

SUNDAY	
<b>9:00AM</b>	<b>B Hope Ignited (O, DISC, WC &amp;)</b> Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach, VA ( <i>Dale 757-202-9693, Chuck K 757-469-9365</i> )
<b>9:00AM</b>	<b>T Men's Rap (O, DISC, M, WC &amp;)</b> Maryview Behavioral Center, First Floor side entrance, 3636 High Street, Portsmouth, VA ( <i>Joe B 757-397-6279</i> )
<b>11:00AM</b>	<b>T We Need A Meeting (O, BT, DISC, JFT, SPK, STEP, WC &amp;)</b> Maryview Hospital, 2nd Floor, Conference Room B, 3636 High Street, Portsmouth, VA ( <i>Donna E 757-353-5895 (1-DISC, 2-STEP, 3-BT, 4-SPK, 5-JFT)</i> )
<b>1:00PM</b>	<b>T Dopeless Hopefiends</b> GHR Center, Suite B, 850 Tidewater Dr, Norfolk, VA ( <i>William M 757-851-8395</i> )
<b>3:00PM</b>	<b>T Wecovery (O, DISC)</b> Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA ( <i>Chris 757-377-9236</i> )
<b>5:00PM</b>	<b>B The Journey Continues (C, LIT)</b> St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA ( <i>Lucinda W 757-502-5176 (Living Clean Study)</i> )
<b>6:00PM</b>	<b>T It's About Time (O, SPK, WC &amp;)</b> Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA ( <i>Jerome F 757-202-6163</i> )
<b>7:00PM</b>	<b>T A Clear Message (O, BT, DISC, SPK, AB)</b> Obici Hospital, Conf. Rm. C - Basement, 2800 Godwin Boulevard, Suffolk, VA ( <i>Robyn T 954-822-9026 (1-BT, 2-AB, 3-DISC, 4-SPK)</i> )
<b>7:00PM</b>	<b>T New Phase Four (O, DISC, SPK, TOP)</b> Saint John's Episcopal Church, 424 Washington Street, Portsmouth, VA ( <i>Ron E 757-582-1070, Lloyd P 757-638-7157</i> )
<b>8:00PM</b>	<b>T Mixed Group (O, DISC)</b> First Lutheran Church, 1301 Colley Ave, Norfolk, VA ( <i>Mike J 757-409-1676</i> )
<b>8:00PM</b>	<b>B Sunday Sanity (O, DISC)</b> VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, VA ( <i>Karla W 757-434-6446, Pat O 757-633-2820</i> )
MONDAY	
<b>6:45AM</b>	<b>T Jump Start the Day (O, DISC)</b> First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA ( <i>Teresa D 757-724-3685</i> )
<b>9:30AM</b>	<b>T Morning Meditation (O, WC &amp;)</b> EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA ( <i>Rick K 757-753-0048</i> )
<b>NOON</b>	<b>T Help Me Think (O, BT, JFT, STEP, TOP)</b> Ingleside Baptist Church, corner of Gatling Ave, 925 Ingleside Rd., Norfolk, VA ( <i>1st-Step, 2nd-Top, 3rd-BT, 4th-JFT, Carlton J 757-589-3564</i> )
<b>7:00PM</b>	<b>T Monday Night Candlelight (O, BT, CAN, WC &amp;)</b> Haygood United Methodist Church, 4713 Haygood Rd, Virginia Beach, VA ( <i>Eric D 757-580-2849</i> )
<b>7:00PM</b>	<b>T New Beginnings (O, IW, WC &amp;)</b> Church of the Resurrection, @ Midfield Pkwy, 3501 Cedar Lane, Portsmouth, VA ( <i>Greg C 757-636-3745. Kathy K 757-403-7409</i> )
<b>7:00PM</b>	<b>T The Winding Road (C)</b> Oak Grove United Methodist Church, across from water tower, 472 N. Battlefield Blvd, Chesapeake, VA ( <i>Jacob M 757-831-8249, Rich B 757-288-0650</i> )
<b>7:30PM</b>	<b>B Living The Program (O, BT, DISC)</b> Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, Virginia Beach, VA ( <i>Lance G 757-692-7864, Steve K 757-715-1075</i> )

MONDAY (CONT)	
