## CARROLLTON

| | | |
|---|---|---|
| **Mon 7:00PM** | **Running on Faith (O)** O Carrollton Holiness Church, 16144 Carrollton Blvd, *Mark W 757-438-5435* | **Carrollton** |

## CHESAPEAKE

| | | |
|---|---|---|
| **Sun 3:00PM** | **Wecovery (O,VAR)** T Great Bridge United Methodist Church, 201 Stadium Drive, *Mike S 757-230-8854* | **Chesapeake** |
| **Mon 7:00PM** | **New Beginnings (O,WC &,LC)** T Churchland Baptist Church, 3031 Churchland Blvd, *Badrunnisa K 443-847-4738 Coy D 757-981-5090* | **Chesapeake** |
| **Tue 5:30PM** | **Mensrap (C,O,M)** T St Paul's United Methodist Church, 437 Providence Road, *Gus G 757-574-6891* | **Chesapeake** |
| **Tue 7:30PM** | **Awesome Life (O,CAN,DISC,IP)** T Great Bridge United Methodist Church, 201 Stadium Drive, *Carrie L 757-560-8177* | **Chesapeake** |
| **Thu NOON** | **Reason To Believe (O,BT,DISC)** T Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd, *Johnny D 757-287-4430* | **Chesapeake** |
| **Thu 7:30PM** | **Second Chance (O,DISC,STEP,TW)** T Great Bridge United Methodist Church, 201 Stadium Drive, *Louie L 757-560-8172* | **Chesapeake** |
| **Fri 7:00PM** | **Agape (O,DISC,IP,STEP,TW)** 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** | **Better Days (O,CAN,DISC,AB)** T Church Of Saint Therese, 4137 Portsmouth Blvd, *Joe W 757-536-7337* | **Chesapeake** |
| **Sat 5:00PM** | **The Gift of Hope (O,WC &)** T Churchland Baptist Church, By the cemetery thru the red double doors, upstairs., 3031 Churchland Blvd, *Craig T 757-920-8077* | **Chesapeake** |

## ELIZABETH CITY

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

## FRANKLIN

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

## HAMPTON

| | | |
|---|---|---|
| **Sun 7:00PM** | **Recovery Group (O)** P Wesley United Methodist Church, 2510 N Armistead Ave, *William S 757-236-6170 Dave R 757-218-2595* | **Hampton** |
| **Mon NOON** | **A Meeting at Lunch (O,VAR,WC &)** P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, *Eugene 757-358-1709 Bryan 267-939-6415* | **Hampton** |
| **Mon NOON** | **Check up From the Neck Up (O,VM)** P, *Hanifah 571-546-4684* | **Hampton** |
| **Mon 5:00PM** | **Women Recover Too (BT,IP,SPK,STEP,TRAD,W,AB)** P, 3315 W Mercury Blvd, *Dottie G 267-428-9776 Denise K 757-660-1118* | **Hampton** |
| **Mon 7:30PM** | **Addicts in the Attic (O,BT,DISC,VAR,TOP,LIT)** P St Mark's United Methodist Church, 99 E. Mercury Blvd., *Allen M 941-564-5882 Chaz 757-349-9297* | **Hampton** |
| **Tue NOON** | **A Meeting at Lunch (O)** P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, *Eugene 757-358-1709 Bryan 267-939-6415* | **Hampton** |
| **Tue NOON** | **Check up From the Neck Up (O,VM)** P, *Hanifah 571-546-4684* | **Hampton** |
| **Tue 6:45PM** | **New Genesis (O,SPK,STEP,LIT)** P Wesley United Methodist Church, 2510 N Armistead Avenue, *Kayla E. 757-771-7493 Dylan B. 757-871-0958* | **Hampton** |
| **Tue 8:15PM** | **Let's Recover Together (O)** P Hampton Christian Church, 151 East Mercury Boulevard, *Tim E. 757-725-4636 Sissy O. 661-345-3206* | **Hampton** |
| **Wed NOON** | **A Meeting at Lunch (O)** P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, *Eugene 757-358-1709 Bryan 267-939-6415* | **Hampton** |
| **Wed NOON** | **Check up From the Neck Up (O,VM)** P, *Hanifah 571-546-4684* | **Hampton** |
| **Wed 7:00PM** | **Hugs Not Drugs (O,DISC,LC)** P Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road | **Hampton** |
| **Thu NOON** | **A Meeting at Lunch (O)** P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, *Eugene 757-358-1709 Bryan 267-939-6415* | **Hampton** |
| **Thu NOON** | **Check up From the Neck Up (O,VM)** P, *Hanifah 571-546-4684* | **Hampton** |
| **Thu 5:00PM** | **Meeting At Buckroe Beach (O,DISC)** P Shelter #2 near flag pole, 100 South First Street, *William K 757-768-0886* | **Hampton** |

