



### WHAT IS THE NARCOTICS ANONYMOUS PROGRAM?

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to NA. We are not affiliated with any other organizations. We have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

#### PHONE NUMBERS

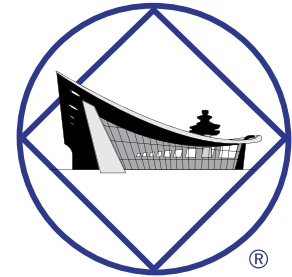
Lined area for writing phone numbers.

### 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

# Narcotics Anonymous



*That no addict seeking recovery need ever die...*

## DULLES CORRIDOR AREA

### Mailing Address:

Dulles Corridor Area of Narcotics Anonymous  
PO Box 70  
Herndon, VA 20172-0253

**24 HOUR PHONELINE  
1-800-543-4670**

**MEETING LIST  
AUGUST 2022**

Also online at:  
[www.DCANA.org](http://www.DCANA.org)

**Send meeting changes to**  
[public.information@dcana.org](mailto:public.information@dcana.org)

**SUNDAY**

**10:30AM To Tell The Truth (O,WC &, 60),**  
Community Center (Hunters Woods), 2310  
Colts Neck Rd., Reston, VA 20191

**NOON Noon Meeting (O,VM, 60),** Herndon, VA  
20172  
**Zoom Meeting ID: 962 211 7089;**  
**Passcode: 169422**

**7:00PM The Journey Continues (O,LIT, 60),** St.  
David's Episcopal Church, 43600 Russell  
Branch Parkway, Ashburn, VA 20147

**MONDAY**

**NOON Noon Meeting (O,VM, 60),** Herndon, VA  
20172  
**Zoom Meeting ID: 962 211 7089;**  
**Passcode: 169422**

**6:30PM Exact Nature Men's Meeting (O,M,WC**  
**&,HY, 75),** Riverside Presbyterian Church,  
21631 Ridgetop Circle, Ste 100, Sterling,  
VA  
**Zoom Meeting ID: 982 0445 2288;**  
**Passcode: 374033**

**8:00PM Free To Live (O,WC &, 60),** St.  
Matthew's Episcopal Church, 201 E.  
Frederick Dr., Sterling, VA 20164

**TUESDAY**

**NOON Noon Meeting (O,VM, 60),** Herndon, VA  
20172  
**Zoom Meeting ID: 962 211 7089;**  
**Passcode: 169422**

**8:00PM New Attitudes (O,WC &, 60),** Sterling  
United Methodist Church, 304 E. Church  
Rd., Sterling, VA 20164

**WEDNESDAY**

**NOON Noon Meeting (O,VM, 60),** Herndon, VA  
**Zoom Meeting ID: 962 211 7089;**  
**Passcode: 169422**

**7:00PM Women's Rap (O,W,VM, 60),** Herndon,  
VA  
**Zoom Meeting ID: 881 666 45122;**  
**Passcode: 596376**

**8:00PM New Hopefuls (O,DISC,STEP, 60),** St.  
Timothy's Episcopal Church, 432 Van  
Buren St, Herndon, VA 20170

**THURSDAY**

**NOON Noon Meeting (O,VM, 60),** Herndon, VA  
**Zoom Meeting ID: 962 211 7089;**  
**Passcode: 169422**

**7:30PM Keyhole To Recovery (O,STEP,LIT,PPE,**  
**75),** Galilee Church, 45425 Winding Rd,  
Sterling, VA 20165

**FRIDAY**

**NOON Noon Meeting (O,VM, 60),** Herndon, VA  
**Zoom Meeting ID: 962 211 7089;**  
**Passcode: 169422**

**7:30PM Just For Today (O,CAN,JFT,WC &, 60),**  
Community Lutheran Church, 21014  
Whitfield Pl, Sterling, VA 20164

**8:00PM I'm Somebody (O,TC,VM, 60),**  
Lewinsville Pres Church, 1724 Chain  
Bridge Rd, McLean, VA 22101  
**Zoom Meeting ID: 449 215 767;**  
**Passcode: 703**

**SATURDAY**

**10:00AM Rainbow Llama (O,LIT,HY, 60),** Galilee  
Methodist Church, 45425 Winding Rd.,  
Sterling, VA 20165  
**Zoom Meeting ID: 84978529527; No**  
**Passcode**

**NOON Noon Meeting (O,VM, 60),** Herndon, VA  
**Zoom Meeting ID: 962 211 7089;**  
**Passcode: 169422**

**7:00PM Literally Speaking (O,HY, 60),** St  
Matthew's Episcopal Church, 201 E.  
Frederick Dr., Sterling, VA 20164

**8:30PM Saturday Night Live (O,WC &, 60),** St  
Matthew's Episcopal Church, 201 E.  
Frederick Dr., Sterling, VA 20164

**MEETING FORMAT LEGEND**

CAN	Candlelight	DISC	Discussion
HY	Hybrid Physical/Virtual	JFT	Just for Today Study
LIT	Literature Study	M	Men
O	Open	PPE	Masks Required
STEP	Step	TC	Temporary Closed
VM	Virtual Web Meeting	WC &	Wheelchair

**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**

**Area Service Committee Meeting**  
*Meets the last Sunday of every month at 2:00PM*  
St. Matthew's Episcopal Church **HYBRID**  
201 E. Frederick Dr. Zoom ID: 993 6364 9580  
Sterling, VA 20165 Passcode: jWAUv4

**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.

Send meeting changes to  
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**WWW.DCANA.ORG**