

SUNDAY / DOMINGO		
9:00AM	Hope Ignited (O, DISC, WC &) Virginia Beach Recovery Club, 1900 Baltic Avenue, Dale 757-202-9693, Christine D 757-374-1348	Virginia Beach
9:00AM	Men's Rap (O, DISC, M, WC &) Maryview Behavioral Center, First Floor side entrance, 3636 High Street, Joe B 757-397-6279	Portsmouth
9:30AM	Surrender To Live (O, WC &) C. Waldo Scott Center, 3100 Wickham Avenue	Newport News
11:00AM	We Need A Meeting (O, BT, DISC, JFT, SPK, STEP) Maryview Hospital, 2nd Floor, Conference Room B, 3636 High Street, Donna E 757-353-5895 (1-DISC, 2-STEP, 3-BT, 4-SPK, 5-JFT)	Portsmouth
NOON	Faith (O, WC &) Riverside Behavioral Health, 2244 Executive Drive	Hampton
3:00PM	Wecorey (O, DISC) Great Bridge United Methodist Church, 201 Stadium Drive, Chris 757-377-9236	Chesapeake
5:00PM	The Journey Continues (C, LIT) St. Francis Episcopal Church, 509 S Rosemont Road, Todd 757-617-5561	Virginia Beach
6:00PM	It's About Time (O, SPK) Norview United Methodist Church, 1112 Norview Avenue, Almeta L 757-589-4047	Norfolk
7:00PM	A Gift Called Life (O, WC &) Warwick United Church of Christ, 10 Matoaka Lane	Newport News
7:00PM	New Phase Four (O, DISC, SPK, TOP) Saint John's Episcopal Church, 424 Washington Street, Mike P 757-298-0130	Portsmouth
7:00PM	The Lie Is Dead (O, WC &) North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane	Hampton
7:30PM	A Clear Message (O, BT, DISC, SPK, AB) Obici Hospital, Conf. Rm. C - Basement, 2800 Godwin Boulevard, Doretta G 757-748-3289 (1-BT, 2-AB, 3-DISC, 4-SPK)	Suffolk
7:30PM	Recovery Group (O, WC &) Riverside Behavioral Health, 2244 Executive Drive	Hampton
8:00PM	Mixed Group (O, DISC) First Lutheran Church, 1301 Colley Ave, Mike J 757-409-1676	Norfolk
8:00PM	Nature Of Recovery (O, WC &) 5477 Mooretown Road	Williamsburg
8:00PM	Sunday Sanity (O, DISC) VA Beach Psychiatric Center, next to hospital, 1100 First Colonial Rd, Karla W 757-434-6446, Pat O 757-633-2820	Virginia Beach

MONDAY / LUNES		
6:45AM	Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, Teresa D 757-724-3685	Portsmouth
9:30AM	Morning Meditation (O, WC &) EZ Does It Service Center, 1153 Harmony Road, Rick K 757-753-0048	Norfolk
9:30AM	Trust The Process (O, WC &) St. Augustine's Episcopal Church, 2515 Marshall Avenue	Newport News
NOON	A Meeting at Lunch (O) First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue	Hampton
NOON	Help Me Think (O) Ingleside Baptist Church, corner of Gating Ave. 925 Ingleside Rd., Carlton J 757-589-3564	Norfolk
NOON	High Noon (O, WC &) Recovery Baptist Church, 303 Blair Avenue	Newport News
3:00PM	Change I Must Or Die I Will (O, WC &) Nickerson Plaza, Next to ACE Hardware, 2096 Nickerson Blvd	Hampton
6:00PM	No Labor, No Reward (O, LIT) New Mr Zion AME Church, 113 Seekel St, Welton 757-201-1118	Norfolk
6:45PM	Honesty Group (O, WC &) St. Mark's Episcopal Church, 1835 Todds Lane	Hampton
7:00PM	Beyond Our Wildest Dreams (O, SPK, WC &) First Baptist Church, 318 Hall Street, Charlene J 434-632-1972	Franklin
7:00PM	Monday Night Candlelight (O, BT) License Saver & Driver Improvement, 5312 Providence Rd, Eric D 757-580-2849	Virginia Beach
7:00PM	New Attitude (O, WC &) (trailer behind building in parking lot), 3509 Chestnut Avenue	Newport News
7:00PM	New Beginnings (O, WC &) Church of the Resurrection, @ Midfield Pkwy, 3501 Cedar Lane, Greg C 757-636-3745	Portsmouth
7:00PM	Women in Recovery (O) St. Martin's Church, 1333 Jamestown Road	Williamsburg
7:30PM	Hearts Of Hope II (O, WC &) St. Joan of Arc Church, 9041 George Washington Memorial Highway	Yorktown
7:30PM	How It Works (O) Mt. Sinai United Holy Church, Off Watts Avenue, 2710 Columbus Avenue, Tommy M 757-537-5186	Portsmouth
7:30PM	In Step (O) Grafton Baptist Church, @ Dare Road, 5540 George Washington Memorial Hwy	Yorktown
7:30PM	Living The Program (O) Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, Lance G 757-692-7864, Steve K 757-715-1075	Virginia Beach
7:30PM	The Out of Ordinary Meeting (O, WC &) White Marsh Baptist Church, 5123 George Washington Memorial Highway	Gloucester
7:30PM	The Winding Road (C) Oak Grove United Methodist Church, across from water tower, 472 N. Battlefield Blvd, Justin K 757-773-4403, Rich B 757-737-4267	Chesapeake
8:00PM	Raw Recovery (O) Homeless Shelter (Judeo-Christian Outreach Ctr.), E of Birdneck Rd, 1053 Virginia Beach Blvd, Earl H 757-235-4877	Virginia Beach

