

SUNDAY	
9:00AM	<b>B Hope Ignited (O,DISC,WC &amp; )</b> Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach, VA <i>(David D 757-971-8753 **Old start time as of 5/4/2025**)</i>
10:00AM	<b>T NA-meless (O,DISC)</b> Scout Cabin, 3605 Winchester Dr, Portsmouth, VA <i>(Thomas K 757-393-2009 Chris L 757-975-1936)</i>
11:00AM	<b>T We Need A Meeting (O,VAR,WC &amp; )</b> 4700 George Washington Hwy, Portsmouth, VA <i>(Donna 757-535-5895)</i>
2:00PM	<b>B The No Matter What Club (O)</b> St Francis Episcopal Church, 509 S Rosemont Rd, Virginia Beach, VA <i>(Trish F 757-985-0948)</i>
3:00PM	<b>T Wecoverly (O,VAR)</b> Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA <i>(Jade 757-560-6285 Mike S 757-230-8854)</i>
6:00PM	<b>T It's About Time (O,SPK,WC &amp; )</b> Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA <i>(Jay J 757-227-8025 Charles M 757-735-8511)</i>
6:00PM	<b>B Sunday Sanity (O,BT,DISC,IP)</b> VB Psych Center, In Cafeteria, 1100 First Colonial Rd, Virginia Beach, VA <i>(Shelly G 757-748-5364, Pat O 757-633-2820)</i>
7:00PM	<b>T New Phase Four (O,DISC,SPK,TOP)</b> St. John's Episcopal Church, 424 Washington Street, Portsmouth, VA <i>(Ron E 757-582-1070, Sam G 757-353-2096)</i>
7:00PM	<b>T Over &amp; Beyond (O,LIT)</b> St. Philip's Chapel, West side of Street, 201 S McMorrine St, Elizabeth City, NC <i>(Michael S 757-359-8841)</i>
8:00PM	<b>T Mixed Group (O,DISC)</b> First Lutheran Church, 1301 Colley Ave, Norfolk, VA <i>(Mike J 757-409-1676)</i>
MONDAY	
9:30AM	<b>T Morning Meditation (O,WC &amp; )</b> EZ Does It Service Center, 1153 Harmony Rd, Norfolk, VA
9:30AM	<b>T Morning Meditation Literature (O,VAR,VM,LIT)</b> Norfolk, VA
NOON	<b>T Keep Coming Back (O,DISC,VAR)</b> New First Baptist Church of Taylorsville, 2720 Turnpike Road, Portsmouth, VA <i>(Francis P 757-679-1151 Judice P 757-228-8678)</i>
NOON	<b>T More Will be Revealed (O,DISC)</b> Serenity House, 300 Pearl Street, Elizabeth City, NC <i>(Michael S 757-359-8841)</i>
6:00PM	<b>B Monday Meditation (C,ME)</b> Community United Methodist Church, Enter at Burlington Rd side before 6:10pm, 1072 Old Kempsville Rd, Virginia Beach, VA <i>(Jon B 757-635-4318)</i>
7:00PM	<b>T Clean &amp; Serene (O,BT,DISC)</b> Riverside United Methodist Church, 1400 Edgewood Drive, Elizabeth City, NC <i>(John J 252-377-2405 Jason G 252-312-5318)</i>
7:00PM	<b>T Monday Night Candlelight (O,BT,CAN,WC &amp; )</b> Haygood United Methodist Church, 4713 Haygood Rd, Virginia Beach, VA <i>(Thomas M 757-637-5539)</i>
7:00PM	<b>T New Beginnings (O,WC &amp; ,LC)</b> Churchland Baptist Church, 3031 Churchland Blvd, Chesapeake, VA <i>(Badrunnisa K 443-847-4738 Coy D 757-981-5090)</i>
7:30PM	<b>B Freedom to Live (O)</b> Liberty Christian Fellowship, 244 Williams Dr, Kill Devil Hills, NC <i>(Lauren M 252-722-5774)</i>
7:30PM	<b>B Living The Program (O,BT,DISC,PH)</b> Water's Edge Church of God, 4141 Holland Road, Virginia Beach, VA <i>(Frank G 757-933-0999 Rebekah D 203-444-1845)</i>
8:00PM	<b>T Recovery on the Hill (O,BT,CAN,IP,SPK,WC &amp; )</b> Ocean View Christian Reformed Church, 1241 Hillside Avenue, Norfolk, VA <i>(Fred R 757-695-6500)</i>
10:30PM	<b>T End of the Night (O,DISC,LIT)</b> Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, Virginia Beach, VA <i>(Melinda J 757-401-3395)</i>

