

THE TWELVE STEPS

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.

Meeting Format Legend			
BEG	Beginners	BT	Basic Text
C	Closed	CAN	Candlelight
DISC	Discussion	IP	IP Study
IW	It Works Study	JFT	Just for Today Study
LIT	Literature Study	M	Men
ME	Meditation	O	Open
STEP	Step	TOP	Topic
TRAD	Tradition	W	Women
WC &	Wheelchair		

Sat NOON Women's Step and Traditions, St. Martin's Church, 1912 N Capitol St NW, DC, 20002 (TRAD,STEP,C,W)

WASHINGTON

Sun 7 : 00AM Open Door To Freedom, Church of the Epiphany, 1317 G Street NW, Washington, DC, 20005 (O)

Sun 9 : 00AM Sunday Morning Spiritual, Veterans Administration Medical Center, 50 Irving St NW, Washington, DC, 20422 (DISC,O,TRAD,WC &)

Sun 10 : 30AM Coffee Hour, The View Apartment, 9th floor, 635 Edgewood St NE, Washington, DC, 20017 (O,WC &)

Sun 11 : 00AM Sunday Morning Steps & Traditions, Howard University Hospital, 2041 Georgia Avenue NW, Washington, DC, 20001 (O,WC &)

Sun NOON Midday Meditations and Miracles, Dupont Circle Club, 1623 Connecticut Avenue NW, Washington, DC, 20009 (DISC,O,JFT,ME)

Sun 1 : 30PM Another Level of Awareness, Community for Creative Non-Violence (Second Floor), 425 2nd Street NW, Washington, DC, 20001 (O)

Sun 5 : 30PM Progressive Recovery, Luther Place Memorial, 1226 Vermont Ave NW, Washington, DC, 20009 (O)

Sun 7 : 00PM Clean On The Hill, Capitol Hill UMC (enter on 5th St, ring bell), 421 Seward Square SE, Washington, DC, 20003 (C)

Sun 7 : 00PM Joyful Start, Mt Zion Baptist Church, 5101 14th St NW, Washington, DC, 20011 (O)

Sun 7 : 00PM Still I Rise Women's Rap, Varick Memorial AME Zion Church, 255 Anacostia Ave. NE, Washington, DC (DISC,O,W)

Sun 7 : 00PM Sunday Night Spiritual Group, St Mary's Church (Church Hall), 727 5th St NW, Washington, DC, 20001 (O)

Mon 8 : 30AM Let Go and Let God, Holy Christian Baptist/House of Praise, 5110 Nanny Helen Burroughs, Washington, DC, 20019 (TRAD,TOP,JFT)

Mon NOON Courthouse Recovery, First Trinity Luth Church (2nd Flr, Library)(Mon,Wed, &Fri), 501 4th Street NW, Washington, DC, 20001 (O)

Mon NOON Midday Meditations and Miracles, Dupont Circle Club (Meets Mon-Fri), 1623 Connecticut Avenue NW, Washington, DC, 20009 (O)

Mon NOON New Hope Group, St. Martin's Church, 1912 N Capitol St NW, Washington, DC, 20002 (O,WC &)

Mon NOON Noon at the Shack, Emery House (Mon - Fri), 1725 Lincoln Rd NE, Washington, DC, 20002 (O,WC &)

Mon 1 : 30PM Let Go and Let God, Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020 (O)

Mon 3 : 30PM Let Go and Let God, Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020 (O)

Mon 5 : 00PM Convicts Do Recover, Emmanuel Baptist Church, 2409 Ainger Place SE, Washington, DC, 20020 (O)

Mon 6 : 00PM Beginner's Steps, Mt Moriah Baptist Church, 1636 E Capitol St NE, Washington, DC, 20003 (O)

Mon 6 : 30PM Believing In Life, The Summit at St. Martin's Apartments, 116 T St NE, Washington, DC, 20002 (DISC,O)

Mon 6 : 30PM Redlight Recovery, Walker Memorial Baptist Church, 2020 13th Street NW, Washington, DC, 20009 (TRAD,STEP,LIT,JFT)

Mon 7 : 00PM Full Package, Temple Of Praise Church (entrance in rear), 700 Southern Ave. SE, Washington, DC, 20032 (TRAD,STEP)

Mon 8 : 30PM Living Proof, St Columba's Episcopal Church (Rm 206), 4201 Albermarle St NW, Washington, DC, 20016 (O,WC &)

Tue 8 : 30AM Let Go and Let God, Holy Christian Church/House of Praise, 5110 Nanny Helen Burroughs, NE, Washington, DC, 20019 (TRAD,TOP,JFT)

Tue NOON Keys To Freedom, 555 Water Street SW (2nd Fl), Washington, DC, 20024 (C,WC &) *Additional Format: Living Clean*

