

**SUNDAY / DOMINGO**

- 9:00AM Hope Ignited.** Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach, VA, 23451 (O, DISC, WC &) *Dale 757-202-9693, Christine D 757-374-1348*
- 9:00AM Men's Rap.** Maryview Behavioral Center, First Floor side entrance, 3636 High Street, Portsmouth, VA, 23707 (O, DISC, M, WC &) *Joe B 757-397-6279*
- 9:30AM Surrender To Live.** C. Waldo Scott Center, 3100 Wickham Avenue, Newport News, VA, 23607 (O, WC &)
- 11:00AM We Need A Meeting.** Maryview Hospital, 2nd Floor, Conference Room B, 3636 High Street, Portsmouth, VA, 23707 (O, BT, DISC, JFT, SPK, STEP) *Donna E 757-353-5895 (1-DISC, 2-STEP, 3-BT, 4-SPK, 5-JFT)*
- NOON Faith,** Riverside Behavioral Health, 2244 Executive Drive, Hampton, VA, 23666 (O, WC &)
- 3:00PM Wecovery.** Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA, 23322 (O, DISC) *Chris T 757-377-9236*
- 5:00PM The Journey Continues.** St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA, 23452 (C, LIT) *Todd 757-617-5561*
- 6:00PM It's About Time.** Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA, 23513 (O, SPK) *Almeta L 757-589-4047*
- 7:00PM A Gift Called Life.** Warwick United Church of Christ, 10 Matoaka Lane, Newport News, VA, 23606 (O, WC &)
- 7:00PM New Phase Four.** Saint John's Episcopal Church, 424 Washington Street, Portsmouth, VA, 23704 (O, DISC, SPK, TOP) *Mike P 757-298-0130*
- 7:00PM The Lie Is Dead.** North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane, Hampton, VA, 23666 (O, WC &)
- 7:30PM A Clear Message.** Obici Hospital, Conf. Rm. C - Basement, 2800 Godwin Boulevard, Suffolk, VA, 23434 (O, BT, DISC, SPK, AB) *Doretta G 757-748-3289 (1-BT, 2-AB, 3-DISC, 4-SPK)*
- 7:30PM Recovery Group.** Riverside Behavioral Health, 2244 Executive Drive, Hampton, VA, 23666 (O, WC &)
- 8:00PM Mixed Group.** First Lutheran Church, 1301 Colley Ave, Norfolk, VA, 23517 (O, DISC) *Mike J 757-409-1676*
- 8:00PM Nature Of Recovery.** 5477 Mooretown Road, Williamsburg, VA, 23188 (O, WC &)
- 8:00PM Sunday Sanity.** VA Beach Psychiatric Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, VA, 23454 (O, DISC) *Karla W 757-434-6446, Pat O 757-633-2820*

