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)** Crossroads United Methodist Church, Door with white awning facing Greenway Ct, 1800 Rodman Ave, 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 **Wecovery (O,VAR)** Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA *(Mike S 757-230-8854)*

6:00PM T **It's About Time (O,SPK,WC ♿)** Squires Memorial Presbyterian Church, 770 Ingleside Rd, 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 McMorrine 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 Judice 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)*

NOON B **Visible Changes (O,DISC)** Emmanuel Episcopal Church, 5181 Singleton Way, Virginia Beach, VA *(Perry C 757-752-2070)*

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 (O,W)** VB Psych Center, 1100 First Colonial Road, Virginia Beach, VA *(Samantha 757-761-8925)*

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 ♿)** Reformation Presbyterian Church, 1241 Hillside Ave, 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,O,M)** St Paul's United Methodist Church, 437 Providence Road, Chesapeake, VA *(Gus G 757-574-6891)*

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)** Reformation Presbyterian 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 **The Recovery Room (O,VAR,LC)**, 509 S Rosemont Road, Virginia Beach, VA *(Meredith 757-650-2645)*

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 *(Ike 757-348-9806; Neal 757-328-6485)*

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 B **Visible Changes (O,DISC)** Emmanuel Episcopal Church, 5181 Singleton Way, Virginia Beach, VA *(Perry C 757-752-2070)*

5:30PM T **Just For Today (O,DISC,IP,SPK,STEP)** First Lutheran Church, 1301 Colley Ave, Norfolk, VA *(Bill A 757-647-7707)*

5:30PM B **Midweek Peak (O,DISC,WC ♿)** Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd, Virginia Beach, VA *(Aimee S 757-998-0843; Lori W 757-309-9631)*

6:00PM B **Pinder Hall Group (O,STEP)** All Saints Episcopal Church, 10th Step meeting in Pinder Hall, 1969 Woodside Ln, Virginia Beach, VA *(Palmer R 757-537-9658)*

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 *(Nadia H 757-285-5867)*

7:00PM B **Finding the Pieces (O)**, 1212 Princess Anne Rd, VIrginia Beach, VA *(Madison)*

7:00PM T **Surrender and Recovery (O,BT)** Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA *(Edwin P 757-839-7806)*

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 N 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 (Raised Christian Academy) 245 S Rosemont Rd, Virginia Beach, VA *(Laurie A 757-375-6692 (at 8:30 please knock on the first window to the right to enter the meeting))*

8:00PM T **Where's Lot 14? (O,DISC)** Park Place Community Center, 606 W 29th St, 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 Jeanise R 718-513-8856)*

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 *(Stephanie A, 434-547-3653)*

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 Ben R 757-339-5495)*

8:00PM T **Junks & Drunks (O,STEP)** Reformation Presbyterian Church, 1241 Hillside Ave, Norfolk, VA *(Ed S 757-435-9526)*

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)*

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)*

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 *(**Not meeting 4/17/2026** Mark N 757-478-1839)*

8:00PM T **The Miracle Continues (O,STEP)** Azalea Baptist Church, 3314 E Little Creek Rd, Norfolk, VA *(Ann V 757-270-1141)*

8:00PM B **Wave of Recovery (O,DISC)** Bayside Presbyterian, 1400 Ewell Rd, Virginia Beach, VA *(Ryan 773-951-4037)*

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 *(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)*

3:00PM T **Back to Life (O,BT,DISC,SPK,TRAD)** First Lutheran Church, 1301 Colley Ave, Norfolk, VA

5:00PM T **The Gift of Hope (O,WC ♿)** Churchland Baptist Church, By the cemetery thru the red double doors, upstairs., 3031 Churchland Blvd, Chesapeake, VA *(Craig T 757-920-8077)*

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; Sarah A 757-727-3582)*

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

7:00PM	**T**	**Life & Hopeline (O,DISC,STEP)** Sentara Obici Hospital, 2800 Godwin Boulevard, Suffolk, VA *(Robert B 757-335-2493)*
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 ♿)** Reformation Presbyterian 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 *(Contact: Tuan N 757-788-4757)*

Meeting Format Key

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

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

NOVEMBER 2026

Beach Area Service Committee

Post Office Box 1377 Virginia Beach, VA 23451
www.virginiabeachna.org

Central Atlantic Regional Helpline
1-800-777-1515
www.car-na.org

NA World Services Office
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"