

| ELIZABETH CITY, NC |   |
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| <b>Sun 7:00PM</b>  | <b>Over &amp; Beyond</b> , St. Philip's Chapel, West side of Street, 201 S McMorrine St (O,F2F,LIT) <i>Michael S 757-359-8841</i> |
| <b>Mon NOON</b>    | <b>More Will be Revealed</b> , Serenity House, 300 Pearl Street (O,DISC,F2F) <i>Michael S 757-359-8841</i>                        |
| <b>Tue 7:00PM</b>  | <b>Over &amp; Beyond</b> , St. Philip's Chapel, 201 S McMorrine St (O,VAR,F2F) <i>Michael S 757-359-8841</i>                      |
| <b>Thu 7:00PM</b>  | <b>Over &amp; Beyond</b> , St. Philip's Chapel, 201 S McMorrine St (O,DISC,F2F) <i>Michael S 757-359-8841</i>                     |

| KILL DEVIL HILLS, NC |   |
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| <b>Mon 7:30PM</b>    | <b>Freedom to Live</b> , Liberty Christian Fellowship, 244 Williams Dr (O) <i>Lauren M 252-722-5774</i>           |
| <b>Tue 7:30PM</b>    | <b>Stick &amp; Stay</b> , Colington Methodist Church, 1949 Colington Rd (O,DISC,WC & ) <i>Gene S 252-267-2823</i> |

| NAGS HEAD, NC     |  |
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| <b>Wed 7:30PM</b> | <b>Miracles Happen</b> , St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail (O,DISC,STEP,TW) <i>Scott D 252-267-0060</i> |
| <b>Fri 7:30PM</b> | <b>Miracles Happen</b> , St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail (O)  |

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| <b>Sat 10:00AM</b> | <b>Saturday Morning NA</b> (SPK,VM) <i>Norma J 757-254-8024</i><br><i>Thayne 757-603-2131</i> |

| CHESAPEAKE, VA    |   |
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| <b>Sun 3:00PM</b> | <b>Wecovery</b> , Great Bridge United Methodist Church, 201 Stadium Drive (O,VAR) <i>Megan A 757-572-5667</i> <i>Chris S 757-618-7078</i> |

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| <b>Mon 7:00PM</b> | <b>New Beginnings</b> , Churchland Baptist Church, 3031 Churchland Blvd (O,IW,WC & ,F2F) <i>Cathy K 757-403-7409</i> <i>Sid N 757-416-4553</i> |
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| <b>Tue 7:30PM</b> | <b>Awesome Life</b> , Great Bridge United Methodist Church, 201 Stadium Drive (O,CAN,DISC,IP,F2F,PPE) <i>Carrie L 757-560-8177</i> |
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| <b>Wed 7:00PM</b> | <b>Life Beyond Addiction</b> , Broadcast Church, 910 Oak Grove Rd (O,DISC,STEP,ME) <i>Justin G 757-503-8290</i> |
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| <b>Thu NOON</b> | <b>Reason To Believe</b> , Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd (O,BT,DISC,F2F,PPE) <i>Johnny D 757-287-4430</i> |
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| <b>Thu 7:00PM</b> | <b>Second Chance</b> , Great Bridge United Methodist Church, 201 Stadium Drive (O,DISC,STEP,TW) <i>Louie L 757-560-8172</i> <i>Lisa S 757-324-8533</i> |
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| <b>Fri 7:00PM</b> | <b>Agape</b> , 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> |
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| <b>Fri 7:30PM</b>  | <b>Better Days</b> , Church Of Saint Therese, 4137 Portsmouth Blvd (O,CAN,DISC,AB) <i>Joe W 757-536-7337</i>  |
| <b>Sat 11:00AM</b> | <b>Mid-Morning Hope Shot</b> , Apostles Lutheran Church, 370 Johnstown Rd (O,DISC,WC & ,F2F) <i>Justin K-757-773-4403</i> <i>Chris D-757-377-9236</i> |