## HAMPTON (CONT)

| | | |
|---|---|---|
| **Thu 7:00PM** | **Keep the Fire Burning (O,CAN,DISC,SPK)** P Bethany United Methodist Church, Back of church Wesley Hall, 1509 Todds Ln, *Ashli H 757-817-8721* | **Hampton** |
| **Fri NOON** | **A Meeting at Lunch (O)** P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, *Eugene 757-358-1709 Bryan 267-939-6415* | **Hampton** |
| **Fri NOON** | **Check up From the Neck Up (O,VM)** P, *Hanifah 571-546-4684* | **Hampton** |
| **Sat 6:00PM** | **Saturday Night Alternative (O,WC &)** P First Presbyterian Church, 514 S Armistead Avenue, *Denise K 757 660-1118* | **Hampton** |

## HAYES

| | | |
|---|---|---|
| **Sun 1:00PM** | **Living Clean (O,WC &,LIT)** P A Place To Meet, Study meeting from the Living Clean book, 7055 Linda Circle, *Grace M 804-824-5622* | **Hayes** |
| **Tue 7:00PM** | **A New Way of Life (O,JFT,WC &)** P A Place To Meet, 7055 Linda Circle, *Paul S 757-293-9446 Janet P 804-466-1515* | **Hayes** |
| **Fri 7:00PM** | **Closer To Home (O,DISC,WC &)** P A Place To Meet, 7055 Linda Circle, *Janet P 804-466-1515* | **Hayes** |

## KILL DEVIL HILLS

| | | |
|---|---|---|
| **Mon 7:30PM** | **Freedom to Live (O)** B Liberty Christian Fellowship, 244 Williams Dr, *Lauren M 252-722-5774* | **Kill Devil Hills** |
| **Tue 7:00PM** | **Stick & Stay (O,DISC)** B Colington Methodist Church, 1949 Colington Rd, *Gene S 252-267-2823* | **Kill Devil Hills** |
| **Thu 7:30PM** | **The Language of Empathy (O,DISC)** B Colington UMC, 1949 Colington Rd, *Carly E 336-251-7158* | **Kill Devil Hills** |

## KILMARNOCK

| | | |
|---|---|---|
| **Sun 6:00PM** | **Refuge Recovery (DISC,WC &,ENG,LIT)** P, 504 N Main Street, *Dwight 804 577 3525 Delano 804 238 8167* | **Kilmarnock** |

## LOCUST HILL

| | | |
|---|---|---|
| **Thu 7:00PM** | **Crossing Rivers (O,DISC,VAR)** P Harmony Grove Baptist Church, 7722 General Puller Highway, *Dwight N 8045773525 Delano J 8042388167* | **Locust Hill** |

