

SATURDAY (CONT)

- 2:00PM **Where Healing Takes Place (C,DISC,SPK,VM, 90)** Zoom ID: 404 510 8699 P/C: GODcares00, Washington, DC
- 6:00PM **The Uptown Group (O, 90)** 1908 North Capitol St. NW, Washington, DC
- 7:00PM **818 Miracles (O,STEP,TRAD,VM, 90)** Zoom ID: 731 1498 4304; P/C: 818, Washington, DC
- 7:00PM **Illness In Recovery (O,DISC,VM, 60)** Zoom ID: 970 781 8525; P/C: 1HMZCm, Washington, DC
- 7:00PM **Where Healing Takes Place (C,DISC,SPK,VM, 120)** Zoom ID: 404 510 8699 P/C: GODcares00, Washington, DC
- 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
- 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
- 8:00PM **Living Life on Life's Terms (C,O,DISC,STEP,VM, 90)** Zoom ID: 438 348 3469; P/C: 121525, Washington, DC
- 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
- 9:00PM **Miracle of Women (C,BEG,DISC,W,VM, 90)** Zoom ID: 917 1964 217; P/C 1908, Washington, DC

Woodbridge

- NOON **Stepping Together (BEG,JFT, 75)** St. Paul UMC, Side entrance down the hill, 1400 G St, Woodbridge, VA

CONTACT INFO

**Chesapeake & Potomac Region of
Narcotics Anonymous (CPRNA)**
PO Box 8160
Silver Spring, MD 20907

**Regional Service Committee
Meeting**

Meets every even month: Feb, Apr, Jun,
Aug, Oct, Dec
2nd Saturday of that month at 1:00 PM

24/7 Phoneline: 1-800-543-4670 <https://www.cprna.org> info@cprna.org
Not in the DMV? Go to <https://www.na.org>

CHESAPEAKE & POTOMAC REGION OF NA

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

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



Scan to go to website!

MEETING LIST BY CITY

JANUARY 2026

Meeting Format Legend

BEG	Beginners	BT	Basic Text
C	Closed	CAN	Candlelight
CH	Closed Holidays	CPT	12 Concepts
DISC	Discussion	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	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: **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, & 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
7:00PM	Another Look (O,WC &, 60) Franconia UMC, 6037 Franconia Rd., Alexandria, VA
Ashburn	
7:00PM	The Journey Continues (O,LIT, 60) St. David's Episcopal Church (Trailer), 43600 Russell Branch Parkway, Ashburn, VA
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
California	
7:30PM	Basket Case (O, 60) Patuxent Presbyterian Church, 23421 Kingston Creek Rd., California, MD
Capitol Heights	
7:00AM	Spiritually Speaking (C,VM,LIT, 90) Meeting ID: 202 999 2020 P/C: hope, Capitol Heights, MD
6:30PM	Up from Under (O,DISC, 90) 6056 Old Central Ave, Capitol Heights, MD
Chevy Chase	
6:00PM	Talking Heads (O,DISC,WC &, 60) Chevy Chase UMC, - Use parking lot entrance, 7001 Connecticut Ave., Chevy Chase, MD
College Park	
10:00AM	Breakfast Club (O,VAR,WC &, 60) 4912 Nantucket Rd., College Park, MD
Columbia	
11:00AM	Starting Over (O,VAR,WC &, 60) Serenity Center, 8650 Basket Ring Rd., Columbia, MD
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.
10:00AM	Easy Like Sunday Morning [In-Person] (O,DISC, 90) Municipal Center, 2000 Marbury Dr., District Heights, MD
Falls Church	
NOON	Just For Today (O, 75) Unity Club, 116 W Broad St., Falls Church, VA
Frederick	
11:30AM	Sunday Morning NA (O,JFT, 60) The Club, 205B Bucheimer Rd., Frederick, MD
6:30PM	Just For Today (C,SPK,STEP,TRAD, 75) Trinity UMC, 703 W Patrick St., Frederick, MD
Gaithersburg	
NOON	Progress in NA (O,STEP,TRAD,VM, 90) Zoom ID: 973 466 3601 P/C: 875711, Gaithersburg, MD
6:00PM	Topic of Cancer (O,VAR,VM, 60) Zoom ID: 861 6976 9680; P/C: TopicOC, Gaithersburg, MD
7:30PM	Today's Recovery (O,DISC,WC &, 60) Seneca Creek Community Church, 13 Firstfield Rd., Gaithersburg, MD
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
Greenbelt	
10:00AM	Virtual Breakfast Club (O,SPK,VM,LIT, 60) Zoom ID: 878 4829 2214; P/C: 4912Donuts, Greenbelt, MD
Herndon	
NOON	Noon Meeting (O,VM, 60) Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
Huntingtown	
7:30PM	Another Chance (O,WC &, 60) St Nicholas Lutheran Church, 1450 Plum Point Rd., Huntingtown, MD
Hyattsville	
7:00PM	Small Wonders (O,DISC,VAR,WC &, 60) University Christian Church, 6800 Adelphi Rd, Hyattsville, MD
Manassas	
NOON	Recovery (O,DISC,JFT,VM, 60) Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA

