

SUNDAY

9:00AM **Hope Ignited**, Virginia Beach Recovery Club, 1900 Baltic Avenue (O,DISC,WC &) **David D** 757-971-8753

9:30AM **Surrender To Live**, 329 Main St (O,WC &) **Dee 757-503-0739** **Rodney F** 757-503-5281

10:00A **NA-meless**, Scout Cabin, 3605 Winchester Dr (O,DISC) **M Thomas K** 757-393-2009 **Chris L** 757-975-1936

11:00A **We Need A Meeting**, 4700 George Washington Hwy (O,VAR,WC &) **Donna 757-535-5895**

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**

2:00PM **The No Matter What Club**, St Francis Episcopal Church, 509 S Rosemont Rd (O) **Trish F** 757-985-0948

3:00PM **Wecover**, Great Bridge United Methodist Church, 201 Stadium Drive (O,VAR) **Jade 757-560-6285** **Mike S 757-230-8854**

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**

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

6:00PM **Sunday Sanity**, VB Psych Center, In Cafeteria, 1100 First Colonial Rd (O,BT,DISC,IP) **Pat O** 757-633-2820

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**

7:00PM **A Resentment and a Coffee Pot**, St. Georges Episcopal Church, 15446 Warwick Blvd (O,DISC,NS,ENG,NP) **Yahsh W 757-715-1586**

7:00PM **New Phase Four**, St. John's Episcopal Church, 424 Washington Street (O,DISC,SPK,TOP) **Ron E** 757-582-1070, **Sam G** 757-353-2096

7:00PM **Over & Beyond**, St. Philip's Chapel, West side of Street, 201 S McMorrine St (O,LIT) **Michael S** 757-359-8841

7:00PM **Recovery Group**, Wesley United Methodist Church, 2510 N Armistead Ave (O) **William S** 757-236-6170 **Dave R 757-218-2595**

8:00PM **Mixed Group**, First Lutheran Church, 1301 Colley Ave (O,DISC) **Mike J** 757-409-1676

9:00PM **Cloud 9** (O,VM) **Aerock P** 757-434-3468 **Suddy 336-707-5900**

MONDAY

9:30AM **Morning Meditation**, EZ Does It Service Center, 1153 Harmony Rd (O,WC &)

9:30AM **Morning Meditation Literature** (O,VAR,VM,LIT)

10:00A **Get Back Up**, Macedonia Baptist Church, 5500 Marshall Ave (IP,JFT) **Michelle C** 757-759-1317

NOON **A Meeting at Lunch**, First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O,VAR,WC &) **Eugene 757-358-1709** **Bryan 267-939-6415**

NOON **Check up From the Neck Up** (O,VM) **Hanifah 571-546-4684**

NOON **The Emergency Unit**, Portsmouth UCC, 5900 Portsmouth Blvd (O,BT,DISC,F2F) **Johnny D** 757-287-4430

2:00PM **High Noon**, Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) **Teresa F.** 757-269-1707 **Mildred D. 757-236-9021**

5:30PM **Mensrap**, Norview United Methodist Church, 1112 Norview Avenue (C,M) **Danny G** 434-254-4075

5:30PM **Serenity Group** (O,VM) **Renee C.** 757-637-8230

6:30PM **Life & Hopeline**, St Paul's Episcopal Church, 213 N Main St (O) **Linwood S** 757-742-2614

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

7:00PM **A Proven Program**, Liberty Live Church, 8201 Croaker Road (O) **Dave H.** 757-207-1154, **Beth R.** 804-332-4970

MONDAY (CONT)

5:00PM **Women Recover Too**, 3315 W Mercury Blvd (BT,IP,SPK,STEP,TRAD,W,AB) **Dottie G** 267-428-9776 **Denise K** 757-660-1118

6:30PM **New Attitude**, Trinity United Methodist Church, 228 29th St (O,WC &) **Rose F.** 757-593-0104 **Debbie S.** 757-310-2914

7:00PM **Clean & Serene**, Riverside United Methodist Church, 1400 Edgewood Drive (O,BT,DISC) **John J** 252-377-2405 **Jason G 252-312-5318**

7:00PM **Monday Night Candlelight**, Haygood United Methodist Church, 4713 Haygood Rd (O,BT,CAN,WC &) **Earl H 757-998-0104**

7:00PM **New Beginnings**, Churchland Baptist Church, 3031 Churchland Blvd (O,WC &,LC) **Badrunnisa K** 443-847-4738 **Coy D** 757-981-5090

