

Meeting Format Legend

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| 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 |
| CPT | 12 Concepts | WC & | Wheelchair |
| F2F | Face 2 Face | VM | Virtual Web Meeting |
| HY | Hybrid Physical/Virtual | LIT | Literature Study |
| PH | Phone Meeting | BUS | Public Transportation |
| ENG | English speaking | LC | Living Clean Study |
| SPAD | Spiritual Principle A Day Book Study | WR | Writing Meeting |

HAMPTON ROADS METRO



MEETING LIST

Metropolitan Hampton Roads Meetings including: Carrolton, Chesapeake, Courtland, Franklin, Gloucester Courthouse, Gloucester, Hampton, Newport News, Norfolk, Poquoson, Portsmouth, Suffolk, Virginia Beach, West Point, Williamsburg and Yorktown. With North Carolina meetings in Elizabeth City, Kill Devil Hills, Manteo, Nags Head and Winfall.

MARCH 2025

REGIONAL HELPLINE: 800-777-1515

TIDEWATER HELPLINE: 866-972-5055

| Name | Phone Number |
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| Beach Area Service P.O. Box 1377 Virginia Beach, VA 23451 | https://virginiabeachna.org |
| Outerlimits Area Service P.O. Box 1164, Franklin, Va. 23851 | https://outerlimitsareana.org/ |
| Peninsula Area Service P.O. Box 16009, Newport News, VA 23608 | https://peninsulaareana.org |
| Tidewater Area Service 1112 Norview Ave, Norfolk, VA | https://tidewaterareana.org |
| Central Atlantic Regional Service P. O. Box 1959, Chesterfield, VA 23832 | https://www.car-na.org |
| Narcotics Anonymous World Service | https://www.na.org |

ELIZABETH CITY, NC

- Sun 7:00PM Over & Beyond (O,LIT)** St. Philip's Chapel, West side of Street, 201 S McMorrine St, Elizabeth City, NC, *Michael S 757-359-8841*
- Mon NOON More Will be Revealed (O,DISC)** Serenity House, 300 Pearl Street, Elizabeth City, NC, *Michael S 757-359-8841*
- Mon 7:00PM 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*
- Tue 7:00PM Over & Beyond (O,VAR)** St. Philip's Chapel, 201 S McMorrine St, Elizabeth City, NC, *Michael S 757-359-8841*
- Thu 7:00PM Over & Beyond (O,DISC)** St. Philip's Chapel, 201 S McMorrine St, Elizabeth City, NC, *Michael S 757-359-8841*

GATESVILLE, NC

- Mon 7:00PM Gates County NA (O,DISC)** Upper Room Assembly, 807 Main St, Gatesville, NC, *Tom M 757-969-8664*
- Fri 7:00PM Gates County NA (O,DISC)** Upper Room Assembly, 807 Main St, Gatesville, NC, *Tom M 757-969-8664*

KILL DEVIL HILLS, NC

- Mon 7:30PM Freedom to Live (O)** Liberty Christian Fellowship, 244 Williams Dr, Kill Devil Hills, NC, *Lauren M 252-722-5774*
- Tue 7:00PM Stick & Stay (O,DISC,WC &)** Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills, NC, *Gene S 252-267-2823*

NAGS HEAD, NC

- Wed 7:30PM 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*
- Thu 7:30PM The Language of Empathy (O,DISC)** Nags Head Church, 105 W Soundside Rd, Nags Head, NC, *Carly E 336-251-7158*
- Fri 7:30PM Miracles Happen (O)** St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Nags Head, NC, *Scott D 252-267-0060*

CARROLLTON, VA

- Mon 7:00PM Running on Faith (O)** Carrollton Holiness Church, 16144 Carrollton Blvd, Carrollton, VA, *Derek L 802-922-0119*

