## CARROLLTON

**Fri 7:30PM** — **Running On Faith**, Carrollton Church of God, 16144 Carrollton Boulevard (O) *Tim A. 757-434-7178 Ken H. 757-535-5151*

## CHESAPEAKE

**Sun 3:00PM** — **Wecovery**, Great Bridge United Methodist Church, 201 Stadium Drive (O, DISC) *Chris 757-377-9236*

**Mon 7:00PM** — **The Winding Road**, Oak Grove United Methodist Church, across from water tower, 472 N. Battlefield Blvd (C) *Jacob M 757-831-8249, Rich B 757-288-0650*

**Tue 7:00PM** — **Count Your Blessings**, Oaklette United Methodist, Park in Rear, Corner Indian River & Oaklett, 520 Oaklette Dr (O, DISC, JFT) *Daniel A 757-418-1690*

**Tue 7:30PM** — **Awesome Life**, Great Bridge United Methodist Church, Corner of S. Battlefield & Stadium, 201 Stadium Drive (O, CAN, DISC, IP) *Carrie L 757-560-8177*

**Wed 7:30PM** — **Change We Must**, Oak Grove UMC, across from water tower, 472 North Battlefield Blvd. (O, C, BT) *Katie K 757-405-8464*

**Thu NOON** — **Reason To Believe**, Church Of Saint Therese, Across from Chesapeake Square Mall@ Coffman Blvd, Enter front, Rooms 10 & 11, 4137 Portsmouth Blvd (O, BT, DISC) *Johnny D 757-287-4430*

**Thu 7:00PM** — **Second Chance**, Great Bridge United Methodist Church, corner of South Battlefield Blvd and Stadium Dr, 201 Stadium Drive (O, DISC, STEP, TW) *Bernard 757-778-1755, Louie L 757-560-8172*

**Thu 8:00PM** — **Branching Out**, Aldersgate United Methodist Church, Western Branch, 4320 Bruce Rd (O, BT, STEP) *Joe B 757-397-6279*

**Fri 7:00PM** — **Agape**, St. Paul's United Methodist Church, @ Dunbarton, 437 Providence Rd (O, DISC, IP, STEP, TW) *1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494*

**Fri 7:30PM** — **Better Days**, Church Of Saint Therese, across from Chesapeake Square Mall, Enter Front, Rooms 10-11, 4137 Portsmouth Blvd (O, CAN, DISC, AB) *1st-AB, Liz S 757-681-0711*

## COURTLAND

**Fri 7:00PM** — **Thank God I'm Free (T.G.I.F.)**, Courtland United Methodist Church, 22416 Main Street (O) *Scott C 434-594-5819*

## ELIZABETH CITY

**Sun 7:00PM** — **Over & Beyond**, Saint Phillips Chapel, West side of Street, 201 S McMorrine St (O, LIT) *Michael S 757-359-8841*

**Mon NOON** — **More Will be Revealed**, Serenity House, 300 Pearl Street (O, DISC) *Michael S 757-359-8841*

**Mon 7:00PM** — **Clean & Serene**, Riverside United Methodist Church, 1400 Edgewood Drive (O, BT)

**Mon 7:00PM** — **Keeping it Simple**, Serenity House, 300 Pearl Street (O, DISC) *Tim C 252-548-8863*

**Tue 7:00PM** — **Over & Beyond**, Saint Phillips Chapel, 201 S McMorrine St (O, VAR) *Michael S 757-359-8841*

**Thu 7:00PM** — **Over & Beyond**, Saint Phillips Chapel, 201 S McMorrine St (O, DISC) *Michael S 757-359-8841*

**Fri 7:00PM** — **Keeping it Simple**, Serenity House, 300 Pearl Street (O, DISC) *Neal W 252-202-2754*

## FRANKLIN

**Mon 7:00PM** — **Beyond Our Wildest Dreams**, First Baptist Church, 318 Hall Street (O, SPK, WC ♿) *Keith J 757-344-3189*

**Tue 7:00PM** — **Earthbound Group**, Emmanuel Episcopal Church, 400 N High Street (O, DISC) *Stephen B 757-613-5531*

**Wed 7:00PM** — **Bright New Life**, Franklin Baptist Church, 208 N High Street (O, STEP) *DeWayne L 757-641-8022*

**Thu 5:30PM** — **We Do Recover**, Franklin District Building, 161 Steward Drive (O) *Keith J 757-344-3189*

## FRISCO

**Fri 7:30PM** — **Serenity in the Sand**, Cape Hatteras Baptist Church, 50195 Buccaneer Drive (O, DISC)

## GLOUCESTER

**Sun 2:00PM** — **Living Clean**, 7603 Hospital Drive (O) *Sam B. 804-296-8592 Dan G. 804-815-7699*

**Mon 7:30PM** — **The Out of Ordinary Meeting**, White Marsh Baptist Church, 5123 George Washington Memorial Highway (O, IW, WC ♿, LIT) *Dan G. 804-815-7699 Sam B. 804-296-8592*

