

**DID YOU KNOW?** You can also dial-in by phone to most Zoom meetings. Use any of the below phone numbers. You will be asked to enter the Meeting ID and Passcode. When on the call, use \*6 to mute/unmute and \*9 to raise/lower hand to share. Zoom Dial-In Numbers: 301-715-8592, 312-626-6799, 929-205-6099

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

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

THURSDAY	
6:30PM	<b>Under New Management (C,STEP,TRAD,VM,LIT)</b> Washington, DC <i>Zoom ID: 997 824 3262; No P/C</i>

FRIDAY	
7:00PM	<b>Aging In Recovery (O,DISC,VM)</b> Washington, DC Zoom ID: 824 005 5286; P/C: recovery

SATURDAY	
9:30AM	<b>Women with a Purpose (C,IP,STEP,TRAD,W,VM,LIT)</b> Washington, DC <i>Zoom ID: 979 1044 9558; No P/C</i>
7:00PM	<b>818 Miracles (O,STEP,TRAD,VM)</b> Washington, DC <i>Zoom ID: 731 1498 4304; P/C: 818</i>

MEETING FORMAT LEGEND			
BEG	Beginners	C	Closed
DISC	Discussion	IP	IP Study
IW	It Works Study	LIT	Literature Study
M	Men	O	Open
QA	Question and Answer	STEP	Step
TRAD	Tradition	VM	Virtual Web Meeting
W	Women		

## PHONELINES

*East of the River Area is part of the C&P Region and serves NE & SE Washington, DC.*

<b>C&amp;P Region 24/7 Phoneline</b>	<b>800-543-4670</b>
Our neighboring regions:	
In MD, Free State Region:	800-317-3222
In VA, Central Atlantic Region:	800-777-1515

## SERVICE MEETINGS

**FOR ASC**  
Meets the last Monday of the month at 7:30PM  
PO Box 1056  
Suitland, MD 20746  
Zoom ID 894 4996 3387; P/C: 075531

## PHONE NUMBERS

[illegible]

## What is our message?

**The message is that an addict,  
any addict, can stop using drugs,  
lose the desire to use,  
and find a new way to live.  
Our message is hope  
and the promise of freedom.**



## **EAST OF THE RIVER AREA**

### **MEETING LIST**

**JULY 2025**

**24 HOUR PHONELINE**

**1-800-543-4670**

**East of the River Area of Narcotics Anonymous**

PO Box 1056  
Suitland, MD 20746

<https://www.cprna.org>

### **SUGGESTIONS FOR EVERYONE**

**DON'T USE** no matter what

**Ask your Higher Power to keep you clean**

**Come early and stay late**

**Get a home group**

**Go to 90 meetings in 90 days**

**Read NA literature daily**

**Get and use a sponsor**

**Use the PHONE**

**KEEP COMING BACK. IT WORKS**

Meetings Weekly: 12