


# 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.

### OCTOBER 2024

**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: 152

**SUNDAY**

<b>8:45AM</b>	<b>Hope Ignited (O,DISC,WC &amp;)</b> Virginia Beach Recovery Club, 1900 Baltic Avenue, <i>David D 757-971-8753 **New start time as of 6/9/24**</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</i>	<b>Newport News</b>
<b>10:00AM</b>	<b>NA-meless (O,DISC)</b> Scout Cabin, <i>**7/7/24 Location change**, 3605 Winchester Dr, Thomas K 757-393-2009 Chris L 757-975-1936</i>	<b>Portsmouth</b>
<b>11:00AM</b>	<b>We Need A Meeting (O,DISC,VAR,WC &amp;)</b> Next door to Waffle House. PLEASE WEAR A MASK, 4700 George Washington Hwy, <i>Donna JE 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>Wecovery (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>Sunday Sanity (O,BT,DISC,IP)</b> VB Psych Center, In Cafeteria, 1100 First Colonial Rd, <i>Shelly G 757-748-5364, 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>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>	<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> West End Baptist Church, Side Rear Entrance, 2413 Shell Rd, <i>Michelle C. 757-759-1317</i>	<b>Hampton</b>
<b>NOON</b>	<b>A Meeting at Lunch (O,VAR,WC &amp;)</b> First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, <i>Eugene 757-358-1709</i>	<b>Hampton</b>
<b>NOON</b>	<b>Check up From the Neck Up (O,VM)</b>	<b>Hampton</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,VAR)</b> Recovery Baptist Church, Meets M-F, 2nd & 4th Sats, 303 Blair Ave, <i>Teresa F. (757) 269-1707 Mildred D. (757) 236-9021</i>	<b>Newport News</b>
<b>3:00PM</b>	<b>Change I Must Or Die I Will (O,VAR)</b> Empowered Believers Church, 2096 Nickerson Blvd, <i>Lawrence 718-594-2998 Renee 215-370-2186</i>	<b>Hampton</b>
<b>6:00PM</b>	<b>Monday Meditation (C,ME)</b> Community United Methodist Church, Enter at Burlington Rd side before 6:10pm, 1072 Old Kempsville Rd, <i>Jon B 757-635-4318</i>	<b>Virginia Beach</b>
<b>6:30PM</b>	<b>New Attitude (O,WC &amp;)</b> Trinity United Methodist Church, 228 29th St, <i>Rose F. 757-593-0104 Debbie S. 757-310-2914</i>	<b>Newport News</b>
<b>7:00PM</b>	<b>Clean &amp; Serene (O,BT,DISC)</b> Riverside United Methodist Church, 1400 Edgewood Drive, <i>John J 252-377-2405 Jason G 252-312-5318</i>	<b>Elizabeth City</b>

