

CARROLLTON	
Mon 7:00PM	Running on Faith , Carrollton Holiness Church, 16144 Carrollton Blvd (O) <i>Mike K 757-974-4029</i>
CHESAPEAKE	
Sun 3:00PM	Wecovery , Great Bridge United Methodist Church, 201 Stadium Drive (O,VAR) <i>Jade 757-560-6285 Mike S 757-230-8854</i>
Mon 7:00PM	New Beginnings , Churchland Baptist Church, 3031 Churchland Blvd (O,WC &,LC) <i>Badrunnisa K 443-847-4738 Coy D 757-981-5090</i>
Tue 7:30PM	Awesome Life , Great Bridge United Methodist Church, 201 Stadium Drive (O,CAN,DISC,IP) <i>Carrie L 757-560-8177</i>
Thu NOON	Reason To Believe , Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd (O,BT,DISC) <i>Johnny D 757-287-4430</i>
Thu 7:30PM	Second Chance , Great Bridge United Methodist Church, 201 Stadium Drive (O,DISC,STEP,TW) <i>Louie L 757-560-8172</i>
Fri 7:00PM	Agape , St. Paul's United Methodist Church, 437 Providence Rd (O,DISC,IP,STEP,TW) <i>1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494</i>
Fri 7:30PM	Better Days , Church Of Saint Therese, 4137 Portsmouth Blvd (O,CAN,DISC,AB) <i>Joe W 757-536-7337</i>
Sat 12:30PM	The Gift of Hope , Churchland Baptist Church, By the cemetery thru the red double doors, upstairs., 3031 Churchland Blvd (O,WC &)

ELIZABETH CITY

Sun 7:00PM	Over & Beyond , St. Philip's Chapel, West side of Street, 201 S McMorrine St (O,LIT) <i>Michael S 757-359-8841</i>
Mon NOON	More Will be Revealed , Serenity House, 300 Pearl Street (O,DISC) <i>Michael S 757-359-8841</i>
Mon 7:00PM	Clean & Serene , Riverside United Methodist Church, 1400 Edgewood Drive (O,BT,DISC) <i>John J 252-377-2405 Jason G 252-312-5318</i>
Tue 7:00PM	Over & Beyond , St. Philip's Chapel, 201 S McMorrine St (O,VAR) <i>Michael S 757-359-8841</i>
Thu 7:00PM	Over & Beyond , St. Philip's Chapel, 201 S McMorrine St (O,DISC) <i>Michael S 757-359-8841</i>

FRANKLIN

Tue 7:00PM	Earthbound Group , Emmanuel Episcopal Church, Meeting is in the back, in basement., 400 N High Street (O,DISC) <i>Stephen B 757-613-5531</i>
Wed 7:00PM	Bright New Life , Franklin Baptist Church, 208 N High Street (O,STEP) <i>DeWayne L 757-641-8022</i>

GLOUCESTER

Fri 7:00PM	Closer To Home , Riverside Walter Reed Hospital, 7519 Hospital Drive (O,DISC,WC &) <i>Janet P 804-466-1515</i>
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HAMPTON

Sun 7:00PM	Recovery Group , Wesley United Methodist Church, 2510 N Armistead Ave (O) <i>William S 757-236-6170 Dave R 757-218-2595</i>
Mon NOON	A Meeting at Lunch , First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O,VAR,WC &) <i>Eugene 757-358-1709 Bryan 267-939-6415</i>
Mon NOON	Check up From the Neck Up (O,VM) <i>Hanifah 571-546-4684</i>
Mon 5:00PM	Women Recover Too , 3315 W Mercury Blvd (BT,IP,SPK,STEP,TRAD,W,AB) <i>Dottie G 267-428-9776 Denise K 757-660-1118</i>

HAMPTON (CONT)

Mon 7:30PM	Addicts in the Attic , St Mark's United Methodist Church, 99 E. Mercury Blvd. (O,BT,DISC,VAR,TOP,LIT) <i>Allen M 941-564-5882 Chaz 757-349-9297</i>
Tue NOON	A Meeting at Lunch , First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) <i>Eugene 757-358-1709 Bryan 267-939-6415</i>
Tue NOON	Check up From the Neck Up (O,VM) <i>Hanifah 571-546-4684</i>
Tue 6:45PM	New Genesis , Wesley United Methodist Church, 2510 N Armistead Avenue (O,SPK,STEP,LIT) <i>Kayla E. 757-771-7493 Dylan B. 757-871-0958</i>
Tue 8:15PM	Let's Recover Together , Hampton Christian Church, 151 East Mercury Boulevard (O) <i>Tim E. 757-725-4636 Sissy O. 661-345-3206</i>
Wed NOON	A Meeting at Lunch , First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) <i>Eugene 757-358-1709 Bryan 267-939-6415</i>
Wed NOON	Check up From the Neck Up (O,VM) <i>Hanifah 571-546-4684</i>
Wed 7:00PM	Hugs Not Drugs , Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road (O,DISC,LC) <i>Sarah 757-727-3582</i>
Thu NOON	A Meeting at Lunch , First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) <i>Eugene 757-358-1709 Bryan 267-939-6415</i>
Thu NOON	Check up From the Neck Up (O,VM) <i>Hanifah 571-546-4684</i>
Thu 7:00PM	Keep the Fire Burning , Bethany United Methodist Church, Back of church Wesley Hall, 1509 Todds Ln (O,CAN,DISC,SPK) <i>Ashli H 757-817-8721</i>
Fri NOON	A Meeting at Lunch , First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) <i>Eugene 757-358-1709 Bryan 267-939-6415</i>
Fri NOON	Check up From the Neck Up (O,VM) <i>Hanifah 571-546-4684</i>
Sat 6:00PM	Saturday Night Alternative , First Presbyterian Church, 514 S Armistead Avenue (O,WC &) <i>Denise K 757 660-1118</i>

