CARROLLTON

Mon 7:00PM **Running on Faith**, Carrollton Holiness Church, 16144 Carrollton Blvd (O) *Mark W 757-438-5435*

CHESAPEAKE

Sun 3:00PM **Wecovery**, Great Bridge United Methodist Church, 201 Stadium Drive (O,VAR) *Mike S 757-230-8854*

Mon 7:00PM **New Beginnings**, Churchland Baptist Church, 3031 Churchland Blvd (O,WC ♿,LC) *Badrunnisa K 443-847-4738 Coy D 757-981-5090*

Tue 5:30PM **Mensrap**, St Paul's United Methodist Church, 437 Providence Road (C,O,M) *Gus G 757-574-6891*

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

Thu NOON **Reason To Believe**, Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd (O,BT,DISC) *Johnny D 757-287-4430*

Thu 7:30PM **Second Chance**, Great Bridge United Methodist Church, 201 Stadium Drive (O,DISC,STEP,TW) *Louie L 757-560-8172*

Fri 7:00PM **Agape**, St. Paul's United Methodist Church, 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, 4137 Portsmouth Blvd (O,CAN,DISC,AB) *Joe W 757-536-7337*

Sat 5:00PM **The Gift of Hope**, Churchland Baptist Church, By the cemetery thru the red double doors, upstairs., 3031 Churchland Blvd (O,WC ♿) *Craig T 757-920-8077*

ELIZABETH CITY

Sun 7:00PM **Over & Beyond**, St. Philip's 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,DISC) *John J 252-377-2405 Jason G 252-312-5318*

Tue 7:00PM **Over & Beyond**, St. Philip's Chapel, 201 S McMorrine St (O,VAR) *Michael S 757-359-8841*

Thu 7:00PM **Over & Beyond**, St. Philip's Chapel, 201 S McMorrine St (O,DISC) *Michael S 757-359-8841*

FRANKLIN

Tue 7:00PM **Earthbound Group**, Emmanuel Episcopal Church, Meeting is in the back, in basement., 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*

HAMPTON

Sun 7:00PM **Recovery Group**, Wesley United Methodist Church, 2510 N Armistead Ave (O) *William S 757-236-6170 Dave R 757-218-2595*

Mon NOON **A Meeting at Lunch**, First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O,VAR,WC ♿) *Eugene 757-358-1709 Bryan 267-939-6415*

Mon NOON **Check up From the Neck Up** (O,VM) *Hanifah 571-546-4684*

Mon 5:00PM **Women Recover Too**, 3315 W Mercury Blvd (BT,IP,SPK,STEP,TRAD,W,AB) *Dottie G 267-428-9776 Denise K 757-660-1118*

Mon 7:30PM **Addicts in the Attic**, St Mark's United Methodist Church, 99 E. Mercury Blvd. (O,BT,DISC,VAR,TOP,LIT) *Allen M 941-564-5882 Chaz 757-349-9297*

HAMPTON (CONT)

Tue NOON **A Meeting at Lunch**, First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) *Eugene 757-358-1709 Bryan 267-939-6415*

Tue NOON **Check up From the Neck Up** (O,VM) *Hanifah 571-546-4684*

Tue 6:45PM **New Genesis**, Wesley United Methodist Church, 2510 N Armistead Avenue (O,SPK,STEP,LIT) *Kayla E. 757-771-7493 Dylan B. 757-871-0958*

Tue 8:15PM **Let's Recover Together**, Hampton Christian Church, 151 East Mercury Boulevard (O) *Tim E. 757-725-4636 Sissy O. 661-345-3206*

Wed NOON **A Meeting at Lunch**, First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) *Eugene 757-358-1709 Bryan 267-939-6415*

Wed NOON **Check up From the Neck Up** (O,VM) *Hanifah 571-546-4684*

Wed 7:00PM **Hugs Not Drugs**, Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road (O,DISC,LC)

Thu NOON **A Meeting at Lunch**, First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) *Eugene 757-358-1709 Bryan 267-939-6415*

Thu NOON **Check up From the Neck Up** (O,VM) *Hanifah 571-546-4684*

Thu 5:00PM **Meeting At Buckroe Beach**, Shelter #2 near flag pole, 100 South First Street (O,DISC) *William K 757-768-0886*