<b>MONDAY (CONT)</b>		
<b>7:00PM</b>	<b>Monday Night Candlelight (O,BT,CAN,WC &amp; )</b> Haygood United Methodist Church, 4713 Haygood Rd, <i>Eric D 757-580-2849</i>	<b>Virginia Beach</b>
<b>7:00PM</b>	<b>New Beginnings (O,WC &amp; ,LC)</b> Churchland Baptist Church, 3031 Churchland Blvd, <i>Cathy K 757-403-7409 Sid N 757-416-4553</i>	<b>Chesapeake</b>
<b>7:00PM</b>	<b>Running on Faith (O)</b> Carrollton Holiness Church, 16144 Carrollton Blvd, <i>Derek L 802-922-0119</i>	<b>Carrollton</b>
<b>7:30PM</b>	<b>Freedom to Live (O)</b> Liberty Christian Fellowship, 244 Williams Dr, <i>Lauren M 252-722-5774</i>	<b>Kill Devil Hills</b>
<b>7:30PM</b>	<b>Here and Now (O,BT,DISC,VAR,TOP,LIT)</b> St Mark's United Methodist Church, 99 E. Mercury Blvd., <i>Allen M 941-564-5882 Amy M. 757-977-2781</i>	<b>Hampton</b>
<b>7:30PM</b>	<b>Living The Program (O,BT,DISC,PH)</b> Water's Edge Church of God, 4141 Holland Road, <i>Frank G 757-933-0999 Rebekah D 203-444-1845</i>	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Recovery on the Hill (O,BT,CAN,IP,SPK,WC &amp; )</b> Ocean View Christian Reformed Church, 1241 Hillside Avenue, <i>Fred R 757-695-6500</i>	<b>Norfolk</b>
<b>8:30PM</b>	<b>Who Is An Addict? (O)</b> Triangle Stepping Stones, 3279 Lake Powell Rd, <i>Michele C 757-707-7750</i>	<b>Williamsburg</b>
<b>9:00PM</b>	<b>Cloud 9 (O,VM)</b>	<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>
<b>TUESDAY</b>		
<b>9:30AM</b>	<b>Morning Meditation (O,DISC,VAR,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, Rear door leftside of church, 514 S Armistead Ave, <i>Eugene 757-358-1709</i>	<b>Hampton</b>
<b>NOON</b>	<b>Check up From the Neck Up (O,VM)</b>	<b>Hampton</b>
<b>NOON</b>	<b>The Emergency Unit (O,BT,DISC,F2F)</b> Portsmouth UCC, 5900 Portsmouth Blvd, <i>Johnny D 757-287-4430</i>	<b>Portsmouth</b>
<b>2:00PM</b>	<b>High Noon (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>Mensrap (C,M)</b> Norview United Methodist Church, 1112 Norview Avenue, <i>Danny G 434-253-4075</i>	<b>Norfolk</b>
<b>5:30PM</b>	<b>Serenity Group (O,VM)</b> <i>Beverly A. 757-753-6868 Renee C. 757-637-8230</i>	
<b>6:00PM</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>6:30PM</b>	<b>Life &amp; Hopeline (O)</b> St Paul's Episcopal Church, 213 N Main St, <i>Charles A 757-351-5855</i>	<b>Suffolk</b>
<b>7:00PM</b>	<b>A New Way of Life (O,JFT,WC &amp; )</b> A Place To Meet, 7055 Linda Circle, <i>Paul S 757-293-9446 Janet P 804-466-1515</i>	<b>Hayes</b>
<b>7:00PM</b>	<b>A Proven Program (O)</b> Liberty Live Church, 8201 Croaker Road, <i>Dave H. 757-207-1154, Beth R. 804-332-4970</i>	<b>Williamsburg</b>
<b>7:00PM</b>	<b>Earthbound Group (O,DISC)</b> Emmanuel Episcopal Church, Meeting is in the back, in basement., 400 N High Street, <i>Stephen B 757-613-5531</i>	<b>Franklin</b>
<b>7:00PM</b>	<b>Let It Be (O,DISC,LIT)</b> Ocean View Christian Reformed 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>

**TUESDAY (CONT)**

<b>7:00PM</b>	<b>Stick &amp; Stay (O,DISC,WC &amp; )</b> Colington Methodist Church, 1949 Colington Rd, <i>Gene S 252-267-2823</i>	<b>Kill Devil Hills</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>7:30PM</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>7:30PM</b>	<b>Yes! We Can! (O,DISC,WC &amp; )</b> Family Life Center, 3172 Azalea Garden Rd, <i>Ron C 757-708-4946</i>	<b>Norfolk</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> Water's Edge Church of God, 4141 Holland Road, <i>Billy B 757-681-4341</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>	<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, Rear door leftside of church, 514 S Armistead Ave, <i>Eugene 757-358-1709</i>	<b>Hampton</b>
<b>NOON</b>	<b>Check up From the Neck Up (O,VM)</b>	<b>Hampton</b>
<b>NOON</b>	<b>Visible Changes (O,DISC)</b> Emmanuel Episcopal Church, 5181 Singleton Way, <i>Perry C 757-752-2070 Rachel S 703-232-3544</i>	<b>Virginia Beach</b>
<b>2:00PM</b>	<b>High Noon (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,STEP,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>Jon B 757-635-4318 Lori W 757-309-9631</i>	<b>Virginia Beach</b>
<b>6:00PM</b>	<b>The 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>
<b>7:00PM</b>	<b>Hugs Not Drugs (O,DISC)</b> Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road, <i>Sarah 757-727-3582</i>	<b>Hampton</b>
<b>7:00PM</b>	<b>Life Beyond Addiction (O,DISC,STEP,ME)</b> Broadcast Church, 910 Oak Grove Rd, <i>Justin G 757-503-8290</i>	<b>Chesapeake</b>
<b>7:00PM</b>	<b>Surrender and Recovery (O,BT)</b> Portsmouth UCC, 5900 Portsmouth Blvd, <i>Edwin T 757-648-9812</i>	<b>Portsmouth</b>

