

SUNDAY		
<b>9:00AM</b>	<b>Hope Ignited (O, DISC, WC &amp; )</b> Virginia Beach Recovery Club, 1900 Baltic Avenue, <i>Dale 757-202-9693, Christine D 757-374-1348</i>	<b>Virginia Beach</b>
<b>9:00AM</b>	<b>Men's Rap (O, DISC, M, WC &amp; )</b> Maryview Behavioral Center, First Floor side entrance, 3636 High Street, <i>Joe B 757-397-6279</i>	<b>Portsmouth</b>
<b>9:30AM</b>	<b>Surrender To Live (O, WC &amp; )</b> C. Waldo Scott Center, 3100 Wickham Avenue	<b>Newport News</b>
<b>11:00AM</b>	<b>We Need A Meeting (O, BT, DISC, JFT, SPK, STEP)</b> Maryview Hospital, 2nd Floor, Conference Room B, 3636 High Street, <i>Donna E 757-353-5895 (1-DISC, 2-STEP, 3-BT, 4-SPK, 5-JFT)</i>	<b>Portsmouth</b>
<b>NOON</b>	<b>Faith (O, WC &amp; )</b> Riverside Behavioral Health, 2244 Executive Drive	<b>Hampton</b>
<b>3:00PM</b>	<b>Wecoverly (O, DISC)</b> Great Bridge United Methodist Church, 201 Stadium Drive, <i>Chris 757-377-9236</i>	<b>Chesapeake</b>
<b>5:00PM</b>	<b>The Journey Continues (C, LIT)</b> St. Francis Episcopal Church, 509 S Rosemont Road, <i>Todd 757-617-5561</i>	<b>Virginia Beach</b>
<b>6:00PM</b>	<b>It's About Time (O, SPK)</b> Norview United Methodist Church, 1112 Norview Avenue, <i>Almeta L 757-589-4047</i>	<b>Norfolk</b>
<b>7:00PM</b>	<b>A Gift Called Life (O, WC &amp; )</b> Warwick United Church of Christ, 10 Matoaka Lane	<b>Newport News</b>
<b>7:00PM</b>	<b>New Phase Four (O, DISC, SPK, TOP)</b> Saint John's Episcopal Church, 424 Washington Street, <i>Mike P 757-298-0130</i>	<b>Portsmouth</b>
<b>7:00PM</b>	<b>The Lie Is Dead (O, WC &amp; )</b> North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane	<b>Hampton</b>
<b>7:30PM</b>	<b>A Clear Message (O, BT, DISC, SPK, AB)</b> Obici Hospital, Conf. Rm. C - Basement, 2800 Godwin Boulevard, <i>Doretta G 757-748-3289 (1-BT, 2-AB, 3-DISC, 4-SPK)</i>	<b>Suffolk</b>
<b>7:30PM</b>	<b>Recovery Group (O, WC &amp; )</b> Riverside Behavioral Health, 2244 Executive Drive	<b>Hampton</b>
<b>8:00PM</b>	<b>Mixed Group (O, DISC)</b> First Lutheran Church, 1301 Colley Ave, <i>Mike J 757-409-1676</i>	<b>Norfolk</b>
<b>8:00PM</b>	<b>Nature Of Recovery (O, WC &amp; )</b> 5477 Mooretown Road	<b>Williamsburg</b>
<b>8:00PM</b>	<b>Sunday Sanity (O, DISC)</b> VA Beach Psychiatric Center, next to hospital, 1100 First Colonial Rd, <i>Karla W 757-434-6446, Pat O 757-633-2820</i>	<b>Virginia Beach</b>
MONDAY		
<b>6:45AM</b>	<b>Jump Start the Day (O)</b> First Lutheran Church, Washington & King, 600 King Street, <i>Teresa D 757-724-3685</i>	<b>Portsmouth</b>
<b>9:30AM</b>	<b>Morning Meditation (O, WC &amp; )</b> EZ Does It Service Center, 1153 Harmony Road, <i>Rick K 757-753-0048</i>	<b>Norfolk</b>
<b>9:30AM</b>	<b>Trust The Process (O, WC &amp; )</b> St. Augustine's Episcopal Church, 2515 Marshall Avenue	<b>Newport News</b>
<b>NOON</b>	<b>A Meeting at Lunch (O, VAR, WC &amp; )</b> First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue	<b>Hampton</b>
<b>NOON</b>	<b>Help Me Think (O)</b> Ingleside Baptist Church, corner of Gatling Ave, 925 Ingleside Rd., <i>Carlton J 757-589-3564</i>	<b>Norfolk</b>