**MONDAY / LUNES**

- 6:45AM Jump Start the Day.** First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA, 23704 (O) *Teresa D 757-724-3685*
- 9:30AM Morning Meditation.** EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA, 23502 (O, WC &) *Rick K 757-753-0048*
- 9:30AM Trust The Process.** St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News, VA, 23607 (O, WC &)
- NOON A Meeting at Lunch.** First Presbyterian Church (rear door left side of church), 514 S. Armistead Avenue, Hampton, VA, 23669 (O)
- NOON Help Me Think.** Ingleside Baptist Church, corner of Gatling Ave, 925 Ingleside Rd., Norfolk, VA, 23502 (O) *Carlton J 757-589-3564*
- NOON High Noon.** Recovery Baptist Church, 303 Blair Avenue, Newport News, VA, 23607 (O, WC &)
- 3:00PM Change I Must Or Die I Will.** Nickerson Plaza, Next to ACE Hardware, 2096 Nickerson Blvd, Hampton, VA, 23663 (O, WC &)
- 6:00PM No Labor, No Reward.** New Mr Zion AME Church, 113 Seekel St, Norfolk, VA (O, LIT) *Welton 757-201-1118*
- 6:45PM Honesty Group.** St. Mark's Episcopal Church, 1835 Todds Lane, Hampton, VA, 23666 (O, WC &)
- 7:00PM Monday Night Candlelight.** License Saver & Driver Improvement, 5312 Providence Rd, Virginia Beach, VA, 23464 (O, BT) *Eric D 757-580-2849*
- 7:00PM New Attitude** (trailer behind building in parking lot), 3509 Chestnut Avenue, Newport News, VA, 23607 (O, WC &)
- 7:00PM New Beginnings.** Church of the Resurrection, @ Midfield Pkwy, 3501 Cedar Lane, Portsmouth, VA, 23703 (O, WC &) *Greg C 757-636-3745*
- 7:00PM Women in Recovery.** St. Martin's Church, 1333 Jamestown Road, Williamsburg, VA, 23185 (O)
- 7:30PM Hearts Of Hope II.** St. Joan of Arc Church, 9041 George Washington Memorial Highway, Yorktown, VA, 23692 (O, WC &)
- 7:30PM How It Works.** Mt. Sinai United Holy Church, Off Watts Avenue, 2710 Columbus Avenue, Portsmouth, VA, 23704 (O) *Tommy M 757-537-5186*
- 7:30PM In Step.** Grafton Baptist Church, @ Dare Road, 5540 George Washington Memorial Hwy, Yorktown, VA, 23692 (O)
- 7:30PM Living The Program.** Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, Virginia Beach, VA, 23452 (O) *Lance G 757-692-7864, Steve K 757-715-1075*
- 7:30PM The Out of Ordinary Meeting.** White Marsh Baptist Church, 5123 George Washington Memorial Highway, Gloucester, VA, 23061 (O, WC &)
- 7:30PM The Winding Road.** Oak Grove United Methodist Church, across from water tower, 472 N. Battlefield Blvd, Chesapeake, VA, 23320 (C) *Justin K 757-773-4403, Rich B 757-737-4267*

**MONDAY / LUNES (CONT)**

- 8:00PM Raw Recovery.** Homeless Shelter (Judeo-Christian Outreach Ctr.), E of Birdneck Rd, 1053 Virginia Beach Blvd, Virginia Beach, VA, 23451 (O) *Earl H 757-235-4877*
- 8:00PM Recovery on the Hill.** Ocean View Reformed Christian Church, 1241 Hillside Avenue, Norfolk, VA, 23503 (O) *Fred R 757-695-6500*
- 8:30PM Who is an Addict?,** 3279 Lake Powell Road, Williamsburg, VA, 23185 (O)
- 10:30PM End of the Night.** Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455 (O) *Teresa D 757-724-3685*

