

ELIZABETH CITY, NC	
Sun 7:00PM	Over & Beyond , St. Philip's Chapel, West side of Street, 201 S McMorrine St (O,LIT) <i>Michael S 757-359-8841</i>
Mon NOON	More Will be Revealed , Serenity House, 300 Pearl Street (O,DISC) <i>Michael S 757-359-8841</i>
Mon 7:00PM	Clean & Serene , Riverside United Methodist Church, 1400 Edgewood Drive (O,BT,DISC) <i>John J 252-377-2405 Jason G 252-312-5318</i>
Tue 7:00PM	Over & Beyond , St. Philip's Chapel, 201 S McMorrine St (O,VAR) <i>Michael S 757-359-8841</i>
Thu 7:00PM	Over & Beyond , St. Philip's Chapel, 201 S McMorrine St (O,DISC) <i>Michael S 757-359-8841</i>
KILL DEVIL HILLS, NC	
Mon 7:30PM	Freedom to Live , Liberty Christian Fellowship, 244 Williams Dr (O) <i>Lauren M 252-722-5774</i>
Tue 7:00PM	Stick & Stay , Colington Methodist Church, 1949 Colington Rd (O,DISC) <i>Gene S 252-267-2823</i>
KILL DEVIL HILLS, NC	
Thu 7:30PM	The Language of Empathy , Colington UMC, 1949 Colington Rd (O,DISC) <i>Carly E 336-251-7158</i>
NAGS HEAD, NC	
Wed 7:30PM	Miracles Happen , St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail (O,DISC,STEP,TW) <i>Scott D 252-267-0060</i>
Fri 7:30PM	Miracles Happen , St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail (O) <i>Scott D 252-267-0060</i>
CARROLLTON, VA	
Mon 7:00PM	Running on Faith , Carrollton Holiness Church, 16144 Carrollton Blvd (O) <i>Derek L 802-922-0119</i>
CHESAPEAKE, VA	
Sun 3:00PM	Wecovery , Great Bridge United Methodist Church, 201 Stadium Drive (O,VAR) <i>Jade 757-560-6285 Mike S 757-230-8854</i>
Mon 7:00PM	New Beginnings , Churchland Baptist Church, 3031 Churchland Blvd (O,WC &,LC) <i>Badrunnisa K 443-847-4738 Coy D 757-981-5090</i>
Tue 7:30PM	Awesome Life , Great Bridge United Methodist Church, 201 Stadium Drive (O,CAN,DISC,IP) <i>Carrie L 757-560-8177</i>
Thu NOON	Reason To Believe , Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd (O,BT,DISC) <i>Johnny D 757-287-4430</i>
Thu 7:30PM	Second Chance , Great Bridge United Methodist Church, 201 Stadium Drive (O,DISC,STEP,TW) <i>Louie L 757-560-8172</i>
Fri 7:00PM	Agape , St. Paul's United Methodist Church, 437 Providence Rd (O,DISC,IP,STEP,TW) <i>1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494</i>
Fri 7:30PM	Better Days , Church Of Saint Therese, 4137 Portsmouth Blvd (O,CAN,DISC,AB) <i>Joe W 757-536-7337</i>
Sat 12:30PM	The Gift of Hope , Churchland Baptist Church, By the cemetery thru the red double doors, upstairs., 3031 Churchland Blvd (O,WC &) <i>Anthony H 757-343-5006</i>
FRANKLIN, VA	
Tue 7:00PM	Earthbound Group , Emmanuel Episcopal Church, Meeting is in the back, in basement., 400 N High Street (O,DISC) <i>Stephen B 757-613-5531</i>
Wed 7:00PM	Bright New Life , Franklin Baptist Church, 208 N High Street (O,STEP) <i>DeWayne L 757-641-8022</i>
GLOUCESTER, VA	
Fri 7:00PM	Closer To Home , Riverside Walter Reed Hospital, 7519 Hospital Drive (O,DISC,WC &) <i>Janet P 804-466-1515</i>
HAMPTON, VA	
Sun 7:00PM	Recovery Group , Wesley United Methodist Church, 2510 N Armistead Ave (O) <i>William S 757-236-6170 Dave R 757-218-2595</i>
Mon NOON	A Meeting at Lunch , First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O,VAR,WC &) <i>Eugene 757-358-1709 Bryan 267-939-6415</i>

