

CARROLLTON		
Mon 7:00PM	<b>Running on Faith (O)</b> O Carrollton Holiness Church, 16144 Carrollton Blvd, Mike K 757-974-4029	Carrollton
CHESAPEAKE		
Sun 3:00PM	<b>Wecovery (O,VAR)</b> T Great Bridge United Methodist Church, 201 Stadium Drive, Jade 757-560-6285 Mike S 757-230-8854	Chesapeake
Mon 7:00PM	<b>New Beginnings (O,WC &amp; ,LC)</b> T Churchland Baptist Church, 3031 Churchland Blvd, Badrunnisa K 443-847-4738 Coy D 757-981-5090	Chesapeake
Tue 7:30PM	<b>Awesome Life (O,CAN,DISC,IP)</b> T Great Bridge United Methodist Church, 201 Stadium Drive, Carrie L 757-560-8177	Chesapeake
Thu NOON	<b>Reason To Believe (O,BT,DISC)</b> T Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd, Johnny D 757-287-4430	Chesapeake
Thu 7:30PM	<b>Second Chance (O,DISC,STEP,TW)</b> T Great Bridge United Methodist Church, 201 Stadium Drive, Louie L 757-560-8172	Chesapeake
Fri 7:00PM	<b>Agape (O,DISC,IP,STEP,TW)</b> T St. Paul's United Methodist Church, 437 Providence Rd, 1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494	Chesapeake
Fri 7:30PM	<b>Better Days (O,CAN,DISC,AB)</b> T Church Of Saint Therese, 4137 Portsmouth Blvd, Joe W 757-536-7337	Chesapeake
Sat 12:30PM	<b>The Gift of Hope (O,WC &amp; )</b> T Churchland Baptist Church, By the cemetery thru the red double doors, upstairs., 3031 Churchland Blvd	Chesapeake

ELIZABETH CITY		
Sun 7:00PM	<b>Over &amp; Beyond (O,LIT)</b> T St. Philip's Chapel, West side of Street, 201 S McMorrine St, Michael S 757-359-8841	Elizabeth City
Mon NOON	<b>More Will be Revealed (O,DISC)</b> T Serenity House, 300 Pearl Street, Michael S 757-359-8841	Elizabeth City
Mon 7:00PM	<b>Clean &amp; Serene (O,BT,DISC)</b> T Riverside United Methodist Church, 1400 Edgewood Drive, John J 252-377-2405 Jason G 252-312-5318	Elizabeth City
Tue 7:00PM	<b>Over &amp; Beyond (O,VAR)</b> T St. Philip's Chapel, 201 S McMorrine St, Michael S 757-359-8841	Elizabeth City
Thu 7:00PM	<b>Over &amp; Beyond (O,DISC)</b> T St. Philip's Chapel, 201 S McMorrine St, Michael S 757-359-8841	Elizabeth City

FRANKLIN		
Tue 7:00PM	<b>Earthbound Group (O,DISC)</b> O Emmanuel Episcopal Church, Meeting is in the back, in basement., 400 N High Street, Stephen B 757-613-5531	Franklin
Wed 7:00PM	<b>Bright New Life (O,STEP)</b> O Franklin Baptist Church, 208 N High Street, DeWayne L 757-641-8022	Franklin

GLOUCESTER		
Fri 7:00PM	<b>Closer To Home (O,DISC,WC &amp; )</b> P Riversides Walter Reed Hospital, 7519 Hospital Drive, Janet P 804-466-1515	Gloucester