Tue NOON Midday Meditations and Miracles, Dupont Circle Club (Meets Mon-Fri), 1623 Connecticut Avenue NW, Washington, DC, 20009 (O)

Tue NOON New Hope Group, St. Martin's Church, 1912 N Capitol St NW, Washington, DC, 20002 (O,WC &) *Mon-Fri*

Tue NOON Noon at the Shack, Emery House (Mon - Fri), 1725 Lincoln Rd NE, Washington, DC, 20002 (O,WC &)

Tue 1 : 30PM Let Go and Let God, Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020 (O)

Tue 3 : 30PM Let Go and Let God, Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020 (O)

Tue 6 : 30PM Freedom To Change, St Martin's Church, 1908 N Capitol St NW, Washington, DC, 20002 (O)

Tue 6 : 30PM Give Yourself A Chance, House Of Praise Church, 5110 Nannie Helen Burroughs Ave NE, Washington, DC, 20019 (WC & ,BEG)

Tue 6 : 30PM Growing With the Steps, 152 Wayne Pl. SE (on corner), US Vets,DC, 152 Wayne Pl. SE (on corner), Washington, DC, 20032 (WC &)

Tue 6 : 30PM Steps to the Courthouse (side entrance), 717 5th Street NW, Washington, DC, 20001 (STEP,C)

Tue 7 : 00PM New Way, Clean and Sober Street, 425 2nd Street NW, Washington, DC, 20001 (O,WC &)

THE TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends on NA unity.
2. For our group purpose there is but one ultimate authority— a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every NA group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

WASHINGTON (CONT)