7:00PM **Running on Faith**, Carrollton Holiness Church, 16144 Carrollton Blvd (O) **Derek L** 802-922-0119

7:00PM **She Recovers new meeting Starts 11/3**, VB Psych Center, 1100 First Colonial Road (O,W) **Natalie S.** (757) 758-2838 **new meeting Starts 11/3**

7:30PM **Freedom to Live**, Liberty Christian Fellowship, 244 Williams Dr (O) **Lauren M** 252-722-5774

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** **Chaz 757-349-9297**

7:30PM **Living The Program**, Sovereign Shores Baptist Church, 4141 Holland Road (O,BT,DISC,PH) **Kendrick S** 757-434-4223; **Rebekah D** 203-444-1845

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

8:30PM **Who Is An Addict?**, Triangle Stepping Stones, 3279 Lake Powell Rd (O)

9:00PM **Cloud 9** (O,VM) **Aerock P** 757-434-3468 **Suddy 336-707-5900**

10:30P **End of the Night**, Old Donation Episcopal Church, No M Smoking on Church Campus, 4449 N Witchduck Rd (O,DISC,LIT) **Melinda J** 757-401-3395

TUESDAY**TUESDAY (CONT)**

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

7:00PM **Let It Be**, Ocean View Christian Reformed Church, 1241 Hillside Ave (O,DISC,LIT) **Jessica H** 757-822-4559

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

7:00PM **Over & Beyond**, St. Philip's Chapel, 201 S McMorrine St (O,VAR) **Michael S** 757-359-8841

7:00PM **Stick & Stay**, Colington Methodist Church, 1949 Colington Rd (O,DISC) **Gene S** 252-267-2823

7:00PM **There's A Light**, Ocean Lakes Church of Christ, 1200 Dam Neck Road (O,DISC) **Geoff L** 757-641-3159

7:00PM **Tuesday Night ODAT(One Day At A Time)**, 15616 Warwick Boulevard (O,STEP,TOP,AB,ENG) **Eddie J 757-968-8923**

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

7:30PM **Awesome Life**, Great Bridge United Methodist Church, 201 Stadium Drive (O,CAN,DISC,IP) **Carrie L** 757-560-8177

8:00PM **A Gift Called Life**, Portsmouth UCC, 5900 Portsmouth Blvd (O,BT) **Brian L** 757-619-7375, **Sean H** 757-438-1688

8:00PM **Enjoying the Journey**, Sovereign Shores Baptist Church, 4141 Holland Road (O,DISC,SPK,STEP,TOP) **Billy B 757-681-4341**

8:15PM **Let's Recover Together**, Hampton Christian Church, 151 East Mercury Boulevard (O) **Tim E.** 757-725-4636 **Sissy O. 661-345-3206**

9:00PM **Cloud 9** (O,VM) **Aerock P** 757-434-3468 **Suddy 336-707-5900**

10:30P **End of the Night**, Old Donation Episcopal Church, No M Smoking on Church Campus, 4449 N Witchduck Rd (O,DISC,LIT) **Melinda J** 757-401-3395

WEDNESDAY

9:30AM **Morning Meditation**, EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O,WC &)

9:30AM **Morning Meditation Literature** (O,VAR,VM,LIT)

NOON **A Meeting at Lunch**, First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) **Eugene 757-358-1709** **Bryan 267-939-6415**

NOON **Check up From the Neck Up** (O,VM) **Hanifah 571-546-4684**

NOON **Visible Changes**, Emmanuel Episcopal Church, 5181 Singleton Way (O,DISC) **Perry C** 757-752-2070

2:00PM **High Noon**, Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) **Teresa F.** 757-269-1707 **Mildred D. 757-236-9021**

5:30PM **Just For Today**, First Lutheran Church, 1301 Colley Ave (O,DISC,IP,SPK,STEP) **Bill A** 757-647-7707

5:30PM **Midweek Peak**, Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd (O,DISC,WC &) **Jon B** 757-635-4318 **Lori W** 757-309-9631

6:00PM **The Group**, All Saints Episcopal Church, 10th Step meeting in Pinder Hall, 1969 Woodside Ln (O,STEP) **Palmer R 757-537-9658**

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,WC &) **Nadia H** 757-285-5867

WEDNESDAY (CONT)

7:00PM **Bright New Life**, Franklin Baptist Church, 208 N High Street (O,STEP) **DeWayne L** 757-641-8022

7:00PM **End Of The Road**, 1707 Jefferson Avenue (O,WC &) **Glen N. 757-272-5790** **Ernest W.** 757-367-2476