**Tue 8:00PM** — **A New Way of Life**, 7603 Hospital Drive (O, JFT) *Dan G. 804-815-7699 Sam B. 804-296-8592*

**Thu 8:00PM** — **Living the Dream**, 7603 Hospital Drive, 7603 Hospital Drive (BT) *Dan G. 804-815-7699 Travis S. 804-694-6629*

## GLOUCESTER (CONT)

**Fri 7:30PM** — **Closer To Home**, Riverside Walter Reed Hospital, 7515 Hospital Drive (O, DISC, WC ♿) *Sam B. 804-296-8592*

## HAMPTON

**Sun NOON** — **Faith**, Riverside Behavioral Health Center, 2244 Executive Drive (O, WC ♿) *Malcolm 757-593-6581 Henry 757-532-8814*

**Sun 7:00PM** — **The Lie Is Dead**, North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane (O, WC ♿) *Ed P. 757-303-8609*

**Sun 7:30PM** — **Recovery Group**, Riverside Behavioral Health Center, 2244 Executive Drive (O, WC ♿) *William S. 757-236-6170 Dave R. 757-218-2595*

**Mon NOON** — **A Meeting at Lunch**, First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue (O, VAR, WC ♿) *Deborah R. 757-238-0330 Eugene 757-243-6845*

**Mon 3:00PM** — **Change I Must Or Die I Will**, Nickerson Plaza, Next to ACE Hardware, 2096 Nickerson Blvd (O, WC ♿) *Kathy A. 757-897-7699 Jimmy W. 757-257-0843*

**Mon 7:00PM** — **Honesty Group**, Ivy Memorial Baptist Church, 2200 Coliseum Dr. (O, BT, SPK, STEP, WC ♿) *Yvonne W. 757-256-7858 Ernest 908-494-2383*

**Tue NOON** — **A Meeting at Lunch**, First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue (O) *Deborah 757-238-0330 Eugene 757-243-6845*

**Tue 5:30PM** — **Serenity Group**, Riverside Behavioral Health Center, 2244 Executive Drive (O, WC ♿) *Beverly A. 757-753-6868 Jeanette 757-594-3414*

**Tue 7:30PM** — **New Genesis Group**, Wesllley United Methodist Church, 2510 N. Armistead Avenue (O) *Gayle B. 757-597-1531 Cameron 757-561-3343*

**Tue 7:30PM** — **Young, Clean & Living**, North Hampton Presbyterian Church (behind the Fire Department), 1217 Todds Lane (O) *Chris L. 757-592-2170*

**Tue 8:15PM** — **Let's Recover Together**, Hampton Christian Church, 151 East Mercury Boulevard (O, WC ♿) *Tim E. 757-725-4636 Chris G. 760-984-4914*

**Wed NOON** — **A Meeting at Lunch**, First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue (O) *Deborah 757-238-0330 Eugene 757-243-6845*

**Wed 6:00PM** — **Becoming A Winner**, Loving Kindness Worship Center, 2007 N. Armisted Ave. (O) *Jacqueline G. 757-528-7041*

**Wed 7:00PM** — **Hugs Not Drugs**, Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road (O, DISC) *Sarah 757-727-3582 Jeff M. 912-414-3258*

**Thu NOON** — **A Meeting at Lunch**, First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue (O) *Deborah 757-238-0330 Eugene 757-243-6845*

**Thu 5:30PM** — **The Warriors**, Agape Foundations, INC, Entrance and Parking in the Rear, 3217 Commander Shepard Blvd (O, WC ♿) *Renee D. 757-593-4323*

**Thu 8:00PM** — **Time To Surrender**, North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane (O, WC ♿) *Eddie H. 757-268-7903*

**Fri NOON** — **A Meeting at Lunch**, First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue (O) *Deborah 757-238-0330 Eugene 757-243-6845*

**Fri 6:00PM** — **How & Why**, Riverside Behavioral Health Center, 2244 Executive Drive (C, WC ♿) *Tee J. 757-788-9475*

**Sat 6:00PM** — **Saturday Night Alternative**, First Presbyterian Church, 514 S. Armistead Avenue (O, WC ♿) *Jimmy R. 757-335-0921 Hawk 757-289-7663*

**Sat 7:30PM** — **A New Approach to Life**, North Hampton Presbyterian Church (behind the firehouse), 1217 Todds Lane (O) *Josh 757-284-9367*

## HERTFORD, NC

**Wed 6:00PM** — **Miracles in Progress**, Melton Grove Baptist Church, Winfall, NC, 163 Melton Grove Rd (O) *Lavern B 252-619-9988 Willie M 252-698-2240*