HAMPTON, VA	
Mon NOON	Check up From the Neck Up (O,VM) <i>Hanifah 571-546-4684</i>
Mon 5:00PM	Women Recover Too , 3315 W Mercury Blvd (BT,IP,SPK,STEP,TRAD,W,AB) <i>Dottie G 267-428-9776 Denise K 757-660-1118</i>
Mon 7:30PM	Here and Now , St Mark's United Methodist Church, 99 E. Mercury Blvd. (O,BT,DISC,VAR,TOP,LIT) <i>Allen M 941-564-5882 Chaz 757-349-9297</i>
Tue NOON	A Meeting at Lunch , First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) <i>Eugene 757-358-1709 Bryan 267-939-6415</i>
Tue NOON	Check up From the Neck Up (O,VM) <i>Hanifah 571-546-4684</i>
Tue 7:00PM	New Genesis , Wesley United Methodist Church, 2510 N Armistead Avenue (O,SPK,STEP,LIT) <i>Kayla E. 757-771-7493 Dylan B. 757-871-0958</i>
Tue 8:15PM	Let's Recover Together , Hampton Christian Church, 151 East Mercury Boulevard (O) <i>Tim E. 757-725-4636 Sissy O. 661-345-3206</i>
Wed NOON	A Meeting at Lunch , First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) <i>Eugene 757-358-1709 Bryan 267-939-6415</i>
Wed NOON	Check up From the Neck Up (O,VM) <i>Hanifah 571-546-4684</i>
Wed 7:00PM	Hugs Not Drugs , Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road (O,DISC,LC) <i>Sarah 757-727-3582</i>
Thu NOON	A Meeting at Lunch , First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) <i>Eugene 757-358-1709 Bryan 267-939-6415</i>
Thu NOON	Check up From the Neck Up (O,VM) <i>Hanifah 571-546-4684</i>
Thu 7:00PM	Keep the Fire Burning , Bethany United Methodist Church, Back of church Wesley Hall, 1509 Todds Ln (O,CAN,DISC,SPK) <i>Ashli H 757-817-8721</i>
Fri NOON	A Meeting at Lunch , First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) <i>Eugene 757-358-1709 Bryan 267-939-6415</i>
Fri NOON	Check up From the Neck Up (O,VM) <i>Hanifah 571-546-4684</i>
Sat 6:00PM	Saturday Night Alternative , First Presbyterian Church, 514 S Armistead Avenue (O,WC &) <i>Denise K 757 660-1118</i>
HAYES, VA	
Sun 1:00PM	Living Clean , A Place To Meet, Study meeting from the Living Clean book, 7055 Linda Circle (O,WC &,LIT) <i>Paul S. 757-293-9446</i>
Tue 7:00PM	A New Way of Life , A Place To Meet, 7055 Linda Circle (O,JFT,WC &) <i>Paul S 757-293-9446 Janet P 804-466-1515</i>
KILMARNOCK, VA	
Sun 6:00PM	Refuge Recovery , 504 N Main Street (DISC,WC &,ENG,LIT) <i>Dwight 804 577 3525 Delano 804 238 8167</i>
LOCUST HILL, VA	
Thu 7:00PM	Crossing Rivers , Harmony Grove Baptist Church, 7722 General Puller Highway (O,DISC,VAR) <i>Dwight N 8045773525 Delano J 8042388167</i>
NEWPORT NEWS, VA	
Sun 9:30AM	Surrender To Live , 329 Main St (O,WC &) <i>Dee 757-503-0739 Rodney F 757-503-5281</i>
Sun 7:00PM	A Gift Called Life , Warwick United Church of Christ, 10 Matoaka Lane (O,WC &) <i>Nadine 757-751-4680 David H 757-214-2770</i>
Sun 7:00PM	A Resentment and a Coffee Pot , St. Georges Episcopal Church, 15446 Warwick Blvd (O,DISC,NS,ENG,NP) <i>Yahsh W 757-715-1586</i>
Mon 10:00AM	Get Back Up , Macedonia Baptist Church, 5500 Marshall Ave (IP,JFT) <i>Michelle C 757-759-1317</i>