- Tue 7 : 00PM Stepping Out of Trouble into Study**, Plymouth Congregational Church, 5301 North Capitol Street NE, Washington, DC, 20011 (C)
- Tue 7 : 00PM The Last Shall Be First**, The Harold J. Gordon Bldg., 124 15th Street SE, Washington, DC, 20002 (TRAD,STEP,C)
- Tue 8 : 30PM Dupont Circle NA**, Dupont Circle Club (Above Melody Records, 2nd Fl), 1623 Connecticut Avenue NW, Washington, DC, 20009 (O)
- Tue 8 : 30PM Fire Barrel**, St. Luke's UMC, 3655 Calvert St. NW, Washington, DC (DISC,O,WC &)
- Wed 8 : 30AM Let Go and Let God**, Holy Christian Baptist/House of Praise, 5110 Nanny Helen Burroughs, NE, Washington, DC, 20019 (TRAD, TOP, JFT)
- Wed 10 : 00AM Fresh Start**, Peace Lutheran Church, 15 49th Place NE, Washington, DC, 20019 (STEP,C, JFT)
- Wed NOON Courthouse Recovery**, First Trinity Luth Church (2nd Flr, Library)(Mon,Wed, &Fri), 501 4th Street NW, Washington, DC, 20001 (O)
- Wed NOON Midday Meditations and Miracles**, Dupont Circle Club (Meets Mon-Fri), 1623 Connecticut Avenue NW, Washington, DC, 20009 (O)
- Wed NOON New Hope Group**, St. Martin's Church, 1912 N Capitol St NW, Washington, DC, 20002 (O,WC &)
- Wed NOON Noon at the Shack**, Emery House (Mon - Fri), 1725 Lincoln Rd NE, Washington, DC, 20002 (O,WC &)
- Wed 1 : 30PM Let Go and Let God**, Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020 (O)
- Wed 3 : 30PM Let Go and Let God**, Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020 (O)
- Wed 6 : 00PM HOW**, New Ambassador Church, 1412 Minnesota Ave, SE, Washington, DC, 20020 (STEP,O,IW,IP,BEG)
- Wed 6 : 00PM Just For Today**, Mount Moriah Baptist Church, 1636 E Capitol Street NE, Washington, DC, 20003 (O)
- Wed 6 : 30PM New Gift Called Life**, Grace Memorial Baptist Church (in rear), 2407 Minnesota Avenue SE, Washington, DC, 20020 (O) (P last Wed. of month)
- Wed 6 : 30PM Way Out Recovery**, St Martin's Church, 1908 N Capitol St NW, Washington, DC, 20002 (O)
- Wed 7 : 00PM Into Action**, Clean and Sober Street, 425 2nd Street NW, Washington, DC, 20001 (O,WC &)
- Wed 7 : 00PM Southwest Free Way**, Westminster Presbyterian Church, 400 I Street SW, Washington, DC, 20024 (C,WC &)
- Wed 7 : 00PM Ultimate Weapons**, Johnson Memorial Baptist Church, 800 Ridge Road SE, Washington, DC, 20019 (C)
- Wed 8 : 00PM Men's Rap**, St. Luke's Catholic Church, 4925 E. Capitol Street NE, Washington, DC, 20019 (TRAD,STEP,M,C)
- Wed 8 : 30PM Conscious Contact Beginners**, Wesley UMC (@ Jenifer St), 5312 Connecticut Avenue NW, Washington, DC, 20015 (O,WC &)
- Thu 8 : 30AM Let Go and Let God**, Holy Christian Baptist/House of Praise, 5110 Nanny Helen Burroughs, NE, Washington, DC, 20019 (TRAD, TOP, JFT)
- Thu NOON Midday Meditations and Miracles**, Dupont Circle Club (Meets Mon-Fri), 1623 Connecticut Avenue NW, Washington, DC, 20009 (O)
- Thu NOON New Hope Group**, St. Martin's Church, 1912 N Capitol St NW, Washington, DC, 20002 (O,WC &) (Mon-Fri)
- Thu NOON Noon at the Shack**, Emery House (Mon - Fri), 1725 Lincoln Rd NE, Washington, DC, 20002 (O,WC &)
- Thu 1 : 30PM Let Go and Let God**, Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020 (O)
- Thu 3 : 30PM Let Go and Let God**, Church of the First Born, 2415 Ainger Pl SE, Washington, DC, 20020 (O)
- Thu 5 : 30PM Whole Lava Love**, St Stephen's Church (at 16th & Newton Sts), 1530 Newton Street NW, Washington, DC, 20010 (O)
- Thu 6 : 00PM Open Doors**, St Martin's Church, 1908 N Capitol St NW, Washington, DC, 20002 (O)
- Thu 6 : 30PM Coming Out from the Bottom**, Us Helping Us, 3636 Georgia Avenue NW, Washington, DC, 20010 (O)
- Thu 6 : 30PM Hope & Strength**, Congress Heights Comm Ctr, 3720 MLK Ave SE, Washington, DC, 20032 (O)
- Thu 6 : 30PM Steps on the Hill**, SOME, 71 O street NW, Washington, DC, 20001 (STEP,LIT,BEG,O)
- Thu 6 : 30PM Under New Management**, First Baptist Church, 3440 Minnesota Ave SE, Washington, DC, 20019 (C,WC &)
- Thu 7 : 00PM 50/50 Recovery**, Bethlehem Baptist Church, 2458 Martin Luther King Jr Ave SE, Washington, DC, 20020 (O,WC &)
- Thu 7 : 00PM Beginning of Life Group**, First Baptist Church, 712 Randolph Street NW, Washington, DC, 20011 (O,WC &)
- Thu 7 : 00PM Daily Principles**, Northeastern Presbyterian Church, corner of Eastern & Varnum St NE (parking lot off East. Ave), 2112 Varnum St, Washington, DC, 20018 (O,WC &)
- Thu 7 : 00PM Just For Today**, St. Augustine Church, 1419 V Street NW, Washington, DC, 20009 (O,IW)
- Thu 7 : 00PM Live or Die**, Clean and Sober Street, 2nd Floor, 425 2nd St NW, Washington, DC (O)
- Thu 7 : 00PM Meeting on the Avenue**, Wesley UMC, library on lower level, 5312 Connecticut Avenue, Washington, DC (O)
- Thu 7 : 00PM Stone Soul Recovery**, Plymouth Congregation Church, 5301 North Capitol St, Washington, DC, 20011 (O)

WASHINGTON (CONT)

Thu 8:30PM Men's Rap, West Side Club, 1341 Wisconsin Avenue NW, Washington, DC, 20007 (M,C)

Thu 9:00PM Prime Time Recovery, The Festival Center, Free parking in rear. Nearest Metro Stations are Yellow Line to Columbia Heights and Woodley Park/Adams-Morgan on Red Line. Bus lines include Woodley-McPherson Square Circulator and lines 42,43, H1, S1, S4, and S9., 1640 Columbia Road NW, Washington, DC, 20009 (O)

Fri 8:30AM Let Go and Let God, Holy Christian Baptist/House of Praise, 5110 Nanny Helen Burroughs, NE, Washington, DC, 20019 (TRAD, TOP, JFT)

Fri 10:00AM Fresh Start, Peace Lutheran Church, 15 49th Place NE, Washington, DC, 20019 (STEP, C, JFT)

Fri 11:00AM Hopes at HIPS, HIPS, 906 H St NE, Washington, DC, 20002 (DISC, O, WC & , BEG)

Fri NOON Courthouse Recovery, First Trinity Luth Church (2nd Flr, Library)(Mon, Wed, & Fri), 501 4th Street NW, Washington, DC, 20001 (O)

Fri NOON Midday Meditations and Miracles, Dupont Circle Club (Meets Mon-Fri), 1623 Connecticut Avenue NW, Washington, DC, 20009 (O)