## KILL DEVIL HILLS

**Mon 7:30PM** — **Freedom to Live**, Liberty Christian Fellowship, 244 Williams Drive (C, DISC, WC ♿) *Rana D 252-423-0755*

**Tue 7:30PM** — **Stick & Stay**, Colington Methodist Church, 1949 Colington Rd (O, DISC, WC ♿) *Clare D 252-944-6971*

**Sat 7:30PM** — **Freedom to Live**, Liberty Christian Fellowship, 244 Williams Drive (O) *Kim K 252-753-0822*

## MANTEO

**Thu 7:30PM** — **Surrender to Win**, Manteo Baptist Church, 406 US Highway 64 (O, DISC) *Keith B 252-573-9615, Jim 252-489-9895*

## NAGS HEAD

**Wed 7:30PM** — **Miracles Happen**, St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail (O, DISC, STEP, TW) *Kim K 252-573-0822, Jim H 252-489-9895*

**Fri 7:30PM** — **Miracles Happen**, St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail (O)

## NEWPORT NEWS

**Sun 9:30AM** — **Surrender To Live**, C. Waldo Scott Center, 3100 Wickham Avenue (O, WC ♿) *Dee W. 757-503-0739 - Tony H. 757-696-6654*

**Sun 3:00PM** — **Write to Recover**, Mary Immaculate Hospital, Community Health and Resource Center, 2 Bernardine Drive (C, NC, WR) *Craig W. 845-642-5043*

**Sun 7:00PM** — **A Gift Called Life**, Warwick United Church of Christ, 10 Matoaka Lane (O, WC ♿) *Johnnie 757-869-4890 Nadine 757-751-4680*

**Mon 9:30AM** — **Trust The Process**, St. Augustine's Episcopal Church, 2515 Marshall Avenue (O, WC ♿) *Qadeer 757-344-1284 Lilly 757-236-8921*

**Mon NOON** — **High Noon**, Recovery Baptist Church, 303 Blair Avenue (O, WC ♿) *Teresa F. 757-269-1707 Mildred D. 757-236-9021*

**Mon 6:00PM** — **I Can't We Can**, C. Waldo Scott Center, 3100 Wickham Ave (O, IP, SPK, AB)

**Mon 7:00PM** — **New Attitude**, 3509 Chestnut Avenue (O, WC ♿) *Vet 747-849-8808 Rose F. 757-593-0104*

**Tue 9:30AM** — **Trust The Process**, St. Augustine's Episcopal Church, 2515 Marshall Avenue (O, WC ♿) *Qadeer 757-344-1284 Lilly 757-236-8921*

**Tue NOON** — **High Noon**, Recovery Baptist Church, 303 Blair Avenue (O, WC ♿) *Teresa F. 757-269-1707 Mildred D. 757-236-9021*

**Tue 7:00PM** — **We Can Change**, First Church of Newport News, 2300 Wickham Avenue (O) *Harvey 757-926-9138 Plummer 757-696-3416 Albert W. 757-597-8697*

**Wed 9:30AM** — **Trust The Process**, St. Augustine's Episcopal Church, 2515 Marshall Avenue (O, WC ♿) *Qadeer 757-344-1284 Lilly 757-236-8921*

**Wed NOON** — **High Noon**, Recovery Baptist Church, 303 Blair Avenue (O, WC ♿) *Teresa F. 757-269-1707 Mildred D. 757-236-9021*

**Wed 7:00PM** — **End Of The Road**, 1707 Jefferson Avenue (O, WC ♿) *Glen N. 757-268-9318 Sherri W. 757-768-1392*

**Wed 7:00PM** — **Hope**, Warwick Conference Center, Building #6, 12420 Warwick Blvd (O) *Will D. 757-768-7954 David B. 757-342-2510*

**Wed 7:30PM** — **Living The Program**, Warwick United Church of Christ, 10 Matoaka Lane (C, WC ♿) *Ray D. 757-303-4533 Veronica W. 757-589-5747*

**Thu 9:30AM** — **Trust The Process**, St. Augustine's Episcopal Church, 2515 Marshall Avenue (O, WC ♿) *Qadeer 757-344-1284 Lilly 757-236-8921*

**Thu NOON** — **High Noon**, Recovery Baptist Church, 303 Blair Avenue (O, WC ♿) *Teresa F. 757-269-1707 Mildred D. 757-236-9021*

**Thu 7:00PM** — **Let's Get Spiritual**, St. Paul AME Church, 2500 Chestnut Avenue (O, WC ♿) *Debbie 757-310-2914 Teddie 757-503-0528*

**Thu 7:00PM** — **We Do Recover**, Reformation Lutheran Church, 13100 Warwick Blvd (O, Pi, WC ♿, LIT) *Paula M. 757-506-9294*