| COURTLAND, VA |  |
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| <b>Fri 7:00PM</b> | <b>Thank God I'm Free (T.G.I.F.)</b> (O,VM) <i>Mike R 757-871-4209</i> |
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| FRANKLIN, VA |  |
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| <b>Tue 7:00PM</b> | <b>Earthbound Group</b> , Emmanuel Episcopal Church, Meeting is in the back, in basement., 400 N High Street (O,DISC) <i>Stephen B 757-613-5531</i> |
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| <b>Wed 7:00PM</b> | <b>Bright New Life</b> , Franklin Baptist Church, 208 N High Street (O,STEP) <i>DeWayne L 757-641-8022</i> |
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| GLOUCESTER, VA |  |
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| <b>Fri 7:00PM</b> | <b>Closer To Home</b> , Riverside Walter Reed Hospital, 7519 Hospital Drive (O,DISC,WC & ) <i>Grace 804-824-5622</i> |
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| HAMPTON, VA |  |
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| <b>Sun 7:00PM</b> | <b>Recovery Group</b> , Wesley United Methodist Church, 2510 N Armistead Ave (O) <i>William S 757-236-6170</i> <i>Dave R 757-218-2595</i> |
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| <b>Mon 10:00AM</b> | <b>Get Back Up</b> , West End Baptist Churh, Side Rear Entrance, 2413 Shell Rd. (IP,JFT) <i>Sheryl J 757-759-1317</i> |
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| <b>Mon NOON</b> | <b>A Meeting at Lunch</b> , First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave (O,VAR,WC & ,F2F) <i>Eugene 757-358-1709</i> |
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| <b>Mon NOON</b> | <b>Check up From the Neck Up</b> (O,VM) |
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| <b>Mon 3:00PM</b> | <b>Change I Must Or Die I Will</b> , Empowered Believers Church, 2096 Nickerson Blvd (O,DISC,JFT,SPK,LIT) <i>Lawrence: 718-594-2998</i> |
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| <b>Mon 7:30PM</b> | <b>Here and Now</b> , St Mark's United Methodist Church, 99 E. Mercury Blvd. (O,BT,DISC,VAR,TOP,F2F,LIT) <i>Allen M 941-564-5882</i> |
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| <b>Tue NOON</b> | <b>A Meeting at Lunch</b> , First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave (O,F2F) <i>Eugene 757-358-1709</i> |
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| <b>Tue NOON</b> | <b>Check up From the Neck Up</b> (O,VM) |
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| <b>Tue 7:00PM</b> | <b>New Genesis</b> , Wesley United Methodist Church, 2510 N. Armistead Avenue (O,SPK,STEP,LIT) <i>Gayle B. 757-597-1531</i><br><i>Terry C. 757-570-3844</i> |
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| <b>Tue 8:15PM</b> | <b>Let's Recover Together</b> , Hampton Christian Church, 151 East Mercury Boulevard (O,WC & ,F2F) <i>Tim E. 757-725-4636</i> |
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| <b>Wed NOON</b> | <b>A Meeting at Lunch</b> , First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave (O,F2F) <i>Eugene 757-358-1709</i> |
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| <b>Wed NOON</b> | <b>Check up From the Neck Up</b> (O,VM) |
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| <b>Wed 7:00PM</b> | <b>Hugs Not Drugs</b> , Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road (O,DISC,F2F,PPE) <i>Sarah 757-727-3582</i> |
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| <b>Thu NOON</b> | <b>A Meeting at Lunch</b> , First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave (O,F2F) <i>Eugene 757-358-1709</i> |
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| <b>Thu NOON</b> | <b>Check up From the Neck Up</b> (O,VM) |
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| <b>Thu 5:30PM</b> | <b>Woman II Woman</b> , 514 S Armistead Ave, <i>Deborah R. 757-238-0330</i> |
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| <b>Thu 7:00PM</b> | <b>Keep the Fire Burning</b> , Bethany United Methodist Church, Park on West side of church, enter thru West door follow the signs., 1509 Todds Ln (O,DISC) <i>Allen M 941-564-5882</i><br><i>(Independent of PASCNA)</i> |
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| <b>Fri NOON</b> | <b>A Meeting at Lunch</b> , First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave (O,F2F) <i>Eugene 757-358-1709</i> |
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| <b>Fri NOON</b>   | <b>Check up From the Neck Up</b> (O,VM)  |
| <b>Sat 6:00PM</b> | <b>Saturday Night Alternative</b> , First Presbyterian Church, 514 S. Armistead Avenue (O,WC & ) |

