

HAMPTON ROADS METRO



MEETING LIST

Metropolitan Hampton Roads Meetings Served by the Metro Hampton Roads Narcotics Anonymous Public Relations Committee including: Carrollton, 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.

MAY 2026

REGIONAL HELPLINE: 800-777-1515

TIDEWATER HELPLINE: 866-972-5055

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

Meetings Weekly: 153

SUNDAY

9:00AM	Hope Ignited (O,DISC,WC &) Virginia Beach Recovery Club, 1900 Baltic Avenue, <i>David D 757-971-8753</i>	Virginia Beach
9:30AM	Surrender To Live (O,WC &) 329 Main St, <i>Dee 757-503-0739 Rodney F 757-503-5281</i>	Newport News
10:00AM	NA-meless (O,DISC) Scout Cabin, 3605 Winchester Dr, <i>Thomas K 757-393-2009 Chris L 757-975-1936</i>	Portsmouth
11:00AM	We Need A Meeting (O,VAR,WC &) 4700 George Washington Hwy, <i>Donna 757-535-5895</i>	Portsmouth
1:00PM	Living Clean (O,WC &,LIT) A Place To Meet, Study meeting from the Living Clean book, 7055 Linda Circle, <i>Paul S. 757-293-9446</i>	Hayes
2:00PM	The No Matter What Club (O) St Francis Episcopal Church, 509 S Rosemont Rd, <i>Trish F 757-985-0948</i>	Virginia Beach
3:00PM	Wecoverly (O,VAR) Great Bridge United Methodist Church, 201 Stadium Drive, <i>Jade 757-560-6285 Mike S 757-230-8854</i>	Chesapeake
6:00PM	It's About Time (O,SPK,WC &) Norview United Methodist Church, 1112 Norview Avenue, <i>Jay J 757-227-8025 Charles M 757-735-8511</i>	Norfolk
6:00PM	Rainbow Serenity (O) Lynnhaven Colony Church Community Center, 2217 W Great Neck Rd, <i>Max B 517-896-5694</i>	Virginia Beach
6:00PM	Refuge Recovery (DISC,WC &,ENG,LIT) 504 N Main Street, <i>Dwight 804 577 3525 Delano 804 238 8167</i>	Kilmarnock
6:00PM	Sunday Sanity (O,BT,DISC,IP) VB Psych Center, In Cafeteria, 1100 First Colonial Rd, <i>Pat O 757-633-2820</i>	Virginia Beach
7:00PM	A Gift Called Life (O,WC &) Warwick United Church of Christ, 10 Matoaka Lane, <i>Nadine 757-751-4680 David H 757-214-2770</i>	Newport News
7:00PM	A Resentment and a Coffee Pot (O,DISC,NS,ENG,NP) St. Georges Episcopal Church, 15446 Warwick Blvd, <i>Yahsh W 757-715-1586</i>	Newport News
7:00PM	New Phase Four (O,DISC,SPK,TOP) St. John's Episcopal Church, 424 Washington Street, <i>Ron E 757-582-1070, Sam G 757-353-2096</i>	Portsmouth
7:00PM	Over & Beyond (O,LIT) St. Philip's Chapel, West side of Street, 201 S McMorrine St, <i>Michael S 757-359-8841</i>	Elizabeth City
7:00PM	Recovery Group (O) Wesley United Methodist Church, 2510 N Armistead Ave, <i>William S 757-236-6170 Dave R 757-218-2595</i>	Hampton
8:00PM	Mixed Group (O,DISC) First Lutheran Church, 1301 Colley Ave, <i>Mike J 757-409-1676</i>	Norfolk
9:00PM	Cloud 9 (O,VM) <i>Aerock P 757-434-3468 Suddy 336-707-5900</i>	Williamsburg

MONDAY

9:30AM	Morning Meditation (O,WC &) EZ Does It Service Center, 1153 Harmony Rd	Norfolk
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)	Norfolk
10:00AM	Get Back Up (IP,JFT) Macedonia Baptist Church, 5500 Marshall Ave, <i>Michelle C 757-759-1317</i>	Newport News
NOON	A Meeting at Lunch (O,VAR,WC &) First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, <i>Eugene 757-358-1709 Bryan 267-939-6415</i>	Hampton
NOON	Check up From the Neck Up (O,VM) <i>Hanifah 571-546-4684</i>	Hampton
NOON	Keep Coming Back (O,DISC,VAR) New First Baptist Church of Taylorsville, 2720 Turnpike Road, <i>Francis P 757-679-1151 Judice P 757-228-8678</i>	Portsmouth
NOON	More Will be Revealed (O,DISC) Serenity House, 300 Pearl Street, <i>Michael S 757-359-8841</i>	Elizabeth City
2:00PM	High Noon (O,BT,IW,CPT,LIT) Recovery Baptist Church, 303 Blair Ave, <i>Teresa F. (757) 269-1707 Mildred D. (757) 236-9021</i>	Newport News

