

CARROLLTON	
<b>Mon 7:00PM</b>	<b>Running on Faith</b> , Carrollton Holiness Church, 16144 Carrollton Blvd (O) <i>Derek L 802-922-0119</i>
CHESAPEAKE	
<b>Sun 3:00PM</b>	<b>Wecovery</b> , Great Bridge United Methodist Church, 201 Stadium Drive (O,VAR) <i>Jade 757-560-6285 Mike S 757-230-8854</i>
<b>Mon 7:00PM</b>	<b>New Beginnings</b> , Churchland Baptist Church, 3031 Churchland Blvd (O,WC &,LC) <i>Badrunnisa K 443-847-4738 Coy D 757-981-5090</i>
<b>Tue 7:30PM</b>	<b>Awesome Life</b> , Great Bridge United Methodist Church, 201 Stadium Drive (O,CAN,DISC,IP) <i>Carrie L 757-560-8177</i>
<b>Thu NOON</b>	<b>Reason To Believe</b> , Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd (O,BT,DISC) <i>Johnny D 757-287-4430</i>
<b>Thu 7:30PM</b>	<b>Second Chance</b> , Great Bridge United Methodist Church, 201 Stadium Drive (O,DISC,STEP,TW) <i>Louie L 757-560-8172</i>
<b>Fri 7:00PM</b>	<b>Agape</b> , 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>
<b>Fri 7:30PM</b>	<b>Better Days</b> , Church Of Saint Therese, 4137 Portsmouth Blvd (O,CAN,DISC,AB) <i>Joe W 757-536-7337</i>
<b>Sat 12:30PM</b>	<b>The Gift of Hope</b> , Churchland Baptist Church, By the cemetery thru the red double doors, upstairs., 3031 Churchland Blvd (O,WC &) <i>Anthony H 757-343-5006</i>
ELIZABETH CITY	
<b>Sun 7:00PM</b>	<b>Over &amp; Beyond</b> , St. Philip's Chapel, West side of Street, 201 S McMorrine St (O,LIT) <i>Michael S 757-359-8841</i>
<b>Mon NOON</b>	<b>More Will be Revealed</b> , Serenity House, 300 Pearl Street (O,DISC) <i>Michael S 757-359-8841</i>
<b>Mon 7:00PM</b>	<b>Clean &amp; Serene</b> , Riverside United Methodist Church, 1400 Edgewood Drive (O,BT,DISC) <i>John J 252-377-2405 Jason G 252-312-5318</i>
<b>Tue 7:00PM</b>	<b>Over &amp; Beyond</b> , St. Philip's Chapel, 201 S McMorrine St (O,VAR) <i>Michael S 757-359-8841</i>
<b>Thu 7:00PM</b>	<b>Over &amp; Beyond</b> , St. Philip's Chapel, 201 S McMorrine St (O,DISC) <i>Michael S 757-359-8841</i>
FRANKLIN	
<b>Tue 7:00PM</b>	<b>Earthbound Group</b> , Emmanuel Episcopal Church, Meeting is in the back, in basement., 400 N High Street (O,DISC) <i>Stephen B 757-613-5531</i>
<b>Wed 7:00PM</b>	<b>Bright New Life</b> , Franklin Baptist Church, 208 N High Street (O,STEP) <i>DeWayne L 757-641-8022</i>
GLOUCESTER	
<b>Fri 7:00PM</b>	<b>Closer To Home</b> , Riverside Walter Reed Hospital, 7519 Hospital Drive (O,DISC,WC &) <i>Janet P 804-466-1515</i>
HAMPTON	
<b>Sun 7:00PM</b>	<b>Recovery Group</b> , Wesley United Methodist Church, 2510 N Armistead Ave (O) <i>William S 757-236-6170 Dave R 757-218-2595</i>
<b>Mon NOON</b>	<b>A Meeting at Lunch</b> , First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O,VAR,WC &) <i>Eugene 757-358-1709 Bryan 267-939-6415</i>
<b>Mon NOON</b>	<b>Check up From the Neck Up</b> (O,VM) <i>Hanifah 571-546-4684</i>
<b>Mon 5:00PM</b>	<b>Women Recover Too</b> , 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)	