CHESAPEAKE, VA

- Sun 3:00PM Wecoverly (O,VAR)** Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA, *Jade 757-560-6285 Mike S 757-230-8854*
- Mon 7:00PM New Beginnings (O,WC & ,LC)** Churchland Baptist Church, 3031 Churchland Blvd, Chesapeake, VA, *Badrunnisa K 443-847-4738 Coy D 757-981-5090*
- Tue 7:30PM Awesome Life (O,CAN,DISC,IP)** Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA, *Carrie L 757-560-8177*
- Thu NOON Reason To Believe (O,BT,DISC)** Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd, Chesapeake, VA, *Johnny D 757-287-4430*
- Thu 7:30PM Second Chance (O,DISC,STEP,TW)** Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA, *Louie L 757-560-8172*
- Fri 7:00PM 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*
- Fri 7:30PM Better Days (O,CAN,DISC,AB)** Church Of Saint Therese, 4137 Portsmouth Blvd, Chesapeake, VA, *Joe W 757-536-7337*
- Sat 10:00AM The Gift of Hope (O,WC &)** Churchland Baptist Church, 3031 Churchland Blvd, Chesapeake, VA, *Anthony H 757-343-5006 Sandy B 757-737-2176 **Starting 9/14***

CHESAPEAKE, VA

Sat NOON Bridge to Recovery (O) Bridge Church, 1244 Executive Blvd, Chesapeake, VA, *Justin H 804-738-1784 **Starts June 22nd***

FRANKLIN, VA

Tue 7:00PM Earthbound Group (O,DISC) Emmanuel Episcopal Church, Meeting is in the back, in basement., 400 N High Street, Franklin, VA, *Stephen B 757-613-5531*

Wed 7:00PM Bright New Life (O,STEP) Franklin Baptist Church, 208 N High Street, Franklin, VA, *DeWayne L 757-641-8022*

GLOUCESTER, VA

Fri 7:00PM Closer To Home (O,DISC,WC &) Riverside Walter Reed Hospital, 7519 Hospital Drive, Gloucester, VA, *Janet P 804-466-1515*

HAMPTON, VA

Sun 7:00PM Recovery Group (O) Wesley United Methodist Church, 2510 N Armistead Ave, Hampton, VA, *William S 757-236-6170 Dave R 757-218-2595*

Mon 10:00AM Get Back Up (IP,JFT) West End Baptist Church, Side Rear Entrance, 2413 Shell Rd, Hampton, VA, *Michelle C. 757-759-1317*

Mon NOON A Meeting at Lunch (O,VAR,WC &) First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, Hampton, VA, *Eugene 757-358-1709 Bryan 267-939-6415*

Mon NOON Check up From the Neck Up (O,VM) Hampton, VA, *Hanifah 571-546-4684*

Mon 3:00PM Change I Must Or Die I Will (O,VAR) Empowered Believers Church, 2088 Nickerson Blvd, Hampton, VA, *Renee 215-370-2186 Lawrence W 718-594-2998*

Mon 7:30PM Here and Now (O,BT,DISC,VAR,TOP,LIT) St Mark's United Methodist Church, 99 E. Mercury Blvd., Hampton, VA, *Allen M 941-564-5882*

Tue NOON A Meeting at Lunch (O) First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, Hampton, VA, *Eugene 757-358-1709 Bryan 267-939-6415*

Tue NOON Check up From the Neck Up (O,VM) Hampton, VA, *Hanifah 571-546-4684*

Tue 7:00PM New Genesis (O,SPK,STEP,LIT) Wesley United Methodist Church, 2510 N Armistead Avenue, Hampton, VA, *Kayla E. 757-771-7493 Dylan B. 757-871-0958*

Tue 8:15PM Let's Recover Together (O) Hampton Christian Church, 151 East Mercury Boulevard, Hampton, VA, *Tim E. 757-725-4636 Sissy O. 661-345-3206*

Wed NOON A Meeting at Lunch (O) First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, Hampton, VA, *Eugene 757-358-1709 Bryan 267-939-6415*

Wed NOON Check up From the Neck Up (O,VM) Hampton, VA, *Hanifah 571-546-4684*

Wed 7:00PM Hugs Not Drugs (O,DISC) Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road, Hampton, VA, *Sarah 757-727-3582*

Thu NOON A Meeting at Lunch (O) First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, Hampton, VA, *Eugene 757-358-1709 Bryan 267-939-6415*

Thu NOON Check up From the Neck Up (O,VM) Hampton, VA, *Hanifah 571-546-4684*

Thu 7:00PM Keep the Fire Burning (O,CAN,DISC,SPK) Bethany United Methodist Church, Back of church Wesley Hall, 1509 Todds Ln, Hampton, VA, *Ashli H 757-817-8721 Theo S 757-810-5123*