## NAGS HEAD

| | | |
|---|---|---|
| **Wed 7:30PM** | **Miracles Happen (O,DISC,STEP,TW)** B St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, *Scott D 252-267-0060* | **Nags Head** |
| **Fri 7:30PM** | **Miracles Happen (O)** 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** | **Surrender To Live (O,WC &)** P, 329 Main St, *Dee 757-503-0739 Rodney F 757-503-5281* | **Newport News** |
| **Sun 7:00PM** | **A Gift Called Life (O,WC &)** P Warwick United Church of Christ, 10 Matoaka Lane, *Nadine 757-751-4680 David H 757-214-2770* | **Newport News** |
| **Sun 7:00PM** | **A Resentment and a Coffee Pot (O,DISC,NS,ENG,NP)** P St. Georges Episcopal Church, 15446 Warwick Blvd, *Yahsh W 757-715-1586* | **Newport News** |
| **Mon 10:00AM** | **Get Back Up (IP,JFT)** P Macedonia Baptist Church, 5500 Marshall Ave, *Michelle C 757-759-1317* | **Newport News** |
| **Mon 2:00PM** | **High Noon (O,BT,IW,CPT,LIT)** P Recovery Baptist Church, 303 Blair Ave, *Teresa F. (757) 269-1707 Mildred D. (757) 236-9021* | **Newport News** |
| **Mon 6:30PM** | **New Attitude (O,WC &)** P Trinity United Methodist Church, 228 29th St, *Debbie S. 757-310-2914* | **Newport News** |
| **Tue 2:00PM** | **High Noon (O,BT,IW,CPT,LIT)** P Recovery Baptist Church, 303 Blair Ave, *Teresa F. 757-269-1707 Mildred D. 757-236-9021* | **Newport News** |
| **Tue 6:30PM** | **Vision of Hope (O)** P, In Basement and not handicap accessible, 1111 24th Street, *Haywood D 757-706-2309* | **Newport News** |
| **Tue 7:00PM** | **Tuesday Night ODAT(One Day At A Time) (O,STEP,TOP,AB,ENG)** P, 15616 Warwick Boulevard, *Eddie J 757-968-8923* | **Newport News** |
| **Wed 2:00PM** | **High Noon (O,BT,IW,CPT,LIT)** P Recovery Baptist Church, 303 Blair Ave, *Teresa F. 757- 269-1707 Mildred D. 757- 236-9021* | **Newport News** |
| **Wed 7:00PM** | **End Of The Road (O,WC &)** P, 1707 Jefferson Avenue, *Glen N. 757-272-5790 Ernest W. 757-367-2476* | **Newport News** |
| **Wed 7:00PM** | **Hope (O)** P, 10 Matoaka Ln., *Will D. 757-768-7954* | **Newport News** |
| **Thu 2:00PM** | **High Noon (O,BT,IW,CPT,LIT)** P Recovery Baptist Church, 303 Blair Ave, *Teresa F. 757- 269-1707 Mildred D. 757- 236-9021* | **Newport News** |
| **Thu 6:30PM** | **Living as Men (O,M,VAR,WC &,ENG,F2F,BUS)** P Recovery Baptist Church, 303 Blair Ave, *Ernie J. 908-494-2383* | **Newport News** |
| **Fri 2:00PM** | **High Noon (O,BT,IW,CPT,LIT)** P Recovery Baptist Church, 303 Blair Ave, *Teresa F. 757- 269-1707 Mildred D. 757-236-9021* | **Newport News** |
| **Fri 7:00PM** | **Keep Coming Back (O,WC &)** P Newport News Community Center, 605 South Ave, *Michelle H. 757-751-2528* | **Newport News** |
| **Fri 7:30PM** | **Good Orderly Direction (O)** P, 10 Matoaka Ln, *Jeff H 757-630-3806 Alex C 757-303-6049* | **Newport News** |
| **Sat 10:00AM** | **No More Excuses (O,BT,IP,IW,WC &,LC,SPAD)** P Warwick United Church of Christ, 10 Matoaka Lane, *William K. 757-768-0886* | **Newport News** |
| **Sat 2:00PM** | **High Noon (O,BT,IW,CPT,LIT)** P Recovery Baptist Church, 2nd & 4th Saturdays ONLY, 303 Blair Ave, *Teresa F. 757-269-1707 Mildred D. 757-236-9021* | **Newport News** |