TUESDAY	
9:30AM	<b>T Morning Meditation (O,DISC,VAR,WC &amp; )</b> EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA
9:30AM	<b>T Morning Meditation Literature (O,VAR,VM,LIT)</b> Norfolk, VA
NOON	<b>T The Emergency Unit (O,BT,DISC,F2F)</b> Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA <i>(Johnny D 757-287-4430)</i>
5:30PM	<b>T Mensrap (O,M)</b> Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA <i>(Joseph L 757-560-4023)</i>
6:30PM	<b>T Life &amp; Hopeline (O)</b> St Paul's Episcopal Church, 213 N Main St, Suffolk, VA <i>(Charles A 757-351-5855)</i>
7:00PM	<b>T Let It Be (O,DISC,LIT)</b> Ocean View Christian Reformed Church, 1241 Hillside Ave, Norfolk, VA <i>(Jessica H 757-822-4559)</i>
7:00PM	<b>T Over &amp; Beyond (O,VAR)</b> St. Philip's Chapel, 201 S McMorrine St, Elizabeth City, NC <i>(Michael S 757-359-8841)</i>
7:00PM	<b>B Stick &amp; Stay (O,DISC,WC &amp; )</b> Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills, NC <i>(Gene S 252-267-2823)</i>
7:00PM	<b>T We Can Change (O,BEG,BT,DISC,IW,VAR,SPK,AB,LIT)</b> Wesley Grace United Methodist Church, 288 E Little Creek Rd, Norfolk, VA <i>(Leo C 757-285-2007)</i>
7:30PM	<b>T Awesome Life (O,CAN,DISC,IP)</b> Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA <i>(Carrie L 757-560-8177)</i>
7:30PM	<b>B There's A Light (O,DISC)</b> Ocean Lakes Church of Christ, 1200 Dam Neck Road, Virginia Beach, VA <i>(Geoff L 757-641-3159)</i>
8:00PM	<b>T A Gift Called Life (O,BT)</b> Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA <i>(Brian L 757-619-7375, Sean H 757-438-1688)</i>
8:00PM	<b>B Enjoying the Journey (O,DISC,SPK,STEP,TOP)</b> Water's Edge Church of God, 4141 Holland Road, Virginia Beach, VA <i>(Billy B 757-681-4341)</i>
10:30PM	<b>T End of the Night (O,DISC,LIT)</b> Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, Virginia Beach, VA <i>(Melinda J 757-401-3395)</i>
WEDNESDAY	
9:30AM	<b>T Morning Meditation (O,WC &amp; )</b> EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA
9:30AM	<b>T Morning Meditation Literature (O,VAR,VM,LIT)</b> Norfolk, VA
NOON	<b>B Visible Changes (O,DISC)</b> Emmanuel Episcopal Church, 5181 Singleton Way, Virginia Beach, VA <i>(Perry C 757-752-2070)</i>
5:30PM	<b>T Just For Today (O,DISC,IP,SPK,STEP,TOP)</b> First Lutheran Church, 1301 Colley Ave, Norfolk, VA <i>(Bill A 757-647-7707)</i>
5:30PM	<b>B Midweek Peak (O,DISC,WC &amp; )</b> Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd, Virginia Beach, VA <i>(Jon B 757-635-4318 Lori W 757-309-9631)</i>
6:00PM	<b>B The Group (O,STEP)</b> All Saints Episcopal Church, 10th Step meeting in Pinder Hall, 1969 Woodside Ln, Virginia Beach, VA <i>(Palmer R 757-537-9658)</i>
6:30PM	<b>T Serenity In The Sand (Seasonal May-Sept Only) (O,DISC,VAR)</b> Community Beach Park - Leftmost Beach area, On the Beach, Bring a chair or blanket!, 700 E Ocean View, Norfolk, VA <i>(Nadia H 757-285-5867)</i>
7:00PM	<b>T Surrender and Recovery (O,BT)</b> Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA <i>(Edwin P 757-839-7806)</i>