<b>Mon 7:30PM</b>	<b>Here and Now</b> , 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>
<b>Tue NOON</b>	<b>A Meeting at Lunch</b> , First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) <i>Eugene 757-358-1709 Bryan 267-939-6415</i>
<b>Tue NOON</b>	<b>Check up From the Neck Up</b> (O,VM) <i>Hanifah 571-546-4684</i>
<b>Tue 7:00PM</b>	<b>New Genesis</b> , Wesley United Methodist Church, 2510 N Armistead Avenue (O,SPK,STEP,LIT) <i>Kayla E. 757-771-7493 Dylan B. 757-871-0958</i>
<b>Tue 8:15PM</b>	<b>Let's Recover Together</b> , Hampton Christian Church, 151 East Mercury Boulevard (O) <i>Tim E. 757-725-4636 Sissy O. 661-345-3206</i>
<b>Wed NOON</b>	<b>A Meeting at Lunch</b> , First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) <i>Eugene 757-358-1709 Bryan 267-939-6415</i>
<b>Wed NOON</b>	<b>Check up From the Neck Up</b> (O,VM) <i>Hanifah 571-546-4684</i>
<b>Wed 7:00PM</b>	<b>Hugs Not Drugs</b> , Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road (O,DISC,LC) <i>Sarah 757-727-3582</i>
<b>Thu NOON</b>	<b>A Meeting at Lunch</b> , First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) <i>Eugene 757-358-1709 Bryan 267-939-6415</i>
<b>Thu NOON</b>	<b>Check up From the Neck Up</b> (O,VM) <i>Hanifah 571-546-4684</i>
<b>Thu 7:00PM</b>	<b>Keep the Fire Burning</b> , Bethany United Methodist Church, Back of church Wesley Hall, 1509 Todds Ln (O,CAN,DISC,SPK) <i>Ashli H 757-817-8721</i>
<b>Fri NOON</b>	<b>A Meeting at Lunch</b> , First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) <i>Eugene 757-358-1709 Bryan 267-939-6415</i>
<b>Fri NOON</b>	<b>Check up From the Neck Up</b> (O,VM) <i>Hanifah 571-546-4684</i>
<b>Sat 6:00PM</b>	<b>Saturday Night Alternative</b> , First Presbyterian Church, 514 S Armistead Avenue (O,WC &) <i>Denise K 757 660-1118</i>
HAYES	
<b>Sun 1:00PM</b>	<b>Living Clean</b> , A Place To Meet, Study meeting from the Living Clean book, 7055 Linda Circle (O,WC &,LIT) <i>Paul S. 757-293-9446</i>
<b>Tue 7:00PM</b>	<b>A New Way of Life</b> , 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	
<b>Mon 7:30PM</b>	<b>Freedom to Live</b> , Liberty Christian Fellowship, 244 Williams Dr (O) <i>Lauren M 252-722-5774</i>
<b>Tue 7:00PM</b>	<b>Stick &amp; Stay</b> , Colington Methodist Church, 1949 Colington Rd (O,DISC) <i>Gene S 252-267-2823</i>
KILL DEVIL HILLS	
<b>Thu 7:30PM</b>	<b>The Language of Empathy</b> , Colington UMC, 1949 Colington Rd (O,DISC) <i>Carly E 336-251-7158</i>
KILMARNOCK	
<b>Sun 6:00PM</b>	<b>Refuge Recovery</b> , 504 N Main Street (DISC,WC &,ENG,LIT) <i>Dwight 804 577 3525 Delano 804 238 8167</i>
LOCUST HILL	
<b>Thu 7:00PM</b>	<b>Crossing Rivers</b> , Harmony Grove Baptist Church, 7722 General Puller Highway (O,DISC,VAR) <i>Dwight N 8045773525 Delano J 8042388167</i>

NAGS HEAD	
<b>Wed 7:30PM</b>	<b>Miracles Happen</b> , St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail (O,DISC,STEP,TW) <i>Scott D 252-267-0060</i>
