

ELIZABETH CITY, NC	
<b>Sun 7:00PM</b>	<b>Over &amp; Beyond (O, DISC)</b> , Saint Phillips Chapel, West side of Street, 201 S McMorrine St, Elizabeth City, <i>Linda T 252-333-7983</i>
<b>Tue 7:00PM</b>	<b>Over &amp; Beyond (O, DISC)</b> , Saint Phillips Chapel, 201 S McMorrine St, Elizabeth City, <i>Linda T 252-333-7983</i>
FRISCO, NC	
<b>Fri 7:30PM</b>	<b>Serenity in the Sand (O, DISC)</b> , Cape Hatteras Baptist Church, 50195 Buccaneer Drive, Frisco
KILL DEVIL HILLS, NC	
<b>Mon 7:30PM</b>	<b>Freedom to Live (C, DISC, WC &amp;)</b> , Liberty Christian Fellowship, 244 Williams Drive, Kill Devil Hills, <i>Rana D 252-423-0755</i>
<b>Tue 7:30PM</b>	<b>Stick &amp; Stay (O, DISC, WC &amp;)</b> , Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills, <i>Clare D 252-944-6971</i>
<b>Sat 7:30PM</b>	<b>Freedom to Live (O)</b> , Liberty Christian Fellowship, 244 Williams Drive, Kill Devil Hills, <i>Kim K 252-753-0822</i>
MANTEO, NC	
<b>Thu 7:30PM</b>	<b>Surrender to Win (O, DISC)</b> , Manteo Baptist Church, 406 US Highway 64, Manteo, <i>Keith B 252-573-9615, Jim 252-489-9895</i>
NAGS HEAD, NC	
<b>Wed 7:30PM</b>	<b>Miracles Happen (O, DISC, STEP, TW)</b> , 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>
<b>Fri 7:30PM</b>	<b>Miracles Happen (O)</b> , St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Nags Head
CARROLLTON, VA	
<b>Fri 7:30PM</b>	<b>Running On Faith (O)</b> , Carrollton Church of God, 16144 Carrollton Boulevard, Carrollton
CHESAPEAKE, VA	
<b>Sun 3:00PM</b>	<b>Wecovery (O, DISC)</b> , Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, <i>Chris 757-377-9236</i>
<b>Mon 7:00PM</b>	<b>The Winding Road (C)</b> , 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>
<b>Tue 7:00PM</b>	<b>Count Your Blessings (O, DISC, JFT)</b> , Oaklette United Methodist, Park in Rear, Corner Indian River & Oaklett, 520 Oaklette Dr, Chesapeake, <i>Daniel A 757-418-1690</i>
<b>Tue 7:30PM</b>	<b>Awesome Life (O, CAN, DISC, IP)</b> , Great Bridge United Methodist Church, Corner of S. Battlefield & Stadium, 201 Stadium Drive, Chesapeake, <i>Carrie L 757-560-8177</i>
<b>Wed 7:30PM</b>	<b>Change We Must (O, C, BT)</b> , Oak Grove UMC, across from water tower, 472 North Battlefield Blvd., Chesapeake, <i>Katie K 757-405-8464</i>
<b>Thu NOON</b>	<b>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, <i>Johnny D 757-287-4430</i>
<b>Thu 7:00PM</b>	<b>Second Chance (O, DISC, STEP, TW)</b> , Great Bridge United Methodist Church, corner of S. Battlefield Blvd and Stadium Dr, 201 Stadium Drive, Chesapeake, <i>Bernard 757-778-1755, Louie L 757-560-8172</i>
<b>Thu 8:00PM</b>	<b>Branching Out (O, BT, STEP)</b> , Aldersgate United Methodist Church, western branch, 4320 Bruce Rd, Chesapeake, <i>Joe B 757-397-6279</i>
<b>Fri 7:00PM</b>	<b>Agape (O, DISC, IP, STEP, TW)</b> , St. Paul's United Methodist Church, @ Dunbaron, 437 Providence Rd, Chesapeake, <i>1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494</i>
<b>Fri 7:30PM</b>	<b>Better Days (O, CAN, DISC, AB)</b> , 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	
<b>Fri 7:30PM</b>	<b>Thank God I'm Free (T.G.I.F.) (O)</b> , Courtland United Methodist Church, 22416 Main Street, Courtland, <i>Scott C 434-594-5819</i>
FRANKLIN, VA	
<b>Mon 7:00PM</b>	<b>Beyond Our Wildest Dreams (O, SPK, WC &amp;)</b> , First Baptist Church, 318 Hall Street, Franklin, <i>Charlene J 434-632-1972</i>
<b>Tue 7:00PM</b>	<b>Earthbound Group (O, DISC)</b> , Fellowship Around The World, 400 N. High St., Franklin, <i>Stephen B 757-613-5531</i>
<b>Wed 7:30PM</b>	<b>Bright New Life (O)</b> , Franklin Baptist Church, 208 N High Street, Franklin, <i>DeWayne L 757-641-8022</i>
<b>Thu 5:30PM</b>	<b>We Do Recover (O)</b> , Franklin District Building, 161 Steward Drive, Franklin, <i>Keith J 757-344-3189</i>
<b>Sat 1:00PM</b>	<b>New Beginnings (C)</b> , Martin Luther King Center, 683 Oak Street, Franklin
GLOUCESTER, VA	
<b>Mon 7:30PM</b>	<b>The Out of Ordinary Meeting (O, WC &amp;)</b> , White Marsh Baptist Church, 5123 George Washington Memorial Highway, Gloucester
<b>Tue 7:00PM</b>	<b>A New Way of Life (O)</b> , 9228 George Washington Memorial Highway, Gloucester
<b>Fri 7:30PM</b>	<b>Closer To Home (O, WC &amp;)</b> , Riverside Walter Reed Hospital, 7515 Hospital Drive, Gloucester
HAMPTON, VA	
<b>Sun NOON</b>	<b>Faith (O, WC &amp;)</b> , Riverside Behavioral Health Center, 2244 Executive Drive, Hampton
<b>Sun 7:00PM</b>	<b>The Lie Is Dead (O, WC &amp;)</b> , North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane, Hampton