HAMPTON		
Sun 7:00PM	<b>Recovery Group (O)</b> P Wesley United Methodist Church, 2510 N Armistead Ave, William S 757-236-6170 Dave R 757-218-2595	Hampton
Mon NOON	<b>A Meeting at Lunch (O,VAR,WC &amp; )</b> P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, Eugene 757-358-1709 Bryan 267-939-6415	Hampton
Mon NOON	<b>Check up From the Neck Up (O,VM)</b> P Hanifah 571-546-4684	Hampton
Mon 5:00PM	<b>Women Recover Too (BT,IP,SPK,STEP,TRAD,W,AB)</b> P 3315 W Mercury Blvd, Dottie G 267-428-9776 Denise K 757-660-1118	Hampton
Mon 7:30PM	<b>Addicts in the Attic (O,BT,DISC,VAR,STEP,LIT)</b> P St Mark's United Methodist Church, 99 E. Mercury Blvd., Allen M 941-564-5882 Chaz 757-349-9297	Hampton
Tue NOON	<b>A Meeting at Lunch (O)</b> P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, Eugene 757-358-1709 Bryan 267-939-6415	Hampton
Tue NOON	<b>Check up From the Neck Up (O,VM)</b> P Hanifah 571-546-4684	Hampton
Tue 6:45PM	<b>New Genesis (O,SPK,STEP,LIT)</b> P Wesley United Methodist Church, 2510 N Armistead Avenue, Kayla E. 757-771-7493 Dylan B. 757-871-0958	Hampton
Tue 8:15PM	<b>Let's Recover Together (O)</b> P Hampton Christian Church, 151 East Mercury Boulevard, Tim E. 757-725-4636 Sissy O. 661-345-3206	Hampton
Wed NOON	<b>A Meeting at Lunch (O)</b> P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, Eugene 757-358-1709 Bryan 267-939-6415	Hampton
Wed NOON	<b>Check up From the Neck Up (O,VM)</b> P Hanifah 571-546-4684	Hampton
Wed 7:00PM	<b>Hugs Not Drugs (O,DISC,LC)</b> P Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road, Sarah 757-727-3582	Hampton
Thu NOON	<b>A Meeting at Lunch (O)</b> P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, Eugene 757-358-1709 Bryan 267-939-6415	Hampton
Thu NOON	<b>Check up From the Neck Up (O,VM)</b> P Hanifah 571-546-4684	Hampton
Thu 7:00PM	<b>Keep the Fire Burning (O,CAN,DISC,SPK)</b> P Bethany United Methodist Church, Back of church Wesley Hall, 1509 Todds Ln, Ashli H 757-817-8721	Hampton

