

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



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MEETING LIST BY CITY 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

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

SUNDAY (CONT)

California

7:30PM **Basket Case (O, 60)**, Patuxent Presbyterian Church, 23421 Kingston 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 Under (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)**, 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 (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 (DISC,JFT,STEP,TRAD,WC &, 60)**, University Christian Church, 6800 Adelphi Rd, Hyattsville, MD, Central Maryland Area

Manassas

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

7:00PM **Living In The Solution (O,VAR,SPK,STEP,WC &,HY, 75)**, Zoom ID: 568 046 8023; P/C: 121212 Immanuel Anglican Church, 7075 Hoadly Rd, Manassas, VA, Norvana 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 (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 (, 90)**, St John CME Church, 2801 Stanton Rd SE, Washington, DC, District of Columbia Area

MONDAY

Alexandria	
7:00PM	In The Heart Of (O, 90) , Charles Houston Recreation Center, 901 Wythe St, Alexandria, VA, Norvana Area
Arlington	
7:00PM	Covid Soldiers (O, 90) , Arlington Assembly of God, 4501 N. Pershing Dr., Arlington, VA, Norvana Area
7:30PM	Bring Your Stepwork (C,STEP, 60) , 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., 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, Norvana Area
Frederick	
NOON	Noon Group (O, 60) , Grace United Church, 25 E 2nd 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) , Frederick Community Action (Soup Kitchen), 100 S Market St, 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 (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, 7987 Ashton Ave., Manassas, VA, Battlefield Area
NOON	Recovery (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,WC &,HY, 60) , 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, 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 (BEG,STEP, 75) , Montgomery Hills Baptist Church, 9727 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,O,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

MONDAY (CONT)	
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 (VAR,VM,LIT, 60) , Zoon ID: 892 2381 6673; P/C: Free Washington, DC, The Virtual Ties That Bind Us Together Area
5:00PM	Rush Hour (C,DISC,Pi,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 (LIT, 90) , St. Lukes Church, 4925 E. Capitol St. NE, Washington, DC, East of the River Area
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 (BEG,STEP,VM, 90) , Zoom ID: 717 680 837; P/C: 428066 Washington, DC, The Virtual Ties That Bind Us Together Area
8:05PM	Beachcombers, Too (C,BT,DISC,VM, 60) , Zoom ID: 643 733 6181; P/C: 805805 Washington, DC, Rock Creek 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
Annandale	
6:30PM	The Basics Group (O,BT, 60) , Annandale UMC, Door #2. Turn left down the hallway. Last room on the left., 6935 Columbia Pike, Annandale, 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,WC &,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) , Grace United Church, 25 E 2nd St., Frederick, MD, Frederick Area
7:00PM	Vision of Hope (O,VAR, 60) , All Saints Episcopal Church, 106 W Church St, 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	Recoviderly (O,DISC,JFT,VM, 60) , Zoom ID: 962 211 7089; P/C: 169422 Manassas, VA, Battlefield Area
8:00PM	Just For Today (O,CW,JFT,STEP,VM, 60) , Zoom ID: 962 211 7089; P/C: 169422 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,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

TUESDAY (CONT)

Silver Spring

NOON	NA at Noon (O,JFT,WC &,HY, 60) , 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, 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
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Waldorf

NOON	Hope in the Woods (O,WC &, 60) , Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD, Tri-County Area
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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,O,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
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 (IP,VAR,STEP,TRAD,VM,LC, 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 (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 (SWG,VM, 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 (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) , Ferllazo Building, 2nd Floor - Dottie Bell Conference Room, 15941 Donald Curtis Dr., Woodbridge, VA, Norvana Area
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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
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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
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Frederick

NOON	Noon Group (O, 60) , Grace United Church, 25 E 2nd St., Frederick, MD, Limited capacity, Frederick Area
7:00PM	Exact Nature Men's Rap (DISC,M, 60) , Frederick Club, 205B Bucheimer 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
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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
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Herndon

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

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

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

Manassas

NOON	Recovery (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 UUC, @Church St. Entrance, downstairs. Door autolocks @8:45. Latecomers tap on window., 9350 Main St., Manassas, VA, Battlefield 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
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Savage

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

NOON	NA at Noon (O,JFT,WC &,HY, 60) , 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, 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 (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
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Sterling

7:00AM	The Early Cup of Recovery (DISC,VM, 60) , Zoom ID: 893 6775 9854; P/C: 946130 Sterling, VA, Dulles Corridor Area
5:30PM	No Matter What (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
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Waldorf

NOON	Midweek Miracles (O,JFT,WC &,SPAD, 60) , Room: Village Lounge. Meeting will start 1/8/25, 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,O,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
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	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	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, 60) , 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
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THURSDAY

Alexandria

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

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

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

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

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

Frederick

NOON	Noon Group (O, 60) , Grace United Church, 25 E 2nd 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 (W,HY, 60) , Zoom ID: 813 9599 1987; No P/C Staley Park, 11 West Tenth 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