HAMPTON, VA (CONT)	
<b>Sun 7:30PM</b>	<b>Recovery Group (O, WC &amp;)</b> , Riverside Behavioral Health Center, 2244 Executive Drive, Hampton
<b>Mon NOON</b>	<b>A Meeting at Lunch (O, VAR, WC &amp;)</b> , First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, Hampton
<b>Mon 3:00PM</b>	<b>Change I Must Or Die I Will (O, WC &amp;)</b> , Nickerson Plaza, Next to ACE Hardware, 2096 Nickerson Blvd, Hampton
<b>Mon 6:45PM</b>	<b>Honesty Group (O, WC &amp;)</b> , Ivy Memorial Baptist Church, 2200 Coliseum Dr., Hampton
<b>Tue NOON</b>	<b>A Meeting at Lunch (O)</b> , First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, Hampton
<b>Tue 5:30PM</b>	<b>Serenity Group (O, WC &amp;)</b> , Riverside Behavioral Health Center, 2244 Executive Drive, Hampton
<b>Tue 7:30PM</b>	<b>New Genesis Group (O)</b> , Weslley United Methodist Church, 2510 N. Armistead Avenue, Hampton
<b>Tue 7:30PM</b>	<b>Young, Clean &amp; Living (O)</b> , North Hampton Presbyterian Church (behind the Fire Department), 1217 Todds Lane, Hampton
<b>Tue 8:15PM</b>	<b>Let's Recover Together (O, WC &amp;)</b> , Hampton Christian Church, 151 East Mercury Boulevard, Hampton
<b>Wed NOON</b>	<b>A Meeting at Lunch (O)</b> , First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, Hampton
<b>Wed 6:00PM</b>	<b>Becoming A Winner (O)</b> , Loving Kindness Worship Center, 2002 N. Armistead Ave., Hampton
<b>Wed 7:00PM</b>	<b>Hugs Not Drugs (O)</b> , Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road, Hampton
<b>Thu NOON</b>	<b>A Meeting at Lunch (O)</b> , First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, Hampton
<b>Thu 5:30PM</b>	<b>The Warriors (O, WC &amp;)</b> , Agape Foundations, INC, Entrance and Parking in the Rear, 3217 Commander Shepard Blvd, Hampton
<b>Thu 8:00PM</b>	<b>Time To Surrender (O, WC &amp;)</b> , North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane, Hampton
<b>Fri NOON</b>	<b>A Meeting at Lunch (O)</b> , First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, Hampton
<b>Fri 6:00PM</b>	<b>How &amp; Why (C, WC &amp;)</b> , Riverside Behavioral Health Center, 2244 Executive Drive, Hampton
<b>Sat 6:00PM</b>	<b>Saturday Night Alternative (O, WC &amp;)</b> , First Presbyterian Church, 514 S. Armistead Avenue, Hampton
<b>Sat 7:30PM</b>	<b>A New Approach to Life (O)</b> , North Hampton Presbyterian Church (behind the firehouse), 1217 Todds Lane, Hampton
NEWPORT NEWS, VA	