MONDAY / LUNES (CONT)		
8:00PM	Recovery on the Hill (O) Ocean View Reformed Christian Church, 1241 Hillside Avenue, Fred R 757-695-6500	Norfolk
8:30PM	Who is an Addict? (O) 3279 Lake Powell Road	Williamsburg
10:30PM	End of the Night (O) Old Donation Church, 4449 N. Witchduck Road, Teresa D 757-724-3685	Virginia Beach
TUESDAY / MARTES		
6:45AM	Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, Teresa D 757-724-3685	Portsmouth
9:30AM	Morning Meditation (O, WC &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Rick K 757-753-0048	Norfolk
9:30AM	Trust The Process (O, WC &) St. Augustine's Episcopal Church, 2515 Marshall Avenue	Newport News
NOON	A Meeting at Lunch (O) First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue	Hampton
NOON	High Noon (O, WC &) Recovery Baptist Church, 303 Blair Avenue	Newport News
NOON	The Emergency Unit (O) Holy Communion Lutheran Church, Hodges Ferry Rd & Bob White St, 6220 Portsmouth Blvd, Dora H 757-735-7615	Portsmouth
5:30PM	Just For Today (O) First Lutheran Church, Corner of Colley Ave. & Baldwin Ave., 1301 Colley Avenue, Bill A 757-647-7707	Norfolk
5:30PM	Serenity Group (O, WC &) Riverside Behavioral Health Center, 2244 Executive Drive	Hampton
7:00PM	A New Way of Life (O) 9228 George Washington Memorial Highway	Gloucester
7:00PM	A Proven Program (O) York River Baptist Church, 8201 Croaker Road	Williamsburg
7:00PM	Awesome Life (O) Great Bridge United Methodist Church, Corner of S. Battlefield & Stadium, 201 Stadium Drive, Carrie L 757-560-8177	Chesapeake
7:00PM	Count Your Blessings (O) Oaklette United Methodist, Park in Rear, Corner Indian River & Oaklett, 520 Oaklette Dr, Daniel A 757-418-1690	Chesapeake
7:00PM	Earthbound Group (O, DISC) Fellowship Around The World, 400 N. High St., Stephen B 757-613-5531	Franklin
7:00PM	Keep Coming Back (O) New First Baptist Church of Taylorsville, By Fredrick Blvd, 2720 Turnpike Road, Francis P 757-679-1151	Portsmouth
7:00PM	We Can Change (O) Oakdale Presbyterian Church, West of Tidewater Dr. between Harriet & Van Patten Rd., 550 East Little Creek Rd., Edward A 757-818-2737	Norfolk
7:00PM	We Can Change (O) First Church of Newport News, 2300 Wickham Avenue	Newport News
7:30PM	Freedom Group (O) St. Nicholas Fellowship Hall, 621 First Colonial Road, Kristina D 757-270-9509	Virginia Beach
7:30PM	In Times of Illness (O) VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Bill S 757-717-1815	Virginia Beach
7:30PM	There's A Light (O) Ocean Lakes Church of Christ, 1200 Dam Neck Road, Ian B 757-717-7900, Geoff L 757-641-3159	Virginia Beach
7:30PM	Young, Clean & Living (O) Northampton Presbyterian Church (behind the Fire Department), 1217 Todds Lane	Hampton
8:00PM	A Gift Called Life (O) United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Brian L 757-619-7375, Sean H 757-438-1688	Portsmouth
8:00PM	Enjoying the Journey (O) Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, Billy B 757-681-4341	Virginia Beach
8:00PM	Let It Be (O) Ocean View Reformed Christian Church, 1 block from Ocean View & Beach View, 1292 Hillside Avenue, Beth A 757-376-9191	Norfolk
8:00PM	New Genesis Group (O) Weslley United Methodist Church, 2510 N. Armistead Avenue	Hampton
8:15PM	Let's Recover Together (O, WC &) Hampton Christian Church, 151 East Mercury Boulevard	Hampton
10:30PM	End of the Night (O) Old Donation Church, 4449 N. Witchduck Road, Teresa D 757-724-3685	Virginia Beach
WEDNESDAY / MIÉRCOLES		
6:45AM	Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, Julia S 804-614-6603	Portsmouth
9:30AM	Morning Meditation (O, WC &) EZ Does It Service Center, 1153 Harmony Road	Norfolk
9:30AM	Trust The Process (O, WC &) St. Augustine's Episcopal Church, 2515 Marshall Avenue	Newport News
NOON	A Meeting at Lunch (O) First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue	Hampton
NOON	High Noon (O, WC &) Recovery Baptist Church, 303 Blair Avenue	Newport News
NOON	Visible Changes (O) Emmanuel Episcopal Church, Off S Witchduck, 5181 Princess Anne Road	Virginia Beach
5:00PM	In Recovery (O, VAR) Christ & St. Luke Church, In Basement, 560 W. Olney Rd	Norfolk