HAMPTON (CONT)		
Fri NOON	<b>A Meeting at Lunch (O)</b> P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, Eugene 757-358-1709 Bryan 267-939-6415	Hampton
Fri NOON	<b>Check up From the Neck Up (O,VM)</b> P Hanifah 571-546-4684	Hampton
Sat 6:00PM	<b>Saturday Night Alternative (O,WC &amp; )</b> P First Presbyterian Church, 514 S Armistead Avenue, Denise K 757 660-1118	Hampton
HAYES		
Sun 1:00PM	<b>Living Clean (O,WC &amp; ,LIT)</b> P A Place To Meet, Study meeting from the Living Clean book, 7055 Linda Circle, Paul S. 757-293-9446	Hayes
Tue 7:00PM	<b>A New Way of Life (O,JFT,WC &amp; )</b> P A Place To Meet, 7055 Linda Circle, Paul S 757-293-9446 Janet P 804-466-1515	Hayes
KILL DEVIL HILLS		
Mon 7:30PM	<b>Freedom to Live (O)</b> B Liberty Christian Fellowship, 244 Williams Dr, Lauren M 252-722-5774	Kill Devil Hills
Tue 7:00PM	<b>Stick &amp; Stay (O,DISC)</b> B Colington Methodist Church, 1949 Colington Rd, Gene S 252-267-2823	Kill Devil Hills
KILL DEVIL HILLS		
Thu 7:30PM	<b>The Language of Empathy (O,DISC)</b> B Colington UMC, 1949 Colington Rd, Carly E 336-251-7158	KILL DEVIL HILLS
KILMARNOCK		
Sun 6:00PM	<b>Refuge Recovery (DISC,WC &amp; ,ENG,LIT)</b> P 504 N Main Street, Dwight 804 577 3525 Delano 804 238 8167	Kilmarnock
LOCUST HILL		
Thu 7:00PM	<b>Crossing Rivers (O,DISC,VAR)</b> P Harmony Grove Baptist Church, 7722 General Puller Highway, Dwight N 8045773525 Delano J 8042388167	Locust Hill
NAGS HEAD		
Wed 7:30PM	<b>Miracles Happen (O,DISC,STEP,TW)</b> B St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Scott D 252-267-0060	Nags Head
Fri 7:30PM	<b>Miracles Happen (O)</b> B St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Scott D 252-267-0060	Nags Head
NEWPORT NEWS		
Sun 9:30AM	<b>Surrender To Live (O,WC &amp; )</b> P 329 Main St, Dee 757-503-0739 Rodney F 757-503-5281	Newport News
Sun 7:00PM	<b>A Gift Called Life (O,WC &amp; )</b> P Warwick United Church of Christ, 10 Matoaka Lane, Nadine 757-751-4680 David H 757-214-2770	Newport News
Sun 7:00PM	<b>A Resentment and a Coffee Pot (O,DISC,NS,ENG,NP)</b> P St. Georges Episcopal Church, 15446 Warwick Blvd, Yahnsh W 757-715-1586	Newport News
Mon 10:00AM	<b>Get Back Up (IP,JFT)</b> P Macedonia Baptist Church, 5500 Marshall Ave, Michelle C 757-759-1317	Newport News
Mon 2:00PM	<b>High Noon (O,BT,IW,CPT,LIT)</b> P Recovery Baptist Church, 303 Blair Ave, Teresa F. (757) 269-1707 Mildred D. (757) 236-9021	Newport News
Mon 6:30PM	<b>New Attitude (O,WC &amp; )</b> P Trinity United Methodist Church, 228 29th St, Rose F. 757-593-0104 Debbie S. 757-310-2914	Newport News
Tue 2:00PM	<b>High Noon (O,BT,IW,CPT,LIT)</b> P Recovery Baptist Church, 303 Blair Ave, Teresa F. 757-269-1707 Mildred D. 757-236-9021	Newport News
Tue 7:00PM	<b>Tuesday Night ODAT(One Day At Time)</b> P 15616 Warwick Boulevard, Eddie J 757-968-8923	Newport News
Wed 2:00PM	<b>High Noon (O,BT,IW,CPT,LIT)</b> P Recovery Baptist Church, 303 Blair Ave, Teresa F. 757- 269-1707 Mildred D. 757- 236-9021	Newport News
Wed 7:00PM	<b>End Of The Road (O,WC &amp; )</b> P 1707 Jefferson Avenue, Glen N. 757-272-5790 Ernest W. 757-367-2476	Newport News
Wed 7:00PM	<b>Hope (O)</b> P 10 Matoaka Ln., Will D. 757-768-7954	Newport News
Thu 2:00PM	<b>High Noon (O,BT,IW,CPT,LIT)</b> P Recovery Baptist Church, 303 Blair Ave, Teresa F. 757- 269-1707 Mildred D. 757- 236-9021	Newport News
Thu 6:30PM	<b>Living as Men (O,M,VAR,WC &amp; ,ENG,F2F,BUS)</b> P Recovery Baptist Church, 303 Blair Ave, Ernie J. 908-494-2383	Newport News
Fri 2:00PM	<b>High Noon (O,BT,IW,CPT,LIT)</b> P Recovery Baptist Church, 303 Blair Ave, Teresa F. 757- 269-1707 Mildred D. 757-236-9021	Newport News
Fri 7:00PM	<b>Keep Coming Back (O,WC &amp; )</b> P Newport News Community Center, 605 South Ave, Michelle H. 757-751-2528	Newport News
Fri 7:30PM	<b>Good Orderly Direction (O)</b> P 10 Matoaka Ln, Jeff H 757-630-3806 Alex C 757-303-6049	Newport News
Sat 10:00AM	<b>No More Excuses (O,BT,IP,IW,WC &amp; ,LC,SPAD)</b> P Warwick United Church of Christ, 10 Matoaka Lane, William K. 757-768-0886	Newport News
Sat 2:00PM	<b>High Noon (O,BT,IW,CPT,LIT)</b> P Recovery Baptist Church, 2nd & 4th Saturdays ONLY, 303 Blair Ave, Teresa F. 757-269-1707 Mildred D. 757-236-9021	Newport News
Sat 7:00PM	<b>Never Alone (O,WC &amp; )</b> P Hillton Christian Church, Meets at 7pm as of 2/11/23, 100 James River Drive, Ray D 757-303-4533	Newport News