## NEWPORT NEWS (CONT)

| | | |
|---|---|---|
| **Sat 7:00PM** | **Never Alone (O,WC &)** 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** | **It's About Time (O,SPK,WC &)** T Squires Memorial Presbyterian Church, 770 Ingleside Rd, *Jay J 757-227-8025 Charles M 757-735-8511* | **Norfolk** |
| **Sun 8:00PM** | **Mixed Group (O,DISC)** T First Lutheran Church, 1301 Colley Ave, *Mike J 757-409-1676* | **Norfolk** |
| **Mon 9:30AM** | **Morning Meditation (O,WC &)** T EZ Does It Service Center, 1153 Harmony Rd | **Norfolk** |
| **Mon 9:30AM** | **Morning Meditation Literature (O,VAR,VM,LIT)** T | **Norfolk** |
| **Mon 8:00PM** | **Recovery on the Hill (O,BT,CAN,IP,SPK,WC &)** T Reformation Presbyterian Church, 1241 Hillside Ave, *Fred R 757-695-6500* | **Norfolk** |
| **Tue 9:30AM** | **Morning Meditation (O,DISC,VAR,WC &)** T EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road | **Norfolk** |
| **Tue 9:30AM** | **Morning Meditation Literature (O,VAR,VM,LIT)** T | **Norfolk** |
| **Tue 7:00PM** | **Let It Be (O,DISC,LIT)** T Reformation Presbyterian Church, 1241 Hillside Ave, *Jessica H 757-822-4559* | **Norfolk** |
| **Tue 7:00PM** | **We Can Change (O,BEG,BT,DISC,IW,VAR,SPK,AB,LIT)** T Wesley Grace United Methodist Church, 288 E Little Creek Rd, *Leo C 757-285-2007* | **Norfolk** |
| **Wed 9:30AM** | **Morning Meditation (O,WC &)** T EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road | **Norfolk** |
| **Wed 9:30AM** | **Morning Meditation Literature (O,VAR,VM,LIT)** T | **Norfolk** |
| **Wed 5:30PM** | **Just For Today (O,DISC,IP,SPK,STEP)** T First Lutheran Church, 1301 Colley Ave, *Bill A 757-647-7707* | **Norfolk** |
| **Wed 6:30PM** | **Serenity In The Sand (Seasonal May-Sept Only) (O,DISC,VAR)** 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** | **Better by the Bay (O,BT,DISC,WC &)** T Miles Memorial United Methodist Church, 9450 Granby Street, *Ryan D 757-651-5316* | **Norfolk** |
| **Wed 8:00PM** | **Where's Lot 14? (O,DISC)** T Park Place Community Center, 606 W 29th St, *Gary 757-567-4158* | **Norfolk** |
| **Thu 9:30AM** | **Morning Meditation (O,DISC,VAR,WC &)** T EZ Does It Service CenterOff N. Military Hwy. & Raby Rd, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road | **Norfolk** |
| **Thu 9:30AM** | **Morning Meditation Literature (O,VAR,VM,LIT)** T | **Norfolk** |
| **Thu 6:30PM** | **Got to Have It (O,BT,IP,SPK,STEP,WC &)** T Gethsemane Baptist Church, 1317 E Brambleton Ave, *Juanita S 757-685-8848 Jeanise R 718-513-8856* | **Norfolk** |
| **Thu 8:00PM** | **Junks & Drunks (O,STEP)** T Reformation Presbyterian Church, 1241 Hillside Ave, *Ed S 757-435-9526* | **Norfolk** |
| **Fri 9:30AM** | **Morning Meditation (O,WC &)** T EZ Does It Service Center, 1153 Harmony Road | **Norfolk** |
| **Fri 9:30AM** | **Morning Meditation Literature (O,VAR,VM,LIT)** T | **Norfolk** |
| **Fri NOON** | **The Continuing Quest (O,DISC,SPK,SWG)** T First Lutheran Church, 1301 Colley Ave, *Eddie C 757-816-4986* | **Norfolk** |
| **Fri 8:00PM** | **The Miracle Continues (O,STEP)** T Azalea Baptist Church, 3314 E Little Creek Rd, *Ann V 757-270-1141* | **Norfolk** |
| **Sat 9:30AM** | **Morning Meditation (O,DISC,VAR,WC &)** T EZ Does It Service Center, 1153 Harmony Road | **Norfolk** |
| **Sat 9:30AM** | **Morning Meditation Literature (O,VAR,VM,LIT)** T | **Norfolk** |
| **Sat NOON** | **Basic Math 12 & 12 (O,SPK,STEP,TRAD)** T First Baptist Church, 500 E Bute Street, *Carlton D 757-515-3331* | **Norfolk** |
| **Sat 3:00PM** | **Back to Life (O,BT,DISC,SPK,TRAD)** T First Lutheran Church, 1301 Colley Ave | **Norfolk** |
| **Sat 8:00PM** | **Surrender to Live (O,BT,DISC,WC &)** T Reformation Presbyterian Church, 1241 Hillside Ave, *Fred R 757-695-6500* | **Norfolk** |
| **Sat 9:30PM** | **The Point of Freedom (O,STEP,TRAD,WC &,LIT)** T Freemason Street Baptist Church, 400 E Freemason St, *Contact: Tuan N 757-788-4757* | **Norfolk** |

