

# CHESAPEAKE & POTOMAC REGION OF NA



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

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

**<http://www.cprna.org>**

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



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## MEETING LIST BY CITY 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

#### Alexandria

10:00AM **NA in Delray (O,WC &,HY, 90)**, Zoom ID: 873 4446 3412; P/C: 1991, Department of Community & Human Services (DCHS) Conference Center, 1st Floor, 4850 Mark Center Dr., Alexandria, VA, Norvana Area,

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

#### Ashburn

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

#### Bethesda

7:30PM **The Alternative (O,CAN,DISC,SPK,HY, 60)**, Zoom ID: 114 114 644 P/C: 016821, Trinity Lutheran Church, 11200 Old Georgetown Rd., Bethesda, MD, Montgomery Area,

#### California

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

#### Capitol Heights

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

6:30PM **Up from Down Under (O,DISC, 90)**, 6056 Old Central Ave, Capitol Heights, MD, East of the River Area,

**Chevy Chase**

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

**College Park**

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

**Columbia**

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

**District Heights**

10:00AM **Easy Like Sunday Morning 2 [Phoneline] (O,DISC,PH,VM, 90)**, Phone#: 605-313-4221; Phone P/C: 3074093, District Heights, MD, This meeting is a phone line meeting only., Central Maryland Area,

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

**Falls Church**

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

**Frederick**

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

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

**Gaithersburg**

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

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

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

**Germantown**

6:00PM **Let it Shine (Women's Meeting) (C,W,LIT, 60)**, Zoom ID 208 618 1867, Mother Seton Parish, Meeting in the basement; take stairs left of sanctuary, 19951 Father Hurley Blvd., Germantown, MD, Montgomery Area,

**Greenbelt**

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

**Herndon**

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

**Huntingtown**

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

**Hyattsville**

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

**Manassas**

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

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

**Pomfret**

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

**Reston**

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

**Rockville**

8:00AM **Squeaky Clean (O,DISC,HY, 60)**, Zoom ID: 828 8288 3957; No P/C, AISH Learning Center, 11418 Old Georgetown Rd, Rockville, MD, Montgomery Area,

**Savage**

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

**Silver Spring**

5:00PM **NA in the Galaxy (O,DISC,WC &, 75)**, The Galaxy Apartments, - 2nd Floor, Rm L2. FREE parking in the back!, 8025 13th St., Silver Spring, MD, Montgomery Area,

**Temple Hills**

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

**Washington**

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

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

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

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

10:30AM **I Can't, We Can (C,JFT,STEP,WC &, 85)**, Luther Place Memorial Church, 1226 Vermont Avenue, NW, Washington, DC, District of Columbia Area,

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

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

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

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

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

7:00PM **Clean On The Hill (C, 60)**, Capitol Hill UMC, The entry door is on Seward Square SE. Please don't use the 5th ST Entrance, 421 Seward Square SE, Washington, DC, Rock Creek Area,

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

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

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

10:30PM **Faith & Sanity (O, 90)**, St John CME Church, 2801 Stanton Rd SE, Washington, DC, District of Columbia Area,

**Woodbridge**

7:00PM **Living In The Solution (O,VAR,SPK,STEP,VM, 75)**, Zoom ID: 568 046 8023; P/C: 121212, Woodbridge, VA, Norvana Area,

**MONDAY****Alexandria**

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

**Arlington**

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, Norvana Area,

## Callaway

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

## Capitol Heights

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

## District Heights

7:00PM **That Tired Old Lie (O,STEP,TRAD, 90)**, Second Baptist Church, 5501 Silver Hill Rd, District Heights, MD, South Potomac Area,

## Fairfax

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

## Falls Church

7:00PM **Miracles on Broad Street (O,WC &,HY, 60)**, Zoom ID 962 211 7089; P/C: 169422, Falls Church Presbyterian Church, 225 E Broad St., Falls Church, VA, Zoom participations are unable to share except in the Chat., Norvana Area,

## Frederick

NOON **Noon Group (O, 60)**, Sol Yoga, 256 W Patrick St., Frederick, MD, Limited capacity, Frederick Area,

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

8:00PM **Back To Basics (O,IW,WC &, 60)**, Staley Park, 11 W 10th Street, Frederick, MD, formerly called Late But Straight, Frederick Area,

## Gainesville

8:00PM **Learning How To Live (O,BEG,DISC,VAR,LIT, 60)**, Gainesville Presbyterian Church, Meeting is downstairs to the right, 16127 Lee Highway, Gainesville, VA, Battlefield Area,

## Gaithersburg

6:00PM **Béisbol (Persona, Dios, Sociedad, Servicio) (O,ES,JFT,LIT,HY, 60)**, Zoom ID: 831 7185 1799; P/C: 152608, Emory Grove UM Church, 8200 Emory Grove Rd., Gaithersburg, MD, Montgomery Area,

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

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

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

## Greenbelt

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

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

## Herndon

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

## Laurel

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

## Leesburg

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

## Manassas

NOON **High Noon (O,BEG,CH,DISC,JFT,WC &, 60)**, 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, Battlefield Area,

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

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

## Montgomery Village

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

NOON **Freedom in the Village (O,WC &,HY, 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD, Montgomery Area,

## Rockville

7:00PM **Illness in Recovery (O,Y, 60)**, Millian Memorial UMC, Closed when MoCo Schools are closed (for inclement weather) 13016 Parkland Dr., Rockville, MD, Montgomery Area,

## Silver Spring

NOON **NA at Noon (O,JFT,VM, 60)**, Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD, Montgomery Area,

6:00PM **Steps at Glenmont (O,DISC,IP,STEP,TRAD, 60)**, Glenmont UMC, Enter thru Education Building, Room 209, 12901 Georgia Ave., Silver Spring, MD, Montgomery Area,