**Fri 9:30AM** — **Trust The Process**, St. Augustine's Episcopal Church, 2515 Marshall Avenue (O, WC ♿) *Qadeer 757-344-1284 Lilly 757-236-8921*

**Fri NOON** — **High Noon**, Recovery Baptist Church, 303 Blair Avenue (O, WC ♿) *Teresa F. 757-269-1707 Mildred D. 757-236-9021*

**Fri 6:30PM** — **Change We Must**, Living Faith Christian Center, 14901 Warwick Blvd (O, WC ♿) *Danny A. 757-696-2318 Darlene A. 757-998-1177*

**Fri 7:00PM** — **Keep Coming Back**, Newport News Community Center, 605 South Avenue (O, WC ♿) *Lorenzo 757-320-6224*

**Fri 7:30PM** — **Good Orderly Direction**, Warwick United Church of Christ, 10 Matoaka Lane (O, WC ♿) *Jeff H. 757-630-3806*

**Sat 10:00AM** — **No More Excuses**, Warwick United Church of Christ, 10 Matoaka Lane (O, WC ♿) *Deborah R. 757-238-0330*

**Sat NOON** — **Women & Men In Recovery**, Trinity United Methodist Church, 29th & Huntington Ave, 228 29th St (O) *Pamela H. 732-670-5887 Al W. 757-541-9218*

**Sat 5:30PM** — **Saturday Night Live**, First Baptist Church Jefferson Park (use 43rd St to get in), 615 42nd St. (O, WC ♿)

**Sat 7:30PM** — **Never Alone**, Hillton Christian Church, 100 James River Drive (O, WC ♿) *Butch L. 757-320-3221*

## NORFOLK

**Sun 6:00PM** — **It's About Time**, Norview United Methodist Church, 1112 Norview Avenue (O, SPK, WC ♿) *Jerome F 757-202-6163*

**Sun 8:00PM** — **Mixed Group**, First Lutheran Church, 1301 Colley Ave (O, DISC) *Mike J 757-409-1676*

**Mon 9:30AM** — **Morning Meditation**, EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O, WC ♿) *Rick K 757-753-0048*

**Mon NOON** — **Help Me Think**, Ingleside Baptist Church, corner of Gatling Ave, 925 Ingleside Rd. (O, BT, JFT, STEP, TOP) *1st-Step, 2nd-Top, 3rd-BT, 4th-JFT, Carlton J 757-589-3564*

**Mon 8:00PM** — **Recovery on the Hill**, Ocean View Christian Reformed Church, 1241 Hillside Avenue (O, BT, CAN, SPK, STEP, WC ♿) *Fred R 757-695-6500*

**Tue 9:30AM** — **Morning Meditation**, EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O, DISC, VAR, WC ♿) *Rick K 757-753-0048, Mike M 757-305-2212*

## NORFOLK (CONT)

**Tue 5:30PM** — **Just For Today**, First Lutheran Church, Corner of Colley Ave. & Baldwin Ave., 1301 Colley Avenue (O, DISC, IP, SPK, STEP, TOP) *Bill A 757-647-7707*

**Tue 6:00PM** — **Rainbow Serenity**, LGBT Life Center, Entrance on Corner of Llewellyn and 25th St., 248 W 24th St (O, DISC, GL) *Karim M 757-647-1414*

**Tue 7:00PM** — **Let It Be**, Ocean View Christian Reformed Church, 1 block from Ocean View & Beach View, 1241 Hillside Ave (O, DISC) *Brandi M 757-581-3178*

**Tue 7:00PM** — **We Can Change**, Oakdale Presbyterian Church, West of Tidewater Dr. between Harriet & Van Patten Rd., 550 East Little Creek Rd. (O, BT, DISC, IW, SPK) *Olena P 757-359-5580*

**Wed 9:30AM** — **Morning Meditation**, EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O, DISC, VAR, WC ♿) *Rick K 757-7530048*

**Wed NOON** — **High Noon**, New Life Providence Church, 1420 Colonial Ave (O) *Lafayette 757-696-7534, Michelle M 757-381-5881*

**Wed 6:30PM** — **Last House on the Block**, Chesterfield Heights Community Center, 1st floor, 2715 Stanhope Ave (O, DISC) *Lafayette R 757-696-7534, Rudolph S 757-714-0783*

**Wed 8:00PM** — **Better by the Bay**, Miles Memorial United Methodist Church, Park off Selby Pl (rear entrance), 9450 Granby Street (O, BT, DISC, WC ♿) *Ryan D 757-651-5316*

**Wed 8:00PM** — **Where's Lot 14?**, Sentara Norfolk General Hospital, Dining Room #1, 600 Gresham Drive (O, DISC) *Gary 757-237-4507, Juanita 757-685-8848*

**Thu 9:30AM** — **Morning Meditation**, EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O, DISC, VAR, WC ♿) *Rick K 757-753-0048*