Fri NOON A Meeting at Lunch (O) First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, Hampton, VA, *Eugene 757-358-1709 Bryan 267-939-6415*

Fri NOON Check up From the Neck Up (O,VM) Hampton, VA, *Hanifah 571-546-4684*

Sat 6:00PM Saturday Night Alternative (O,WC &) First Presbyterian Church, 514 S Armistead Avenue, Hampton, VA, *Shanequa L 757-327-2381 Denise K 757-660-1118*

HAYES, VA

Sun 1:00PM Living Clean (O,WC & ,LIT) A Place To Meet, Study meeting from the Living Clean book, 7055 Linda Circle, Hayes, VA, *Paul S. 757-293-9446*

NEWPORT NEWS, VIRGINIA

Mon 2:00PM High Noon (O,BT,IW,CPT,LIT) Recovery Baptist Church, Meets M-F, 2nd & 4th Sats, 303 Blair Ave, Newport News, Virginia, *Teresa F. (757) 269-1707 Mildred D. (757) 236-9021*

Tue 2:00PM High Noon (O,BT,IW,CPT,LIT) Recovery Baptist Church, 303 Blair Ave, Newport News, Virginia, *Teresa F. 757-269-1707 Mildred D. 757-236-9021*

Wed 2:00PM High Noon (O,BT,IW,CPT,LIT) Recovery Baptist Church, 303 Blair Ave, Newport News, Virginia, *Teresa F. 757- 269-1707 Mildred D. 757- 236-9021*

Thu 2:00PM High Noon (O,BT,IW,CPT,LIT) Recovery Baptist Church, 303 Blair Ave, Newport News, Virginia, *Teresa F. 757- 269-1707 Mildred D. 757- 236-9021*

Fri 2:00PM High Noon (O,BT,IW,CPT,LIT) Recovery Baptist Church, 303 Blair Ave, Newport News, Virginia, *Teresa F. 757- 269-1707 Mildred D. 757-236-9021*

Sat 2:00PM High Noon (O,BT,IW,CPT,LIT) Recovery Baptist Church, 2nd & 4th Saturdays ONLY, 303 Blair Ave, Newport News, Virginia, *Teresa F. 757-269-1707 Mildred D. 757-236-9021*

VIRGINIA BEACH, VA

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| Wed 9:00PM | 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> |
| Wed 10:30PM | 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> |
| Thu 6:30PM | 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> |
| Thu 7:00PM | 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> |
| Thu 8:00PM | Choose Life (O,DISC) St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., Virginia Beach, VA, <i>Tony C 757-502-5310 Andrew R 757-450-7817</i> |
| Thu 10:30PM | 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> |
| Fri NOON | 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> |
| Fri 7:30PM | 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> |
| Fri 8:00PM | Kempsville Crossroads (O,DISC,WC &) Providence Presbyterian Church, 5497 Providence Road, Virginia Beach, VA, <i>Mark N 757-478-1839</i> |
| Fri 8:00PM | Wave of Recovery (O,DISC) Bayside Presbyterian, 1400 Ewell Rd, Virginia Beach, VA, <i>Pat C 757-619-1976 Ezra S 757-974-2261</i> |
| Sat 10:00AM | Fresh Start (O) Christ Presbyterian Church, 709 Aragona Blvd, Virginia Beach, VA, <i>Madison B 757-506-6986 Sherry R 757-406-9175</i> |
| Sat 5:00PM | 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> |
| Sat 6:00PM | Saturday Night Men's Meeting (C,DISC) Good Shepherd Lutheran Church, 1489 Laskin Road, Virginia Beach, VA, <i>Jamie T 757-803-7986</i> |
| Sat 7:00PM | Saturday Night Live (O) St. Nicholas Fellowship Hall, 621 First Colonial Road, Virginia Beach, VA, <i>Ted L 757-717-2669</i> |
| Sat 8:00PM | Freedom of Choice (O,DISC,STEP) Church of the Ascension, 4853 Princess Anne Rd, Virginia Beach, VA, <i>James P 757-619-2273</i> |