7:00PM **Monday Miracles (O,BEG,STEP, 75)**, Silver Spring United Methodist Church, 8900 Georgia Ave., Silver Spring, MD, Montgomery Area,

## Sterling

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

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

## Waldorf

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

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

## Washington

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

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

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

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

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

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

NOON **New Hope (O,DISC, 90)**, St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1908 N Capitol St. NW, Washington, DC, District of Columbia Area,

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

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

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

3:30PM **Spiritually Connected (O,VM,SPAD, 60)**, Zoom ID: 892 2381 6673; P/C: Free, Washington, DC, The Virtual Ties That Bind Us Together Area,

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

6:00PM **1-12 Step (O,STEP, 90)**, Mt Moriah (except holidays) 1636 E Capitol St. NE, Washington, DC, East of the River Area,

6:30PM **Redlight Recovery (O, 90)**, Walker Memorial Baptist Church, 2020 13th St. NW, Washington, DC, District of Columbia Area,

6:30PM **Southwest Serenity (C,CH,STEP, 60)**, Carron Baptist Church, We are meeting on holidays, 1354 1st Street SW, Washington, DC, Rock Creek Area,

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

7:00PM **Monday Night Step Meeting (C,LIT, 90)**, St. Lukes Church, 4925 E. Capitol St. NE, Washington, DC, East of the River Area,

**MONDAY (CONT)**

7:30PM **Living Proof (O, 60)**, 4201 Albemarle St. NW, Washington, DC, Rock Creek Area,  
 8:00PM **Living Life on Life's Terms (C,DISC,STEP,VM, 90)**, Zoom ID: 438 348 3469; P/C: 121525, Washington, DC, The Virtual Ties That Bind Us Together Area,  
 8:00PM **Monday Miracles Virtual (O,BEG,STEP,VM, 90)**, Zoom ID: 717 680 837; P/C: 428066, Washington, DC, The Virtual Ties That Bind Us Together Area,

**Woodbridge**

8:00PM **Step Over the Hump (O,STEP,TRAD,WC &,NP, 75)**, Good Shepherd Lutheran Church, Entrance - In Rear, 15695 Blackburn Road, Woodbridge, VA, Norvana Area,

**TUESDAY****Alexandria**

7:00PM **NA in LA (O,WC &,HY, 90)**, Zoom ID: 533 129 809; P/C: NALA, Lee Center, 1108 Jefferson St, Alexandria, VA, Norvana Area,  
 8:00PM **Just for Tonight (O,JFT, 60)**, Bush Hill Presbyterian Church, 4916 Franconia Road, Alexandria, VA, Norvana Area,

**Chevy Chase**

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, Rock Creek Area,

**Falls Church**

7:00PM **Choose Life (O, 60)**, Christ Crossman UMC, 384 N Washington St, Falls Church, VA, Norvana Area,  
 8:00PM **Comfort Zone (O,VM, 60)**, Zoom ID: 929 625 3168; P/C: 658318, Falls Church, VA, Norvana Area,

**Fort Washington**

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

**Frederick**

NOON **Noon Group (O, 60)**, Sol Yoga, 256 W Patrick St., Frederick, MD, Frederick Area,  
 7:00PM **Vision of Hope (O,VAR, 60)**, Frederick Community Action Agency, 100 S Market Street, Frederick, MD, Limited capacity, Frederick Area,

**Gaithersburg**

7:30PM **All About Change (O,DISC,WC &, 60)**, Seneca Creek Community Church, - Please use front entrance, 13 Firstfield Rd., Gaithersburg, MD, Montgomery Area,  
 8:00PM **Carrying the Message (O,VM, 60)**, Zoom ID: 862 2444 3740; P/C: NArocks, Gaithersburg, MD, Montgomery Area,

**Glenarden**

7:00PM **Firm Believers (O,WC &, 90)**, Glenarden Town Hall (1st Flr.) 8600 Glenarden Pkwy, Glenarden, MD, Central Maryland Area,

**Greenbelt**

10:00AM **Ladies in Recovery (C,JFT,SPK,W,VM, 60)**, Zoom ID: 803 826 655; No P/C, Greenbelt, MD, Central Maryland Area,  
 7:00PM **Women Living Clean (C,DISC,SPK,W,VM,LIT, 90)**, Zoom ID: 876 8758 1084; P/C: 766458, Greenbelt, MD, Central Maryland Area,  
 7:30PM **AWOL (O,BT,DISC,IW,JFT,STEP,TRAD,WC &, 60)**, Greenbelt Step Club, 143 Centerway Rd., Greenbelt, MD, Central Maryland Area,

**Herndon**

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

**Jefferson**

5:30PM **Rush Hour Recovery (O,DISC,WC &,LIT, 60)**, Jefferson UMC, 3882 Jefferson Pike, Jefferson, MD, Frederick Area,

**La Plata**

7:30PM **Off Campus Recovery (O,WC &, 60)**, First Baptist Church of La Plata, 9070 Hawthorne Rd., La Plata, MD, Tri-County Area,

**Laurel**

7:00PM **Just Relationships (O,WC &, 75)**, Laurel Municipal Pool, 901 Main St, Laurel, MD, Central Maryland Area,  
 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, Central Maryland Area,

**Leesburg**

7:30PM **Living Clean (O,DISC,LIT,LC, 60)**, Loudoun Serenity House, Main Level, 29 N King St, Leesburg, VA, Dulles Corridor Area,

**Leonardtown**

7:00PM **Living Clean (O,WC &, 60)**, St Paul's UM Church, Classroom #8, 25550 Point Lookout Rd., Leonardtown, MD, Tri-County Area,

**Lusby**

7:30PM **Lusby Recovery (O, 60)**, South Community Center, 20 Appeal Ln., Lusby, MD, Tri-County Area,