<b>Sun 9:30AM</b>	<b>Surrender To Live (O, WC &amp;)</b> , C. Waldo Scott Center, 3100 Wickham Avenue, Newport News, <i>Dee W. 757-503-0739 - Tony H. 757-696-6654</i>
<b>Sun 7:00PM</b>	<b>A Gift Called Life (O, WC &amp;)</b> , Warwick United Church of Christ, 10 Matoaka Lane, Newport News
<b>Mon 9:30AM</b>	<b>Trust The Process (O, WC &amp;)</b> , St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News
<b>Mon NOON</b>	<b>High Noon (O, WC &amp;)</b> , Recovery Baptist Church, 303 Blair Avenue, Newport News
<b>Mon 7:00PM</b>	<b>New Attitude (O, WC &amp;)</b> , 3509 Chestnut Avenue, Newport News
<b>Tue 9:30AM</b>	<b>Trust The Process (O, WC &amp;)</b> , St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News
<b>Tue NOON</b>	<b>High Noon (O, WC &amp;)</b> , Recovery Baptist Church, 303 Blair Avenue, Newport News
<b>Tue 6:00PM</b>	<b>I Can't We Can (O, WC &amp;)</b> , YWCA, 2702 Orcutt Avenue, Newport News
<b>Tue 7:00PM</b>	<b>We Can Change (O)</b> , First Church of Newport News, 2300 Wickham Avenue, Newport News
<b>Tue 7:00PM</b>	<b>Women Do Recover (O, WC &amp;)</b> , Hilton Christian Church, Entrance In The Rear, 100James River Dr., Newport News
<b>Wed 9:30AM</b>	<b>Trust The Process (O, WC &amp;)</b> , St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News
<b>Wed NOON</b>	<b>High Noon (O, WC &amp;)</b> , Recovery Baptist Church, 303 Blair Avenue, Newport News
<b>Wed 7:00PM</b>	<b>End Of The Road (O, WC &amp;)</b> , 1707 Jefferson Avenue, Newport News
<b>Wed 7:00PM</b>	<b>Hope (O)</b> , Warwick Conference Center, Building #6, 12420 Warwick Blvd, Newport News
<b>Wed 7:30PM</b>	<b>Living The Program (C, WC &amp;)</b> , Warwick United Church of Christ, 10 Matoaka Lane, Newport News
<b>Thu 9:30AM</b>	<b>Trust The Process (O, WC &amp;)</b> , St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News
<b>Thu NOON</b>	<b>High Noon (O, WC &amp;)</b> , Recovery Baptist Church, 303 Blair Avenue, Newport News
<b>Thu 7:00PM</b>	<b>Let's Get Spiritual (O, WC &amp;)</b> , St. Paul AME Church, 2500 Chestnut Avenue, Newport News
<b>Thu 7:00PM</b>	<b>We Do Recover (O, WC &amp;)</b> , Reformation Lutheran Church, 13100 Warwick Blvd, Newport News
<b>Fri 9:30AM</b>	<b>Trust The Process (O, WC &amp;)</b> , St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News
<b>Fri NOON</b>	<b>High Noon (O, WC &amp;)</b> , Recovery Baptist Church, 303 Blair Avenue, Newport News