NORFOLK		
Sun 6:00PM	<b>It's About Time (O,SPK,WC &amp; )</b> T Norview United Methodist Church, 1112 Norview Avenue, Jay J 757-227-8025 Charles M 757-735-8511	Norfolk

NORFOLK (CONT)		
Sun 8:00PM	<b>Mixed Group (O,DISC)</b> T First Lutheran Church, 1301 Colley Ave, Mike J 757-409-1676	Norfolk
Mon 9:30AM	<b>Morning Meditation (O,WC &amp; )</b> T EZ Does It Service Center, 1153 Harmony Rd	Norfolk
Mon 9:30AM	<b>Morning Meditation Literature (O,VAR,VM,LIT)</b> T	Norfolk
Mon 8:00PM	<b>Recovery on the Hill (O,BT,CAN,IP,SPK,WC &amp; )</b> T Reformation Presbyterian Church, 1241 Hillside Ave, Fred R 757-695-6500	Norfolk
Tue 9:30AM	<b>Morning Meditation (O,DISC,VAR,WC &amp; )</b> T EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road	Norfolk
Tue 9:30AM	<b>Morning Meditation Literature (O,VAR,VM,LIT)</b> T	Norfolk
Tue 5:30PM	<b>Mensrap (C,O,M)</b> T Norview United Methodist Church, 1112 Norview Avenue, Gus G 757-574-6891	Norfolk
Tue 7:00PM	<b>Let It Be (O,DISC,LIT)</b> T Reformation Presbyterian Church, 1241 Hillside Ave, Jessica H 757-822-4559	Norfolk
Tue 7:00PM	<b>We Can Change (O,BEG,BT,DISC,IW,VAR,SPK,AB,LIT)</b> T Wesley Grace United Methodist Church, 288 E Little Creek Rd, Leo C 757-285-2007	Norfolk
Wed 9:30AM	<b>Morning Meditation (O,WC &amp; )</b> T EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road	Norfolk
Wed 9:30AM	<b>Morning Meditation Literature (O,VAR,VM,LIT)</b> T	Norfolk
Wed 5:30PM	<b>Just For Today (O,DISC,IP,SPK,STEP)</b> T First Lutheran Church, 1301 Colley Ave, Bill A 757-647-7707	Norfolk
Wed 6:30PM	<b>Serenity In The Sand (Seasonal May-Sept Only) (O,DISC,VAR)</b> T Community Beach Park - Leftmost Beach area, On the Beach, Bring a chair or blanket!, 700 E Ocean View, Nadia H 757-285-5867	Norfolk
Wed 8:00PM	<b>Better by the Bay (O,BT,DISC,WC &amp; )</b> T Miles Memorial United Methodist Church, 9450 Granby Street, Ryan D 757-651-5316	Norfolk
Wed 8:00PM	<b>Where's Lot 147 (O,DISC)</b> T Park Place Community Center, 606 W 29th St, Gary 757-567-4158	Norfolk
Thu 9:30AM	<b>Morning Meditation (O,DISC,VAR,WC &amp; )</b> T EZ Does It Service Center Off N. Military Hwy. & Raby Rd, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road	Norfolk
Thu 9:30AM	<b>Morning Meditation Literature (O,VAR,VM,LIT)</b> T	Norfolk
Thu 6:30PM	<b>Got to Have It (O,BT,IP,SPK,STEP,WC &amp; )</b> T Gethsemane Baptist Church, 1317 E Brambleton Ave, Juanita S 757-685-8848	Norfolk
Thu 8:00PM	<b>Junks &amp; Drunks (O,STEP)</b> T Reformation Presbyterian Church, 1241 Hillside Ave, Ed S 757-435-9526	Norfolk
Fri 9:30AM	<b>Morning Meditation (O,WC &amp; )</b> T EZ Does It Service Center, 1153 Harmony Road	Norfolk
Fri 9:30AM	<b>Morning Meditation Literature (O,VAR,VM,LIT)</b> T	Norfolk
Fri NOON	<b>The Continuing Quest (O,DISC,SPK,SWG)</b> T First Lutheran Church, 1301 Colley Ave, Eddie C 757-816-4986	Norfolk
Fri 8:00PM	<b>The Miracle Continues (O,STEP)</b> T Azalea Baptist Church, 3314 E Little Creek Rd, Nesbit 757-620-8804	Norfolk
Sat 9:30AM	<b>Morning Meditation (O,DISC,VAR,WC &amp; )</b> T EZ Does It Service Center, 1153 Harmony Road	Norfolk
Sat 9:30AM	<b>Morning Meditation Literature (O,VAR,VM,LIT)</b> T	Norfolk
Sat NOON	<b>Basic Math 12 &amp; 12 (O,SPK,STEP,TRAD)</b> T First Baptist Church, 500 E Bute Street, Carlton D 757-515-3331	Norfolk
Sat 3:00PM	<b>Back to Life (O,BT,DISC,SPK,TRAD)</b> T First Lutheran Church, 1301 Colley Ave	Norfolk
Sat 8:00PM	<b>Surrender to Live (O,BT,DISC,WC &amp; )</b> T Reformation Presbyterian Church, 1241 Hillside Ave, Fred R 757-695-6500	Norfolk
Sat 9:30PM	<b>The Point of Freedom (O,STEP,TRAD,WC &amp; ,LIT)</b> T Freemason Street Baptist Church, 400 E Freemason St, Contact: Tuan N 757-788-4757	Norfolk