MONDAY (CONT)		
5:00PM	Women Recover Too (BT,IP,SPK,STEP,TRAD,W,AB) 3315 W Mercury Blvd, <i>Dottie G 267-428-9776 Denise K 757-660-1118</i>	Hampton
6:30PM	New Attitude (O,WC &) Trinity United Methodist Church, 228 29th St, Rose F. <i>757-593-0104 Debbie S. 757-310-2914</i>	Newport News
7:00PM	Clean & Serene (O,BT,DISC) Riverside United Methodist Church, 1400 Edgewood Drive, <i>John J 252-377-2405 Jason G 252-312-5318</i>	Elizabeth City
7:00PM	Monday Night Candlelight (O,BT,CAN,WC &) Haygood United Methodist Church, 4713 Haygood Rd, <i>Earl H 757-998-0104</i>	Virginia Beach
7:00PM	New Beginnings (O,WC & ,LC) Churchland Baptist Church, 3031 Churchland Blvd, <i>Badrunnisa K 443-847-4738 Coy D 757-981-5090</i>	Chesapeake
7:00PM	Running on Faith (O) Carrollton Holiness Church, 16144 Carrollton Blvd, <i>Mike K 757-974-4029</i>	Carrollton
7:00PM	She Recovers (O,W) VB Psych Center, 1100 First Colonial Road, <i>Samantha 757-761-8925</i>	VIRGINIA BEACH
7:30PM	Addicts in the Attic (O,BT,DISC,VAR,TOP,LIT) St Mark's United Methodist Church, 99 E. Mercury Blvd., <i>Allen M 941-564-5882 Chaz 757-349-9297</i>	Hampton
7:30PM	Freedom to Live (O) Liberty Christian Fellowship, 244 Williams Dr, <i>Lauren M 252-722-5774</i>	Kill Devil Hills
7:30PM	Living The Program (O,BT,DISC,PH) Sovereign Shores Baptist Church, 4141 Holland Road, <i>Kendrick S 757-434-4223; Rebekah D 203-444-1845</i>	Virginia Beach
8:00PM	Recovery on the Hill (O,BT,CAN,IP,SPK,WC &) Reformation Presbyterian Church, 1241 Hillside Ave, <i>Fred R 757-695-6500</i>	Norfolk
8:30PM	Who Is An Addict? (O) Triangle Stepping Stones, 3279 Lake Powell Rd	Williamsburg
9:00PM	Cloud 9 (O,VM) Aerock P 757-434-3468 <i>Suddy 336-707-5900</i>	Williamsburg
10:30PM	End of the Night (O,DISC,LIT) Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	Virginia Beach
TUESDAY		
9:30AM	Morning Meditation (O,DISC,VAR,WC &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road	Norfolk
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)	Norfolk
NOON	A Meeting at Lunch (O) First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, <i>Eugene 757-358-1709 Bryan 267-939-6415</i>	Hampton
NOON	Check up From the Neck Up (O,VM) <i>Hanifah 571-546-4684</i>	Hampton
NOON	The Emergency Unit (O,BT,DISC,F2F) Portsmouth UCC, 5900 Portsmouth Blvd, <i>Johnny D 757-287-4430</i>	Portsmouth
2:00PM	High Noon (O,BT,IW,CPT,LIT) Recovery Baptist Church, 303 Blair Ave, <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>	Newport News
5:30PM	Mensrap (C,O,M) Norview United Methodist Church, 1112 Norview Avenue, <i>Gus G 757-574-6891</i>	Norfolk
5:30PM	Serenity Group (O,VM) <i>Renee C. 757-637-8230</i>	
6:30PM	Life & Hopeline (O) St Paul's Episcopal Church, 213 N Main St, <i>Linwood S 757-742-2614</i>	Suffolk
7:00PM	A New Way of Life (O,JFT,WC &) A Place To Meet, 7055 Linda Circle, <i>Paul S 757-293-9446 Janet P 804-466-1515</i>	Hayes
7:00PM	A Proven Program (O) Liberty Live Church, 8201 Croaker Road, <i>Dave H. 757-207-1154, Beth R. 804-332-4970</i>	Williamsburg
7:00PM	Earthbound Group (O,DISC) Emmanuel Episcopal Church, Meeting is in the back, in basement., 400 N High Street, <i>Stephen B 757-613-5531</i>	Franklin
7:00PM	Finding the pieces (NOT OPENED TO BE OPENED) 691 PRINCESS ANNE ROAD	VIRGINIA BEACH

