

SUNDAY

9:00AM B Hope Ignited (O, DISC, WC &) Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach, VA, 23451 *(Dale 757-202-9693, Christine D 757-374-1348)*

9:00AM T Men's Rap (O, DISC, M, WC &) Maryview Behavioral Center, First Floor side entrance, 3636 High Street, Portsmouth, VA, 23707 *(Joe B 757-397-6279)*

11:00AM T We Need A Meeting (O, BT, DISC, JFT, SPK, STEP) Maryview Hospital, 2nd Floor, Conference Room B, 3636 High Street, Portsmouth, VA, 23707 *(Donna E 757-353-5895 (1-DISC, 2-STEP, 3-BT, 4-SPK, 5-JFT))*

3:00PM T Wecoverly (O, DISC) Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA, 23322 *(Chris 757-377-9236)*

5:00PM B The Journey Continues (C, LIT) St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA, 23452 *(Todd 757-617-5561)*

6:00PM T It's About Time (O, SPK) Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA, 23513 *(Alnetta L 757-589-4047)*

7:00PM T New Phase Four (O, DISC, SPK, TOP) Saint John's Episcopal Church, 424 Washington Street, Portsmouth, VA, 23704 *(Mike P 757-298-0130)*

7:30PM T A Clear Message (O, BT, DISC, SPK, AB) Obici Hospital, Conf. Rm. C - Basement, 2800 Godwin Boulevard, Suffolk, VA, 23434 *(Doretta G 757-748-3289 (1-BT, 2-AB, 3-DISC, 4-SPK))*

8:00PM T Mixed Group (O, DISC) First Lutheran Church, 1301 Colley Ave, Norfolk, VA, 23517 *(Mike J 757-409-1676)*

8:00PM B Sunday Sanity (O, DISC) VA Beach Psychiatric Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, VA, 23454 *(Karla W 757-434-6446, Pat O 757-633-2820)*

MONDAY

6:45AM T Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA, 23704 *(Teresa D 757-724-3685)*

9:30AM T Morning Meditation (O, WC &) EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA, 23502 *(Rick K 757-753-0048)*

NOON T Help Me Think (O) Ingleside Baptist Church, corner of Gatling Ave, 925 Ingleside Rd., Norfolk, VA, 23502 *(Carlton J 757-589-3564)*

6:00PM T No Labor, No Reward (O, LIT) New Mr Zion AME Church, 113 Seekel St, Norfolk, VA, *(Welton 757-201-1118)*

7:00PM T Monday Night Candlelight (O, BT) License Saver & Driver Improvement, 5312 Providence Rd, Virginia Beach, VA, 23464 *(Eric D 757-580-2849)*

7:00PM T New Beginnings (O, WC &) Church of the Resurrection, @ Midfield Pkwy, 3501 Cedar Lane, Portsmouth, VA, 23703 *(Greg C 757-636-3745)*

7:30PM T How It Works (O) Mt. Sinai United Holy Church, Off Watts Avenue, 2710 Columbus Avenue, Portsmouth, VA, 23704 *(Tommy M 757-537-5186)*

MONDAY (CONT)

7:30PM B Living The Program (O) Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, Virginia Beach, VA, 23452 *(Lance G 757-692-7864, Steve K 757-715-1075)*

7:30PM T The Winding Road (C) Oak Grove United Methodist Church, across from water tower, 472 N. Battlefield Blvd, Chesapeake, VA, 23320 *(Justin K 757-773-4403, Rich B 757-737-4267)*

8:00PM T Raw Recovery (O) Homeless Shelter (Judeo-Christian Outreach Ctr.), E of Birdneck Rd, 1053 Virginia Beach Blvd, Virginia Beach, VA, 23451 *(Earl H 757-235-4877)*

8:00PM T Recovery on the Hill (O) Ocean View Reformed Christian Church, 1241 Hillside Avenue, Norfolk, VA, 23503 *(Fred R 757-695-6500)*

10:30PM T End of the Night (O) Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455 *(Teresa D 757-724-3685)*

TUESDAY

6:45AM T Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA, 23704 *(Teresa D 757-724-3685)*

9:30AM T Morning Meditation (O, WC &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA, 23502 *(Rick K 757-753-0048)*

NOON T The Emergency Unit (O) Holy Communion Lutheran Church, Hodges Ferry Rd & Bob White St, 6220 Portsmouth Blvd, Portsmouth, VA, 23701 *(Dora H 757-735-7615)*

5:30PM T Just For Today (O) First Lutheran Church, Corner of Colley Ave. & Baldwin Ave., 1301 Colley Avenue, Norfolk, VA, 23517 *(Bill A 757-647-7707)*