**Manassas**

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

**Montgomery Village**

7:30AM **Freedom in the Village (O,DISC,JFT,VM, 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD, Montgomery Area,  
 NOON **Freedom in the Village (O,WC &,HY, 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD, Montgomery Area,

**Rockville**

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, Montgomery Area,

**Silver Spring**

NOON **NA at Noon (O,JFT,VM, 60)**, Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD, Montgomery Area,  
 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, Montgomery Area,

**Sterling**

8:00PM **New Attitudes (O,WC &, 60)**, Sterling UMC (side building) 304 E. Church Rd., Sterling, VA, Dulles Corridor Area,

**Waldorf**

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

**Washington**

8:30AM **Early Just For Today Check-in (C,JFT,VM, 90)**, Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC, The Virtual Ties That Bind Us Together Area,  
 8:30AM **Let Go and Let God I (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC, District of Columbia Area,  
 10:00AM **Just For Today (C,JFT,VM, 90)**, Zoom ID: 858 2487 7564; P/C: Love, Washington, DC, The Virtual Ties That Bind Us Together Area,  
 10:00AM **We Still Need Help Group (C,VAR,SPK,VM, 90)**, Zoom ID: 785 1315 770; P/C: 1234, Washington, DC, District of Columbia Area,  
 NOON **Midday Meditations and Miracles (O, 60)**, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC, Rock Creek Area,  
 NOON **New Hope (O,DISC, 90)**, St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1908 N Capitol St. NW, Washington, DC, District of Columbia Area,  
 NOON **Noon Time is the Right Time (C,DISC,VM, 90)**, Zoom ID: 932 959 7603; P/C: 1962, Washington, DC, The Virtual Ties That Bind Us Together Area,

**TUESDAY (CONT)**

- 1:30PM **Let Go and Let God II (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC, District of Columbia Area,  
 2:00PM **Steppin' into The Afternoon (C,STEP,VM, 90)**, Zoom ID: 785 963 7766; P/C: 1953, Washington, DC, The Virtual Ties That Bind Us Together Area,  
 3:30PM **Spiritually Connected (O,VAR,STEP,VM,LIT, 60)**, Zoom ID: 892 2381 6673; P/C: Free, Washington, DC, The Virtual Ties That Bind Us Together Area,  
 5:00PM **Rush Hour (C,DISC,SPK,VM, 90)**, Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC, The Virtual Ties That Bind Us Together Area,  
 5:00PM **The One Promise Group (O,DISC,WC &, 90)**, CCONV, Parking & entrance in back at E Street Alley, 425 2nd St. NW, Washington, DC, District of Columbia Area,  
 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, Rock Creek Area,  
 6:30PM **Freedom To Change (O, 60)**, St Martin's Church, 1908 N Capitol St. NW, Washington, DC, District of Columbia Area,  
 6:30PM **Steps to the Courthouse (C,STEP,VM, 90)**, Zoom ID: 994 490 7494; No P/C, Washington, DC, District of Columbia Area,  
 7:00PM **Stepping Out of Trouble into Study (O,SWG,VM,SPAD, 90)**, Zoom ID: 880-6299-5493; P/C: sotis, Washington, DC, Rock Creek Area,  
 7:00PM **The Last Shall Be First (C,STEP,TRAD, 90)**, The Harold J. Gordon Bldg., 124 15th St. SE, Washington, DC, District of Columbia Area,  
 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, Rock Creek Area,  
 8:00PM **Living Life on Life's Terms (C,VM, 60)**, Zoom ID: 438 348 3469; P/C: 121525, Washington, DC, The Virtual Ties That Bind Us Together Area,  
 8:30PM **Dupont Circle NA (O, 60)**, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC, Rock Creek Area,  
 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, Rock Creek Area,

**Woodbridge**

- NOON **High Noon II (O,WC &,SPAD, 60)**, Ferlazzo Building, 2nd Floor - Dottie Bell Conference Room, 15941 Donald Curtis Dr., Woodbridge, VA, Norvana Area,

**WEDNESDAY****Alexandria**

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

**Arlington**

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

**Bethesda**

- 7:00PM **Fresh Air (O,BT,STEP,TRAD,WC &, 60)**, Cedar Lane UUC, - The Chalice House (use upper parking lot) 9601 Cedar Ln., Bethesda, MD, Montgomery Area,

**Falls Church**

- NOON **One Noon at a Time (O,DISC,IP,JFT,SPK, 60)**, Unity Club, 116 W Broad St., Falls Church, VA, Norvana Area,  
 7:00PM **Plan B (O, 75)**, Unity Club, Rm R3, 116-B W Broad St, Falls Church, VA, Norvana Area,

**Fort Washington**

- 7:00PM **Bright Hope Group (O,STEP,TRAD,LIT,LC, 75)**, Carolina Baptist Church, 9901 Allentown Rd, Fort Washington, MD, South Potomac Area,

**Frederick**

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

**Gaithersburg**

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

**Glenarden**

- 7:00PM **New Wave (O,STEP,TRAD,WC &, 90)**, Glenarden City Hall, Downstairs, 8600 Glenarden Parkway, Glenarden, MD, Central Maryland Area,

**Greenbelt**

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

**Herndon**

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

**Laurel**

- 7:00PM **STAR (O, 75)**, First UMC (5th St) 424 Main St, Laurel, MD, Central Maryland Area,

**Leesburg**

- 7:00PM **Young People's NA Meeting (O,DISC,Y, 60)**, Loudon Serenity House, Upstairs room, 29 N King St, Leesburg, VA, Dulles Corridor Area,

**Lexington Park**

- 7:30PM **Life Support (O, 60)**, Trinity Lutheran Church, 46707 Shangri La Dr., Lexington Park, MD, Tri-County Area,