WEDNESDAY (CONT)	
7:15PM	<b>T Straight Ahead (O,DISC,STEP)</b> Christ Presbyterian Church, 709 Aragona Blvd, Virginia Beach, VA <i>(Chris P 757-535-7227)</i>
7:30PM	<b>T Life &amp; Hopeline (O,WC &amp; )</b> Suffolk Christian Church, by courthouse, 216 North Main St., Suffolk, VA <i>(Robert B 757-738-6253)</i>
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, NC <i>(Scott D 252-267-0060)</i>
8:00PM	<b>T Better by the Bay (O,BT,DISC,WC &amp; )</b> Miles Memorial United Methodist Church, 9450 Granby Street, Norfolk, VA <i>(Ryan D 757-651-5316)</i>
8:00PM	<b>B Trusted Servants (O,DISC,WC &amp; )</b> Red Church, 315 S Rosemont Rd, Virginia Beach, VA <i>(Angel S 757-451-9207)</i>
8:00PM	<b>T Where's Lot 14? (O,DISC)</b> Sentara Norfolk General Hospital, Brickhouse Auditorium, 2nd floor, Conf Rm 2, 600 Gresham Drive, Norfolk, VA <i>(Gary 757-567-4158)</i>
9:00PM	<b>T Stepping into Recovery (O,DISC,WC &amp; ,LIT)</b> Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, VA <i>(Mary P 757-739-1726)</i>
10:30PM	<b>T End of the Night (O,DISC)</b> Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, Virginia Beach, VA <i>(Melinda J 757-401-3395)</i>
THURSDAY	
9:30AM	<b>T Morning Meditation (O,DISC,VAR,WC &amp; )</b> EZ Does It Service Center Off N. Military Hwy. & Raby Rd, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA
9:30AM	<b>T Morning Meditation Literature (O,VAR,VM,LIT)</b> Norfolk, VA
NOON	<b>T Reason To Believe (O,BT,DISC)</b> Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd, Chesapeake, VA <i>(Johnny D 757-287-4430)</i>
5:30PM	<b>T Surviving Our Emotions (C,W,WC &amp; )</b> Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA <i>(Takecha J 804-218-7208)</i>
6:30PM	<b>T Got to Have It (O,BT,IP,SPK,STEP,WC &amp; )</b> Gethsemane Baptist Church, 1317 E Brambleton Ave, Norfolk, VA <i>(Juanita S 757-685-8848)</i>
6:30PM	<b>B Still ill (C,DISC)</b> VB Psych Center, No access through main entrance. Use door to left of main entrance., 1100 First Colonial Rd, Virginia Beach, VA <i>(for those struggling with mental illness in recovery)</i>
7:00PM	<b>T Girls Nite Out (O,W,HY)</b> West Park Church of Christ, 926 Cherokee Rd, Portsmouth, VA <i>(Vickie 757-375-0067 Kat 757-359-3793)</i>
7:00PM	<b>T Over &amp; Beyond (O,DISC)</b> St. Philip's Chapel, 201 S McMorrine St, Elizabeth City, NC <i>(Michael S 757-359-8841)</i>
7:00PM	<b>B Shattering the Illusion (O,BT)</b> St. Michaels Lutheran Church, 2208 Princess Anne Rd, Virginia Beach, VA <i>(Kristine A 757-202-2702, Ty H 757-235-3175)</i>
7:30PM	<b>T Second Chance (O,DISC,STEP,TW)</b> Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA <i>(Louie L 757-560-8172)</i>
7:30PM	<b>B The Language of Empathy (O,DISC)</b> Nags Head Church, 105 W Soundside Rd, Nags Head, NC <i>(Carly E 336-251-7158)</i>
8:00PM	<b>B Choose Life (O,DISC)</b> St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., Virginia Beach, VA <i>(Tony C 757-502-5310 Kristen H 757-837-5132)</i>
8:00PM	<b>T Junks &amp; Drunks (O,STEP)</b> Ocean View Christian Reformed Church, 1241 Hillside Ave, Norfolk, VA <i>(Ed S 757-435-9526)</i>