<b>NOON</b>	<b>High Noon (O, WC &amp; )</b> Recovery Baptist Church, 303 Blair Avenue	<b>Newport News</b>
<b>3:00PM</b>	<b>Change I Must Or Die I Will (O, WC &amp; )</b> Nickerson Plaza, Next to ACE Hardware, 2096 Nickerson Blvd	<b>Hampton</b>
<b>6:00PM</b>	<b>No Labor, No Reward (O, LIT)</b> New Mr Zion AME Church, 113 Seekel St, <i>Welton 757-201-1118</i>	<b>Norfolk</b>
<b>6:45PM</b>	<b>Honesty Group (O, WC &amp; )</b> St. Mark's Episcopal Church, 1835 Todds Lane	<b>Hampton</b>
<b>7:00PM</b>	<b>Monday Night Candlelight (O, BT)</b> License Saver & Driver Improvement, 5312 Providence Rd, <i>Eric D 757-580-2849</i>	<b>Virginia Beach</b>
<b>7:00PM</b>	<b>New Attitude (O, WC &amp; )</b> 3509 Chestnut Avenue	<b>Newport News</b>
<b>7:00PM</b>	<b>New Beginnings (O, WC &amp; )</b> Church of the Resurrection, @ Midfield Pkwy, 3501 Cedar Lane, <i>Greg C 757-636-3745</i>	<b>Portsmouth</b>
<b>7:00PM</b>	<b>Women in Recovery (O)</b> St. Martin's Church, 1333 Jamestown Road	<b>Williamsburg</b>

MONDAY (CONT)		
<b>7:30PM</b>	<b>How It Works (O)</b> Mt. Sinai United Holy Church, Off Watts Avenue, 2710 Columbus Avenue, <i>Tommy M 757-537-5186</i>	<b>Portsmouth</b>
<b>7:30PM</b>	<b>In Step (O)</b> Grafton Baptist Church, @ Dare Road, 5540 George Washington Memorial Hwy	<b>Yorktown</b>
<b>7:30PM</b>	<b>Living The Program (O)</b> Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, <i>Lance G 757-692-7864, Steve K 757-715-1075</i>	<b>Virginia Beach</b>
<b>7:30PM</b>	<b>The Out of Ordinary Meeting (O, WC &amp; )</b> White Marsh Baptist Church, 5123 George Washington Memorial Highway	<b>Gloucester</b>
<b>7:30PM</b>	<b>The Winding Road (C)</b> Oak Grove United Methodist Church, across from water tower, 472 N. Battlefield Blvd, <i>Justin K 757-773-4403, Rich B 757-737-4267</i>	<b>Chesapeake</b>
<b>8:00PM</b>	<b>Raw Recovery (O)</b> Homeless Shelter (Judeo-Christian Outreach Ctr.), E of Birdneck Rd, 1053 Virginia Beach Blvd, <i>Earl H 757-235-4877</i>	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Recovery on the Hill (O)</b> Ocean View Reformed Christian Church, 1241 Hillside Avenue, <i>Fred R 757-695-6500</i>	<b>Norfolk</b>
<b>8:30PM</b>	<b>Who is an Addict? (O)</b> 3279 Lake Powell Road	<b>Williamsburg</b>
<b>10:30PM</b>	<b>End of the Night (O)</b> Old Donation Church, 4449 N. Witchduck Road, <i>Teresa D 757-724-3685</i>	<b>Virginia Beach</b>
TUESDAY		
<b>6:45AM</b>	<b>Jump Start the Day (O)</b> First Lutheran Church, Washington & King, 600 King Street, <i>Teresa D 757-724-3685</i>	<b>Portsmouth</b>
<b>9:30AM</b>	<b>Morning Meditation (O, WC &amp; )</b> EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, <i>Rick K 757-753-0048</i>	<b>Norfolk</b>
<b>9:30AM</b>	<b>Trust The Process (O, WC &amp; )</b> St. Augustine Episcopal Church, 2515 Marshall Avenue	<b>Newport News</b>
<b>NOON</b>	<b>A Meeting at Lunch (O)</b> First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue	<b>Hampton</b>
<b>NOON</b>	<b>High Noon (O, WC &amp; )</b> Recovery Baptist Church, 303 Blair Avenue	<b>Newport News</b>