NEWPORT NEWS, VA (CONT)	
<b>Fri 6:30PM</b>	<b>Change We Must (O, WC &amp;)</b> , Living Faith Christian Center, 14901 Warwick Blvd, Newport News
<b>Fri 7:00PM</b>	<b>Keep Coming Back (O, WC &amp;)</b> , Newport News Community Center, 605 South Avenue, Newport News
<b>Fri 7:30PM</b>	<b>Good Orderly Direction (O, WC &amp;)</b> , Warwick United Church of Christ, 10 Matoaka Lane, Newport News
<b>Sat 10:00AM</b>	<b>No More Excuses (O, WC &amp;)</b> , Warwick United Church of Christ, 10 Matoaka Lane, Newport News
<b>Sat NOON</b>	<b>Women &amp; Men In Recovery (O)</b> , Trinity United Methodist Church, 29th & Huntington Ave, 228 29th St, Newport News
<b>Sat 5:30PM</b>	<b>Saturday Night Live (O, WC &amp;)</b> , First Baptist Church Jefferson Park (use 43rd St to get in), 615 42nd St., Newport News
<b>Sat 7:30PM</b>	<b>Never Alone (O, WC &amp;)</b> , Hillton Christian Church, 100 James River Drive, Newport News
NORFOLK, VA	
<b>Sun 1:00PM</b>	<b>Dopeless Hopefiends</b> , GHR Center, Suite B, 850 Tidewater Dr, Norfolk, <i>William M 757-851-8395</i>
<b>Sun 6:00PM</b>	<b>It's About Time (O, SPK, WC &amp;)</b> , Norview United Methodist Church, 1112 Norview Avenue, Norfolk, <i>Jerome F 757-202-6163</i>
<b>Sun 8:00PM</b>	<b>Mixed Group (O, DISC)</b> , First Lutheran Church, 1301 Colley Ave, Norfolk, <i>Mike J 757-409-1676</i>
<b>Mon 9:30AM</b>	<b>Morning Meditation (O, WC &amp;)</b> , EZ Does It Service Center, 1153 Harmony Road, Norfolk, <i>Rick K 757-753-0048</i>
<b>Mon NOON</b>	<b>Help Me Think (O, BT, JFT, STEP, TOP)</b> , 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>
<b>Mon 8:00PM</b>	<b>Recovery on the Hill (O, BT, CAN, SPK, STEP, WC &amp;)</b> , Ocean View Christian Reformed Church, 1241 Hillside Avenue, Norfolk, <i>Fred R 757-695-6500</i>
<b>Tue 9:30AM</b>	<b>Morning Meditation (O, DISC, VAR, WC &amp;)</b> , 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>
<b>Tue 5:30PM</b>	<b>Just For Today (O, DISC, IP, SPK, STEP, TOP)</b> , First Lutheran Church, Corner of Colley Ave. & Baldwin Ave., 1301 Colley Avenue, Norfolk, <i>Bill A 757-647-7707</i>
<b>Tue 6:30PM</b>	<b>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, <i>Seasonal - May through September Only, Aimee 757-998-0843</i>
<b>Tue 7:00PM</b>	<b>Let It Be (O, DISC)</b> , Ocean View Christian Reformed Church, 1 block from Ocean View & Beach View, 1241 Hillside Ave, Norfolk, <i>Brandi M 757-581-3178</i>
<b>Tue 7:00PM</b>	<b>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, <i>Olena P 757-359-5580</i>
<b>Wed 9:30AM</b>	<b>Morning Meditation (O, DISC, VAR, WC &amp;)</b> , EZ Does It Service Center, 1153 Harmony Road, Norfolk, <i>Rick K 757-7530048</i>
<b>Wed NOON</b>	<b>High Noon (O)</b> , New Life Providence Church, 1420 Colonial Ave, Norfolk, <i>Lafayette 757-696-7534, Michelle M 757-381-5881</i>