WEDNESDAY / MIÉRCOLES (CONT)		
7:00PM	Daily Recovery (O, VAR) Mount Gilead Church, 1057 Kennedy St	Norfolk
7:00PM	End Of The Road (O, WC &) 1707 Jefferson Avenue	Newport News
7:00PM	Hope (O) Warwick Conference Center, Building #6, 12420 Warwick Blvd	Newport News
7:00PM	Hugs Not Drugs (O) Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road	Hampton
7:00PM	Surrender and Recovery (O) United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Thomas G 757-647-1481	Portsmouth
7:00PM	The Stand (O) New Calvary Baptist Church, 800 E Virginia Beach Blvd, Doris T 757-961-7325	Norfolk
7:15PM	Straight Ahead (O) Christ Presbyterian, 709 Aragona Blvd, Chris P 757-535-7227	Virginia Beach
7:30PM	Bright New Life (O) Franklin Baptist Church, 208 N High Street, DeWayne L 757-641-8022	Franklin
7:30PM	Change We Must (C) Great Bridge Evangelical Free Church, across from old high school, 173 Mt. Pleasant Road, Katie K 757-405-8464	Chesapeake
7:30PM	Life & Hopenline (O) Suffolk Christian Church, by courthouse, 216 North Main St., Rob T 757-923-5461	Suffolk
7:30PM	Living The Program (C, WC &) Warwick United Church of Christ, 10 Matoaka Lane	Newport News
7:30PM	To The Point (O, WC &) St. John's Episcopal Church, 916 Main Street	West Point
7:30PM	What Can I Do (O) Holy Communion Lutheran Church, Hodges Ferry, 6220 Portsmouth Blvd, Sabrina P 757-228-0730	Portsmouth
8:00PM	Better by the Bay (O, WC &) Miles Memorial United Methodist Church, @Government Street (rear entrance), 9450 Granby Street, Ryan D 757-651-5316	Norfolk
8:00PM	Trusted Servants (O) St. Francis Episcopal Church, 509 S Rosemont Road, Kevin F 757-777-2363	Virginia Beach
8:00PM	Where's Lot 14? (O) Sentara Norfolk General Hospital, Dining Room #1, 600 Gresham Drive, Gary 757-237-4507, Juanita 757-685-8848	Norfolk
8:30PM	Stepping into Recovery (O) Old Donation Church, 4449 N. Witchduck Road, Mary P 757-739-1726	Virginia Beach
8:30PM	Who is an Addict? (O) 3279 Lake Powell Road	Williamsburg
10:30PM	End of the Night (O) Old Donation Church, 4449 N. Witchduck Road	Virginia Beach
THURSDAY / JUEVES		
6:45AM	Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, Teresa D 757-724-3685	Portsmouth
9:30AM	Morning Meditation (O, WC &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Rick K 757-753-0048	Norfolk
9:30AM	Trust The Process (O, WC &) St. Augustine's Episcopal Church, 2515 Marshall Avenue	Newport News
NOON	A Meeting at Lunch (O) First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue	Hampton
NOON	High Noon (O, WC &) Recovery Baptist Church, 303 Blair Avenue	Newport News
NOON	Lunch Time Recovery (O) Ocean View Reformed Christian Church, 1 Block from Ocean View Avenue & Beach View Street, 1241 Hillside Avenue, LaTrisha 757-285-1964, Jerome F 757-202-6163	Norfolk
NOON	Midday Recovery (O, DISC) St Francis Episcopal Church, 509 S Rosemont Rd	Virginia Beach
NOON	Reason To Believe (O) Church Of Saint Therese, Enter front, Rooms 10 & 11, across from Chesapeake Square Mall@ Coffman Blvd, 4137 Portsmouth Blvd, Johnny D 757-287-4430	Chesapeake
5:30PM	We Do Recover (O) Franklin District Building, 161 Steward Drive, Keith J 757-344-3189	Franklin
6:00PM	I Can't We Can (O, WC &) YWCA, 2702 Orcutt Avenue	Newport News
6:30PM	Got to Have It (O) Queen Street Baptist Church, 413 E. Brambleton Avenue, Frederick J 757-374-1577, Juanita S 757-685-8848	Norfolk
7:00PM	Freebird (O) Craddock Baptist Church, and Harris Road, 96 Afton Parkway, Roland C 757-328-2243, Jen J. 757-582-4947	Portsmouth
7:00PM	Let's Get Spiritual (O, WC &) St. Paul AME Church, 2500 Chestnut Avenue	Newport News
7:00PM	Second Chance (O) Great Bridge United Methodist Church, @S. Battlefield, 201 Stadium Drive, Bernard 757-778-1755, Louie L 757-560-8172	Chesapeake
7:00PM	Shattering the Illusion (O) St. Michaels Lutheran Church, 2208 Princess Anne Road, Bryan M 757-635-7414, Tim B 714-3132	Virginia Beach
7:00PM	Show Me How To Live (C) Sacred Heart Church, 520 Graydon Avenue	Norfolk
7:00PM	We Do Recover (O, WC &) Hampton Christian Church, 151 East Mercury Boulevard	Hampton
7:30PM	12 + 12 = Change!! (O, WC &) Wesley Foundation (across from W&M soccer field), 526 Jamestown Road	Williamsburg