TUESDAY (CONT)

7:00PM	Let It Be (O,DISC,LIT) Reformation Presbyterian Church, 1241 Hillside Ave, <i>Jessica H 757-822-4559</i>	Norfolk
7:00PM	New Genesis (O,SPK,STEP,LIT) Wesley United Methodist Church, 2510 N Armistead Avenue, <i>Kayla E. 757-771-7493 Dylan B. 757-871-0958</i>	Hampton
7:00PM	Over & Beyond (O,VAR) St. Philip's Chapel, 201 S McMorrine St, <i>Michael S 757-359-8841</i>	Elizabeth City
7:00PM	Stick & Stay (O,DISC) Colington Methodist Church, 1949 Colington Rd, <i>Gene S 252-267-2823</i>	Kill Devil Hills
7:00PM	There's A Light (O,DISC) Ocean Lakes Church of Christ, 1200 Dam Neck Road, <i>Geoff L 757-641-3159</i>	Virginia Beach
7:00PM	Tuesday Night ODAT(One Day At A Time) (O,STEP,TOP,AB,ENG) 15616 Warwick Boulevard, <i>Eddie J 757-968-8923</i>	Newport News
7:00PM	We Can Change (O,BEG,BT,DISC,IW,VAR,SPK,AB,LIT) Wesley Grace United Methodist Church, 288 E Little Creek Rd, <i>Leo C 757-285-2007</i>	Norfolk
7:30PM	Awesome Life (O,CAN,DISC,IP) Great Bridge United Methodist Church, 201 Stadium Drive, <i>Carrie L 757-560-8177</i>	Chesapeake
8:00PM	A Gift Called Life (O,BT) Portsmouth UCC, 5900 Portsmouth Blvd, <i>Brian L 757-619-7375, Sean H 757-438-1688</i>	Portsmouth
8:00PM	Enjoying the Journey (O,DISC,SPK,STEP,TOP) Sovereign Shores Baptist Church, 4141 Holland Road, <i>Ike 757-348-9806; Neal 757-328-6485</i>	Virginia Beach
8:15PM	Let's Recover Together (O) Hampton Christian Church, 151 East Mercury Boulevard, <i>Tim E. 757-725-4636 Sissy O. 661-345-3206</i>	Hampton
9:00PM	Cloud 9 (O,VM) <i>Aerock P 757-434-3468 Suddy 336-707-5900</i>	Williamsburg
10:30PM	End of the Night (O,DISC,LIT) Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	Virginia Beach

WEDNESDAY

9:30AM	Morning Meditation (O,WC &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road	Norfolk
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)	Norfolk
NOON	A Meeting at Lunch (O) First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, <i>Eugene 757-358-1709 Bryan 267-939-6415</i>	Hampton
NOON	Check up From the Neck Up (O,VM) <i>Hanifah 571-546-4684</i>	Hampton
NOON	Visible Changes (O,DISC) Emmanuel Episcopal Church, 5181 Singleton Way, <i>Perry C 757-752-2070</i>	Virginia Beach
2:00PM	High Noon (O,BT,IW,CPT,LIT) Recovery Baptist Church, 303 Blair Ave, <i>Teresa F. 757- 269-1707 Mildred D. 757- 236-9021</i>	Newport News
5:30PM	Just For Today (O,DISC,IP,SPK,STEP) First Lutheran Church, 1301 Colley Ave, <i>Bill A 757-647-7707</i>	Norfolk
5:30PM	Midweek Peak (O,DISC,WC &) Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd, <i>Aimee S 757-998-0843; Lori W 757-309-9631</i>	Virginia Beach
6:00PM	Pinder Hall Group (O,STEP) All Saints Episcopal Church, 10th Step meeting in Pinder Hall, 1969 Woodside Ln, <i>Palmer R 757-537-9658</i>	Virginia Beach
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, <i>Nadia H 757-285-5867</i>	Norfolk
7:00PM	Bright New Life (O,STEP) Franklin Baptist Church, 208 N High Street, <i>DeWayne L 757-641-8022</i>	Franklin
7:00PM	End Of The Road (O,WC &) 1707 Jefferson Avenue, <i>Glen N. 757-272-5790 Ernest W. 757-367-2476</i>	Newport News
7:00PM	Hope (O) 10 Matoaka Ln., <i>Will D. 757-768-7954</i>	Newport News

