington, DC,  
 2:00PM **Steppin' Into The Afternoon (C,STEP,VM, 90)** Zoom ID: 785 963 7766; P/C: 1953, Washington, DC,  
 5:00PM **Rush Hour (C,VM,LC, 90)** Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC,  
 8:00PM **Living Life on Life's Terms (C,DISC,STEP,VM, 90)** Zoom ID: 438 348 3469; P/C: 121525, Washington, DC,

**Tri-County Area**

NOON **12 at 12 (O,WC &, 60)**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD,  
 2:00PM **Men At Work (C,JFT,M,SPAD, 60)**, 85 High St., Ste. 1, Waldorf, MD,  
 7:00PM **Hope Fiends (O, 60)**, New Life Church, 3170 German Chapel Rd., Prince Frederick, MD,  
 7:00PM **More Alike Than Different (O,WC &, 60)**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD,  
 7:00PM **Outsiders (O,DISC,IW,TRAD,WC &,LIT, 75)**, Trinity Lutheran, 46707 S Shangri-La Dr., Lexington Park, MD,

**TUESDAY (CONT)**

5:00PM **The One Promise Group (O,DISC,WC &, 90)**, CCNV, Parking & entrance in back at E Street Alley, 425 2nd St. NW, Washington, DC,  
 6:30PM **Freedom To Change (O, 60)**, St Martin's Church, 1908 N Capitol St. NW, Washington, DC,  
 6:30PM **Steps to the Courthouse (C,STEP,VM, 90)** Zoom ID: 994 490 7494; No P/C, Washington, DC,  
 7:00PM **The Last Shall Be First (C,STEP,TRAD, 90)**, The Harold J. Gordon Bldg., 124 15th St. SE, Washington, DC,

**Dulles Corridor Area**

NOON **Noon Meeting (O,VM, 60)** Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA,  
 7:30PM **Living Clean (O,DISC,LIT,LC, 60)**, Loudoun Serenity House, Main Level, 29 N King St, Leesburg, VA,  
 8:00PM **New Attitudes (O,WC &, 60)**, Sterling UMC (side building) 304 E. Church Rd., Sterling, VA,

**Frederick Area**

NOON **Noon Group (O, 60)**, Sol Yoga, 256 W Patrick St., Frederick, MD,  
 5:30PM **Rush Hour Recovery (O,DISC,WC &,LIT, 60)**, Jefferson UMC, 3882 Jefferson Pike, Jefferson, MD,  
 7:00PM **Vision of Hope (O,VAR, 60)**, Frederick Community Action Agency, 100 S Market Street, Frederick, MD Limited capacity,

**Montgomery Area**

7:30AM **Freedom in the Village (O,DISC,JFT,VM, 60)** Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD,  
 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,  
 NOON **NA at Noon (O,JFT,VM, 60)** Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD,  
 6:00PM **New Way of NA (O,SWG,TRAD, 60)**, Millian Memorial UMC, Corner of Hallet & Parkland. Downstairs in Outreach Recovery., 13016 Parkland Dr, Rockville, MD,  
 6:30PM **Life On Life's Terms (O,DISC,WC &,LIT,HY, 60)** Zoom ID: 885 1687 6965; P/C: LOLT, The Episcopal Church of the Transfiguration, 13925 New Hampshire Ave., Silver Spring, MD,  
 7:30PM **All About Change (O,DISC,WC &, 60)**, Seneca Creek Community Church, - Please use front entrance, 13 Firstfield Rd., Gaithersburg, MD,  
 8:00PM **Carrying the Message (O,VM, 60)** Zoom ID: 862 2444 3740; P/C: NArocks, Gaithersburg, MD,

**Norvana Area**

NOON **High Noon II (O,WC &,SPAD, 60)**, Ferllazo Building, 2nd Floor - Dottie Bell Conference Room, 15941 Donald Curtis Dr., Woodbridge, VA,  
 7:00PM **Choose Life (O, 60)**, Christ Crossman UMC, 384 N Washington St, Falls Church, VA,  
 7:00PM **NA in LA (O,WC &,HY, 90)** Zoom ID: 533 129 809; P/C: NALA, Lee Center, 1108 Jefferson St, Alexandria, VA,  
 8:00PM **Comfort Zone (O,VM, 60)** Zoom ID: 929 625 3168; P/C: 658318, Falls Church, VA,  
 8:00PM **Just for Tonight (O,JFT, 60)**, Bush Hill Presbyterian Church, 4916 Franconia Road, Alexandria, VA,