**Manassas**

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

**McLean**

- 6:30PM **NA Farsi (O,PER,HY, 60)**, Zoom ID: 822 6895 7935; P/C: 267059; This meeting is ONLY spoken in FARSI, St Dunstan's Episcopal Church, 1830 Kirby Rd., McLean, VA, Norvana Area,

**Montgomery Village**

- 7:30AM **Freedom in the Village (O,DISC,VM,LIT, 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD, Montgomery Area,  
 NOON **Freedom in the Village (O,WC &,HY, 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD, Montgomery Area,  
 7:30PM **Never Alone (O,CAN,WC &,LIT, 75)**, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD, Montgomery Area,

**Rockville**

- 7:30PM **Wednesday's Willingness (O,HY, 90)**, Zoom ID: 800 990 800; P/C: 016212, Rockville Courthouse, - Lower Level, 30 Courthouse Square G-1, Rockville, MD, Montgomery Area,

**Savage**

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

## Silver Spring

- NOON **NA at Noon (O,JFT,VM, 60)**, Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD, Montgomery Area,  
7:30PM **People's Recovery (O,WC &,HY, 60)**, Zoom ID: 878 0419 2075; P/C: 659058, The Episcopal Church of the Transfiguration, 13925 New Hampshire Ave., Silver Spring, MD, Montgomery Area,

## Springfield

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

## Sterling

- 7:00AM **The Early Cup of Recovery (O,DISC,VM, 60)**, Zoom ID: 893 6775 9854; P/C: 946130, Sterling, VA, Dulles Corridor Area,  
5:30PM **No Matter What (O,VM,LC, 60)**, Zoom ID: 795 467 25226; P/C: jmDcW0 (last digit is zero), Sterling, VA, Dulles Corridor Area,  
8:00PM **We Made It! (O,DISC,WC &, 60)**, St. Matthew's Episcopal Church, 201 E. Frederick Dr., Sterling, VA, Dulles Corridor Area,

## Sunderland

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

## Waldorf

- NOON **Midweek Miracles (O,JFT,WC &,SPAD, 60)**, Room: Village Lounge, The Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD, Tri-County Area,  
7:00PM **Positive Alternative (O,WC &, 60)**, Good Samaritan Church (Near Rt 5 N/Billingsley Rd.) 13025 Good Samaritan Dr., Waldorf, MD, Tri-County Area,

## Washington

- 8:30AM **Early Just For Today Check-in (C,JFT,VM, 90)**, Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC, The Virtual Ties That Bind Us Together Area,  
8:30AM **Let Go and Let God I (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC, District of Columbia Area,  
10:00AM **Fresh Start (O,DISC, 90)**, St. Lukes Church, 4925 E Capitol St. NE, Washington, DC, East of the River Area,  
10:00AM **Just For Today (C,JFT,VM, 90)**, Zoom ID: 858 2487 7564; P/C: Love, Washington, DC, The Virtual Ties That Bind Us Together Area,  
10:00AM **We Still Need Help Group (C,VAR,SPK,VM, 90)**, Meeting ID: 785 1315 770; P/C: 1234, Washington, DC, District of Columbia Area,  
NOON **Midday Meditations and Miracles (O, 60)**, Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC, Rock Creek Area,  
NOON **New Hope (O,DISC, 90)**, St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1908 N Capitol St. NW, Washington, DC, District of Columbia Area,  
NOON **Noon Time is the Right Time (C,DISC,VM, 90)**, Zoom ID: 932 959 7603; P/C: 1962, Washington, DC, The Virtual Ties That Bind Us Together Area,  
1:30PM **Let Go and Let God II (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC, District of Columbia Area,  
2:00PM **Steppin' Into The Afternoon (C,STEP,VM, 90)**, Zoom ID: 785 963 7766; P/C: 1953, Washington, DC, The Virtual Ties That Bind Us Together Area,  
5:00PM **Rush Hour (C,DISC,VM, 90)**, Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC, The Virtual Ties That Bind Us Together Area,  
6:00PM **The How Group (O,BEG,IP,IW,M,STEP, 90)**, Ambassador Baptist Church, 1412 Minnesota Ave. SE, Washington, DC, East of the River Area,  
6:30PM **From the Streets to the Seats (C,STEP,TRAD,QA,LIT, 90)**, St. Francis Xavier Church, 2815 O St SE, Washington, DC, East of the River Area,  
7:00PM **Aging In Recovery (O,DISC,VM, 90)**, Zoom ID: 824 005 5286; P/C: recovery, Washington, DC, East of the River Area,  
7:00PM **SW Freeway (C,WC &, 60)**, Westminster Presbyterian Church, Ground Level, 400 I St. SW, Washington, DC, Rock Creek Area,  
7:00PM **Ultimate Weapons (C,STEP,TW,CPT,VM,LIT, 90)**, Zoom ID: 516 993 416; No P/C, Washington, DC, District of Columbia Area,  
8:00PM **Living Life on Life's Terms (C,DISC,STEP,VM, 90)**, Zoom ID: 438 348 3469; P/C: 121525, Washington, DC, The Virtual Ties That Bind Us Together Area,  
8:00PM **Step Up (C,DISC,ME,VM,LIT, 60)**, Zoom ID: 818 8913 0099; P/C: 165124, Washington, DC, Rock Creek Area,  
8:00PM **Wednesday Night Men's Rap (Keeping it Real) (O,M,VM, 60)**, Zoom ID: 871 4546 0605; P/C: 556828, Washington, DC, The Virtual Ties That Bind Us Together Area,  
8:30PM **Conscious Contact Beginners (O,WC &, 60)**, Wesley UMC, Meeting is Upstairs; use Connecticut Ave entrance, 5312 Connecticut Ave. NW, Washington, DC, Rock Creek Area,  
9:00PM **Miracle of Women (C,BEG,DISC,W,VM, 90)**, Zoom ID: 917 1964 217; P/C 1908, Washington, DC, District of Columbia Area,

