

## SATURDAY (CONT)

- 10:00AM **Can't Do It Alone Women's Rap (O,DISC,JFT,STEP,TRAD,W,VM,LC,SPAD, 90)** Zoom ID: 2875318067; P/C: women25, Washington, DC
- 2:00PM **Steppin' Into The Afternoon (C,STEP,VM, 90)** Zoom ID: 785 963 7766; P/C: 1953, Washington, DC
- 2:00PM **Where Healing Takes Place (C,DISC,SPK,VM, 90)** Zoom ID: 404 510 8699 P/C: GODcares00, Washington, DC
- 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 (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 **Public Relations Subcommittee (O,WC &,ENG,HY, 180)** ID: 822 3481 5906 PASS: 121212, 4th Saturday monthly, 20 Appeal Ln., Lusby, 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 (SPK,WC &, 60)** Good Shepherd Church, 305 Smallwood Dr., Waldorf, MD

## 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**

## 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 DECEMBER 2025

### Meeting Format Legend

BEG	Beginners	BT	Basic Text
C	Closed	CAN	Candlelight
CH	Closed Holidays	CPT	12 Concepts
CW	Children Welcome	DISC	Discussion
ENG	English speaking	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
Ti	Timer	VAR	Format Varies
VM	Virtual Web Meeting	W	Women
WC &	Wheelchair	WR	Writing Meeting
Y	Young People		

Weekly Meetings: **428**

### 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

### Battlefield Area

NOON	<b>Recovidery (O,DISC,JFT,VM, 60)</b> Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
7:00PM	<b>Sunday Funday (O,DISC,SPK,VM, 60)</b> 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 (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 (DISC,JFT,STEP,TRAD,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 (, 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 Under (DISC, 90)</b> 6056 Old Central Ave, Capitol Heights, MD
--------	---

### 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> 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,WC &amp;,HY, 75)</b> Zoom ID: 568 046 8023; P/C: 121212, Immanuel Anglican Church, 7075 Hoadly Rd, Manassas, 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 (VM, 60)</b> Zoom ID: 724 9574 1690; No P/C, Washington, DC

## SATURDAY (CONT)

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 (O,DISC,M,WC &amp;, 90)</b> United Medical Center, 1310 Southern Ave. 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>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, 60)</b> Zoom ID: 970 781 8525; P/C: 1HMZCm, Washington, DC
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>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 (TRAD,CPT, 90)</b> 2409 Ainger Pl SE, Washington, District of Columbia
2:00PM	<b>Unbreakable Women (O,W,WC &amp;,LIT, 90)</b> 15 49th St NE, 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> Grace United Church, 25 E 2nd 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: 882 8490 9775; P/C: 717012, 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 (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: 897 4991 1386; 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
------	--

### 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
--------	---

FRIDAY (CONT)	
3:30PM	<b>Progress Not Perfection (O,DISC,WC &amp;, 60)</b> Progress Place, Parking is limited., 8106 Georgia Ave., Room 205, Silver Spring, MD
7:00PM	<b>Older Toddlers (O,DISC,STEP,WC &amp;, 60)</b> Christ Episcopal Church, Enter from parking lot off Everett St. In basement, Parish Hall, 4001 Franklin St., Kensington, MD
7:30PM	<b>Upcounty NA (O, 75)</b> Emory Grove UMC, 8200 Emory Grove Rd., Gaithersburg, MD
8:00PM	<b>Live and Let Live (O,LIT, 60)</b> Fairhaven UMC, 12801 Darnestown Rd., Gaithersburg, MD
8:30PM	<b>Get Down (O,VM, 60)</b> Zoom ID: 86570165126; P/C: getdown, Bethesda, MD

Norvana Area	
7:00PM	<b>NA for Life (O,WC &amp;, 90)</b> Langston Brown Center, 2121 N Culpeper St., Arlington, VA
7:00PM	<b>Recovery on the South Side (O,WC &amp;, 90)</b> Lee Center, 1108 Jefferson St., Alexandria, VA
7:00PM	<b>Simplicity is the Key (C,DISC,LIT, 60)</b> Falls Church Presbyterian Church, 225 E Broad St., Falls Church, VA
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
7:15PM	<b>Church Basement Recovery (O, 75)</b> Kirkwood Presbyterian Church, 8336 Carleigh Pkwy, West Springfield, VA
7:30PM	<b>Better Here Than There (O,JFT,VM,SPAD, 60)</b> Zoom ID: 536 659 392; P/C: 842931, Arlington, 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
7:30PM	<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,O,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: RUSHOUR, 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, 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;,OE,LIT, 60)</b> Good Samaritan Lutheran Church, 20850 Langley Rd., Lexington Park, MD

