

SUNDAY

11:30 Sunday Morning NA (O,JFT 60) The Club,
AM 205B Buchheimer Rd., Frederick, MD

6:30 Just For Today (C,SPK,STEP,TRAD 75)
PM 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 Monday Night Miracles by Candlelight
PM (O,WC □,LIT 60) Good Shepherd Lutheran
 Church, 1415 W 7th St., Frederick, MD

8:00 Back To Basics (O,IW,WC □ 60) Frederick
PM 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 Rush Hour Recovery (O,DISC,WC □,LIT
PM 60) Jefferson UMC, 3882 Jefferson Pike,
 Jefferson, MD

7:00 Vision of Hope (O,VAR 60) All Saints
PM 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 Exact Nature Men's Rap (O,DISC,M 60)
PM Frederick Club, 205B Buchheimer Rd,
 Frederick, MD

7:00 Principles Before Personalities (O,WC □
PM 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 Inner City (O,STEP,WC □ 60) Community
PM Action Agency, 100 S. Market St, Frederick,
 MD

7:00 Sisters in Serenity (O,W,HY 60) Staley
PM Park, 11 West Tenth St., Frederick, MD
Zoom ID: 813 9599 1987; No P/C

7:30 Off the Beaten Path (O 60) St. James
PM Episcopal Church, 1307 N Main St., Mount
 Airy, MD

7:30 Thursday Night Candlelight (O 60) St
PM 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 Friday Night Lights (O,IP,STEP,TRAD,WC
PM □ 60) Zion Lutheran Church, 107 W Main St,
 Middletown, MD

7:30 We Do Recover (O,TOP 60) Frederick
PM Church of Christ, 1305 N Market St,
 Frederick, MD

SATURDAY

10:00 Kickin' It Raw (O,M,VM 90) , Frederick, MD
AM **Zoom ID: 9853773041; P/C: MANUP.**

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

8:00 Saturday Night Special (O,WC □ 60) Good
PM Shepherd Lutheran Church, 1415 W 7th St.,
 Frederick, MD

MEETING FORMAT LEGEND

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|-----|----------------------------|------|-------------------------|
| 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 | Step | TOP | Topic |
| 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

JANUARY 2026

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