| HAYES, VA |  |
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| <b>Sun 1:00PM</b> | <b>Living Clean</b> , A Place To Meet, Study meeting from the Living Clean book, 7055 Linda Circle (O,WC & ,LIT) <i>Paul S 757-293-9446</i> |
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| <b>Sun 2:30PM</b> | <b>Step By Step</b> , A Place To Meet, Does NOT meet 1st Sunday of the month, 7055 Linda Circle (C,NC,STEP,WC & ) <i>Grace 804-824-5622</i> |
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| <b>Tue 7:00PM</b> | <b>A New Way of Life</b> , A Place To Meet, 7055 Linda Circle (O,JFT,WC & ) <i>Paul S 757-293-9446</i> <i>Janet P 804-466-1515</i> |
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| NEWPORT NEWS, VA |  |
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| <b>Sun 9:30AM</b> | <b>Surrender To Live</b> , 329 Main St (O,WC & ) <i>Dee W 757-503-0739</i> <i>Tony H 757-696-6654</i> |
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| <b>Sun 7:00PM</b> | <b>A Gift Called Life</b> , Warwick United Church of Christ, 10 Matoaka Lane (O,WC & ) <i>Nadine 757-751-4680</i> |
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| <b>Mon 6:30PM</b> | <b>New Attitude</b> , Trinity United Methodist Church, 228 29th St (O,WC & ) <i>Vet 757-849-8808</i> <i>Rose F. 757-593-0104</i> |
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| <b>Tue 9:30AM</b> | <b>Trust The Process</b> , 2114 Wickham Ave (O) <i>Qadeer 757-344-1284</i> <i>Lily 757-236-8921</i> |
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| <b>Wed 7:00PM</b> | <b>End Of The Road</b> , 1707 Jefferson Avenue (O,WC & ,F2F) <i>Glen N. 757-268-9318</i> <i>Sherri W. 757-768-1392</i> |
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| <b>Wed 7:00PM</b> | <b>Hope</b> , 10 Matoaka Ln. (O) <i>Will D. 757-768-7954</i> <i>David B. 757-342-2510</i> |
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| <b>Thu 9:30AM</b> | <b>Trust The Process</b> , 2114 Wickham Ave (O,WC & ) <i>Qadeer 757-344-1284</i> <i>Lily 757-236-8921</i> |
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| <b>Thu 7:00PM</b> | <b>Let's Get Spiritual</b> , St. Paul AME Church, 2500 Chestnut Avenue (O,WC & ,TC) <i>Debbie 757-310-2914</i> |
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| <b>Fri 7:00PM</b> | <b>Keep Coming Back</b> , Newport News Community Center, 605 South Avenue (O,WC & ) <i>Michelle E 757-751-2528</i> |
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| <b>Fri 7:30PM</b> | <b>Good Orderly Direction</b> , 10 Matoaka Ln (O,F2F) <i>Jeff H. 757-630-3806</i> |
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| <b>Sat 10:00AM</b> | <b>No More Excuses</b> , Warwick United Church of Christ, 10 Matoaka Lane (O,WC & ) <i>William K. 757-768-0886</i> |
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| <b>Sat 7:00PM</b> | <b>Never Alone</b> , Hillton Christian Church, Meets at 7pm as of 2/11/23, 100 James River Drive (O,WC & ) <i>Butch L. 757-320-3221</i> |
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| <b>Sun NOON</b> | <b>Faith</b> (O,VM) <i>Gigi 757-218-2681</i> |
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| <b>Tue 5:00PM</b> | <b>5th Tradition Service Meeting</b> , Service Meeting with a rotating format to cover Websites, Meeting Lists, Phone line, Event Information, and other PI/PR topics. (C,VM) <i>Ann V 757-270-1141</i> |
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| <b>Tue 5:30PM</b> | <b>Serenity Group</b> (O,VM) <i>Beverly A. 757-753-6868</i> |