**TUESDAY / MARTES**

- 6:45AM Jump Start the Day.** First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA, 23704 (O) *Teresa D 757-724-3685*
- 9:30AM Morning Meditation.** EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA, 23502 (O, WC &) *Rick K 757-753-0048*
- 9:30AM Trust The Process.** St. Augustine Episcopal Church, 2515 Marshall Avenue, Newport News, VA, 23607 (O, WC &)
- NOON A Meeting at Lunch.** First Presbyterian Church (rear door left side of church), 514 S. Armistead Avenue, Hampton, VA, 23669 (O)
- NOON High Noon.** Recovery Baptist Church, 303 Blair Avenue, Newport News, VA, 23607 (O, WC &)
- NOON The Emergency Unit.** Holy Communion Lutheran Church, Hodges Ferry Rd & Bob White St, 6220 Portsmouth Blvd, Portsmouth, VA, 23701 (O) *Dora H 757-735-7615*
- 5:30PM Just For Today.** First Lutheran Church, Corner of Colley Ave. & Baldwin Ave., 1301 Colley Avenue, Norfolk, VA, 23517 (O) *Bill A 757-647-7707*
- 5:30PM Serenity Group.** Riverside Behavioral Health Center, 2244 Executive Drive, Hampton, VA, 23666 (O, WC &)
- 7:00PM A New Way of Life.** 9228 George Washington Memorial Highway, Gloucester, VA, 23061 (O)
- 7:00PM A Proven Program.** York River Baptist Church, 8201 Croaker Road, Williamsburg, VA, 23188 (O)
- 7:00PM Awesome Life.** Great Bridge United Methodist Church, Corner of S. Battlefield & Stadium, 201 Stadium Drive, Chesapeake, VA, 23322 (O) *Carrie L 757-560-8177*
- 7:00PM Count Your Blessings.** Oaklette United Methodist, Park in Rear, Corner Indian River & Oaklett, 520 Oaklette Rd, Chesapeake, VA, 23325 (O) *Daniel A 757-418-1690*
- 7:00PM Keep Coming Back.** New First Baptist Church of Taylorsville, By Fredrick Blvd, 2720 Turnpike Road, Portsmouth, VA, 23707 (O) *Francis P 757-679-1151*
- 7:00PM We Can Change.** First Church of Newport News, 2300 Wickham Avenue, Newport News, VA, 23607 (O)
- 7:00PM We Can Change.** Oakdale Presbyterian Church, West of Tidewater Dr. between Harriet & Van Patten Rd., 550 East Little Creek Rd., Norfolk, VA, 23505 (O) *Edward A 757-818-2737*
- 7:30PM Freedom Group.** St. Nicholas Fellowship Hall, 621 First Colonial Road, Virginia Beach, VA, 23451 (O) *Kristina D 757-270-9509*
- 7:30PM In Times of Illness.** VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, VA, 23454 (O) *Bill S 757-717-1815*
- 7:30PM There's A Light.** Ocean Lakes Church of Christ, 1200 Dam Neck Road, Virginia Beach, VA, 23454 (O) *Ian B 757-717-7900, Geoff L 757-641-3159*
- 7:30PM Young, Clean & Living.** Northampton Presbyterian Church (behind the Fire Department), 1217 Todds Lane, Hampton, VA, 23666 (O)
- 8:00PM A Gift Called Life.** United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Portsmouth, VA, 23701 (O) *Brian L 757-619-7375, Sean H 757-438-1688*
- 8:00PM Enjoying the Journey.** Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, Virginia Beach, VA, 23452 (O) *Billy B 757-681-4341*
- 8:00PM Let It Be.** Ocean View Reformed Christian Church, 1 block from Ocean View & Beach View, 1292 Hillside Avenue, Norfolk, VA, 23503 (O) *Beth A 757-376-9191*
- 8:00PM New Genesis Group.** Weslley United Methodist Church, 2510 N. Armistead Avenue, Hampton, VA, 23666 (O)
- 8:15PM Let's Recover Together.** Hampton Christian Church, 151 East Mercury Boulevard, Hampton, VA, 23669 (O, WC &)
- 10:30PM End of the Night.** Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455 (O) *Teresa D 757-724-3685*

**WEDNESDAY / MIÉRCOLES**

- 6:45AM Jump Start the Day.** First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA, 23704 (O)
- 9:30AM Morning Meditation.** EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA, 23502 (O, WC &)
- 9:30AM Trust The Process.** St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News, VA, 23607 (O, WC &)
- NOON A Meeting at Lunch.** First Presbyterian Church (rear door left side of church), 514 S. Armistead Avenue, Hampton, VA, 23669 (O)
- NOON High Noon.** Recovery Baptist Church, 303 Blair Avenue, Newport News, VA, 23607 (O, WC &)

