

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	
8:30AM	Let Go and Let God (O,STEP) Church of the First Born 2451 Ainger Pl SE Washington, DC
10:00AM	Fresh Start (O,DISC) St. Lukes Church 4925 E. Capitol St NE Washington, DC
1:30PM	Let Go and Let God (O) Church of the First Born 2451 Ainger Pl SE Washington, DC
6:00PM	1-12 Step (O,STEP) Mt Moriah (except holidays)1636 East Capitol St NE Washington, DC
7:00PM	Aging In Recovery (O,DISC,VM) Washington, DC <i>Zoom ID: 824 005 5286; Passcode: recovery</i>
7:00PM	Monday Night Step Meeting (LIT) St. Lukes Church 4925 E. Capitol St NE Washington, DC
TUESDAY	
8:30AM	Let Go and Let God (O,STEP) Church of the First Born 2451 Ainger Pl SE Washington, DC
1:30PM	Let Go and Let God (O) Church of the First Born 2451 Ainger Pl SE Washington, DC
WEDNESDAY	
8:30AM	Let Go and Let God (O,STEP) Church of the First Born 2451 Ainger Pl SE Washington, DC
1:30PM	Let Go and Let God (O) Church of the First Born 2451 Ainger Pl SE Washington, DC
6:00PM	The How Group (O,BEG,IP,IW,M,STEP,WC &) Ambassador Baptist Church 1412 Minnesota Ave SE Washington, DC
7:00PM	Aging In Recovery (O,DISC,VM) Washington, DC <i>Zoom ID: 824 005 5286; Passcode: recovery</i>
THURSDAY	
8:30AM	Let Go and Let God (O,STEP) Church of the First Born 2451 Ainger Pl SE Washington, DC
1:30PM	Let Go and Let God (O) Church of the First Born 2451 Ainger Pl SE Washington, DC
6:30PM	Under New Management (C,STEP,TRAD,VM,LIT) Washington, DC <i>Zoom ID: 997 824 3262; No Passcode</i>
FRIDAY	
8:30AM	Let Go and Let God (O,STEP) Church of the First Born 2451 Ainger Pl SE Washington, DC
1:30PM	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 <i>Zoom ID: 824 005 5286; Passcode: recovery</i>

SATURDAY	
9:30AM	Women with a Purpose (C,IP,STEP,TRAD,VM,LIT) Washington, DC <i>Zoom ID: 979 1044 9558; No Passcode</i>
7:00PM	818 Miracles (O,STEP,TRAD,VM) Washington, DC <i>Zoom ID: 731 1498 4304; Passcode: 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
STEP	Step	TRAD	Tradition
VM	Virtual Web Meeting	WC &	Wheelchair

PHONELINES	
<i>East of the River Area is part of the C&P Region and serves NE & SE Washington, DC.</i>	
C&P Region 24/7 Phoneline	800-543-4670
Our neighboring regions:	
In MD, Free State Region:	800-317-3222
In VA, Central Atlantic Region:	800-777-1515

SERVICE MEETINGS
EOR ASC <i>at 7:30PM</i> PO Box 1056 Suitland, MD 20746 <i>Zoom ID 894 4996 3387; Passcode: 075531; Meets the last Monday of the month</i>



EAST OF THE RIVER AREA

MEETING LIST

APRIL 2024

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

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

Meetings Weekly: 21