## Woodbridge

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

## THURSDAY

## Alexandria

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

## Arlington

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

## Bowie

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

## Capitol Heights

- 6:30PM **Up from Down Under (O,DISC, 90)**, 6056 Old Central Ave, Capitol Heights, MD, East of the River Area,

## Chantilly

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

## Chaptico

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

## Fairfax

- 6:30PM **Spiritual Pause (C,SPAD, 60)**, Lord of Life Lutheran Church, Park and enter in the back of the church, 5114 Twinbrook Rd, Fairfax, VA, Norvana Area,

## Frederick

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

## Gaithersburg

- 8:00PM **Crossroads (O,VM, 60)**, Zoom ID: 551 384 252; P/C: 297348, Gaithersburg, MD, Montgomery Area,  
8:00PM **Stepping Free (O,STEP, 60)**, Fairhaven UMC, 12801 Darnestown Rd., Gaithersburg, MD, Montgomery Area,

## Greenbelt

- 10:00AM **Ladies in Recovery (C,JFT,SPK,W,VM, 60)**, Zoom ID: 803 826 655; No P/C, Greenbelt, MD, Central Maryland Area,  
7:00PM **Gateway to Recovery (O,STEP,TRAD,VM, 90)**, Zoom ID: 395 553 318; P/C: 1957, Greenbelt, MD, Central Maryland Area,

## Herndon

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

## Laurel

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

## Lexington Park

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

**Manassas**

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

**Montgomery Village**

7:30AM **Freedom in the Village (O,DISC,JFT,VM, 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD, Montgomery Area,  
 NOON **Freedom in the Village (O,WC &,HY, 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD, Montgomery Area,

**Mount Airy**

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

**Oxon Hill**

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

**Prince Frederick**

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

**Rockville**

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

**Silver Spring**

NOON **NA at Noon (O,JFT,VM, 60)**, Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD, Montgomery Area,  
 7:00PM **Women Do Recover (O,W, 60)**, Glenmont UMC, 12901 Georgia Ave, Silver Spring, MD, Montgomery Area,  
 8:00PM **Making A Difference (O,WC &, 60)**, Silver Spring Christian Reformed Church, 1501 Arcola Ave., Silver Spring, MD, Montgomery Area,

**Sterling**

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

**Suitland**

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

**Waldorf**

NOON **12 at 12 (O,WC &, 60)**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD, Tri-County Area,  
 2:00PM **Men At Work (C,JFT,M,SPAD, 60)**, 85 High St., Ste. 1, Waldorf, MD, Tri-County Area,  
 7:00PM **More Alike Than Different (O,WC &, 60)**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD, Tri-County Area,

**Washington**

8:30AM **Early Just For Today Check-in (C,JFT,VM, 75)**, Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC, The Virtual Ties That Bind Us Together Area,  
 8:30AM **Let Go and Let God I (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC, District of Columbia Area,  
 10:00AM **Just For Today (C,JFT,VM, 90)**, Zoom ID: 858 2487 7564; P/C: Love, Washington, DC, The Virtual Ties That Bind Us Together Area,  
 10:00AM **We Still Need Help Group (C,VAR,SPK,VM, 90)**, Meeting ID: 785 1315 770 PW: 1234, Washington, DC, District of Columbia Area,  
 NOON **Midday Meditations and Miracles (O, 60)**, Dupont Circle Club, Above Mimosa Salon; Will not meet December 25 & January 1, 1623 Connecticut Ave. NW, Washington, DC, Rock Creek Area,  
 NOON **New Hope (O,DISC, 90)**, St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1908 N Capitol St. NW, Washington, DC, District of Columbia Area,  
 NOON **Noon Time is the Right Time (C,DISC,VM, 90)**, Zoom ID: 932 959 7603; P/C: 1962, Washington, DC, The Virtual Ties That Bind Us Together Area,  
 1:30PM **Let Go and Let God II (O,LIT, 75)**, Church of the First Born, 2451 Ainger Pl. SE, Washington, DC, District of Columbia Area,  
 2:00PM **Steppin' Into The Afternoon (C,STEP,VM, 90)**, Zoom ID: 785 963 7766; P/C: 1953, Washington, DC, The Virtual Ties That Bind Us Together Area,  
 5:00PM **Rush Hour (C,VM,LC, 90)**, Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC, The Virtual Ties That Bind Us Together Area,  
 5:30PM **Whole Lava Love (O,VM, 60)**, Zoom ID: 835 0459 8692; P/C: choirloft; Phone: 301-715-8592; Phone P/C: 074664516, Washington, DC, Rock Creek Area,  
 6:00PM **Open Door (C,LIT, 90)**, St. Martin's Church, 1908 North Capitol St. NW, Washington, DC, District of Columbia Area,  
 6:30PM **Emergency Room to Life (O,WC &,LIT, 90)**, 1600 Morris Rd SE, Washington, DC, East of the River Area,  
 6:30PM **Steps on the Hill (C,BEG,STEP,VM,LIT, 90)**, Zoom ID: 8459 681 9763; P/C: soth71, Washington, DC, District of Columbia Area,  
 6:30PM **Under New Management (C,STEP,TRAD,VM,LIT, 60)**, Zoom ID: 997 824 3262; No P/C, Washington, DC, East of the River Area,  
 7:00PM **Meeting on the Avenue (O, 60)**, Wesley UMC, Library on lower level; plz use the Jenifer Street entrance, 5312 Connecticut Ave. NW, Washington, DC, Rock Creek Area,  
 7:00PM **Stone Soul Recovery (O, 90)**, Plymouth Congregation Church, 5301 North Capitol St. NE, Washington, DC, District of Columbia Area,  
 8:00PM **Living Life on Life's Terms (C,DISC,STEP,VM, 90)**, Zoom ID: 438 348 3469; P/C: 121525, Washington, DC, The Virtual Ties That Bind Us Together Area,  
 8:30PM **Men's Rap (C,M, 60)**, West Side Club, 1341 Wisconsin Ave. NW, Washington, DC, Rock Creek Area,