**WEDNESDAY / MIÉRCOLES (CONT)**

- NOON Visible Changes.** Emmanuel Episcopal Church, Off S Witchduck, 5181 Princess Anne Road, Virginia Beach, VA, 23462 (O)
- 5:00PM In Recovery.** Christ & St. Luke Church, In Basement, 560 W. Olney Rd, Norfolk, VA, 23507 (O, VAR)
- 7:00PM Daily Recovery.** Mount Gilead Church, 1057 Kennedy St, Norfolk, VA, 23513 (O, VAR)
- 7:00PM End Of The Road.** 1707 Jefferson Avenue, Newport News, VA, 23607 (O, WC &)
- 7:00PM Hope.** Warwick Conference Center, Building #6, 12420 Warwick Blvd, Newport News, VA, 23606 (O)
- 7:00PM Hugs Not Drugs.** Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road, Hampton, VA, 23669 (O)
- 7:00PM Surrender and Recovery.** United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Portsmouth, VA, 23701 (O)
- 7:00PM The Stand.** New Calvary Baptist Church, 800 E Virginia Beach Blvd, Norfolk, VA, 23504 (O)
- 7:15PM Straight Ahead.** Christ Presbyterian, 709 Aragona Blvd, Virginia Beach, VA, 23455 (O)
- 7:30PM Change We Must.** Great Bridge Evangelical Free Church, across from old high school, 173 Mt. Pleasant Road, Chesapeake, VA, 23322 (C)
- 7:30PM Life & Hopedine.** Suffolk Christian Church, by courthouse, 216 North Main St., Suffolk, VA, 23434 (O)
- 7:30PM Living The Program.** Warwick United Church of Christ, 10 Matoaka Lane, Newport News, VA, 23606 (C, WC &)
- 7:30PM To The Point.** St. John's Episcopal Church, 916 Main Street, West Point, VA, 23181 (O, WC &)
- 7:30PM What Can I Do.** Holy Communion Lutheran Church, Hodges Ferry, 6220 Portsmouth Blvd, Portsmouth, VA, 23701 (O)
- 8:00PM Better by the Bay.** Miles Memorial United Methodist Church, @Government Street (rear entrance), 9450 Granby Street, Norfolk, VA, 23503 (O, WC &)
- 8:00PM Trusted Servants.** St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA, 23452 (O)
- 8:00PM Where's Lot 147.** Sentara Norfolk General Hospital, Dining Room #1, 600 Gresham Drive, Norfolk, VA, 23507 (O)
- 8:30PM Stepping into Recovery.** Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455 (O)
- 8:30PM Who is an Addict?.** 3279 Lake Powell Road, Williamsburg, VA, 23185 (O)
- 10:30PM End of the Night.** Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455 (O)

**THURSDAY / JUEVES**

- 6:45AM Jump Start the Day.** First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA, 23704 (O)
- 9:30AM Morning Meditation.** EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA, 23502 (O, WC &)
- 9:30AM Trust The Process.** St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News, VA, 23607 (O, WC &)
- NOON A Meeting at Lunch.** First Presbyterian Church (rear door left side of church), 514 S. Armistead Avenue, Hampton, VA, 23669 (O)
- NOON High Noon.** Recovery Baptist Church, 303 Blair Avenue, Newport News, VA, 23607 (O, WC &)
- NOON Lunch Time Recovery.** Ocean View Reformed Christian Church, 1 Block from Ocean View Avenue & Beach View Street, 1241 Hillside Avenue, Norfolk, VA, 23503 (O)
- NOON Midday Recovery.** St Francis Episcopal Church, 509 S Rosemont Rd, Virginia Beach, VA, 23452 (O, DISC)
- NOON Reason To Believe.** Church Of Saint Therese, Enter front, Rooms 10 & 11, across from Chesapeake Square Mall@ Coffman Blvd, 4137 Portsmouth Blvd, Chesapeake, VA, 23321 (O)
- 6:00PM I Can't We Can.** YWCA, 2702 Orcutt Avenue, Newport News, VA, 23607 (O, WC &)
- 6:30PM Got to Have It.** Queen Street Baptist Church, 413 E. Brambleton Avenue, Norfolk, VA, 23510 (O)
- 7:00PM Freebird.** Craddock Baptist Church, and Harris Road, 96 Afton Parkway, Portsmouth, VA, 23702 (O)
- 7:00PM Let's Get Spiritual.** St. Paul AME Church, 2500 Chestnut Avenue, Newport News, VA, 23607 (O, WC &)
- 7:00PM Second Chance.** Great Bridge United Methodist Church, @S. Battlefield, 201 Stadium Drive, Chesapeake, VA, 23322 (O)
- 7:00PM Shattering the Illusion.** St. Michaels Lutheran Church, 2208 Princess Anne Road, Virginia Beach, VA, 23456 (O)
- 7:00PM Show Me How To Live.** Sacred Heart Church, 520 Graydon Avenue, Norfolk, VA, 23507 (C)
- 7:00PM We Do Recover.** Hampton Christian Church, 151 East Mercury Boulevard, Hampton, VA, 23669 (O, WC &)

