

# 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**

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

Meetings Weekly: 153

**SUNDAY**

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

**MONDAY**

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

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

**TUESDAY (CONT)**

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

**WEDNESDAY**

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



**THURSDAY (CONT)**

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

**FRIDAY**

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

**FRIDAY (CONT)**

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

**SATURDAY**

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