

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
public.information@dcana.org

WWW.DCANA.ORG