## SATURDAY

Battlefield Area	
NOON	<b>Recovery (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,WC &amp;,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	
9:00AM	<b>Better Way (O,PH,VM, 60)</b> Phone #: 425-436-6351; Phone P/C: 344456#, Washington, DC

## SUNDAY (CONT)

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
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, 7987 Ashton Ave., Manassas, VA
NOON	<b>Recovery (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 (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 (LIT, 90)</b> St. Lukes Church, 4925 E. Capitol St. NE, Washington, DC

Frederick Area	
NOON	<b>Noon Group (O, 60)</b> Grace United Church, 25 E 2nd 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> Frederick Community Action (Soup Kitchen), 100 S Market St, 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,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

MONDAY (CONT)	
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 UM 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 Buiing, 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
7:00PM	<b>Monday Miracles (BEG,STEP, 75)</b> Montgomery Hills Baptist Church, 9727 Georgia Ave., Silver Spring, MD
7:15PM	<b>Step Working Addicts Group (O,DISC,IW,SWG,STEP,VM, 60)</b> Zoom ID: 843 0163 1904; P/C: 12Steps, Gaithersburg, MD
8:00PM	<b>Oasis (O,BEG,BT,STEP,LIT, 60)</b> Prince of Peace Church, 11900 Darnestown Rd., Gaithersburg, MD
8:00PM	<b>Stayin' Alive (O,STEP,VM, 60)</b> Zoom ID: 862 2444 3740; P/C: NArocks, Gaithersburg, MD

#### Norvana Area

7:00PM	<b>Covid Soldiers (O, 90)</b> Arlington Assembly of God, 4501 N. Pershing Dr., Arlington, VA
7:00PM	<b>Cracker Box (O,WC &amp;, 60)</b> Fairfax Presbyterian Church, 10723 Main St., Fairfax, VA
7:00PM	<b>In The Heart Of (O, 90)</b> Charles Houston Recreation Center, 901 Wythe St, Alexandria, VA
7:00PM	<b>Miracles on Broad Street (O,WC &amp;,HY, 60)</b> Zoom ID 962 211 7089; P/C: 169422, Falls Church Presbyterian Church, 225 E Broad St., Falls Church, VA
7:30PM	<b>Bring Your Stepwork (C,STEP, 60)</b> 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.
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

#### Rock Creek Area

NOON	<b>Midday Meditations and Miracles (O, 60)</b> Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC
6:30PM	<b>Southwest Serenity (C,CH,STEP, 60)</b> Carron Baptist Church, We are meeting on holidays, 1354 1st Street SW, Washington, DC
7:30PM	<b>Living Proof (O, 60)</b> 4201 Albemarle St. NW, Washington, DC
8:05PM	<b>Beachcombers, Too (C,BT,DISC,VM, 60)</b> Zoom ID: 643 733 6181; P/C: 805805, Washington, DC

#### South Potomac Area

7:00PM	<b>That Tired Old Lie (O,STEP,TRAD, 90)</b> Second Baptist Church, 5501 Silver Hill Rd, District Heights, MD
7:30PM	<b>Monday Night Step (O,VM, 90)</b> Zoom ID: 457 476 3595; P/C: MNS, Capitol Heights, 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,O,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 (VAR,VM,LIT, 60)</b> Zoon ID: 892 2381 6673; P/C: Free, Washington, DC
5:00PM	<b>Rush Hour (C,DISC,PI,VM,LIT, 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>Monday Miracles Virtual (BEG,STEP,VM, 90)</b> Zoom ID: 717 680 837; P/C: 428066, Washington, DC

#### Tri-County Area

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

### TUESDAY

#### Battlefield Area

NOON	<b>Recoviderly (O,DISC,JFT,VM, 60)</b> Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
8:00PM	<b>Just For Today (O,CW,JFT,STEP,VM, 60)</b> Zoom ID: 962 211 7089; P/C: 169422, 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>Firm Believers (O,WC &amp;, 90)</b> Glenarden Town Hall (1st Flr.), 8600 Glenarden Pkwy, Glenarden, MD
7:00PM	<b>Just Relationships (O,WC &amp;, 75)</b> Laurel Municipal Pool, 901 Main St, Laurel, MD
7:00PM	<b>Women Living Clean (C,DISC,SPK,W,VM,LIT, 90)</b> Zoom ID: 876 8758 1084; P/C: 766458, Greenbelt, MD
7:30PM	<b>AWOL (O,BT,DISC,IW,JFT,STEP,TRAD,WC &amp;, 60)</b> Greenbelt Step Club, 143 Centerway Rd., Greenbelt, MD
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