THURSDAY (CONT)	
10:30PM	<b>T End of the Night (O,DISC)</b> Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, Virginia Beach, VA <i>(Melinda J 757-401-3395)</i>
FRIDAY	
9:30AM	<b>T Morning Meditation (O,WC &amp; )</b> EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA
9:30AM	<b>T Morning Meditation Literature (O,VAR,VM,LIT)</b> Norfolk, VA
NOON	<b>T The Continuing Quest (O,DISC,SPK,SWG)</b> First Lutheran Church, 1301 Colley Ave, Norfolk, VA <i>(Eddie C 757-816-4986)</i>
NOON	<b>T Write Now (O,JFT,SWG,ME,WR)</b> Providence Presbyterian Church, 5497 Providence Rd, Virginia Beach, VA <i>(Writing during meeting, Fred R 757-695-6500)</i>
7:00PM	<b>T Agape (O,DISC,IP,STEP,TW)</b> St. Paul's United Methodist Church, 437 Providence Rd, Chesapeake, VA <i>(1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494)</i>
7:30PM	<b>T Better Days (O,CAN,DISC,AB)</b> Church Of Saint Therese, 4137 Portsmouth Blvd, Chesapeake, VA <i>(Joe W 757-536-7337)</i>
7:30PM	<b>B HOW Group (C,DISC)</b> Good Shepherd Lutheran Church, 1489 Laskin Road, Virginia Beach, VA <i>(Scott P 304-218-1468 Ann V 757-270-1141)</i>
7:30PM	<b>B Miracles Happen (O)</b> St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Nags Head, NC <i>(Scott D 252-267-0060)</i>
8:00PM	<b>B Kempsville Crossroads (O,DISC,WC &amp; )</b> Providence Presbyterian Church, 5497 Providence Road, Virginia Beach, VA <i>(Mark N 757-478-1839)</i>
8:00PM	<b>T The Miracle Continues (O,STEP)</b> Azalea Baptist Church, 3314 E Little Creek Rd, Norfolk, VA <i>(Nesbit 757-620-8804)</i>
8:00PM	<b>B Wave of Recovery (O,DISC)</b> Bayside Presbyterian, 1400 Ewell Rd, Virginia Beach, VA <i>(Pat C 757-619-1976)</i>
10:30PM	<b>T End of the Night (O,DISC)</b> Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, Virginia Beach, VA <i>(Melinda J 757-401-3395 **STARTING MAY 16th!**)</i>
SATURDAY	
9:30AM	<b>T Morning Meditation (O,DISC,VAR,WC &amp; )</b> EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA
9:30AM	<b>T Morning Meditation Literature (O,VAR,VM,LIT)</b> Norfolk, VA
10:00AM	<b>B Fresh Start (O)</b> Christ Presbyterian Church, 709 Aragona Blvd, Virginia Beach, VA <i>(Madison B 757-506-6986 Sherry R 757-406-9175)</i>
10:00AM	<b>T The Gift of Hope (O,WC &amp; )</b> Churchland Baptist Church, By the cemetery thru the red double doors, upstairs., 3031 Churchland Blvd, Chesapeake, VA <i>(Anthony H 757-343-5006 Sandy B 757-737-2176 **Starting 9/14**)</i>
NOON	<b>T Basic Math 12 &amp; 12 (O,SPK,STEP,TRAD)</b> First Baptist Church, 500 E Bute Street, Norfolk, VA <i>(Carlton D 757-515-3331)</i>
NOON	<b>T Bridge to Recovery (O)</b> Bridge Church, 1244 Executive Blvd, Chesapeake, VA <i>(Justin H 804-738-1784 **Starts June 22nd**)</i>
3:00PM	<b>T Back to Life (O,BT,DISC,SPK,TRAD)</b> First Lutheran Church, 1301 Colley Ave, Norfolk, VA
5:00PM	<b>B When at the End of the Road (O,DISC)</b> St Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA <i>(Rob C 757-334-7718)</i>

