

CARROLLTON

Mon 7:00PM **Running on Faith**, Carrollton Holiness Church, 16144 Carrollton Blvd (O) Derek L 802-922-0119

CHESAPEAKE

Sun 3:00PM **Wecover**, Great Bridge United Methodist Church, 201 Stadium Drive (O,VAR) Jade 757-560-6285 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 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 12:30PM **The Gift of Hope**, Churchland Baptist Church, By the cemetery thru the red double doors, upstairs., 3031 Churchland Blvd (O,WC &) Anthony H 757-343-5006

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

GLOUCESTER

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

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

HAMPTON (CONT)

Mon 7:30PM **Here and Now**, 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

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 7:00PM **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) Sarah 757-727-3582

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 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) Paul S. 757-293-9446

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

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

KILL DEVIL HILLS

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 &) Rose F. 757-593-0104 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 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 Avenue (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

NO DATA

Tue 5:30PM **Serenity Group** (O,VM) Renee C. 757-637-8230

NORFOLK

Sun 6:00PM **It's About Time**, Norview United Methodist Church, 1112 Norview Avenue (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 &) Harmony Rd (O,WC &)

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

Mon 8:00PM **Recovery on the Hill**, Ocean View Christian Reformed Church, 1241 Hillside Avenue (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 5:30PM **Mensrap**, Norview United Methodist Church, 1112 Norview Avenue (C,M) Danny G 434-254-4075

Tue 7:00PM **Let It Be**, Ocean View Christian Reformed 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

NORFOLK (CONT)

Sat NOON	Basic Math 12 & 12 , First Baptist Church, 500 E Bute Street (O,SPK,STEP,TRAD) Carlton D 757-515-3331
Sat 3:00PM	Back to Life , First Lutheran Church, 1301 Colley Ave (O,BT,DISC,SPK,TRAD)
Sat 6:00PM	Rainbow Serenity , LGBT Life Center, 5360 Robin Hood Rd (O) Max B 517-896-5694
Sat 8:00PM	Surrender to Live , Ocean View Christian Reformed 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) Tuan N 757-788-4757

POQUOSON

Wed 7:00PM	Moment to Moment , Tabernacle United Methodist, 831 Poquoson Ave (front door) (O,ENG) Gerri M
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PORTSMOUTH

Sun 10:00AM	NA-meless , Scout Cabin, 3605 Winchester Dr (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) Mike K 757-974-4029 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
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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 North 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

VIRGINIA BEACH (CONT)

Mon 7:00PM	Monday Night Candlelight , Haygood United Methodist Church, 4713 Haygood Rd (O,BT,CAN,WC &) Earl H 757-998-0104
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	There's A Light , Ocean Lakes Church of Christ, 1200 Dam Neck Road (O,DISC) Geoff L 757-641-3159
Tue 8:00PM	Enjoying the Journey , Sovereign Shores Baptist Church, 4141 Holland Road (O,DISC,SPK,STEP,TOP) Billy B 757-681-4341
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 &) Jon B 757-635-4318 Lori W 757-309-9631
Wed 6:00PM	The 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, 315 S Rosemont Rd (O,DISC) Angel S 757-451-9207
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) Kristine A 757-202-2702, Ty H 757-235-3175
Thu 8:00PM	Choose Life , St. Nicholas Greek Orthodox Church, 621 First Colonial Rd. (O,DISC) Tony C 757-502-5310 Kristen H 757-837-5132
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 Ann V 757-270-1141
Fri 8:00PM	Kempsville Crossroads , Providence Presbyterian Church, 5497 Providence Road (O,DISC,WC &) Mark N 757-478-1839
Fri 8:00PM	Wave of Recovery , Bayside Presbyterian, 1400 Ewell Rd (O,DISC) Ben R 757-339-5495
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) Madison B 757-506-6986 Sherry R 757-406-9175

VIRGINIA BEACH (CONT)

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
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
Mon 7:00PM	She Recovers new meeting Starts 11/3 , VB Psych Center, 1100 First Colonial Road (O,W) Natalie S. (757) 758-2838 new meeting Starts 11/3

WILLIAMSBURG

Sun 9:00PM	Cloud 9 (O,VM) Aerock P 757-434-3468 Sudsy 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 Sudsy 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 Sudsy 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 Sudsy 336-707-5900
Thu 7:00PM	Tradition III , 4871 Longhill Road (O,STEP,WC &,ENG) Kristen B 757-585-9371
Thu 9:00PM	Cloud 9 (O,VM) Aerock P 757-434-3468 Sudsy 336-707-5900
Fri 7:00PM	12+12=Change , Eastern Church, 473 Merrimac Trail (O,WC &,ENG) Thayne F 757-603-2131
Fri 9:00PM	Cloud 9 (O,VM) Aerock P 757-434-3468 Sudsy 336-707-5900
Sat 9:00PM	Cloud 9 (O,VM) Aerock P 757-434-3468 Sudsy 336-707-5900

BEACH AREA SERVICE COMMITTEES

Beach Area Service Committee	P.O. Box 1377 Virginia Beach, VA 23451 - https://virginiateachna.org
Hospitals and Institutions Subcommittee	1st Saturday - 1:00 PM, 1200 Dam Neck Rd, Virginia Beach

Emergent Needs Subcommittee	1st Saturday - 12:00 PM, 1200 Dam Neck Rd, Virginia Beach
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Serenity on the Shore Subcommittee	1st Sunday - Subcommittees: 5:00PM, Main: 6:00PM, 1100 First Colonial Rd Virginia Beach

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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 Winalfa.

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