SATURDAY (CONT)	
Leonardtown	
7:00PM	It's A We Thing (O,WC &, 75) St Paul's UMC, Brubecker Hall, 25550 Point Lookout Rd., Leonardtown, MD
Manassas	
NOON	Recovery (O,DISC,JFT,VM, 60) Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
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
Silver Spring	
NOON	Free Yourself (O,DISC,JFT,WC &, 60) Woodside UMC, - Enter in Back. Door Code: 82911, 8900 Georgia Ave., Silver Spring, MD
NOON	Progress Not Perfection (O,DISC,WC &, 60) Progress Place, Parking is limited., 8106 Georgia Ave., Room 205, Silver Spring, MD
7:00PM	Speakeasy (O,DISC,VAR, 90) Woodside UMC, 8900 Georgia Ave., Silver Spring, MD
Springfield	
6:45PM	Free Yourself (O,WC &,HY, 75) Zoom ID: 962 211 7089; P/C: 169422, Independence Club, 7043 Wimsatt Rd, Springfield, VA
Sterling	
10:00AM	Rainbow Llama (O,LIT, 60) Galilee Methodist Church, 45425 Winding Rd., Sterling, VA
7:00PM	Empieza Aqui (Start Here) (ES,HY, 60) ZOOM ID: 862 6783 2338 / PASS: 121212, St. Matthew's Episcopal Church (in the trailers behind the church), 201 E. Frederick Dr., Sterling, VA
7:00PM	Literally Speaking (O, 60) St Matthew's Episcopal Church (right side room of trailer), 201 E. Frederick Dr., Sterling, VA
8:30PM	Saturday Night Live (O,WC &, 60) St Matthew's Episcopal Church (trailer), 201 E Frederick Dr., Sterling, VA
Temple Hills	
NOON	Keep It Simple (O,WC &,LIT, 90) St. Barnabas Episcopal Church, 5203 Saint Barnabas Rd, Temple Hills, MD
Waldorf	
NOON	Women In Recovery (O,W,WC &, 60) Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD
2:00PM	Men At Work (C,JFT,M,WC &,SPAD, 60) Great Escape Recovery Lounge, 85 High St., Ste. 1,, Waldorf, MD.
7:00PM	Making Miracles (O,DISC,WC &, 90) Good Shepherd Church, 305 Smallwood Dr., Waldorf, MD
10:00PM	Candlelight (SPK,WC &, 60) Good Shepherd Church, 305 Smallwod Dr., Waldorf, MD
Washington	
7:00AM	Saturday Morning Relief (O,VM, 90) Zoom ID: 913 0361 8898; P/C: saturday, Washington, DC
8:30AM	Early Just For Today Check-in (C,JFT,VM, 90) Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC
9:00AM	Better Way (O,PH,VM, 60) Phone #: 425-436-6351; Phone P/C: 344456#, Washington, DC
9:00AM	Roll Up Your Sleeves (O,TRAD,CPT, 90) 2409 Ainger Pl SE, Washington, DC
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
10:30AM	Come Clean to Stay Clean (O, 90) Emmanuel Baptist Church, 2409 Ainger Pl. SE, Washington, DC
11:30AM	Men Under Construction (C,DISC,M,WC &, 90) Cedar Hill Hospital, 1200 Pecan Street SE, Washington, DC
11:30AM	Saturday Morning Women's Rap (C,VAR,W,VM, 90) Zoom ID: 473 645 8102; P/C: Women2021, Washington, DC
NOON	Mount Olivet Recovery (O,DISC,WC &, 90) Mount Olivet Church, 1306 Vermont Ave NW, Washington, DC
NOON	Women's Step and Tradition (C,STEP,TRAD,W,VM, 90) Zoom ID: 874 6272 9053; P/C: 632923, Washington, DC
1:30PM	All Inclusive Group (O, 90) 938 Rhode Island Ave. NE, Washington, DC
2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) Zoom ID: 785 963 7766; P/C: 1953, Washington, DC
2:00PM	Unbreakable Women (O,W,WC &,LIT, 90) 15 49th St NE, Washington, DC

FRIDAY (CONT)	
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
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
10:00PM	Late Nite Friday Nite (O,DISC,JFT,WC &, 75) St Alban's Church, 3001 Wisconsin Ave. NW, Washington, DC
West Springfield	
7:15PM	Church Basement Recovery (O, 75) Kirkwood Presbyterian Church, 8336 Carrleigh Pkwy, West Springfield, VA
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
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
6:00PM	Welcome Home (O,LIT, 60) Bush Hill Presbyterian Church, 4916 Franconia Rd, Alexandria, VA
Beltsville	
5:00PM	Fear to Faith (O,WC &, 60) Emmanuel UMC, 11416 Cedar Ln., Beltsville, MD
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
Bowie	
8:30PM	Tracks to Recovery (O,DISC,WC &, 60) Unity Place, 8610 Railroad Ave., Bowie, MD
Chantilly	
7:30PM	Keep It Real (O, 60) A New Beginning, 4213 Walney Rd., Chantilly, VA
Chesapeake Beach	
10:00AM	Healthy Relationships (CH,DISC,WC &, 90) Northeast Community Center, 4075 Gordon Stinnett Ave., Chesapeake Beach, MD
6:00PM	Stick and Stay (O,VAR,SPK,TOP,WC &, 60) Northeast Community Center, 4075 Gordon Stinnett Ave, Chesapeake Beach, MD
Frederick	
10:00AM	Kickin' It Raw (O,M,VM, 90) Zoom ID: 9853773041; P/C: MANUP., Frederick, MD
NOON	Noon Group (O, 60) Grace United Church, 25 E 2nd St., Frederick, MD, Limited capacity
8:00PM	Saturday Night Special (O,WC &, 60) Good Shepherd Lutheran Church, 1415 W 7th St., Frederick, MD
Gaithersburg	
11:00AM	Share On Saturday (O,VM, 60) Zoom ID: 879 3942 8041; P/C: basictext, Gaithersburg, MD
4:00PM	Good Stuff (O,VM, 60) Zoom ID: 882 8490 9775; P/C: 717012, Gaithersburg, MD
6:00PM	Fresh Start (O,WC &,LIT, 75) Prince of Peace Church, 11900 Darnestown Rd., Gaithersburg, MD
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
7:30PM	Off the Beaten Path 2 (O,VM, 60) Zoom ID: 862 2444 3740; P/C: NARocks, Gaithersburg, MD
Greenbelt	
10:00AM	Ladies in Recovery (C,JFT,SPK,W,VM, 60) Zoom ID: 803 826 655; No P/C, Greenbelt, MD
7:00PM	Gut Bucket (O,WC &,VM, 60) Zoom ID: 973-466-3601; P/C 875711, Greenbelt, MD
Herndon	
NOON	Noon Meeting (O,VM, 60) Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
Hyattsville	
NOON	Just for Today (O,WC &, 60) The 180 Club, 4318 Hamilton Ave, Hyattsville, MD
Laurel	
7:00PM	HOW Group (O,DISC,WC &, 60) St Mary's School, 106 St. Mary's Place, Laurel, MD