<b>8:00PM</b>	<b>T Raw Recovery (O, DISC)</b> Homeless Shelter, Judeo-Christian Outreach Ctr, E of Birdneck Rd, 1053 Virginia Beach Blvd, Virginia Beach, VA ( <i>April M 757-323-7038</i> )
<b>8:00PM</b>	<b>T Recovery on the Hill (O, BT, CAN, SPK, STEP, WC &amp;)</b> Ocean View Christian Reformed Church, 1241 Hillside Avenue, Norfolk, VA ( <i>Fred R 757-695-6500</i> )
<b>10:30PM</b>	<b>T End of the Night (O, DISC, WC &amp;, LIT)</b> Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, VA ( <i>Ann V 757-270-1141</i> )
TUESDAY	
<b>6:45AM</b>	<b>T Jump Start the Day (O, DISC)</b> First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA ( <i>Teresa D 757-724-3685</i> )
<b>9:30AM</b>	<b>T Morning Meditation (O, DISC, VAR, WC &amp;)</b> EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA ( <i>Rick K 757-753-0048, Mike M 757-305-2212</i> )
<b>NOON</b>	<b>T The Emergency Unit (O, BT, DISC)</b> Holy Communion Lutheran Church, Hodges Ferry Rd & Bob White St, 6220 Portsmouth Blvd, Portsmouth, VA ( <i>Dora H 757-735-7615</i> )
<b>5:30PM</b>	<b>T Just For Today (O, DISC, IP, SPK, STEP, TOP)</b> First Lutheran Church, Corner of Colley Ave. & Baldwin Ave., 1301 Colley Avenue, Norfolk, VA ( <i>Bill A 757-647-7707</i> )
<b>6:30PM</b>	<b>T Serenity In The Sand (O, DISC, VAR, SMOK)</b> On the Beach, 3rd Bay Street Public Beach Access, East Ocean View and 3rd Bay Street, Norfolk, VA ( <i>Seasonal - May through September Only, Aimee 757-998-0843</i> )
<b>7:00PM</b>	<b>T Count Your Blessings (O, DISC, JFT)</b> Oaklette United Methodist, Park in Rear, Corner Indian River & Oaklett, 520 Oaklette Dr, Chesapeake, VA ( <i>Daniel A 757-418-1690</i> )
<b>7:00PM</b>	<b>T Keep Coming Back (O, BT, DISC, SPK, STEP, TOP)</b> New First Baptist Church of Taylorsville, By Fredrick Blvd, 2720 Turnpike Road, Portsmouth, VA ( <i>Francis P 757-679-1151</i> )
<b>7:00PM</b>	<b>T Let it Be (O, DISC)</b> Ocean View Christian Reformed Church, 1 block from Ocean View & Beach View, 1241 Hillside Ave, Norfolk, VA ( <i>Brandi M 757-581-3178</i> )
<b>7:00PM</b>	<b>T We Can Change (O, BT, DISC, IW, SPK)</b> Oakdale Presbyterian Church, West of Tidewater Dr. between Harriet & Van Patten Rd., 550 East Little Creek Rd., Norfolk, VA ( <i>Olena P 757-359-5580</i> )
<b>7:30PM</b>	<b>T Awesome Life (O, CAN, DISC, IP)</b> Great Bridge United Methodist Church, Corner of S. Battlefield & Stadium, 201 Stadium Drive, Chesapeake, VA ( <i>Carrie L 757-560-8177</i> )
<b>7:30PM</b>	<b>T Freedom Group (O, DISC)</b> Nicholas Greek Church, Fellowship Hall, 621 First Colonial Road, Virginia Beach, VA ( <i>Living Clean Study, Kristina D 757-270-9509, Mary K 757-650-0783</i> )
<b>7:30PM</b>	<b>B In Times of Illness (O, DISC)</b> VA Beach Psych Center, next to hospital, those with illness in recovery are welcome, 1100 First Colonial Rd, Virginia Beach, VA ( <i>Bill S 757-717-1815</i> )
<b>7:30PM</b>	<b>B There's A Light (O, DISC)</b> Ocean Lakes Church of Christ, 1200 Dam Neck Road, Virginia Beach, VA ( <i>Ilan B 757-717-7900, Geoff L 757-641-3159</i> )
<b>8:00PM</b>	<b>T A Gift Called Life (O, BT)</b> United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Portsmouth, VA ( <i>Brian L 757-619-7375, Sean H 757-438-1688</i> )