**FRIDAY****Alexandria**

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

**Arlington**

7:00PM **NA for Life (O,WC &, 90)**, Langston Brown Center, 2121 N Culpeper St., Arlington, VA, Norvana Area,  
 7:30PM **Better Here Than There (O,JFT,VM,SPAD, 60)**, Zoom ID: 536 659 392; P/C: 842931, Arlington, VA, Norvana Area,

**Bethesda**

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

**Chesapeake Beach**

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

**Clinton**

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

**Columbia**

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

**Falls Church**

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

**Fort Washington**

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

**Frederick**

NOON **Noon Group (O, 60)**, Sol Yoga, 256 W Patrick St., Frederick, MD, Limited capacity, Frederick Area,  
 7:30PM **We Do Recover (O,TOP, 60)**, Frederick Church of Christ, 1305 N Market St, Frederick, MD, The last Friday of the month is a speaker meeting., Frederick Area,

**Gaithersburg**

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

**FRIDAY (CONT)**

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

**Greenbelt**

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

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

**Herndon**

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

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

**Kensington**

7:00PM **Older Toddlers (O,DISC,STEP,WC &, 60)**, Christ Episcopal Church, Enter from parking lot off Everett St. In basement, Parish Hall, 4001 Franklin St., Kensington, MD, Montgomery Area,

**Laurel**

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

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

**Leesburg**

7:45PM **Progress Not Perfection (O,JFT,ENG, 60)**, Serenity House, 29 N King St., Leesburg, VA, Dulles Corridor Area,

**Lexington Park**

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

9:30PM **Another Late Night (O,CAN,DISC,WC &,LIT, 60)**, 46940 S.Shangri-La Dr., Lexington Park, MD, Tri-County Area,

**Manassas**

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

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, Battlefield Area,

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, Battlefield Area,

**Middletown**

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, Frederick Area,

**Montgomery Village**

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

NOON **Freedom in the Village (O,WC &,HY, 60)**, Zoom ID: 823 5857 7621, P/C: 685408, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD, Montgomery Area,

**Savage**

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

**Silver Spring**

NOON **NA at Noon (O,JFT,VM, 60)**, Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD, Montgomery Area,

**Sterling**

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

**Waldorf**

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

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

**Washington**

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

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

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

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

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

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

NOON **New Hope (O,DISC, 90)**, St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1908 N Capitol St. NW, Washington, DC, District of Columbia Area,

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

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

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

3:30PM **Spiritually Connected (O,IW,VM, 60)**, Zoom ID: 892 2381 6673; P/C: Free, Washington, DC, The Virtual Ties That Bind Us Together Area,

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

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

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

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

7:00PM **Jump Start to Recovery (, 90)**, 880 Eastern Ave NE, Washington, DC, East of the River Area,

7:00PM **Lighthouse (O,STEP,TRAD,WC &, 75)**, Israel Methodist CME Church, 557 Randolph St. NW, Washington, DC, District of Columbia Area,

7:00PM **O Street Steps (O,STEP,WC &, 90)**, SOME, Dining Hall, 71 O St. NW, Washington, DC, District of Columbia Area,

7:00PM **One Step at a Time (O,STEP,TRAD,VM, 90)**, Zoom ID: 727 6810 6047; P/C: 349943, Washington, DC, District of Columbia Area,

7:00PM **Regardless Of Sexual Identity (C,VM, 90)**, Zoom ID: 550 925 8673; PC: friday, Washington, DC, District of Columbia Area,

7:00PM **Yellow Brick Road (O,VM, 60)**, Zoom ID: 821 9026 0549; No P/C, Washington, DC, District of Columbia Area,

7:30PM **Clean Works (O,DISC,LIT,HY, 60)**, Zoom ID: 858 0344 5434; P/C: easydoesit; Phone P/C: 8264201235, St Thomas' Parish, 3rd Floor, 1517 18th St. NW, Washington, DC, Rock Creek Area,

8:00PM **Help Somebody (O,BEG,VM, 90)**, Zoom ID: 893 0884 8140; P/C: 787123, Washington, DC, District of Columbia Area,

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

9:00PM **Recovery Alley (C,HY, 60)**, Zoom ID: 822 0563 4651; P/C: Homegroup, St Stephen's Church (corner of 16th & Newton) 1530 Newton St. NW, Washington, DC, Rock Creek Area,

9:00PM **Solo Por Hoy (O,ES,LIT,HY, 60)**, Zoom ID: 232 505 167; P/C: 7611, St. Stephens of the Incarnation, In Sanctuary, 1525 Newton St NW, Washington, DC, Rock Creek Area,

10:00PM **Late Nite Friday Nite (O,DISC,JFT,WC &, 75)**, St Alban's Church, 3001 Wisconsin Ave. NW, Washington, DC, Rock Creek Area,

**West Springfield**

7:15PM **Church Basement Recovery (O, 75)**, Kirkwood Presbyterian Church, 8336 Carrleigh Pkwy, West Springfield, VA, Norvana Area,