SUNDAY (CONT)	
7:00PM	Sunday Funday (O,DISC,SPK,VM, 60) Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
Pomfret	
7:30PM	Stepping Into Traditions & Concepts (O, 75) St. Joseph's Church, 4590 St. Joseph Way, Pomfret, MD
Reston	
10:30AM	To Tell The Truth (O,WC &, 60) Community Center (Hunters Woods), Room 6, 2310 Colts Neck Rd., Reston, VA
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
Savage	
7:00PM	Savage Survivors (O,WC &, 60) Savage UMC, 9050 Baltimore St, Savage, MD
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
Temple Hills	
7:00PM	Closed Sunday (C,WC &, 90) Our Savior Lutheran Church, 4915 St. Barnabas Rd, Temple Hills, MD
Washington	
7:00AM	Open Door To Freedom (O,BEG,STEP, 90) Church of the Epiphany, 1317 G St NW, Washington, DC
8:30AM	Early Just For Today Check-in (C,JFT,VM, 90) Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC
9:00AM	Sunday Morning Spiritual (O,DISC,TRAD,VM, 60) Zoom ID: 812-2295-5124; P/C 774257, Washington, DC
10:30AM	10:30 Coffee Hour (O,DISC,WC &, 90) 5656A 3rd St. NE, Washington, DC
10:30AM	I Can't, We Can (C,JFT,STEP,WC &, 85) Luther Place Memorial Church, 1226 Vermont Avenue, NW, Washington, DC
11:00AM	Sunday Morning Steps & Traditions (O,VM, 60) Zoom ID: 893 1577 3534; P/C: 873274, Washington, DC
NOON	Midday Meditations and Miracles (O,DISC,JFT,ME, 60) Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC
2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) Zoom ID: 785 963 7766; P/C: 1953, Washington, DC
2:00PM	Where Healing Takes Place (C,DISC,SPK,VM, 90) Zoom ID: 404 510 8699; P/C: GODcares00, Washington, DC
5:30PM	Progressive Recovery (O,DISC,LIT, 60) Triangle Club, 1638 R St. NW #120, Washington, DC
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
7:00PM	Clean On The Screen (O,VM, 60) Zoom ID: 724 9574 1690; No P/C, Washington, DC
7:00PM	Sunday Night Spiritual Group (O, 90) St Mary's Church (Church Hall), 727 5th St. NW, Washington, DC
8:00PM	Living Life on Life's Terms (C,DISC,STEP,VM, 90) Zoom ID: 438 348 3469; P/C: 121525, Washington, DC
10:30PM	Faith & Sanity (O, 90) St John CME Church, 2801 Stanton Rd SE, Washington, DC
Woodbridge	
7:00PM	Living In The Solution (O,VAR,SPK,STEP,WC &,VM, 75) Zoom ID: 568 046 8023; P/C: 121212, Woodbridge, VA
MONDAY	
Alexandria	
7:00PM	In The Heart Of (O, 90) Charles Houston Recreation Center, 901 Wythe St, Alexandria, VA
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, 800 23rd St. S, Arlington, VA, Small room not suitable for treatment center groups.
Callaway	
7:00PM	Cover To Cover (O,WC &, 75) Callaway Baptist Church, 20960 Point Lookout Rd., Callaway, MD

MONDAY (CONT)	
Capitol Heights	
7:30PM	Monday Night Step (O,VM, 90) Zoom ID: 457 476 3595; P/C: MNS, Capitol Heights, MD
District Heights	
7:00PM	That Tired Old Lie (O,STEP,TRAD, 90) Second Baptist Church, 5501 Silver Hill Rd, District Heights, MD
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
Frederick	
NOON	Noon Group (O, 60) Grace United Church, 25 E 2nd St., Frederick, MD, Limited capacity
7:00PM	Monday Night Miracles by Candlelight (O,WC &,LIT, 60) Good Shepherd Lutheran Church, 1415 W 7th St., Frederick, MD
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
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
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
7:15PM	Step Working Addicts Group (O,DISC,IW,SWG,STEP,VM, 60) Zoom ID: 843 0163 1904; P/C: 12Steps, Gaithersburg, MD
8:00PM	Oasis (O,BEG,BT,STEP,LIT, 60) Prince of Peace Church, 11900 Darnestown Rd., Gaithersburg, MD
8:00PM	Stayin' Alive (O,STEP,VM, 60) Zoom ID: 862 2444 3740; P/C: NARocks, Gaithersburg, MD
Greenbelt	
10:00AM	Ladies in Recovery (C,JFT,SPK,W,VM, 60) Zoom ID: 803 826 655; No P/C, Greenbelt, MD
7:00PM	It Works: How and Why (C,WC &, 90) Holy Cross Lutheran Church, 6905 Greenbelt Rd, Greenbelt, MD
Herndon	
NOON	Noon Meeting (O,VM, 60) Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
Laurel	
7:30PM	Laurel Basics 1-2-3 (O, 60) Holy Trinity Lutheran Church, In the basement, 7607 Sandy Spring Rd, Laurel, MD
Leesburg	
7:00PM	Serenity Seekers (WC &, 60) Loudoun Club 12, 58 Sycolin Rd., SE, Leesburg, VA
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
NOON	Recovery (O,DISC,JFT,VM, 60) Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
8:30PM	Getting Centered (O,DISC,VM,LIT, 60) Zoom ID: 837 7972 7742; Password: 06011988, Manassas, VA
Montgomery Village	
7:30AM	Freedom in the Village (O,DISC,JFT,VM, 60) Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD
NOON	Freedom in the Village (O,WC &,HY, 60) Zoom ID: 823 5857 7621, P/C: 685408, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD
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
Silver Spring	
NOON	NA at Noon (O,JFT,VM, 60) Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD
6:00PM	Steps at Glenmont (O,DISC,IP,STEP,TRAD, 60) Glenmont UMC, Enter thru Education Builing, Room 209, 12901 Georgia Ave., Silver Spring, MD
7:00PM	Monday Miracles (BEG,STEP, 75) Montgomery Hills Baptist Church, 9727 Georgia Ave., Silver Spring, MD

