

CARROLLTON**Mon 7:00PM** **Running on Faith**, Carrollton Holiness Church, 16144 Carrollton Blvd (O) *Derek L 802-922-0119***CHESAPEAKE****Sun 3:00PM** **Wecovery**, 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) *Cathy K 757-403-7409 Sid N 757-416-4553***Tue 7:30PM** **Awesome Life**, Great Bridge United Methodist Church, 201 Stadium Drive (O,CAN,DISC,IP) *Carrie L 757-560-8177***Wed 7:00PM** **Life Beyond Addiction**, Broadcast Church, 910 Oak Grove Rd (O,DISC,STEP,ME) *Justin G 757-503-8290***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 10:00AM** **The Gift of Hope**, Churchland Baptist Church, 3031 Churchland Blvd (O,WC &) *Anthony H 757-343-5006 Sandy B 757-737-2176 **Starting 9/14*****Sat NOON** **Bridge to Recovery**, Bridge Church, 1244 Executive Blvd (O) *Justin H 804-738-1784 **Starts June 22nd*****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 &) *Grace 804-824-5622***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 10:00AM** **Get Back Up**, West End Baptist Church, Side Rear Entrance, 2413 Shell Rd (IP,JFT) *Michelle C. 757-759-1317***Mon NOON** **A Meeting at Lunch**, First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave (O,VAR,WC &) *Eugene 757-358-1709***HAMPTON (CONT)****Mon NOON** **Check up From the Neck Up** (O,VM)**Mon 3:00PM** **Change I Must Or Die I Will**, Empowered Believers Church, 2096 Nickerson Blvd (O,VAR) *Lawrence 718-594-2998 Renee 215-370-2186***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 Amy M. 757-977-2781***Tue NOON** **A Meeting at Lunch**, First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave (O) *Eugene 757-358-1709***Tue NOON** **Check up From the Neck Up** (O,VM)**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, Rear door leftside of church, 514 S Armistead Ave (O) *Eugene 757-358-1709***Wed NOON** **Check up From the Neck Up** (O,VM)**Wed 7:00PM** **Hugs Not Drugs**, Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road (O,DISC) *Sarah 757-727-3582***Thu NOON** **A Meeting at Lunch**, First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave (O) *Eugene 757-358-1709***Thu NOON** **Check up From the Neck Up** (O,VM)**Thu 5:00PM** **Meeting at Buckroe Beach**, Buckroe Beach, Meets seasonally May - October, 1st St & E Pembroke Ave (O)**Thu 7:00PM** **Keep the Fire Burning**, Bethany United Methodist Church, Park on West side of church, enter thru West door follow the signs., 1509 Todds Ln (O,DISC) *Tom K. 804-815-9356 Stacy K. 401-474-3344***Fri NOON** **A Meeting at Lunch**, First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave (O) *Eugene 757-358-1709***Fri NOON** **Check up From the Neck Up** (O,VM)**Sat 6:00PM** **Saturday Night Alternative**, First Presbyterian Church, 514 S Armistead Avenue (O,WC &) *Shanequa L 757-327-2381 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,WC &) *Gene S 252-267-2823***LOCUST HILL****Thu 7:00PM** **Crossing Rivers**, Harmony Grove Baptist Church, 7722 General Puller Highway (O,DISC) *Doug C 804-690-6595 Kathy P 804-324-1820***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***Thu 7:30PM** **The Language of Empathy**, Nags Head Church, 105 W Soundside Rd (O,DISC) *Carly E 336-251-7158***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***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***Mon 2:00PM** **High Noon**, Recovery Baptist Church, Meets M-F, 2nd & 4th Sats, 303 Blair Ave (O,VAR) *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 (BT,IW,CPT,LIT) *Teresa F. 757-269-1707 Mildred D. 757-236-9021***Wed 2:00PM** **High Noon**, Recovery Baptist Church, 303 Blair Ave (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 (BT,IW,CPT,LIT) *Teresa F. 757- 269-1707 Mildred D. 757- 236-9021***Thu 6:30PM** **Living as Men Group of NA**, Recovery Baptist Church, 303 Blair Ave (O,M,WC &) *Reggie F 757-817-8464 Ernie J. 908-494-2383***Fri 2:00PM** **High Noon**, Recovery Baptist Church, 303 Blair Ave (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,WC &) *William K. 757-768-0886***Sat 2:00PM** **High Noon**, Recovery Baptist Church, 2nd & 4th Saturdays ONLY, 303 Blair Ave (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) *Beverly A. 757-753-6868 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 &)**NORFOLK (CONT)****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 434-253-4075***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***Tue 7:30PM** **Yes! We Can!**, Family Life Center, 3172 Azalea Garden Rd (O,DISC,WC &) *Ron C 757-708-4946***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,TOP) *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?**, Sentara Norfolk General Hospital, Brickhouse Auditorium, 2nd floor, Conf Rm 2, 600 Gresham Drive (O,DISC) *Gary 757-567-4158***Thu 9:30AM** **Morning Meditation**, EZ Does It Service Center Off 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 5:30PM** **Surviving Our Emotions**, Norview United Methodist Church, 1112 Norview Avenue (C,W,WC &) *Takecha J 804-218-7208***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***Thu 8:00PM** **Junks & Drunks**, Ocean View Christian Reformed 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) *Nesbit 757-620-8804***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 , Ocean View Christian Reformed Church, 1241 Hillside Ave (O,BT,DISC,WC &) <i>Fred R 757-695-6500</i>
Sat 9:30PM	The Point of Freedom , Freemason Street Baptist Church, 400 E Freemason St (O,STEP,TRAD,WC &,LIT) <i>Tuan N 757-788-4757</i>