#### 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
--------	--

### THURSDAY (CONT)

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,VM,LC, 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

#### Tri-County Area

NOON	<b>12 at 12 (O,WC &amp;, 60)</b> Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD
7:00PM	<b>Hope Fiends (O, 60)</b> New Life Church, 3170 German Chapel Rd., Prince Frederick, MD
7:00PM	<b>More Alike Than Different (O,WC &amp;, 60)</b> Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD
7:00PM	<b>Outsiders (O,DISC,IW, 75)</b> Trinity Lutheran, 46707 S Shangri-La Dr., Lexington Park, MD
7:30PM	<b>Chaptico Under The Stars (O, 60)</b> Christ Episcopal Church, 37497 Zach Fowler Rd., Chaptico, MD

### FRIDAY

#### Battlefield Area

NOON	<b>Recoviderly (O,DISC,JFT,VM, 60)</b> Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
6:30PM	<b>Gimmee Shelter (O,DISC,IW,JFT, 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
8:30PM	<b>Keep It Simple (O,BT,DISC,SPK, 60)</b> Bull Run UUC, At Church Street, downstairs, Door autolocks at 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>Friday Nite Live (C,WC &amp;, 75)</b> Holy Cross Lutheran Church, 6905 Greenbelt Rd, Greenbelt, MD
7:00PM	<b>Miracles on Main Street (O,WC &amp;, 60)</b> St. Philip's Episcopal Church, 522 Main St., Laurel, MD
7:30PM	<b>Walk The Walk (O,WC &amp;, 60)</b> Our Savior Lutheran Church, 13611 Laurel-Bowie Rd, Laurel, MD
8:30PM	<b>Drawn Together (STEP,ME, 75)</b> Savage UMC, 9050 Baltimore St., Savage, MD Art and Meditation Meeting
9:00PM	<b>Keep It Real (O, 75)</b> Serenity Center, 9650 Basket Ring Rd, Columbia, 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
5:00PM	<b>The What Can I Do Group (O,WC &amp;,LIT, 90)</b> CCNV, Parking & entrance in back at E Street Alley, 425 2nd St. NW, Washington, DC
7:00PM	<b>Lighthouse (O,STEP,TRAD,WC &amp;, 75)</b> Israel Methodist CME Church, 557 Randolph St. NW, Washington, DC
7:00PM	<b>O Street Steps (O,STEP,WC &amp;, 90)</b> SOME, Dining Hall, 71 O St. NW, Washington, DC
7:00PM	<b>One Step at a Time (O,STEP,TRAD,VM, 90)</b> Zoom ID: 727 6810 6047; P/C: 349943, Washington, DC
7:00PM	<b>Regardless Of Sexual Identity (C,VM, 90)</b> Zoom ID: 452 943 0512; P/C: 205542, Washington, DC
7:00PM	<b>Yellow Brick Road (O,VM, 60)</b> Zoom ID: 821 9026 0549; No P/C, Washington, DC
8:00PM	<b>Help Somebody (O,BEG,VM, 90)</b> Zoom ID: 893 0884 8140; P/C: 787123, Washington, DC

#### Dulles Corridor Area

NOON	<b>Noon Meeting (O,VM, 60)</b> Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
7:30PM	<b>Just For Today (O,CAN,WC &amp;,SPAD, 60)</b> Community Lutheran Church, 21014 Whitfield Pl, Sterling, VA
8:00PM	<b>I'm Somebody (O,VM, 60)</b> Zoom ID: 449 215 767; P/C: 703, Herndon, 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
7:00PM	<b>Aging In Recovery (O,DISC,VM, 90)</b> Zoom ID: 824 005 5286; P/C: recovery, Washington, DC
7:00PM	<b>Jump Start to Recovery (, 90)</b> 880 Eastern Ave NE, Washington, DC

#### Frederick Area

NOON	<b>Noon Group (O, 60)</b> Grace United Church, 25 E 2nd St., Frederick, MD Limited capacity
7:00PM	<b>Friday Night Lights (IP,STEP,TRAD,WC &amp;, 60)</b> Zion Lutheran Church, Parking around back. Door on side and remains locked. Need to knock, 107 W Main St, Middletown, MD
7:30PM	<b>We Do Recover (O,TOP, 60)</b> Frederick Church of Christ, 1305 N Market St, Frederick, MD The last Friday of the month is a speaker meeting.