PORTSMOUTH		
Sun 10:00AM	<b>NA-meless (O,DISC)</b> T Scout Cabin, 3605 Winchester Dr, Thomas K 757-393-2009 Chris L 757-975-1936	Portsmouth
Sun 11:00AM	<b>We Need A Meeting (O,VAR,WC &amp; )</b> T 4700 George Washington Hwy, Donna 757-535-5895	Portsmouth
Sun 7:00PM	<b>New Phase Four (O,DISC,SPK,TOP)</b> T St. John's Episcopal Church, 424 Washington Street, Ron E 757-582-1070, Sam G 757-353-2096	Portsmouth
Mon NOON	<b>Keep Coming Back (O,DISC,VAR)</b> T New First Baptist Church of Taylorsville, 2720 Turnpike Road, Francis P 757-679-1151 Judice P 757-228-8678	Portsmouth
Tue NOON	<b>The Emergency Unit (O,BT,DISC,F2F)</b> T Portsmouth UCC, 5900 Portsmouth Blvd, Johnny D 757-287-4430	Portsmouth
Tue 8:00PM	<b>A Gift Called Life (O,BT)</b> T Portsmouth UCC, 5900 Portsmouth Blvd, Brian L 757-619-7375, Sean H 757-438-1688	Portsmouth
Wed 7:00PM	<b>Surrender and Recovery (O,BT)</b> T Portsmouth UCC, 5900 Portsmouth Blvd, Edwin P 757-839-7806	Portsmouth
Thu 7:00PM	<b>Freebird (O,DISC)</b> T Craddock Baptist Church, 96 Afton Pkwy, Roland C 757-328-2243	Portsmouth

# HAMPTON ROADS METRO



## MEETING LIST (CITY)

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 2026

### REGIONAL HELPLINE

### 804-965-1871

### TIDEWATER HELPLINE

### 866-972-5055

<b>Beach Area Service</b> P.O. Box 1377 Virginia Beach, VA 23451 <a href="https://virginiabeachna.org">https://virginiabeachna.org</a>
<b>Peninsula Area Service</b> P.O. Box 16009, Newport News, VA 23608 <a href="https://peninsulaareana.org">https://peninsulaareana.org</a>
<b>Outerlimits Area Service</b> P.O. Box 1164, Franklin, Va. 23851 <a href="https://outerlimitsareana.org/">https://outerlimitsareana.org/</a>
<b>Tidewater Area Service</b> 1112 Norview Ave, Norfolk, VA <a href="https://tidewaterareana.org">https://tidewaterareana.org</a>
<b>Central Atlantic Regional Service</b> P. O. Box 1959, Chesterfield, VA 23832 <a href="https://www.car-na.org">https://www.car-na.org</a>
<b>Narcotics Anonymous World Service</b> <a href="https://www.na.org">https://www.na.org</a>