**Rock Creek Area**

NOON **Midday Meditations and Miracles (O, 60)**, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC,  
 5:30PM **Write to Recover (O,DISC,STEP,VM,WR, 60)** Zoom Meeting ID: 727 524 5654; P/C: 249292, Step writing during this meeting. The meeting will be locked after the writing portion ends., Washington, DC,  
 7:00PM **Stepping Out of Trouble into Study (O,SWG,VM,SPAD, 90)** Zoom ID: 880-6299-5493; P/C: sotis, Washington, DC,  
 7:30PM **Glad to be Alive Steps (O,WC &,HY, 60)** Zoom ID: 275 118 642; P/C: 982195, Chevy Chase UMC, 7001 Connecticut Ave, Chevy Chase, MD,  
 7:30PM **Pure Uncut Literature Study Group of NA (O,WC &,LIT, 60)**, 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,  
 8:30PM **Dupont Circle NA (O, 60)**, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC,  
 8:30PM **Fire Barrel (O,DISC,HY, 60)** 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,

**South Potomac Area**

7:15PM **Keep Coming Back (O,SPAD, 90)**, Capitol Allentown Baptist Church, 7911 Allentown Road, Fort Washington, MD,

**The Virtual Ties That Bind Us Together Area**

8:30AM **Early Just For Today Check-in (C,JFT,VM, 90)** Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC,  
 10:00AM **Just For Today (C,JFT,VM, 90)** Zoom ID: 858 2487 7564; P/C: Love, Washington, DC,  
 NOON **Noon Time is the Right Time (C,DISC,VM, 90)** Zoom ID: 932 959 7603; P/C: 1962, Washington, DC,  
 2:00PM **Steppin' Into The Afternoon (C,STEP,VM, 90)** Zoom ID: 785 963 7766; P/C: 1953, Washington, DC,  
 3:30PM **Spiritually Connected (O,VAR,STEP,VM,LIT, 60)** Zoom ID: 892 2381 6673; P/C: Free, Washington, DC,  
 5:00PM **Rush Hour (C,DISC,SPK,VM, 90)** Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC,  
 8:00PM **Living Life on Life's Terms (C,VM, 60)** Zoom ID: 438 348 3469; P/C: 121525, Washington, DC,

**Tri-County Area**

NOON	<b>Hope in the Woods (O,WC &amp;, 60)</b> , Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD,
7:00PM	<b>Living Clean (O,WC &amp;, 60)</b> , St Paul's UM Church, Classroom #8, 25550 Point Lookout Rd., Leonardtown, MD,
7:30PM	<b>Lusby Recovery (O, 60)</b> , South Community Center, 20 Appeal Ln., Lusby, MD,
7:30PM	<b>Off Campus Recovery (O,WC &amp;, 60)</b> , First Baptist Church of La Plata, 9070 Hawthorne Rd., La Plata, MD,

**WEDNESDAY****Battlefield Area**

NOON	<b>Nooner Meeting (O,DISC,JFT,VM, 60)</b> Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA,
8:30PM	<b>Welcome Home (O,BEG,CAN,DISC,VAR,Ti,LIT, 60)</b> , Bull Run Unitarian Universalist Church, @Church St. Entrance, downstairs. Door autolocks @8:45. Latecomers tap on window., 9350 Main St., Manassas, VA,

**Central Maryland Area**

10:00AM	<b>Ladies in Recovery (C,JFT,SPK,W,VM, 60)</b> Zoom ID: 803 826 655; No P/C, Greenbelt, MD,
7:00PM	<b>Back to the Basics (O,WC &amp;, 60)</b> , Savage UMC, 9050 Baltimore St, Savage, MD,
7:00PM	<b>New Wave (O,STEP,TRAD,WC &amp;, 90)</b> , Glenarden City Hall, Downstairs, 8600 Glenarden Parkway, Glenarden, MD,
7:00PM	<b>STAR (O, 75)</b> , First UMC (5th St) 424 Main St, Laurel, MD,

**District of Columbia 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,
10:00AM	<b>We Still Need Help Group (C,VAR,SPK,VM, 90)</b> Meeting ID: 785 1315 770; P/C: 1234, Washington, DC,
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,
1:30PM	<b>Let Go and Let God II (O,LIT, 75)</b> , Church of the First Born, 2451 Ainger Pl. SE, Washington, DC,
7:00PM	<b>Ultimate Weapons (C,STEP,TW,CPT,VM,LIT, 90)</b> Zoom ID: 516 993 416; No P/C, Washington, DC,
9:00PM	<b>Miracle of Women (C,BEG,DISC,W,VM, 90)</b> Zoom ID: 917 1964 217; P/C 1908, Washington, DC,