FRIDAY (CONT)	
Montgomery Village	
7:30AM	Freedom in the Village (O,DISC,JFT,VM, 60) Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD
NOON	Freedom in the Village (O,WC &,HY, 60) Zoom ID: 823 5857 7621, P/C: 685408, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD
Savage	
8:30PM	Drawn Together (STEP,ME, 75) Savage UMC, 9050 Baltimore St., Savage, MD, Art and Meditation Meeting
Silver Spring	
NOON	NA at Noon (O,JFT,VM, 60) Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD
3:30PM	Progress Not Perfection (O,DISC,WC &, 60) Progress Place, Parking is limited., 8106 Georgia Ave., Room 205, Silver Spring, MD
Sterling	
7:30PM	Just For Today (O,CAN,WC &,SPAD, 60) Community Lutheran Church, 21014 Whitfield Pl, Sterling, VA
Waldorf	
NOON	Give Yourself A Break (O,JFT,VAR,SPK,STEP,TRAD, 60) Great Escape Recovery Lounge, 85 High St. Ste. 1, Waldorf, MD
7:30PM	Work 'Em Or Die (O,WC &, 75) Good Samaritan Presbyterian Church, 13025 Good Samaritan Dr., Waldorf, MD
Washington	
8:30AM	Early Just For Today Check-in (C,JFT,VM, 90) Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC
8:30AM	Let Go and Let God I (O,LIT, 75) Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
10:00AM	Fresh Start (O,DISC, 90) St. Lukes Church, 4925 E Capitol St. NE, Washington, DC
10:00AM	Just For Today (C,O,JFT,VM, 90) Zoom ID: 858 2487 7564; P/C: Love, Washington, DC
10:00AM	We Still Need Help Group (C,VAR,SPK,VM, 90) Meeting ID: 785 1315 770; P/C: 1234, Washington, DC
NOON	Midday Meditations and Miracles (O, 60) Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC
NOON	New Hope (O,DISC, 90) St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1908 N Capitol St. NW, Washington, DC
NOON	Noon Time is the Right Time (C,DISC,VM, 90) Zoom ID: 932 959 7603; P/C: 1962, Washington, DC
1:30PM	Let Go and Let God II (O,LIT, 75) Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) Zoom ID: 785 963 7766; P/C: 1953, Washington, DC
3:30PM	Spiritually Connected (IW,VM, 60) Zoom ID: 892 2381 6673; P/C: Free, Washington, DC
5:00PM	Rush Hour (C,DISC,VM, 90) Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC
5:00PM	The What Can I Do Group (O,WC &,LIT, 90) CCNV, Parking & entrance in back at E Street Alley, 425 2nd St. NW, Washington, DC
6:00PM	Where Healing Takes Place (C,DISC,SPK,VM, 90) Zoom ID: 404 510 8699 P/C: GODcares00, Washington, DC
7:00PM	Aging in Recovery (O,DISC,VM, 90) Zoom ID: 824 005 5286; P/C: recovery, Washington, DC
7:00PM	Jump Start to Recovery (, 90) 880 Eastern Ave NE, Washington, DC
7:00PM	Lighthouse (O,STEP,TRAD,WC &, 75) Israel Methodist CME Church, 557 Randolph St. NW, Washington, DC
7:00PM	O Street Steps (O,STEP,WC &, 90) SOME, Dining Hall, 71 O St. NW, Washington, DC
7:00PM	One Step at a Time (O,STEP,TRAD,VM, 90) Zoom ID: 727 6810 6047; P/C: 349943, Washington, DC
7:00PM	Regardless Of Sexual Identity (C,VM, 90) Zoom ID: 452 943 0512; P/C: 205542, Washington, DC
7:00PM	Yellow Brick Road (O,VM, 60) Zoom ID: 821 9026 0549; No P/C, Washington, DC
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
8:00PM	Help Somebody (O,BEG,VM, 90) Zoom ID: 893 0884 8140; P/C: 787123, Washington, DC
8:00PM	Living Life on Life's Terms (C,O,DISC,STEP,VM, 90) Zoom ID: 438 348 3469; P/C: 121525, Washington, DC

FRIDAY (CONT)	
Arlington	
7:00PM	NA for Life (O,WC &, 90) Langston Brown Center, 2121 N Culpeper St., Arlington, VA
7:30PM	Better Here Than There (O,JFT,VM,SPAD, 60) Zoom ID: 536 659 392; P/C: 842931, Arlington, VA
Bethesda	
8:30PM	Get Down (O,VM, 60) Zoom ID: 86570165126; P/C: getdown, Bethesda, MD
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
Clinton	
7:00PM	Women Do Recover (O,W,WC &,LIT, 90) Hope Lutheran Church, 6201 Coventry Way, Clinton, MD
Columbia	
9:00PM	Keep It Real (O, 75) Serenity Center, 9650 Basket Ring Rd, Columbia, MD
Falls Church	
7:00PM	Simplicity Is the Key (C,DISC,LIT, 60) Falls Church Presbyterian Church, 225 E Broad St., Falls Church, VA
Fort Washington	
7:30PM	Living the Program Men's Rap (O,M, 90) Bethany Christian Church, 7128 Allentown Rd, Fort Washington, MD
Frederick	
NOON	Noon Group (O, 60) Grace United Church, 25 E 2nd St., Frederick, MD, Limited capacity
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.
Gaithersburg	
7:30PM	Upcounty NA (O, 75) Emory Grove UMC, 8200 Emory Grove Rd., Gaithersburg, MD
8:00PM	Live and Let Live (O,LIT, 60) Fairhaven UMC, 12801 Darnestown Rd., Gaithersburg, MD
Greenbelt	
10:00AM	Ladies in Recovery (C,JFT,SPK,W,VM, 60) Zoom ID: 803 826 655; No P/C, Greenbelt, MD
7:00PM	Friday Nite Live (C,WC &, 75) Holy Cross Lutheran Church, 6905 Greenbelt Rd, Greenbelt, MD
Herndon	
NOON	Noon Meeting (O,VM, 60) Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
8:00PM	I'm Somebody (O,VM, 60) Zoom ID: 449 215 767; P/C: 703, Herndon, VA
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
Laurel	
7:00PM	Miracles on Main Street (O,WC &, 60) St. Philip's Episcopal Church, 522 Main St., Laurel, MD
7:30PM	Walk The Walk (O,WC &, 60) Our Savior Lutheran Church, 13611 Laurel-Bowie Rd, Laurel, MD
Lexington Park	
7:05PM	7:07 (O, 60) Trinity Lutheran Church (at S Essex), 46707 S Shangri La Dr., Lexington Park, MD
9:30PM	Another Late Night (O,CAN,DISC,WC &,OE,LIT, 60) 46940 S.Shangri-La Dr., Lexington Park, MD
Manassas	
NOON	Recovidery (O,DISC,JFT,VM, 60) Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
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
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
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