7:00PM **Hope**, 10 Matoaka Ln. (O) **Will D.** 757-768-7954

7:00PM **Hugs Not Drugs**, Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road (O,DISC,LC) **Sarah 757-727-3582**

7:00PM **Moment to Moment**, Tabernacle United Methodist, 831 Poquoson Ave (front door) (O,ENG) **Gerri M**

7:00PM **Surrender and Recovery**, Portsmouth UCC, 5900 Portsmouth Blvd (O,BT) **Edwin P** 757-839-7806

7:00PM **Who Is An Addict?**, Triangle Stepping Stones, 3279 Lake Powell Rd (O) **Michele C** 757-707-7750

7:15PM **Straight Ahead**, Christ Presbyterian Church, 709 Aragona Blvd (O,DISC,STEP) **Chris P** 757-535-7227

7:30PM **Life & Hopeline**, Suffolk Christian Church, by courthouse, 216 North Main St. (O,WC &) **Robert B** 757-335-2493

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**

8:00PM **Better by the Bay**, Miles Memorial United Methodist Church, 9450 Granby Street (O,BT,DISC,WC &) **Ryan D 757-651-5316**

8:00PM **Trusted Servants**, Red Church, 315 S Rosemont Rd (O,DISC) **Angel S** 757-451-9207

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**

9:00PM **Cloud 9** (O,VM) **Aerock P** 757-434-3468 **Suddy 336-707-5900**

9:00PM **Stepping into Recovery**, Old Donation Episcopal Church, 4449 N Witchduck Road (O,DISC,WC &,LIT) **Mary P 757-739-1726**

10:30P **End of the Night**, Old Donation Episcopal Church, No M Smoking on Church Campus, 4449 N Witchduck Rd (O,DISC) **Melinda J** 757-401-3395

THURSDAY

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 &)

9:30AM **Morning Meditation Literature** (O,VAR,VM,LIT)

THURSDAY (CONT)

7:00PM Crossing Rivers, Harmony Grove Baptist Church, 7722 General Puller Highway (O,DISC,VAR) Dwight N 8045773525
Delano J 8042388167

7:00PM Freebird, Craddock Baptist Church, 96 Afton Pkwy (O,DISC) Roland C 757-328-2243

7:00PM Girls Nite Out, West Park Church of Christ, 926 Cherokee Rd (O,W,HY) Vickie 757-375-0067 Kat 757-359-3793

7:00PM Keep the Fire Burning, Bethany United Methodist Church, Back of church Wesley Hall, 1509 Todds Ln (O,CAN,DISC,SPK) Ashli H 757-817-8721

7:00PM Over & Beyond, St. Philip's Chapel, 201 S McMorrine St (O,DISC) Michael S 757-359-8841

7:00PM Shattering the Illusion, St. Michaels Lutheran Church, 2208 Princess Anne Rd (O,BT) Kristine A 757-202-2702, Ty H 757-235-3175

7:00PM Tradition III, 4871 Longhill Road (O,STEP,WC &,ENG) Kristen B 757-585-9371

7:30PM Another Chance to Live, Benn's United Methodist Church, 14571 Benns Church Blvd (O) Tom N 757-658-1498

7:30PM Second Chance, Great Bridge United Methodist Church, 201 Stadium Drive (O,DISC,STEP,TW) Louie L 757-560-8172

7:30PM The Language of Empathy, Colington UMC, 1949 Colington Rd (O,DISC) Carly E 336-251-7158

8:00PM Choose Life, St. Nicholas Greek Orthodox Church, 621 First Colonial Rd. (O,DISC) Tony C 757-502-5310 Kristen H 757-837-5132

8:00PM Junks & Drunks, Ocean View Christian Reformed Church, 1241 Hillside Ave (O,STEP) Ed S 757-435-9526

9:00PM Cloud 9 (O,VM) Aerock P 757-434-3468 Sudsy 336-707-5900

10:30P End of the Night, Old Donation Episcopal Church, No M Smoking on Church Campus, 4449 N Witchduck Rd (O,DISC) Melinda J 757-401-3395

FRIDAY

9:30AM Morning Meditation, EZ Does It Service Center, 1153 Harmony Road (O,WC &)

9:30AM Morning Meditation Literature (O,VAR,VM,LIT)

NOON A Meeting at Lunch, First Presbyterian Church, Leftside rear door, 514 S Armistead Ave (O) Eugene 757-358-1709 Bryan 267-939-6415