**Woodbridge**7:00PM **Women Of Woodbridge - W.O.W. (O,VAR,W,VM, 60)**, Zoom ID: 568 046 8023; P/C: 121212, Woodbridge, VA, Norvana Area,**SATURDAY****Alexandria**NOON **Just Living (O,JFT,WC &,LC, 90)**, Department of Community & Human Services (DCHS) Conference Center, 1st Floor, 4850 Mark Center Dr., Alexandria, VA, Norvana Area,6:00PM **Welcome Home (O,LIT, 60)**, Bush Hill Presbyterian Church, 4916 Franconia Rd, Alexandria, VA, Norvana Area,**Beltsville**5:00PM **Fear to Faith (O,WC &, 60)**, Emmanuel UMC, 11416 Cedar Ln., Beltsville, MD, Central Maryland Area,**Bethesda**6:30PM **Every Step Counts (O,STEP,WC &, 60)**, Cedar Lane UUC, - The Chalice House (use upper parking lot) 9601 Cedar Ln., Bethesda, MD, Montgomery Area,**Bowie**8:30PM **Tracks to Recovery (O,DISC,WC &, 60)**, Unity Place, 8610 Railroad Ave., Bowie, MD, Central Maryland Area,**Chantilly**7:30PM **Keep It Real (O, 60)**, A New Beginning, 4213 Walney Rd., Chantilly, VA, Dulles Corridor Area,**Chesapeake Beach**10:00AM **Healthy Relationships (O,CH,DISC,WC &, 90)**, Northeast Community Center, 4075 Gordon Stinnett Ave., Chesapeake Beach, MD, Tri-County Area,6:00PM **Stick and Stay (O,VAR,SPK,TOP,WC &, 60)**, Northeast Community Center, 4075 Gordon Stinnett Ave, Chesapeake Beach, MD, Tri-County Area,**Frederick**10:00AM **Kickin' It Raw (O,M,VM, 90)**, Zoom ID: 9853773041; P/C: MANUP., Frederick, MD, Frederick Area,NOON **Noon Group (O, 60)**, Sol Yoga, 256 W Patrick St., Frederick, MD, Limited capacity, Frederick Area,8:00PM **Saturday Night Special (O,WC &, 60)**, Good Shepherd Lutheran Church, 1415 W 7th St., Frederick, MD, Frederick Area,**Gaithersburg**11:00AM **Share On Saturday (O,VM, 60)**, Zoom ID: 879 3942 8041; P/C: basicext, Gaithersburg, MD, Montgomery Area,4:00PM **Good Stuff (O,VM, 60)**, Zoom ID: 812 8137 9871; P/C: GoodStuff, Gaithersburg, MD, Montgomery Area,6:00PM **Fresh Start (O,WC &,LIT, 75)**, Prince of Peace Church, 11900 Darnestown Rd., Gaithersburg, MD, Montgomery Area,7:00PM **Saturday Night Living Clean (O,LIT,LC, 60)**, The Freedom Center, - Enter on side of building, 202 Pery Pkwy. Ste. #5, Gaithersburg, MD, Read from Living Clean, Montgomery Area,7:30PM **Off the Beaten Path 2 (O,VM, 60)**, Zoom ID: 862 2444 3740; P/C: NArocks, Gaithersburg, MD, Montgomery Area,**Greenbelt**10:00AM **Ladies in Recovery (C,JFT,SPK,W,VM, 60)**, Zoom ID: 803 826 655; No P/C, Greenbelt, MD, Central Maryland Area,7:00PM **Gut Bucket (O,VM, 60)**, Zoom ID: 973-466-3601; P/C 875711, Greenbelt, MD, Central Maryland Area,**Herndon**NOON **Noon Meeting (O,VM, 60)**, Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA, Dulles Corridor Area,**Hyattsville**NOON **Just for Today (O,WC &, 60)**, The 180 Club, 4318 Hamilton Ave, Hyattsville, MD, Central Maryland Area,**Laurel**7:00PM **HOW Group (O,DISC,WC &, 60)**, St Mary's School, 106 St. Mary's Place, Laurel, MD, Central Maryland Area,**Leonardtwn**7:00PM **It's A We Thing (O,WC &, 75)**, St Paul's UMC, Brubecker Hall, 25550 Point Lookout Rd., Leonardtown, MD, Tri-County Area,**Manassas**NOON **Nooner Meeting (O,DISC,JFT,VM, 60)**, Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA, Battlefield Area,7:00PM **Destination Hope (O,SPK, 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, Battlefield Area,**Silver Spring**NOON **Free Yourself (O,DISC,JFT,WC &, 60)**, Woodside UMC, - Enter in Back. Door Code: 82911, 8900 Georgia Ave., Silver Spring, MD, Montgomery Area,NOON **Progress Not Perfection (O,DISC,WC &, 60)**, Progress Place, Parking is limited., 8106 Georgia Ave., Room 205, Silver Spring, MD, Montgomery Area,7:00PM **Speakeasy (O,DISC,VAR, 90)**, Woodside UMC, 8900 Georgia Ave., Silver Spring, MD, Montgomery Area,**Springfield**6:45PM **Free Yourself (O,WC &,HY, 75)**, Zoom ID: 962 211 7089; P/C: 169422, Independence Club, 7043 Wimsatt Rd., Springfield, VA, Norvana Area,**Sterling**10:00AM **Rainbow Llama (O,LIT, 60)**, Galilee Methodist Church, 45425 Winding Rd., Sterling, VA, Dulles Corridor Area,7:00PM **Empieza Aqui (Start Here) (O,ES, 60)**, St. Matthew's Episcopal Church (in the trailers behind the church) 201 E. Frederick Dr., Sterling, VA, Dulles Corridor Area,7:00PM **Literally Speaking (O, 60)**, St Matthew's Episcopal Church (right side room of trailer) 201 E. Frederick Dr., Sterling, VA, Dulles Corridor Area,8:30PM **Saturday Night Live (O,WC &, 60)**, St Matthew's Episcopal Church (trailer) 201 E Frederick Dr., Sterling, VA, Dulles Corridor Area,**Temple Hills**NOON **Keep It Simple (O,WC &,LIT, 90)**, St. Barnabas Episcopal Church, 5203 Saint Barnabas Rd, Temple Hills, MD, South Potomac Area,**Waldorf**NOON **Women In Recovery (O,W,WC &, 60)**, Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD, Tri-County Area,2:00PM **Men At Work (C,JFT,M,WC &,SPAD, 60)**, Great Escape Recovery Lounge, 85 High St., Ste. 1, Waldorf, MD, Tri-County Area,7:00PM **Making Miracles (O,DISC,WC &, 90)**, Good Shepherd Church, 305 Smallwood Dr., Waldorf, MD, Tri-County Area,10:00PM **Candlelight (O,SPK,WC &, 60)**, Good Shepherd Church, 305 Smallwod Dr., Waldorf, MD, Tri-County Area,**Washington**7:00AM **Saturday Morning Relief (O,VM, 90)**, Zoom ID: 913 0361 8898; P/C: saturday, Washington, DC, Rock Creek Area,8:30AM **Early Just For Today Check-in (C,JFT,VM, 90)**, Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC, The Virtual Ties That Bind Us Together Area,9:00AM **Roll Up Your Sleeves (O,TRAD,CPT,HY, 90)**, Zoom ID: 557 493 6316, Passcode: 1953, 2409 Ainger Pl SE, Washington, DC, East of the River Area,9:30AM **Women With A Purpose (C,IP,JFT,STEP,TRAD,W,VM,LC, 90)**, Zoom ID: 979-1044-9558, Washington, DC, The Virtual Ties That Bind Us Together Area,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, The Virtual Ties That Bind Us Together Area,10:30AM **Come Clean to Stay Clean (O, 90)**, Emmanuel Baptist Church, 2409 Ainger Pl. SE, Washington, DC, District of Columbia Area,11:30AM **Men Under Construction (C,DISC,M,WC &, 90)**, Cedar Hill Hospital, 1200 Pecan Street SE, Washington, DC, District of Columbia Area,