PORTSMOUTH	
Sun 10:00AM	NA-meless , Scout Cabin, **7/7/24 Location change**, 3605 Winchester Dr (O,DISC) <i>Thomas K 757-393-2009 Chris L 757-975-1936</i>

Sun 11:00AM	We Need A Meeting , Next door to Waffle House. PLEASE WEAR A MASK, 4700 George Washington Hwy (O,DISC,VAR,WC &) <i>Donna JE 757-535-5895</i>
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Sun 7:00PM	New Phase Four , St. John's Episcopal Church, 424 Washington Street (O,DISC,SPK,TOP) <i>Ron E 757-582-1070, Sam G 757-353-2096</i>
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Tue NOON	The Emergency Unit , Portsmouth UCC, 5900 Portsmouth Blvd (O,BT,DISC,F2F) <i>Johnny D 757-287-4430</i>
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Tue 6:00PM	Keep Coming Back , New First Baptist Church of Taylorsville, 2720 Turnpike Road (O,DISC,VAR) <i>Francis P 757-679-1151 Judice P 757-228-8678</i>
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Tue 8:00PM	A Gift Called Life , Portsmouth UCC, 5900 Portsmouth Blvd (O,BT) <i>Brian L 757-619-7375, Sean H 757-438-1688</i>
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Wed 7:00PM	Surrender and Recovery , Portsmouth UCC, 5900 Portsmouth Blvd (O,BT) <i>Edwin T 757-648-9812</i>
Thu 7:00PM	Freebird , Virtual Only (O,BT,DISC,TRAD,VM) <i>Roland C 757-328-2243</i>

Thu 7:00PM	Girls Nite Out , West Park Church of Christ, 926 Cherokee Rd (O,W,HY) <i>Vickie 757-375-0067 Kat 757-359-3793</i>
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Sat 7:00PM	Back to Basics , Portsmouth UCC, 5900 Portsmouth Blvd (O,BT,DISC,IP,SPK) <i>Mike K 757-974-4029 Charlie J 757-620-3895</i>
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SMITHFIELD	
Thu 7:30PM	Another Chance to Live , Benn's United Methodist Church, 14571 Benns Church Blvd (O) <i>Tom N 757-658-1498</i>

SUFFOLK	
Tue 6:30PM	Life & Hopeline , St Paul's Episcopal Church, 213 N Main St (O) <i>Charles A 757-351-5855</i>
Wed 7:30PM	Life & Hopeline , Suffolk Christian Church, by courthouse, 216 North Main St. (O,WC &) <i>Robert B 757-738-6253</i>
Fri 6:00PM	Life & Hopeline , Sentara Obici Hospital, 2800 Godwin Boulevard (O,DISC,STEP,TC,VM) <i>Maryann B 609-712-3107</i>