## PORTSMOUTH

| | | |
|---|---|---|
| **Sun 10:00AM** | **NA-meless (O,DISC)** T Crossroads United Methodist Church, Door with white awning facing Greenway Ct, 1800 Rodman Ave, *Thomas K 757-393-2009 Chris L 757-975-1936* | **Portsmouth** |
| **Sun 11:00AM** | **We Need A Meeting (O,VAR,WC &)** T, 4700 George Washington Hwy, *Donna 757-535-5895* | **Portsmouth** |
| **Sun 7:00PM** | **New Phase Four (O,DISC,SPK,TOP)** T St. John's Episcopal Church, 424 Washington Street, *Ron E 757-582-1070, Sam G 757-353-2096* | **Portsmouth** |
| **Mon NOON** | **Keep Coming Back (O,DISC,VAR)** T New First Baptist Church of Taylorsville, 2720 Turnpike Road, *Francis P 757-679-1151 Judice P 757-228-8678* | **Portsmouth** |
| **Tue NOON** | **The Emergency Unit (O,BT,DISC,F2F)** T Portsmouth UCC, 5900 Portsmouth Blvd, *Johnny D 757-287-4430* | **Portsmouth** |

| PORTSMOUTH (CONT) | | |
|---|---|---|
| **Tue 8:00PM** | **A Gift Called Life (O,BT)** T Portsmouth UCC, 5900 Portsmouth Blvd, *Brian L 757-619-7375, Sean H 757-438-1688* | **Portsmouth** |
| **Wed 7:00PM** | **Surrender and Recovery (O,BT)** T Portsmouth UCC, 5900 Portsmouth Blvd, *Edwin P 757-839-7806* | **Portsmouth** |
| **Thu 7:00PM** | **Freebird (O,DISC)** T Craddock Baptist Church, 96 Afton Pkwy, *Roland C 757-328-2243* | **Portsmouth** |
| **Thu 7:00PM** | **Girls Nite Out (O,W,HY)** T West Park Church of Christ, 926 Cherokee Rd, *Vickie 757-375-0067 Kat 757-359-3793* | **Portsmouth** |
| **Sat 7:00PM** | **Back to Basics (O,BT,DISC,IP,SPK)** T Portsmouth UCC, 5900 Portsmouth Blvd, *Charlie J 757-620-3895* | **Portsmouth** |
| **SMITHFIELD** | | |
| **Thu 7:30PM** | **Another Chance to Live (O)** O Benn's United Methodist Church, 14571 Benns Church Blvd, *Tom N 757-658-1498* | **Smithfield** |
| **SUFFOLK** | | |
| **Tue 6:30PM** | **Life & Hopeline (O)** T St Paul's Episcopal Church, 213 N Main St, *Linwood S 757-742-2614* | **Suffolk** |
| **Wed 7:30PM** | **Life & Hopeline (O,WC ♿)** T Suffolk Christian Church, by courthouse, 216 N Main St, *Robert B 757-335-2493* | **Suffolk** |
| **Sat 7:00PM** | **Life & Hopeline (O,DISC,STEP)** T Sentara Obici Hospital, 2800 Godwin Boulevard, *Robert B 757-335-2493* | **Suffolk** |
| **VIRGINIA BEACH** | | |
| **Sun 9:00AM** | **Hope Ignited (O,DISC,WC ♿)** B Virginia Beach Recovery Club, 1900 Baltic Avenue, *David D 757-971-8753* | **Virginia Beach** |
| **Sun 2:00PM** | **The No Matter What Club (O)** B St Francis Episcopal Church, 509 S Rosemont Rd, *Trish F 757-985-0948* | **Virginia Beach** |
| **Sun 6:00PM** | **Sunday Sanity (O,BT,DISC,IP)** B VB Psych Center, In Cafeteria, 1100 First Colonial Rd, *Pat O 757-633-2820* | **Virginia Beach** |
| **Mon NOON** | **Visible Changes (O,DISC)** B Emmanuel Episcopal Church, 5181 Singleton Way, *Perry C 757-752-2070* | **Virginia Beach** |
| **Mon 7:00PM** | **Monday Night Candlelight (O,BT,CAN,WC ♿)** T Haygood United Methodist Church, 4713 Haygood Rd, *Earl H 757-998-0104* | **Virginia Beach** |
| **Mon 7:00PM** | **She Recovers (O,W)** B VB Psych Center, 1100 First Colonial Road, *Samantha 757-761-8925* | **Virginia Beach** |