NEWPORT NEWS, VA	
Mon 6:30PM	New Attitude , Trinity United Methodist Church, 228 29th St (O,WC &) <i>Rose F. 757-593-0104 Debbie S. 757-310-2914</i>
Tue 7:00PM	Tuesday Night ODAT(One Day At A Time) , 15616 Warwick Boulevard (O,STEP,TOP,AB,ENG) <i>Eddie J 757-968-8923</i>
Wed 7:00PM	End Of The Road , 1707 Jefferson Avenue (O,WC &) <i>Glen N. 757-272-5790 Ernest W. 757-367-2476</i>
Wed 7:00PM	Hope , 10 Matoaka Ln. (O) <i>Will D. 757-768-7954</i>
Thu 6:30PM	Living as Men , Recovery Baptist Church, 303 Blair Ave (O,M,VAR,WC &,ENG,F2F,BUS) <i>Ernie J. 908-494-2383</i>
Fri 7:00PM	Keep Coming Back , Newport News Community Center, 605 South Avenue (O,WC &) <i>Michelle H. 757-751-2528</i>
Fri 7:30PM	Good Orderly Direction , 10 Matoaka Ln (O) <i>Jeff H 757-630-3806 Alex C 757-303-6049</i>
Sat 10:00AM	No More Excuses , Warwick United Church of Christ, 10 Matoaka Lane (O,BT,IP,IW,WC &,LC,SPAD) <i>William K. 757-768-0886</i>
Sat 7:00PM	Never Alone , Hillton Christian Church, Meets at 7pm as of 2/11/23, 100 James River Drive (O,WC &) <i>Ray D 757-303-4533</i>
NO DATA, VA	
Tue 5:30PM	Serenity Group (O,VM) <i>Renee C. 757-637-8230</i>
NORFOLK, VA	
Sun 6:00PM	It's About Time , Norview United Methodist Church, 1112 Norview Avenue (O,SPK,WC &) <i>Jay J 757-227-8025 Charles M 757-735-8511</i>
Sun 8:00PM	Mixed Group , First Lutheran Church, 1301 Colley Ave (O,DISC) <i>Mike J 757-409-1676</i>
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 , Ocean View Christian Reformed Church, 1241 Hillside Avenue (O,BT,CAN,IP,SPK,WC &) <i>Fred R 757-695-6500</i>
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) <i>Danny G 434-254-4075</i>
Tue 7:00PM	Let It Be , Ocean View Christian Reformed Church, 1241 Hillside Ave (O,DISC,LIT) <i>Jessica H 757-822-4559</i>
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) <i>Leo C 757-285-2007</i>
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) <i>Bill A 757-647-7707</i>
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) <i>Nadia H 757-285-5867</i>
Wed 8:00PM	Better by the Bay , Miles Memorial United Methodist Church, 9450 Granby Street (O,BT,DISC,WC &) <i>Ryan D 757-651-5316</i>
Wed 8:00PM	Where's Lot 14? , Sentara Norfolk General Hospital, Brickhouse Auditorium, 2nd floor, Conf Rm 2, 600 Gresham Drive (O,DISC) <i>Gary 757-567-4158</i>
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 &)

