



Chesapeake & Potomac Region of Narcotics Anonymous Meeting Schedule

Below are the virtual, phone, and in-person NA meetings that are in Washington DC, Maryland, and Virginia. Find our most current version of this meeting schedule at:

<http://www.cprna.org/documents/meetings.pdf>

Virtual Meeting Information: To log into a Zoom meeting, go to www.zoom.us and enter in the Meeting ID and Password.

Meeting Name	Day	Time	Meeting ID	Password
Squeaky Clean	Sunday	8:00 AM	617 673 8102	
Breakfast Club	Sunday	10:00 AM	835 457 685	228995
NA in DelRay	Sunday	10:00 AM	880 7998 0153	1991
To Tell The Truth	Sunday	10:30 AM	935 025 791	ToTellTr7!
Starting Over	Sunday	11:00 AM	402 843 751	
Sunday Morning VGONA	Sunday	11:00 AM	810 839 7960	287829
Just for Today	Sunday	12:00 PM	841 1771 4923	387903
Noon Meeting	Sunday	12:00 PM	258 450 030	669757
Noon Meeting	Sunday	12:00 PM	962 211 7089	169422
Noon Meeting	Sunday	12:00 PM	962 211 7089	169422
Progress in NA	Sunday	12:00 PM	973 466 3601	875711
Sunday Afternoon Meeting	Sunday	1:00 PM	202 999 2020	recovery
Living Clean	Sunday	4:30 PM	841 0283 4213	180LvClean
Progressive Recovery	Sunday	5:30 PM	787 950 135	12345
Talking Heads	Sunday	6:00 PM	816 0616 8822	recovery12
Just For Today VGONA	Sunday	6:30 PM	810 839 7960	287829
Another Look	Sunday	7:00 PM	297 699 721	014577
Basket Case	Sunday	7:00 PM	543 522 2050	772310
Clean On the Hill	Sunday	7:00 PM	724 9574 1690	
Closed Sunday	Sunday	7:00 PM	773 329 553	recovery
Living in the Solution	Sunday	7:00 PM	568 046 8023	1
Real Recovering Addicts of Germantown - Women's Meeting	Sunday	7:00 PM	227 286 059	9766
Sunday Night Spiritual	Sunday	7:00 PM	430 080 727	305173
Walking the Walk	Sunday	7:00 PM	936 0237 3375	389615
Women's Rap	Sunday	7:00 PM	881 6664 5122	596376
Another Chance	Sunday	7:30 PM	677 172 343	320726
Savage Survivors	Sunday	7:30 PM	834 7930 4812	123915
The Alternative	Sunday	7:30 PM	114 114 644	16821
Today's Recovery	Sunday	7:30 PM	188 633 596	189549
Freedom in the Village Noon	Monday	12:00 PM	303 285 9885	FITV99
Midday Meditations and Miracles	Monday	12:00 PM	942 264 753	121212
NA at Noon	Monday	12:00 PM	889 4686 0935	
Noon Meeting	Monday	12:00 PM	258 450 030	669757
Noon Meeting	Monday	12:00 PM	962 211 7089	169422
Noon Meeting	Monday	12:00 PM	962 211 7089	169422
Noon Virtual Groups	Monday	12:00 PM	810 839 7960	287829
Steppin' Into The Afternoon	Monday	2:00 PM	785 963 7766	1953
Exact Nature	Monday	6:30 PM	708 467 411	348719
Women's Choice	Monday	6:30 PM	547 117 2151	US BYOE
Grateful Heads	Monday	7:00 PM	798 056 2842	
Illness in Recovery	Monday	7:00 PM	504 070 556	
It Works--How and Why	Monday	7:00 PM	623 606 6098	10746
Laurel Basics 1,2,3	Monday	7:00 PM	818 0795 7839	
Miracles on Broad St	Monday	7:00 PM	962 211 7089	169422
Monday Night Miracles by Candlelight	Monday	7:00 PM	810 839 7960	287829
The Full Package NA Group	Monday	7:00 PM	584 269 6023	FP1
Time To Change	Monday	7:00 PM	325 742 2201	672275
Addicts Only VGONA	Monday	7:30 PM	400 725 607	845954
Beginning Miracles	Monday	7:30 PM	857 1417 4083	Step123
Free to Live	Monday	8:00 PM	640 695 1627	Keyh@le4

