

ELIZABETH CITY, NC	
Sun 7:00PM	Over & Beyond (O, LIT) , Saint Phillips Chapel, West side of Street, 201 S McMorrine St, Elizabeth City, <i>Michael S 757-359-8841</i>
Mon NOON	More Will be Revealed (O, DISC) , Serenity House, 300 Pearl Street, Elizabeth City, <i>Michael S 757-359-8841</i>
Mon 7:00PM	Clean & Serene (O, BT) , Riverside United Methodist Church, 1400 Edgewood Drive, Elizabeth City
Mon 7:00PM	Keeping it Simple (O, DISC) , Serenity House, 300 Pearl Street, Elizabeth City, <i>Tim C 252-548-8863</i>
Tue 7:00PM	Over & Beyond (O, VAR) , Saint Phillips Chapel, 201 S McMorrine St, Elizabeth City, <i>Michael S 757-359-8841</i>
Thu 7:00PM	Over & Beyond (O, DISC) , Saint Phillips Chapel, 201 S McMorrine St, Elizabeth City, <i>Michael S 757-359-8841</i>
Fri 7:00PM	Keeping it Simple (O, DISC) , Serenity House, 300 Pearl Street, Elizabeth City, <i>Neal W 252-202-7574</i>

FRISCO, NC	
Fri 7:30PM	Serenity in the Sand (O, DISC) , Cape Hatteras Baptist Church, 50195 Buccaneer Drive, Frisco

HERTFORD, NC, NC	
Wed 6:00PM	Miracles in Progress (O) , Melton Grove Baptist Church, Winfall, NC, 163 Melton Grove Rd, Hertford, NC, <i>Lavern B 252-619-9988 Willie M 252-698-2240</i>

KILL DEVIL HILLS, NC	
Mon 7:30PM	Freedom to Live (C, DISC, WC &) , Liberty Christian Fellowship, 244 Williams Drive, Kill Devil Hills, <i>Rana D 252-423-0755</i>
Tue 7:30PM	Sticks & Stay (O, DISC, WC &) , Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills, <i>Clare D 252-944-6971</i>
Sat 7:30PM	Freedom to Live (O) , Liberty Christian Fellowship, 244 Williams Drive, Kill Devil Hills, <i>Kim K 252-753-0822</i>

MANTEO, NC	
Thu 7:30PM	Surrender to Win (O, DISC) , Manteo Baptist Church, 406 US Highway 64, Manteo, <i>Keith B 252-573-9615, Jim 252-489-9895</i>

NAGS HEAD, NC	
Wed 7:30PM	Miracles Happen (O, DISC, STEP, TW) , St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Nags Head, <i>Kim K 252-573-0822, Jim H 252-489-9895</i>
Fri 7:30PM	Miracles Happen (O) , St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Nags Head

CARROLLTON, VA	
Fri 7:30PM	Running On Faith (O) , Carrollton Church of God, 16144 Carrollton Boulevard, Carrollton, <i>Tim A. 757-434-7178 Ken H. 757-535-1515</i>