**Thu NOON** — **Recovery 'N' EOV**, Ocean View Reformed Christian Church, block in for Ocean View Ave at Beach St, 1241 Hillside Ave (O, BT, DISC, IP, SPK) *LaTrisha 757-285-7964, Jerome F 757-202-6163*

**Thu 6:30PM** — **Got to Have It**, Queen Street Baptist Church, 413 E. Brambleton Avenue (O, BT, IP, SPK, STEP, WC ♿) *Frederick J 757-374-1577, Juanita S 757-685-8848*

**Thu 8:00PM** — **Junks & Drunks**, Ocean View Reformed Church, 1241 Hillside Ave (O, STEP) *Amber O 856-340-0091 Mark B 757-581-0800*

**Fri 9:30AM** — **Morning Meditation**, EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road (O, DISC, VAR, WC ♿) *Mike M 757-305-2212, Rick K 757-753-0048*

**Fri NOON** — **The Continuing Quest**, First Lutheran Church, Corner Colley Ave & Baldwin Ave, 1301 Colley Avenue (O, DISC, SPK, SWG) *Dave E 757-663-2723*

**Fri 6:00PM** — **The Happy Hour**, Faith Community Church, 100 East 30th Street (C, O, JFT) *Lafayette R 757-696-7534, Jerome F 757-202-6163*

**Fri 8:00PM** — **Miracle On 9th Bay**, East Ocean View Baptist Church, 9609 9th Bay Street (O, SPK, STEP) *Larry W 757-701-0446*

**Sat 9:30AM** — **Morning Meditation**, EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road (O, DISC, VAR, WC ♿) *Mike M 757-305-2212, Rick K 757-753-0048*

**Sat NOON** — **Basic Math 12 & 12**, First Baptist Church, across from the Scope, 418 E Bute Street (O, SPK, STEP, TRAD) *Carlton D 757-515-3331*

**Sat 5:30PM** — **Back to Life**, First Lutheran Church, Corner of Colley and Baldwin, 1301 Colley Avenue (O, BT, DISC, SPK, TRAD) *Cornell W 757-729-4089*

**Sat 8:00PM** — **Surrender to Live**, Norview United Methodist Church, park behind church, 1112 Norview Avenue (O, BT, DISC, WC ♿) *Fred R 757-695-6500 We split into 3 mtg rooms & alternate in 1.*

## POQUOSON

**Thu 7:30PM** — **Fresh Starts for Open Hearts**, Poquoson Baptist Church, 283 Wythe Creek Road (O)

## PORTSMOUTH

**Sun 9:00AM** — **Men's Rap**, Maryview Behavioral Center, First Floor side entrance, 3636 High Street (O, DISC, M, WC ♿) *Joe B 757-397-6279*

**Sun 11:00AM** — **We Need A Meeting**, Maryview Hospital, 2nd Floor, Conference Room B, 3636 High Street (O, BT, DISC, JFT, SPK, STEP, WC ♿) *Donna E 757-535-5895 1-DSC, 2-STP, 3-BT, 4-SPK, 5-JFT*

**Sun 7:00PM** — **New Phase Four**, Saint John's Episcopal Church, 424 Washington Street (O, DISC, SPK, TOP) *Ron E 757-582-1070, Lloyd P 757-638-7157*

**Mon 6:45AM** — **Jump Start the Day**, First Lutheran Church, Washington & King, 600 King Street (O) *Teresa D 757-724-3685*

**Mon 7:00PM** — **New Beginnings**, Church of the Resurrection, @ Midfield Pkwy, 3501 Cedar Lane (O, IW, WC ♿) *Greg C 757-636-3745. Kathy K 757-403-7409*

**Tue 6:45AM** — **Jump Start the Day**, First Lutheran Church, Washington & King, 600 King Street (O) *Teresa D 757-724-3685*

**Tue NOON** — **The Emergency Unit**, United Congregational Christian Church, Hodges Ferry Rd & Charlotte St, 5900 Portsmouth Blvd (O, BT, DISC) *Dora H 757-735-7615*