MONDAY (CONT)	
Springfield	
7:00PM	Cracker Box (O,WC &, 60) Independence Club (FOR 1/19 ONLY), 7043 Wimsatt Rd, Springfield, VA
Sterling	
6:30PM	Exact Nature Men's Meeting (O,M,WC &, 75) Riverside Presbyterian Church, 21631 Ridgetop Cir., Ste 100, Sterling, VA
8:00PM	Free To Live (O,WC &, 60) St. Matthew's Episcopal Church (Trailer), 201 E. Frederick Dr., Sterling, VA
Waldorf	
NOON	NA In the Day (O,WC &,LC, 60) Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD
7:00PM	Time To Change (O, 60) Lifestream Church of the Nazarene, 5105 Leonardtown Rd., Waldorf, MD, First Mon Literature, Last Monday JFT
Washington	
8:30AM	Early Just For Today Check-in (C,JFT,VM, 90) Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC
8:30AM	Let Go and Let God I (O,LIT, 75) Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
10:00AM	Fresh Start (O,DISC, 90) St. Lukes Church, 4925 E Capitol St. NE, Washington, DC
10:00AM	Just For Today (C,O,JFT,VM, 90) Zoom ID: 858 2487 7564; P/C: Love, Washington, DC
10:00AM	We Still Need Help Group (C,VAR,SPK,VM, 90) Meeting ID: 785 1315 770; P/C: 1234, Washington, DC
NOON	Midday Meditations and Miracles (O, 60) Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC
NOON	New Hope (O,DISC, 90) St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1908 N Capitol St. NW, Washington, DC
NOON	Noon Time is the Right Time (C,DISC,VM, 90) Zoom ID: 932 959 7603; P/C: 1962, Washington, DC
1:30PM	Let Go and Let God II (O,LIT, 75) Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) Zoom ID: 785 963 7766; P/C: 1953, Washington, DC
3:30PM	Spiritually Connected (VM,SPAD, 60) Zoon ID: 892 2381 6673; P/C: Free, Washington, DC
5:00PM	Rush Hour (C,DISC,VM,LIT, 90) Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC
6:00PM	1-12 Step (O,STEP, 90) Mt Moriah (except holidays), 1636 E Capitol St. NE, Washington, DC
6:30PM	Redlight Recovery (O, 90) Walker Memorial Baptist Church, 2020 13th St. NW, Washington, DC
6:30PM	Southwest Serenity (C,CH,STEP, 60) Carron Baptist Church, We are meeting on holidays, 1354 1st Street SW, Washington, DC
7:00PM	Aging In Recovery (O,DISC,VM, 90) Zoom ID: 824 005 5286; P/C: recovery, Washington, DC
7:00PM	Monday Night Step Meeting (LIT, 90) St. Lukes Church, 4925 E. Capitol St. NE, Washington, DC
7:30PM	Living Proof (O, 60) 4201 Albemarle St. NW, Washington, DC
8:00PM	Living Life on Life's Terms (C,DISC,STEP,VM, 90) Zoom ID: 438 348 3469; P/C: 121525, Washington, DC
8:00PM	Monday Miracles Virtual (BEG,STEP,VM, 90) Zoom ID: 717 680 837; P/C: 428066, Washington, DC
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
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
8:00PM	Just for Tonight (O,JFT, 60) Bush Hill Presbyterian Church, 4916 Franconia Road, Alexandria, VA
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

TUESDAY (CONT)	
Falls Church	
7:00PM	Choose Life (O, 60) Christ Crossman UMC, 384 N Washington St, Falls Church, VA
8:00PM	Comfort Zone (O,WC &,VM, 60) Zoom ID: 929 625 3168; P/C: 658318, Falls Church, VA
Fort Washington	
7:15PM	Keep Coming Back (O,SPAD, 90) Capitol Allentown Baptist Church, 7911 Allentown Road, Fort Washington, MD
Frederick	
NOON	Noon Group (O, 60) Grace United Church, 25 E 2nd St., Frederick, MD
7:00PM	Vision of Hope (O,VAR, 60) All Saints Episcopal Church, 106 W Church St, Frederick, MD, Limited capacity
Gaithersburg	
7:30PM	All About Change (O,DISC,WC &, 60) Seneca Creek Community Church, - Please use front entrance, 13 Firstfield Rd., Gaithersburg, MD
8:00PM	Carrying the Message (O,VM, 60) Zoom ID: 862 2444 3740; P/C: NARocks, Gaithersburg, MD
Glenarden	
7:00PM	Firm Believers (O,WC &, 90) Glenarden Town Hall (1st Flr.), 8600 Glenarden Pkwy, Glenarden, MD
Greenbelt	
10:00AM	Ladies in Recovery (C,JFT,SPK,W,VM, 60) Zoom ID: 803 826 655; No P/C, Greenbelt, MD
7:00PM	Women Living Clean (C,DISC,SPK,W,VM,LIT, 90) Zoom ID: 876 8758 1084; P/C: 766458, Greenbelt, MD
7:30PM	AWOL (O,BT,DISC,IW,JFT,STEP,TRAD,WC &, 60) Greenbelt Step Club, 143 Centerway Rd., Greenbelt, MD
Herndon	
NOON	Noon Meeting (O,VM, 60) Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
Jefferson	
5:30PM	Rush Hour Recovery (O,DISC,WC &,LIT, 60) Jefferson UMC, 3882 Jefferson Pike, Jefferson, MD
La Plata	
7:30PM	Off Campus Recovery (O,WC &, 60) First Baptist Church of La Plata, 9070 Hawthorne Rd., La Plata, MD
Laurel	
7:00PM	Just Relationships (O,WC &, 75) Laurel Municipal Pool, 901 Main St, Laurel, MD
7:30PM	Serenity on Sandy Spring (O,BT,DISC,SPK,STEP,TOP, 60) Holy Trinity Church, Meeting in Basement, 7607 Sandy Spring Road, Laurel, MD
Leesburg	
7:30PM	Living Clean (O,DISC,LIT,LC, 60) Loudoun Serenity House, Main Level, 29 N King St, Leesburg, VA
Leonardtown	
7:00PM	Living Clean (O,WC &, 60) St Paul's UM Church, Classroom #8, 25550 Point Lookout Rd., Leonardtown, MD
Lusby	
7:30PM	Lusby Recovery (O, 60) South Community Center, 20 Appeal Ln., Lusby, MD
Manassas	
NOON	Recovery (O,DISC,JFT,VM, 60) Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
8:00PM	Just For Today (O,JFT,STEP,VM, 60) Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
Montgomery Village	
7:30AM	Freedom in the Village (O,DISC,JFT,VM, 60) Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD
NOON	Freedom in the Village (O,WC &,HY, 60) Zoom ID: 823 5857 7621, P/C: 685408, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD
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
Silver Spring	
NOON	NA at Noon (O,JFT,VM, 60) Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD

THURSDAY (CONT)	
Prince Frederick	
7:00PM	Hope Fiends (O, 60) New Life Church, 3170 German Chapel Rd., Prince Frederick, MD
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
Silver Spring	
NOON	NA at Noon (O,JFT,VM, 60) Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD
8:00PM	Making A Difference (O,WC &, 60) Silver Spring Christian Reformed Church, 1501 Arcola Ave., Silver Spring, MD
Sterling	
7:00PM	Keyhole To Recovery (O,STEP,LIT, 75) Gailee Church, 45425 Winding Rd, Sterling, VA
Suitland	
7:00PM	Restored To Sanity (O,BEG,STEP, 90) Good Samaritan Mission Church, 4409 Arnold Rd., Suitland, MD
Waldorf	
NOON	12 at 12 (O,WC &, 60) Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD
7:00PM	More Alike Than Different (O,WC &, 60) Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD
Washington	
8:30AM	Early Just For Today Check-in (C,JFT,VM, 90) Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC
8:30AM	Let Go and Let God I (O,LIT, 75) Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
10:00AM	Just For Today (C,O,JFT,VM, 90) Zoom ID: 858 2487 7564; P/C: Love, Washington, DC
10:00AM	We Still Need Help Group (C,VAR,SPK,VM, 90) Meeting ID: 785 1315 770 PW: 1234, Washington, DC
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
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
NOON	Noon Time is the Right Time (C,DISC,VM, 90) Zoom ID: 932 959 7603; P/C: 1962, Washington, DC
1:30PM	Let Go and Let God II (O,LIT, 75) Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) Zoom ID: 785 963 7766; P/C: 1953, Washington, DC
5:00PM	Rush Hour (C,VM,LC, 90) Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC
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
6:00PM	Open Door (C,LIT, 90) St. Martin's Church, 1908 North Capitol St. NW, Washington, DC
6:30PM	Emergency Room to Life (O,WC &,LIT, 90) 1600 Morris Rd SE, Washington, DC
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
6:30PM	Steps on the Hill (C,BEG,STEP,VM,LIT, 90) Zoom ID: 8459 681 9763; P/C: soth71, Washington, DC
6:30PM	Under New Management (C,STEP,TRAD,VM,LIT, 60) Zoom ID: 997 824 3262; No P/C, Washington, DC
7:00PM	Meeting on the Avenue (O, 60) Wesley UMC, Library on lower level; plz use the Jenifer Street entrance, 5312 Connecticut Ave. NW, Washington, DC
7:00PM	Stone Soul Recovery (O, 90) Plymouth Congregation Church, 5301 North Capitol St. NE, Washington, DC
8:00PM	Living Life on Life's Terms (C,DISC,STEP,VM, 90) Zoom ID: 438 348 3469; P/C: 121525, Washington, DC
8:30PM	Men's Rap (C,M, 60) West Side Club, 1341 Wisconsin Ave. NW, Washington, DC
FRIDAY	
Alexandria	
7:00PM	Recovery on the South Side (O,WC &, 90) Lee Center, 1108 Jefferson St., Alexandria, VA

