

| SUNDAY | |
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| 9:00AM | B Hope Ignited (O, DISC, WC &) Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach, VA (<i>Dale 757-202-9693, Chuck K 757-469-9365</i>) |
| 9:00AM | T Men's Rap (O, DISC, M, WC &) Maryview Behavioral Center, First Floor side entrance, 3636 High Street, Portsmouth, VA (<i>Joe B 757-397-6279</i>) |
| 11:00AM | T We Need A Meeting (O, BT, DISC, JFT, SPK, STEP, WC &) Maryview Hospital, 2nd Floor, Conference Room B, 3636 High Street, Portsmouth, VA (<i>Donna E 757-535-5895 1-DSC, 2-STP, 3-BT, 4-SPK, 5-JFT</i>) |
| 3:00PM | T Wecoverly (O, DISC) Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA (<i>Chris 757-377-9236</i>) |
| 5:00PM | B The Journey Continues (C, LIT) St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA (<i>Lucinda W 757-502-5176 (Living Clean Study)</i>) |
| 6:00PM | T It's About Time (O, SPK, WC &) Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA (<i>Jerome F 757-202-6163</i>) |
| 7:00PM | T A Clear Message (O, BT, DISC, SPK, AB) Obici Hospital, Conf. Rm. C - Basement, 2800 Godwin Boulevard, Suffolk, VA |
| 7:00PM | T New Phase Four (O, DISC, SPK, TOP) Saint John's Episcopal Church, 424 Washington Street, Portsmouth, VA (<i>Ron E 757-582-1070, Lloyd P 757-638-7157</i>) |
| 8:00PM | T Mixed Group (O, DISC) First Lutheran Church, 1301 Colley Ave, Norfolk, VA (<i>Mike J 757-409-1676</i>) |
| 8:00PM | B Sunday Sanity (O, DISC) VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, VA (<i>Karla W 757-434-6446, Pat O 757-633-2820</i>) |
| MONDAY | |
| 6:45AM | T Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA (<i>Teresa D 757-724-3685</i>) |
| 9:30AM | T Morning Meditation (O, WC &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA (<i>Rick K 757-753-0048</i>) |
| NOON | T Help Me Think (O, BT, JFT, STEP, TOP) Ingleside Baptist Church, corner of Gatling Ave, 925 Ingleside Rd., Norfolk, VA (<i>1st-Step, 2nd-Top, 3rd-BT, 4th-JFT, Carlton J 757-589-3564</i>) |
| 7:00PM | T Monday Night Candlelight (O, BT, CAN, WC &) Haygood United Methodist Church, 4713 Haygood Rd, Virginia Beach, VA (<i>Eric D 757-580-2849</i>) |
| 7:00PM | T New Beginnings (O, IW, WC &) Church of the Resurrection, @ Midfield Pkwy, 3501 Cedar Lane, Portsmouth, VA (<i>Greg C 757-636-3745. Kathy K 757-403-7409</i>) |
| 7:00PM | T The Winding Road (C) Oak Grove United Methodist Church, across from water tower, 472 N. Battlefield Blvd, Chesapeake, VA (<i>Jacob M 757-831-8249, Rich B 757-288-0650</i>) |
| 7:30PM | B Living The Program (O, BT, DISC) Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, Virginia Beach, VA (<i>Lance G 757-692-7864, Steve K 757-715-1075</i>) |
| 8:00PM | T Raw Recovery (O, DISC) Judeo-Christian Outreach Center - Homeless Shelter, East of Birdneck Rd, 1053 Virginia Beach Blvd, Virginia Beach, VA (<i>April M 757-323-7038</i>) |
| 8:00PM | T Recovery on the Hill (O, BT, CAN, SPK, STEP, WC &) Ocean View Christian Reformed Church, 1241 Hillside Avenue, Norfolk, VA (<i>Fred R 757-695-6500</i>) |

| MONDAY (CONT) | |
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| 10:30PM | T End of the Night (O, WC &, LIT) Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, VA (<i>Living Clean Study Ann V 757-270-1141</i>) |
| TUESDAY | |
| 6:45AM | T Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA (<i>Teresa D 757-724-3685</i>) |
| 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 (<i>Rick K 757-753-0048, Mike M 757-305-2212</i>) |
| NOON | T The Emergency Unit (O, BT, DISC) United Congregational Christian Church, Hodges Ferry Rd & Charlotte St, 5900 Portsmouth Blvd, Portsmouth, VA (<i>Dora H 757-735-7615</i>) |
| 5:30PM | T Just For Today (O, DISC, IP, SPK, STEP, TOP) First Lutheran Church, Corner of Colley Ave. & Baldwin Ave., 1301 Colley Avenue, Norfolk, VA (<i>Bill A 757-647-7707</i>) |
| 6:00PM | B Rainbow Serenity (O, DISC, GL) LGBT Life Center, Entrance on Corner of Llewellyn and 25th St., 248 W 24th St, Norfolk, VA (<i>Karim M 757-647-1414</i>) |