## PORTSMOUTH (CONT)

| | |
|---|---|
| **Tue 7:00PM** | **Keep Coming Back**, New First Baptist Church of Taylorsville, By Fredrick Blvd, 2720 Turnpike Road (O, BT, DISC, SPK, STEP, TOP) *Francis P 757-679-1151* |
| **Tue 8:00PM** | **A Gift Called Life**, United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd (O, BT) *Brian L 757-619-7375, Sean H 757-438-1688* |
| **Wed 6:45AM** | **Jump Start the Day**, First Lutheran Church, Washington & King, 600 King Street (O) *Theresa D 757-724-3685* |
| **Wed 7:00PM** | **Surrender and Recovery**, United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd (O, BT) *Thomas G 757-647-1481* |
| **Wed 7:00PM** | **What Can I Do**, Wesley Community Service Center, 1701 Elm St (O, VAR) *Sabrina P 757-228-0730* |
| **Thu 6:45AM** | **Jump Start the Day**, First Lutheran Church, Washington & King, 600 King Street (O) *Teresa D 757-724-3685* |
| **Thu 7:00PM** | **Freebird**, Craddock Baptist Church, and Harris Road, 96 Afton Parkway (O, BL, BT) *Roland C 757-328-2243, Jen J 757-582-4947* |
| **Thu 7:00PM** | **Girls Nite Out**, First Friends Church, 5307 Portsmouth Blvd. (O, IP, JFT, SWG, STEP, W) *Vickie 757-375-0067, Kat 757-359-3793, Missy 757-753-6223* |
| **Fri 6:45AM** | **Jump Start the Day**, First Lutheran Church, King & Washington, 600 King Street (O) *Teresa D 757-724-3685* |
| **Fri 6:00PM** | **Wounded Healers**, Great Awakening United Church of Christ, 1520 High St (O) |
| **Sat 11:00AM** | **The Phoenix Group**, Maryview Hospital, 2nd floor Conf Room A, 3636 High Street (O, BT) *Sam D 757-353-2094* |
| **Sat 8:00PM** | **Back to Basics**, Port Norfolk Baptist Church, 401 Broad Street (O, BT, DISC) *Ty H 757-235-3175* |

## SUFFOLK

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|---|---|
| **Sun 7:00PM** | **A Clear Message**, Obici Hospital, Conf. Rm. C - Basement, 2800 Godwin Boulevard (O, BT, DISC, SPK, AB) |
| **Wed 7:30PM** | **Life & Hopeline**, Suffolk Christian Church, by courthouse, 216 North Main St. (O, DISC, STEP, WC ♿) *Rob B 757-923-5461* |
| **Fri 7:00PM** | **Life & Hopeline**, Sentara Obici Hospital, 2800 Godwin Boulevard (O, DISC, STEP) *Diane W 717-887-0279* |
| **Sat 7:00PM** | **Life & Hopeline**, Sentara Obici Hospital, 2800 Godwin Boulevard (O, DISC, STEP) *Marvin C 757-729-4089* |

## VIRGINIA BEACH

| | |
|---|---|
| **Sun 9:00AM** | **Hope Ignited**, Virginia Beach Recovery Club, 1900 Baltic Avenue (O, DISC, WC ♿) *Dale 757-202-9693, Chuck K 757-469-9365* |
| **Sun 5:00PM** | **The Journey Continues**, St. Francis Episcopal Church, 509 S Rosemont Road (C, LIT) *Lucinda W 757-502-5176 (Living Clean Study)* |
| **Sun 8:00PM** | **Sunday Sanity**, VA Beach Psych Center, next to hospital, 1100 First Colonial Rd (O, DISC) *Karla W 757-434-6446, Pat O 757-633-2820* |
| **Mon 7:00PM** | **Monday Night Candlelight**, Haygood United Methodist Church, 4713 Haygood Rd (O, BT, CAN, WC ♿) *Eric D 757-580-2849* |
| **Mon 7:30PM** | **Living The Program**, Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road (O, BT, DISC) *Lance G 757-692-7864, Steve K 757-715-1075* |
| **Mon 8:00PM** | **Raw Recovery**, Judeo-Christian Outreach Center - Homeless Shelter, East of Birdneck Rd, 1053 Virginia Beach Blvd (O, DISC) *April M 757-323-7038* |
| **Mon 10:30PM** | **End of the Night**, Old Donation Episcopal Church, 4449 N Witchduck Road (O, WC ♿, LIT) *Living Clean Study Ann V 757-270-1141* |
| **Tue 7:30PM** | **Freedom Group**, Nicholas Greek Church, Fellowship Hall, 621 First Colonial Road (O, DISC) *Living Clean Study, Kristina D 757-270-9509* |
| **Tue 7:30PM** | **In Times of Illness**, VA Beach Psych Center, next to hospital, those with illness in recovery are welcome, 1100 First Colonial Rd (O, DISC) *Bill S 757-717-1815* |
| **Tue 7:30PM** | **There's A Light**, Ocean Lakes Church of Christ, 1200 Dam Neck Road (O, DISC) *Ian B 757-717-7900, Geoff L 757-641-3159* |
| **Tue 8:00PM** | **Enjoying the Journey**, Water's Edge Church of God, Near South Plaza Trial, 4141 Holland Road (O, DISC, SPK, STEP, TOP) *Billy B 757-681-4341* |
| **Tue 10:30PM** | **End of the Night**, Old Donation Episcopal Church, 4449 N Witchduck Road (O, IW) *Ann V 757-270-1141* |
| **Wed NOON** | **Visible Changes**, Emmanuel Episcopal Church, Off S Witchduck, 5181 Princess Anne Road (O, DISC) *Charles D 757-729-6176, Deborah J 757-320-6341* |
| **Wed 5:30PM** | **Midweek Peak**, Thalia Lynn Baptist Church, 4392 Virginia Beach Blvd (O, DISC) *John B 7576354318 Sarah H 7572988224* |
| **Wed 7:15PM** | **Straight Ahead**, Christ Presbyterian, 709 Aragona Blvd (O, DISC, STEP) *Chris P 757-535-7227* |