THURSDAY (CONT)

7:00PM	Keep the Fire Burning (O,CAN,DISC,SPK) Bethany United Methodist Church, Back of church Wesley Hall, 1509 Todds Ln, <i>Ashli H 757-817-8721</i>	Hampton
7:00PM	Over & Beyond (O,DISC) St. Philip's Chapel, 201 S McMorrine St, <i>Michael S 757-359-8841</i>	Elizabeth City
7:00PM	Shattering the Illusion (O,BT) St. Michaels Lutheran Church, 2208 Princess Anne Rd, <i>Kristine A 757-202-2702, Ty H 757-235-3175</i>	Virginia Beach
7:00PM	Tradition III (O,STEP,WC &,ENG) 4871 Longhill Road, <i>Kristen B 757-585-9371</i>	Williamsburg
7:30PM	Another Chance to Live (O) Benn's United Methodist Church, 14571 Bennis Church Blvd, <i>Tom N 757-658-1498</i>	Smithfield
7:30PM	Second Chance (O,DISC,STEP,TW) Great Bridge United Methodist Church, 201 Stadium Drive, <i>Louie L 757-560-8172</i>	Chesapeake
7:30PM	The Language of Empathy (O,DISC) Colington UMC, 1949 Colington Rd, <i>Carly E 336-251-7158</i>	KILL DEVIL HILLS
8:00PM	Choose Life (O,DISC) St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., <i>Tony C 757-502-5310 Ben R 757-339-5495</i>	Virginia Beach
8:00PM	Junks & Drunks (O,STEP) Reformation Presbyterian Church, 1241 Hillside Ave, <i>Ed S 757-435-9526</i>	Norfolk
9:00PM	Cloud 9 (O,VM) <i>Aerock P 757-434-3468 Suddy 336-707-5900</i>	Williamsburg
10:30PM	End of the Night (O,DISC) Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	Virginia Beach

FRIDAY

9:30AM	Morning Meditation (O,WC &) EZ Does It Service Center, 1153 Harmony Road	Norfolk
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)	Norfolk
NOON	A Meeting at Lunch (O) First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, <i>Eugene 757-358-1709 Bryan 267-939-6415</i>	Hampton
NOON	Check up From the Neck Up (O,VM) <i>Hanifah 571-546-4684</i>	Hampton
NOON	The Continuing Quest (O,DISC,SPK,SWG) First Lutheran Church, 1301 Colley Ave, <i>Eddie C 757-816-4986</i>	Norfolk
NOON	Write Now (O,JFT,SWG,ME,WR) Providence Presbyterian Church, 5497 Providence Rd, <i>Writing during meeting, Fred R 757-695-6500</i>	Virginia Beach
2:00PM	High Noon (O,BT,IW,CPT,LIT) Recovery Baptist Church, 303 Blair Ave, <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>	Newport News
7:00PM	12+12=Change (O,WC &,ENG) Eastern Church, 473 Merrimac Trail, <i>Thayne F 757-603-2131</i>	Williamsburg
7:00PM	Agape (O,DISC,IP,STEP,TW) St. Paul's United Methodist Church, 437 Providence Rd, <i>1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494</i>	Chesapeake
7:00PM	Closer To Home (O,DISC,WC &) Riverside Walter Reed Hospital, 7519 Hospital Drive, <i>Janet P 804-466-1515</i>	Gloucester
7:00PM	Keep Coming Back (O,WC &) Newport News Community Center, 605 South Ave, <i>Michelle H. 757-751-2528</i>	Newport News
7:30PM	Better Days (O,CAN,DISC,AB) Church Of Saint Therese, 4137 Portsmouth Blvd, <i>Joe W 757-536-7337</i>	Chesapeake
7:30PM	Good Orderly Direction (O) 10 Matoaka Ln, <i>Jeff H 757-630-3806 Alex C 757-303-6049</i>	Newport News
7:30PM	HOW Group (C,DISC) Good Shepherd Lutheran Church, 1489 Laskin Road, <i>Scott P 304-218-1468 Ann V 757-270-1141</i>	Virginia Beach