NORFOLK, VA	
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 &) <i>Juanita S 757-685-8848</i>
Thu 8:00PM	Junks & Drunks , Ocean View Christian Reformed Church, 1241 Hillside Ave (O,STEP) <i>Ed S 757-435-9526</i>
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) <i>Eddie C 757-816-4986</i>
Fri 8:00PM	The Miracle Continues , Azalea Baptist Church, 3314 E Little Creek Rd (O,STEP) <i>Nesbit 757-620-8804</i>
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) <i>Carlton D 757-515-3331</i>
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) <i>Max B 517-896-5694</i>
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>
POQUOSON, VA	
Wed 7:00PM	Moment to Moment , Tabernacle United Methodist, 831 Poquoson Ave (front door) (O,ENG) <i>Gerri M</i>
PORTSMOUTH, VA	
Sun 10:00AM	NA-meless , Scout Cabin, 3605 Winchester Dr (O,DISC) <i>Thomas K 757-393-2009 Chris L 757-975-1936</i>
Sun 11:00AM	We Need A Meeting , 4700 George Washington Hwy (O,VAR,WC &) <i>Donna 757-535-5895</i>
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>
Mon NOON	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>
Tue NOON	The Emergency Unit , Portsmouth UCC, 5900 Portsmouth Blvd (O,BT,DISC,F2F) <i>Johnny D 757-287-4430</i>
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>
Wed 7:00PM	Surrender and Recovery , Portsmouth UCC, 5900 Portsmouth Blvd (O,BT) <i>Edwin P 757-839-7806</i>
Thu 7:00PM	Freebird , Craddock Baptist Church, 96 Afton Pkwy (O,DISC) <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>
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>
SMITHFIELD, VA	
Thu 7:30PM	Another Chance to Live , Benn's United Methodist Church, 14571 Bennis Church Blvd (O) <i>Tom N 757-658-1498</i>
SUFFOLK, VA	
Tue 6:30PM	Life & Hopeline , St Paul's Episcopal Church, 213 N Main St (O) <i>Linwood S 757-742-2614</i>
Wed 7:30PM	Life & Hopeline , Suffolk Chrstian Church, by courthouse, 216 North Main St. (O,WC &) <i>Robert B 757-335-2493</i>

SUFFOLK, VA	
Sat 7:00PM	Life & Hopeline , Sentara Obici Hospital, 2800 Godwin Boulevard (O,DISC,STEP) <i>Robert B 757-335-2493</i>
VIRGINIA BEACH, VA	
Sun 9:00AM	Hope Ignited , Virginia Beach Recovery Club, 1900 Baltic Avenue (O,DISC,WC &) <i>David D 757-971-8753</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>Pat O 757-633-2820</i>
Mon 7:00PM	Monday Night Candlelight , Haygood United Methodist Church, 4713 Haygood Rd (O,BT,CAN,WC &) <i>Earl H 757-998-0104</i>
Mon 7:30PM	Living The Program , Sovereign Shores Baptist Church, 4141 Holland Road (O,BT,DISC,PH) <i>Kendrick S 757-434-4223; Rebekah D 203-444-1845</i>
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>
Tue 7:00PM	There's A Light , Ocean Lakes Church of Christ, 1200 Dam Neck Road (O,DISC) <i>Geoff L 757-641-3159</i>
Tue 8:00PM	Enjoying the Journey , Sovereign Shores Baptist Church, 4141 Holland Road (O,DISC,SPK,STEP,TOP) <i>Billy B 757-681-4341</i>
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>
Wed NOON	Visible Changes , Emmanuel Episcopal Church, 5181 Singleton Way (O,DISC) <i>Perry C 757-752-2070</i>
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>
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>
Wed 7:15PM	Straight Ahead , Christ Presbyterian Church, 709 Aragona Blvd (O,DISC,STEP) <i>Chris P 757-535-7227</i>
Wed 8:00PM	Trusted Servants , Red Church, 315 S Rosemont Rd (O,DISC) <i>Angel S 757-451-9207</i>
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>
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>
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>
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>
Thu 8:00PM	Choose Life , St. Nicholas Greek Orthodox Church, 621 First Colonial Rd. (O,DISC) <i>Tony C 757-502-5310 Kristen H 757-837-5132</i>
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>
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>
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>
Fri 8:00PM	Kempsville Crossroads , Providence Presbyterian Church, 5497 Providence Road (O,DISC,WC &) <i>Mark N 757-478-1839</i>
Fri 8:00PM	Wave of Recovery , Bayside Presbyterian, 1400 Ewell Rd (O,DISC) <i>Ben R 757-339-5495</i>
Fri 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>