**Dulles Corridor Area**

7:00AM	<b>The Early Cup of Recovery (O,DISC,VM, 60)</b> Zoom ID: 893 6775 9854; P/C: 946130, Sterling, VA,
NOON	<b>Noon Meeting (O,VM, 60)</b> Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA,
5:30PM	<b>No Matter What (O,VM,LC, 60)</b> Zoom ID: 795 467 25226; P/C: jmDcW0 (last digit is zero), Sterling, VA,
7:00PM	<b>Young People's NA Meeting (O,DISC,Y, 60)</b> , Loudon Serenity House, Upstairs room, 29 N King St, Leesburg, VA,
8:00PM	<b>We Made It! (O,DISC,WC &amp;, 60)</b> , St. Matthew's Episcopal Church, 201 E. Frederick Dr., Sterling, VA,

**East of the River Area**

10:00AM	<b>Fresh Start (O,DISC, 90)</b> , St. Lukes Church, 4925 E Capitol St. NE, Washington, DC,
6:00PM	<b>The How Group (O,BEG,IP,IW,M,STEP, 90)</b> , Ambassador Baptist Church, 1412 Minnesota Ave. SE, Washington, DC,
6:30PM	<b>From the Streets to the Seats (C,STEP,TRAD,QA,LIT, 90)</b> , St. Francis Xavier Church, 2815 O St SE, Washington, DC,
7:00PM	<b>Aging In Recovery (O,DISC,VM, 90)</b> Zoom ID: 824 005 5286; P/C: recovery, Washington, DC,

**Frederick Area**

NOON	<b>Noon Group (O, 60)</b> , Sol Yoga, 256 W Patrick St., Frederick, MD Limited capacity,
7:00PM	<b>Exact Nature Men's Rap (O,DISC,M, 60)</b> , Frederick Club, 205B Bucheimer Rd, Frederick, MD,
7:00PM	<b>Principles Before Personalities (O,WC &amp;, 60)</b> , Community Action Agency, 100 S. Market St, Frederick, MD,

**Montgomery Area**

7:30AM	<b>Freedom in the Village (O,DISC,VM,LIT, 60)</b> Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD,
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,
NOON	<b>NA at Noon (O,JFT,VM, 60)</b> Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD,
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,
7:30PM	<b>Gentleman's Club (C,JFT,M, 60)</b> , Epworth UMC, 9008 Rosemont Dr., Gaithersburg, MD,
7:30PM	<b>Never Alone (O,CAN,WC &amp;,LIT, 75)</b> , Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD,
7:30PM	<b>People's Recovery (O,WC &amp;,HY, 60)</b> Zoom ID: 878 0419 2075; P/C: 659058, The Episcopal Church of the Transfiguration, 13925 New Hampshire Ave., Silver Spring, MD,
7:30PM	<b>Wednesday's Willingness (O,HY, 90)</b> Zoom ID: 800 990 800; P/C: 016212, Rockville Courthouse, - Lower Level, 30 Courthouse Square G-1, Rockville, MD,
8:00PM	<b>Another Way (O, 60)</b> , Prince of Peace Church, Small building in back, 11900 Darnestown Rd., Gaithersburg, MD,

**Norvana Area**

NOON	<b>One Noon at a Time (O,DISC,IP,JFT,SPK, 60)</b> , Unity Club, 116 W Broad St., Falls Church, VA,
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**WEDNESDAY (CONT)**

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,
6:30PM	<b>Foundation Steps to Freedom (O,STEP,WC &amp;, 90)</b> , Leonard Chick Armstrong Recreation Center, 25 W Reed Ave., Alexandria, VA,
6:30PM	<b>NA Farsi (O,PER,HY, 60)</b> Zoom ID: 822 6895 7935; P/C: 267059; This meeting is ONLY spoken in FARSÍ, St Dunstan's Episcopal Church, 1830 Kirby Rd., McLean, VA,
6:30PM	<b>Women Do Recover (O,W,LIT,HY, 60)</b> Zoom ID: 842 4803 8677; P/C: 999612, Springfield Church of Christ, 7512 Old Keene Mills Rd, Springfield, VA,
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,
7:00PM	<b>Plan B (O, 75)</b> , Unity Club, Rm R3, 116-B W Broad St, Falls Church, VA,
7:30PM	<b>Came to Believe (O, 60)</b> , Cameron UMC, 3130 Franconia Rd, Alexandria, VA,
8:00PM	<b>Over The Hump (O,JFT,SPK,NP, 75)</b> , Good Shepherd Lutheran Church, Entrance - In Rear, 15695 Blackburn Rd., Woodbridge, VA,