CHESAPEAKE, VA	
Sun 3:00PM	Wecoverly (O, DISC) , Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, <i>Chris 757-377-9236</i>
Mon 7:00PM	The Winding Road (C) , Oak Grove United Methodist Church, across from water tower, 472 N. Battlefield Blvd, Chesapeake, <i>Jacob M 757-831-8249, Rich B 757-288-0650</i>
Tue 7:00PM	Count Your Blessings (O, DISC, JFT) , Oaklette United Methodist, Park in Rear, Corner Indian River & Oaklett, 520 Oaklette Dr, Chesapeake, <i>Daniel A 757-418-1690</i>
Tue 7:30PM	Awesome Life (O, CAN, DISC, IP) , Great Bridge United Methodist Church, Corner of S. Battlefield & Stadium, 201 Stadium Drive, Chesapeake, <i>Carrie L 757-560-8177</i>
Wed 7:30PM	Change We Must (O, C, BT) , Oak Grove UMC, across from water tower, 472 North Battlefield Blvd., Chesapeake, <i>Katie K 757-405-8464</i>
Thu NOON	Reason To Believe (O, BT, DISC) , Church Of Saint Therese, Across from Chesapeake Square Mall@ Coffman Blvd, Enter front, Rooms 10 & 11, 4137 Portsmouth Blvd, Chesapeake, <i>Johnny D 757-287-4430</i>
Thu 7:00PM	Second Chance (O, DISC, STEP, TW) , Great Bridge United Methodist Church, corner of South Battlefield Blvd and Stadium Dr, 201 Stadium Drive, Chesapeake, <i>Bernard 757-778-1755, Louie L 757-560-8172</i>
Thu 8:00PM	Branching Out (O, BT, STEP) , Aldersgate United Methodist Church, Western Branch, 4320 Bruce Rd, Chesapeake, <i>Joe B 757-397-6279</i>
Fri 7:00PM	Agape (O, DISC, IP, STEP, TW) , St. Paul's United Methodist Church, @ Dunbarton, 437 Providence Rd, Chesapeake, <i>1st-5th, 2nd-TW, 3rd-IP, 4th-DC, 5th-Symbol, Julius K 757-470-7494</i>
Fri 7:30PM	Better Days (O, CAN, DISC, AB) , Church Of Saint Therese, across from Chesapeake Square Mall, Enter Front, Rooms 10-11, 4137 Portsmouth Blvd, Chesapeake, <i>1st-AB, Liz S 757-681-0711</i>

COURTLAND, VA	
Fri 7:00PM	Thank God I'm Free (T.G.I.F.) (O) , Courtland United Methodist Church, 22416 Main Street, Courtland, <i>Scott C 434-594-5819</i>

FRANKLIN, VA	
Mon 7:00PM	Beyond Our Wildest Dreams (O, SPK, WC &) , First Baptist Church, 318 Hall Street, Franklin, <i>Keith J 757-644-3189</i>
Tue 7:00PM	Earthbound Group (O, DISC) , Emmanuel Episcopal Church, 400 N High Street, Franklin, <i>Stephen B 757-613-5531</i>
Wed 7:00PM	Bright New Life (O, STEP) , Franklin Baptist Church, 208 N High Street, Franklin, <i>DeWayne L 757-641-8022</i>
Thu 5:30PM	We Do Recover (O) , Franklin District Building, 161 Steward Drive, Franklin, <i>Keith J 757-344-3189</i>

GLOUCESTER, VA	
Sun 2:00PM	Living Clean (O) , 7603 Hospital Drive, Gloucester, <i>Sam B. 804-296-8592 Dan G. 804-815-7699</i>
Mon 7:30PM	The Out of Ordinary Meeting (O, IW, WC & , LIT) , White Marsh Baptist Church, 5123 George Washington Memorial Highway, Gloucester, <i>Dan G. 804-815-7699 Sam B. 804-296-8592</i>
Tue 8:00PM	A New Way of Life (O, JFT) , 7603 Hospital Drive, Gloucester, <i>Dan G. 804-815-7699 Sam B. 804-296-8592</i>
Thu 8:00PM	Living the Dream (BT) , 7603 Hospital Drive, 7603 Hospital Drive, Gloucester, <i>Dan G. 804-815-7699 Travis S. 804-694-6629</i>
Fri 7:30PM	Closer To Home (O, DISC, WC &) , Riverside Walter Reed Hospital, 7515 Hospital Drive, Gloucester, <i>Sam B. 804-296-8592</i>

HAMPTON, VA	
Sun NOON	Faith (O, WC &) , Riverside Behavioral Health Center, 2244 Executive Drive, Hampton, <i>Malcolm 757-593-6581 Henry 757-532-8814</i>
Sun 7:00PM	The Lie Is Dead (O, WC &) , North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane, Hampton, <i>Ed P. 757-303-8609</i>
Sun 7:30PM	Recovery Group (O, WC &) , Riverside Behavioral Health Center, 2244 Executive Drive, Hampton, <i>William S. 757-236-6170 Dave R. 757-218-2595</i>