<b>Wed 8:00PM</b>	<b>Better by the Bay (O, BT, DISC, WC &amp;)</b> , Miles Memorial United Methodist Church, @Government Street (rear entrance), 9450 Granby Street, Norfolk, <i>Ryan D 757-651-5316</i>
<b>Wed 8:00PM</b>	<b>Where's Lot 14? (O, DISC)</b> , Sentara Norfolk General Hospital, Dining Room #1, 600 Gresham Drive, Norfolk, <i>Gary 757-237-4507, Juanita 757-685-8848</i>
<b>Thu 9:30AM</b>	<b>Morning Meditation (O, DISC, VAR, WC &amp;)</b> , EZ Does It Service Center, Off N. Military Hwy, & Raby Rd, 1153 Harmony Road, Norfolk, <i>Rick K 757-753-0048</i>
<b>Thu 6:30PM</b>	<b>Got to Have It (O, BT, IP, SPK, STEP, WC &amp;)</b> , Queen Street Baptist Church, 413 E. Brambleton Avenue, Norfolk, <i>Frederick J 757-374-1577, Juanita S 757-685-8848</i>
<b>Thu 8:00PM</b>	<b>Junks &amp; Drunks (O, STEP)</b> , Ocean View Reformed Church, 1241 Hillside Ave, Norfolk, <i>Marsha N 757-470-6128</i>
<b>Fri 9:30AM</b>	<b>Morning Meditation (O, DISC, VAR, WC &amp;)</b> , 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>
<b>Fri NOON</b>	<b>The Continuing Quest (O, DISC, SPK, SWG)</b> , First Lutheran Church, Corner Colley Ave & Baldwin Ave, 1301 Colley Avenue, Norfolk, <i>Dave E 757-663-2723</i>
<b>Fri 6:00PM</b>	<b>The Happy Hour (C, O, JFT)</b> , Faith Community Church, 100 East 30th Street, Norfolk, <i>Lafayette R 757-696-7534, Jerome F 757-202-6163</i>
<b>Fri 8:00PM</b>	<b>Miracle On 9th Bay (O, SPK, STEP)</b> , East Ocean View Baptist Church, 9609 9th Bay Street, Norfolk, <i>Larry W 757-701-0446</i>
<b>Fri 8:00PM</b>	<b>We Do Recover (O, DISC, STEP)</b> , Sacred Heart Church, 520 Graydon Ave, Norfolk, <i>Troy B 757-395-7376, Wanda P 757-324-9170</i>
<b>Sat 9:30AM</b>	<b>Morning Meditation (O, DISC, VAR, WC &amp;)</b> , 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>
<b>Sat NOON</b>	<b>Basic Math 12 &amp; 12 (O, SPK, STEP, TRAD)</b> , First Baptist Church, across from the Scope, 418 E Bute Street, Norfolk, <i>Carlton D 757-515-3331</i>
<b>Sat 5:30PM</b>	<b>Back to Life (O, BT, DISC, SPK, TRAD)</b> , First Lutheran Church, Corner of Colley and Baldwin, 1301 Colley Avenue, Norfolk, <i>Cornell W 757-729-4089</i>
<b>Sat 8:00PM</b>	<b>Surrender to Live (O, BT, DISC, WC &amp;)</b> , Norview United Methodist Church, park behind church, 1112 Norview Avenue, Norfolk, <i>Fred R 757-695-6500. We break up into 3 meeting rooms, and alternate in 1.</i>
<b>Wed 6:30PM</b>	<b>Last House on the Block (O, DISC)</b> , Chesterfield Heights Community Center, 1st floor, 2715 Stanhope Ave, Norfolk, <i>Lafayette R 757-696-7534, Rudolph S 757-714-0783</i>
<b>Thu NOON</b>	<b>Recovery 'N' EO V (O, BT, DISC, IP, SPK)</b> , Ocean View Reformed Christian Church, block in for Ocean View Ave at Beach St, 1241 Hillside Ave, Norfolk, <i>LaTrisha 757-285-7964, Jerome F 757-202-6163</i>
POQUOSON, VA	
<b>Thu 7:30PM</b>	<b>Fresh Start for Open Hearts (O)</b> , Poquoson Baptist Church, 283 Wythe Creek Road, Poquoson