WILLIAMSBURG, VA

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| Sun 9:00PM | Cloud 9 (O,VM) Williamsburg, VA, <i>Aerock P 757-434-3468 Suddy 336-707-5900</i> |
| Mon 8:30PM | Who Is An Addict? (O) Triangle Stepping Stones, 3279 Lake Powell Rd, Williamsburg, VA, <i>Michele C 757-707-7750</i> |
| Mon 9:00PM | Cloud 9 (O,VM) Williamsburg, VA, <i>Aerock P 757-434-3468 Suddy 336-707-5900</i> |
| Tue 7:00PM | A Proven Program (O) Liberty Live Church, 8201 Croaker Road, Williamsburg, VA, <i>Dave H. 757-207-1154, Beth R. 804-332-4970</i> |
| Tue 9:00PM | Cloud 9 (O,VM) Williamsburg, VA, <i>Aerock P 757-434-3468 Suddy 336-707-5900</i> |
| Wed 7:00PM | Who Is An Addict? (O) Triangle Stepping Stones, 3279 Lake Powell Rd, Williamsburg, VA, <i>Michele C 757-707-7750</i> |
| Wed 9:00PM | Cloud 9 (O,VM) Williamsburg, VA, <i>Aerock P 757-434-3468 Suddy 336-707-5900</i> |
| Thu 9:00PM | Cloud 9 (O,VM) Williamsburg, VA, <i>Aerock P 757-434-3468 Suddy 336-707-5900</i> |
| Fri 7:00PM | 12 +12 = Change (O,WC &) Sentara Hospital, Meets In the Conference Center, 100 Sentara Cir, Williamsburg, VA, <i>Thayne F. 757-603-2131</i> |
| Fri 9:00PM | Cloud 9 (O,VM) Williamsburg, VA, <i>Aerock P 757-434-3468 Suddy 336-707-5900</i> |
| Sat 9:00PM | Cloud 9 (O,VM) Williamsburg, VA, <i>Aerock P 757-434-3468 Suddy 336-707-5900</i> |

HAYES, VA

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| Tue 7:00PM | A New Way of Life (O,JFT,WC &) A Place To Meet, 7055 Linda Circle, Hayes, VA, <i>Paul S 757-293-9446 Janet P 804-466-1515</i> |
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LOCUST HILL, VA

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| Thu 7:00PM | Crossing Rivers (O,DISC,VAR) Harmony Grove Baptist Church, 7722 General Puller Highway, Locust Hill, VA, <i>Dwight N 8045773525 Delano J 8042388167 Corey W 8046544649</i> |
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NEWPORT NEWS, VA

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| Sun 9:30AM | Surrender To Live (O,WC &) 329 Main St, Newport News, VA, <i>Dee 757-503-0739 Rodney F 757-503-5281</i> |
| Sun 7:00PM | A Gift Called Life (O,WC &) Warwick United Church of Christ, 10 Matoaka Lane, Newport News, VA, <i>Nadine 757-751-4680 David H 757-214-2770</i> |
| Mon 6:30PM | New Attitude (O,WC &) Trinity United Methodist Church, 228 29th St, Newport News, VA, <i>Rose F. 757-593-0104 Debbie S. 757-310-2914</i> |
| Wed 7:00PM | End Of The Road (O,WC &) 1707 Jefferson Avenue, Newport News, VA, <i>Glen N. 757-272-5790 Ernest W. 757-367-2476</i> |
| Wed 7:00PM | Hope (O) 10 Matoaka Ln., Newport News, VA, <i>Will D. 757-768-7954</i> |
| Thu 6:30PM | Living as Men (O,M,VAR,WC &,ENG,F2F,BUS) Recovery Baptist Church, 303 Blair Ave, Newport News, VA, <i>Ernie J. 908-494-2383</i> |
| Fri 7:00PM | Keep Coming Back (O,WC &) Newport News Community Center, 605 South Avenue, Newport News, VA, <i>Michelle H. 757-751-2528</i> |
| Fri 7:30PM | Good Orderly Direction (O) 10 Matoaka Ln, Newport News, VA, <i>Jeff H 757-630-3806 Alex C 757-303-6049</i> |
| Sat 10:00AM | No More Excuses (O,BT,IP,IW,WC &,LC,SPAD) Warwick United Church of Christ, 10 Matoaka Lane, Newport News, VA, <i>William K. 757-768-0886</i> |
| Sat 7:00PM | Never Alone (O,WC &) Hillton Christian Church, Meets at 7pm as of 2/11/23, 100 James River Drive, Newport News, VA, <i>Ray D 757-303-4533</i> |