**SATURDAY (CONT)**

**6:00PM B** **Saturday Night Men's Meeting (C,DISC)** Good Shepherd Lutheran Church, 1489 Laskin Road, Virginia Beach, VA (*Jamie T 757-803-7986*)

**7:00PM T** **Back to Basics (O,BT,DISC,IP,SPK)** Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA (*Mike K 757-974-4029 Charlie J 757-620-3895*)

**7:00PM T** **Life & Hopeline (O,DISC,STEP)** Sentara Obici Hospital, 2800 Godwin Boulevard, Suffolk, VA (*Maryann B 609-712-3107*)

**7:00PM B** **Saturday Night Live (O)** St. Nicholas Fellowship Hall, 621 First Colonial Road, Virginia Beach, VA (*Ted L 757-717-2669*)

**8:00PM T** **Freedom of Choice (O,DISC,STEP)** Church of the Ascension, 4853 Princess Anne Rd, Virginia Beach, VA (*James P 757-619-2273*)

**8:00PM T** **Surrender to Live (O,BT,DISC,WC & )** Ocean View Christian Reformed Church, 1241 Hillside Ave, Norfolk, VA (*Fred R 757-695-6500*)

**9:30PM T** **The Point of Freedom (O,STEP,TRAD,WC & ,LIT)** Freemason Street Baptist Church, 400 E Freemason St, Norfolk, VA (*Tuan N 757-788-4757*)

<b>Meeting Format Key</b>			
BT	Basic Text	C	Closed
M	Men	O	Open
TW	Traditions Workshop	W	Women
AB	Ask-It-Basket	ME	Meditation
BEG	Beginners	CAN	Candlelight
DISC	Discussion	IP	IP Study
IW	It Works Study	JFT	Just for Today Study
VAR	Format Varies	SPK	Speaker
SWG	Step Working Guide Study	STEP	Step
TOP	Topic	TRAD	Tradition
WC &	Wheelchair	F2F	Face 2 Face
VM	Virtual Web Meeting	HY	Hybrid Physical/Virtual
LIT	Literature Study	PH	Phone Meeting
LC	Living Clean Study	WR	Writing Meeting

**BANA SERVICE COMMITTEES**

**Beach Area Service Committee**  
 First Saturday of the Month 1:00 PM  
 Ocean Lakes Church of God  
 1200 Dam Neck Rd, Virginia Beach  
**Chair Marji B 757-351-0412**

**Serenity on the Shore Campout Committee**  
 First Sunday – Subcommittees: 5:00PM, Main: 6:00PM  
 Virginia Beach Psychiatric 1100 First Colonial Rd Virginia Beach  
**Chair Scott B 757-377-5072**

**Emergent Needs Subcommittee**  
 Friday before Area 7:00PM  
 Good Shepherd Lutheran 1489 Laskin Rd Virginia Beach  
**Chair Sam B 757-621-1580**

**PHONE NUMBERS**

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**Who is an Addict?**

Most of us do not have to think twice about this question. We know! Our whole life and thinking was centred in drugs in one form or another – the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions and death.



**NARCOTICS ANONYMOUS**

**Beach Area Meeting List**  
 Designated with a B  
 Including  
**Tidewater Area Meetings**  
 Designated with a T  
**MAY 2025**

**Beach Area Service Committee**

Post Office Box 1377 Virginia Beach, VA 23451  
[www.virginiabeachna.org](http://www.virginiabeachna.org)

**Central Atlantic Regional Helpline**

1-800-777-1515  
[www.car-na.org](http://www.car-na.org)

**NA World Services Office**

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

“The message is that an addict, any addict, can stop using, lose the desire to use and find a new way to live”