HAMPTON, VA (CONT)	
Mon NOON	A Meeting at Lunch (O, VAR, WC &) , First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, Hampton, <i>Deborah R. 757-238-0330 Eugene 757-243-6845</i>
Mon 3:00PM	Change I Must Or Die I Will (O, WC &) , Nickerson Plaza, Next to ACE Hardware, 2096 Nickerson Blvd, Hampton, <i>Kathy A. 757-897-7699 Jimmy W. 757-257-0843</i>
Mon 7:00PM	Honesty Group (O, BT, SPK, STEP, WC &) , Ivy Memorial Baptist Church, 2200 Coliseum Dr., Hampton, <i>Yvonne W. 757-256-7858 Ernest 908-494-2383</i>
Tue NOON	A Meeting at Lunch (O) , First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, Hampton, <i>Deborah 757-238-0330 Eugene 757-243-6845</i>
Tue 5:30PM	Serenity Group (O, WC &) , Riverside Behavioral Health Center, 2244 Executive Drive, Hampton, <i>Beverly A. 757-753-6688 Jeanette 757-594-3414</i>
Tue 7:30PM	New Genesis Group (O) , Wesleyell United Methodist Church, 2510 N. Armistead Avenue, Hampton, <i>Gayle B. 757-597-1531 Cameron 757-561-3343</i>
Tue 7:30PM	Young, Clean & Living (O) , North Hampton Presbyterian Church (behind the Fire Department), 1217 Todds Lane, Hampton, <i>Chris L. 757-592-2170</i>
Thu 8:15PM	Let's Recover Together (O, WC &) , Hampton Christian Church, 151 East Mercury Boulevard, Hampton, <i>Tim E. 757-725-4636 Chris G. 760-984-4914</i>
Wed NOON	A Meeting at Lunch (O) , First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, Hampton, <i>Deborah 757-238-0330 Eugene 757-243-6845</i>
Wed 6:00PM	Becoming a Winner (O) , Loving Kindness Worship Center, 2007 N. Armistead Ave., Hampton, <i>Jacqueline G. 757-528-7041</i>
Wed 7:00PM	Hugs Not Drugs (O, DISC) , Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road, Hampton, <i>Sarah 757-727-3582 Jeff M. 912-414-3258</i>
Thu NOON	A Meeting at Lunch (O) , First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, Hampton, <i>Deborah 757-238-0330 Eugene 757-243-6845</i>
Thu 5:30PM	The Warriors (O, WC &) , Agape Foundations, INC, Entrance and Parking in the Rear, 3217 Commander Shepard Blvd, Hampton, <i>Renee D. 757-593-4323</i>
Thu 8:00PM	Time To Surrender (O, WC &) , North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane, Hampton, <i>Eddie H. 757-268-7903</i>
Fri NOON	A Meeting at Lunch (O) , First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, Hampton, <i>Deborah 757-238-0330 Eugene 757-243-6845</i>
Fri 6:00PM	How & Why (C, WC &) , Riverside Behavioral Health Center, 2244 Executive Drive, Hampton, <i>Tea J. 757-788-9475</i>
Sat 6:00PM	Saturday Night Alternative (O, WC &) , First Presbyterian Church, 514 S. Armistead Avenue, Hampton, <i>Jimmy R. 757-335-0921 Hawk 757-289-7663</i>
Sat 7:30PM	A New Approach to Life (O) , North Hampton Presbyterian Church (behind the firehouse), 1217 Todds Lane, Hampton, <i>Josh 757-284-9367</i>