# 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.

### JULY 2018

### REGIONAL HELPLINE

### 804-965-1871

### TIDEWATER HELPLINE

### 866-972-5055

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

Meetings Weekly: 173

#### PORTSMOUTH, VA

<b>Sun 9:00AM</b>	<b>Men's Rap (O, DISC, M, WC &amp;)</b> , Maryview Behavioral Center, First Floor side entrance, 3636 High Street, Portsmouth, <i>Joe B 757-397-6279</i>
<b>Sun 11:00AM</b>	<b>We Need A Meeting (O, BT, DISC, JFT, SPK, STEP, WC &amp;)</b> , Maryview Hospital, 2nd Floor, Conference Room B, 3636 High Street, Portsmouth, <i>Donna E 757-353-5895 (1-DISC, 2-STEP, 3-BT, 4-SPK, 5-JFT)</i>
<b>Sun 7:00PM</b>	<b>New Phase Four (O, DISC, SPK, TOP)</b> , Saint John's Episcopal Church, 424 Washington Street, Portsmouth, <i>Ron E 757-582-1070, Lloyd P 757-638-7157</i>
<b>Mon 6:45AM</b>	<b>Jump Start the Day (O)</b> , First Lutheran Church, Washington & King, 600 King Street, Portsmouth, <i>Teresa D 757-724-3685</i>
<b>Mon 7:00PM</b>	<b>New Beginnings (O, IW, WC &amp;)</b> , Church of the Resurrection, @ Midfield Pkwy, 3501 Cedar Lane, Portsmouth, <i>Greg C 757-636-3745, Kathy K 757-403-7409</i>
<b>Tue 6:45AM</b>	<b>Jump Start the Day (O, DISC)</b> , First Lutheran Church, Washington & King, 600 King Street, Portsmouth, <i>Teresa D 757-724-3685</i>
<b>Tue NOON</b>	<b>The Emergency Unit (O, BT, DISC)</b> , Holy Communion Lutheran Church, Hodges Ferry Rd & Bob White St, 6220 Portsmouth Blvd, Portsmouth, <i>Dora H 757-735-7615</i>
<b>Tue 7:00PM</b>	<b>Keep Coming Back (O, BT, DISC, SPK, STEP, TOP)</b> , New First Baptist Church of Taylorsville, By Fredrick Blvd, 2720 Turnpike Road, Portsmouth, <i>Francis P 757-679-1151</i>
<b>Tue 8:00PM</b>	<b>A Gift Called Life (O, BT)</b> , United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Portsmouth, <i>Brian L 757-619-7375, Sean H 757-438-1688</i>
<b>Wed 6:45AM</b>	<b>Jump Start the Day (O, DISC)</b> , First Lutheran Church, Washington & King, 600 King Street, Portsmouth, <i>Theresa D 757-724-3685</i>
<b>Wed 7:00PM</b>	<b>Surrender and Recovery (O, BT)</b> , United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Portsmouth, <i>Thomas G 757-647-1481</i>
<b>Wed 7:30PM</b>	<b>What Can I Do (O, BT, IP, STEP, TW)</b> , Wesley Community Service Center, 1701 Elm St, Portsmouth, <i>Sabrina P 757-228-0730</i>
<b>Thu 6:45AM</b>	<b>Jump Start the Day (O, DISC)</b> , First Lutheran Church, Washington & King, 600 King Street, Portsmouth, <i>Teresa D 757-724-3685</i>
<b>Thu 7:00PM</b>	<b>Freebird (O, BL, BT)</b> , Craddock Baptist Church, and Harris Road, 96 Afton Parkway, Portsmouth, <i>Roland C 757-328-2243, Jen J. 757-582-4947</i>
<b>Thu 7:00PM</b>	<b>Girls Nite Out (O, IP, JFT, SWG, STEP, W)</b> , First Friends Church, 5307 Portsmouth Blvd., Portsmouth, <i>Vickie 757-375-0067, Kat 757-359-3793, Missy 757-753-6223</i>
<b>Fri 6:45AM</b>	<b>Jump Start the Day (O, DISC)</b> , First Lutheran Church, King & Washington, 600 King Street, Portsmouth, <i>Teresa D 757-724-3685</i>
<b>Sat 11:00AM</b>	<b>The Phoenix Group (O, BT)</b> , Maryview Hospital, 2nd floor Conference Room A, 3636 High Street, Portsmouth, <i>Sam D 757-353-2094</i>
<b>Sat 8:00PM</b>	<b>Back to Basics (O, BT, DISC)</b> , Port Norfolk Baptist Church, 401 Broad Street, Portsmouth, <i>Ty H 757-235-3175</i>

#### SUFFOLK, VA

<b>Sun 7:00PM</b>	<b>A Clear Message (O, BT, DISC, SPK, AB)</b> , Obici Hospital, Conf. Rm. C - Basement, 2800 Godwin Boulevard, Suffolk, <i>Robyn T 954-822-9026 (1-BT, 2-AB, 3-DISC, 4-SPK)</i>
<b>Wed 7:30PM</b>	<b>Life &amp; Hopenline (O, DISC, STEP, WC &amp;)</b> , Suffolk Christian Church, by courthouse, 216 North Main St., Suffolk, <i>Rob T 757-923-5461</i>
<b>Fri 7:00PM</b>	<b>Life and Hopenline (O, DISC, STEP)</b> , Sentara Obici Hospital, 2800 Godwin Boulevard, Suffolk, <i>Diane W 717-887-0279</i>
<b>Sat 7:00PM</b>	<b>Life and Hopenline (O, DISC, STEP)</b> , Sentara Obici Hospital, 2800 Godwin Boulevard, Suffolk, <i>Marvin C 757-729-4089</i>