NO DATA, VA

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| Tue 5:30PM | Serenity Group (O,VM) VA, <i>Renee C. 757-637-8230</i> |
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NORFOLK, VA

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| Sun 6:00PM | 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> |
| Sun 8:00PM | Mixed Group (O,DISC) First Lutheran Church, 1301 Colley Ave, Norfolk, VA, <i>Mike J 757-409-1676</i> |
| Mon 9:30AM | Morning Meditation (O,WC &) EZ Does It Service Center, 1153 Harmony Rd, Norfolk, VA |
| Mon 9:30AM | Morning Meditation Literature (O,VAR,VM,LIT) Norfolk, VA |
| Mon 8:00PM | 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> |
| Tue 9:30AM | Morning Meditation (O,DISC,VAR,WC &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA |
| Tue 9:30AM | Morning Meditation Literature (O,VAR,VM,LIT) Norfolk, VA |
| Tue 5:30PM | Mensrap (O,M) Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA, <i>Joseph L 757-560-4023</i> |
| Tue 7:00PM | Let It Be (O,DISC,LIT) Ocean View Christian Reformed Church, 1241 Hillside Ave, Norfolk, VA, <i>Jessica H 757-822-4559</i> |
| Tue 7:00PM | 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> |
| Wed 9:30AM | Morning Meditation (O,WC &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA |
| Wed 9:30AM | Morning Meditation Literature (O,VAR,VM,LIT) Norfolk, VA |

NORFOLK, VA

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| Wed 5:30PM | Just For Today (O,DISC,IP,SPK,STEP,TOP) First Lutheran Church, 1301 Colley Ave, Norfolk, VA, <i>Bill A 757-647-7707</i> |
| Wed 6:30PM | 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> |
| Wed 8:00PM | 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> |
| Wed 8:00PM | 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> |
| Thu 9:30AM | 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 |
| Thu 9:30AM | Morning Meditation Literature (O,VAR,VM,LIT) Norfolk, VA |
| Thu 5:30PM | Surviving Our Emotions (C,W,WC &) Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA, <i>Takecha J 804-218-7208</i> |
| Thu 6:30PM | 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> |
| Thu 8:00PM | Junks & Drunks (O,STEP) Ocean View Christian Reformed Church, 1241 Hillside Ave, Norfolk, VA, <i>Ed S 757-435-9526</i> |
| Fri 9:30AM | Morning Meditation (O,WC &) EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA |
| Fri 9:30AM | Morning Meditation Literature (O,VAR,VM,LIT) Norfolk, VA |
| Fri NOON | The Continuing Quest (O,DISC,SPK,SWG) First Lutheran Church, 1301 Colley Ave, Norfolk, VA, <i>Eddie C 757-816-4986</i> |
| Fri 8:00PM | The Miracle Continues (O,STEP) Azalea Baptist Church, 3314 E Little Creek Rd, Norfolk, VA, <i>Nesbit 757-620-8804</i> |
| Sat 9:30AM | Morning Meditation (O,DISC,VAR,WC &) EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA |
| Sat 9:30AM | Morning Meditation Literature (O,VAR,VM,LIT) Norfolk, VA |
| Sat NOON | Basic Math 12 & 12 (O,SPK,STEP,TRAD) First Baptist Church, 500 E Bute Street, Norfolk, VA, <i>Carlton D 757-515-3331</i> |
| Sat 3:00PM | Back to Life (O,BT,DISC,SPK,TRAD) First Lutheran Church, 1301 Colley Ave, Norfolk, VA |
| Sat 8:00PM | Surrender to Live (O,BT,DISC,WC &) Ocean View Christian Reformed Church, 1241 Hillside Ave, Norfolk, VA, <i>Fred R 757-695-6500</i> |
| Sat 9:30PM | The Point of Freedom (O,STEP,TRAD,WC & ,LIT) Freemason Street Baptist Church, 400 E Freemason St, Norfolk, VA, <i>Tuan N 757-788-4757</i> |