<b>NOON</b>	<b>The Emergency Unit (O)</b> Holy Communion Lutheran Church, Hodges Ferry Rd & Bob White St, 6220 Portsmouth Blvd, <i>Dora H 757-735-7615</i>	<b>Portsmouth</b>
<b>5:30PM</b>	<b>Just For Today (O)</b> First Lutheran Church, Corner of Colley Ave. & Baldwin Ave., 1301 Colley Avenue, <i>Bill A 757-647-7707</i>	<b>Norfolk</b>
<b>5:30PM</b>	<b>Serenity Group (O, WC &amp; )</b> Riverside Behavioral Health Center, 2244 Executive Drive	<b>Hampton</b>
<b>6:00PM</b>	<b>I Can't We Can (O, WC &amp; )</b> YWCA, 2702 Orcutt Avenue	<b>Newport News</b>
<b>7:00PM</b>	<b>A New Way of Life (O)</b> 9228 George Washington Memorial Highway	<b>Gloucester</b>
<b>7:00PM</b>	<b>A Proven Program (O)</b> York River Baptist Church, 8201 Croaker Road	<b>Williamsburg</b>
<b>7:00PM</b>	<b>Awesome Life (O)</b> Great Bridge United Methodist Church, Corner of S. Battlefield & Stadium, 201 Stadium Drive, <i>Carrie L 757-560-8177</i>	<b>Chesapeake</b>
<b>7:00PM</b>	<b>Count Your Blessings (O)</b> Oaklette United Methodist, Park in Rear, Corner Indian River & Oaklett, 520 Oaklette Dr, <i>Daniel A 757-418-1690</i>	<b>Chesapeake</b>
<b>7:00PM</b>	<b>Keep Coming Back (O)</b> New First Baptist Church of Taylorsville, By Fredrick Blvd, 2720 Turnpike Road, <i>Francis P 757-679-1151</i>	<b>Portsmouth</b>
<b>7:00PM</b>	<b>Let It Be (O)</b> Oceanview Christian Reform Church, 1 block from Ocean View & Beach View, 1241 Hillside Ave, <i>Jessica P 757-822-4559</i>	<b>Norfolk</b>
<b>7:00PM</b>	<b>We Can Change (O)</b> Oakdale Presbyterian Church, West of Tidewater Dr. between Harriet & Van Patten Rd., 550 East Little Creek Rd., <i>Edward A 757-818-2737</i>	<b>Norfolk</b>
<b>7:00PM</b>	<b>We Can Change (O)</b> First Church of Newport News, 2300 Wickham Avenue	<b>Newport News</b>
<b>7:30PM</b>	<b>Freedom Group (O)</b> St. Nicholas Fellowship Hall, 621 First Colonial Road, <i>Kristina D 757-270-9509</i>	<b>Virginia Beach</b>
<b>7:30PM</b>	<b>In Times of Illness (O)</b> VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, <i>Bill S 757-717-1815</i>	<b>Virginia Beach</b>

TUESDAY (CONT)		
<b>7:30PM</b>	<b>New Genesis Group (O)</b> Weslley United Methodist Church, 2510 N. Armistead Avenue	<b>Hampton</b>
<b>7:30PM</b>	<b>There's A Light (O)</b> Ocean Lakes Church of Christ, 1200 Dam Neck Road, <i>Ian B 757-717-7900, Geoff L 757-641-3159</i>	<b>Virginia Beach</b>
<b>7:30PM</b>	<b>Young, Clean &amp; Living (O)</b> Northampton Presbyterian Church (behind the Fire Department), 1217 Todds Lane	<b>Hampton</b>
<b>8:00PM</b>	<b>A Gift Called Life (O)</b> United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, <i>Brian L 757-619-7375, Sean H 757-438-1688</i>	<b>Portsmouth</b>
<b>8:00PM</b>	<b>Enjoying the Journey (O)</b> Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, <i>Billy B 757-681-4341</i>	<b>Virginia Beach</b>
<b>8:15PM</b>	<b>Let's Recover Together (O, WC &amp; )</b> Hampton Christian Church, 151 East Mercury Boulevard	<b>Hampton</b>