## VIRGINIA BEACH (CONT)

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| **Wed 8:00PM** | **Trusted Servants**, St. Francis Episcopal Church, 509 S Rosemont Road (O, DISC, WC ♿) *Barbara H 845-905-9126* |
| **Wed 8:30PM** | **Stepping into Recovery**, Old Donation Episcopal Church, 4449 N. Witchduck Road (O, DISC, WC ♿, LIT) *Guiding Traditions, Mary P 757-739-1726* |
| **Wed 10:30PM** | **End of the Night**, Old Donation Episcopal Church, 4449 N Witchduck Road (O, BT) *Ann V 757-270-1141* |
| **Thu 7:00PM** | **Shattering the Illusion**, St. Michaels Lutheran Church, 2208 Princess Anne Rd (O, BT) *Kristine A 757-202-2702* |
| **Thu 7:30PM** | **Serenity Circle**, Haygood United Methodist Church, 4713 Haygood Road (O, DISC, WC ♿, ME) *Entrance at Northwest Corner Ann 757-270-1141 Trish 757-985-0948* |
| **Thu 8:00PM** | **Choose Life**, VA Beach Psych Center, next to hospital, 1100 First Colonial Rd (O, BT, IP, SPK) *Candace J 7575856609 Dickie B 7574125029* |
| **Thu 8:00PM** | **Raw Recovery**, Judeo-Christian Outreach Center - Homeless Shelter, East of Birdneck Rd, 1053 Virginia Beach Blvd (O, DISC) *April M 757-322-7038* |
| **Thu 10:30PM** | **End of the Night**, Old Donation Episcopal Church, 4449 N Witchduck Road (O, DISC) *Ann V 757-270-1141* |
| **Fri NOON** | **Write Now**, Providence Presbyterian Church, 5497 Providence Rd (C, JFT, SWG, ME) *Writing during meeting, Fred R 757-695-6500* |
| **Fri 8:00PM** | **Kempsville Crossroads**, Providence Presbyterian Church, 5497 Providence Road (O, DISC, TRAD, WC ♿) *Mark N 757-478-1839* |
| **Fri 8:00PM** | **Wave of Recovery**, Virginia Beach Christian Church, 2225 Rose Hall Drive (O, DISC) *Pat C 757-735-8934* |
| **Fri 8:30PM** | **HOW Group**, Good Shepherd Lutheran Church, 1489 Laskin Road (C, DISC) *Lance G 757-692-7864, Neal G 757-328-6485* |
| **Fri 11:00PM** | **The Road Less Traveled**, Old Donation Episcopal Church, 4449 N. Witchduck Road (O, DISC, WC ♿) *Teresa D 757-724-3685* |
| **Sat 9:00AM** | **Fresh Start**, Foundry United Methodist Church, 2801 Virginia Beach Blvd. (O) *Madison B 757-506-6986 Pat C 757-735-8934* |
| **Sat 5:00PM** | **When at the End of the Road**, St. Francis Episcopal Church, 509 S Rosemont Road (O, DISC) *Romaine P 757-513-9004, Dana S 757-831-1701* |
| **Sat 6:00PM** | **Saturday Night Men's Meeting**, Virginia Beach Christian Church, 2225 Rose Hall Drive (C, DISC) *Robert D 757-343-3423* |
| **Sat 7:00PM** | **Saturday Night Live**, St. Nicholas Fellowship Hall, 621 First Colonial Road (O) *Ted L 757-717-2669* |
| **Sat 8:00PM** | **Freedom of Choice**, Church of the Accension, 4853 Princess Anne Road (O, DISC, STEP) *James P 757-619-2273* |