#### 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 Hybrid M-Th; Virtual only on Friday

THURSDAY (CONT)	
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>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
<b>Dulles Corridor Area</b>	
NOON	<b>Noon Meeting (O,VM, 60)</b> Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
7:00PM	<b>Keyhole To Recovery (O,STEP,LIT, 75)</b> Galilee Church, 45425 Winding Rd, Sterling, VA
7:30PM	<b>Out of the Dark (O,DISC, 60)</b> A New Beginning, located in the gym, 4213 Walney Road, Chantilly, VA
<b>East of the River Area</b>	
6:30PM	<b>Emergency Room to Life (O,WC &amp;,LIT, 90)</b> 1600 Morris Rd SE, Washington, DC
6:30PM	<b>Under New Management (C,STEP,TRAD,VM,LIT, 60)</b> Zoom ID: 997 824 3262; No P/C, Washington, DC
6:30PM	<b>Up from Under (DISC, 90)</b> 6056 Old Central Ave, Capitol Heights, MD
<b>Frederick Area</b>	
NOON	<b>Noon Group (O, 60)</b> Grace United Church, 25 E 2nd St., Frederick, MD Limited capacity
7:00PM	<b>Inner City (O,STEP,WC &amp;, 60)</b> Community Action Agency, 100 S. Market St, Frederick, MD
7:00PM	<b>Sisters in Serenity (W,HY, 60)</b> Zoom ID: 813 9599 1987; No P/C, Staley Park, 11 West Tenth St., Frederick, MD
7:30PM	<b>Off the Beaten Path (O, 60)</b> St. James Episcopal Church, - Around back, 1307 N Main St., Mount Airy, MD
7:30PM	<b>Thursday Night Candlelight (O, 60)</b> St Joseph's Church (the old church), 5843 Manor Woods Rd, Frederick, MD
<b>Montgomery Area</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
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,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
7:30PM	<b>Serenity in the Park (O,BEG,SPK,SWG,STEP,TRAD,LIT, 90)</b> Mt Calvary Baptist Church, 608 N Horners Ln., Rockville, MD
7:30PM	<b>She Do Recover (O,DISC,W,VM, 60)</b> Zoom ID: 829 2967 3668; P/C: 8675309, Gaithersburg, MD
8:00PM	<b>Crossroads (O,VM, 60)</b> Zoom ID: 551 384 252; P/C: 297348, Gaithersburg, MD
8:00PM	<b>Making A Difference (O,WC &amp;, 60)</b> Silver Spring Christian Reformed Church, 1501 Arcola Ave., Silver Spring, MD
8:00PM	<b>Stepping Free (O,STEP, 60)</b> Fairhaven UMC, 12801 Darnestown Rd., Gaithersburg, MD
<b>Norvana Area</b>	
6:30PM	<b>Spiritual Pause (C,SPAD, 60)</b> Lord of Life Lutheran Church, Park and enter in the back of the church, 5114 Twinbrook Rd, Fairfax, VA
7:30PM	<b>Old Time Recovery (C,WC &amp;, 60)</b> Langston-Brown Community Center, 2121 N. Culpeper St, Arlington, VA
8:00PM	<b>So Happy It's Thursday (O, 60)</b> Bush Hill Presbyterian Church, 4916 Franconia Road, Alexandria, 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
5:30PM	<b>Whole Lava Love (O,VM, 60)</b> Zoom ID: 835 0459 8692; P/C: choirloft; Phone: 301-715-8592; Phone P/C: 074664516, Washington, DC
6:00PM	<b>Open Doors (O,STEP, 60)</b> St. Martin's Church, 1908 North Capitol St. NW, Washington, DC
6:30PM	<b>Living Our Literature (O,STEP,TRAD,LIT,HY, 75)</b> Zoom ID: 889 6372 8561; P/C: 3636ga, The Festival Center, Park behind building at 2612 Mozart Place (disregard no parking/towing signs), 1640 Columbia Rd. NW, Washington, DC
7:00PM	<b>Meeting on the Avenue (O, 60)</b> Wesley UMC, Library on lower level; plz use the Jenifer Street entrance, 5312 Connecticut Ave. NW, Washington, DC
8:30PM	<b>Men's Rap (C,M, 60)</b> West Side Club, 1341 Wisconsin Ave. NW, Washington, DC
<b>South Potomac Area</b>	
7:00PM	<b>Restored To Sanity (O,BEG,STEP, 90)</b> Good Samaritan Mission Church, 4409 Arnold Rd., Suitland, MD
7:00PM	<b>Steps to Life (O, 90)</b> Oxon Hill UMC, 6400 Livingston Road, Oxon Hill, MD
<b>The Virtual Ties That Bind Us Together Area</b>	
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,O,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