<b>10:30PM</b>	<b>End of the Night (O)</b> Old Donation Church, 4449 N. Witchduck Road, <i>Teresa D 757-724-3685</i>	<b>Virginia Beach</b>
WEDNESDAY		
<b>6:45AM</b>	<b>Jump Start the Day (O)</b> First Lutheran Church, Washington & King, 600 King Street, <i>Julia S 804-614-6603</i>	<b>Portsmouth</b>
<b>9:30AM</b>	<b>Morning Meditation (O, WC &amp; )</b> EZ Does It Service Center, 1153 Harmony Road	<b>Norfolk</b>
<b>9:30AM</b>	<b>Trust The Process (O, WC &amp; )</b> St. Augustine's Episcopal Church, 2515 Marshall Avenue	<b>Newport News</b>
<b>NOON</b>	<b>A Meeting at Lunch (O)</b> First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue	<b>Hampton</b>
<b>NOON</b>	<b>High Noon (O, WC &amp; )</b> Recovery Baptist Church, 303 Blair Avenue	<b>Newport News</b>
<b>NOON</b>	<b>Visible Changes (O)</b> Emmanuel Episcopal Church, Off S Witchduck, 5181 Princess Anne Road	<b>Virginia Beach</b>
<b>5:00PM</b>	<b>In Recovery (O, VAR)</b> Christ & St. Luke Church, In Basement, 560 W. Olney Rd	<b>Norfolk</b>
<b>7:00PM</b>	<b>Daily Recovery (O, VAR)</b> Mount Gilead Church, 1057 Kennedy St	<b>Norfolk</b>
<b>7:00PM</b>	<b>End Of The Road (O, WC &amp; )</b> 1707 Jefferson Avenue	<b>Newport News</b>
<b>7:00PM</b>	<b>Hope (O)</b> Warwick Conference Center, Building #6, 12420 Warwick Blvd	<b>Newport News</b>
<b>7:00PM</b>	<b>Hugs Not Drugs (O)</b> Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road	<b>Hampton</b>
<b>7:00PM</b>	<b>Surrender and Recovery (O)</b> United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, <i>Thomas G 757-647-1481</i>	<b>Portsmouth</b>
<b>7:00PM</b>	<b>The Stand (O)</b> New Calvary Baptist Church, 800 E Virginia Beach Blvd, <i>Doris T 757-961-7325</i>	<b>Norfolk</b>
<b>7:15PM</b>	<b>Straight Ahead (O)</b> Christ Presbyterian, 709 Aragona Blvd, <i>Chris P 757-535-7227</i>	<b>Virginia Beach</b>
<b>7:30PM</b>	<b>Change We Must (C)</b> Great Bridge Evangelical Free Church, across from old high school, 173 Mt. Pleasant Road, <i>Katie K 757-405-8464</i>	<b>Chesapeake</b>
<b>7:30PM</b>	<b>Life &amp; Hopeline (O)</b> Suffolk Christian Church, by courthouse, 216 North Main St., <i>Rob T 757-923-5461</i>	<b>Suffolk</b>
<b>7:30PM</b>	<b>Living The Program (C, WC &amp; )</b> Warwick United Church of Christ, 10 Matoaka Lane	<b>Newport News</b>
<b>7:30PM</b>	<b>What Can I Do (O)</b> Holy Communion Lutheran Church, Hodges Ferry, 6220 Portsmouth Blvd, <i>Sabrina P 757-228-0730</i>	<b>Portsmouth</b>
<b>8:00PM</b>	<b>Better by the Bay (O, WC &amp; )</b> Miles Memorial United Methodist Church, @Government Street (rear entrance), 9450 Granby Street, <i>Ryan D 757-651-5316</i>	<b>Norfolk</b>
<b>8:00PM</b>	<b>Trusted Servants (O)</b> St. Francis Episcopal Church, 509 S Rosemont Road, <i>Kevin F 757-777-2363</i>	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Where's Lot 14? (O)</b> Sentara Norfolk General Hospital, Dining Room #1, 600 Gresham Drive, <i>Gary 757-237-4507, Juanita 757-685-8848</i>	<b>Norfolk</b>
<b>8:30PM</b>	<b>Stepping into Recovery (O)</b> Old Donation Church, 4449 N. Witchduck Road, <i>Mary P 757-739-1726</i>	<b>Virginia Beach</b>