VIRGINIA BEACH, VA	
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>
Sat 7:00PM	Saturday Night Live , St. Nicholas Fellowship Hall, 621 First Colonial Road (O) <i>Ted L 757-717-2669</i>
Sat 8:00PM	Freedom of Choice , Church of the Ascension, 4853 Princess Anne Rd (O,DISC,STEP) <i>James P 757-619-2273</i>
WILLIAMSBURG, VA	
Sun 9:00PM	Cloud 9 (O,VM) <i>Aerock P 757-434-3468 Suddy 336-707-5900</i>
Mon 8:30PM	Who Is An Addict? , Triangle Stepping Stones, 3279 Lake Powell Rd (O) <i>Michele C 757-707-7750</i>
Mon 9:00PM	Cloud 9 (O,VM) <i>Aerock P 757-434-3468 Suddy 336-707-5900</i>
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>
Tue 9:00PM	Cloud 9 (O,VM) <i>Aerock P 757-434-3468 Suddy 336-707-5900</i>
Wed 7:00PM	Who Is An Addict? , Triangle Stepping Stones, 3279 Lake Powell Rd (O) <i>Michele C 757-707-7750</i>
Wed 9:00PM	Cloud 9 (O,VM) <i>Aerock P 757-434-3468 Suddy 336-707-5900</i>
Thu 7:00PM	Tradition III , 4871 Longhill Road (O,STEP,WC &,ENG) <i>Kristen B 757-585-9371</i>
Thu 9:00PM	Cloud 9 (O,VM) <i>Aerock P 757-434-3468 Suddy 336-707-5900</i>
Fri 7:00PM	12+12=Change , Eastern Church, 473 Merrimac Trail (O,WC &,ENG) <i>Thayne F 757-603-2131</i>
Fri 9:00PM	Cloud 9 (O,VM) <i>Aerock P 757-434-3468 Suddy 336-707-5900</i>
Sat 9:00PM	Cloud 9 (O,VM) <i>Aerock P 757-434-3468 Suddy 336-707-5900</i>
NEWPORT NEWS, VIRGINIA	
Mon 2:00PM	High Noon , Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. (757) 269-1707 Mildred D. (757) 236-9021</i>
Tue 2:00PM	High Noon , Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>
Wed 2:00PM	High Noon , Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. 757- 269-1707 Mildred D. 757-236-9021</i>
Thu 2:00PM	High Noon , Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. 757- 269-1707 Mildred D. 757-236-9021</i>
Fri 2:00PM	High Noon , Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. 757- 269-1707 Mildred D. 757-236-9021</i>
Sat 2:00PM	High Noon , Recovery Baptist Church, 2nd & 4th Saturdays ONLY, 303 Blair Ave (O,BT,IW,CPT,LIT) <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>
VIRGINIA BEACH, VIRGINIA	
Mon 7:00PM	She Recovers new meeting Starts 11/3 , VB Psych Center, 1100 First Colonial Road (O,W) <i>Natalie S. (757) 758-2838 new meeting Starts 11/3</i>

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HAMPTON ROADS METRO



MEETING LIST

Metropolitan Hampton Roads Meetings including: Carrollton, Chesapeake, Courtland, Franklin, Gloucester Courthouse, Gloucester, Hampton, Newport News, Norfolk, Poquoson, Portsmouth, Suffolk, Virginia Beach, West Point, Williamsburg and Yorktown. With North Carolina meetings in Elizabeth City, Kill Devil Hills, Manteo, Nags Head and Winfall.

JANUARY 2026

REGIONAL HELPLINE

800-777-1515

TIDEWATER HELPLINE

866-972-5055

Meeting Format Legend			
NS	No Smoking	BT	Basic Text
C	Closed	M	Men
O	Open	TW	Traditions Workshop
W	Women	AB	Ask-It-Basket
ME	Meditation	BEG	Beginners
CAN	Candlelight	DISC	Discussion
IP	IP Study	IW	It Works Study
JFT	Just for Today Study	VAR	Format Varies
SPK	Speaker	SWG	Step Working Guide Study
STEP	Step	TOP	Topic
TRAD	Tradition	CPT	12 Concepts
WC &	Wheelchair	F2F	Face 2 Face
VM	Virtual Web Meeting	HY	Hybrid Physical/Virtual
LIT	Literature Study	NP	No Pets
PH	Phone Meeting	BUS	Public Transportation
ENG	English speaking	LC	Living Clean Study
SPAD	Spiritual Principle A Day Book Study	WR	Writing Meeting

Meetings Weekly: 152