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| <b>Sat 5:30PM</b> | <b>Saturday Night Live</b> (O,VM) |
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| NORFOLK, VA |  |
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| <b>Sun 6:00PM</b> | <b>It's About Time</b> , Norview United Methodist Church, 1112 Norview Avenue (O,SPK,WC & ,F2F,PPE) <i>Jay J 757-227-8025</i><br><i>Charles M 757-735-8511</i> |
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| <b>Sun 7:00PM</b> | <b>Sharing the Hope</b> (VAR,SPK,STEP,TRAD,CPT,VM,LIT) <i>Elaine H 917-808-1525</i> |
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| <b>Sun 8:00PM</b> | <b>Mixed Group</b> , First Lutheran Church, 1301 Colley Ave (O,DISC) <i>Mike J 757-409-1676</i> |
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| <b>Mon 9:30AM</b> | <b>Morning Meditation</b> , EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O,WC & ) |
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| <b>Mon 9:30AM</b> | <b>Morning Meditation Literature</b> (O,VAR,VM,LIT) |
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| <b>Mon 8:00PM</b> | <b>Recovery on the Hill</b> , Ocean View Christian Reformed Church, 1241 Hillside Avenue (O,BT,CAN,IP,SPK,WC & ,F2F) <i>Fred R 757-695-6500</i> |
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| <b>Tue 9:30AM</b> | <b>Morning Meditation</b> , EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O,DISC,VAR,WC & ,F2F) |
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| <b>Tue 9:30AM</b> | <b>Morning Meditation Literature</b> (O,VAR,VM,LIT) |
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| <b>Tue 7:00PM</b> | <b>Let It Be</b> , Ocean View Christian Reformed Church, 1241 Hillside Ave (O,DISC,LIT) <i>Jessica H 757-822-4559</i> |
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| <b>Tue 7:00PM</b> | <b>We Can Change</b> , Wesley Grace United Methodist Church, 288 E Little Creek Rd (O,BEG,BT,DISC,IW,VAR,SPK,AB,F2F,LIT,PPE) <i>Leo C 757-285-2007</i> |
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| <b>Wed 9:30AM</b> | <b>Morning Meditation</b> , EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O,WC & ) |
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| <b>Wed 9:30AM</b> | <b>Morning Meditation Literature</b> (O,VAR,VM,LIT) |
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| <b>Wed 5:30PM</b> | <b>Just For Today</b> , First Lutheran Church, 1301 Colley Avenue (O,DISC,IP,SPK,STEP,TOP,F2F) <i>Bill A 757-647-7707</i> |
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| <b>Wed 6:30PM</b> | <b>Serenity In The Sand</b> , Community Beach Park - Leftmost Beach area, Seasonal on the Beach - May through September Only, Bring a chair or blanket!, 700 E Ocean View (O,DISC,VAR) <i>Nadia H 757-285-5867</i> |
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| <b>Wed 7:00PM</b> | <b>Sharing the Hope</b> (VAR,STEP,TRAD,CPT,VM,LIT) <i>Elaine H 917-808-1525</i> |
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| <b>Wed 8:00PM</b> | <b>Better by the Bay</b> , Miles Memorial United Methodist Church, Enter from courtyard in back, first door to the left., 9450 Granby Street (O,BT,DISC,WC & ,F2F,PPE) <i>Ryan D 757-651-5316</i> |
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| <b>Wed 8:00PM</b> | <b>Where's Lot 14?</b> , Sentara Norfolk General Hospital, Brickhouse Auditorium, 2nd floor, Conf Rm 2, 600 Gresham Drive (O,DISC) <i>Gary 757-567-4158</i> |