<b>8:30PM</b>	<b>Who is an Addict? (O)</b> 3279 Lake Powell Road	<b>Williamsburg</b>

WEDNESDAY (CONT)		
<b>10:30PM</b>	<b>End of the Night (O)</b> Old Donation Church, 4449 N. Witchduck Road	<b>Virginia Beach</b>
THURSDAY		
<b>6:45AM</b>	<b>Jump Start the Day (O)</b> First Lutheran Church, Washington & King, 600 King Street, <i>Teresa D 757-724-3685</i>	<b>Portsmouth</b>
<b>9:30AM</b>	<b>Morning Meditation (O, WC &amp; )</b> EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, <i>Rick K 757-753-0048</i>	<b>Norfolk</b>
<b>9:30AM</b>	<b>Trust The Process (O, WC &amp; )</b> St. Augustine's Episcopal Church, 2515 Marshall Avenue	<b>Newport News</b>
<b>NOON</b>	<b>A Meeting at Lunch (O)</b> First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue	<b>Hampton</b>
<b>NOON</b>	<b>High Noon (O, WC &amp; )</b> Recovery Baptist Church, 303 Blair Avenue	<b>Newport News</b>
<b>NOON</b>	<b>Lunch Time Recovery (O)</b> Ocean View Reformed Christian Church, 1 Block from Ocean View Avenue & Beach View Street, 1241 Hillside Avenue, <i>LaTrisha 757-285-1964, Jerome F 757-202-6163</i>	<b>Norfolk</b>
<b>NOON</b>	<b>Reason To Believe (O)</b> Church Of Saint Therese, Enter front, Rooms 10 & 11, across from Chesapeake Square Mall@ Coffman Blvd, 4137 Portsmouth Blvd, <i>Johnny D 757-287-4430</i>	<b>Chesapeake</b>
<b>6:30PM</b>	<b>Got to Have It (O)</b> Queen Street Baptist Church, 413 E. Brambleton Avenue, <i>Frederick J 757-374-1577, Juanita S 757-685-8848</i>	<b>Norfolk</b>
<b>7:00PM</b>	<b>Freebird (O)</b> Craddock Baptist Church, and Harris Road, 96 Afton Parkway, <i>Roland C 757-328-2243, Jen J. 757-582-4947</i>	<b>Portsmouth</b>
<b>7:00PM</b>	<b>Let's Get Spiritual (O, WC &amp; )</b> St. Paul AME Church, 2500 Chestnut Avenue	<b>Newport News</b>
<b>7:00PM</b>	<b>Second Chance (O)</b> Great Bridge United Methodist Church, @S. Battlefield, 201 Stadium Drive, <i>Bernard 757-778-1755, Louie L 757-560-8172</i>	<b>Chesapeake</b>
<b>7:00PM</b>	<b>Shattering the Illusion (O)</b> St. Michaels Lutheran Church, 2208 Princess Anne Road, <i>Bryan M 757-635-7414, Tim B 714-3132</i>	<b>Virginia Beach</b>
<b>7:00PM</b>	<b>Show Me How To Live (C)</b> Sacred Heart Church, 520 Graydon Avenue	<b>Norfolk</b>
<b>7:00PM</b>	<b>We Do Recovery (O, WC &amp; )</b> Hampton Christian Church, 151 East Mercury Boulevard	<b>Hampton</b>
<b>7:30PM</b>	<b>12 + 12 = Change!! (O, WC &amp; )</b> Wesley Foundation (across from W&M soccer field), 526 Jamestown Road	<b>Williamsburg</b>
<b>7:30PM</b>	<b>Caring and Sharing (O)</b> Unity Renaissance Church, behind Greenbriar Mall, 1120 Eden Way N	<b>Chesapeake</b>
<b>7:30PM</b>	<b>Fresh Start for Open Hearts (O)</b> Poquoson Baptist Church, 283 Wythe Creek Road	<b>Poquoson</b>
<b>7:30PM</b>	<b>Girls Nite Out (O)</b> First Friends Church, 5307 Portsmouth Blvd., <i>Kat 757-359-3793, Missy 757-753-6223</i>	<b>Portsmouth</b>