Meetings Weekly: 153

PORTSMOUTH (CONT)		
<b>Thu 7:00PM</b>	<b>Girls Nite Out (O,W,HY)</b> T West Park Church of Christ, 926 Cherokee Rd, <i>Vickie 757-375-0067 Kat 757-359-3793</i>	<b>Portsmouth</b>
<b>Sat 7:00PM</b>	<b>Back to Basics (O,BT,DISC,IP,SPK)</b> T Portsmouth UCC, 5900 Portsmouth Blvd, <i>Charlie J 757-620-3895</i>	<b>Portsmouth</b>
SMITHFIELD		
<b>Thu 7:30PM</b>	<b>Another Chance to Live (O)</b> O Benn's United Methodist Church, 14571 Bennis Church Blvd, <i>Tom N 757-658-1498</i>	<b>Smithfield</b>
SUFFOLK		
<b>Tue 6:30PM</b>	<b>Life &amp; Hopeline (O)</b> T St Paul's Episcopal Church, 213 N Main St, <i>Linwood S 757-742-2614</i>	<b>Suffolk</b>
<b>Wed 7:30PM</b>	<b>Life &amp; Hopeline (O,WC &amp;)</b> T Suffolk Christian Church, by courthouse, 216 N Main St, <i>Robert B 757-335-2493</i>	<b>Suffolk</b>
<b>Sat 7:00PM</b>	<b>Life &amp; Hopeline (O,DISC,STEP)</b> T Sentara Obici Hospital, 2800 Godwin Boulevard, <i>Robert B 757-335-2493</i>	<b>Suffolk</b>
VIRGINIA BEACH		
<b>Sun 9:00AM</b>	<b>Hope Ignited (O,DISC,WC &amp;)</b> B Virginia Beach Recovery Club, 1900 Baltic Avenue, <i>David D 757-971-8753</i>	<b>Virginia Beach</b>
<b>Sun 2:00PM</b>	<b>The No Matter What Club (O)</b> B St Francis Episcopal Church, 509 S Rosemont Rd, <i>Trish F 757-985-0948</i>	<b>Virginia Beach</b>
<b>Sun 6:00PM</b>	<b>Rainbow Serenity (O)</b> T Lynnhaven Colony Church Community Center, 2217 W Great Neck Rd, <i>Max B 517-896-5694</i>	<b>Virginia Beach</b>
<b>Sun 6:00PM</b>	<b>Sunday Sanity (O,BT,DISC,IP)</b> B VB Psych Center, In Cafeteria, 1100 First Colonial Rd, <i>Pat O 757-633-2820</i>	<b>Virginia Beach</b>
<b>Mon NOON</b>	<b>Visible Changes (O,DISC)</b> B Emmanuel Episcopal Church, 5181 Singleton Way, <i>Perry C 757-752-2070</i>	<b>Virginia Beach</b>
<b>Mon 7:00PM</b>	<b>Monday Night Candlelight (O,BT,CAN,WC &amp;)</b> T Haygood United Methodist Church, 4713 Haygood Rd, <i>Earl H 757-998-0104</i>	<b>Virginia Beach</b>
<b>Mon 7:30PM</b>	<b>Living The Program (O,BT,DISC,PH)</b> B Sovereign Shores Baptist Church, 4141 Holland Road, <i>Kendrick S 757-434-4223; Rebekah D 203-444-1845</i>	<b>Virginia Beach</b>
<b>Mon 10:30PM</b>	<b>End of the Night (O,DISC,LIT)</b> T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	<b>Virginia Beach</b>
<b>Tue 7:00PM</b>	<b>There's A Light (O,DISC)</b> B Ocean Lakes Church of Christ, 1200 Dam Neck Road, <i>Geoff L 757-641-3159</i>	<b>Virginia Beach</b>
<b>Tue 8:00PM</b>	<b>Enjoying the Journey (O,DISC,SPK,STEP,TOP)</b> B Sovereign Shores Baptist Church, 4141 Holland Road, <i>Ike 757-348-9806; Neal 757-328-6485</i>	<b>Virginia Beach</b>
<b>Tue 10:30PM</b>	<b>End of the Night (O,DISC,LIT)</b> T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	<b>Virginia Beach</b>