NEWPORT NEWS, VA	
Sun 9:30AM	Surrender To Live (O, WC &) , C. Waldo Scott Center, 3100 Wickham Avenue, Newport News, <i>Dee W. 757-503-0739 Tony H. 757-696-6654</i>
Sun 3:00PM	Write to Recover (C, NC, WR) , Mary Immaculate Hospital, Community Health and Resource Center, 2 Bernardine Drive, Newport News, <i>Craig W. 845-642-5043</i>
Sun 7:00PM	A Gift Called Life (O, WC &) , Warwick United Church of Christ, 10 Matoaka Lane, Newport News, <i>Johnnie 757-869-4890 Nadine 757-751-4680</i>
Wed 9:30AM	Trust The Process (O, WC &) , St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News, <i>Qadeer 757-344-1284 Lilly 757-236-8921</i>
Mon NOON	High Noon (O, WC &) , Recovery Baptist Church, 303 Blair Avenue, Newport News, <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>
Mon 6:00PM	I Can't We Can (O, IP, SPK, AB) , C. Waldo Scott Center, 3100 Wickham Ave, Newport News
Mon 7:00PM	New Attitude (O, WC &) , 3509 Chestnut Avenue, Newport News, <i>Vet 747-849-8808 Rose F. 757-593-0104</i>
Tue 9:30AM	Trust The Process (O, WC &) , St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News, <i>Qadeer 757-344-1284 Lilly 757-236-8921</i>
Tue NOON	High Noon (O, WC &) , Recovery Baptist Church, 303 Blair Avenue, Newport News, <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>
Tue 7:00PM	We Can Change (O) , First Church of Newport News, 2300 Wickham Avenue, Newport News, <i>Harvey 757-926-9138 Plummer 757-696-3416 Albert W. 757-597-8697</i>
Wed 9:30AM	Trust The Process (O, WC &) , St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News, <i>Qadeer 757-344-1284 Lilly 757-236-8921</i>
Wed NOON	High Noon (O, WC &) , Recovery Baptist Church, 303 Blair Avenue, Newport News, <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>
Wed 7:00PM	End Of The Road (O, WC &) , 1707 Jefferson Avenue, Newport News, <i>Glen N. 757-268-9318 Sherri W. 757-768-1392</i>
Wed 7:00PM	Hope (O) , Warwick Conference Center, Building #6, 12420 Warwick Blvd, Newport News, <i>Will D. 757-768-7954 David B. 757-342-2510</i>
Wed 7:30PM	Living The Program (C, WC &) , Warwick United Church of Christ, 10 Matoaka Lane, Newport News, <i>Ray D. 757-303-4533 Veronica W. 757-589-5747</i>
Thu 9:30AM	Trust The Process (O, WC &) , St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News, <i>Qadeer 757-344-1284 Lilly 757-236-8921</i>
Thu NOON	High Noon (O, WC &) , Recovery Baptist Church, 303 Blair Avenue, Newport News, <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>
Thu 7:00PM	Let's Get Spiritual (O, WC &) , St. Paul AME Church, 2500 Chestnut Avenue, Newport News, <i>Debbie 757-317-5032 Teddie L. 757-503-8238</i>
Thu 7:00PM	We Do Recover (O, PI, WC & , LIT) , Reformation Lutheran Church, 13100 Warwick Blvd, Newport News, <i>Paula M. 757-506-9294</i>
Fri 9:30AM	Trust The Process (O, WC &) , St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News, <i>Qadeer 757-344-1284 Lilly 757-236-8921</i>
Fri NOON	High Noon (O, WC &) , Recovery Baptist Church, 303 Blair Avenue, Newport News, <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>
Fri 6:30PM	Change We Must (O, WC &) , Living Faith Christian Center, 14901 Warwick Blvd, Newport News, <i>Danny A. 757-696-2318 Darlene A. 757-998-1177</i>
Fri 7:00PM	Keep Coming Back (O, WC &) , Newport News Community Center, 605 South Avenue, Newport News, <i>Lorenzo 757-320-6224</i>
Fri 7:30PM	Good Orderly Direction (O, WC &) , Warwick United Church of Christ, 10 Matoaka Lane, Newport News, <i>Jeff H. 757-630-3806</i>
Sat 10:00AM	No More Excuses (O, WC &) , Warwick United Church of Christ, 10 Matoaka Lane, Newport News, <i>Deborah R. 757-238-0330</i>
Sat NOON	Women & Men In Recovery (O) , Trinity United Methodist Church, 29th & Huntington Ave, 228 29th St, Newport News, <i>Pamela H. 732-670-5887 Al W. 757-541-9218</i>
Sat 5:30PM	Saturday Night Live (O, WC &) , First Baptist Church Jefferson Park (use 43rd St to get in), 615 42nd St., Newport News
Sat 7:30PM	Never Alone (O, WC &) , Hilton Christian Church, 100 James River Drive, Newport News, <i>Butch L. 757-320-3221</i>

