

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

SUNDAY

2:00PM Steppin' Into The Afternoon (C,STEP,VM)
Washington, DC
Zoom Meeting ID: 785 963 7766; Passcode: 1953

MONDAY

1:30PM Let Go and Let God (O)
Church of the First Born 2451 Ainger Pl SE
Washington, DC

2:00PM Steppin' Into The Afternoon (C,STEP,VM)
Washington, DC
Zoom Meeting ID: 785 963 7766; Passcode: 1953

3:30PM Let Go and Let God (O)
Church of the First Born 2451 Ainger Pl SE
Washington, DC

6:00PM 123 Step
Mt Moriah 1636 East Capitol St NE Washington, DC

7:00PM Aging In Recovery (O,DISC,VM)
Washington, DC
Zoom Meeting ID: 824 005 5286; Passcode: recovery

TUESDAY

1:30PM Let Go and Let God (O)
Church of the First Born 2451 Ainger Pl SE
Washington, DC

2:00PM Steppin' Into The Afternoon (C,STEP,VM)
Washington, DC
Zoom Meeting ID: 785 963 7766; Passcode: 1953

3:30PM Let Go and Let God (O)
Church of the First Born 2451 Ainger Pl SE
Washington, DC

WEDNESDAY

1:30PM Let Go and Let God (O)
Church of the First Born 2451 Ainger Pl SE
Washington, DC

2:00PM Steppin' Into The Afternoon (C,STEP,VM)
Washington, DC
Zoom Meeting ID: 785 963 7766; Passcode: 1953

3:30PM Let Go and Let God (O)
Church of the First Born 2451 Ainger Pl SE
Washington, DC

6:00PM HOW (O,BEG,IP,IW,M,PH,STEP,TC,VM)
New Ambassador Church 1412 Minnesota Ave, SE
Washington, DC
Phone #: 701-802-5308; Phone Password: 7758700# 701-802-5308

7:00PM Aging In Recovery (O,DISC,VM)
Washington, DC
Zoom Meeting ID: 824 005 5286; Passcode: recovery

THURSDAY

1:30PM Let Go and Let God (O)
Church of the First Born 2451 Ainger Pl SE
Washington, DC

THURSDAY (CONT)

2:00PM Steppin' Into The Afternoon (C,STEP,VM)
Washington, DC
Zoom Meeting ID: 785 963 7766; Passcode: 1953

3:30PM Let Go and Let God (O)
Church of the First Born 2415 Ainger Pl SE
Washington, DC

6:30PM Under New Management (C,STEP,TRAD,WC &,TC,VM)
First Baptist Church 3440 Minnesota Ave SE
Washington, DC
Zoom Meeting ID: 997 824 3262; No Passcode

FRIDAY

1:30PM Let Go and Let God (O)
Church of the First Born 2451 Ainger Pl SE
Washington, DC

2:00PM Steppin' Into The Afternoon (C,STEP,VM)
Washington, DC
Zoom Meeting ID: 785 963 7766; Passcode: 1953

3:30PM Let Go and Let God (O)
Church of the First Born 2451 Ainger Pl SE
Washington, DC

7:00PM Aging In Recovery (O,DISC,VM)
Washington, DC
Zoom Meeting ID: 824 005 5286; Passcode: recovery

SATURDAY

9:00AM Women with a Purpose (C,IP,STEP,TRAD,VM,LIT)
Washington, DC
Zoom Meeting ID: 979 1044 9558; No Passcode

2:00PM Steppin' Into The Afternoon (C,STEP,VM)
Washington, DC
Zoom Meeting ID: 785 963 7766; Passcode: 1953

7:00PM 818 Miracles (O,STEP,TRAD,WC &,TC,VM)
St Pauls Christian Community Church 414 Tennessee
Ave NE Washington, DC
Zoom Meeting ID: 731 1498 4304; Passcode: 818

MEETING FORMAT LEGEND

BEG	Beginners	C	Closed
DISC	Discussion	IP	IP Study
IW	It Works Study	LIT	Literature Study
M	Men	O	Open
PH	Phone Meeting	STEP	Step
TC	Temporary Closed	TRAD	Tradition
VM	Virtual Web Meeting	WC &	Wheelchair

PHONELINES

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

C&P Region 24/7 Phonenumber 800-543-4670

Our neighboring regions:	
In MD, Free State Region:	800-317-3222
In VA, Central Atlantic Region:	800-777-1515

SERVICE MEETINGS

EORA ASC
Meets the last Monday of the month at 7:30PM
PO Box #1056
Suitland, MD 20746
Zoom Meeting ID# 894 4996 3387 Passcode: 075531



EAST OF THE RIVER AREA

MEETING LIST

SEPTEMBER 2022

**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: 26

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.**

Basic Text, page 65