## WILLIAMSBURG

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| **Sun 8:00PM** | **Nature Of Recovery**, 5477 Mooretown Road (O, WC ♿) *Ron L. 757-880-3826 Terry W. 757-719-6392* |
| **Mon 7:00PM** | **Women in Recovery**, St, Martin's Church, 3279 Lake Powell Rd (O) *Erin 571-224-6615* |
| **Mon 8:30PM** | **Who is an Addict?**, 3279 Lake Powell Road (O) *Lindsey V. 757-291-2530* |
| **Tue 7:00PM** | **A Proven Program**, York River Baptist Church, 8201 Croaker Road (O) *Dave H. 757-207-1154 John P. 757-235-9300* |
| **Wed NOON** | **Recovery At Noon**, 3279 Lake Powell Rd (O) *Erin T. 571-224-6615* |
| **Wed 8:30PM** | **Who is an Addict?**, 3279 Lake Powell Road (O) *Lindsey V. 757-291-2530 Greg M. 757-645-6381* |
| **Thu 7:30PM** | **12 + 12 = Change!!**, Wesley Foundation (across from W&M soccer field), 526 Jamestown Road (O, WC ♿) *Mary H. 757-412-9599* |
| **Fri 8:00PM** | **NOTHING TO FEAR**, Williamsburg Sentara Hospital, Williamsburg Rm., 100 Sentara Circle (O, IP, SPK, TOP, WC ♿, AB) *Ryan D. 804-240-9100* |
| **Sat 10:00AM** | **Living Life On Life's Terms**, Wesley Foundation, 526 Jamestown Road (O, WC ♿) *Thayne F. 757-603-2131 Brian G. 757-879-2344 Don S.804-413-4222* |

## YORKTOWN

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| **Mon 7:30PM** | **In Step**, Grafton Baptist Church, @ Dare Road, 5540 George Washington Memorial Hwy (O) *Brendan R. 757-802-5695* |

## BEACH AREA SERVICE COMMITTEES

**Beach Area Service Committee**
P.O. Box 1377 Virginia Beach, VA 23451 - http://virginiabeachna.org
1st Saturday - 1:00 PM, 1200 Dam Neck Rd, Virginia Beach

**Hospitals and Institutions Subcommittee**
1st Saturday - 11:00 AM, 1200 Dam Neck Rd, Virginia Beach

**Emergent Needs Subcommittee**
1st Saturday - 12:00 PM, 1200 Dam Neck Rd, Virginia Beach

**Serenity on the Shore Subcommittee**
1st Sunday – Subcommittees: 5:00PM, Main: 6:00PM, 1100 First Colonial Rd Virginia Beach

## TIDEWATER AREA SERVICE COMMITTEES

**Tidewater Area Service Committee**
1112 Norview Ave, Norfolk, VA - http://tidewaterareana.org
2nd Sunday - 2:00 pm, 1112 Norview Ave, Norfolk

**Hospitals and Institutions Subcommittee**
3rd Sunday - 12:30 pm, 1112 Norview Ave, Norfolk

**Literature, Policy, Public Relations, Phoneline, Special Events Subcommittees**
2nd Sunday - 12:30 pm, 1112 Norview Ave, Norfolk

## PENINSULA AREA SERVICE COMMITTEES

**Peninsula Area Service Committee**
P.O. Box 16009, Newport News, VA 23608 - http://peninsulaareana.org
1st Saturday - 4:00 pm, 10 Matoaka Lane, Newport News

**Activities Subcommittee**
1st Saturday - 2:00 pm, 10 Matoaka Lane, Newport News

**Literature**
1st Saturday - 2:00 pm, 10 Matoaka Lane, Newport News

**Public Relations**
1st Saturday - 2:30 pm, 10 Matoaka Lane, Newport News

**Area Inventory**
Sunday following Area - 1:00 pm, 2244 Executive Drive, Hampton

**Hospitals & Institutions Subcommittee**
Sunday following Area - 2:00 pm, 2244 Executive Drive, Hampton

## OUTER LIMITS AREA SERVICE COMMITTEES

**Outer Limits Area Service Committee**
P.O. Box 1164, Franklin, Va. 23851 - http://outerlimitsareana.org/
TBD

**Hospitals and Institutions Subcommittee**
TBD

**Activities Subcommittee**
TBD

**Public Relations**
TBD

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| **Central Atlantic Regional Service**<br>P. O. Box 1959, Chesterfield, VA 23832 | http://www.car-na.org |
| **Narcotics Anonymous World Service** | http://www.na.org |

## Phone Numbers

# 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.

# DECEMBER 2018

## REGIONAL HELPLINE
## 800-777-1515

## TIDEWATER HELPLINE
## 866-972-5055

| Meeting Format Legend | | | |
|---|---|---|---|
| AB | Ask-It-Basket | BL | Bi-Lingual |
| BT | Basic Text | C | Closed |
| CAN | Candlelight | DISC | Discussion |
| GL | LGBT | IP | IP Study |
| IW | It Works Study | JFT | Just for Today Study |
| LIT | Literature Study | M | Men |
| ME | Meditation | NC | No Children |
| O | Open | Pi | Pitch |
| SPK | Speaker | STEP | Step |
| SWG | Step Working Guide Study | TOP | Topic |
| TRAD | Tradition | TW | Traditions Workshop |
| VAR | Format Varies | W | Women |
| WC ♿ | Wheelchair | WR | Writing Meeting |

Meetings Weekly: 179