PORTSMOUTH, VA

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| Sun 10:00AM | NA-meless (O,DISC) Scout Cabin, 3605 Winchester Dr, Portsmouth, VA, <i>Thomas K 757-393-2009 Chris L 757-975-1936</i> |
| Sun 11:00AM | We Need A Meeting (O,DISC,VAR,WC &) Next door to Waffle House. PLEASE WEAR A MASK, 4700 George Washington Hwy, Portsmouth, VA, <i>Donna JE 757-535-5895</i> |
| Sun 7:00PM | New Phase Four (O,DISC,SPK,STEP) St. John's Episcopal Church, 424 Washington Street, Portsmouth, VA, <i>Ron E 757-582-1070, Sam G 757-353-2096</i> |
| Mon NOON | 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> |
| Tue NOON | The Emergency Unit (O,BT,DISC,F2F) Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA, <i>Johnny D 757-287-4430</i> |
| Tue 8:00PM | 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> |

PORTSMOUTH, VA

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| Wed 7:00PM | Surrender and Recovery (O,BT) Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA, <i>Edwin P 757-839-7806</i> |
| Thu 7:00PM | Freebird (O,BT,DISC,TRAD,VM) Virtual Only, Portsmouth, VA, <i>Roland C 757-328-2243</i> |
| Thu 7:00PM | 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> |
| Sat 7:00PM | Back to Basics (O,BT,DISC,IP,SPK) Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA, <i>Mike K 757-974-4029 Charlie J 757-620-3895</i> |

SMITHFIELD, VA

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| Thu 7:30PM | Another Chance to Live (O) Benn's United Methodist Church, 14571 Bennis Church Blvd, Smithfield, VA, <i>Tom N 757-658-1498</i> |
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SUFFOLK, VA

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| Tue 6:30PM | Life & Hopeline (O) St Paul's Episcopal Church, 213 N Main St, Suffolk, VA, <i>Charles A 757-351-5855</i> |
| Wed 7:30PM | Life & Hopeline (O,WC &) Suffolk Christian Church, by courthouse, 216 North Main St., Suffolk, VA, <i>Robert B 757-738-6253</i> |
| Sat 7:00PM | Life & Hopeline (O,DISC,STEP) Sentara Obici Hospital, 2800 Godwin Boulevard, Suffolk, VA, <i>Maryann B 609-712-3107</i> |

VIRGINIA BEACH, VA

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| Sun 8:45AM | Hope Ignited (O,DISC,WC &) Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach, VA, <i>David D 757-971-8753 **New start time as of 6/9/24**</i> |
| Sun 2:00PM | The No Matter What Club (O) St Francis Episcopal Church, 509 S Rosemont Rd, Virginia Beach, VA, <i>Trish F 757-985-0948</i> |
| Sun 6:00PM | Sunday Sanity (O,BT,DISC,IP) VB Psych Center, In Cafeteria, 1100 First Colonial Rd, Virginia Beach, VA, <i>Shelly G 757-748-5364, Pat O 757-633-2820</i> |
| Mon 6:00PM | Monday Meditation (C,ME) 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> |
| Mon 7:00PM | Monday Night Candlelight (O,BT,CAN,WC &) Haygood United Methodist Church, 4713 Haygood Rd, Virginia Beach, VA, <i>Thomas M 757-637-5539</i> |
| Mon 7:30PM | Living The Program (O,BT,DISC,PH) Water's Edge Church of God, 4141 Holland Road, Virginia Beach, VA, <i>Frank G 757-933-0999 Rebekah D 203-444-1845</i> |
| Mon 10:30PM | 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> |
| Tue 7:30PM | 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> |
| Tue 8:00PM | Enjoying the Journey (O,DISC,SPK,STEP,STEP,STEP) Water's Edge Church of God, 4141 Holland Road, Virginia Beach, VA, <i>Billy B 757-681-4341</i> |
| Tue 10:30PM | 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> |
| Wed NOON | Visible Changes (O,DISC) Emmanuel Episcopal Church, 5181 Singleton Way, Virginia Beach, VA, <i>Perry C 757-752-2070 Rachel S 703-232-3544</i> |
| Wed 5:30PM | 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> |
| Wed 6:00PM | 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> |
| Wed 7:15PM | Straight Ahead (O,DISC,STEP) Christ Presbyterian Church, 709 Aragona Blvd, Virginia Beach, VA, <i>Chris P 757-535-7227</i> |
| Wed 8:00PM | Trusted Servants (O,DISC,WC &) Red Church, 315 S Rosemont Rd, Virginia Beach, VA, <i>Angel S 757-451-9207</i> |