Thu 7:00PM **Keep the Fire Burning**, Bethany United Methodist Church, Back of church Wesley Hall, 1509 Todds Ln (O,CAN,DISC,SPK) *Ashli H 757-817-8721*

Fri NOON **A Meeting at Lunch**, First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) *Eugene 757-358-1709 Bryan 267-939-6415*

Fri NOON **Check up From the Neck Up** (O,VM) *Hanifah 571-546-4684*

Sat 6:00PM **Saturday Night Alternative**, First Presbyterian Church, 514 S Armistead Avenue (O,WC ♿) *Denise K 757 660-1118*

HAYES

Sun 1:00PM **Living Clean**, A Place To Meet, Study meeting from the Living Clean book, 7055 Linda Circle (O,WC ♿,LIT) *Grace M 804-824-5622*

Tue 7:00PM **A New Way of Life**, A Place To Meet, 7055 Linda Circle (O,JFT,WC ♿) *Paul S 757-293-9446 Janet P 804-466-1515*

Fri 7:00PM **Closer To Home**, A Place To Meet, 7055 Linda Circle (O,DISC,WC ♿) *Janet P 804-466-1515*

KILL DEVIL HILLS

Mon 7:30PM **Freedom to Live**, Liberty Christian Fellowship, 244 Williams Dr (O) *Lauren M 252-722-5774*

Tue 7:00PM **Stick & Stay**, Colington Methodist Church, 1949 Colington Rd (O,DISC) *Gene S 252-267-2823*

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

KILMARNOCK

Sun 6:00PM **Refuge Recovery**, 504 N Main Street (DISC,WC ♿,ENG,LIT) *Dwight 804 577 3525 Delano 804 238 8167*

LOCUST HILL

Thu 7:00PM **Crossing Rivers**, Harmony Grove Baptist Church, 7722 General Puller Highway (O,DISC,VAR) *Dwight N 8045773525 Delano J 8042388167*

NAGS HEAD

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

Fri 7:30PM **Miracles Happen**, St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail (O) *Scott D 252-267-0060*

NEWPORT NEWS

Sun 9:30AM **Surrender To Live**, 329 Main St (O,WC ♿) *Dee 757-503-0739 Rodney F 757-503-5281*

Sun 7:00PM **A Gift Called Life**, Warwick United Church of Christ, 10 Matoaka Lane (O,WC ♿) *Nadine 757-751-4680 David H 757-214-2770*

Sun 7:00PM **A Resentment and a Coffee Pot**, St. Georges Episcopal Church, 15446 Warwick Blvd (O,DISC,NS,ENG,NP) *Yahsh W 757-715-1586*

Mon 10:00AM **Get Back Up**, Macedonia Baptist Church, 5500 Marshall Ave (IP,JFT) *Michelle C 757-759-1317*

Mon 2:00PM **High Noon**, Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) *Teresa F. (757) 269-1707 Mildred D. (757) 236-9021*

Mon 6:30PM **New Attitude**, Trinity United Methodist Church, 228 29th St (O,WC ♿) *Debbie S. 757-310-2914*

Tue 2:00PM **High Noon**, Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) *Teresa F. 757-269-1707 Mildred D. 757-236-9021*

Tue 6:30PM **Vision of Hope**, In Basement and not handicap accessible, 1111 24th Street (O) *Haywood D 757-706-2309*

Tue 7:00PM **Tuesday Night ODAT(One Day At A Time)**, 15616 Warwick Boulevard (O,STEP,TOP,AB,ENG) *Eddie J 757-968-8923*

Wed 2:00PM **High Noon**, Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) *Teresa F. 757- 269-1707 Mildred D. 757- 236-9021*

Wed 7:00PM **End Of The Road**, 1707 Jefferson Avenue (O,WC ♿) *Glen N. 757-272-5790 Ernest W. 757-367-2476*

Wed 7:00PM **Hope**, 10 Matoaka Ln. (O) *Will D. 757-768-7954*

Thu 2:00PM **High Noon**, Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) *Teresa F. 757- 269-1707 Mildred D. 757- 236-9021*

Thu 6:30PM **Living as Men**, Recovery Baptist Church, 303 Blair Ave (O,M,VAR,WC ♿,ENG,F2F,BUS) *Ernie J. 908-494-2383*

Fri 2:00PM **High Noon**, Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) *Teresa F. 757- 269-1707 Mildred D. 757-236-9021*