<b>Fri 7:30PM</b>	<b>Miracles Happen</b> , St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail (O) <i>Scott D 252-267-0060</i>
NEWPORT NEWS	
<b>Sun 9:30AM</b>	<b>Surrender To Live</b> , 329 Main St (O,WC &) <i>Dee 757-503-0739 Rodney F 757-503-5281</i>
<b>Sun 7:00PM</b>	<b>A Gift Called Life</b> , Warwick United Church of Christ, 10 Matoaka Lane (O,WC &) <i>Nadine 757-751-4680 David H 757-214-2770</i>
<b>Sun 7:00PM</b>	<b>A Resentment and a Coffee Pot</b> , St. Georges Episcopal Church, 15446 Warwick Blvd (O,DISC,NS,ENG,NP) <i>Yahsh W 757-715-1586</i>
<b>Mon 10:00AM</b>	<b>Get Back Up</b> , Macedonia Baptist Church, 5500 Marshall Ave (IP,JFT) <i>Michelle C 757-759-1317</i>
<b>Mon 2:00PM</b>	<b>High Noon</b> , Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. (757) 269-1707 Mildred D. (757) 236-9021</i>
<b>Mon 6:30PM</b>	<b>New Attitude</b> , Trinity United Methodist Church, 228 29th St (O,WC &) <i>Rose F. 757-593-0104 Debbie S. 757-310-2914</i>
<b>Tue 2:00PM</b>	<b>High Noon</b> , Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>
<b>Tue 7:00PM</b>	<b>Tuesday Night ODAT(One Day At A Time)</b> , 15616 Warwick Boulevard (O,STEP,TOP,AB,ENG) <i>Eddie J 757-968-8923</i>
<b>Wed 2:00PM</b>	<b>High Noon</b> , Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. 757- 269-1707 Mildred D. 757- 236-9021</i>
<b>Wed 7:00PM</b>	<b>End Of The Road</b> , 1707 Jefferson Avenue (O,WC &) <i>Glen N. 757-272-5790 Ernest W. 757-367-2476</i>
<b>Wed 7:00PM</b>	<b>Hope</b> , 10 Matoaka Ln. (O) <i>Will D. 757-768-7954</i>
<b>Thu 2:00PM</b>	<b>High Noon</b> , Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. 757- 269-1707 Mildred D. 757- 236-9021</i>
<b>Thu 6:30PM</b>	<b>Living as Men</b> , Recovery Baptist Church, 303 Blair Ave (O,M,VAR,WC &,ENG,F2F,BUS) <i>Ernie J. 908-494-2383</i>
<b>Fri 2:00PM</b>	<b>High Noon</b> , Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. 757- 269-1707 Mildred D. 757-236-9021</i>
<b>Fri 7:00PM</b>	<b>Keep Coming Back</b> , Newport News Community Center, 605 South Avenue (O,WC &) <i>Michelle H. 757-751-2528</i>
<b>Fri 7:30PM</b>	<b>Good Orderly Direction</b> , 10 Matoaka Ln (O) <i>Jeff H 757-630-3806 Alex C 757-303-6049</i>
<b>Sat 10:00AM</b>	<b>No More Excuses</b> , Warwick United Church of Christ, 10 Matoaka Lane (O,BT,IP,IW,WC &,LC,SPAD) <i>William K. 757-768-0886</i>
<b>Sat 2:00PM</b>	<b>High Noon</b> , 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>
<b>Sat 7:00PM</b>	<b>Never Alone</b> , Hillton Christian Church, Meets at 7pm as of 2/11/23, 100 James River Drive (O,WC &) <i>Ray D 757-303-4533</i>
NO DATA	
<b>Tue 5:30PM</b>	<b>Serenity Group</b> (O,VM) <i>Renee C. 757-637-8230</i>

NORFOLK	
<b>Sun 6:00PM</b>	<b>It's About Time</b> , Norview United Methodist Church, 1112 Norview Avenue (O,SPK,WC &) <i>Jay J 757-227-8025 Charles M 757-735-8511</i>
<b>Sun 8:00PM</b>	<b>Mixed Group</b> , First Lutheran Church, 1301 Colley Ave (O,DISC) <i>Mike J 757-409-1676</i>