**Meeting Format Legend**

AB	Ask-It-Basket	BEG	Beginners
BT	Basic Text	C	Closed
CAN	Candlelight	CPT	12 Concepts
DISC	Discussion	F2F	Face 2 Face
HY	Hybrid Physical/Virtual	IP	IP Study
IW	It Works Study	JFT	Just for Today Study
LC	Living Clean Study	LIT	Literature Study
M	Men	ME	Meditation
O	Open	PH	Phone Meeting
SPK	Speaker	STEP	Step
SWG	Step Working Guide Study	TC	Temporary Closed
TOP	Topic	TRAD	Tradition
TW	Traditions Workshop	VAR	Format Varies
VM	Virtual Web Meeting	W	Women
WC &	Wheelchair	WR	Writing Meeting

Name	Phone Number

**WEDNESDAY (CONT)**

<b>7:00PM</b>	<b>Who Is An Addict? (O)</b> Triangle Stepping Stones, 3279 Lake Powell Rd, Michele C 757-707-7750	<b>Williamsburg</b>
<b>7:15PM</b>	<b>Straight Ahead (O,DISC,STEP)</b> Christ Presbyterian Church, 709 Aragona Blvd, Chris P 757-535-7227	<b>Virginia Beach</b>
<b>7:30PM</b>	<b>Life &amp; Hopeline (O,WC &amp;)</b> Suffolk Christian Church, by courthouse, 216 North Main St., Robert B 757-738-6253	<b>Suffolk</b>
<b>7:30PM</b>	<b>Miracles Happen (O,DISC,STEP,TW)</b> St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Scott D 252-267-0060	<b>Nags Head</b>
<b>8:00PM</b>	<b>Better by the Bay (O,BT,DISC,WC &amp;)</b> Miles Memorial United Methodist Church, 9450 Granby Street, Ryan D 757-651-5316	<b>Norfolk</b>
<b>8:00PM</b>	<b>Trusted Servants (O,DISC,WC &amp;)</b> Red Church, 315 S Rosemont Rd, Angel S 757-451-9207	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Where's Lot 14? (O,DISC)</b> Sentara Norfolk General Hospital, Brickhouse Auditorium, 2nd floor, Conf Rm 2, 600 Gresham Drive, Gary 757-567-4158	<b>Norfolk</b>
<b>9:00PM</b>	<b>Cloud 9 (O,VM)</b>	<b>Williamsburg</b>
<b>9:00PM</b>	<b>Stepping into Recovery (O,DISC,WC &amp;,LIT)</b> Old Donation Episcopal Church, 4449 N Witchduck Road, Mary P 757-739-1726	<b>Virginia Beach</b>
<b>10:30PM</b>	<b>End of the Night (O,DISC)</b> Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, Melinda J 757-401-3395	<b>Virginia Beach</b>

**THURSDAY**

<b>9:30AM</b>	<b>Morning Meditation (O,DISC,VAR,WC &amp;)</b> EZ Does It Service Center Off N. Military Hwy. & Raby Rd, 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, Rear door leftside of church, 514 S Armistead Ave, Eugene 757-358-1709	<b>Hampton</b>
<b>NOON</b>	<b>Check up From the Neck Up (O,VM)</b>	<b>Hampton</b>
<b>NOON</b>	<b>Reason To Believe (O,BT,DISC)</b> Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd, Johnny D 757-287-4430	<b>Chesapeake</b>
<b>2:00PM</b>	<b>High Noon (BT,IW,CPT,LIT)</b> Recovery Baptist Church, 303 Blair Ave, Teresa F. 757- 269-1707 Mildred D. 757- 236-9021	<b>Newport News</b>
<b>5:00PM</b>	<b>Meeting at Buckroe Beach (O)</b> Buckroe Beach, Meets seasonally May - October, 1st St & E Pembroke Ave	<b>Hampton</b>
<b>5:30PM</b>	<b>Surviving Our Emotions (C,W,WC &amp;)</b> Norview United Methodist Church, 1112 Norview Avenue, Takecha J 804-218-7208	<b>Norfolk</b>
<b>6:30PM</b>	<b>Got to Have It (O,BT,IP,SPK,STEP,WC &amp;)</b> Gethsemane Baptist Church, 1317 E Brambleton Ave, Juanita S 757-685-8848	<b>Norfolk</b>
<b>6:30PM</b>	<b>Living as Men Group of NA (O,M,WC &amp;)</b> Recovery Baptist Church, 303 Blair Ave, Reggie F 757-817-8464 Ernie J. 908-494-2383	<b>Newport News</b>
<b>6:30PM</b>	<b>Still ill (C,DISC)</b> VB Psych Center, No access through main entrance. Use door to left of main entrance., 1100 First Colonial Rd, for those struggling with mental illness in recovery	<b>Virginia Beach</b>
<b>7:00PM</b>	<b>Be the WE (O,CAN,WC &amp;)</b> Christ Presbyterian Church, 709 Aragona Blvd, Shane S 757-712-8027 Speaker mtg every 4th Thursday	<b>Virginia Beach</b>
<b>7:00PM</b>	<b>Crossing Rivers (O,DISC)</b> Harmony Grove Baptist Church, 7722 General Puller Highway, Doug C 804-690-6595 Kathy P 804-324-1820	<b>Locust Hill</b>
<b>7:00PM</b>	<b>Freebird (O,BT,DISC,TRAD,VM)</b> Virtual Only, Roland C 757-328-2243	<b>Portsmouth</b>
<b>7:00PM</b>	<b>Girls Nite Out (O,W,HY)</b> West Park Church of Christ, 926 Cherokee Rd, Vickie 757-375-0067 Kat 757-359-3793	<b>Portsmouth</b>

