

PORTSMOUTH, VA (CONT)	
Thu 7:00PM	Freebird , Craddock Baptist Church, and Harris Road, 96 Afton Parkway (O, BL, BT) <i>Roland C 757-328-2243, Jen J 757-582-4947</i>
Thu 7:00PM	Girls Nite Out , First Friends Church, 5307 Portsmouth Blvd. (O, IP, JFT, SWG, STEP, W) <i>Vickie 757-375-0067, Kat 757-359-3793, Missy 757-753-6223</i>
Fri 6:45AM	Jump Start the Day , First Lutheran Church, King & Washington, 600 King Street (O) <i>Teresa D 757-724-3685</i>
Fri 6:00PM	Wounded Healers , Great Awakening United Church of Christ, 1520 High St (O)
Sat 11:00AM	The Phoenix Group , Maryview Hospital, 2nd floor Conf Room A, 3636 High Street (O, BT) <i>Sam D 757-353-2094</i>
Sat 8:00PM	Back to Basics , Port Norfolk Baptist Church, 401 Broad Street (O, BT, DISC) <i>Ty H 757-235-3175</i>

SUFFOLK, VA	
Sun 7:00PM	A Clear Message , Obici Hospital, Conf. Rm. C - Basement, 2800 Godwin Boulevard (O, BT, DISC, SPK, AB)
Wed 7:30PM	Life & Hopeline , Suffolk Christian Church, by courthouse, 216 North Main St. (O, DISC, STEP, WC &) <i>Rob B 757-923-5461</i>
Fri 7:00PM	Life & Hopeline , Sentara Obici Hospital, 2800 Godwin Boulevard (O, DISC, STEP) <i>Diane W 717-887-0279</i>
Sat 7:00PM	Life & Hopeline , Sentara Obici Hospital, 2800 Godwin Boulevard (O, DISC, STEP) <i>Marvin C 757-729-4089</i>

VIRGINIA BEACH, VA	
Sun 9:00AM	Hope Ignited , Virginia Beach Recovery Club, 1900 Baltic Avenue (O, DISC, WC &) <i>Dale 757-202-9693, Chuck K 757-469-9365</i>
Sun 5:00PM	The Journey Continues , St. Francis Episcopal Church, 509 S Rosemont Road (C, LIT) <i>Lucinda W 757-502-5176 (Living Clean Study)</i>
Sun 8:00PM	Sunday Sanity , VA Beach Psych Center, next to hospital, 1100 First Colonial Rd (O, DISC) <i>Karla W 757-434-6446, Pat O 757-633-2820</i>
Mon 7:00PM	Monday Night Candlelight , Haygood United Methodist Church, 4713 Haygood Rd (O, BT, CAN, WC &) <i>Eric D 757-580-2849</i>
Mon 7:30PM	Living The Program , Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road (O, BT, DISC) <i>Lance G 757-692-7864, Steve K 757-715-1075</i>

Mon 8:00PM	Raw Recovery , Judeo-Christian Outreach Center - Homeless Shelter, East of Birdneck Rd, 1053 Virginia Beach Blvd (O, DISC) <i>April M 757-323-7038</i>
Mon 10:30PM	End of the Night , Old Donation Episcopal Church, 4449 N Witchduck Road (O, WC & , LIT) <i>Living Clean Study Ann V 757-270-1141</i>
Tue 7:30PM	Freedom Group , Nicholas Greek Church, Fellowship Hall, 621 First Colonial Road (O, DISC) <i>Living Clean Study, Kristina D 757-270-9509</i>
Tue 7:30PM	In Times of Illness , VA Beach Psych Center, next to hospital, those with illness in recovery are welcome, 1100 First Colonial Rd (O, DISC) <i>Bill S 757-717-1815</i>
Tue 7:30PM	There's A Light , Ocean Lakes Church of Christ, 1200 Dam Neck Road (O, DISC) <i>Ian B 757-717-7900, Geoff L 757-641-3159</i>
Tue 8:00PM	Enjoying the Journey , Water's Edge Church of God, Near South Plaza Trial, 4141 Holland Road (O, DISC, SPK, STEP, TOP) <i>Billy B 757-681-4341</i>