7:30PM	She Do Recover (O,DISC,W,VM, 60) , Zoom ID: 829 2967 3668; P/C: 8675309 Gaithersburg, MD, Montgomery Area
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
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Laurel

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

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

NOON	Recovery (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
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Oxon Hill

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

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

NOON	NA at Noon (O,JFT,WC &,HY, 60) , 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, 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
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Suitland

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

NOON	12 at 12 (O,WC &, 60) , Great Escape Recovery Lounge, 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, 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,O,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, 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 Doors (O,STEP, 60) , St. Martin's Church, 1908 North Capitol St. NW, Washington, DC, Rock Creek Area
6:30PM	Emergency Room to Life (O,WC &,LIT, 90) , 1600 Morris Rd SE, Washington, DC, East of the River Area
6:30PM	Living Our Literature (O,STEP,TRAD,LIT,HY, 75) , 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, Rock Creek 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
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FRIDAY (CONT)

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)**, Grace United Church, 25 E 2nd 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
 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

Lexington Park

- 7:05PM **7:07 (O, 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 &,OE,LIT, 60)**, Good Samaritan Lutheran Church, 20850 Langley Rd., Lexington Park, MD, Tri-County Area

Manassas

- NOON **Recovery (O,DISC,JFT,VM, 60)**, Zoom ID: 962 211 7089; P/C: 169422 Manassas, VA, Battlefield Area
 6:30PM **Gimmee Shelter (O,DISC,IW,JFT, 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 UUC, 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 (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, Hybrid M-Th; Virtual only on Friday, Montgomery Area
 3:30PM **Progress Not Perfection (O,DISC,WC &, 60)**, Progress Place, Parking is limited., 8106 Georgia Ave., Room 205, 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,O,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

FRIDAY (CONT)	
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: 452 943 0512; P/C: 205542 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 Carleigh Pkwy, West Springfield, VA, Norvana Area
Woodbridge	
7:00PM	Women Of Woodbridge - W.O.W. (O,VAR,W,WC &,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 (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) , Grace United Church, 25 E 2nd 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: basictext Gaithersburg, MD, Montgomery Area
4:00PM	Good Stuff (O,VM, 60) , Zoom ID: 882 8490 9775; P/C: 717012 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 Perry 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,WC &,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
Leonardtown	
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
Lusby	
2:00PM	Public Relations Subcommittee (O,WC &,ENG,HY, 180) , ID: 822 3481 5906 PASS: 121212 4th Saturday monthly, 20 Appeal Ln., Lusby, Md., Tri-County Area
Manassas	
NOON	Recoviderly (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

SATURDAY (CONT)

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	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
7:00PM	Making Miracles (O,DISC,WC &, 90) , Good Shepherd Church, 305 Smallwood Dr., Waldorf, MD, Tri-County Area
10:00PM	Candlelight (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: 897 4991 1386; 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	Better Way (O,PH,VM, 60) , Phone #: 425-436-6351; Phone P/C: 344456# Washington, DC, District of Columbia Area
9:00AM	Roll Up Your Sleeves (TRAD,CPT, 90) , 2409 Ainger Pl SE, Washington, District of Columbia, East of the River 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 (O,DISC,M,WC &, 90) , United Medical Center, 1310 Southern Ave. SE, Washington, DC, District of Columbia Area
11:30AM	Saturday Morning Women's Rap (C,VAR,W,VM, 90) , Zoom ID: 473 645 8102; P/C: Women2021 Washington, DC, District of Columbia Area
NOON	Mount Olivet Recovery (O,DISC,WC &, 90) , Mount Olivet Church, 1306 Vermont Ave NW, Washington, DC, District of Columbia Area
NOON	Women's Step and Tradition (C,STEP,TRAD,W,VM, 90) , Zoom ID: 874 6272 9053; P/C: 632923 Washington, DC, District of Columbia Area
1:30PM	All Inclusive Group (O, 90) , 938 Rhode Island Ave. NE, 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
2:00PM	Unbreakable Women (O,W,WC &,LIT, 90) , 15 49th St NE, Washington, DC, East of the River 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
6:00PM	The Uptown Group (O, 90) , 1908 North Capitol St. NW, Washington, DC, District of Columbia Area
7:00PM	818 Miracles (O,STEP,TRAD,VM, 90) , Zoom ID: 731 1498 4304; P/C: 818 Washington, DC, East of the River Area
7:00PM	Illness In Recovery (O,DISC,VM, 60) , Zoom ID: 970 781 8525; P/C: 1HMZCm Washington, DC, District of Columbia Area
7:30PM	Hope Fiends (O,CAN,HY, 60) , Zoom ID: 292 549 9011; P/C: hope Triangle Club, 1638 R St. NW #120, Washington, DC, Rock Creek Area
8:00PM	Gift of Life (O,STEP,TRAD,WC &,HY, 90) , 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	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
8:05PM	Beachcombers Electric Coffee Test Pure Spiritual Progress Underground NA Group (C,BT,DISC,WC &, 60) , St Alban's Church, 3001 Wisconsin 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	
NOON	Stepping Together (BEG,JFT, 75) , 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 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