**Rock Creek Area**

NOON	<b>Midday Meditations and Miracles (O, 60)</b> , Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC,
7:00PM	<b>SW Freeway (C,WC &amp;, 60)</b> , Westminster Presbyterian Church, Ground Level, 400 I St. SW, Washington, DC,
8:00PM	<b>Step Up (C,DISC,ME,VM,LIT, 60)</b> Zoom ID: 818 8913 0099; P/C: 165124, Washington, DC,
8:30PM	<b>Conscious Contact Beginners (O,WC &amp;, 60)</b> , Wesley UMC, Meeting is Upstairs; use Connecticut Ave entrance, 5312 Connecticut Ave. NW, Washington, DC,

**South Potomac Area**

7:00PM	<b>Bright Hope Group (O,STEP,TRAD,LIT,LC, 75)</b> , Carolina Baptist Church, 9901 Allentown Rd, Fort Washington, MD,
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**The Virtual Ties That Bind Us Together 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,
10:00AM	<b>Just For Today (C,JFT,VM, 90)</b> Zoom ID: 858 2487 7564; P/C: Love, Washington, DC,
NOON	<b>Noon Time is the Right Time (C,DISC,VM, 90)</b> Zoom ID: 932 959 7603; P/C: 1962, Washington, DC,
2:00PM	<b>Steppin' Into The Afternoon (C,STEP,VM, 90)</b> Zoom ID: 785 963 7766; P/C: 1953, Washington, DC,
5:00PM	<b>Rush Hour (C,DISC,VM, 90)</b> Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC,
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,
8:00PM	<b>Wednesday Night Men's Rap (Keeping it Real) (O,M,VM, 60)</b> Zoom ID: 871 4546 0605; P/C: 556828, Washington, DC,

**Tri-County Area**

NOON	<b>Midweek Miracles (O,JFT,WC &amp;,SPAD, 60)</b> , Room: Village Lounge, The Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD,
7:00PM	<b>Positive Alternative (O,WC &amp;, 60)</b> , Good Samaritan Church (Near Rt 5 N/Billingsley Rd.) 13025 Good Samaritan Dr., Waldorf, MD,
7:00PM	<b>Tower of Power (O,WC &amp;, 60)</b> , Mount Hope Community Center (Off Rt 2) 100 Pushaw Station Rd., Sunderland, MD Maximum 18 people,
7:30PM	<b>Life Support (O, 60)</b> , Trinity Lutheran Church, 46707 Shangri La Dr., Lexington Park, MD,

**THURSDAY****Battlefield Area**

NOON	<b>Nooner Meeting (O,DISC,JFT,VM, 60)</b> Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA,
7:00PM	<b>New Found Hope (O,BEG,BT,DISC,SPK,VM, 60)</b> Zoom ID: 822 228 0011; P/C: 121212, Manassas, VA,

**Central Maryland Area**

10:00AM	<b>Ladies in Recovery (C,JFT,SPK,W,VM, 60)</b> Zoom ID: 803 826 655; No P/C, Greenbelt, MD,
7:00PM	<b>Gateway to Recovery (O,STEP,TRAD,VM, 90)</b> Zoom ID: 395 553 318; P/C: 1957, Greenbelt, MD,
7:00PM	<b>Spiritual Awakenings (O,WC &amp;, 75)</b> , First Methodist Church of Laurel, 424 Main St, Laurel, MD,
7:30PM	<b>More Will Be Revealed (O, 75)</b> , Trinity Lutheran Church, 6600 Laurel-Bowie Rd, Bowie, MD,

**District of Columbia 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,
10:00AM	<b>We Still Need Help Group (C,VAR,SPK,VM, 90)</b> Meeting ID: 785 1315 770 PW: 1234, Washington, DC,
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,
1:30PM	<b>Let Go and Let God II (O,LIT, 75)</b> , Church of the First Born, 2451 Ainger Pl. SE, Washington, DC,
6:00PM	<b>Open Door (C,LIT, 90)</b> , St. Martin's Church, 1908 North Capitol St. NW, Washington, DC,
6:30PM	<b>Steps on the Hill (C,BEG,STEP,VM,LIT, 90)</b> Zoom ID: 8459 681 9763; P/C: soth71, Washington, DC,
7:00PM	<b>Stone Soul Recovery (O, 90)</b> , Plymouth Congregation Church, 5301 North Capitol St. NE, Washington, DC,