Tue 10:30PM	End of the Night , Old Donation Episcopal Church, 4449 N Witchduck Road (O, IW) <i>Ann V 757-270-1141</i>
Wed NOON	Visible Changes , Emmanuel Episcopal Church, Off S Witchduck, 5181 Princess Anne Road (O, DISC) <i>Charles D 757-729-6176, Deborah J 757-320-6341</i>
Wed 5:30PM	Midweek Peak , Thalia Lynn Baptist Church, 4392 Virginia Beach Blvd (O, DISC) <i>John B 7576354318 Sarah H 7572988224</i>
Wed 7:15PM	Straight Ahead , Christ Presbyterian, 709 Aragona Blvd (O, DISC, STEP) <i>Chris P 757-535-7227</i>
Wed 8:00PM	Trusted Servants , St. Francis Episcopal Church, 509 S Rosemont Road (O, DISC, WC &) <i>Barbara H 845-905-9126</i>
Wed 8:30PM	Stepping into Recovery , Old Donation Episcopal Church, 4449 N. Witchduck Road (O, DISC, WC & , LIT) <i>Guiding Traditions, Mary P 757-739-1726</i>

Wed 10:30PM	End of the Night , Old Donation Episcopal Church, 4449 N Witchduck Road (O, BT) <i>Ann V 757-270-1141</i>
Thu 7:00PM	Shattering the Illusion , St. Michaels Lutheran Church, 2208 Princess Anne Rd (O, BT) <i>Kristine A 757-202-2702</i>
Thu 7:30PM	Serenity Circle , Haygood United Methodist Church, 4713 Haygood Road (O, DISC, WC & , ME) <i>Entrance at Northwest Corner Trish 757-985-0948</i>
Thu 8:00PM	Choose Life , VA Beach Psych Center, next to hospital, 1100 First Colonial Rd (O, BT, IP, SPK) <i>Candace J 7575856609 Dickie B 7574125029</i>

Thu 8:00PM	Raw Recovery , Judeo-Christian Outreach Center - Homeless Shelter, East of Birdneck Rd, 1053 Virginia Beach Blvd (O, DISC) <i>April M 757-322-7038</i>
Thu 10:30PM	End of the Night , Old Donation Episcopal Church, 4449 N Witchduck Road (O, DISC) <i>Ann V 757-270-1141</i>

VIRGINIA BEACH, VA (CONT)	
Fri NOON	Write Now , Providence Presbyterian Church, 5497 Providence Rd (C, JFT, SWG, ME) <i>Writing during meeting, Fred R 757-695-6500</i>
Fri 8:00PM	Kempsville Crossroads , Providence Presbyterian Church, 5497 Providence Road (O, DISC, TRAD, WC &) <i>Mark N 757-478-1839</i>
Fri 8:00PM	Wave of Recovery , Virginia Beach Christian Church, 2225 Rose Hall Drive (O, DISC) <i>Pat C 757-735-8934</i>
Fri 8:30PM	HOW Group , Good Shepherd Lutheran Church, 1489 Laskin Road (C, DISC) <i>Lance G 757-692-7864, Neal G 757-328-6485</i>
Fri 11:00PM	The Road Less Traveled , Old Donation Episcopal Church, 4449 N. Witchduck Road (O, DISC, WC &) <i>Teresa D 757-724-3685</i>
Sat 9:00AM	Fresh Start , Foundry United Methodist Church, 2801 Virginia Beach Blvd. (O) <i>Madison B 757-506-6986 Pat C 757-735-8934</i>
Sat 5:00PM	When at the End of the Road , St. Francis Episcopal Church, 509 S Rosemont Road (O, DISC) <i>Romaine P 757-513-9004, Dana S 757-831-1701</i>

Sat 6:00PM	Saturday Night Men's Meeting , Virginia Beach Christian Church, 2225 Rose Hall Drive (C, DISC) <i>Robert D 757-343-3423</i>
Sat 7:00PM	Saturday Night Live , St. Nicholas Fellowship Hall, 621 First Colonial Road (O) <i>Ted L 757-717-2669</i>
Sat 8:00PM	Freedom of Choice , Church of the Accension, 4853 Princess Anne Road (O, DISC, STEP) <i>James P 757-619-2273</i>

WILLIAMSBURG, VA	
Sun 8:00PM	Nature Of Recovery , 5477 Mooretown Road (O, WC &) <i>Ron L. 757-880-3826 Terry W. 757-719-6392</i>
Mon 7:00PM	Women in Recovery , St, Martin's Church, 3279 Lake Powell Rd (O) <i>Erin 571-224-6615</i>
Mon 8:30PM	Who is an Addict? , 3279 Lake Powell Road (O) <i>Lindsey V. 757-291-2530</i>
Tue 7:00PM	A Proven Program , York River Baptist Church, 8201 Croaker Road (O) <i>Dave H. 757-207-1154 John P. 757-235-9300</i>
Wed NOON	Recovery At Noon , 3279 Lake Powell Rd (O) <i>Erin T. 571-224-6615</i>
Wed 8:30PM	Who is an Addict? , 3279 Lake Powell Road (O) <i>Lindsey V. 757-291-2530 Greg M. 757-645-6381</i>
Thu 7:30PM	12 + 12 = Change!! , Wesley Foundation (across from W&M soccer field), 526 Jamestown Road (O, WC &) <i>Mary H. 757-412-9599</i>
Fri 8:00PM	NOTHING TO FEAR , Williamsburg Sentara Hospital, Williamsburg Rm., 100 Sentara Circle (O, IP, SPK, TOP, WC & , AB) <i>Ryan D. 804-240-9100</i>
Sat 10:00AM	Living Life On Life's Terms , Wesley Foundation, 526 Jamestown Road (O, WC &) <i>Thayne F. 757-603-2131 Brian G. 757-879-2344 Don S.804-413-4222</i>