<b>7:30PM</b>	<b>Serenity Circle (O)</b> Haygood United Methodist Church, 4713 Haygood Road, <i>Pam 757-636-2364, Trish 757-575-9350</i>	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Branching Out (O)</b> Aldersgate United Methodist Church, western branch, 4320 Bruce Rd, <i>Joe B 757-397-6279</i>	<b>Chesapeake</b>
<b>8:00PM</b>	<b>Choose Life (O)</b> VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, <i>Phil S 757-771-6763</i>	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Junks &amp; Drunks (O)</b> East Ocean View Baptist Church, Social Hall, 9609 9th Bay Street, <i>Marsha N 757-470-6128</i>	<b>Norfolk</b>
<b>8:00PM</b>	<b>Raw Recovery (O)</b> Judeo-Christian Outreach Center - Homeless Shelter, E of Birdneck Rd, 1053 Virginia Beach Blvd, <i>April M 757-322-7038</i>	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Time To Surrender (O, WC &amp; )</b> Northampton Presbyterian Church (behind fire station), 1217 Todds Lane	<b>Hampton</b>
<b>10:30PM</b>	<b>End of the Night (O)</b> Old Donation Church, 4449 N. Witchduck Road, <i>Eugene L 757-572-6593</i>	<b>Virginia Beach</b>
FRIDAY		
<b>6:45AM</b>	<b>Jump Start the Day (O)</b> First Lutheran Church, King & Washington, 600 King Street, <i>Teresa D 757-724-3685</i>	<b>Portsmouth</b>

# HAMPTON ROADS METRO



## MEETING LIST

Metropolitan Hampton Roads Meetings Served by the Metro Hampton Roads Narcotics Anonymous Public Relations Committee 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.

## FEBRUARY 2018

### REGIONAL HELPLINE

**800-777-1515**

### 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: 167

FRIDAY (CONT)		
<b>9:30AM</b>	<b>Morning Meditation (O)</b> EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road, <i>Mike M 757-305-2212, Rick K 757-753-0048</i>	<b>Norfolk</b>
<b>9:30AM</b>	<b>Trust The Process (O, WC &amp;)</b> St. Augustine Episcopal Church, 2515 Marshall Avenue	<b>Newport News</b>
<b>NOON</b>	<b>A Meeting at Lunch (O)</b> First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue	<b>Hampton</b>
<b>NOON</b>	<b>High Noon (O, WC &amp;)</b> Recovery Baptist Church, 303 Blair Avenue	<b>Newport News</b>
<b>NOON</b>	<b>The Continuing Quest (O)</b> First Lutheran Church, Corner Colley Ave & Baldwin Ave, 1301 Colley Avenue, <i>Dave E 757-663-2723</i>	<b>Norfolk</b>
<b>NOON</b>	<b>Write Now Meeting (C)</b> Providence Presbyterian, 5497 Providence Rd, <i>Christine O 757-729-3282</i>	<b>Virginia Beach</b>
<b>6:00PM</b>	<b>How &amp; Why (C, WC &amp;)</b> Riverside Behavioral Health Center, 2244 Executive Drive	<b>Hampton</b>
<b>6:00PM</b>	<b>The Happy Hour (C)</b> Faith Community Church, 100 East 30th Street, <i>Lafayette R 757-696-7534, Jerome F 757-202-6163</i>	<b>Norfolk</b>
<b>6:30PM</b>	<b>Change We Must (O, WC &amp;)</b> Living Faith Christian Center, 14901 Warwick Blvd	<b>Newport News</b>
<b>7:00PM</b>	<b>Agape (O)</b> St. Paul, @ Dunbarton, 437 Providence Rd, <i>Julius K 757-470-7494</i>	<b>Chesapeake</b>
<b>7:00PM</b>	<b>Keep Coming Back (O, WC &amp;)</b> Newport News Community Center, 605 South Avenue	<b>Newport News</b>
<b>7:00PM</b>	<b>Life &amp; Hopeline (O)</b> Sentara Obici Hospital, 2800 Godwin Boulevard, <i>Benjamin B 757-537-5055</i>	<b>Suffolk</b>