7:00PM T Awesome Life (O) Great Bridge United Methodist Church, Corner of S. Battlefield & Stadium, 201 Stadium Drive, Chesapeake, VA, 23322 *(Carrie L 757-560-8177)*

7:00PM T Count Your Blessings (O) Oaklette United Methodist, Park in Rear, Corner Indian River & Oaklett, 520 Oaklette Dr, Chesapeake, VA, 23325 *(Daniel A 757-418-1690)*

7:00PM T Keep Coming Back (O) New First Baptist Church of Taylorsville, By Fredrick Blvd, 2720 Turnpike Road, Portsmouth, VA, 23707 *(Francis P 757-679-1151)*

7:00PM T We Can Change (O) Oakdale Presbyterian Church, West of Tidewater Dr. between Harriet & Van Patten Rd., 550 East Little Creek Rd., Norfolk, VA, 23505 *(Edward A 757-818-2737)*

7:30PM T Freedom Group (O) St. Nicholas Fellowship Hall, 621 First Colonial Road, Virginia Beach, VA, 23451 *(Kristina D 757-270-9509)*

7:30PM B In Times of Illness (O) VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, VA, 23454 *(Bill S 757-717-1815)*

7:30PM B There's A Light (O) Ocean Lakes Church of Christ, 1200 Dam Neck Road, Virginia Beach, VA, 23454 *(Ian B 757-717-7900, Geoff L 757-641-3159)*

TUESDAY (CONT)

8:00PM T A Gift Called Life (O) United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Portsmouth, VA, 23701 *(Brian L 757-619-7375, Sean H 757-438-1688)*

8:00PM B Enjoying the Journey (O) Water's Edge Church of God, Near South Plaza Trial, 4141 Holland Road, Virginia Beach, VA, 23452 *(Billy B 757-681-4341)*

8:00PM T Let It Be (O) Ocean View Reformed Christian Church, 1 block from Ocean View & Beach View, 1292 Hillside Avenue, Norfolk, VA, 23503 *(Beth A 757-376-9191)*

10:30PM T End of the Night (O) Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455 *(Teresa D 757-724-3685)*

WEDNESDAY

6:45AM T Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA, 23704

9:30AM T Morning Meditation (O, WC &) EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA, 23502

NOON B Visible Changes (O) Emmanuel Episcopal Church, Off S Witchduck, 5181 Princess Anne Road, Virginia Beach, VA, 23462

5:00PM T In Recovery (O, VAR) Christ & St. Luke Church, In Basement, 560 W. Olney Rd, Norfolk, VA, 23507

7:00PM T Daily Recovery (O, VAR) Mount Gilead Church, 1057 Kennedy St, Norfolk, VA, 23513

7:00PM T Surrender and Recovery (O) United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Portsmouth, VA, 23701

7:00PM T The Stand (O) New Calvary Baptist Church, 800 E Virginia Beach Blvd, Norfolk, VA, 23504

7:15PM B Straight Ahead (O) Christ Presbyterian, 709 Aragona Blvd, Virginia Beach, VA, 23455

7:30PM T Change We Must (C) Great Bridge Evangelical Free Church, across from old high school, 173 Mt. Pleasant Road, Chesapeake, VA, 23322

7:30PM T Life & Hopeline (O) Suffolk Christian Church, by courthouse, 216 North Main St., Suffolk, VA, 23434

7:30PM T What Can I Do (O) Holy Communion Lutheran Church, Hodges Ferry, 6220 Portsmouth Blvd, Portsmouth, VA, 23701

8:00PM T Better by the Bay (O, WC &) Miles Memorial United Methodist Church, @Government Street (rear entrance), 9450 Granby Street, Norfolk, VA, 23503

8:00PM B Trusted Servants (O) St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA, 23452

8:00PM T Where's Lot 14? (O) Sentara Norfolk General Hospital, Dining Room #1, 600 Gresham Drive, Norfolk, VA, 23507

8:30PM T Stepping into Recovery (O) Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455

10:30PM T End of the Night (O) Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455

THURSDAY

6:45AM T Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA, 23704

9:30AM T Morning Meditation (O, WC &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA, 23502

NOON T Lunch Time Recovery (O) Ocean View Reformed Christian Church, 1 Block from Ocean View Avenue & Beach View Street, 1241 Hillside Avenue, Norfolk, VA, 23503

NOON B Midday Recovery (O, DISC) St Francis Episcopal Church, 509 S Rosemont Rd, Virginia Beach, VA, 23452

