

SUNDAY	
<b>6:30 PM</b>	<b>Up from Under (O,DISC)</b> 6056 Old Central Ave Capitol Heights, MD
MONDAY	
<b>10:00 AM</b>	<b>Fresh Start (O,DISC)</b> St. Lukes Church 4925 E Capitol St. NE Washington, DC
<b>6:00 PM</b>	<b>1-12 Step (O,STEP)</b> Mt Moriah (except holidays), 1636 E Capitol St. NE Washington, DC
<b>7:00 PM</b>	<b>Aging In Recovery (O,DISC,VM)</b> Washington, DC <i>Zoom ID: 824 005 5286; P/C: recovery</i>
<b>7:00 PM</b>	<b>Monday Night Step Meeting (LIT)</b> St. Lukes Church 4925 E. Capitol St. NE Washington, DC
WEDNESDAY	
<b>10:00 AM</b>	<b>Fresh Start (O,DISC)</b> St. Lukes Church 4925 E Capitol St. NE Washington, DC
<b>6:00 PM</b>	<b>The How Group (O,BEG,IP,IW,M,STEP)</b> Ambassador Baptist Church 1412 Minnesota Ave. SE Washington, DC
<b>6:30 PM</b>	<b>From the Streets to the Seats (C,STEP,TRAD,QA,LIT)</b> St. Francis Xavier Church 2815 O St SE Washington, DC
<b>7:00 PM</b>	<b>Aging In Recovery (O,DISC,VM)</b> Washington, DC <i>Zoom ID: 824 005 5286; P/C: recovery</i>

THURSDAY	
<b>6:30 PM</b>	<b>Emergency Room to Life (O,WC &amp;,LIT)</b> 1600 Morris Rd SE Washington, DC
<b>6:30 PM</b>	<b>Under New Management (C,STEP,TRAD,VM,LIT)</b> Washington, DC <i>Zoom ID: 997 824 3262; No P/C</i>
<b>6:30 PM</b>	<b>Up from Under (DISC)</b> 6056 Old Central Ave Capitol Heights, MD
FRIDAY	
<b>10:00 AM</b>	<b>Fresh Start (O,DISC)</b> St. Lukes Church 4925 E Capitol St. NE Washington, DC
<b>7:00 PM</b>	<b>Aging In Recovery (O,DISC,VM)</b> Washington, DC <i>Zoom ID: 824 005 5286; P/C: recovery</i>
<b>7:00 PM</b>	<b>Jump Start to Recovery</b> 880 Eastern Ave NE Washington, DC
SATURDAY	
<b>9:00 AM</b>	<b>Roll Up Your Sleeves (O,TRAD,CPT)</b> 2409 Ainger Pl SE Washington, DC
<b>2:00 PM</b>	<b>Unbreakable Women (O,W,WC &amp;,LIT)</b> 15 49th St NE Washington, DC
<b>7:00 PM</b>	<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
CPT	12 Concepts	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
WC &	Wheelchair		

**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

PHONELINES	
<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
<b>EOR Area Service Committee</b> <i>Meets the last Monday of the month at 7:00 PM</i> St. Luke Catholic Church, 925 East Capitol St SE, Washington, DC

## PHONE NUMBERS

## The Twelve Steps of Narcotics Anonymous

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

## EAST OF THE RIVER AREA



*The East of the River Area of Narcotics Anonymous has 19 meetings in NE & SE, Washington, DC*

## JANUARY 2026

### MEETING LIST BY DAY

#### 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**

**East of the River Area of Narcotics Anonymous**  
**PO Box #1056**  
**Suitland, MD 20746**

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

**Website:** <https://www.cprna.org>

Email meeting changes to [meetings@cprna.org](mailto:meetings@cprna.org)