THURSDAY	
Alexandria	
8:00PM	So Happy It's Thursday (O, 60) Bush Hill Presbyterian Church, 4916 Franconia Road, Alexandria, VA
Arlington	
7:30PM	Old Time Recovery (C,CH,DISC,WC &, 60) Langston-Brown Community Center, 2121 N. Culpeper St, Arlington, VA
Bowie	
7:30PM	More Will Be Revealed (O, 75) Trinity Lutheran Church, 6600 Laurel-Bowie Rd, Bowie, MD
Capitol Heights	
6:30PM	Up from Under (DISC, 90) 6056 Old Central Ave, Capitol Heights, MD
Chantilly	
7:30PM	Out of the Dark (O,DISC, 60) A New Beginning, located in the gym, 4213 Walney Road, Chantilly, VA
Chaptico	
7:30PM	Chaptico Under The Stars (O, 60) Christ Episcopal Church, 37497 Zach Fowler Rd., Chaptico, MD
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
Frederick	
NOON	Noon Group (O, 60) Grace United Church, 25 E 2nd St., Frederick, MD, Limited capacity
7:00PM	Inner City (O,STEP,WC &, 60) Community Action Agency, 100 S. Market St, Frederick, MD
7:00PM	Sisters in Serenity (W,HY, 60) Zoom ID: 813 9599 1987; No P/C, Staley Park, 11 West Tenth St., Frederick, MD
7:30PM	Thursday Night Candlelight (O, 60) St Joseph's Church (the old church), 5843 Manor Woods Rd, Frederick, MD
Gaithersburg	
7:30PM	She Do Recover (O,DISC,W,VM, 60) Zoom ID: 829 2967 3668; P/C: 8675309, Gaithersburg, MD
8:00PM	Crossroads (O,VM, 60) Zoom ID: 551 384 252; P/C: 297348, Gaithersburg, MD
8:00PM	Stepping Free (O,STEP, 60) Fairhaven UMC, 12801 Darnestown Rd., Gaithersburg, MD
Greenbelt	
10:00AM	Ladies in Recovery (C,JFT,SPK,W,VM, 60) Zoom ID: 803 826 655; No P/C, Greenbelt, MD
7:00PM	Gateway to Recovery (O,STEP,TRAD,VM, 90) Zoom ID: 395 553 318; P/C: 1957, Greenbelt, MD
Herndon	
NOON	Noon Meeting (O,VM, 60) Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
Laurel	
7:00PM	Spiritual Awakenings (O,WC &, 75) First Methodist Church of Laurel, 424 Main St, Laurel, MD
Lexington Park	
7:00PM	Outsiders (O,DISC,IW, 75) Trinity Lutheran, 46707 S Shangri-La Dr., Lexington Park, MD
Manassas	
NOON	Recovery (O,DISC,JFT,VM, 60) Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
7:00PM	New Found Hope (O,BEG,BT,DISC,SPK,VM, 60) Zoom ID: 822 228 0011; P/C: 121212, Manassas, VA
Montgomery Village	
7:30AM	Freedom in the Village (O,DISC,JFT,VM, 60) Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD
NOON	Freedom in the Village (O,WC &,HY, 60) Zoom ID: 823 5857 7621, P/C: 685408, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD
Mount Airy	
7:30PM	Off the Beaten Path (O, 60) St. James Episcopal Church, - Around back, 1307 N Main St., Mount Airy, MD
Oxon Hill	
7:00PM	Steps to Life (O, 90) Oxon Hill UMC, 6400 Livingston Road, Oxon Hill, MD

TUESDAY (CONT)	
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
Sterling	
8:00PM	New Attitudes (O,WC &, 60) Sterling UMC (side building), 304 E. Church Rd., Sterling, VA
Waldorf	
NOON	Hope in the Woods (O,WC &, 60) Great Escape Recovery Lounge, 85 High St., Ste. #1, Waldorf, MD
Washington	
8:30AM	Early Just For Today Check-in (C,JFT,VM, 90) Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC
8:30AM	Let Go and Let God I (O,LIT, 75) Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
10:00AM	Just For Today (C,O,JFT,VM, 90) Zoom ID: 858 2487 7564; P/C: Love, Washington, DC
10:00AM	We Still Need Help Group (C,VAR,SPK,VM, 90) Zoom ID: 785 1315 770; P/C: 1234, Washington, DC
NOON	Midday Meditations and Miracles (O, 60) Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC
NOON	New Hope (O,DISC, 90) St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1908 N Capitol St. NW, Washington, DC
NOON	Noon Time is the Right Time (C,DISC,VM, 90) Zoom ID: 932 959 7603; P/C: 1962, Washington, DC
1:30PM	Let Go and Let God II (O,LIT, 75) Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) Zoom ID: 785 963 7766; P/C: 1953, Washington, DC
3:30PM	Spiritually Connected (VAR,STEP,VM,LIT, 60) Zoom ID: 892 2381 6673; P/C: Free, Washington, DC
5:00PM	Rush Hour (C,DISC,SPK,VM, 90) Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC
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
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
6:30PM	Freedom To Change (O, 60) St Martin's Church, 1908 N Capitol St. NW, Washington, DC
6:30PM	Steps to the Courthouse (C,STEP,VM, 90) Zoom ID: 994 490 7494; No P/C, Washington, DC
7:00PM	Stepping Out of Trouble into Study (SWG,VM, 90) Zoom ID: 880-6299-5493; P/C: sotis, Washington, DC
7:00PM	The Last Shall Be First (C,STEP,TRAD, 90) The Harold J. Gordon Bldg., 124 15th St. SE, Washington, DC
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
8:00PM	Living Life on Life's Terms (C,VM, 60) Zoom ID: 438 348 3469; P/C: 121525, Washington, DC
8:30PM	Dupont Circle NA (O, 60) Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC
8:30PM	Fire Barrel (O,DISC,HY, 60) Zoom ID: 847 1689 8440; P/C: step11, Wesley UMC, Library on lower level; Plz use the Jenifer St. entrance., 5312 Connecticut Ave. NW, Washington, DC
Woodbridge	
NOON	High Noon II (O,WC &,SPAD, 60) Ferlazo Building, 2nd Floor - Dottie Bell Conference Room, 15941 Donald Curtis Dr., Woodbridge, VA
WEDNESDAY	
Alexandria	
6:30PM	Foundation Steps to Freedom (O,STEP,WC &, 90) Leonard Chick Armstrong Recreation Center, 25 W Reed Ave., Alexandria, VA, Not meeting 12/24 due to Rec Center closure
7:30PM	Came to Believe (O, 60) Cameron UMC, 3130 Franconia Rd, Alexandria, VA
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