THURSDAY (CONT)		
<b>7:00PM</b>	<b>Keep the Fire Burning (O,DISC)</b> Bethany United Methodist Church, Park on West side of church, enter thru West door follow the signs., 1509 Todds Ln, Tom K. 804-815-9356 Stacy K. 401-474-3344	<b>Hampton</b>
<b>7:00PM</b>	<b>Over &amp; Beyond (O,DISC)</b> St. Philip's Chapel, 201 S McMorrine St, Michael S 757-359-8841	<b>Elizabeth City</b>
<b>7:00PM</b>	<b>Shattering the Illusion (O,BT)</b> St. Michaels Lutheran Church, 2208 Princess Anne Rd, Kristine A 757-202-2702, Ty H 757-235-3175	<b>Virginia Beach</b>
<b>7:30PM</b>	<b>Another Chance to Live (O)</b> Benn's United Methodist Church, 14571 Bennis Church Blvd, Tom N 757-658-1498	<b>Smithfield</b>
<b>7:30PM</b>	<b>Second Chance (O,DISC,STEP,TW)</b> Great Bridge United Methodist Church, 201 Stadium Drive, Louie L 757-560-8172	<b>Chesapeake</b>
<b>7:30PM</b>	<b>The Language of Empathy (O,DISC)</b> Nags Head Church, 105 W Soundside Rd, Carly E 336-251-7158	<b>Nags Head</b>
<b>8:00PM</b>	<b>Choose Life (O,DISC)</b> St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., Ted L 757-717-2669 Kristen H 757-837-5132	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Junks &amp; Drunks (O,STEP)</b> Ocean View Christian Reformed Church, 1241 Hillside Ave, Ed S 757-435-9526	<b>Norfolk</b>
<b>9:00PM</b>	<b>Cloud 9 (O,VM)</b>	<b>Williamsburg</b>
<b>10:30PM</b>	<b>End of the Night (O,DISC)</b> Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, Melinda J 757-401-3395	<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, Rear door leftside of church, 514 S Armistead Ave, Eugene 757-358-1709	<b>Hampton</b>
<b>NOON</b>	<b>Check up From the Neck Up (O,VM)</b>	<b>Hampton</b>
<b>NOON</b>	<b>The Continuing Quest (O,DISC,SPK,SWG)</b> First Lutheran Church, 1301 Colley Ave, Eddie C 757-816-4986	<b>Norfolk</b>
<b>NOON</b>	<b>Write Now (O,JFT,SWG,ME,WR)</b> Providence Presbyterian Church, 5497 Providence Rd, Writing during meeting, Fred R 757-695-6500	<b>Virginia Beach</b>
<b>2:00PM</b>	<b>High Noon (BT,IW,CPT,LIT)</b> Recovery Baptist Church, 303 Blair Ave, Teresa F. 757- 269-1707 Mildred D. 757-236-9021	<b>Newport News</b>
<b>6:00PM</b>	<b>Life &amp; Hopeline (O,DISC,STEP,TC,VM)</b> Sentara Obici Hospital, 2800 Godwin Boulevard, Maryann B 609-712-3107	<b>Suffolk</b>
<b>7:00PM</b>	<b>12 +12 = Change (O,WC &amp;)</b> Sentara Hospital, Meets In the Conference Center, 100 Sentara Cir, Thayne F. 757-603-2131	<b>Williamsburg</b>
<b>7:00PM</b>	<b>Agape (O,DISC,IP,STEP,TW)</b> St. Paul's United Methodist Church, 437 Providence Rd, 1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494	<b>Chesapeake</b>
<b>7:00PM</b>	<b>Closer To Home (O,DISC,WC &amp;)</b> Riverside Walter Reed Hospital, 7519 Hospital Drive, Grace 804-824-5622	<b>Gloucester</b>
<b>7:00PM</b>	<b>Keep Coming Back (O,WC &amp;)</b> Newport News Community Center, 605 South Avenue, Michelle H. 757-751-2528	<b>Newport News</b>
<b>7:30PM</b>	<b>Better Days (O,CAN,DISC,AB)</b> Church Of Saint Therese, 4137 Portsmouth Blvd, Joe W 757-536-7337	<b>Chesapeake</b>