#### VIRGINIA BEACH, VA

<b>Sun 9:00AM</b>	<b>Hope Ignited (O, DISC, WC &amp;)</b> , Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach, <i>Dale 757-202-9693, Chuck K 757-469-9365</i>
<b>Sun 5:00PM</b>	<b>The Journey Continues (C, LIT)</b> , St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, <i>Lucinda W 757-502-5176 (Living Clean Study)</i>
<b>Sun 8:00PM</b>	<b>Sunday Sanity (O, DISC)</b> , 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>
<b>Mon 7:00PM</b>	<b>Monday Night Candlelight (O, BT, CAN, WC &amp;)</b> , Haygood United Methodist Church, 4713 Haygood Rd, Virginia Beach, <i>Eric D 757-580-2849</i>
<b>Mon 7:30PM</b>	<b>Living The Program (O, BT, DISC)</b> , 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>
<b>Mon 8:00PM</b>	<b>Raw Recovery (O, DISC)</b> , Homeless Shelter, Judeo-Christian Outreach Ctr, E of Birdneck Rd, 1053 Virginia Beach Blvd, Virginia Beach, <i>April M 757-323-7038</i>
<b>Mon 10:30PM</b>	<b>End of the Night (O, DISC, WC &amp;, LIT)</b> , Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, <i>Ann V 757-270-1141</i>
<b>Tue 7:30PM</b>	<b>Freedom Group (O, DISC)</b> , Nicholas Greek Church, Fellowship Hall, 621 First Colonial Road, Virginia Beach, <i>Living Clean Study, Kristina D 757-270-9509, Mary K 757-650-0783</i>
<b>Tue 7:30PM</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, <i>Bill S 757-717-1815</i>
<b>Tue 7:30PM</b>	<b>There's A Light (O, DISC)</b> , Ocean Lakes Church of Christ, 1200 Dam Neck Road, Virginia Beach, <i>Ian B 757-717-7900, Geoff L 757-641-3159</i>
<b>Tue 8:00PM</b>	<b>Enjoying the Journey (O, DISC, SPK, STEP, TOP)</b> , Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, Virginia Beach, <i>Billy B 757-681-4341</i>
<b>Tue 10:30PM</b>	<b>End of the Night (O, DISC, IW, WC &amp;)</b> , Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, <i>Ann V 757-270-1141</i>
<b>Wed NOON</b>	<b>Visible Changes (O, DISC)</b> , Emmanuel Episcopal Church, Off S Witchduck, 5181 Princess Anne Road, Virginia Beach, <i>Charles D. 757-729-6176 Deborah J. 757-320-6341</i>
<b>Wed 5:30PM</b>	<b>Midweek Peak (O, DISC)</b> , Thalia Lynn Baptist Church, 4392 Virginia Beach Blvd, Virginia Beach, <i>John B 7576354318 Sarah H 7572988224</i>
<b>Wed 7:15PM</b>	<b>Straight Ahead (O, DISC, STEP)</b> , Christ Presbyterian, 709 Aragona Blvd, Virginia Beach, <i>Chris P 757-535-7227</i>
<b>Wed 8:00PM</b>	<b>Trusted Servants (O, DISC, WC &amp;)</b> , St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, <i>Barbara H 845-905-9126</i>