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.

DECEMBER 2017

REGIONAL HELPLINE

804-965-1871

TIDEWATER HELPLINE

866-972-5055

THURSDAY / JUEVES (CONT)		
7:30PM	Caring and Sharing (O) Unity Renaissance Church, behind Greenbriar Mall, 1120 Eden Way N	Chesapeake
7:30PM	Fresh Start for Open Hearts (O) Poquoson Baptist Church, 283 Wythe Creek Road	Poquoson
7:30PM	Girls Nite Out (O) First Friends Church, 5307 Portsmouth Blvd., Kat 757-359-3793, Missy 757-753-6223	Portsmouth
7:30PM	Serenity Circle (O) Haygood United Methodist Church, 4713 Haygood Road, Pam 757-636-2364, Trish 757-575-9350	Virginia Beach
8:00PM	Branching Out (O) Aldersgate United Methodist Church, western branch, 4320 Bruce Rd, Joe B 757-397-6279	Chesapeake
8:00PM	Choose Life (O) VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Phil S 757-771-6763	Virginia Beach
8:00PM	Junks & Drunks (O) East Ocean View Baptist Church, Social Hall, 9609 9th Bay Street, Marsha N 757-470-6128	Norfolk
8:00PM	Raw Recovery (O) Judeo-Christian Outreach Center - Homeless Shelter, E of Birdneck Rd, 1053 Virginia Beach Blvd, April M 757-322-7038	Virginia Beach
8:00PM	Time To Surrender (O, WC &) Northampton Presbyterian Church (behind fire station), 1217 Todds Lane	Hampton
10:30PM	End of the Night (O) Old Donation Church, 4449 N. Witchduck Road, Eugene L 757-572-6593	Virginia Beach