| **Mon 7:30PM** | **Living The Program (O,BT,DISC,PH)** B Sovereign Shores Baptist Church, 4141 Holland Road, *Kendrick S 757-434-4223; Rebekah D 203-444-1845* | **Virginia Beach** |
| **Mon 10:30PM** | **End of the Night (O,DISC,LIT)** T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, *Melinda J 757-401-3395* | **Virginia Beach** |
| **Tue 7:00PM** | **The Recovery Room (O,VAR,LC)** B, 509 S Rosemont Road, *Meredith 757-650-2645* | **Virginia Beach** |
| **Tue 8:00PM** | **Enjoying the Journey (O,DISC,SPK,STEP,TOP)** B Sovereign Shores Baptist Church, 4141 Holland Road, *Ike 757-348-9806; Neal 757-328-6485* | **Virginia Beach** |
| **Tue 10:30PM** | **End of the Night (O,DISC,LIT)** T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, *Melinda J 757-401-3395* | **Virginia Beach** |
| **Wed NOON** | **Visible Changes (O,DISC)** B Emmanuel Episcopal Church, 5181 Singleton Way, *Perry C 757-752-2070* | **Virginia Beach** |
| **Wed 5:30PM** | **Midweek Peak (O,DISC,WC ♿)** B Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd, *Aimee S 757-998-0843; Lori W 757-309-9631* | **Virginia Beach** |
| **Wed 6:00PM** | **Pinder Hall Group (O,STEP)** B All Saints Episcopal Church, 10th Step meeting in Pinder Hall, 1969 Woodside Ln, *Palmer R 757-537-9658* | **Virginia Beach** |
| **Wed 7:15PM** | **Straight Ahead (O,DISC,STEP)** T Christ Presbyterian Church, 709 Aragona Blvd, *Chris P 757-535-7227* | **Virginia Beach** |
| **Wed 8:00PM** | **Trusted Servants (O,DISC)** B Red Church (Raised Christian Academy) 245 S Rosemont Rd, *Laurie A 757-375-6692 (at 8:30 please knock on the first window to the right to enter the meeting)* | **Virginia Beach** |
| **Wed 9:00PM** | **Stepping into Recovery (O,DISC,WC ♿,LIT)** T Old Donation Episcopal Church, 4449 N Witchduck Road, *Mary P 757-739-1726* | **Virginia Beach** |
| **Wed 10:30PM** | **End of the Night (O,DISC)** T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, *Melinda J 757-401-3395* | **Virginia Beach** |
| **Thu 6:30PM** | **Still ill (C,DISC)** B VB Psych Center, No access through main entrance. Use door to left of main entrance., 1100 First Colonial Rd, *for those struggling with mental illness in recovery* | **Virginia Beach** |
| **Thu 7:00PM** | **Shattering the Illusion (O,BT)** B St. Michaels Lutheran Church, 2208 Princess Anne Rd, *Stephanie A, 434-547-3653* | **Virginia Beach** |
| **Thu 8:00PM** | **Choose Life (O,DISC)** B St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., *Tony C 757-502-5310 Ben R 757-339-5495* | **Virginia Beach** |
| **Thu 10:30PM** | **End of the Night (O,DISC)** T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, *Melinda J 757-401-3395* | **Virginia Beach** |
| **Fri NOON** | **Write Now (O,JFT,SWG,ME,WR)** T Providence Presbyterian Church, 5497 Providence Rd, *Writing during meeting, Fred R 757-695-6500* | **Virginia Beach** |
| **Fri 7:30PM** | **HOW Group (C,DISC)** B Good Shepherd Lutheran Church, 1489 Laskin Road, *Scott P 304-218-1468* | **Virginia Beach** |