**THURSDAY / JUEVES (CONT)**

- 7:30PM** **12 + 12 = Change!**, Wesley Foundation (across from W&M soccer field), 526 Jamestown Road, Williamsburg, VA, 23185 (O, WC &)
- 7:30PM** **Caring and Sharing**, Unity Renaissance Church, behind Greenbriar Mall, 1120 Eden Way N, Chesapeake, VA, 23320 (O)
- 7:30PM** **Fresh Start for Open Hearts**, Poquoson Baptist Church, 283 Wythe Creek Road, Poquoson, VA, 23662 (O)
- 7:30PM** **Girls Nite Out**, First Friends Church, 5307 Portsmouth Blvd., Portsmouth, VA, 23701 (O)
- 7:30PM** **Serenity Circle**, Haygood United Methodist Church, 4713 Haygood Road, Virginia Beach, VA, 23455 (O)
- 8:00PM** **Branching Out**, Aldersgate United Methodist Church, western branch, 4320 Bruce Rd, Chesapeake, VA, 23321 (O)
- 8:00PM** **Choose Life**, VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, VA, 23454 (O)
- 8:00PM** **Junks & Drunks**, East Ocean View Baptist Church, Social Hall, 9609 9th Bay Street, Norfolk, VA, 23518 (O)
- 8:00PM** **Raw Recovery**, Judeo-Christian Outreach Center - Homeless Shelter, E of Birdneck Rd, 1053 Virginia Beach Blvd, Virginia Beach, VA, 23451 (O)
- 8:00PM** **Time To Surrender**, Northampton Presbyterian Church (behind fire station), 1217 Todds Lane, Hampton, VA, 23666 (O, WC &)
- 10:30PM** **End of the Night**, Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455 (O)

**FRIDAY / VIERNES**

- 6:45AM** **Jump Start the Day**, First Lutheran Church, King & Washington, 600 King Street, Portsmouth, VA, 23704 (O)
- 9:30AM** **Morning Meditation**, EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road, Norfolk, VA, 23502 (O)
- 9:30AM** **Trust The Process**, St. Augustine Episcopal Church, 2515 Marshall Avenue, Newport News, VA, 23607 (O, WC &)
- NOON** **A Meeting at Lunch**, First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, Hampton, VA, 23669 (O)
- NOON** **High Noon**, Recovery Baptist Church, 303 Blair Avenue, Newport News, VA, 23607 (O, WC &)
- NOON** **The Continuing Quest**, First Lutheran Church, Corner Colley Ave & Baldwin Ave, 1301 Colley Avenue, Norfolk, VA, 23517 (O)
- NOON** **Write Now Meeting**, Providence Presbyterian, 5497 Providence Rd, Virginia Beach, VA, 23464 (C)
- 6:00PM** **How & Why**, Riverside Behavioral Health Center, 2244 Executive Drive, Hampton, VA, 23666 (C, WC &)
- 6:00PM** **The Happy Hour**, Faith Community Church, 100 East 30th Street, Norfolk, VA, 23504 (C)
- 6:30PM** **Change We Must**, Living Faith Christian Center, 14901 Warwick Blvd, Newport News, VA, 23608 (O, WC &)
- 7:00PM** **Agape**, St. Paul, @ Dunbarton, 437 Providence Rd, Chesapeake, VA, 23325 (O)
- 7:00PM** **Keep Coming Back**, Newport News Community Center, 605 South Avenue, Newport News, VA, 23601 (O, WC &)
- 7:00PM** **Life & Hopedline**, Sentara Obici Hospital, 2800 Godwin Boulevard, Suffolk, VA, 23434 (O)
- 7:30PM** **Better Days**, Church of Saint Therese, Enter Front, Rooms 10-11, @ Coffman Blvd across from Chesapeake Square Mall, 4137 Portsmouth Blvd, Chesapeake, VA, 23321 (O)
- 7:30PM** **Closer To Home**, Riverside Walter Reed Hospital, 7515 Hospital Drive, Gloucester Courthouse, VA, 23061 (O, WC &)
- 7:30PM** **Good Orderly Direction**, Warwick United Church of Christ, 10 Matoaka Lane, Newport News, VA, 23606 (O, WC &)
- 7:30PM** **Running On Faith**, Carrollton Church of God, 16144 Carrollton Boulevard, Carrollton, VA, 23314 (O)
- 8:00PM** **Kempsville Crossroads**, Providence Presbyterian Church, 5497 Providence Road, Virginia Beach, VA, 23464 (C)
- 8:00PM** **Miracle On 9th Bay**, Lighthouse Community Church, 9609 9th Bay Street, Norfolk, VA, 23518 (O)
- 8:00PM** **Wave of Recovery**, Virginia Beach Christian Church, 2225 Rose Hall Drive, Virginia Beach, VA, 23454 (O)
- 8:00PM** **We Do Recover**, Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA, 23513 (O)
- 8:30PM** **HOW Group**, Good Shepherd Lutheran Church, 1489 Laskin Road, Virginia Beach, VA, 23451 (C)
- 11:00PM** **The Road Less Traveled**, Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455 (O)