#### VIRGINIA BEACH, VA (CONT)

<b>Wed 8:30PM</b>	<b>Stepping into Recovery (O, BT, DISC)</b> , Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, <i>Living Clean Study, Mary P 757-739-1726</i>
<b>Wed 10:30PM</b>	<b>End of the Night (O, BT, DISC, WC &amp;)</b> , Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, <i>Ann V 757-270-1142</i>
<b>Thu 7:00PM</b>	<b>Shattering the Illusion (O, BT)</b> , St. Michaels Lutheran Church, 2208 Princess Anne Road, Virginia Beach, <i>Kristine A. 757-202-2702</i>
<b>Thu 7:30PM</b>	<b>Serenity Circle (O, DISC)</b> , Haygood United Methodist Church, 4713 Haygood Road, Virginia Beach, <i>Pam 757-636-2364, Trish 757-575-9350</i>
<b>Thu 8:00PM</b>	<b>Choose Life (O, BT, IP, SPK)</b> , VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, <i>Candace J 7575856609 Dickie B 7574125029</i>
<b>Thu 8:00PM</b>	<b>Raw Recovery (O, DISC)</b> , Judeo-Christian Outreach Center - Homeless Shelter, E of Birdneck Rd, 1053 Virginia Beach Blvd, Virginia Beach, <i>April M 757-322-7038</i>
<b>Thu 10:30PM</b>	<b>End of the Night (O, BT, DISC, WC &amp;)</b> , Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, <i>Ann V 757-270-1141</i>
<b>Fri NOON</b>	<b>Write Now (C, JFT, SWG)</b> , Providence Presbyterian Church, 5497 Providence Rd, Virginia Beach, <i>writing during meeting, Christine O 757-729-3282</i>
<b>Fri 8:00PM</b>	<b>Kempsville Crossroads (O, DISC, TRAD, WC &amp;)</b> , Providence Presbyterian Church, 5497 Providence Road, Virginia Beach, <i>Mark N 757-478-1839</i>
<b>Fri 8:00PM</b>	<b>Wave of Recovery (O, DISC)</b> , Virginia Beach Christian Church, 2225 Rose Hall Drive, Virginia Beach, <i>Pat C 757-735-8934</i>
<b>Fri 8:30PM</b>	<b>HOW Group (C, DISC)</b> , Good Shepherd Lutheran Church, 1489 Laskin Road, Virginia Beach, <i>Lance G 757-692-7864, Neal G 757-328-6485</i>
<b>Fri 11:00PM</b>	<b>The Road Less Traveled (O, DISC)</b> , Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, <i>Teresa D 757-724-3685</i>
<b>Sat 9:00AM</b>	<b>Fresh Start (O)</b> , Foundry United Methodist Church, 2801 Virginia Beach Blvd., Virginia Beach, <i>Madison B 757-506-6986 Pat C 757-735-8934</i>
<b>Sat 5:00PM</b>	<b>When at the End of the Road (O, DISC)</b> , St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, <i>Romaine P 757-513-9004, Dana S 757-831-1701</i>
<b>Sat 6:00PM</b>	<b>Saturday Night Men's Meeting (C, DISC)</b> , Virginia Beach Christian Church, 2225 Rose Hall Drive, Virginia Beach, <i>Robert D 757-343-3423</i>
<b>Sat 7:00PM</b>	<b>Saturday Night Live (O)</b> , St. Nicholas Fellowship Hall, 621 First Colonial Road, Virginia Beach, <i>Ted L 757-717-2669</i>
<b>Sat 8:00PM</b>	<b>Freedom of Choice (O, DISC, STEP)</b> , Church of the Accension, 4853 Princess Anne Road, Virginia Beach, <i>James P 757-619-2273</i>

#### WILLIAMSBURG, VA

<b>Sun 8:00PM</b>	<b>Nature Of Recovery (O, WC &amp;)</b> , 5477 Mooretown Road, Williamsburg
<b>Mon 7:00PM</b>	<b>Women in Recovery (O)</b> , St. Martin's Church, 3279 Lake Powell Rd, Williamsburg
<b>Mon 8:30PM</b>	<b>Who is an Addict? (O)</b> , 3279 Lake Powell Road, Williamsburg
<b>Tue 7:00PM</b>	<b>A Proven Program (O)</b> , York River Baptist Church, 8201 Croaker Road, Williamsburg
<b>Wed NOON</b>	<b>Recovery At Noon (O)</b> , 3279 Lake Powell Rd, Williamsburg
<b>Wed 8:30PM</b>	<b>Who is an Addict? (O)</b> , 3279 Lake Powell Road, Williamsburg
<b>Thu 7:30PM</b>	<b>12 + 12 = Change!! (O, WC &amp;)</b> , Wesley Foundation (across from W&M soccer field), 526 Jamestown Road, Williamsburg
<b>Fri 8:00PM</b>	<b>NOTHING TO FEAR (O, IP, SPK, TOP, WC &amp;, AB)</b> , Williamsburg Sentara Hospital, Williamsburg Rm., 100 Sentara Circle, Williamsburg
<b>Sat 10:30AM</b>	<b>Living Life On Life's Terms (O, WC &amp;)</b> , Wesley Foundation, 526 Jamestown Road, Williamsburg

#### YORKTOWN, VA

<b>Mon 7:30PM</b>	<b>In Step (O)</b> , Grafton Baptist Church, @ Dare Road, 5540 George Washington Memorial Hwy, Yorktown
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#### Meeting Format Legend

AB	Ask-It-Basket	BL	Bi-Lingual
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	O	Open
SMOK	Smoking	SPK	Speaker
STEP	Step	SWG	Step Working Guide Study
TOP	Topic	TRAD	Tradition
TW	Traditions Workshop	VAR	Format Varies
W	Women	WC &	Wheelchair