## SATURDAY (CONT)

11:30AM	<b>Saturday Morning Women's Rap (C,VAR,W,VM, 90)</b> , Zoom ID: 473 645 8102; P/C: Women2021, Washington, DC, District of Columbia Area,
NOON	<b>Mount Olivet Recovery (O,DISC,WC &amp;, 90)</b> , Mount Olivet Church, 1306 Vermont Ave NW, Washington, DC, District of Columbia Area,
NOON	<b>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, District of Columbia Area,
NOON	<b>Women's Step and Tradition (C,STEP,TRAD,W,VM, 90)</b> , Zoom ID: 874 6272 9053; P/C: 632923, Washington, DC, District of Columbia Area,
1:30PM	<b>All Inclusive Group (O, 90)</b> , 938 Rhode Island Ave. NE, Washington, DC, District of Columbia Area,
2:00PM	<b>Steppin' Into The Afternoon (C,STEP,VM, 90)</b> , Zoom ID: 785 963 7766; P/C: 1953, Washington, DC, The Virtual Ties That Bind Us Together Area,
2:00PM	<b>Unbreakable Women (O,W,WC &amp;,LIT, 90)</b> , 2451 Ainger Place SE, Washington, DC, East of the River Area,
2:00PM	<b>Where Healing Takes Place (C,DISC,SPK,VM, 90)</b> , Zoom ID: 404 510 8699 P/C: GODcares00, Washington, DC, The Virtual Ties That Bind Us Together Area,
6:00PM	<b>The Uptown Group (O, 90)</b> , 1908 North Capitol St. NW, Washington, DC, District of Columbia Area,
7:00PM	<b>818 Miracles (O,STEP,TRAD,VM, 90)</b> , Zoom ID: 731-1498-4304; P/C: 818, Washington, DC, East of the River Area,
7:00PM	<b>Illness In Recovery (O,DISC,VM, 90)</b> , Meeting ID: 655 991 9437; PWC: saturday, Washington, DC, District of Columbia Area,
7:00PM	<b>Where Healing Takes Place (C,DISC,SPK,VM, 120)</b> , Zoom ID: 404 510 8699 P/C: GODcares00, Washington, DC, The Virtual Ties That Bind Us Together Area,
7:30PM	<b>Hope Fiends (O,CAN,HY, 60)</b> , Zoom ID: 292 549 9011; P/C: hope, Triangle Club, 1638 R St. NW #120, Washington, DC, Rock Creek Area,
8:00PM	<b>Gift of Life (O,STEP,TRAD,WC &amp;,HY, 90)</b> , Zoom ID: 511 626 4561; P/C: 1908, St. Martin's Church, 1908 N Capitol St. NW, Washington, DC, District of Columbia Area,
8:00PM	<b>Living Life on Life's Terms (C,O,DISC,STEP,VM, 90)</b> , Zoom ID: 438 348 3469; P/C: 121525, Washington, DC, The Virtual Ties That Bind Us Together Area,
8:05PM	<b>Beachcombers Electric Coffee Test Pure Spiritual Progress Underground NA Group (C,BT,DISC,WC &amp;, 60)</b> , St Alban's Church, 3001 Wisconsin Ave. NW, Washington, DC, Rock Creek Area,
9:00PM	<b>Miracle of Women (C,BEG,DISC,W,VM, 90)</b> , Zoom ID: 917 1964 217; P/C 1908, Washington, DC, District of Columbia Area,
<b>Woodbridge</b>	
NOON	<b>Stepping Together (O,BEG,JFT, 75)</b> , St. Paul UMC, Side entrance down the hill, 1400 G St, Woodbridge, VA, Norvana Area,

## CONTACT US!

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

PO Box 8160 \* Silver Spring, MD 20907

**24/7 Phonenumber: 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**