Fri NOON New Hope Group, St. Martin's Church, 1912 N Capitol Street NW, Washington, DC, 20002 (O, WC &) *Mon-Fri*

Fri NOON Noon at the Shack, Emery House (Mon - Fri), 1725 Lincoln Rd NE, Washington, DC, 20002 (O, WC &)

Fri 1:30PM Let Go and Let God, Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020 (O)

Fri 1:30PM Let Go and Let God, Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020 (O)

Fri 3:30PM Let Go and Let God, Church of the First Born, 2451 Ainger Pl SE, Washington, DC, 20020 (O)

Fri 6:00PM Recovery & Relapse, Mt Moriah Baptist Church, 1636 E Capitol St NE, Washington, DC, 20003 (O)

Fri 7:00PM Get It Right, Clean and Sober Street, 425 2nd Street NW, Washington, DC, 20001 (C)

Fri 7:00PM Jump Start to Recovery, 25 53rd Street NE, Washington, DC, 20019 (O, WC &)

Fri 7:00PM Lighthouse, Israel AME Church, 557 Randolph Street NW, Washington, DC, 20011 (O)

Fri 7:00PM One Step at a Time, St Paul AME Church, 4901 14th Street NW, Washington, DC, 20011 (WC & , TRAD, STEP, O)

Fri 7:00PM O Street Steps 123, SOME (Dining Hall), 71 O Street NW, Washington, DC, 20001 (O)

Fri 7:00PM Regardless Of Sexual Identity, Metro Community Church, 474 Ridge Street NW, Washington, DC, 20001 (C)

Fri 7:00PM Yellow Brick Road, VA Medical Center, Room GC120 (bsmt), meeting time change to 7:00 pm on Feb. 1, 2019, 50 Irving Street NW, Washington, DC, 20422 (O)

Fri 7:15PM O Street Women's Rap, Dupont Circle Club (Meets 7 days a Week), 1623 Connecticut Avenue NW, Washington, DC, 20009 (C, BT, W)

Fri 8:00PM Clean Works, First Baptist Church of Washington, Church Parlor entrance on O St. closer to 17th St., 1328 16 Street NW, Washington, DC, 20036 (O)

Fri 8:00PM Help Somebody, 3400 Banneker Drive NE (Fort Lincoln), Washington, DC, 20018 (O, BEG)

Fri 8:00PM Relationships, Holy Comforter Church (Side entrance, basement), 1357 East Capitol Street SE, Washington, DC, 20003 (O)

Fri 10:00PM Late Nite Friday Nite, St Alban's Church, 3001 Wisconsin Avenue NW, Washington, DC, 20016 (O, WC &)

Fri 10:00PM Recovery Alley, St Stephen's Church (corner of 16th & Newton), 1530 Newton Street NW, Washington, DC, 20010 (C)

Sat 7:00AM Saturday Morning Relief, Metro Community Church, 474 Ridge Street NW, Washington, DC, 20001 (O)

Sat 9:00AM Better Way, St Martin's Church, 1908 N Capitol St NW, Washington, DC, 20002 (O, WC &)

Sat 11:00AM I Can't We Can, Luther Place Memorial Church, 1226 Vermont Avenue NW, Washington, DC, 20005 (O)

Sat 11:30AM Mens Rap, United Medical Center (Basement Auditorium), 1310 Southern Avenue SE, Washington, DC, 20032 (O, WC &)

Sat 11:30AM Women's Rap, Brentwood Rec Center, 2311 14th Street NE, Washington, DC, 20018 (W)

Sat NOON Mount Olivet Recovery, 1306 Vermont Ave NW, Washington, DC (O, WC &)

Sat 6:00PM 11th Step Meeting, St Martin's Church, 1908 N Capitol St NW, Washington, DC, 20002 (O)

Sat 6:00PM Uptown, Twelfth Street Christian Church, 1812 12th Street NW, Washington, DC, 20009 (O)

Sat 7:00PM 818 Miracles, S.O.M.E., 71 O St NW, Washington, DC, 20001 (TRAD, STEP, O, WC &)

Sat 7:00PM Illness In Recovery, Howard University Hospital (Rm 5E-17), 2041 Georgia Avenue NW, Washington, DC, 20001 (O, WC &)

Sat 7:30PM Hope Fiends, Luther Place Memorial Church (at N Street, in library), 1226 Vermont Ave NW, Washington, DC, 20005 (O, CAN)

Sat 8:00PM Beachcomber's Electric Coffee Test, St Alban's Church (Saterlee Hall 6th Grade Room), 3001 Wisconsin Ave NW, Washington, DC, 20016 (DISC, WC & , BEG, C)

WASHINGTON (CONT)

Sat 8:00PM Gift of Life, St. Martin's Church, 1908 N Capitol St NW, Washington, DC, 20002 (O)