HAYES

Sun 1:00PM	Living Clean , A Place To Meet, Study meeting from the Living Clean book, 7055 Linda Circle (O,WC &,LIT) <i>Paul S. 757-293-9446</i>
Tue 7:00PM	A New Way of Life , A Place To Meet, 7055 Linda Circle (O,JFT,WC &) <i>Paul S 757-293-9446 Janet P 804-466-1515</i>

KILL DEVIL HILLS

Mon 7:30PM	Freedom to Live , Liberty Christian Fellowship, 244 Williams Dr (O) <i>Lauren M 252-722-5774</i>
Tue 7:00PM	Stick & Stay , Colington Methodist Church, 1949 Colington Rd (O,DISC) <i>Gene S 252-267-2823</i>

KILL DEVIL HILLS

Thu 7:30PM	The Language of Empathy , Colington UMC, 1949 Colington Rd (O,DISC) <i>Carly E 336-251-7158</i>
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KILMARNOCK

Sun 6:00PM	Refuge Recovery , 504 N Main Street (DISC,WC &,ENG,LIT) <i>Dwight 804 577 3525 Delano 804 238 8167</i>
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LOCUST HILL

Thu 7:00PM	Crossing Rivers , Harmony Grove Baptist Church, 7722 General Puller Highway (O,DISC,VAR) <i>Dwight N 8045773525 Delano J 8042388167</i>
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NAGS HEAD

Wed 7:30PM	Miracles Happen , St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail (O,DISC,STEP,TW) <i>Scott D 252-267-0060</i>
Fri 7:30PM	Miracles Happen , St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail (O) <i>Scott D 252-267-0060</i>

NEWPORT NEWS

Sun 9:30AM	Surrender To Live , 329 Main St (O,WC &) <i>Dee 757-503-0739 Rodney F 757-503-5281</i>
Sun 7:00PM	A Gift Called Life , Warwick United Church of Christ, 10 Matoaka Lane (O,WC &) <i>Nadine 757-751-4680 David H 757-214-2770</i>
Sun 7:00PM	A Resentment and a Coffee Pot , St. Georges Episcopal Church, 15446 Warwick Blvd (O,DISC,NS,ENG,NP) <i>Yahsh W 757-715-1586</i>
Mon 10:00AM	Get Back Up , Macedonia Baptist Church, 5500 Marshall Ave (IP,JFT) <i>Michelle C 757-759-1317</i>
Mon 2:00PM	High Noon , Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. (757) 269-1707 Mildred D. (757) 236-9021</i>
Mon 6:30PM	New Attitude , Trinity United Methodist Church, 228 29th St (O,WC &) <i>Rose F. 757-593-0104 Debbie S. 757-310-2914</i>
Tue 2:00PM	High Noon , Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>
Tue 7:00PM	Tuesday Night ODAT(One Day At A Time) , 15616 Warwick Boulevard (O,STEP,TOP,AB,ENG) <i>Eddie J 757-968-8923</i>
Wed 2:00PM	High Noon , Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. 757- 269-1707 Mildred D. 757- 236-9021</i>
Wed 7:00PM	End Of The Road , 1707 Jefferson Avenue (O,WC &) <i>Glen N. 757-272-5790 Ernest W. 757-367-2476</i>
Wed 7:00PM	Hope , 10 Matoaka Ln. (O) <i>Will D. 757-768-7954</i>
Thu 2:00PM	High Noon , Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. 757- 269-1707 Mildred D. 757- 236-9021</i>
Thu 6:30PM	Living as Men , Recovery Baptist Church, 303 Blair Ave (O,M,VAR,WC &,ENG,F2F,BUS) <i>Ernie J. 908-494-2383</i>
Fri 2:00PM	High Noon , Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. 757- 269-1707 Mildred D. 757-236-9021</i>
Fri 7:00PM	Keep Coming Back , Newport News Community Center, 605 South Ave (O,WC &) <i>Michelle H. 757-751-2528</i>
Fri 7:30PM	Good Orderly Direction , 10 Matoaka Ln (O) <i>Jeff H 757-630-3806 Alex C 757-303-6049</i>
Sat 10:00AM	No More Excuses , Warwick United Church of Christ, 10 Matoaka Lane (O,BT,IP,IW,WC &,LC,SPAD) <i>William K. 757-768-0886</i>
Sat 2:00PM	High Noon , Recovery Baptist Church, 2nd & 4th Saturdays ONLY, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>
Sat 7:00PM	Never Alone , Hillton Christian Church, Meets at 7pm as of 2/11/23, 100 James River Drive (O,WC &) <i>Ray D 757-303-4533</i>
NORFOLK	
Sun 6:00PM	It's About Time , Norview United Methodist Church, 1112 Norview Avenue (O,SPK,WC &) <i>Jay J 757-227-8025 Charles M 757-735-8511</i>