<b>7:30PM</b>	<b>Good Orderly Direction (O)</b> 10 Matoaka Ln, Jeff H 757-630-3806 Alex C 757-303-6049	<b>Newport News</b>
<b>7:30PM</b>	<b>HOW Group (C,DISC)</b> Good Shepherd Lutheran Church, 1489 Laskin Road, Scott P 304-218-1468 Ann V 757-270-1141	<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, Scott D 252-267-0060	<b>Nags Head</b>
<b>8:00PM</b>	<b>Kempville Crossroads (O,DISC,WC &amp;)</b> Providence Presbyterian Church, 5497 Providence Road, Mark N 757-478-1839	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>The Miracle Continues (O,STEP)</b> Azalea Baptist Church, 3314 E Little Creek Rd, Nesbit 757-620-8804	<b>Norfolk</b>
<b>8:00PM</b>	<b>Wave of Recovery (O,DISC)</b> Bayside Presbyterian, 1400 Ewell Rd, Pat C 757-619-1976 Ezra S 757-974-2261	<b>Virginia Beach</b>
<b>9:00PM</b>	<b>Cloud 9 (O,VM)</b>	<b>Williamsburg</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</b>	<b>Fresh Start (O)</b> Christ Presbyterian Church, 709 Aragona Blvd, Madison B 757-506-6986 Sherry R 757-406-9175	<b>Virginia Beach</b>
<b>10:00AM</b>	<b>No More Excuses (O,WC &amp;)</b> Warwick United Church of Christ, 10 Matoaka Lane, William K. 757-768-0886	<b>Newport News</b>
<b>10:00AM</b>	<b>The Gift of Hope (O,WC &amp;)</b> Churchland Baptist Church, 3031 Churchland Blvd, Anthony H 757-343-5006 Sandy B 757-737-2176 **Starting 9/14**	<b>Chesapeake</b>
<b>NOON</b>	<b>Basic Math 12 &amp; 12 (O,SPK,STEP,TRAD)</b> First Baptist Church, 500 E Bute Street, Carlton D 757-515-3331	<b>Norfolk</b>
<b>NOON</b>	<b>Bridge to Recovery (O)</b> Bridge Church, 1244 Executive Blvd, Justin H 804-738-1784 **Starts June 22nd**	<b>Chesapeake</b>
<b>2:00PM</b>	<b>High Noon (BT,IW,CPT,LIT)</b> Recovery Baptist Church, 2nd & 4th Saturdays ONLY, 303 Blair Ave, Teresa F. 757-269-1707 Mildred D. 757-236-9021	<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, Rob C 757-334-7718	<b>Virginia Beach</b>
<b>6:00PM</b>	<b>Saturday Night Alternative (O,WC &amp;)</b> First Presbyterian Church, 514 S Armistead Avenue, Shanequa L 757-327-2381 Denise K 757-660-1118	<b>Hampton</b>
<b>6:00PM</b>	<b>Saturday Night Men's Meeting (C,DISC)</b> Good Shepherd Lutheran Church, 1489 Laskin Road, Jamie T 757-803-7986	<b>Virginia Beach</b>
<b>7:00PM</b>	<b>Back to Basics (O,BT,DISC,IP,SPK)</b> Portsmouth UCC, 5900 Portsmouth Blvd, Mike K 757-974-4029 Charlie J 757-620-3895	<b>Portsmouth</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, Ray D 757-303-4533	<b>Newport News</b>
<b>7:00PM</b>	<b>Saturday Night Live (O)</b> St. Nicholas Fellowship Hall, 621 First Colonial Road, Ted L 757-717-2669	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Freedom of Choice (O,DISC,STEP)</b> Church of the Ascension, 4853 Princess Anne Rd, James P 757-619-2273	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Surrender to Live (O,BT,DISC,WC &amp;)</b> Ocean View Christian Reformed Church, 1241 Hillside Ave, Fred R 757-695-6500	<b>Norfolk</b>
<b>9:00PM</b>	<b>Cloud 9 (O,VM)</b>	<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, Tuan N 757-788-4757	<b>Norfolk</b>