VIRGINIA BEACH	
Sun 8:45AM	Hope Ignited , Virginia Beach Recovery Club, 1900 Baltic Avenue (O,DISC,WC &) <i>David D 757-971-8753</i> <i>**New start time as of 6/9/24**</i>
Sun 2:00PM	The No Matter What Club , St Francis Episcopal Church, 509 S Rosemont Rd (O) <i>Trish F 757-985-0948</i>
Sun 6:00PM	Sunday Sanity , VB Psych Center, In Cafeteria, 1100 First Colonial Rd (O,BT,DISC,IP) <i>Shelly G 757-748-5364, Pat O 757-633-2820</i>
Mon 6:00PM	Monday Meditation , Community United Methodist Church, Enter at Burlington Rd side before 6:10pm, 1072 Old Kempsville Rd (C,ME) <i>Jon B 757-635-4318</i>

VIRGINIA BEACH (CONT)	
Mon 7:00PM	Monday Night Candlelight , Haygood United Methodist Church, 4713 Haygood Rd (O,BT,CAN,WC &) <i>Eric D 757-580-2849</i>

Mon 7:30PM	Living The Program , Water's Edge Church of God, 4141 Holland Road (O,BT,DISC,PH) <i>Frank G 757-933-0999 Rebekah D 203-444-1845</i>
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Mon 10:30PM	End of the Night , Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd (O,DISC,LIT) <i>Melinda J 757-401-3395</i>
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Tue 7:30PM	There's A Light , Ocean Lakes Church of Christ, 1200 Dam Neck Road (O,DISC) <i>Geoff L 757-641-3159</i>
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Tue 8:00PM	Enjoying the Journey , Water's Edge Church of God, 4141 Holland Road (O,DISC,SPK,STEP, TOP) <i>Billy B 757-681-4341</i>
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Tue 10:30PM	End of the Night , Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd (O,DISC,LIT) <i>Melinda J 757-401-3395</i>
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Wed NOON	Visible Changes , Emmanuel Episcopal Church, 5181 Singleton Way (O,DISC) <i>Perry C 757-752-2070 Rachel S 703-232-3544</i>
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Wed 5:30PM	Midweek Peak , Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd (O,DISC,WC &) <i>Jon B 757-635-4318 Lori W 757-309-9631</i>
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Wed 6:00PM	The Group , All Saints Episcopal Church, 10th Step meeting in Pinder Hall, 1969 Woodside Ln (O,STEP) <i>Palmer R 757-537-9658</i>
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Wed 7:15PM	Straight Ahead , Christ Presbyterian Church, 709 Aragona Blvd (O,DISC,STEP) <i>Chris P 757-535-7227</i>
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Wed 8:00PM	Trusted Servants , Red Church, 315 S Rosemont Rd (O,DISC,WC &) <i>Angel S 757-451-9207</i>
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Wed 9:00PM	Stepping into Recovery , Old Donation Episcopal Church, 4449 N Witchduck Road (O,DISC,WC &,LIT) <i>Mary P 757-739-1726</i>
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Wed 10:30PM	End of the Night , Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd (O,DISC) <i>Melinda J 757-401-3395</i>
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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) <i>for those struggling with mental illness in recovery</i>
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Thu 7:00PM	Be the WE , Christ Presbyterian Church, 709 Aragona Blvd (O,CAN,WC &) <i>Shane S 757-712-8027 Speaker mtg every 4th Thursday</i>
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Thu 7:00PM	Shattering the Illusion , St. Michaels Lutheran Church, 2208 Princess Anne Rd (O,BT) <i>Kristine A 757-202-2702, Ty H 757-235-3175</i>
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Thu 8:00PM	Choose Life , St. Nicholas Greek Orthodox Church, 621 First Colonial Rd. (O,DISC) <i>Ted L 757-717-2669 Kristen H 757-837-5132</i>
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Thu 10:30PM	End of the Night , Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd (O,DISC) <i>Melinda J 757-401-3395</i>
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Fri NOON	Write Now , Providence Presbyterian Church, 5497 Providence Rd (O,JFT,SWG,ME,WR) <i>Writing during meeting, Fred R 757-695-6500</i>
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Fri 7:30PM	HOW Group , Good Shepherd Lutheran Church, 1489 Laskin Road (C,DISC) <i>Scott P 304-218-1468 Ann V 757-270-1141</i>
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Fri 8:00PM	Kempsville Crossroads , Providence Presbyterian Church, 5497 Providence Road (O,DISC,WC &) <i>Mark N 757-478-1839</i>
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Fri 8:00PM	Wave of Recovery , Bayside Presbyterian, 1400 Ewell Rd (O,DISC) <i>Pat C 757-619-1976 Ezra S 757-974-2261</i>
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VIRGINIA BEACH (CONT)	
Sat 10:00AM	Fresh Start , Christ Presbyterian Church, 709 Aragona Blvd (O) <i>Madison B 757-506-6986 Sherry R 757-406-9175</i>