| 7:00PM | T Count Your Blessings (O, DISC, JFT) Oaklette United Methodist, Park in Rear, Corner Indian River & Oaklett, 520 Oaklette Dr, Chesapeake, VA (<i>Daniel A 757-418-1690</i>) |
| 7:00PM | T Keep Coming Back (O, BT, DISC, SPK, STEP, TOP) New First Baptist Church of Taylorsville, By Fredrick Blvd, 2720 Turnpike Road, Portsmouth, VA (<i>Francis P 757-679-1151</i>) |
| 7:00PM | T Let it Be (O, DISC) Ocean View Christian Reformed Church, 1 block from Ocean View & Beach View, 1241 Hillside Ave, Norfolk, VA (<i>Brandi M 757-581-3178</i>) |
| 7:00PM | T We Can Change (O, BT, DISC, IW, SPK) Oakdale Presbyterian Church, West of Tidewater Dr. between Harriet & Van Patten Rd., 550 East Little Creek Rd., Norfolk, VA (<i>Olena P 757-359-5580</i>) |
| 7:30PM | T Awesome Life (O, CAN, DISC, IP) Great Bridge United Methodist Church, Corner of S. Battlefield & Stadium, 201 Stadium Drive, Chesapeake, VA (<i>Carrrie L 757-560-8177</i>) |
| 7:30PM | B Freedom Group (O, DISC) Nicholas Greek Church, Fellowship Hall, 621 First Colonial Road, Virginia Beach, VA (<i>Living Clean Study, Kristina D 757-270-9509</i>) |
| 7:30PM | B In Times of Illness (O, DISC) VA Beach Psych Center, next to hospital, those with illness in recovery are welcome, 1100 First Colonial Rd, Virginia Beach, VA (<i>Bill S 757-717-1815</i>) |
| 7:30PM | B There's A Light (O, DISC) Ocean Lakes Church of Christ, 1200 Dam Neck Road, Virginia Beach, VA (<i>Ian B 757-717-7900, Geoff L 757-641-3159</i>) |
| 8:00PM | T A Gift Called Life (O, BT) United Congregational Christian Church, between Hodges Ferry & Charlotte, 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) Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, Virginia Beach, VA (<i>Billy B 757-681-4341</i>) |
| 10:30PM | T End of the Night (O, IW) Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, VA (<i>Ann V 757-270-1141</i>) |
| WEDNESDAY | |
| 6:45AM | T Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA (<i>Theresa D 757-724-3685</i>) |

| WEDNESDAY (CONT) | |
|------------------|--|
| 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 (<i>Rick K 757-7530048</i>) |
| NOON | T High Noon (O) New Life Providence Church, 1420 Colonial Ave, Norfolk, VA (<i>Lafayette 757-696-7534, Michelle M 757-381-5881</i>) |
| NOON | T Visible Changes (O, DISC) Emmanuel Episcopal Church, Off S Witchduck, 5181 Princess Anne Road, Virginia Beach, VA (<i>Charles D 757-729-6176, Deborah J 757-320-6341</i>) |
| 5:30PM | B Midweek Peak (O, DISC) Thalia Lynn Baptist Church, 4392 Virginia Beach Blvd, Virginia Beach, VA (<i>John B 7576354318 Sarah H 7572988224</i>) |
| 6:30PM | T Last House on the Block (O, DISC) Chesterfield Heights Community Center, 1st floor, 2715 Stanhope Ave, Norfolk, VA (<i>Lafayette R 757-696-7534, Rudolph S 757-714-0783</i>) |
| 7:00PM | T Surrender and Recovery (O, BT) United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Portsmouth, VA (<i>Thomas G 757-647-1481</i>) |
| 7:00PM | T What Can I Do (O, VAR) Wesley Community Service Center, 1701 Elm St, Portsmouth, VA (<i>Sabrina P 757-228-0730</i>) |
| 7:15PM | B Straight Ahead (O, DISC, STEP) Christ Presbyterian, 709 Aragona Blvd, Virginia Beach, VA (<i>Chris P 757-535-7227</i>) |
| 7:30PM | T Change We Must (O, C, BT) Oak Grove UMC, across from water tower, 472 North Battlefield Blvd., Chesapeake, VA (<i>Katie K 757-405-8464</i>) |
| 7:30PM | T Life & Hopeline (O, DISC, STEP, WC &) Suffolk Christian Church, by courthouse, 216 North Main St., Suffolk, VA (<i>Rob B 757-923-5461</i>) |
| 8:00PM | T Better by the Bay (O, BT, DISC, WC &) Miles Memorial United Methodist Church, Park off Selby Pl (rear entrance), 9450 Granby Street, Norfolk, VA (<i>Ryan D 757-651-5316</i>) |
| 8:00PM | B Trusted Servants (O, DISC, WC &) St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA (<i>Barbara H 845-905-9126</i>) |
| 8:00PM | T Where's Lot 14? (O, DISC) Sentara Norfolk General Hospital, Dining Room #1, 600 Gresham Drive, Norfolk, VA (<i>Gary 757-237-4507, Juanita 757-685-8848</i>) |
