

SUNDAY	
9:00AM	B Hope Ignited (O,DISC,WC &) Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach, VA <i>(David D 757-971-8753)</i>
10:00AM	T NA-meless (O,DISC) Scout Cabin, 3605 Winchester Dr, Portsmouth, VA <i>(Thomas K 757-393-2009 Chris L 757-975-1936)</i>
11:00AM	T We Need A Meeting (O,VAR,WC &) 4700 George Washington Hwy, Portsmouth, VA <i>(Donna 757-535-5895)</i>
2:00PM	B The No Matter What Club (O) St Francis Episcopal Church, 509 S Rosemont Rd, Virginia Beach, VA <i>(Trish F 757-985-0948)</i>
3:00PM	T Wecovery (O,VAR) Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA <i>(Jade 757-560-6285 Mike S 757-230-8854)</i>
6:00PM	T It's About Time (O,SPK,WC &) Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA <i>(Jay J 757-227-8025 Charles M 757-735-8511)</i>
6:00PM	B Sunday Sanity (O,BT,DISC,IP) VB Psych Center, In Cafeteria, 1100 First Colonial Rd, Virginia Beach, VA <i>(Pat O 757-633-2820)</i>
7:00PM	T New Phase Four (O,DISC,SPK,TOP) St. John's Episcopal Church, 424 Washington Street, Portsmouth, VA <i>(Ron E 757-582-1070, Sam G 757-353-2096)</i>
7:00PM	T Over & Beyond (O,LIT) St. Philip's Chapel, West side of Street, 201 S McMorrine St, Elizabeth City, NC <i>(Michael S 757-359-8841)</i>
8:00PM	T Mixed Group (O,DISC) First Lutheran Church, 1301 Colley Ave, Norfolk, VA <i>(Mike J 757-409-1676)</i>
MONDAY	
9:30AM	T Morning Meditation (O,WC &) EZ Does It Service Center, 1153 Harmony Rd, Norfolk, VA
9:30AM	T Morning Meditation Literature (O,VAR,VM,LIT) Norfolk, VA
NOON	T Keep Coming Back (O,DISC,VAR) New First Baptist Church of Taylorsville, 2720 Turnpike Road, Portsmouth, VA <i>(Francis P 757-679-1151 Judice P 757-228-8678)</i>
NOON	T More Will be Revealed (O,DISC) Serenity House, 300 Pearl Street, Elizabeth City, NC <i>(Michael S 757-359-8841)</i>
7:00PM	T Clean & Serene (O,BT,DISC) Riverside United Methodist Church, 1400 Edgewood Drive, Elizabeth City, NC <i>(John J 252-377-2405 Jason G 252-312-5318)</i>
7:00PM	T Monday Night Candlelight (O,BT,CAN,WC &) Haygood United Methodist Church, 4713 Haygood Rd, Virginia Beach, VA <i>(Earl H 757-998-0104)</i>
7:00PM	T New Beginnings (O,WC & ,LC) Churchland Baptist Church, 3031 Churchland Blvd, Chesapeake, VA <i>(Badrunnisa K 443-847-4738 Coy D 757-981-5090)</i>
7:00PM	B She Recovers new meeting Starts 11/3 (O,W) VB Psych Center, 1100 First Colonial Road, VIRGINIA BEACH, VIRGINIA <i>(Natalie S. (757) 758-2838 new meeting Starts 11/3)</i>
7:30PM	B Freedom to Live (O) Liberty Christian Fellowship, 244 Williams Dr, Kill Devil Hills, NC <i>(Lauren M 252-722-5774)</i>
7:30PM	B Living The Program (O,BT,DISC,PH) Sovereign Shores Baptist Church, 4141 Holland Road, Virginia Beach, VA <i>(Kendrick S 757-434-4223; Rebekah D 203-444-1845)</i>
8:00PM	T Recovery on the Hill (O,BT,CAN,IP,SPK,WC &) Ocean View Christian Reformed Church, 1241 Hillside Avenue, Norfolk, VA <i>(Fred R 757-695-6500)</i>
10:30PM	T End of the Night (O,DISC,LIT) 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	T Morning Meditation (O,DISC,VAR,WC &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA
9:30AM	T Morning Meditation Literature (O,VAR,VM,LIT) Norfolk, VA
NOON	T The Emergency Unit (O,BT,DISC,F2F) Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA <i>(Johnny D 757-287-4430)</i>
5:30PM	T Mensrap (C,M) Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA <i>(Danny G 434-254-4075)</i>
6:30PM	T Life & Hopeline (O) St Paul's Episcopal Church, 213 N Main St, Suffolk, VA <i>(Linwood S 757-742-2614)</i>
