

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) Sol Yoga, 256 W Patrick 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) Staley Park, 11 W 10th Street, Frederick, MD

TUESDAY

NOON Noon Group (O 60) Sol Yoga, 256 W Patrick 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) Frederick Community Action Agency, 100 S Market Street, Frederick, MD

WEDNESDAY

NOON Noon Group (O 60) Sol Yoga, 256 W Patrick St., Frederick, MD

7:00 PM Exact Nature Men's Rap (O,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) Sol Yoga, 256 W Patrick 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 (O,W,HY 60) On Our Own of Frederick, 121 South Market St., Frederick, MD
Zoom ID: 620 895 0648; PW: 1357

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) Sol Yoga, 256 W Patrick St., Frederick, MD

7:00 PM Friday Night Lights (O,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) Sol Yoga, 256 W Patrick 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	M	Men
O	Open	W	Women
DISC	Discussion	IP	IP Study
IW	It Works Study	JFT	Just for Today Study
VAR	Format Varies	SPK	Speaker
STEP	Step	TOP	Topic
TRAD	Tradition	WC &	Wheelchair
VM	Virtual Web Meeting	HY	Hybrid Physical/Virtual
LIT	Literature Study	ASM	Area Service Meeting

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 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

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