WEDNESDAY (CONT)	
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
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
Falls Church	
NOON	One Noon at a Time (O,DISC,IP,JFT,SPK, 60) Unity Club, 116 W Broad St., Falls Church, VA
7:00PM	Plan B (O, 75) Unity Club, Rm R3, 116-B W Broad St, Falls Church, VA
Fort Washington	
7:00PM	Bright Hope Group (O,STEP,TRAD,LIT,LC, 75) Carolina Baptist Church, 9901 Allentown Rd, Fort Washington, MD
Frederick	
NOON	Noon Group (O, 60) Grace United Church, 25 E 2nd St., Frederick, MD, Limited capacity
7:00PM	Exact Nature Men's Rap (DISC,M, 60) Frederick Club, 205B Bucheimer Rd, Frederick, MD
7:00PM	Principles Before Personalities (O,WC &, 60) Community Action Agency 100 S. Market St, Frederick, MD
Gaithersburg	
7:30PM	Gentleman's Club (C,JFT,M, 60) Epworth UMC, 9008 Rosemont Dr., Gaithersburg, MD
8:00PM	Another Way (O, 60) Prince of Peace Church, - Small building in back, 11900 Darnestown Rd., Gaithersburg, MD
Glenarden	
7:00PM	New Wave (O,STEP,TRAD,WC &, 90) Glenarden City Hall, Downstairs, 8600 Glenarden Parkway, Glenarden, MD
Greenbelt	
10:00AM	Ladies in Recovery (C,JFT,SPK,W,VM, 60) Zoom ID: 803 826 655; No P/C, Greenbelt, MD
Herndon	
NOON	Noon Meeting (O,VM, 60) Zoom ID: 962 211 7089; P/C: 169422, Herndon, VA
Laurel	
7:00PM	STAR (O, 75) First UMC (5th St), 424 Main St, Laurel, MD
Leesburg	
7:00PM	Young People's NA Meeting (O,DISC,Y, 60) Loudon Serenity House, Upstairs room, 29 N King St, Leesburg, VA
Lexington Park	
7:30PM	Life Support (O,WC &, 60) Trinity Lutheran Church, 46707 Shangri La Dr., Lexington Park, MD
Manassas	
NOON	Recovidery (O,DISC,JFT,VM, 60) Zoom ID: 962 211 7089; P/C: 169422, Manassas, VA
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
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
Montgomery Village	
7:30AM	Freedom in the Village (O,DISC,VM,LIT, 60) Zoom ID: 823 5857 7621, P/C: 685408, Montgomery Village, MD
NOON	Freedom in the Village (O,WC &,HY, 60) Zoom ID: 823 5857 7621, P/C: 685408, Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD
7:30PM	Never Alone (O,CAN,WC &,LIT, 75) Christ the Servant Church, 9801 Centerway Rd., Montgomery Village, MD
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
Savage	
7:00PM	Back to the Basics (O,WC &, 60) Savage UMC, 9050 Baltimore St, Savage, MD
Silver Spring	
NOON	NA at Noon (O,JFT,VM, 60) Zoom ID: 872 0510 4241; No P/C, Silver Spring, MD

WEDNESDAY (CONT)	
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
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
Sterling	
7:00AM	The Early Cup of Recovery (DISC,VM, 60) Zoom ID: 893 6775 9854; P/C: 946130, Sterling, VA
5:30PM	No Matter What (VM,LC, 60) Zoom ID: 795 467 25226; P/C: jmDcW0 (last digit is zero), Sterling, VA
8:00PM	We Made It! (O,DISC,WC &, 60) St. Matthew's Episcopal Church, 201 E. Frederick Dr., Sterling, VA
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
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
7:00PM	Positive Alternative (O,WC &, 60) Good Samaritan Church (Near Rt 5 N/Billingsley Rd.), 13025 Good Samaritan Dr., Waldorf, MD
Washington	
8:30AM	Early Just For Today Check-in (C,JFT,VM, 90) Zoom ID: 826 3577 8671; P/C: 242275, Washington, DC
8:30AM	Let Go and Let God I (O,LIT, 75) Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
10:00AM	Fresh Start (O,DISC, 90) St. Lukes Church, 4925 E Capitol St. NE, Washington, DC
10:00AM	Just For Today (C,O,JFT,VM, 90) Zoom ID: 858 2487 7564; P/C: Love, Washington, DC
10:00AM	We Still Need Help Group (C,VAR,SPK,VM, 90) Meeting ID: 785 1315 770; P/C: 1234, Washington, DC
NOON	Midday Meditations and Miracles (O, 60) Dupont Circle Club, Above Mimosa Salon, 1623 Connecticut Ave. NW, Washington, DC
NOON	New Hope (O,DISC, 90) St. Martin's Church, N Capitol St side entrance. Last entrance of the building., 1908 N Capitol St. NW, Washington, DC
NOON	Noon Time is the Right Time (C,DISC,VM, 90) Zoom ID: 932 959 7603; P/C: 1962, Washington, DC
1:30PM	Let Go and Let God II (O,LIT, 75) Church of the First Born, 2451 Ainger Pl. SE, Washington, DC
2:00PM	Steppin' Into The Afternoon (C,STEP,VM, 90) Zoom ID: 785 963 7766; P/C: 1953, Washington, DC
5:00PM	Rush Hour (C,DISC,VM, 90) Zoom ID: 705 264 3243; P/C: RUSHHOUR, Washington, DC
6:00PM	The How Group (O,BEG,IP,IW,M,STEP, 90) Ambassador Baptist Church, 1412 Minnesota Ave. SE, Washington, DC
6:30PM	From the Streets to the Seats (C,STEP,TRAD,QA,LIT, 90) St. Francis Xavier Church, 2815 O St SE, Washington, DC
7:00PM	Aging In Recovery (O,DISC,VM, 90) Zoom ID: 824 005 5286; P/C: recovery, Washington, DC
7:00PM	SW Freeway (C,WC &, 60) Westminster Presbyterian Church, Ground Level, 400 I St. SW, Washington, DC
7:00PM	Ultimate Weapons (C,STEP,TW,CPT,VM,LIT, 90) Zoom ID: 516 993 416; No P/C, Washington, DC
8:00PM	Living Life on Life's Terms (C,DISC,STEP,VM, 90) Zoom ID: 438 348 3469; P/C: 121525, Washington, DC
8:00PM	Step Up (C,DISC,ME,VM,LIT, 60) Zoom ID: 818 8913 0099; P/C: 165124, Washington, DC
8:00PM	Wednesday Night Men's Rap (Keeping it Real) (O,M,VM, 60) Zoom ID: 871 4546 0605; P/C: 556828, Washington, DC
8:30PM	Conscious Contact Beginners (O,WC &, 60) Wesley UMC, Meeting is Upstairs; use Connecticut Ave entrance, 5312 Connecticut Ave. NW, Washington, DC
9:00PM	Miracle of Women (C,BEG,DISC,W,VM, 90) Zoom ID: 917 1964 217; P/C 1908, Washington, DC
Woodbridge	
8:00PM	Over The Hump (O,JFT,SPK,NP, 75) Good Shepherd Lutheran Church, Entrance - In Rear, 15695 Blackburn Rd., Woodbridge, VA