Chesapeake and Potomac Region of Narcotics Anonymous Virtual and Phone Meeting Schedule

Monday Miracles	Monday	8:00 PM	717 680 837	428066
Monday Night Madness	Monday	8:00 PM	239 632 7972	
Oasis	Monday	8:00 PM	653 646 782	
Stayin' Alive	Monday	8:00 PM	430 1318 717	NArocks
Beachcombers Too	Monday	8:05 PM	643 733 6181	805805
Getting Centered	Monday	8:30 PM	837 7972 7742	
Living Proof	Monday	8:30 PM	394 675 550	444971
Freedom in the Village Noon	Tuesday	12:00 PM	303 285 9885	FITV99
Midday Meditations and Miracles	Tuesday	12:00 PM	942 264 753	121212
NA at Noon	Tuesday	12:00 PM	889 4686 0935	
Noon Meeting	Tuesday	12:00 PM	258 450 030	669757
Noon Meeting	Tuesday	12:00 PM	962 211 7089	169422
Noon Meeting	Tuesday	12:00 PM	962 211 7089	169422
Noon Virtual Groups	Tuesday	12:00 PM	810 839 7960	287829
Steppin' Into The Afternoon	Tuesday	2:00 PM	785 963 7766	1953
Rush Hour Recovery VGONA	Tuesday	5:30 PM	810 839 7960	287829
Give Yourself A Chance	Tuesday	6:30 PM	966 890 1973	
Life on Life's Terms	Tuesday	6:30 PM	161 043 7984	966837
Steps to the Courthouse	Tuesday	6:30 PM	994 490 7494	
Bring Your Own Basic Text	Tuesday	7:00 PM	947 3109 1392	252551
Choose Life	Tuesday	7:00 PM	562 899 389	
Hope in the Woods	Tuesday	7:00 PM	987 349 4151	4
Jump Start to Recovery	Tuesday	7:00 PM	824 7677 3969	
NA in LA	Tuesday	7:00 PM	533 129 809	NALA
Progressive, Incurable	Tuesday	7:00 PM	987 349 4151	4
Stepping Out of Trouble	Tuesday	7:00 PM	815 925 2202	sofis
Vision of Hope VGONA	Tuesday	7:00 PM	810 839 7960	287829
Women's Living Clean Book Meeting	Tuesday	7:00 PM	245 092 790	10746
A.W.O.L.	Tuesday	7:30 PM	764 6988 0300	
All About Change	Tuesday	7:30 PM	813 7562 4659	
Bottom of the Mountain	Tuesday	7:30 PM	820 207 675	268644
Glad To Be Alive Steps	Tuesday	7:30 PM	275 118 642	982195
Off Campus Recovery	Tuesday	7:30 PM	351 579 977	
Serenity On Sandy Spring	Tuesday	7:30 PM	115 231 858	
Tuesday Night Meeting	Tuesday	7:30 PM	202 999 2020	recovery
Carrying the Message	Tuesday	8:00 PM	430 1318 717	NArocks
Just For Today	Tuesday	8:00 PM	962 211 7089	
Just For Tonight	Tuesday	8:00 PM	679 422 087	
Meetin' in Wheaton	Tuesday	8:00 PM	205 312 092	18581
New Attitudes	Tuesday	8:00 PM	772 1468 3075	711954
Comfort Zone	Tuesday	8:30 PM	929 625 3168	658318
Dupont Circle NA	Tuesday	8:30 PM	813 959 6830	7090910
Fire Barrel	Tuesday	8:30 PM	514 589 7117	step11
Freedom in the Village Noon	Wednesday	12:00 PM	303 285 9885	FITV99
Midday Meditations and Miracles	Wednesday	12:00 PM	942 264 753	121212
NA at Noon	Wednesday	12:00 PM	889 4686 0935	
Noon Meeting	Wednesday	12:00 PM	258 450 030	669757
Noon Meeting	Wednesday	12:00 PM	962 211 7089	169422
Noon Meeting	Wednesday	12:00 PM	962 211 7089	169422
Noon Virtual Groups	Wednesday	12:00 PM	810 839 7960	287829
Steppin' Into The Afternoon	Wednesday	2:00 PM	785 963 7766	1953
Back To Basics	Wednesday	7:00 PM	689 290 638	874121
Fresh Air	Wednesday	7:00 PM	843 9336 4207	NAWed7
Plan B	Wednesday	7:00 PM	883 8322 2827	Plan2020
Survivors	Wednesday	7:00 PM	288 250 111	Survivor3!
SW Freeway	Wednesday	7:00 PM	323 898 787	
Ultimate Weapon Group	Wednesday	7:00 PM	516 993 416	
Women's Rap	Wednesday	7:00 PM	881 6664 5122	596376
Berwyn Group 2.0	Wednesday	7:30 PM	829 577 524	
Gentleman's Club	Wednesday	7:30 PM	882 6573 6940	875207
Life Support	Wednesday	7:30 PM	609 234 951	
Never Alone	Wednesday	7:30 PM	537 929 2126	507372
People's Recovery	Wednesday	7:30 PM	878 0419 2075	659058
Principles Before Personalities	Wednesday	7:30 PM	810 839 7960	287829
Wednesday Willingness	Wednesday	7:30 PM	800 990 800	16212