TUESDAY (CONT)	
<b>8:00PM</b>	<b>B Enjoying the Journey (O, DISC, SPK, STEP, TOP)</b> Water's Edge Church of God, Near South Plaza Trial, 4141 Holland Road, Virginia Beach, VA ( <i>Billy B 757-681-4341</i> )
<b>10:30PM</b>	<b>T End of the Night (O, DISC, IW, WC &amp;)</b> Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, VA ( <i>Ann V 757-270-1141</i> )
WEDNESDAY	
<b>6:45AM</b>	<b>T Jump Start the Day (O, DISC)</b> First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA ( <i>Theresa D 757-724-3685</i> )
<b>9:30AM</b>	<b>T Morning Meditation (O, DISC, VAR, WC &amp;)</b> EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA ( <i>Rick K 757-7530048</i> )
<b>NOON</b>	<b>T High Noon (O)</b> New Life Providence Church, 1420 Colonial Ave, Norfolk, VA ( <i>Lafayette 757-696-7534, Michelle M 757-381-5881</i> )
<b>5:30PM</b>	<b>B Midweek Peak (O, DISC)</b> Thalia Lynn Baptist Church, 4392 Virginia Beach Blvd, Virginia Beach, VA ( <i>John B 7576354318 Sarah H 7572988224</i> )
<b>6:30PM</b>	<b>T Last House on the Block (O, DISC)</b> Chesterfield Heights Community Center, 1st floor, 2715 Stanhope Ave, Norfolk, VA ( <i>Lafayette R 757-696-7534, Rudolph S 757-714-0783</i> )
<b>7:00PM</b>	<b>T Surrender and Recovery (O, BT)</b> United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Portsmouth, VA ( <i>Thomas G 757-647-1481</i> )
<b>7:15PM</b>	<b>B Straight Ahead (O, DISC, STEP)</b> Christ Presbyterian, 709 Aragona Blvd, Virginia Beach, VA ( <i>Chris P 757-535-7227</i> )
<b>7:30PM</b>	<b>T Change We Must (O, C, BT)</b> Oak Grove UMC, across from water tower, 472 North Battlefield Blvd., Chesapeake, VA ( <i>Katie K 757-405-8464</i> )
<b>7:30PM</b>	<b>T Life &amp; Hopedine (O, DISC, STEP, WC &amp;)</b> Suffolk Christian Church, by courthouse, 216 North Main St., Suffolk, VA ( <i>Rob T 757-923-5461</i> )
<b>7:30PM</b>	<b>T What Can I Do (O, BT, IP, STEP, TW)</b> Wesley Community Service Center, 1701 Elm St, Portsmouth, VA ( <i>Sabrina P 757-228-0730</i> )
<b>8:00PM</b>	<b>T Better by the Bay (O, BT, DISC, WC &amp;)</b> Miles Memorial United Methodist Church, @Government Street (rear entrance), 9450 Granby Street, Norfolk, VA ( <i>Ryan D 757-651-5316</i> )
<b>8:00PM</b>	<b>B Trusted Servants (O, DISC, WC &amp;)</b> St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA ( <i>Barbara H 845-905-9126</i> )
<b>8:00PM</b>	<b>T Where's Lot 14? (O, DISC)</b> Sentara Norfolk General Hospital, Dining Room #1, 600 Gresham Drive, Norfolk, VA ( <i>Gary 757-237-4507, Juanita 757-685-8848</i> )
<b>8:30PM</b>	<b>T Stepping into Recovery (O, BT, DISC)</b> Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA ( <i>Living Clean Study, Mary P 757-739-1726</i> )
<b>10:30PM</b>	<b>T End of the Night (O, BT, DISC, WC &amp;)</b> Old Donation Episocal Church, 4449 N Witchduck Road, Virginia Beach, VA ( <i>Ann V 757-270-1142</i> )
THURSDAY	
<b>6:45AM</b>	<b>T Jump Start the Day (O, DISC)</b> First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA ( <i>Teresa D 757-724-3685</i> )