Fri 7:00PM **Keep Coming Back**, Newport News Community Center, 605 South Ave (O,WC ♿) *Michelle H. 757-751-2528*

Fri 7:30PM **Good Orderly Direction**, 10 Matoaka Ln (O) *Jeff H 757-630-3806 Alex C 757-303-6049*

Sat 10:00AM **No More Excuses**, Warwick United Church of Christ, 10 Matoaka Lane (O,BT,IP,IW,WC ♿,LC,SPAD) *William K. 757-768-0886*

Sat 2:00PM **High Noon**, Recovery Baptist Church, 2nd & 4th Saturdays ONLY, 303 Blair Ave (O,BT,IW,CPT,LIT) *Teresa F. 757-269-1707 Mildred D. 757-236-9021*

Sat 7:00PM **Never Alone**, Hillton Christian Church, Meets at 7pm as of 2/11/23, 100 James River Drive (O,WC ♿) *Ray D 757-303-4533*

NORFOLK

Sun 6:00PM **It's About Time**, Squires Memorial Presbyterian Church, 770 Ingleside Rd (O,SPK,WC ♿) *Jay J 757-227-8025 Charles M 757-735-8511*

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, 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 ♿) *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 ♿)

Tue 9:30AM **Morning Meditation Literature** (O,VAR,VM,LIT)

Tue 7:00PM **Let It Be**, Reformation Presbyterian Church, 1241 Hillside Ave (O,DISC,LIT) *Jessica H 757-822-4559*

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) *Leo C 757-285-2007*

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) *Bill A 757-647-7707*

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) *Nadia H 757-285-5867*

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

Wed 8:00PM **Where's Lot 14?**, Park Place Community Center, 606 W 29th St (O,DISC) *Gary 757-567-4158*

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**, Gethsemane Baptist Church, 1317 E Brambleton Ave (O,BT,IP,SPK,STEP,WC ♿) *Juanita S 757-685-8848 Jeanise R 718-513-8856*

Thu 8:00PM **Junks & Drunks**, Reformation Presbyterian Church, 1241 Hillside Ave (O,STEP) *Ed S 757-435-9526*

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) *Eddie C 757-816-4986*

Fri 8:00PM **The Miracle Continues**, Azalea Baptist Church, 3314 E Little Creek Rd (O,STEP) *Ann V 757-270-1141*

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) *Carlton D 757-515-3331*

NORFOLK (CONT)

Sat 3:00PM — **Back to Life**, First Lutheran Church, 1301 Colley Ave (O,BT,DISC,SPK,TRAD)

Sat 8:00PM — **Surrender to Live**, Reformation Presbyterian Church, 1241 Hillside Ave (O,BT,DISC,WC ♿) *Fred R 757-695-6500*

Sat 9:30PM — **The Point of Freedom**, Freemason Street Baptist Church, 400 E Freemason St (O,STEP,TRAD,WC ♿,LIT) *Contact: Tuan N 757-788-4757*

PORTSMOUTH

Sun 10:00AM — **NA-meless**, Crossroads United Methodist Church, Door with white awning facing Greenway Ct, 1800 Rodman Ave (O,DISC) *Thomas K 757-393-2009 Chris L 757-975-1936*

Sun 11:00AM — **We Need A Meeting**, 4700 George Washington Hwy (O,VAR,WC ♿) *Donna 757-535-5895*

Sun 7:00PM — **New Phase Four**, St. John's Episcopal Church, 424 Washington Street (O,DISC,SPK,TOP) *Ron E 757-582-1070, Sam G 757-353-2096*

Mon NOON — **Keep Coming Back**, New First Baptist Church of Taylorsville, 2720 Turnpike Road (O,DISC,VAR) *Francis P 757-679-1151 Judice P 757-228-8678*

Tue NOON — **The Emergency Unit**, Portsmouth UCC, 5900 Portsmouth Blvd (O,BT,DISC,F2F) *Johnny D 757-287-4430*

Tue 8:00PM — **A Gift Called Life**, Portsmouth UCC, 5900 Portsmouth Blvd (O,BT) *Brian L 757-619-7375, Sean H 757-438-1688*

Wed 7:00PM — **Surrender and Recovery**, Portsmouth UCC, 5900 Portsmouth Blvd (O,BT) *Edwin P 757-839-7806*