FRIDAY (CONT)

7:30PM	Miracles Happen (O) St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, <i>Scott D 252-267-0060</i>	Nags Head
8:00PM	Kempville Crossroads (O,DISC,WC &) Providence Presbyterian Church, 5497 Providence Road, <i>**Not meeting 4/17/2026** Mark N 757-478-1839</i>	Virginia Beach
8:00PM	The Miracle Continues (O,STEP) Azalea Baptist Church, 3314 E Little Creek Rd, <i>Nesbit 757-620-8804</i>	Norfolk
8:00PM	Wave of Recovery (O,DISC) Bayside Presbyterian, 1400 Ewell Rd, <i>Ryan 773-951-4037</i>	Virginia Beach
9:00PM	Cloud 9 (O,VM) <i>Aerock P 757-434-3468 Suddy 336-707-5900</i>	Williamsburg
10:30PM	End of the Night (O,DISC) Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	Virginia Beach

SATURDAY

9:30AM	Morning Meditation (O,DISC,VAR,WC &) EZ Does It Service Center, 1153 Harmony Road	Norfolk
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)	Norfolk
10:00AM	Fresh Start (O) Christ Presbyterian Church, 709 Aragona Blvd, <i>Sherry R 757-406-9175</i>	Virginia Beach
10:00AM	No More Excuses (O,BT,IP,IW,WC &,LC,SPAD) Warwick United Church of Christ, 10 Matoaka Lane, <i>William K. 757-768-0886</i>	Newport News
NOON	Basic Math 12 & 12 (O,SPK,STEP,TRAD) First Baptist Church, 500 E Bute Street, <i>Carlton D 757-515-3331</i>	Norfolk
12:30PM	The Gift of Hope (O,WC &) Churchland Baptist Church, By the cemetery thru the red double doors, upstairs., 3031 Churchland Blvd, <i>Anthony H 757-343-5006</i>	Chesapeake
2:00PM	High Noon (O,BT,IW,CPT,LIT) Recovery Baptist Church, 2nd & 4th Saturdays ONLY, 303 Blair Ave, <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>	Newport News
3:00PM	Back to Life (O,BT,DISC,SPK,TRAD) First Lutheran Church, 1301 Colley Ave	Norfolk
5:00PM	When at the End of the Road (O,DISC) St Francis Episcopal Church, 509 S Rosemont Road, <i>Rob C 757-334-7718</i>	Virginia Beach
6:00PM	Saturday Night Alternative (O,WC &) First Presbyterian Church, 514 S Armistead Avenue, <i>Denise K 757 660-1118</i>	Hampton
7:00PM	Back to Basics (O,BT,DISC,IP,SPK) Portsmouth UCC, 5900 Portsmouth Blvd, <i>Charlie J 757-620-3895</i>	Portsmouth
7:00PM	Life & Hopeline (O,DISC,STEP) Sentara Obici Hospital, 2800 Godwin Boulevard, <i>Robert B 757-335-2493</i>	Suffolk
7:00PM	Never Alone (O,WC &) Hillton Christian Church, Meets at 7pm as of 2/11/23, 100 James River Drive, <i>Ray D 757-303-4533</i>	Newport News
7:00PM	Saturday Night Live (O) St. Nicholas Fellowship Hall, 621 First Colonial Road, <i>Ted L 757-717-2669</i>	Virginia Beach
8:00PM	Freedom of Choice (O,DISC,STEP) Church of the Ascension, 4853 Princess Anne Rd, <i>James P 757-619-2273</i>	Virginia Beach
8:00PM	Surrender to Live (O,BT,DISC,WC &) Reformation Presbyterian Church, 1241 Hillside Ave, <i>Fred R 757-695-6500</i>	Norfolk
9:00PM	Cloud 9 (O,VM) <i>Aerock P 757-434-3468 Suddy 336-707-5900</i>	Williamsburg
9:30PM	The Point of Freedom (O,STEP,TRAD,WC &,LIT) Freemason Street Baptist Church, 400 E Freemason St, <i>** Will not meet 4/18/26 Contact: Tuan N 757-788-4757</i>	Norfolk