FRIDAY / VIERNES		
6:45AM	Jump Start the Day (O) First Lutheran Church, King & Washington, 600 King Street, Teresa D 757-724-3685	Portsmouth
9:30AM	Morning Meditation (O) EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road, Mike M 757-305-2212, Rick K 757-753-0048	Norfolk
9:30AM	Trust The Process (O, WC &) St. Augustine Episcopal Church, 2515 Marshall Avenue	Newport News
NOON	A Meeting at Lunch (O) First Presbyterian Church (rear door left side of church), 514 S. Armistead Avenue	Hampton
NOON	High Noon (O, WC &) Recovery Baptist Church, 303 Blair Avenue	Newport News
NOON	The Continuing Quest (O) First Lutheran Church, Corner Colley Ave & Baldwin Ave, 1301 Colley Avenue, Dave E 757-663-2723	Norfolk
NOON	Write Now Meeting (C) Providence Presbyterian, 5497 Providence Rd, Christine O 757-729-3282	Virginia Beach
6:00PM	How & Why (C, WC &) Riverside Behavioral Health Center, 2244 Executive Drive	Hampton
6:00PM	The Happy Hour (C) Faith Community Church, 100 East 30th Street, Lafayette R 757-696-7534, Jerome F 757-202-6163	Norfolk
6:30PM	Change We Must (O, WC &) Living Faith Christian Center, 14901 Warwick Blvd	Newport News
7:00PM	Agape (O) St. Paul, @ Dunbarton, 437 Providence Rd, Julius K 757-470-7494	Chesapeake
7:00PM	Keep Coming Back (O, WC &) Newport News Community Center, 605 South Avenue	Newport News
7:00PM	Life & Hopenline (O) Sentara Obici Hospital, 2800 Godwin Boulevard, Benjamin B 757-537-5055	Suffolk
7:30PM	Better Days (O) Church Of Saint Therese, Enter Front, Rooms 10-11, @ Coffman Blvd across from Chesapeake Square Mall, 4137 Portsmouth Blvd, Liz S 757-681-0711	Chesapeake
7:30PM	Closer To Home (O, WC &) Riverside Walter Reed Hospital, 7515 Hospital Drive	Gloucester Courthouse
7:30PM	Good Orderly Direction (O, WC &) Warwick United Church of Christ, 10 Matoaka Lane	Newport News
7:30PM	Running On Faith (O) Carrollton Church of God, 16144 Carrollton Boulevard	Carrollton
7:30PM	Thank God I'm Free (T.G.I.F.) (O) Courtland United Methodist Church, 22416 Main Street, Scott C 434-594-5819	Courtland
8:00PM	Kempsville Crossroads (C) Providence Presbyterian Church, 5497 Providence Road, Mark N 757-478-1839	Virginia Beach
8:00PM	Miracle On 9th Bay (O) Lighthouse Community Church, 9609 9th Bay Street, Larry W 757-701-0446	Norfolk
8:00PM	Wave of Recovery (O) Virginia Beach Christian Church, 2225 Rose Hall Drive, Pat C 757-735-8934	Virginia Beach
8:00PM	We Do Recover (O) Norview United Methodist Church, 1112 Norview Avenue, Troy B 757-395-7376, Wanda P 757-324-9170	Norfolk
8:30PM	HOW Group (C) Good Shepherd Lutheran Church, 1489 Laskin Road, Lance G 757-692-7864, Neal G 757-328-6485	Virginia Beach
11:00PM	The Road Less Traveled (O) Old Donation Church, 4449 N. Witchduck Road, Teresa D 757-724-3685	Virginia Beach

SATURDAY / SÁBADO		
9:00AM	Fresh Start (O) Foundry United Methodist Church, 2801 Virginia Beach Blvd., Madison B 757-506-6986	Virginia Beach
10:00AM	Living Life On Life's Terms (O, WC &) Wesley Foundation, 526 Jamestown Road	Williamsburg
11:00AM	The Phoenix Group (O) Maryview Hospital 2nd floor Conference Room A, 2nd floor Conference Room A, 3636 High Street, Sam D 757-353-2094	Portsmouth