<b>Wed NOON</b>	<b>Visible Changes (O,DISC)</b> B Emmanuel Episcopal Church, 5181 Singleton Way, <i>Perry C 757-752-2070</i>	<b>Virginia Beach</b>
<b>Wed 5:30PM</b>	<b>Midweek Peak (O,DISC,WC &amp;)</b> B Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd, <i>Aimee S 757-998-0843; Lori W 757-309-9631</i>	<b>Virginia Beach</b>
<b>Wed 6:00PM</b>	<b>Pinder Hall Group (O,STEP)</b> B All Saints Episcopal Church, 10th Step meeting in Pinder Hall, 1969 Woodside Ln, <i>Palmer R 757-537-9658</i>	<b>Virginia Beach</b>
<b>Wed 7:15PM</b>	<b>Straight Ahead (O,DISC,STEP)</b> T Christ Presbyterian Church, 709 Aragona Blvd, <i>Chris P 757-535-7227</i>	<b>Virginia Beach</b>
<b>Wed 8:00PM</b>	<b>Trusted Servants (O,DISC)</b> B Red Church, 315 S Rosemont Rd, <i>Angel S 757-451-9207</i>	<b>Virginia Beach</b>
<b>Wed 9:00PM</b>	<b>Stepping into Recovery (O,DISC,WC &amp;,LIT)</b> T Old Donation Episcopal Church, 4449 N Witchduck Road, <i>Mary P 757-739-1726</i>	<b>Virginia Beach</b>
<b>Wed 10:30PM</b>	<b>End of the Night (O,DISC)</b> T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	<b>Virginia Beach</b>
<b>Thu 6:30PM</b>	<b>Still ill (C,DISC)</b> B VB Psych Center, No access through main entrance. Use door to left of main entrance., 1100 First Colonial Rd, <i>for those struggling with mental illness in recovery</i>	<b>Virginia Beach</b>
<b>Thu 7:00PM</b>	<b>Shattering the Illusion (O,BT)</b> B St. Michaels Lutheran Church, 2208 Princess Anne Rd, <i>Kristine A 757-202-2702, Ty H 757-235-3175</i>	<b>Virginia Beach</b>
<b>Thu 8:00PM</b>	<b>Choose Life (O,DISC)</b> B St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., <i>Tony C 757-502-5310 Ben R 757-339-5495</i>	<b>Virginia Beach</b>
<b>Thu 10:30PM</b>	<b>End of the Night (O,DISC)</b> T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	<b>Virginia Beach</b>
<b>Fri NOON</b>	<b>Write Now (O,JFT,SWG,ME,WR)</b> T Providence Presbyterian Church, 5497 Providence Rd, <i>Writing during meeting, Fred R 757-695-6500</i>	<b>Virginia Beach</b>
<b>Fri 7:30PM</b>	<b>HOW Group (C,DISC)</b> B Good Shepherd Lutheran Church, 1489 Laskin Road, <i>Scott P 304-218-1468 Ann V 757-270-1141</i>	<b>Virginia Beach</b>
<b>Fri 8:00PM</b>	<b>Kempsville Crossroads (O,DISC,WC &amp;)</b> B Providence Presbyterian Church, 5497 Providence Road, <i>**Not meeting 4/17/2026** Mark N 757-478-1839</i>	<b>Virginia Beach</b>
<b>Fri 8:00PM</b>	<b>Wave of Recovery (O,DISC)</b> B Bayside Presbyterian, 1400 Ewell Rd, <i>Ryan 773-951-4037</i>	<b>Virginia Beach</b>
<b>Fri 10:30PM</b>	<b>End of the Night (O,DISC)</b> T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	<b>Virginia Beach</b>