Chesapeake and Potomac Region of Narcotics Anonymous Virtual and Phone Meeting Schedule

Another Way	Wednesday	8:00 PM	810 231 74462	
New Hopefuls	Wednesday	8:00 PM	678 552 586	39390
Step Up	Wednesday	8:00 PM	457 222 405	883086
Conscious Contact Beginners	Wednesday	8:30 PM	308 925 752	
Freedom in the Village Noon	Thursday	12:00 PM	303 285 9885	FITV99
Midday Meditations and Miracles	Thursday	12:00 PM	942 264 753	121212
NA at Noon	Thursday	12:00 PM	889 4686 0935	
Noon Meeting	Thursday	12:00 PM	258 450 030	669757
Noon Meeting	Thursday	12:00 PM	962 211 7089	169422
Noon Meeting	Thursday	12:00 PM	962 211 7089	169422
Noon Virtual Groups	Thursday	12:00 PM	810 839 7960	287829
Steppin' Into The Afternoon	Thursday	2:00 PM	785 963 7766	1953
Whole Lava Love	Thursday	5:30 PM	880 4445 0001	lava lamps Phone P/W: 5708607534
Open Doors	Thursday	6:00 PM	301 445 644	
Coming Out From the Bottom	Thursday	6:30 PM	296 305 510	
Under New Management	Thursday	6:30 PM	997 824 3262	
Daily Principles	Thursday	7:00 PM	841 4747 4473	347743
Just For Today	Thursday	7:00 PM	702 155 242	
Meeting on the Avenue	Thursday	7:00 PM	731 558 049	Recovery12
Stone Soul Recovery	Thursday	7:00 PM	991 7033 0277	35510
Solo por Hoy	Thursday	7:15 PM	232 505 167	
Chaptico Under The Stars	Thursday	7:30 PM	569 353 5075	
Keyhole To Recovery	Thursday	7:30 PM	640 695 1627	Keyh@le4
More Will Be Revealed	Thursday	7:30 PM	504 824 750	6600
Old Time Recovery	Thursday	7:30 PM	547 117 2151	OTR2020
Spiritual Awakenings	Thursday	7:30 PM	716 889 028	1961
Thursday Night Candlelight	Thursday	7:30 PM	982 513 930	54998
Thursday Night Meeting	Thursday	7:30 PM	202 999 2020	recovery
Cross Roads	Thursday	8:00 PM	551 384 252	297348
Making a Difference	Thursday	8:00 PM	520 984 331	
Steps to Life	Thursday	8:00 PM	261 798 5699	STL
Men's Rap	Thursday	8:30 PM	987 042 2174	
New Found Hope	Thursday	8:30 PM	798 056 2842	
Stepping Free	Thursday	8:30 PM	749 506 9861	301
Prime Time Recovery	Thursday	9:00 PM	202 991 2350	
Freedom in the Village Noon	Friday	12:00 PM	303 285 9885	FITV99
Midday Meditations and Miracles	Friday	12:00 PM	942 264 753	121212
NA at Noon	Friday	12:00 PM	889 4686 0935	
Noon Meeting	Friday	12:00 PM	258 450 030	669757
Noon Meeting	Friday	12:00 PM	962 211 7089	169422
Noon Meeting	Friday	12:00 PM	962 211 7089	169422
Noon Virtual Groups	Friday	12:00 PM	810 839 7960	287829
Steppin' Into The Afternoon	Friday	2:00 PM	785 963 7766	1953
Women with a Purpose	Friday	5:00 PM	979 1044 9558	
North Beach Group	Friday	6:00 PM	987 349 4151	4
Jump Start to Recovery	Friday	7:00 PM	824 7677 3969	
Man Up	Friday	7:00 PM	714 950 1815	123
Miracles on Main Street	Friday	7:00 PM	252 402 377	
NA for Life	Friday	7:00 PM	813 4054 8864	LIFE
Older Toddlers	Friday	7:00 PM	903 443 801	Recovery12
One Step At a Time	Friday	7:00 PM	492 355 108	
The Road We Travel	Friday	7:00 PM	838 849 611	Recovery12
W.O.W	Friday	7:00 PM	568 046 8023	1
Yellow Brick Road	Friday	7:00 PM	249 857 572	
Church Basement Recovery	Friday	7:15 PM	962 211 7089	169422
Friday Night Meeting	Friday	7:30 PM	202 999 2020	recovery
Just For Today	Friday	7:30 PM	984 9339 6322	137006
New Start	Friday	7:30 PM	168 147 906	5762
Upcounty NA	Friday	7:30 PM	489 867 1344	uprecovery
Walk the Walk	Friday	7:30 PM	546 613 234	
We Do Recover VGONA	Friday	7:30 PM	810 839 7960	287829
Women Do Recover	Friday	7:30 PM	831 7614 0870	7VVb4p
Work 'Em Or Die	Friday	7:30 PM	813 912 1956	
Clean Works	Friday	8:00 PM	946 850 725	easydoesit