Thu 7:00PM — **Freebird**, Craddock Baptist Church, 96 Afton Pkwy (O,DISC) *Roland C 757-328-2243*

Thu 7:00PM — **Girls Nite Out**, West Park Church of Christ, 926 Cherokee Rd (O,W,HY) *Vickie 757-375-0067 Kat 757-359-3793*

Sat 7:00PM — **Back to Basics**, Portsmouth UCC, 5900 Portsmouth Blvd (O,BT,DISC,IP,SPK) *Charlie J 757-620-3895*

SMITHFIELD

Thu 7:30PM — **Another Chance to Live**, Benn's United Methodist Church, 14571 Benns Church Blvd (O) *Tom N 757-658-1498*

SUFFOLK

Tue 6:30PM — **Life & Hopeline**, St Paul's Episcopal Church, 213 N Main St (O) *Linwood S 757-742-2614*

Wed 7:30PM — **Life & Hopeline**, Suffolk Christian Church, by courthouse, 216 N Main St (O,WC ♿) *Robert B 757-335-2493*

Sat 7:00PM — **Life & Hopeline**, Sentara Obici Hospital, 2800 Godwin Boulevard (O,DISC,STEP) *Robert B 757-335-2493*

VIRGINIA BEACH

Sun 9:00AM — **Hope Ignited**, Virginia Beach Recovery Club, 1900 Baltic Avenue (O,DISC,WC ♿) *David D 757-971-8753*

Sun 2:00PM — **The No Matter What Club**, St Francis Episcopal Church, 509 S Rosemont Rd (O) *Trish F 757-985-0948*

Sun 6:00PM — **Sunday Sanity**, VB Psych Center, In Cafeteria, 1100 First Colonial Rd (O,BT,DISC,IP) *Pat O 757-633-2820*

Mon NOON — **Visible Changes**, Emmanuel Episcopal Church, 5181 Singleton Way (O,DISC) *Perry C 757-752-2070*

Mon 7:00PM — **Monday Night Candlelight**, Haygood United Methodist Church, 4713 Haygood Rd (O,BT,CAN,WC ♿) *Earl H 757-998-0104*

Mon 7:00PM — **She Recovers**, VB Psych Center, 1100 First Colonial Road (O,W) *Samantha 757-761-8925*

VIRGINIA BEACH (CONT)

Mon 7:30PM — **Living The Program**, Sovereign Shores Baptist Church, 4141 Holland Road (O,BT,DISC,PH) *Kendrick S 757-434-4223; Rebekah D 203-444-1845*

Mon 10:30PM — **End of the Night**, Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd (O,DISC,LIT) *Melinda J 757-401-3395*

Tue 7:00PM — **The Recovery Room**, 509 S Rosemont Road (O,VAR,LC) *Meredith 757-650-2645*

Tue 8:00PM — **Enjoying the Journey**, Sovereign Shores Baptist Church, 4141 Holland Road (O,DISC,SPK,STEP,TOP) *Ike 757-348-9806; Neal 757-328-6485*

Tue 10:30PM — **End of the Night**, Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd (O,DISC,LIT) *Melinda J 757-401-3395*

Wed NOON — **Visible Changes**, Emmanuel Episcopal Church, 5181 Singleton Way (O,DISC) *Perry C 757-752-2070*

Wed 5:30PM — **Midweek Peak**, Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd (O,DISC,WC ♿) *Aimee S 757-998-0843; Lori W 757-309-9631*

Wed 6:00PM — **Pinder Hall Group**, All Saints Episcopal Church, 10th Step meeting in Pinder Hall, 1969 Woodside Ln (O,STEP) *Palmer R 757-537-9658*

Wed 7:15PM — **Straight Ahead**, Christ Presbyterian Church, 709 Aragona Blvd (O,DISC,STEP) *Chris P 757-535-7227*

Wed 8:00PM — **Trusted Servants**, Red Church (Raised Christian Academy) 245 S Rosemont Rd (O,DISC) *Laurie A 757-375-6692 (at 8:30 please knock on the first window to the right to enter the meeting)*

Wed 9:00PM — **Stepping into Recovery**, Old Donation Episcopal Church, 4449 N Witchduck Road (O,DISC,WC ♿,LIT) *Mary P 757-739-1726*