YORKTOWN, VA	
Mon 7:30PM	In Step , Grafton Baptist Church, @ Dare Road, 5540 George Washington Memorial Hwy (O) <i>Brendan R. 757-802-5695</i>

BEACH AREA SERVICE COMMITTEES	
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Beach Area Service Committee
P.O. Box 1377 Virginia Beach, VA 23451 - <http://virginiabeachna.org>
1st Saturday - 1:00 PM, 1200 Dam Neck Rd, Virginia Beach

Hospitals and Institutions Subcommittee
1st Saturday - 11:00 AM, 1200 Dam Neck Rd, Virginia Beach

Emergent Needs Subcommittee
1st Saturday - 12:00 PM, 1200 Dam Neck Rd, Virginia Beach

Serenity on the Shore Subcommittee
1st Sunday - Subcommittees: 5:00PM, Main: 6:00PM, 1100 First Colonial Rd Virginia Beach

TIDEWATER AREA SERVICE COMMITTEES	
Tidewater Area Service Committee	
1112 Norview Ave, Norfolk, VA - http://tidewaterareana.org	
2nd Sunday - 2:00 pm, 1112 Norview Ave, Norfolk	

Hospitals and Institutions Subcommittee
3rd Sunday - 12:30 pm, 1112 Norview Ave, Norfolk

Literature, Policy, Public Relations, PhoneLine, Special Events Subcommittees
2nd Sunday - 12:30 pm, 1112 Norview Ave, Norfolk

PENINSULA AREA SERVICE COMMITTEES	
Peninsula Area Service Committee	
P.O. Box 16009, Newport News, VA 23608 - http://peninsulaareana.org	
1st Saturday - 4:00 pm, 10 Matoaka Lane, Newport News	

Activities Subcommittee
1st Saturday - 2:00 pm, 10 Matoaka Lane, Newport News

Literature
1st Saturday - 2:00 pm, 10 Matoaka Lane, Newport News

Public Relations
1st Saturday - 2:30 pm, 10 Matoaka Lane, Newport News

Area Inventory
Sunday following Area - 1:00 pm, 2244 Executive Drive, Hampton

Hospitals & Institutions Subcommittee
Sunday following Area - 2:00 pm, 2244 Executive Drive, Hampton

OUTER LIMITS AREA SERVICE COMMITTEES	
Outer Limits Area Service Committee	
P.O. Box 1164, Franklin, Va. 23851 - http://outerlimitsareana.org/	
TBD	

Hospitals and Institutions Subcommittee
TBD

Activities Subcommittee
TBD

Public Relations
TBD

Central Atlantic Regional Service	http://www.car-na.org
Narcotics Anonymous World Service	http://www.na.org

Phone Numbers	

HAMPTON ROADS METRO



MEETING LIST

Metropolitan Hampton Roads Meetings including: Carrollton, Chesapeake, Courtland, Franklin, Gloucester Courthouse, Gloucester, Hampton, Newport News, Norfolk, Poquoson, Portsmouth, Suffolk, Virginia Beach, West Point, Williamsburg and Yorktown. With North Carolina meetings in Elizabeth City, Kill Devil Hills, Manteo, Nags Head and Winfall.

JANUARY 2019

REGIONAL HELPLINE

800-777-1515

TIDEWATER HELPLINE

866-972-5055

Meeting Format Legend			
AB	Ask-It-Basket	BL	Bi-Lingual
BT	Basic Text	C	Closed
CAN	Candlelight	DISC	Discussion
GL	LGBT	IP	IP Study
IW	It Works Study	JFT	Just for Today Study
LIT	Literature Study	M	Men
ME	Meditation	NC	No Children
O	Open	Pi	Pitch
SPK	Speaker	STEP	Step
SWG	Step Working Guide Study	TOP	Topic
TRAD	Tradition	TW	Traditions Workshop
VAR	Format Varies	W	Women
WC &	Wheelchair	WR	Writing Meeting

Meetings Weekly: 179