Sat 5:00PM	When at the End of the Road , St Francis Episcopal Church, 509 S Rosemont Road (O,DISC) <i>Rob C 757-334-7718</i>
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Sat 6:00PM	Saturday Night Men's Meeting , Good Shepherd Lutheran Church, 1489 Laskin Road (C,DISC) <i>Jamie T 757-803-7986</i>
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Sat 7:00PM	Saturday Night Live , St. Nicholas Fellowship Hall, 621 First Colonial Road (O) <i>Ted L 757-717-2669</i>
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Sat 8:00PM	Freedom of Choice , Church of the Ascension, 4853 Princess Anne Rd (O,DISC,STEP) <i>James P 757-619-2273</i>
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WILLIAMSBURG	
Sun 9:00PM	Cloud 9 (O,VM)

Mon 8:30PM	Who Is An Addict? , Triangle Stepping Stones, 3279 Lake Powell Rd (O) <i>Michele C 757-707-7750</i>
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Mon 9:00PM	Cloud 9 (O,VM)
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Tue 7:00PM	A Proven Program , Liberty Live Church, 8201 Croaker Road (O) <i>Dave H. 757-207-1154, Beth R. 804-332-4970</i>
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Tue 9:00PM	Cloud 9 (O,VM)
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Wed 7:00PM	Who Is An Addict? , Triangle Stepping Stones, 3279 Lake Powell Rd (O) <i>Michele C 757-707-7750</i>
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Wed 9:00PM	Cloud 9 (O,VM)
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Thu 9:00PM	Cloud 9 (O,VM)
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Fri 7:00PM	12 +12 = Change , Sentara Hospital, Meets In the Conference Center, 100 Sentara Cir (O,WC &) <i>Thayne F. 757-603-2131</i>
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Fri 9:00PM	Cloud 9 (O,VM)
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Sat 9:00PM	Cloud 9 (O,VM)
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BEACH AREA SERVICE COMMITTEES	
Beach Area Service Committee P.O. Box 1377 Virginia Beach, VA 23451 - https://virginia-beachna.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	
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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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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	
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Literature, Policy, Public Relations, Phoneline, Special Events Subcommittees 2nd Sunday - 12:30 pm, 1112 Norview Ave, Norfolk	
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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	
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Literature 1st Saturday - 2:00 pm, 10 Matoaka Lane, Newport News	
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Public Relations 1st Saturday - 2:30 pm, 10 Matoaka Lane, Newport News	
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Area Inventory Sunday following Area - 1:00 pm, 2244 Executive Drive, Hampton	
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Hospitals & Institutions Subcommittee Sunday following Area - 2:00 pm, 2244 Executive Drive, Hampton	
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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	
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Activities Subcommittee TBD	
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Public Relations TBD	
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Central Atlantic Regional Service P. O. Box 1959, Chesterfield, VA 23832	
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Narcotics Anonymous World Service https://www.na.org	
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Phone Numbers	

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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 Winfall.

OCTOBER 2024

REGIONAL HELPLINE

800-777-1515

TIDEWATER HELPLINE

866-972-5055

Meeting Format Legend			
AB	Ask-It-Basket	BEG	Beginners
BT	Basic Text	C	Closed
CAN	Candlelight	CPT	12 Concepts
DISC	Discussion	F2F	Face 2 Face
HY	Hybrid Physical/Virtual	IP	IP Study
IW	It Works Study	JFT	Just for Today Study
LC	Living Clean Study	LIT	Literature Study
M	Men	ME	Meditation
O	Open	PH	Phone Meeting
SPK	Speaker	STEP	Step
SWG	Step Working Guide Study	TC	Temporary Closed
TOP	Topic	TRAD	Tradition
TW	Traditions Workshop	VAR	Format Varies
VM	Virtual Web Meeting	W	Women
WC &	Wheelchair	WR	Writing Meeting