

**SUNDAY**

- 11:30 AM Sunday Morning NA** (O,JFT 60) The Club, 205B Bucheimer Rd., Frederick, MD
- 6:30 PM Just For Today** (C,SPK,STEP,TRAD 75) Trinity UMC, 703 W Patrick St., Frederick, MD

**MONDAY**

- NOON Noon Group** (O 60) Grace United Church, 25 E 2nd St., Frederick, MD
- 7:00 PM Monday Night Miracles by Candlelight** (O,WC □,LIT 60) Good Shepherd Lutheran Church, 1415 W 7th St., Frederick, MD
- 8:00 PM Back To Basics** (O,IW,WC □ 60) Frederick Community Action (Soup Kitchen), 100 S Market St, Frederick, MD

**TUESDAY**

- NOON Noon Group** (O 60) Grace United Church, 25 E 2nd St., Frederick, MD
- 5:30 PM Rush Hour Recovery** (O,DISC,WC □,LIT 60) Jefferson UMC, 3882 Jefferson Pike, Jefferson, MD
- 7:00 PM Vision of Hope** (O,VAR 60) All Saints Episcopal Church, 106 W Church St, Frederick, MD

**WEDNESDAY**

- NOON Noon Group** (O 60) Grace United Church, 25 E 2nd St., Frederick, MD
- 7:00 PM Exact Nature Men's Rap** (DISC,M 60) Frederick Club, 205B Bucheimer Rd, Frederick, MD
- 7:00 PM Principles Before Personalities** (O,WC □ 60) Community Action Agency 100 S. Market St, Frederick, MD

**THURSDAY**

- NOON Noon Group** (O 60) Grace United Church, 25 E 2nd St., Frederick, MD

**THURSDAY (CONT)**

- 7:00 PM Inner City** (O,STEP,WC □ 60) Community Action Agency, 100 S. Market St, Frederick, MD
- 7:00 PM Sisters in Serenity** (W,HY 60) Staley Park, 11 West Tenth St., Frederick, MD  
**Zoom ID: 813 9599 1987; No P/C**
- 7:30 PM Off the Beaten Path** (O 60) St. James Episcopal Church, 1307 N Main St., Mount Airy, MD
- 7:30 PM Thursday Night Candlelight** (O 60) St Joseph's Church, 5843 Manor Woods Rd, Frederick, MD

**FRIDAY**

- NOON Noon Group** (O 60) Grace United Church, 25 E 2nd St., Frederick, MD
- 7:00 PM Friday Night Lights** (IP,STEP,TRAD,WC □ 60) Zion Lutheran Church, 107 W Main St, Middletown, MD
- 7:30 PM We Do Recover** (O,TOP 60) Frederick Church of Christ, 1305 N Market St, Frederick, MD

**SATURDAY**

- 10:00 AM Kickin' It Raw** (O,M,VM 90) , Frederick, MD  
**Zoom ID: 9853773041; P/C: MANUP.**
- NOON Noon Group** (O 60) Grace United Church, 25 E 2nd St., Frederick, MD
- 8:00 PM Saturday Night Special** (O,WC □ 60) Good Shepherd Lutheran Church, 1415 W 7th St., Frederick, MD

**MEETING FORMAT LEGEND**

C	Closed	DISC	Discussion
HY	Hybrid Physical/Virtual	IP	IP Study
IW	It Works Study	JFT	Just for Today Study
LIT	Literature Study	M	Men
O	Open	SPK	Speaker
STE P	Step	TOP	Topic
TRA D	Tradition	VAR	Format Varies
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**

**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**

**Frederick Area Service Committee** Meets the 1st Sunday of each month at 4:00 PM: 116 E 2nd St., Frederick, MD

## 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.

GET & USE PHONE NUMBERS! DON'T USE, NO  
MATTER WHAT!

## FREDERICK AREA



*The Frederick Area of Narcotics Anonymous has 23  
meetings in Frederick County, MD*

## NA MEETING LIST DECEMBER 2025

### 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*

**Frederick Area of NA**  
**PO Box 4082, Frederick, MD 21705**

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

**Website:** <https://www.cprna.org>  
**Not in the DMV?** Go to <https://www.na.org>  
**Meeting change?** [frederick@cprna.org](mailto:frederick@cprna.org)