| 8:30PM | T Stepping into Recovery (O, DISC, WC &, LIT) Old Donation Episcopal Church, 4449 N. Witchduck Road, Virginia Beach, VA (<i>Guiding Traditions, Mary P 757-739-1726</i>) |
| 10:30PM | T End of the Night (O, BT) Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, VA (<i>Ann V 757-270-1141</i>) |
| THURSDAY | |
| 6:45AM | T Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA (<i>Teresa D 757-724-3685</i>) |
| 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 (<i>Rick K 757-753-0048</i>) |
| NOON | T Reason To Believe (O, BT, DISC) Church Of Saint Therese, Across from Chesapeake Square Mall@ Coffman Blvd, Enter front, Rooms 10 & 11, 4137 Portsmouth Blvd, Chesapeake, VA (<i>Johnny D 757-287-4430</i>) |
| NOON | T Recovery 'N' EOv (O, BT, DISC, IP, SPK) Ocean View Reformed Christian Church, block in for Ocean View Ave at Beach St, 1241 Hillside Ave, Norfolk, VA (<i>LaTrisha 757-285-7964, Jerome F 757-202-6163</i>) |

| THURSDAY (CONT) | |
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| 6:30PM | T Got to Have It (O, BT, IP, SPK, STEP, WC &) Queen Street Baptist Church, 413 E. Brambleton Avenue, Norfolk, VA (<i>Frederick J 757-374-1577, Juanita S 757-685-8848</i>) |
| 7:00PM | T Freebird (O, BL, BT) Craddock Baptist Church, and Harris Road, 96 Afton Parkway, Portsmouth, VA (<i>Roland C 757-328-2243, Jen J 757-582-4947</i>) |
| 7:00PM | T Girls Nite Out (O, IP, JFT, SWG, STEP, W) First Friends Church, 5307 Portsmouth Blvd., Portsmouth, VA (<i>Vickie 757-375-0067, Kat 757-359-3793, Missy 757-753-6223</i>) |
| 7:00PM | T Second Chance (O, DISC, STEP, TW) Great Bridge United Methodist Church, corner of South Battlefield Blvd and Stadium Dr, 201 Stadium Drive, Chesapeake, VA (<i>Bernard 757-778-1755, Louie L 757-560-8172</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</i>) |
| 7:30PM | B Serenity Circle (O, DISC, WC &, ME) Haygood United Methodist Church, 4713 Haygood Road, Virginia Beach, VA (<i>Entrance at Northwest Corner Ann 757-270-1141 Trish 757-985-0948</i>) |
| 8:00PM | T Branching Out (O, BT, STEP) Aldersgate United Methodist Church, Western Branch, 4320 Bruce Rd, Chesapeake, VA (<i>Joe B 757-397-6279</i>) |
| 8:00PM | B Choose Life (O, BT, IP, SPK) VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, VA (<i>Candace J 7575856609 Dickie B 7574125029</i>) |
| 8:00PM | T Junks & Drunks (O, STEP) Ocean View Reformed Church, 1241 Hillside Ave, Norfolk, VA (<i>Amber O 856-340-0091 Mark B 757-581-0800</i>) |
| 8:00PM | T Raw Recovery (O, DISC) Judeo-Christian Outreach Center - Homeless Shelter, East of Birdneck Rd, 1053 Virginia Beach Blvd, Virginia Beach, VA (<i>April M 757-322-7038</i>) |
| 10:30PM | T End of the Night (O, DISC) Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, VA (<i>Ann V 757-270-1141</i>) |
| FRIDAY | |
| 6:45AM | T Jump Start the Day (O) First Lutheran Church, King & Washington, 600 King Street, Portsmouth, VA (<i>Teresa D 757-724-3685</i>) |
| 9:30AM | T Morning Meditation (O, DISC, VAR, WC &) EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road, Norfolk, VA (<i>Mike M 757-305-2212, Rick K 757-753-0048</i>) |
| NOON | T The Continuing Quest (O, DISC, SPK, SWG) First Lutheran Church, Corner Colley Ave & Baldwin Ave, 1301 Colley Avenue, Norfolk, VA (<i>Dave E 757-663-2723</i>) |
| NOON | B Write Now (C, JFT, SWG, ME) Providence Presbyterian Church, 5497 Providence Rd, Virginia Beach, VA (<i>Writing during meeting, Fred R 757-695-6500</i>) |
| 6:00PM | T The Happy Hour (C, O, JFT) Faith Community Church, 100 East 30th Street, Norfolk, VA (<i>Lafayette R 757-696-7534, Jerome F 757-202-6163</i>) |
| 6:00PM | T Wounded Healers (O) Great Awakening United Church of Christ, 1520 High St, Portsmouth, VA |
| 7:00PM | T Agape (O, DISC, IP, STEP, TW) St. Paul's United Methodist Church, @ Dunbarton, 437 Providence Rd, Chesapeake, VA (<i>1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494</i>) |
| 7:00PM | T Life & Hopeline (O, DISC, STEP) Sentara Obici Hospital, 2800 Godwin Boulevard, Suffolk, VA (<i>Diane W 717-887-0279</i>) |

