

SUNDAY

9:00AM	B	Hope Ignited (O,DISC,WC &) Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach, VA (David D 757-971-8753)
10:00AM	T	NA-meless (O,DISC) Scout Cabin, 3605 Winchester Dr, Portsmouth, VA (Thomas K 757-393-2009 Chris L 757-975-1936)
11:00AM	T	We Need A Meeting (O,VAR,WC &) 4700 George Washington Hwy, Portsmouth, VA (Donna 757-535-5895)
2:00PM	B	The No Matter What Club (O) St Francis Episcopal Church, 509 S Rosemont Rd, Virginia Beach, VA (Trish F 757-985-0948)
3:00PM	T	Wecoversy (O,VAR) Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA (Jade 757-560-6285 Mike S 757-230-8854)
6:00PM	T	It's About Time (O,SPK,WC &) Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA (Jay J 757-227-8025 Charles M 757-735-8511)
6:00PM	B	Sunday Sanity (O,BT,DISC,IP) VB Psych Center, In Cafeteria, 1100 First Colonial Rd, Virginia Beach, VA (Pat O 757-633-2820)
7:00PM	T	New Phase Four (O,DISC,SPK,TOP) St. John's Episcopal Church, 424 Washington Street, Portsmouth, VA (Ron E 757-582-1070, Sam G 757-353-2096)
7:00PM	T	Over & Beyond (O,LIT) St. Philip's Chapel, West side of Street, 201 S McMorrise St, Elizabeth City, NC (Michael S 757-359-8841)
8:00PM	T	Mixed Group (O,DISC) First Lutheran Church, 1301 Colley Ave, Norfolk, VA (Mike J 757-409-1676)

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 (Francis P 757-679-1151 Justice P 757-228-8678)
NOON	T	More Will be Revealed (O,DISC) Serenity House, 300 Pearl Street, Elizabeth City, NC (Michael S 757-359-8841)
7:00PM	T	Clean & Serene (O,BT,DISC) Riverside United Methodist Church, 1400 Edgewood Drive, Elizabeth City, NC (John J 252-377-2405 Jason G 252-312-5318)
7:00PM	T	Monday Night Candlelight (O,BT,CAN,WC &) Haygood United Methodist Church, 4713 Haygood Rd, Virginia Beach, VA (Earl H 757-998-0104)
7:00PM	T	New Beginnings (O,WC &,LC) Churchland Baptist Church, 3031 Churchland Blvd, Chesapeake, VA (Badrunnisa K 443-847-4738 Coy D 757-981-5090)
7:00PM	B	She Recovers new meeting Starts 11/3 (O,W) VB Psych Center, 1100 First Colonial Road, VIRGINIA BEACH, VIRGINIA (Natalie S. (757) 758-2838 new meeting Starts 11/3)
7:30PM	B	Freedom to Live (O) Liberty Christian Fellowship, 244 Williams Dr, Kill Devil Hills, NC (Lauren M 252-722-5774)
7:30PM	B	Living The Program (O,BT,DISC,PH) Sovereign Shores Baptist Church, 4141 Holland Road, Virginia Beach, VA (Kendrick S 757-434-4223; Rebekah D 203-444-1845)
8:00PM	T	Recovery on the Hill (O,BT,CAN,IP,SPK,WC &) Ocean View Christian Reformed Church, 1241 Hillside Avenue, Norfolk, VA (Fred R 757-695-6500)
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 (Melinda J 757-401-3395)

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 (Johnny D 757-287-4430)
5:30PM	T	Mensrap (C,M) Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA (Danny G 434-254-4075)
6:30PM	T	Life & Hopeline (O) St Paul's Episcopal Church, 213 N Main St, Suffolk, VA (Linwood S 757-742-2614)
7:00PM	T	Let It Be (O,DISC,LIT) Ocean View Christian Reformed Church, 1241 Hillside Ave, Norfolk, VA (Jessica H 757-822-4559)
7:00PM	T	Over & Beyond (O,VAR) St. Philip's Chapel, 201 S McMorrine St, Elizabeth City, NC (Michael S 757-359-8841)
7:00PM	B	Stick & Stay (O,DISC) Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills, NC (Gene S 252-267-2823)
7:00PM	B	There's a Light (O,DISC) Ocean Lakes Church of Christ, 1200 Dam Neck Road, Virginia Beach, VA (Geoff L 757-641-3159)
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 (Leo C 757-285-2007)
7:30PM	T	Awesome Life (O,CAN,DISC,IP) Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA (Carrie L 757-560-8177)
8:00PM	T	A Gift Called Life (O,BT) Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA (Brian L 757-619-7375, Sean H 757-438-1688)
8:00PM	B	Enjoying the Journey (O,DISC,SPK,STEP,TOP) Sovereign Shores Baptist Church, 4141 Holland Road, Virginia Beach, VA (Billy B 757-681-4341)
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 (Melinda J 757-401-3395)