Chesapeake and Potomac Region of Narcotics Anonymous Virtual and Phone Meeting Schedule

Help Somebody	Friday	8:00 PM	893 0884 8140	787123
I'm Somebody	Friday	8:00 PM	449 215 767	703
I'm Somebody	Friday	8:00 PM	449 215 767	703
Live and Let Live	Friday	8:00 PM	874 1116 4836	1953
Get Down	Friday	8:30 PM	816 4756 8372	getdown
SYA	Friday	8:30 PM	795 5261 5749	998027
Friday Night Candlelight VGONA	Friday	9:00 PM	810 839 7960	287829
Another Late Night	Friday	9:30 PM	497 241 9367	
Keep It Real	Friday	10:00 PM	341 485 699	586654
Late Nite Friday Night	Friday	10:00 PM	414 200 353	
Recovery Alley	Friday	10:00 PM	987 3916 8163	Homegroup
We Stay Lit	Friday	10:00 PM	923 486 353	
Saturday Morning Relief	Saturday	7:00 AM	251 764 526	672214
Can't Do it Alone Women's Meeting VGONA	Saturday	10:00 AM	810 839 7960	287829
Healthy Relationships	Saturday	10:00 AM	265 292 0371	wedorecover
Men's Rap VGONA	Saturday	10:00 AM	985 377 3041	
Rainbow Llama	Saturday	10:00 AM	556 805 179	
Share on Saturday	Saturday	11:00 AM	803 910 502	share
Sisters In Recovery	Saturday	11:00 AM	898 240 901	622818
Noon Just for Today	Saturday	12:00 PM	noonJFTNA	
Noon Meeting	Saturday	12:00 PM	258 450 030	669757
Noon Meeting	Saturday	12:00 PM	962 211 7089	169422
Noon Meeting	Saturday	12:00 PM	962 211 7089	169422
Stepping Together	Saturday	12:00 PM	568 046 8023	1
Women's Step & Tradition	Saturday	12:00 PM	874 6272 9053	632923
Hugs not Drugs	Saturday	12:30 PM	216 990 5455	
Recovery 101	Saturday	1:01 PM	714 661 560	
Mood & Mind (Triangle Club)	Saturday	3:00 PM	573 481 361	26699
Fear to faith	Saturday	5:00 PM	544 750 363	
818 Miracles	Saturday	7:00 PM	731 1498 4304	818
A Good Deal	Saturday	7:00 PM	769 038 042	8675309
Free Yourself	Saturday	7:00 PM	962 211 7089	169422
HOW Group	Saturday	7:00 PM	659 600 5240	
It's A We Thing	Saturday	7:00 PM	890 061 355	827844
Literally Speaking	Saturday	7:00 PM	814 8936 2727	114676
Saturday Night Live	Saturday	7:00 PM	975 446 .8092	SNL
Fresh Start	Saturday	7:30 PM	215 655 533	32621
Hope Fiends	Saturday	7:30 PM	769 2838 9204	hope
Keep it Simple	Saturday	7:30 PM	202 999 2020	recovery
Off the Beaten Path VGONA	Saturday	7:30 PM	430 131 8717	NArocks
Saturday Night Special VGONA	Saturday	7:30 PM	810 839 7960	287829
The Beachcombers' Electric Coffee Test Pure Spiritual Progress Underground NA Group	Saturday	8:05 PM	899 4259 1019	805805