VIRGINIA BEACH (CONT)		
<b>Sat 10:00AM</b>	<b>Fresh Start (O)</b> B Christ Presbyterian Church, 709 Aragona Blvd, <i>Shery R 757-406-9175</i>	<b>Virginia Beach</b>
<b>Sat 5:00PM</b>	<b>When at the End of the Road (O,DISC)</b> B St Francis Episcopal Church, 509 S Rosemont Road, <i>Rob C 757-334-7718</i>	<b>Virginia Beach</b>
<b>Sat 7:00PM</b>	<b>Saturday Night Live (O)</b> B St. Nicholas Fellowship Hall, 621 First Colonial Road, <i>Ted L 757-717-2669</i>	<b>Virginia Beach</b>
<b>Sat 8:00PM</b>	<b>Freedom of Choice (O,DISC,STEP)</b> T Church of the Ascension, 4853 Princess Anne Rd, <i>James P 757-619-2273</i>	<b>Virginia Beach</b>
VIRGINIA BEACH		
<b>Mon 7:00PM</b>	<b>She Recovers (O,W)</b> B VB Psych Center, 1100 First Colonial Road, <i>Samantha 757-761-8925</i>	<b>VIRGINIA BEACH</b>
<b>Tue 7:00PM</b>	<b>Finding the pieces (NOT OPENED TO BE OPENED)</b> B 691 PRINCESS ANNE ROAD	<b>VIRGINIA BEACH</b>
VIRGINIA BEACH		
<b>Tue 7:00PM</b>	<b>The Recovery Room (not open till June 2nd, 2026) (O,VAR,LC)</b> B 509 S. Rosemont Road, <i>Meredith 757-650-2645</i>	<b>Virginia beach</b>
WILLIAMSBURG		
<b>Sun 9:00PM</b>	<b>Cloud 9 (O,VM)</b> P Aerock P 757-434-3468 <i>Suddy 336-707-5900</i>	<b>Williamsburg</b>
<b>Mon 8:30PM</b>	<b>Who Is An Addict? (O)</b> P Triangle Stepping Stones, 3279 Lake Powell Rd	<b>Williamsburg</b>
<b>Mon 9:00PM</b>	<b>Cloud 9 (O,VM)</b> P Aerock P 757-434-3468 <i>Suddy 336-707-5900</i>	<b>Williamsburg</b>
<b>Tue 7:00PM</b>	<b>A Proven Program (O)</b> P Liberty Live Church, 8201 Croaker Road, <i>Dave H. 757-207-1154, Beth R. 804-332-4970</i>	<b>Williamsburg</b>
<b>Tue 9:00PM</b>	<b>Cloud 9 (O,VM)</b> P Aerock P 757-434-3468 <i>Suddy 336-707-5900</i>	<b>Williamsburg</b>
<b>Wed 7:00PM</b>	<b>Who Is An Addict? (O)</b> P Triangle Stepping Stones, 3279 Lake Powell Rd, <i>Michele C. 757-707-7750</i>	<b>Williamsburg</b>
<b>Wed 9:00PM</b>	<b>Cloud 9 (O,VM)</b> P Aerock P 757-434-3468 <i>Suddy 336-707-5900</i>	<b>Williamsburg</b>
<b>Thu 7:00PM</b>	<b>Tradition III (O,STEP,WC &amp;,ENG)</b> P 4871 Longhill Road, <i>Kristen B 757-585-9371</i>	<b>Williamsburg</b>
<b>Thu 9:00PM</b>	<b>Cloud 9 (O,VM)</b> P Aerock P 757-434-3468 <i>Suddy 336-707-5900</i>	<b>Williamsburg</b>
<b>Fri 7:00PM</b>	<b>12+12=Change (O,WC &amp;,ENG)</b> P Eastern Church, 473 Merrimac Trail	<b>Williamsburg</b>
<b>Fri 9:00PM</b>	<b>Cloud 9 (O,VM)</b> P Aerock P 757-434-3468 <i>Suddy 336-707-5900</i>	<b>Williamsburg</b>
<b>Sat 9:00PM</b>	<b>Cloud 9 (O,VM)</b> P Aerock P 757-434-3468 <i>Suddy 336-707-5900</i>	<b>Williamsburg</b>

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