TUESDAY (CONT)	
10:00AM	<b>We Still Need Help Group (C,VAR,SPK,VM, 90)</b> Zoom 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
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
6:30PM	<b>Freedom To Change (O, 60)</b> St Martin's Church, 1908 N Capitol St. NW, Washington, DC
6:30PM	<b>Steps to the Courthouse (C,STEP,VM, 90)</b> Zoom ID: 994 490 7494; No P/C, Washington, DC
7:00PM	<b>The Last Shall Be First (C,STEP,TRAD, 90)</b> The Harold J. Gordon Bldg., 124 15th St. SE, Washington, DC
<b>Dulles Corridor Area</b>	
NOON	<b>Noon Meeting (O,VM, 60)</b> Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
7:30PM	<b>Living Clean (O,DISC,LIT,LC, 60)</b> Loudoun Serenity House, Main Level, 29 N King St, Leesburg, VA
8:00PM	<b>New Attitudes (O,WC &amp;, 60)</b> Sterling UMC (side building), 304 E. Church Rd., Sterling, VA
<b>Frederick Area</b>	
NOON	<b>Noon Group (O, 60)</b> Grace United Church, 25 E 2nd St., Frederick, MD
5:30PM	<b>Rush Hour Recovery (O,DISC,WC &amp;,LIT, 60)</b> Jefferson UMC, 3882 Jefferson Pike, Jefferson, MD
7:00PM	<b>Vision of Hope (O,VAR, 60)</b> All Saints Episcopal Church, 106 W Church St, Frederick, MD Limited capacity
<b>Montgomery Area</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
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,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
6:00PM	<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
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
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
8:00PM	<b>Carrying the Message (O,VM, 60)</b> Zoom ID: 862 2444 3740; P/C: NArocks, Gaithersburg, MD
<b>Norvana Area</b>	
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
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
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
7:00PM	<b>Choose Life (O, 60)</b> Christ Crossman UMC, 384 N Washington St, Falls Church, VA
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
8:00PM	<b>Comfort Zone (O,WC &amp;,VM, 60)</b> Zoom ID: 929 625 3168; P/C: 658318, Falls Church, VA
8:00PM	<b>Just for Tonight (O,JFT, 60)</b> Bush Hill Presbyterian Church, 4916 Franconia Road, Alexandria, 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
5:30PM	<b>Write to Recover (DISC,STEP,VM,WR, 60)</b> 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	<b>Stepping Out of Trouble into Study (SWG,VM, 90)</b> Zoom ID: 880-6299-5493; P/C: sotis, Washington, DC
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
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
8:30PM	<b>Dupont Circle NA (O, 60)</b> Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC
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
<b>South Potomac Area</b>	
7:15PM	<b>Keep Coming Back (O,SPAD, 90)</b> Capitol Allentown Baptist Church, 7911 Allentown Road, Fort Washington, MD
<b>The Virtual Ties That Bind Us Together Area</b>	
8:30AM	<b>Early Just For Today Check-in (C,JFT,VM, 90)</b> Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC

TUESDAY (CONT)	
10:00AM	<b>Just For Today (C,O,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 (IP,VAR,STEP,TRAD,VM,LC, 60)</b> Zoom ID: 892 2381 6673; P/C: Free, Washington, DC
5:00PM	<b>Rush Hour (C,DISC,SPK,VM, 90)</b> Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC
8:00PM	<b>Living Life on Life's Terms (C,VM, 60)</b> 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>Recovery (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 UUC, @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, 60)</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

#### Duiles Corridor Area

7:00AM	<b>The Early Cup of Recovery (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 (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
7:00PM	<b>Aging In Recovery (O,DISC,VM, 90)</b> Zoom ID: 824 005 5286; P/C: recovery, Washington, DC
7:00PM	<b>From the Streets to the Seats (C,STEP,TRAD,QA,LIT, 90)</b> St. Francis Xavier Church, 2815 O St SE, Washington, DC

#### Frederick Area

NOON	<b>Noon Group (O, 60)</b> Grace United Church, 25 E 2nd St., Frederick, MD Limited capacity
7:00PM	<b>Exact Nature Men's Rap (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,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
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

WEDNESDAY (CONT)	
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
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>Women Do Recover (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
--------	---

#### 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,O,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. Meeting will start 1/8/25, 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>Power 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,WC &amp;, 60)</b> Trinity Lutheran Church, 46707 Shangri La Dr., Lexington Park, MD

#### THURSDAY

#### Battlefield Area

NOON	<b>Recovery (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