THURSDAY (CONT)	
<b>9:30AM</b>	<b>T Morning Meditation (O, DISC, VAR, WC &amp;)</b> EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA ( <i>Rick K 757-753-0048</i> )
<b>NOON</b>	<b>T Reason To Believe (O, BT, DISC)</b> Church Of Saint Therese, Across from Chesapeake Square Mall@ Coffman Blvd, Enter front, Rooms 10 & 11, 4137 Portsmouth Blvd, Chesapeake, VA ( <i>Johnny D 757-287-4430</i> )
<b>NOON</b>	<b>T Recovery 'N' EOv (O, BT, DISC, IP, SPK)</b> Ocean View Reformed Christian Church, block in for Ocean View Ave at Beach St, 1241 Hillside Ave, Norfolk, VA ( <i>LaTrisha 757-285-7964, Jerome F 757-202-6163</i> )
<b>6:30PM</b>	<b>T Got to Have It (O, BT, IP, SPK, STEP, WC &amp;)</b> Queen Street Baptist Church, 413 E. Brambleton Avenue, Norfolk, VA ( <i>Frederick J 757-374-1577, Juanita S 757-685-8848</i> )
<b>7:00PM</b>	<b>T Freebird (O, BL, BT)</b> Craddock Baptist Church, and Harris Road, 96 Afton Parkway, Portsmouth, VA ( <i>Roland C 757-328-2243, Jen J. 757-582-4947</i> )
<b>7:00PM</b>	<b>T Girls Nite Out (O, IP, JFT, SWG, STEP, W)</b> First Friends Church, 5307 Portsmouth Blvd., Portsmouth, VA ( <i>Vickie 757-375-0067, Kat 757-359-3793, Missy 757-753-6223</i> )
<b>7:00PM</b>	<b>T Second Chance (O, DISC, STEP, TW)</b> Great Bridge United Methodist Church, corner of S. Battlefield Blvd and Stadium Dr, 201 Stadium Drive, Chesapeake, VA ( <i>Bernard 757-778-1755, Louie L 757-560-8172</i> )
<b>7:00PM</b>	<b>B Shattering the Illusion (O, BT)</b> St. Michaels Lutheran Church, 2208 Princess Anne Road, Virginia Beach, VA ( <i>Kristine A. 757-202-2702</i> )
<b>7:30PM</b>	<b>B Serenity Circle (O, DISC)</b> Haygood United Methodist Church, 4713 Haygood Road, Virginia Beach, VA ( <i>Pam 757-636-2364, Trish 757-575-9350</i> )
<b>8:00PM</b>	<b>T Branching Out (O, BT, STEP)</b> Aldersgate United Methodist Church, western branch, 4320 Bruce Rd, Chesapeake, VA ( <i>Joe B 757-397-6279</i> )
<b>8:00PM</b>	<b>B Choose Life (O, BT, IP, SPK)</b> VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, VA ( <i>Candace J 7575856609 Dickie B 7574125029</i> )
<b>8:00PM</b>	<b>T Junks &amp; Drunks (O, STEP)</b> Ocean View Reformed Church, 1241 Hillside Ave, Norfolk, VA ( <i>Marsha N 757-470-6128</i> )
<b>8:00PM</b>	<b>T Raw Recovery (O, DISC)</b> Judeo-Christian Outreach Center - Homeless Shelter, E of Birdneck Rd, 1053 Virginia Beach Blvd, Virginia Beach, VA ( <i>April M 757-322-7038</i> )
<b>10:30PM</b>	<b>T End of the Night (O, BT, DISC, WC &amp;)</b> Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, VA ( <i>Ann V 757-270-1141</i> )
FRIDAY	
<b>6:45AM</b>	<b>T Jump Start the Day (O, DISC)</b> First Lutheran Church, King & Washington, 600 King Street, Portsmouth, VA ( <i>Teresa D 757-724-3685</i> )
<b>9:30AM</b>	<b>T Morning Meditation (O, DISC, VAR, WC &amp;)</b> EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road, Norfolk, VA ( <i>Mike M 757-305-2212, Rick K 757-753-0048</i> )
<b>NOON</b>	<b>T The Continuing Quest (O, DISC, SPK, SWG)</b> First Lutheran Church, Corner Colley Ave & Baldwin Ave, 1301 Colley Avenue, Norfolk, VA ( <i>Dave E 757-663-2723</i> )