NORFOLK, VA	
Sun 6:00PM	It's About Time (O, SPK, WC &) , Norview United Methodist Church, 1112 Norview Avenue, Norfolk, <i>Jerome F. 757-202-6163</i>

NORFOLK, VA (CONT)	
Sun 8:00PM	Mixed Group (O, DISC) , First Lutheran Church, 1301 Colley Ave, Norfolk, <i>Mike J 757-409-1676</i>
Mon 9:30AM	Morning Meditation (O, WC &) , EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, <i>Rick K 757-753-0048</i>
Mon NOON	Help Me Think (O, BT, JFT, STEP, WP) , Ingleside Baptist Church, corner of Gatling Ave., 925 Ingleside Rd., Norfolk, <i>1st-Step, 2nd-Top, 3rd-BT, 4th-JFT, Carlton J 757-589-3564</i>
Mon 8:00PM	Recovery on the Hill (O, BT, CAN, SPK, STEP, WC &) , Ocean View Christian Reformed Church, 1241 Hillside Avenue, Norfolk, <i>Fred R. 757-695-6500</i>
Tue 9:30AM	Morning Meditation (O, DISC, VAR, WC &) , EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, <i>Rick K 757-753-0048, Mike M 757-305-2212</i>
Tue 5:30PM	Just For Today (O, DISC, IP, SPK, STEP, TOP) , First Lutheran Church, Corner of Colley Ave. & Baldwin Ave., 1301 Colley Avenue, Norfolk, <i>Bill A 757-647-7707</i>
Tue 6:00PM	Rainbow Serenity (O, DISC, GL) , LGBT Life Center, Entrance on Corner of Llewellyn and 25th St., 248 W 24th St, Norfolk, <i>Kanm M 757-647-1414</i>
Tue 7:00PM	Let It Be (O, DISC) , Ocean View Christian Reformed Church, 1 block from Ocean View & Beach View, 1241 Hillside Ave, Norfolk, <i>Jessica P 757-922-4539</i>
Tue 7:00PM	We Can Change (O, BT, DISC, IW, SPK) , Oskdale Presbyterian Church, West of Tidewater Dr. between Harriet & Van Patton Rd., Norfolk, <i>Olena P 757-359-5580</i>
Wed 9:30AM	Morning Meditation (O, DISC, VAR, WC &) , EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, <i>Rick K 757-7530048</i>
Wed NOON	High Noon (O) , New Life Providence Church, 1420 Colonial Ave, Norfolk, <i>Lafayette 757-696-7534, Michelle M 757-381-5881</i>
Wed 6:30PM	Last House on the Block (O, DISC) , Chesterfield Heights Community Center, 1st floor, 2715 Stanhope Ave, Norfolk, <i>Lafayette R 757-696-7534, Rudolph S 757-714-0783</i>
Wed 8:00PM	Better by the Bay (O, BT, DISC, WC &) , Miles Memorial United Methodist Church, Park off Selby Pl (rear entrance), 9450 Granby Street, Norfolk, <i>Ryan D 757-651-5316</i>
Wed 8:00PM	Where's Lot 14? (O, DISC) , Sentara Norfolk General Hospital, Dining Room #1, 600 Gresham Drive, Norfolk, <i>Gary 757-237-4507, Juanita 757-685-8848</i>
Thu 9:30AM	Morning Meditation (O, DISC, VAR, WC &) , EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, <i>Rick K 757-753-0048</i>
Thu NOON	Recovery 'N' EOY (O, BT, DISC, IP, SPK) , Ocean View Reformed Christian Church, block in front of Ocean View Ave at Beach St, 1241 Hillside Ave, Norfolk, <i>LaTrisha 757-285-7964, Jerome F 757-202-6163</i>
Thu 6:30PM	Got to Have it (O, BT, IP, SPK, STEP, WC &) , Queen Street Baptist Church, 413 E. Brambleton Avenue, Norfolk, <i>Frederick J 757-374-1577, Juanita S 757-685-8848</i>
Thu 8:00PM	Junks & Drinks (O, STEP) , Ocean View Reformed Church, 1241 Hillside Ave, Norfolk, <i>Amber O 856-340-0091 Mark B 757-581-0800</i>
Fri 9:30AM	Morning Meditation (O, DISC, VAR, WC &) , EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road, Norfolk, <i>Mike M 757-305-2212, Rick K 757-753-0048</i>
Fri NOON	The Continuing Quest (O, DISC, SPK, SWG) , First Lutheran Church, Corner Colley Ave & Baldwin Ave, 1301 Colley Avenue, Norfolk, <i>Dave E 757-663-2723</i>
Fri 6:00PM	The Happy Hour (C, O, JFT) , Faith Community Church, 100 East 30th Street, Norfolk, <i>Lafayette R 757-696-7534, Jerome F 757-202-6163</i>
Fri 8:00PM	Miracle On 9th Bay (O, SPK, STEP) , East Ocean View Baptist Church, 9609 9th Bay Street, Norfolk, <i>Larry W 757-701-0446</i>
Sat 9:30AM	Morning Meditation (O, DISC, VAR, WC &) , EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road, Norfolk, <i>Mike M 757-305-2212, Rick K 757-753-0048</i>
Sat NOON	Basic Math 12 & 12 (O, SPK, STEP, TRAD) , First Baptist Church, across from the Scope, 418 E Bute Street, Norfolk, <i>Carlton D 757-515-3331</i>
Sat 5:30PM	Back to Life (O, BT, DISC, SPK, TRAD) , First Lutheran Church, Corner of Colley and Baldwin, 1301 Colley Avenue, Norfolk, <i>Cornell W 757-729-4089</i>
Sat 8:00PM	Surrender to Live (O, BT, DISC, WC &) , Norview United Methodist Church, park behind church, 1112 Norview Avenue, Norfolk, <i>Fred R 757-695-6500 We split into 3 mtg rooms & alternate in 1.</i>