<b>7:30PM</b>	<b>Better Days (O)</b> Church Of Saint Therese, Enter Front, Rooms 10-11, @ Coffman Blvd across from Chesapeake Square Mall, 4137 Portsmouth Blvd, <i>Liz S 757-681-0711</i>	<b>Chesapeake</b>
<b>7:30PM</b>	<b>Closer To Home (O, WC &amp;)</b> Riverside Walter Reed Hospital, 7515 Hospital Drive	<b>Gloucester Courthouse</b>
<b>7:30PM</b>	<b>Good Orderly Direction (O, WC &amp;)</b> Warwick United Church of Christ, 10 Matoaka Lane	<b>Newport News</b>
<b>7:30PM</b>	<b>Running On Faith (O)</b> Carrollton Church of God, 16144 Carrollton Boulevard	<b>Carrollton</b>
<b>8:00PM</b>	<b>Kempsville Crossroads (C)</b> Providence Presbyterian Church, 5497 Providence Road, <i>Mark N 757-478-1839</i>	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Miracle On 9th Bay (O)</b> Lighthouse Community Church, 9609 9th Bay Street, <i>Larry W 757-701-0446</i>	<b>Norfolk</b>
<b>8:00PM</b>	<b>NOTHING TO FEAR (O, IP, SPK, TOP, WC &amp;, AB)</b> Williamsburg Sentara Hospital, Williamsburg Rm., 100 Sentara Circle	<b>Williamsburg</b>
<b>8:00PM</b>	<b>Wave of Recovery (O)</b> Virginia Beach Christian Church, 2225 Rose Hall Drive, <i>Pat C 757-735-8934</i>	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>We Do Recover (O)</b> Norview United Methodist Church, 1112 Norview Avenue, <i>Troy B 757-395-7376, Wanda P 757-324-9170</i>	<b>Norfolk</b>
<b>8:30PM</b>	<b>HOW Group (C)</b> Good Shepherd Lutheran Church, 1489 Laskin Road, <i>Lance G 757-692-7864, Neal G 757-328-6485</i>	<b>Virginia Beach</b>
<b>11:00PM</b>	<b>The Road Less Traveled (O)</b> Old Donation Church, 4449 N. Witchduck Road, <i>Teresa D 757-724-3685</i>	<b>Virginia Beach</b>
SATURDAY		
<b>9:00AM</b>	<b>Fresh Start (O)</b> Foundry United Methodist Church, 2801 Virginia Beach Blvd., <i>Madison B 757-506-6986</i>	<b>Virginia Beach</b>
<b>10:00AM</b>	<b>Living Life On Life's Terms (O, WC &amp;)</b> Wesley Foundation, 526 Jamestown Road	<b>Williamsburg</b>
<b>10:00AM</b>	<b>No More Excuses (O, WC &amp;)</b> Warwick United Church of Christ, 10 Matoaka Lane	<b>Newport News</b>
<b>11:00AM</b>	<b>The Phoenix Group (O)</b> Maryview Hospital 2nd floor Conference Room A, 2nd floor Conference Room A, 3636 High Street, <i>Sam D 757-353-2094</i>	<b>Portsmouth</b>
<b>NOON</b>	<b>Basic Math 12 &amp; 12 (O)</b> First Baptist Church, across from the Scope, 418 E Bute Street, <i>Carlton D 757-515-3331</i>	<b>Norfolk</b>
<b>NOON</b>	<b>Women &amp; Men In Recovery (O)</b> Trinity United Methodist Church, 29th & Huntington Ave, 228 29th St	<b>Newport News</b>
<b>5:00PM</b>	<b>When at the End of the Road (O)</b> St. Francis Episcopal Church, 509 S Rosemont Road, <i>Donna S 757-343-5897</i>	<b>Virginia Beach</b>

SATURDAY (CONT)		
<b>5:30PM</b>	<b>Back to Life (O)</b> 1st Lutheran Church, Corner of Colley and Baldwin, 1301 Colley Avenue, <i>Cedric H 757-535-5807, Cornell W 757-729-4089</i>	<b>Norfolk</b>
<b>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.	<b>Newport News</b>