NORFOLK (CONT)

Sun 8:00PM	Mixed Group , First Lutheran Church, 1301 Colley Ave (O,DISC) <i>Mike J 757-409-1676</i>
Mon 9:30AM	Morning Meditation , EZ Does It Service Center, 1153 Harmony Rd (O,WC &)
Mon 9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)
Mon 8:00PM	Recovery on the Hill , Reformation Presbyterian Church, 1241 Hillside Ave (O,BT,CAN,IP,SPK,WC &) <i>Fred R 757-695-6500</i>
Tue 9:30AM	Morning Meditation , EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O,DISC,VAR,WC &)
Tue 9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)
Tue 5:30PM	Mensrap , Norview United Methodist Church, 1112 Norview Avenue (C,O,M) <i>Gus G 757-574-6891</i>
Tue 7:00PM	Let It Be , Reformation Presbyterian Church, 1241 Hillside Ave (O,DISC,LIT) <i>Jessica H 757-822-4559</i>
Tue 7:00PM	We Can Change , Wesley Grace United Methodist Church, 288 E Little Creek Rd (O,BEG,BT,DISC,IW,VAR,SPK,AB,LIT) <i>Leo C 757-285-2007</i>
Wed 9:30AM	Morning Meditation , EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O,WC &)
Wed 9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)
Wed 5:30PM	Just For Today , First Lutheran Church, 1301 Colley Ave (O,DISC,IP,SPK,STEP) <i>Bill A 757-647-7707</i>
Wed 6:30PM	Serenity In The Sand (Seasonal May-Sept Only) , Community Beach Park - Leftmost Beach area, On the Beach, Bring a chair or blanket!, 700 E Ocean View (O,DISC,VAR) <i>Nadia H 757-285-5867</i>
Wed 8:00PM	Better by the Bay , Miles Memorial United Methodist Church, 9450 Granby Street (O,BT,DISC,WC &) <i>Ryan D 757-651-5316</i>
Wed 8:00PM	Where's Lot 14? , Park Place Community Center, 606 W 29th St (O,DISC) <i>Gary 757-567-4158</i>
Thu 9:30AM	Morning Meditation , EZ Does It Service CenterOff N. Military Hwy. & Raby Rd, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O,DISC,VAR,WC &)
Thu 9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)
Thu 6:30PM	Got to Have It , Gethsemene Baptist Church, 1317 E Brambleton Ave (O,BT,IP,SPK,STEP,WC &) <i>Juanita S 757-685-8848</i>
Thu 8:00PM	Junks & Drunks , Reformation Presbyterian Church, 1241 Hillside Ave (O,STEP) <i>Ed S 757-435-9526</i>
Fri 9:30AM	Morning Meditation , EZ Does It Service Center, 1153 Harmony Road (O,WC &)
Fri 9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)
Fri NOON	The Continuing Quest , First Lutheran Church, 1301 Colley Ave (O,DISC,SPK,SWG) <i>Eddie C 757-816-4986</i>
Fri 8:00PM	The Miracle Continues , Azalea Baptist Church, 3314 E Little Creek Rd (O,STEP) <i>Nesbit 757-620-8804</i>
Sat 9:30AM	Morning Meditation , EZ Does It Service Center, 1153 Harmony Road (O,DISC,VAR,WC &)
Sat 9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)
Sat NOON	Basic Math 12 & 12 , First Baptist Church, 500 E Bute Street (O,SPK,STEP,TRAD) <i>Carlton D 757-515-3331</i>
Sat 3:00PM	Back to Life , First Lutheran Church, 1301 Colley Ave (O,BT,DISC,SPK,TRAD)

HAMPTON ROADS METRO



MEETING LIST

Metropolitan Hampton Roads Meetings 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.

JUNE 2026

REGIONAL HELPLINE

800-777-1515

TIDEWATER HELPLINE

866-972-5055

Meeting Format Legend			
NS	No Smoking	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	NP	No Pets
PH	Phone Meeting	BUS	Public Transportation
ENG	English speaking	LC	Living Clean Study
SPAD	Spiritual Principle A Day Book Study	WR	Writing Meeting