POQUOSON, VA	
Thu 7:30PM	Fresh Starts for Open Hearts (O) , Poquoson Baptist Church, 283 Wythe Creek Road, Poquoson

PORTSMOUTH, VA	
Sun 9:00AM	Men's Rap (O, DISC, M, WC &) , Maryview Behavioral Center, First Floor side entrance, 3636 High Street, Portsmouth, <i>Joe B 757-397-6279</i>
Sun 11:00AM	We Need A Meeting (O, BT, DISC, JFT, SPK, STEP, WC &) , Maryview Hospital, 2nd Floor, Conference Room B, 3636 High Street, Portsmouth, <i>Donna E 757-535-5895 1-DSC, 2-SP, 3-BT, 4-SPK, 5-JFT</i>

Sun 7:00PM	New Phase Four (O, DISC, SPK, TOP) , Saint John's Episcopal Church, 424 Washington Street, Portsmouth, <i>Ron E 757-582-1070, Lloyd P 757-638-7157</i>
Mon 6:45AM	Jump Start the Day (O) , First Lutheran Church, Washington & King, 600 King Street, Portsmouth, <i>Teresa D 757-724-3685</i>
Mon 7:00PM	New Beginnings (O, IW, WC &) , Church of the Resurrection, @ Midfield Pkwy, 3501 Cedar Lane, Portsmouth, <i>Greg C 757-636-3745, Kathy K 757-403-7409</i>
Tue 6:45AM	Jump Start the Day (O) , First Lutheran Church, Washington & King, 600 King Street, Portsmouth, <i>Teresa D 757-724-3685</i>
Tue NOON	The Emergency Unit (O, BT, DISC) , United Congregational Christian Church, Hodges Ferry Rd & Charlotte St, 5900 Portsmouth Blvd, Portsmouth, <i>Dora H 757-735-7615</i>
Tue 7:00PM	Keep Coming Back (O, BT, DISC, SPK, STEP, TOP) , New First Baptist Church of Taylorsville, By Fredrick Blvd, 2720 Turnpike Road, Portsmouth, <i>Francis P 757-679-1151</i>
Tue 8:00PM	A Gift Called Life (O, BT) , United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Portsmouth, <i>Brian I 757-619-7375, Sean H 757-438-1688</i>
Wed 6:45AM	Jump Start the Day (O) , First Lutheran Church, Washington & King, 600 King Street, Portsmouth, <i>Teresa D 757-724-3685</i>
Wed 7:00PM	Surrender and Recovery (O, BT) , United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Portsmouth, <i>Thomas G 757-647-</i>