<b>6:00PM</b>	<b>Rainbow Recovery (O)</b> 5625 Providence Road, Suite 103, <i>Debbie 757-918-3482</i>	<b>Virginia Beach</b>
<b>6:00PM</b>	<b>Saturday Night Alternative (O, WC &amp;)</b> First Presbyterian Church, 514 S. Armistead Avenue	<b>Hampton</b>
<b>6:00PM</b>	<b>Saturday Night Men's Meeting (C)</b> Virginia Beach Christian Church, 2225 Rose Hall Drive, <i>Robert D 757-343-3423</i>	<b>Virginia Beach</b>
<b>7:00PM</b>	<b>Life and Hopeline (O)</b> Sentara OBICI Hospital, 2800 Godwin Boulevard, <i>Travis B 757-618-9246</i>	<b>Suffolk</b>
<b>7:00PM</b>	<b>Saturday Night Live (O)</b> St. Nicholas Fellowship Hall, 621 First Colonial Road, <i>Ted L 757-717-2669</i>	<b>Virginia Beach</b>
<b>7:30PM</b>	<b>A New Approach to Life (O)</b> North Hampton Presbyterian Church (behind the firehouse), 1217 Todds Lane	<b>Hampton</b>
<b>7:30PM</b>	<b>Never Alone (O, WC &amp;)</b> Hillton Christian Church, 100 James River Drive	<b>Newport News</b>
<b>8:00PM</b>	<b>Back to Basics (O)</b> Broad Street United Methodist Church, 300 Broad Street, <i>Ty H 757-235-3175</i>	<b>Portsmouth</b>
<b>8:00PM</b>	<b>Freedom of Choice (O)</b> Church of the Accension, 4853 Princess Anne Road, <i>James P 757-619-2273</i>	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Surrender to Live (O, BT, DISC, IW, WC &amp;)</b> Norview United Methodist Church, 1112 Norview Avenue, <i>Fred R 757-695-6500. We break up into 3 meeting rooms, and alternate in 1.</i>	<b>Norfolk</b>
NORTH CAROLINA MEETINGS		
<b>Sun 7:30PM</b>	<b>Stick and Stay (O, WC &amp;)</b> Colington Methodist Church, 1949 Colington Rd, <i>Clare D 252-944-6971</i>	<b>Kill Devil Hills</b>
<b>Sun 8:00PM</b>	<b>Over and Beyond (O, DISC)</b> Saint Phillips Chapel, West side of Street, 201 S McMorrine St, <i>Linda T 252-333-7983</i>	<b>Elizabeth City</b>
<b>Mon 7:30PM</b>	<b>Freedom to Live (C)</b> Liberty Christian Fellowship, 244 Williams Drive, <i>Mary K 252-619-5080</i>	<b>Kill Devil Hills</b>
<b>Tue 7:30PM</b>	<b>Stick &amp; Stay (O, WC &amp;)</b> Colington Methodist Church, 1949 Colington Rd, <i>Clare D 252-944-6971</i>	<b>Kill Devil Hills</b>
<b>Tue 8:00PM</b>	<b>Over &amp; Beyond (O)</b> Saint Phillips Chapel, 201 S McMorrine St, <i>Linda T 252-333-7983</i>	<b>Elizabeth City</b>
<b>Wed 6:00PM</b>	<b>Miracles in Progress (O)</b> Melton Grove Missionary Baptist Church, 163 Melton Grove Road	<b>Winfall</b>
<b>Wed 7:30PM</b>	<b>Miracles Happen (O)</b> St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, <i>Kim K 252-573-0822, Jim H 252-489-9895</i>	<b>Nags Head</b>
<b>Thu 7:30PM</b>	<b>Surrender to Win (O)</b> Manteo Baptist Church, 406 US Highway 64, <i>Keith B 252-573-9615, Jim 252-489-9895</i>	<b>Manteo</b>
<b>Thu 8:00PM</b>	<b>Over &amp; Beyond (O)</b> Saint Phillips Chapel, 201 S McMorrine St, <i>Linda T 252-333-7983</i>	<b>Elizabeth City</b>
<b>Fri 7:30PM</b>	<b>Miracles Happen (O)</b> St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail	<b>Nags Head</b>
<b>Sat 7:30PM</b>	<b>Freedom to Live (O)</b> Liberty Christian Fellowship, 244 Williams Drive, <i>Kim K 252-753-0822</i>	<b>Kill Devil Hills</b>