Phone Meeting Information:

Below are the virtual and phone NA meetings that are in Washington DC, Maryland, and Virginia. Find our most current version of this meeting schedule at:

Meeting Name	Day	Time	Phone #	Meeting #
Easy Like a Sunday Morning	Sunday	10:00 AM	425-436-6350	822692#
Joyful Start	Sunday	7:00 PM	917-900-1022	3619185#
Hope Fiends Group of NA	Monday	7:00 PM	712-770-5342	545915#
H.O.W. Group	Wednesday	6:00 PM	701-802-5308	7758700
New Wave	Wednesday	7:00 PM	712-770-5393	308466#
Better Way	Saturday	9:00 AM	425-436-6351	344456#
Gut Bucket	Saturday	7:00 PM	425-436-6350	659 600 5240

Note: Most Zoom meetings can also be dialed-in by phone. Use any of the below phone numbers. You will need to enter the Meeting ID and Password. When on the call, use *6 to mute/unmute and *9 to raise/lower hand to share.

Chesapeake and Potomac Region of Narcotics Anonymous Virtual and Phone Meeting Schedule

Zoom Dial-In Phone Numbers: 301-715-8592; 312-626-6799; 929-205-6099

In-Person Meeting Information:

Below are the in-person NA meetings that are in Washington DC, Maryland, and Virginia.