**SATURDAY / SÁBADO**

- 9:00AM** **Fresh Start**, Foundry United Methodist Church, 2801 Virginia Beach Blvd., Virginia Beach, VA, 23452 (O) *Madison B 757-506-6986*

**SATURDAY / SÁBADO (CONT)**

- 10:00AM** **Living Life On Life's Terms**, Wesley Foundation, 526 Jamestown Road, Williamsburg, VA, 23185 (O, WC &)
- 11:00AM** **The Phoenix Group**, Maryview Hospital 2nd floor Conference Room A, 2nd floor Conference Room A, 3636 High Street, Portsmouth, VA, 23707 (O) *Derrick C 757-968-1075*
- NOON** **Basic Math 12 & 12**, First Baptist Church, across from the Scope, 418 E Bute Street, Norfolk, VA, 23510 (O) *Carlton D 757-515-3331*
- NOON** **Women & Men In Recovery**, Trinity United Methodist Church, 29th & Huntington Ave, 228 29th St, Newport News, VA, 23607 (O)
- 5:00PM** **When at the End of the Road**, St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA, 23452 (O) *Donna S 757-343-5897*
- 5:30PM** **Back to Life**, 1st Lutheran Church, Corner of Colley and Baldwin, 1301 Colley Avenue, Norfolk, VA, 23517 (O) *Cedric H 757-535-5807, Cornell W 757-729-4089*
- 5:30PM** **Saturday Night Live**, First Baptist Church Jefferson Park (use 43rd St to get in), 615 42nd St., Newport News, VA, 23607 (O, WC &)
- 6:00PM** **Rainbow Recovery**, 5625 Providence Road, Suite 103, Virginia Beach, VA, 23464 (O) *Debbie 757-918-3482*
- 6:00PM** **Saturday Night Alternative**, First Presbyterian Church, 514 S. Armistead Avenue, Hampton, VA, 23669 (O, WC &)
- 6:00PM** **Saturday Night Men's Meeting**, Virginia Beach Christian Church, 2225 Rose Hall Drive, Virginia Beach, VA, 23454 (C) *Robert D 757-343-3423*
- 7:00PM** **Life and Hopedline**, Sentara Obici Hospital, 2800 Godwin Boulevard, Suffolk, VA, 23434 (O) *Travis B 757-618-9246*
- 7:00PM** **Saturday Night Live**, St. Nicholas Fellowship Hall, 621 First Colonial Road, Virginia Beach, VA, 23451 (O) *Ted L 757-717-2669*
- 7:30PM** **A New Approach to Life**, North Hampton Presbyterian Church (behind the firehouse), 1217 Todds Lane, Hampton, VA, 23666 (O)
- 7:30PM** **Never Alone**, Hillton Christian Church, 100 James River Drive, Newport News, VA, 23601 (O, WC &)
- 8:00PM** **Back to Basics**, Broad Street United Methodist Church, 300 Broad Street, Portsmouth, VA, 23707 (O) *Ty H 757-235-3175*
- 8:00PM** **Freedom of Choice**, Church of the Ascension, 4853 Princess Anne Road, Virginia Beach, VA, 23462 (O) *James P 757-619-2273*
- 8:00PM** **Surrender to Live**, Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA, 23513 (C) *Fred R 757-695-6500*
- 10:00PM** **No More Excuses**, Warwick United Church of Christ, 10 Matoaka Lane, Newport News, VA, 23606 (O, WC &)