NOON T Reason To Believe (O) Church Of Saint Therese, Enter front, Rooms 10 & 11, across from Chesapeake Square Mall@ Coffman Blvd, 4137 Portsmouth Blvd, Chesapeake, VA, 23321

6:30PM T Got to Have It (O) Queen Street Baptist Church, 413 E. Brambleton Avenue, Norfolk, VA, 23510

7:00PM T Freebird (O) Craddock Baptist Church, and Harris Road, 96 Afton Parkway, Portsmouth, VA, 23702

7:00PM T Second Chance (O) Great Bridge United Methodist Church, @S. Battlefield, 201 Stadium Drive, Chesapeake, VA, 23322

7:00PM B Shattering the Illusion (O) St. Michaels Lutheran Church, 2208 Princess Anne Road, Virginia Beach, VA, 23456

7:00PM T Show Me How To Live (C) Sacred Heart Church, 520 Graydon Avenue, Norfolk, VA, 23507

7:30PM T Caring and Sharing (O) Unity Renaissance Church, behind Greenbriar Mall, 1120 Eden Way N, Chesapeake, VA, 23320

7:30PM T Girls Nite Out (O) First Friends Church, 5307 Portsmouth Blvd., Portsmouth, VA, 23701

7:30PM B Serenity Circle (O) Haygood United Methodist Church, 4713 Haygood Road, Virginia Beach, VA, 23455

8:00PM T Branching Out (O) Aldersgate United Methodist Church, western branch, 4320 Bruce Rd, Chesapeake, VA, 23321

8:00PM B Choose Life (O) VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, VA, 23454

8:00PM T Junks & Drunks (O) East Ocean View Baptist Church, Social Hall, 9609 9th Bay Street, Norfolk, VA, 23518

8:00PM T Raw Recovery (O) Judeo-Christian Outreach Center - Homeless Shelter, E of Birdneck Rd, 1053 Virginia Beach Blvd, Virginia Beach, VA, 23451

10:30PM T End of the Night (O) Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455

FRIDAY

6:45AM T Jump Start the Day (O) First Lutheran Church, King & Washington, 600 King Street, Portsmouth, VA, 23704



NARCOTICS ANONYMOUS

Beach Area Meeting List

Designated with a B Including
Tidewater Area Meetings
Designated with a T

SEPTEMBER 2017

Beach Area Service Committee

Post Office Box 1377 Virginia Beach, VA 23451

www.virginiabeachna.org

Central Atlantic Regional Helpline

1-800-777-1515

www.car-na.org

NA World Services Office

www.na.org

“The message is that an addict, any addict, can stop using, lose the desire to use and find a new way to live”



Meeting Format Key			
AB	Ask-It-Basket	BT	Basic Text
C	Closed	DISC	Discussion
JFT	Just for Today Study	LIT	Literature Study
M	Men	O	Open
SPK	Speaker	STEP	Step
TOP	Topic	VAR	Format Varies
WC &	Wheelchair		

BANA SERVICE COMMITTEES

Beach Area Service Committee
First Saturday of the Month 1:00 PM
Ocean Lakes Church of God
1200 Dam Neck Rd, Virginia Beach
Chair Marji B 757-351-0412

Serenity on the Shore Campout Committee
First Sunday - Subcommittees: 5:00PM, Main: 6:00PM
Virginia Beach Psychiatric 1100 First Colonial Rd Virginia Beach
Chair Scott B 757-377-5072

Emergent Needs Subcommittee
Friday before Area 7:00PM
Good Shepherd Lutheran 1489 Laskin Rd Virginia Beach
Chair Sam B 757-621-1580

PHONE NUMBERS

Who is an Addict?

Most of us do not have to think twice about this question. We know! Our whole life and thinking was centred in drugs in one form or another - the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions and death.

SATURDAY (CONT)

7:00PM T Life and Hopeline (O) Sentara OBICI Hospital, 2800 Godwin Boulevard, Suffolk, VA, 23434 (*Travis B 757-618-9246*)

7:00PM B Saturday Night Live (O) St. Nicholas Fellowship Hall, 621 First Colonial Road, Virginia Beach, VA, 23451 (*Ted L 757-717-2669*)

8:00PM T Back to Basics (O) Broad Street United Methodist Church, 300 Broad Street, Portsmouth, VA, 23707 (*Ty H 757-235-3175*)

8:00PM T Freedom of Choice (O) Church of the Accension, 4853 Princess Anne Road, Virginia Beach, VA, 23462 (*James P 757-619-2273*)

8:00PM T Surrender to Live (C) Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA, 23513 (*Fred R 757-695-6500*)