SATURDAY / SÁBADO (CONT)		
NOON	Basic Math 12 & 12 (O) First Baptist Church, across from the Scope, 418 E Bute Street, Carlton D 757-515-3331	Norfolk
NOON	Women & Men In Recovery (O) Trinity United Methodist Church, 29th & Huntington Ave, 228 29th St	Newport News
1:00PM	New Beginnings (C) Martin Luther King Center, 683 Oak Street	Franklin
5:00PM	When at the End of the Road (O) St. Francis Episcopal Church, 509 S Rosemont Road, Donna S 757-343-5897	Virginia Beach
5:30PM	Back to Life (O) 1st Lutheran Church, Corner of Colley and Baldwin, 1301 Colley Avenue, Cedric H 757-535-5807, Cornell W 757-729-4089	Norfolk
5:30PM	Saturday Night Live (O, WC &) First Baptist Church Jefferson Park (use 43rd St to get in), 615 42nd St.	Newport News
6:00PM	Rainbow Recovery (O) 5625 Providence Road, Suite 103, Debbie 757-918-3482	Virginia Beach
6:00PM	Saturday Night Alternative (O, WC &) First Presbyterian Church, 514 S. Armistead Avenue	Hampton
6:00PM	Saturday Night Men's Meeting (C) Virginia Beach Christian Church, 2225 Rose Hall Drive, Robert D 757-343-3423	Virginia Beach
7:00PM	Life and Hopenline (O) Sentara Obici Hospital, 2800 Godwin Boulevard, Travis B 757-618-9246	Suffolk
7:00PM	Saturday Night Live (O) St. Nicholas Fellowship Hall, 621 First Colonial Road, Ted L 757-717-2669	Virginia Beach
7:30PM	A New Approach to Life (O) North Hampton Presbyterian Church (behind the firehouse), 1217 Todds Lane	Hampton
7:30PM	Never Alone (O, WC &) Hillton Christian Church, 100 James River Drive	Newport News
8:00PM	Back to Basics (O) Broad Street United Methodist Church, 300 Broad Street, Ty H 757-235-3175	Portsmouth
8:00PM	Freedom of Choice (O) Church of the Accension, 4853 Princess Anne Road, James P 757-619-2273	Virginia Beach
8:00PM	Surrender to Live (C) Norview United Methodist Church, 1112 Norview Avenue, Fred R 757-695-6500	Norfolk
10:00PM	No More Excuses (O, WC &) Warwick United Church of Christ, 10 Matoaka Lane	Newport News

NORTH CAROLINA MEETINGS		
Sun 7:30PM	Stick and Stay (O, WC &) Colington Methodist Church, 1949 Colington Rd, Clare D 252-944-6971	Kill Devil Hills
Sun 8:00PM	Over and Beyond (O, DISC) Saint Phillips Chapel, West side of Street, 201 S McMorrine St, Linda T 252-333-7983	Elizabeth City
Mon 7:30PM	Freedom to Live (C) Liberty Christian Fellowship, 244 Williams Drive, Mary K 252-619-5080	Kill Devil Hills
Tue 7:30PM	Stick & Stay (O, WC &) Colington Methodist Church, 1949 Colington Rd, Clare D 252-944-6971	Kill Devil Hills
Tue 8:00PM	Over & Beyond (O) Saint Phillips Chapel, 201 S McMorrine St, Linda T 252-333-7983	Elizabeth City
Wed 6:00PM	Miracles in Progress (O) Melton Grove Missionary Baptist Church, 163 Melton Grove Road	Winfall
Wed 7:30PM	Miracles Happen (O) St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Kim K 252-573-0822, Jim H 252-489-9895	Nags Head
Thu 7:30PM	Surrender to Win (O) Manteo Baptist Church, 406 US Highway 64, Keith B 252-573-9615, Jim 252-489-9895	Manteo
Thu 8:00PM	Over & Beyond (O) Saint Phillips Chapel, 201 S McMorrine St, Linda T 252-333-7983	Elizabeth City
Fri 7:30PM	Miracles Happen (O) St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail	Nags Head
Sat 7:30PM	Freedom to Live (O) Liberty Christian Fellowship, 244 Williams Drive, Kim K 252-753-0822	Kill Devil Hills

Meeting Format Legend			
AB	Ask-It-Basket	BT	Basic Text
C	Closed	DISC	Discussion
JFT	Just for Today Study	LIT	Literature Study
M	Men	O	Open
SPK	Speaker	STEP	Step
TOP	Topic	VAR	Format Varies
WC &	Wheelchair		

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