**NORTH CAROLINA MEETINGS**

- Sunday 7:30PM** **Stick and Stay**, Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills, NC, 27948 (O, WC &) *Clare D 252-944-6971*
- Sunday 8:00PM** **Over and Beyond**, Saint Phillips Chapel, West side of Street, 201 S McMorrine St, Elizabeth City, NC, 27909 (O, DISC) *Linda T 252-333-7983*
- Monday 7:30PM** **Freedom to Live**, Liberty Christian Fellowship, 244 Williams Drive, Kill Devil Hills, NC, 27948 (C) *Mary K 252-619-5080*
- Tuesday 7:30PM** **Stick & Stay**, Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills, NC, 27948 (O, WC &) *Clare D 252-944-6971*
- Tuesday 8:00PM** **Over & Beyond**, Saint Phillips Chapel, 201 S McMorrine St, Elizabeth City, NC, 27909 (O) *Linda T 252-333-7983*
- Wednesday 6:00PM** **Miracles in Progress**, Melton Grove Missionary Baptist Church, 163 Melton Grove Road, Winfall, NC, 27944 (O)
- Wednesday 7:30PM** **Miracles Happen**, St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Nags Head, NC, 27959 (O)
- Thursday 7:30PM** **Surrender to Win**, Manteo Baptist Church, 406 US Highway 64, Manteo, NC, 27954 (O)
- Thursday 8:00PM** **Over & Beyond**, Saint Phillips Chapel, 201 S McMorrine St, Elizabeth City, NC, 27909 (O)
- Friday 7:30PM** **Miracles Happen**, St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Nags Head, NC, 27959 (O)
- Saturday 7:30PM** **Freedom to Live**, Liberty Christian Fellowship, 244 Williams Drive, Kill Devil Hills, NC, 27948 (O) *Kim K 252-753-0822*



**HAMPTON ROADS METRO  
NARCOTICS ANONYMOUS  
MEETING LIST  
SEPTEMBER 2017**

**CALL 24 Hr: 804-965-1871**

Virginia Beach, Norfolk, Suffolk, Chesapeake, Hampton, Newport News

World Narcotics Anonymous Service: [www.na.org](http://www.na.org)

Central Atlantic Regional Service: 800-777-1515

[www.car-na.org](http://www.car-na.org)

P. O. Box 1959, Chesterfield, VA 23832

Central Atlantic Regional Convention: [www.avcna.org](http://www.avcna.org)

Beach Area Service: [www.virginiabeachna.org](http://www.virginiabeachna.org)

P.O. Box 1377 Virginia Beach, VA 23451

Peninsula Area Service: [www.peninsulaareana.org](http://www.peninsulaareana.org)

P.O. Box 16009, Newport News, VA 23608

Tidewater Area Service: [www.tidewaterareana.org](http://www.tidewaterareana.org)

1112 Norview Ave, Norfolk, VA

**FORMAT LEDGEND**

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		

Meetings Weekly: 169