NORTH CAROLINA MEETINGS

Sunday T Stick and Stay (O, WC &) Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills, NC, 27948 (*Clare D 252-944-6971*)

Sunday T Over and Beyond (O, DISC) Saint Philips Chapel, West side of Street, 201 S McMorrine St, Elizabeth City, NC, 27909 (*Linda T 252-333-7983*)

Monday T Freedom to Live (C) Liberty Christian Fellowship, 244 Williams Drive, Kill Devil Hills, NC, 27948 (*Mary K 252-619-5080*)

Tuesday T Stick & Stay (O, WC &) Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills, NC, 27948 (*Clare D 252-944-6971*)

Tuesday T Over & Beyond (O) Saint Phillips Chapel, 201 S McMorrine St, Elizabeth City, NC, 27909 (*Linda T 252-333-7983*)

Wednesd T Miracles in Progress (O) Melton Grove Missionary Baptist Church, 163 Melton Grove Road, Winfall, NC, 27944

Wednesd T Miracles Happen (O) St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Nags Head, NC, 27959

Thursday T Surrender to Win (O) Manteo Baptist Church, 406 US Highway 64, Manteo, NC, 27954

Thursday T Over & Beyond (O) Saint Phillips Chapel, 201 S McMorrine St, Elizabeth City, NC, 27909

Friday T Miracles Happen (O) St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Nags Head, NC, 27959

Saturday T Freedom to Live (O) Liberty Christian Fellowship, 244 Williams Drive, Kill Devil Hills, NC, 27948 (*Kim K 252-753-0822*)

FRIDAY (CONT)

9:30AM T Morning Meditation (O) EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road, Norfolk, VA, 23502

NOON T The Continuing Quest (O) First Lutheran Church, Corner Colley Ave & Baldwin Ave, 1301 Colley Avenue, Norfolk, VA, 23517

NOON B Write Now Meeting (C) Providence Presbyterian, 5497 Providence Rd, Virginia Beach, VA, 23464

6:00PM T The Happy Hour (C) Faith Community Church, 100 East 30th Street, Norfolk, VA, 23504

7:00PM T Agape (O) St. Paul, @ Dunbarton, 437 Providence Rd, Chesapeake, VA, 23325

7:00PM T Life & Hopeline (O) Sentara Obici Hospital, 2800 Godwin Boulevard, Suffolk, VA, 23434

7:30PM T Better Days (O) Church Of Saint Therese, Enter Front, Rooms 10-11, @ Coffman Blvd across from Chesapeake Square Mall, 4137 Portsmouth Blvd, Chesapeake, VA, 23321

8:00PM B Kempsville Crossroads (C) Providence Presbyterian Church, 5497 Providence Road, Virginia Beach, VA, 23464

8:00PM T Miracle On 9th Bay (O) Lighthouse Community Church, 9609 9th Bay Street, Norfolk, VA, 23518

8:00PM B Wave of Recovery (O) Virginia Beach Christian Church, 2225 Rose Hall Drive, Virginia Beach, VA, 23454

8:00PM T We Do Recover (O) Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA, 23513

8:30PM B HOW Group (C) Good Shepherd Lutheran Church, 1489 Laskin Road, Virginia Beach, VA, 23451

11:00PM T The Road Less Traveled (O) Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455

SATURDAY

9:00AM B Fresh Start (O) Foundry United Methodist Church, 2801 Virginia Beach Blvd., Virginia Beach, VA, 23452 (*Madison B 757-506-6986*)

11:00AM T The Phoenix Group (O) Maryview Hospital 2nd floor Conference Room A, 2nd floor Conference Room A, 3636 High Street, Portsmouth, VA, 23707 (*Derrick C 757-968-1075*)

NOON T Basic Math 12 & 12 (O) First Baptist Church, across from the Scope, 418 E Bute Street, Norfolk, VA, 23510 (*Carlton D 757-515-3331*)

5:00PM B When at the End of the Road (O) St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA, 23452 (*Donna S 757-343-5897*)

5:30PM T Back to Life (O) 1st Lutheran Church, Corner of Colley and Baldwin, 1301 Colley Avenue, Norfolk, VA, 23517 (*Cedric H 757-535-5807, Cornell W 757-729-4089*)

6:00PM T Rainbow Recovery (O) 5625 Providence Road, Suite 103, Virginia Beach, VA, 23464 (*Debbie 757-918-3482*)

6:00PM B Saturday Night Men's Meeting (C) Virginia Beach Christian Church, 2225 Rose Hall Drive, Virginia Beach, VA, 23454 (*Robert D 757-343-3423*)