HAMPTON ROADS METRO



MEETING LIST (CITY)

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

804-965-1871

TIDEWATER HELPLINE

866-972-5055

Beach Area Service P.O. Box 1377 Virginia Beach, VA 23451	http://virginiabeachna.org
Peninsula Area Service P.O. Box 16009, Newport News, VA 23608	http://peninsulaareana.org
Outerlimits Area Service P.O. Box 1164, Franklin, Va. 23851	http://outerlimitsareana.org/
Tidewater Area Service 1112 Norview Ave, Norfolk, VA	http://tidewaterareana.org
Central Atlantic Regional Service P. O. Box 1959, Chesterfield, VA 23832	http://www.car-na.org
Narcotics Anonymous World Service	http://www.na.org

Meetings Weekly: 179

SUFFOLK, VA

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

VIRGINIA BEACH, VA

Sun 9:00AM	Hope Ignited (O, DISC, WC &) , Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach, <i>Dale 757-202-9693, Chuck K 757-469-9365</i>
Sun 5:00PM	The Journey Continues (C, LIT) , St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, <i>Lucinda W 757-502-5176 (Living Clean Study)</i>
Sun 8:00PM	Sunday Sanity (O, DISC) , VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, <i>Karla W 757-434-6446, Pat O 757-633-2820</i>
Mon 7:00PM	Monday Night Candlelight (O, BT, CAN, WC &) , Haygood United Methodist Church, 4713 Haygood Rd., Virginia Beach, <i>Eric D 757-580-2849</i>
Mon 7:30PM	Living The Program (O, BT, DISC) , Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, Virginia Beach, <i>Lance G 757-692-7864, Steve K 757-715-1075</i>
Mon 8:00PM	Raw Recovery (O, DISC) , Judeo-Christian Outreach Center - Homeless Shelter, East of Birdneck Rd, 1053 Virginia Beach Blvd, Virginia Beach, <i>April M 757-323-7038</i>
Mon 10:30PM	End of the Night (O, WC & , LIT) , Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, <i>Living Clean Study Ann V 757-270-1141</i>
Tue 7:30PM	Freedom Group (O, DISC) , Nicholas Greek Church, Fellowship Hall, 621 First Colonial Road, Virginia Beach, <i>Living Clean Study, Kristina D 757-270-9509</i>
Tue 7:30PM	In Times of Illness (O, DISC) , VA Beach Psych Center, next to hospital, those with illness in recovery are welcome, 1100 First Colonial Rd, Virginia Beach, <i>Bill S 757-717-1815</i>
Tue 7:30PM	There's A Light (O, DISC) , Ocean Lakes Church of Christ, 1200 Dam Neck Road, Virginia Beach, <i>Jan B 757-717-7900, Geoff L 757-641-3159</i>
Tue 8:00PM	Enjoying the Journey (O, DISC, SPK, STEP, TOP) , Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, Virginia Beach, <i>Billy B 757-681-4341</i>
Tue 10:30PM	End of the Night (O, IW) , Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, <i>Ann V 757-270-1141</i>
Wed NOON	Visible Changes (O, DISC) , Emmanuel Episcopal Church, Off S Witchduck, 5181 Princess Anne Road, Virginia Beach, <i>Charles D 757-729-6176, Deborah J 757-320-6341</i>
Wed 5:30PM	Midweek Peak (O, DISC) , Thalia Lynn Baptist Church, 4392 Virginia Beach Blvd, Virginia Beach, <i>John B 757-635-4318 Sarah H 757-2988224</i>