7:00PM	T Let It Be (O,DISC,LIT) Ocean View Christian Reformed Church, 1241 Hillside Ave, Norfolk, VA <i>(Jessica H 757-822-4559)</i>
7:00PM	T Over & Beyond (O,VAR) St. Philip's Chapel, 201 S McMorrine St, Elizabeth City, NC <i>(Michael S 757-359-8841)</i>
7:00PM	B Stick & Stay (O,DISC) Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills, NC <i>(Gene S 252-267-2823)</i>
7:00PM	B There's A Light (O,DISC) Ocean Lakes Church of Christ, 1200 Dam Neck Road, Virginia Beach, VA <i>(Geoff L 757-641-3159)</i>
7:00PM	T We Can Change (O,BEG,BT,DISC,IW,VAR,SPK,AB,LIT) Wesley Grace United Methodist Church, 288 E Little Creek Rd, Norfolk, VA <i>(Leo C 757-285-2007)</i>
7:30PM	T Awesome Life (O,CAN,DISC,IP) Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA <i>(Carrie L 757-560-8177)</i>
8:00PM	T A Gift Called Life (O,BT) Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA <i>(Brian L 757-619-7375, Sean H 757-438-1688)</i>
8:00PM	B Enjoying the Journey (O,DISC,SPK,STEP,TOP) Sovereign Shores Baptist Church, 4141 Holland Road, Virginia Beach, VA <i>(Billy B 757-681-4341)</i>
10:30PM	T End of the Night (O,DISC,LIT) 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	T Morning Meditation (O,WC &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA
9:30AM	T Morning Meditation Literature (O,VAR,VM,LIT) Norfolk, VA
NOON	B Visible Changes (O,DISC) Emmanuel Episcopal Church, 5181 Singleton Way, Virginia Beach, VA <i>(Perry C 757-752-2070)</i>
5:30PM	T Just For Today (O,DISC,IP,SPK,STEP) First Lutheran Church, 1301 Colley Ave, Norfolk, VA <i>(Bill A 757-647-7707)</i>
5:30PM	B Midweek Peak (O,DISC,WC &) 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 The Group (O,STEP) 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	T Serenity In The Sand (Seasonal May-Sept Only) (O,DISC,VAR) 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	T Surrender and Recovery (O,BT) Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA <i>(Edwin P 757-839-7806)</i>

WEDNESDAY (CONT)	
7:15PM	T Straight Ahead (O,DISC,STEP) Christ Presbyterian Church, 709 Aragona Blvd, Virginia Beach, VA <i>(Chris P 757-535-7227)</i>
7:30PM	T Life & Hopeline (O,WC &) Suffolk Christian Church, by courthouse, 216 North Main St., Suffolk, VA <i>(Robert B 757-335-2493)</i>
7:30PM	B Miracles Happen (O,DISC,STEP,TW) 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	T Better by the Bay (O,BT,DISC,WC &) Miles Memorial United Methodist Church, 9450 Granby Street, Norfolk, VA <i>(Ryan D 757-651-5316)</i>
8:00PM	B Trusted Servants (O,DISC) Red Church, 315 S Rosemont Rd, Virginia Beach, VA <i>(Angel S 757-451-9207)</i>
8:00PM	T Where's Lot 14? (O,DISC) Sentara Norfolk General Hospital, Brickhouse Auditorium, 2nd floor, Conf Rm 2, 600 Gresham Drive, Norfolk, VA <i>(Gary 757-567-4158)</i>
9:00PM	T Stepping into Recovery (O,DISC,WC & ,LIT) Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, VA <i>(Mary P 757-739-1726)</i>
10:30PM	T End of the Night (O,DISC) 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	T Morning Meditation (O,DISC,VAR,WC &) EZ Does It Service CenterOff N. Military Hwy. & Raby Rd, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA
9:30AM	T Morning Meditation Literature (O,VAR,VM,LIT) Norfolk, VA
NOON	T Reason To Believe (O,BT,DISC) Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd, Chesapeake, VA <i>(Johnny D 757-287-4430)</i>
6:30PM	T Got to Have It (O,BT,IP,SPK,STEP,WC &) Gethsemane Baptist Church, 1317 E Brambleton Ave, Norfolk, VA <i>(Juanita S 757-685-8848)</i>