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| <b>Thu 9:30AM</b> | <b>Morning Meditation</b> , EZ Does It Service CenterOff N. Military Hwy. & Raby Rd, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O,DISC,VAR,WC & ,F2F) |
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| <b>Thu 9:30AM</b> | <b>Morning Meditation Literature</b> (O,VAR,VM,LIT) |
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| <b>Thu 6:30PM</b> | <b>Got to Have It</b> , Gethsemane Baptist Church, 1317 E Brambleton Ave (O,BT,IP,SPK,STEP,WC & ) <i>Juanita S 757-685-8848</i> |
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| <b>Thu 8:00PM</b> | <b>Junks &amp; Drunks</b> , Ocean View Christian Reformed Church, 1241 Hillside Ave (O,STEP,F2F) <i>Ed S 757-435-9526</i> |
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| <b>Fri 9:30AM</b> | <b>Morning Meditation</b> , EZ Does It Service Center, 1153 Harmony Road (O,WC & ) |
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| <b>Fri 9:30AM</b> | <b>Morning Meditation Literature</b> (O,VAR,VM,LIT) |
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| <b>Fri NOON</b> | <b>The Continuing Quest</b> , First Lutheran Church, 1301 Colley Ave (O,DISC,SPK,SWG) <i>Dave E 757-663-2723</i> |
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| <b>Fri 8:00PM</b> | <b>The Miracle Continues</b> , Azalea Baptist Church, 3314 E Little Creek Rd (O,STEP) <i>Nesbit 757-620-8804</i> |
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| <b>Sat 9:30AM</b> | <b>Morning Meditation</b> , EZ Does It Service Center, 1153 Harmony Road (O,DISC,VAR,WC & ,F2F) |
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| <b>Sat 9:30AM</b> | <b>Morning Meditation Literature</b> (O,VAR,VM,LIT) |
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| <b>Sat NOON</b> | <b>Basic Math 12 &amp; 12</b> , First Baptist Church, 500 E Bute Street (O,SPK,STEP,TRAD) <i>Carlton D 757-515-3331</i> |
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| <b>Sat 5:30PM</b> | <b>Back to Life</b> , First Lutheran Church, 1301 Colley Ave (O,BT,DISC,SPK,TRAD,PPE) |
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| <b>Sat 8:00PM</b> | <b>Surrender to Live</b> , Ocean View Christian Reformed Church, 1241 Hillside Ave (O,BT,DISC,WC & ) <i>Fred R 757-695-6500</i> |
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| <b>Sat 9:30PM</b> | <b>The Point of Freedom</b> , Freemason Street Baptist Church, 400 E Freemason St (O,STEP,TRAD,WC & ,LIT) <i>Tuan N 757-788-4757</i> |
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| PORTSMOUTH, VA |  |
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| <b>Sun 10:00AM</b> | <b>NA-meless</b> , 3516 Queen St (O,DISC) <i>Thomas K 757-393-2009</i> |
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| <b>Sun 11:00AM</b> | <b>We Need A Meeting</b> , 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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| <b>Sun 7:00PM</b> | <b>New Phase</b> |
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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.

### JUNE 2023

**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 |
| LIT                   | Literature Study         | ME   | Meditation           |
| NC                    | No Children              | O    | Open                 |
| PH                    | Phone Meeting            | PPE  | Masks Required       |
| 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      |

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