Wed 7:15PM	Straight Ahead (O, DISC, STEP) , Christ Presbyterian, 709 Aragona Blvd, Virginia Beach, <i>Chris P 757-55-2222</i>
Wed 8:00PM	Trusted Servants (O, DISC, WC &) , St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, <i>Barbara H 845-905-9126</i>
Wed 8:30PM	Stepping into Recovery (O, DISC, WC & , LIT) , Old Donation Episcopal Church, 4449 N. Witchduck Road, Virginia Beach, <i>Guiding Traditions, Mary P 757-739-1726</i>
Wed 10:30PM	End of the Night (O, BT) , Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, <i>Ann V 757-270-1141</i>
Thu 7:00PM	Shattering the Illusion (O, BT) , St. Michaels Lutheran Church, 2208 Princess Anne Rd, Virginia Beach, <i>Kristine A 757-202-2702</i>
Thu 7:30PM	Serenity Circle (O, DISC, WC & , ME) , Haygood United Methodist Church, 4713 Haygood Road, Virginia Beach, <i>Entrance at Northwest Corner Trish 757-985-0948</i>
Thu 8:00PM	Choose Life (O, BT, IP, SPK) , VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, <i>Candace J 757-585-6609 Dickie B 757-4125029</i>
Thu 8:00PM	Raw Recovery (O, DISC) , Judeo-Christian Outreach Center - Homeless Shelter, East of Birdneck Rd, 1053 Virginia Beach Blvd, Virginia Beach, <i>April M 757-323-7038</i>
Thu 10:30PM	End of the Night (O, DISC) , Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, <i>Ann V 757-270-1141</i>
Fri NOON	Write Now (C, JFT, SWG, ME) , Providence Presbyterian Church, 5497 Providence Rd, Virginia Beach, <i>Writing during meeting, Fred R 757-695-6500</i>
Fri 8:00PM	Kempsville Crossroads (O, DISC, TRAD, WC &) , Providence Presbyterian Church, 5497 Providence Road, Virginia Beach, <i>Mark N 757-478-1839</i>
Fri 8:00PM	Wave of Recovery (O, DISC) , Virginia Beach Christian Church, 2225 Rose Hall Drive, Virginia Beach, <i>Pat C 757-735-8934</i>
Fri 8:30PM	HOW Group (C, DISC) , Good Shepherd Lutheran Church, 1489 Laskin Road, Virginia Beach, <i>Lance G 757-692-7864, Neal G 757-328-6485</i>
Fri 11:00PM	The Road Less Traveled (O, DISC, WC &) , Old Donation Episcopal Church, 4449 N. Witchduck Road, Virginia Beach, <i>Teresa D 757-724-3685</i>
Sat 9:00AM	Fresh Start (O) , Foundry United Methodist Church, 2801 Virginia Beach Blvd., Virginia Beach, <i>Madison B 757-506-6986 Pat C 757-735-8934</i>
Sat 5:00PM	When at the End of the Road (O, DISC) , St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, <i>Romaine P 757-513-9004, Dana S 757-831-1701</i>
Sat 6:00PM	Saturday Night Men's Meeting (C, DISC) , Virginia Beach Christian Church, 2225 Rose Hall Drive, Virginia Beach, <i>Robert D 757-343-3423</i>
Sat 7:00PM	Saturday Night Live (O) , St. Nicholas Fellowship Hall, 621 First Colonial Road, Virginia Beach, <i>Ted L 757-717-2669</i>
Sat 8:00PM	Freedom of Choice (O, DISC, STEP) , Church of the Accension, 4853 Princess Anne Road, Virginia Beach, <i>James P 757-619-2273</i>

WILLIAMSBURG, VA

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

YORKTOWN, VA

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