6:30PM	B Still ill (C,DISC) 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	T Freebird (O,DISC) Craddock Baptist Church, 96 Afton Pkwy, Portsmouth, VA <i>(Roland C 757-328-2243)</i>
7:00PM	T Girls Nite Out (O,W,HY) West Park Church of Christ, 926 Cherokee Rd, Portsmouth, VA <i>(Vickie 757-375-0067 Kat 757-359-3793)</i>
7:00PM	T Over & Beyond (O,DISC) St. Philip's Chapel, 201 S McMorrine St, Elizabeth City, NC <i>(Michael S 757-359-8841)</i>
7:00PM	B Shattering the Illusion (O,BT) 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	T Second Chance (O,DISC,STEP,TW) Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA <i>(Louie L 757-560-8172)</i>
7:30PM	B The Language of Empathy (O,DISC) Colington UMC, 1949 Colington Rd, KILL DEVIL HILLS, NC <i>(Carly E 336-251-7158)</i>
8:00PM	B Choose Life (O,DISC) 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	T Junks & Drunks (O,STEP) Ocean View Christian Reformed Church, 1241 Hillside Ave, Norfolk, VA <i>(Ed S 757-435-9526)</i>

THURSDAY (CONT)	
10:30PM	T End of the Night (O,DISC) 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	T Morning Meditation (O,WC &) EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA
9:30AM	T Morning Meditation Literature (O,VAR,VM,LIT) Norfolk, VA
NOON	T The Continuing Quest (O,DISC,SPK,SWG) First Lutheran Church, 1301 Colley Ave, Norfolk, VA <i>(Eddie C 757-816-4986)</i>
NOON	T Write Now (O,JFT,SWG,ME,WR) Providence Presbyterian Church, 5497 Providence Rd, Virginia Beach, VA <i>(Writing during meeting, Fred R 757-695-6500)</i>
7:00PM	T Agape (O,DISC,IP,STEP,TW) 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	T Better Days (O,CAN,DISC,AB) Church Of Saint Therese, 4137 Portsmouth Blvd, Chesapeake, VA <i>(Joe W 757-536-7337)</i>
7:30PM	B HOW Group (C,DISC) 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 Miracles Happen (O) 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 Kempsville Crossroads (O,DISC,WC &) Providence Presbyterian Church, 5497 Providence Road, Virginia Beach, VA <i>(Mark N 757-478-1839)</i>
8:00PM	T The Miracle Continues (O,STEP) Azalea Baptist Church, 3314 E Little Creek Rd, Norfolk, VA <i>(Nesbit 757-620-8804)</i>
8:00PM	B Wave of Recovery (O,DISC) Bayside Presbyterian, 1400 Ewell Rd, Virginia Beach, VA <i>(Ben R 757-339-5495)</i>
10:30PM	T End of the Night (O,DISC) Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, Virginia Beach, VA <i>(Melinda J 757-401-3395)</i>
SATURDAY	
9:30AM	T Morning Meditation (O,DISC,VAR,WC &) EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA
9:30AM	T Morning Meditation Literature (O,VAR,VM,LIT) Norfolk, VA
10:00AM	B Fresh Start (O) Christ Presbyterian Church, 709 Aragona Blvd, Virginia Beach, VA <i>(Madison B 757-506-6986 Sherry R 757-406-9175)</i>
NOON	T Basic Math 12 & 12 (O,SPK,STEP,TRAD) First Baptist Church, 500 E Bute Street, Norfolk, VA <i>(Carlton D 757-515-3331)</i>
12:30PM	T The Gift of Hope (O,WC &) Churchland Baptist Church, By the cemetery thru the red double doors, upstairs., 3031 Churchland Blvd, Chesapeake, VA <i>(Anthony H 757-343-5006)</i>
3:00PM	T Back to Life (O,BT,DISC,SPK,TRAD) First Lutheran Church, 1301 Colley Ave, Norfolk, VA
5:00PM	B When at the End of the Road (O,DISC) St Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA <i>(Rob C 757-334-7718)</i>
6:00PM	T Rainbow Serenity (O) LGBT Life Center, 5360 Robin Hood Rd, Norfolk, VA <i>(Max B 517-896-5694)</i>