Wed 10:30PM — **End of the Night**, Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd (O,DISC) *Melinda J 757-401-3395*

Thu 6:30PM — **Still ill**, VB Psych Center, No access through main entrance. Use door to left of main entrance., 1100 First Colonial Rd (C,DISC) *for those struggling with mental illness in recovery*

Thu 7:00PM — **Shattering the Illusion**, St. Michaels Lutheran Church, 2208 Princess Anne Rd (O,BT) *Stephanie A, 434-547-3653*

Thu 8:00PM — **Choose Life**, St. Nicholas Greek Orthodox Church, 621 First Colonial Rd. (O,DISC) *Tony C 757-502-5310 Ben R 757-339-5495*

Thu 10:30PM — **End of the Night**, Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd (O,DISC) *Melinda J 757-401-3395*

Fri NOON — **Write Now**, Providence Presbyterian Church, 5497 Providence Rd (O,JFT,SWG,ME,WR) *Writing during meeting, Fred R 757-695-6500*

Fri 7:30PM — **HOW Group**, Good Shepherd Lutheran Church, 1489 Laskin Road (C,DISC) *Scott P 304-218-1468*

Fri 8:00PM — **Kempsville Crossroads**, Providence Presbyterian Church, 5497 Providence Road (O,DISC,WC ♿) ***Not meeting 4/17/2026** Mark N 757-478-1839*

Fri 8:00PM — **Wave of Recovery**, Bayside Presbyterian, 1400 Ewell Rd (O,DISC) *Ryan 773-951-4037*

Fri 10:30PM — **End of the Night**, Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd (O,DISC) *Melinda J 757-401-3395*

Sat 10:00AM — **Fresh Start**, Christ Presbyterian Church, 709 Aragona Blvd (O) *Sherry R 757-406-9175*

Sat 5:00PM — **When at the End of the Road**, St Francis Episcopal Church, 509 S Rosemont Road (O,DISC) *Rob C 757-334-7718; Sarah A 757-727-3582*

VIRGINIA BEACH (CONT)

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 Ascension, 4853 Princess Anne Rd (O,DISC,STEP) *James P 757-619-2273*

VIRGINIA BEACH

Wed 7:00PM — **Finding the Pieces**, 1212 Princess Anne Rd (O) *Madison*

WILLIAMSBURG

Sun 9:00PM — **Cloud 9** (O,VM) *Aerock P 757-434-3468 Suddy 336-707-5900*

Mon 8:30PM — **Who Is An Addict?**, Triangle Stepping Stones, 3279 Lake Powell Rd (O)

Mon 9:00PM — **Cloud 9** (O,VM) *Aerock P 757-434-3468 Suddy 336-707-5900*

Tue 7:00PM — **A Proven Program**, Liberty Live Church, 8201 Croaker Road (O) *Dave H. 757-207-1154, Beth R. 804-332-4970*

Tue 9:00PM — **Cloud 9** (O,VM) *Aerock P 757-434-3468 Suddy 336-707-5900*

Wed 7:00PM — **Who Is An Addict?**, Triangle Stepping Stones, 3279 Lake Powell Rd (O) *Michele C 757-707-7750*

Wed 9:00PM — **Cloud 9** (O,VM) *Aerock P 757-434-3468 Suddy 336-707-5900*

Thu 9:00PM — **Cloud 9** (O,VM) *Aerock P 757-434-3468 Suddy 336-707-5900*

Fri 7:00PM — **12+12=Change**, Eastern Church, 473 Merrimac Trail (O,WC ♿,ENG)

Fri 9:00PM — **Cloud 9** (O,VM) *Aerock P 757-434-3468 Suddy 336-707-5900*

Sat 9:00PM — **Cloud 9** (O,VM) *Aerock P 757-434-3468 Suddy 336-707-5900*

BEACH AREA SERVICE COMMITTEES

Beach Area Service Committee
P.O. Box 1377 Virginia Beach, VA 23451 - https://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 - https://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 - https://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 - https://outerlimitsareana.org/
TBD

Hospitals and Institutions Subcommittee
TBD

Activities Subcommittee
TBD

Public Relations
TBD

Central Atlantic Regional Service — https://www.car-na.org
P. O. Box 1959, Chesterfield, VA 23832

Narcotics Anonymous World Service — https://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.

NOVEMBER 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

Meetings Weekly: 152