Meeting Name/Address	Day	Time
VIRGINIA		
Sunday Sanity Walter Reed Rec. Center (Outside) 2909 S. 16th, Arlington VA	Sunday	5:00 PM
Journey Continues St. David's Episcopal Church (trailer) 43600 Russell Branck Pkwy, Ashburn, VA	Sunday	7:00 PM
SNM St. Marks UMC, 7803 Well St, Manassas, VA	Sunday	8:00 PM
Free to Live Mathews Episcopal Church, 201 E. Frederick Dr, (trailer), Sterling, VA	Monday	8:00 PM
Step Over the Hump Good Shepherd Lutheran Church 15695 Blackburn Road Woodbridge VA	Monday	8:00 PM
New Hopefuls St. Timothy's Episcopal Church, 432 Van Buren St, Herndon, VA	Wednesday	8:00 PM
Over the Hump Good Shepherd Lutheran Church, 15695 Blackburn Road, Woodbridge VA	Wednesday	8:00 PM
Welcome Home Bull Run Unitarian Universalists, 9350 Main St., Manassas, VA	Wednesday	8:30 PM
Keyhole To Recovery St. Mathews Episcopal Church, 201 E. Frederick Dr, (trailer), Sterling, VA	Thursday	7:30 PM
So Happy It's Thursday Bush Hill Presbyterian Church (Outside), 4916 Franconia Road, Alexandria, VA	Thursday	8:00 PM
Gimme Shelter Bethel Lutheran Church (meeting in parking lot), 8712 Plantation Lane, Manassas, VA	Friday	6:30 PM
Living Free St. Mathews Episcopal Church, 201 E. Frederick Dr, (trailer), Sterling, VA 20164	Friday	7:00 PM
Keep It Simple Bull Run Unitarian Universalists, 9350 Main St., Manassas, VA	Friday	8:30 PM
Destination Hope Meeting in Parking Lot: Manassas Church of the Bretheren, 10047 Nokesville Rd, Manassas, VA	Saturday	7:00 PM
Literally Speaking Community Lutheran Church (parking lot), 21014 Whitfield PI Sterling, VA	Saturday	7:00 PM
Saturday Night Live Community Lutheran Church (parking lot), 21014 Whitfield PI Sterling, VA	Saturday	8:30 PM
WASHINGTON DC		
Let Go and Let God Group Church of the First Born, 2451 Ainger Place, SE, Washington, DC	Monday	1:30 PM
Let Go and Let God Group Church of the First Born, 2451 Ainger Place, SE, Washington, DC	Monday	3:30 PM
Let Go and Let God Group Church of the First Born, 2451 Ainger Place, SE, Washington, DC	Tuesday	1:30 PM
Let Go and Let God Group Church of the First Born, 2451 Ainger Place, SE, Washington, DC	Tuesday	3:30 PM
Let Go and Let God Group Church of the First Born, 2451 Ainger Place, SE, Washington, DC	Wednesday	1:30 PM
Let Go and Let God Group Church of the First Born, 2451 Ainger Place, SE, Washington, DC	Wednesday	3:30 PM
Let Go and Let God Group Church of the First Born, 2451 Ainger Place, SE, Washington, DC	Thursday	1:30 PM
Let Go and Let God Group Church of the First Born, 2451 Ainger Place, SE, Washington, DC	Thursday	3:30 PM
Let Go and Let God Group Church of the First Born, 2451 Ainger Place, SE, Washington, DC	Friday	1:30 PM
Let Go and Let God Group Church of the First Born, 2451 Ainger Place, SE, Washington, DC	Friday	3:30 PM
MARYLAND		
NA at Noon	Monday	12:00 PM

Chesapeake and Potomac Region of Narcotics Anonymous Virtual and Phone Meeting Schedule

Christ Congregational Church, 9525 Colesville Rd., Silver Spring, MD		
Late But Straight	Monday	8:30 PM
Staley Park 11 W. Tenth St. Frederick MD (Temporary address)		
NA at Noon	Tuesday	12:00 PM
Christ Congregational Church, 9525 Colesville Rd., Silver Spring, MD		
Addicted to Hope	Tuesday	7:30 PM
Illiano Project Building (upper level), 407 South Main St., Mt. Airy, MD		
NA at Noon	Wednesday	12:00 PM
Christ Congregational Church, 9525 Colesville Rd., Silver Spring, MD		
Principles Before Personalities	Wednesday	7:30 PM
Staley Park 11 W. Tenth St. Frederick MD (Temporary address)		
NA at Noon	Thursday	12:00 PM
Christ Congregational Church, 9525 Colesville Rd., Silver Spring, MD		
Outsiders	Thursday	7:00 PM
Chancellors Run Recreation Park, Chancelors Run Rd, Main Pavilion, Great Mills, MD.		
Inner City Group VGONA	Thursday	7:15 PM
Staley Park 11 W. Tenth St. Frederick MD (Temporary address)		
NA at Noon	Friday	12:00 PM
Christ Congregational Church, 9525 Colesville Rd., Silver Spring, MD		
Back to the Basics	Saturday	4:00 PM
Beacon Treatment Center, 21770 FDR Blvd., Lexington Park, MD		
Saturday Night Special VGONA	Saturday	7:30 PM
Good Shepherd Lutheran Church 1415 West 7th St. Frederick MD		

Helpful NA Information

24-Hour Phonenumber

1-800-543-4670

Chesapeake & Potomac Region of NA

<http://www.cprna.org>

Meeting Changes? Email us!

meetings@cprna.org

Free Online NA Literature

<https://www.na.org/?ID=literature>