| VIRGINIA BEACH (CONT) | | |
|---|---|---|
| **Fri 8:00PM** | **Kempsville Crossroads (O,DISC,WC ♿)** B Providence Presbyterian Church, 5497 Providence Road, ***Not meeting 4/17/2026** Mark N 757-478-1839* | **Virginia Beach** |
| **Fri 8:00PM** | **Wave of Recovery (O,DISC)** B Bayside Presbyterian, 1400 Ewell Rd, *Ryan 773-951-4037* | **Virginia Beach** |
| **Fri 10:30PM** | **End of the Night (O,DISC)** T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, *Melinda J 757-401-3395* | **Virginia Beach** |
| **Sat 10:00AM** | **Fresh Start (O)** B Christ Presbyterian Church, 709 Aragona Blvd, *Sherry R 757-406-9175* | **Virginia Beach** |
| **Sat 5:00PM** | **When at the End of the Road (O,DISC)** B St Francis Episcopal Church, 509 S Rosemont Road, *Rob C 757-334-7718; Sarah A 757-727-3582* | **Virginia Beach** |
| **Sat 7:00PM** | **Saturday Night Live (O)** B St. Nicholas Fellowship Hall, 621 First Colonial Road, *Ted L 757-717-2669* | **Virginia Beach** |
| **Sat 8:00PM** | **Freedom of Choice (O,DISC,STEP)** T Church of the Ascension, 4853 Princess Anne Rd, *James P 757-619-2273* | **Virginia Beach** |
| **VIRGINIA BEACH** | | |
| **Wed 7:00PM** | **Finding the Pieces (O)** B, 1212 Princess Anne Rd, *Madison* | **VIrginia Beach** |
| **WILLIAMSBURG** | | |
| **Sun 9:00PM** | **Cloud 9 (O,VM)** P, *Aerock P 757-434-3468 Suddy 336-707-5900* | **Williamsburg** |
| **Mon 8:30PM** | **Who Is An Addict? (O)** P Triangle Stepping Stones, 3279 Lake Powell Rd | **Williamsburg** |
| **Mon 9:00PM** | **Cloud 9 (O,VM)** P, *Aerock P 757-434-3468 Suddy 336-707-5900* | **Williamsburg** |
| **Tue 7:00PM** | **A Proven Program (O)** P Liberty Live Church, 8201 Croaker Road, *Dave H. 757-207-1154, Beth R. 804-332-4970* | **Williamsburg** |
| **Tue 9:00PM** | **Cloud 9 (O,VM)** P, *Aerock P 757-434-3468 Suddy 336-707-5900* | **Williamsburg** |
| **Wed 7:00PM** | **Who Is An Addict? (O)** P Triangle Stepping Stones, 3279 Lake Powell Rd, *Michele C 757-707-7750* | **Williamsburg** |
| **Wed 9:00PM** | **Cloud 9 (O,VM)** P, *Aerock P 757-434-3468 Suddy 336-707-5900* | **Williamsburg** |
| **Thu 9:00PM** | **Cloud 9 (O,VM)** P, *Aerock P 757-434-3468 Suddy 336-707-5900* | **Williamsburg** |
| **Fri 7:00PM** | **12+12=Change (O,WC ♿,ENG)** P Eastern Church, 473 Merrimac Trail | **Williamsburg** |
| **Fri 9:00PM** | **Cloud 9 (O,VM)** P, *Aerock P 757-434-3468 Suddy 336-707-5900* | **Williamsburg** |
| **Sat 9:00PM** | **Cloud 9 (O,VM)** P, *Aerock P 757-434-3468 Suddy 336-707-5900* | **Williamsburg** |

| 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 |

# 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.

# NOVEMBER 2026

## REGIONAL HELPLINE
## 804-965-1871
## TIDEWATER HELPLINE
## 866-972-5055

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

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