<b>Mon 9:30AM</b>	<b>Morning Meditation</b> , EZ Does It Service Center, 1153 Harmony Rd (O,WC &)
<b>Mon 9:30AM</b>	<b>Morning Meditation Literature</b> (O,VAR,VM,LIT)
<b>Mon 8:00PM</b>	<b>Recovery on the Hill</b> , Ocean View Christian Reformed Church, 1241 Hillside Avenue (O,BT,CAN,IP,SPK,WC &) <i>Fred R 757-695-6500</i>
<b>Tue 9:30AM</b>	<b>Morning Meditation</b> , EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O,DISC,VAR,WC &)
<b>Tue 9:30AM</b>	<b>Morning Meditation Literature</b> (O,VAR,VM,LIT)
<b>Tue 5:30PM</b>	<b>Mensrap</b> , Norview United Methodist Church, 1112 Norview Avenue (C,M) <i>Danny G 434-254-4075</i>
<b>Tue 7:00PM</b>	<b>Let It Be</b> , Ocean View Christian Reformed Church, 1241 Hillside Ave (O,DISC,LIT) <i>Jessica H 757-822-4559</i>
<b>Tue 7:00PM</b>	<b>We Can Change</b> , 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>
<b>Wed 9:30AM</b>	<b>Morning Meditation</b> , EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O,WC &)
<b>Wed 9:30AM</b>	<b>Morning Meditation Literature</b> (O,VAR,VM,LIT)
<b>Wed 5:30PM</b>	<b>Just For Today</b> , First Lutheran Church, 1301 Colley Ave (O,DISC,IP,SPK,STEP) <i>Bill A 757-647-7707</i>
<b>Wed 6:30PM</b>	<b>Serenity In The Sand (Seasonal May-Sept Only)</b> , 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>
<b>Wed 8:00PM</b>	<b>Better by the Bay</b> , Miles Memorial United Methodist Church, 9450 Granby Street (O,BT,DISC,WC &) <i>Ryan D 757-651-5316</i>
<b>Wed 8:00PM</b>	<b>Where's Lot 14?</b> , Sentara Norfolk General Hospital, Brickhouse Auditorium, 2nd floor, Conf Rm 2, 600 Gresham Drive (O,DISC) <i>Gary 757-567-4158</i>
<b>Thu 9:30AM</b>	<b>Morning Meditation</b> , EZ Does It Service CenterOff N. Military Hwy. & Raby Rd, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O,DISC,VAR,WC &)
<b>Thu 9:30AM</b>	<b>Morning Meditation Literature</b> (O,VAR,VM,LIT)
<b>Thu 6:30PM</b>	<b>Got to Have It</b> , Gethsemane Baptist Church, 1317 E Brambleton Ave (O,BT,IP,SPK,STEP,WC &) <i>Juanita S 757-685-8848</i>
<b>Thu 8:00PM</b>	<b>Junks &amp; Drunks</b> , Ocean View Christian Reformed Church, 1241 Hillside Ave (O,STEP) <i>Ed S 757-435-9526</i>
<b>Fri 9:30AM</b>	<b>Morning Meditation</b> , EZ Does It Service Center, 1153 Harmony Road (O,WC &)
<b>Fri 9:30AM</b>	<b>Morning Meditation Literature</b> (O,VAR,VM,LIT)
<b>Fri NOON</b>	<b>The Continuing Quest</b> , First Lutheran Church, 1301 Colley Ave (O,DISC,SPK,SWG) <i>Eddie C 757-816-4986</i>
<b>Fri 8:00PM</b>	<b>The Miracle Continues</b> , Azalea Baptist Church, 3314 E Little Creek Rd (O,STEP) <i>Nesbit 757-620-8804</i>
<b>Sat 9:30AM</b>	<b>Morning Meditation</b> , EZ Does It Service Center, 1153 Harmony Road (O,DISC,VAR,WC &)
<b>Sat 9:30AM</b>	<b>Morning Meditation Literature</b> (O,VAR,VM,LIT)





# 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.

## JANUARY 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