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	T	Keep Coming Back (O,DISC,VAR) New First Baptist Church of Taylorsville, 2720 Turnpike Road, Portsmouth, VA (Francis P 757-679-1151 Justice P 757-228-8678)
NOON	T	More Will be Revealed (O,DISC) Serenity House, 300 Pearl Street, Elizabeth City, NC (Michael S 757-359-8841)
7:00PM	T	Clean & Serene (O,BT,DISC) Riverside United Methodist Church, 1400 Edgewood Drive, Elizabeth City, NC (John J 252-377-2405 Jason G 252-312-5318)
7:00PM	T	Monday Night Candlelight (O,BT,CAN,WC &) Haygood United Methodist Church, 4713 Haygood Rd, Virginia Beach, VA (Earl H 757-998-0104)
7:00PM	T	New Beginnings (O,WC &,LC) Churchland Baptist Church, 3031 Churchland Blvd, Chesapeake, VA (Badrunnisa K 443-847-4738 Coy D 757-981-5090)
7:00PM	B	She Recovers new meeting Starts 11/3 (O,W) VB Psych Center, 1100 First Colonial Road, VIRGINIA BEACH, VIRGINIA (Natalie S. (757) 758-2838 new meeting Starts 11/3)
7:30PM	B	Freedom to Live (O) Liberty Christian Fellowship, 244 Williams Dr, Kill Devil Hills, NC (Lauren M 252-722-5774)
7:30PM	B	Living The Program (O,BT,DISC,PH) Sovereign Shores Baptist Church, 4141 Holland Road, Virginia Beach, VA (Kendrick S 757-434-4223; Rebekah D 203-444-1845)
8:00PM	T	Recovery on the Hill (O,BT,CAN,IP,SPK,WC &) Ocean View Christian Reformed Church, 1241 Hillside Avenue, Norfolk, VA (Fred R 757-695-6500)
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 (Melinda J 757-401-3395)

WEDNESDAY (CONT)

7:15PM	T	Straight Ahead (O,DISC,STEP) Christ Presbyterian Church, 709 Aragona Blvd, Virginia Beach, VA (Chris P 757-535-7227)
7:30PM	T	Life & Hopeline (O,WC &) Suffolk Christian Church, by courthouse, 216 North Main St., Suffolk, VA (Robert B 757-335-2493)
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 (Scott D 252-267-0060)
8:00PM	T	Better by the Bay (O,BT,DISC,WC &) Miles Memorial United Methodist Church, 9450 Granby Street, Norfolk, VA (Ryan D 757-651-5316)
8:00PM	B	Trusted Servants (O,DISC) Red Church, 315 S Rosemont Rd, Virginia Beach, VA (Angel S 757-451-9207)
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 (Gary 757-567-4158)
9:00PM	T	Stepping into Recovery (O,DISC,WC &,LIT) Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, VA (Mary P 757-739-1726)
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 (Melinda J 757-401-3395)

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 (Johnny D 757-287-4430)
6:30PM	T	Got to Have It (O,BT,IP,SPK,STEP,WC &) Gethsemane Baptist Church, 1317 E Brambleton Ave, Norfolk, VA (Juanita S 757-685-8848)
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 (for those struggling with mental illness in recovery)
7:00PM	T	Freebird (O,DISC) Craddock Baptist Church, 96 Afton Pkwy, Portsmouth, VA (Roland C 757-328-2243)
7:00PM	T	Girls Nite Out (O,W,HY) West Park Church of Christ, 926 Cherokee Rd, Portsmouth, VA (Vickie 757-375-0067 Kat 757-359-3793)
7:00PM	T	Over & Beyond (O,DISC) St. Philip's Chapel, 201 S McMorrine St, Elizabeth City, NC (Michael S 757-359-8841)
7:00PM	B	Shattering the Illusion (O,BT) St. Michaels Lutheran Church, 2208 Princess Anne Rd, Virginia Beach, VA (Kristine A 757-202-2702, Ty H 757-235-3175)
7:30PM	T	Second Chance (O,DISC,STEP,TW) Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA (Louie L 757-560-8172)
7:30PM	B	The Language of Empathy (O,DISC) Colington UMC, 1949 Colington Rd, KILL DEVIL HILLS, NC (Carly E 336-251-7158)
8:00PM	B	Choose Life (O,DISC) St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., Virginia Beach, VA (Tony C 757-502-5310 Kristen H 757-837-5132)
8:00PM	T	Junks & Drunks (O,STEP) Ocean View Christian Reformed Church, 1241 Hillside Ave, Norfolk, VA (Ed S 757-435-9526)

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 (Melinda J 757-401-3395)
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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 (Eddie C 757-816-4986)
NOON	T	Write Now (O,JFT,SWG,ME,WR) Providence Presbyterian Church, 5497 Providence Rd, Virginia Beach, VA (Writing during meeting, Fred R 757-695-6500)
7:00PM	T	Agape (O,DISC,IP,STEP,TW) St. Paul's United Methodist Church, 437 Providence Rd, Chesapeake, VA (1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494)
7:30PM	T	Better Days (O,CAN,DISC,AB) Church Of Saint Therese, 4137 Portsmouth Blvd, Chesapeake, VA (Joe W 757-536-7337)
7:30PM	B	HOW Group (C,DISC) Good Shepherd Lutheran Church, 1489 Laskin Road, Virginia Beach, VA (Scott P 304-218-1468 Ann V 757-270-1141)
7:30PM	B	Miracles Happen (O) St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Nags Head, NC (Scott D 252-267-0060)
8:00PM	B	Kempsville Crossroads (O,DISC,WC &) Providence Presbyterian Church, 5497 Providence Road, Virginia Beach, VA (Mark N 757-478-1839)
8:00PM	T	The Miracle Continues (O,STEP) Azalea Baptist Church, 3314 E Little Creek Rd, Norfolk, VA (Nesbit 757-620-8804)
8:00PM	B	Wave of Recovery (O,DISC) Bayside Presbyterian, 1400 Ewell Rd, Virginia Beach, VA (Ben R 757-339-5495)
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 (Melinda J 757-401-3395)

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 (Madison B 757-506-6986 Sherry R 757-406-9175)
NOON	T	Basic Math 12 & 12 (O,SPK,STEP,TRAD) First Baptist Church, 500 E Bute Street, Norfolk, VA (Carlton D 757-515-3331)
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 (Anthony H 757-343-5006)
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 (Rob C 757-334-7718)
6:00PM	T	Rainbow Serenity (O) LGBT Life Center, 5360 Robin Hood Rd, Norfolk, VA (Max B 517-896-5694)