NOON Check up From the Neck Up (O,VM) Hanifah 571-546-4684

NOON The Continuing Quest, First Lutheran Church, 1301 Colley Ave (O,DISC,SPK,SWG) Eddie C 757-816-4986

NOON Write Now, Providence Presbyterian Church, 5497 Providence Rd (O,JFT,SWG,ME,WR) Writing during meeting, Fred R 757-695-6500

2:00PM High Noon, Recovery Baptist Church, 303 Blair Ave (O,BT,IW,CPT,LIT) Teresa F. 757- 269-1707 Mildred D. 757-236-9021

7:00PM 12+12=Change, Eastern Church, 473 Merrimac Trail (O,WC &,ENG) Thayne F 757-603-2131

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

7:00PM Closer To Home, Riverside Walter Reed Hospital, 7519 Hospital Drive (O,DISC,WC &) Janet P 804-466-1515

7:00PM Keep Coming Back, Newport News Community Center, 605 South Avenue (O,WC &) Michelle H. 757-751-2528

7:30PM Better Days, Church Of Saint Therese, 4137 Portsmouth Blvd (O,CAN,DISC,AB) Joe W 757-536-7337

FRIDAY (CONT)

7:30PM Good Orderly Direction, 10 Matoaka Ln (O) Jeff H 757-630-3806 Alex C 757-303-6049

7:30PM HOW Group, Good Shepherd Lutheran Church, 1489 Laskin Road (C,DISC) Scott P 304-218-1468 Ann V 757-270-1141

7:30PM Miracles Happen, St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail (O) Scott D 252-267-0060

8:00PM Kempsville Crossroads, Providence Presbyterian Church, 5497 Providence Road (O,DISC,WC &) Mark N 757-478-1839

8:00PM The Miracle Continues, Azalea Baptist Church, 3314 E Little Creek Rd (O,STEP) Nesbit 757-620-8804

8:00PM Wave of Recovery, Bayside Presbyterian, 1400 Ewell Rd (O,DISC) Ben R 757-339-5495

9:00PM Cloud 9 (O,VM) Aerock P 757-434-3468 Sudsy 336-707-5900

10:30P End of the Night, Old Donation Episcopal Church, No M Smoking on Church Campus, 4449 N Witchduck Rd (O,DISC) Melinda J 757-401-3395

SATURDAY

9:30AM Morning Meditation, EZ Does It Service Center, 1153 Harmony Road (O,DISC,VAR,WC &)

9:30AM Morning Meditation Literature (O,VAR,VM,LIT)

10:00A Fresh Start, Christ Presbyterian Church, 709 Aragona Blvd M (O) Madison B 757-506-6986 Sherry R 757-406-9175

10:00A No More Excuses, Warwick United Church of Christ, 10 M Matoaka Lane (O,BT,IP,IW,WC &,LC,SPAD) William K. 757-768-0886

NOON Basic Math 12 & 12, First Baptist Church, 500 E Bute Street (O,SPK,STEP,TRAD) Carlton D 757-515-3331

12:30P The Gift of Hope, Churchland Baptist Church, By the cemetery thru the red double doors, upstairs., 3031 Churchland Blvd (O,WC &) Anthony H 757-343-5006

2:00PM High Noon, Recovery Baptist Church, 2nd & 4th Saturdays ONLY, 303 Blair Ave (O,BT,IW,CPT,LIT) Teresa F. 757-269-1707 Mildred D. 757-236-9021

3:00PM Back to Life, First Lutheran Church, 1301 Colley Ave (O,BT,DISC,SPK,TRAD)

5:00PM When at the End of the Road, St Francis Episcopal Church, 509 S Rosemont Road (O,DISC) Rob C 757-334-7718

6:00PM Rainbow Serenity, LGBT Life Center, 5360 Robin Hood Rd (O) Max B 517-896-5694

6:00PM Saturday Night Alternative, First Presbyterian Church, 514 S Armistead Avenue (O,WC &) Denise K 757 660-1118

7:00PM Back to Basics, Portsmouth UCC, 5900 Portsmouth Blvd (O,BT,DISC,IP,SPK) Mike K 757-974-4029 Charlie J 757-620-3895

7:00PM Life & Hopeline, Sentara Obici Hospital, 2800 Godwin Boulevard (O,DISC,STEP) Robert B 757-335-2493

7:00PM Never Alone, Hilton Christian Church, Meets at 7pm as of 2/11/23, 100 James River Drive (O,WC &) Ray D 757-303-4533

7:00PM Saturday Night Live, St. Nicholas Fellowship Hall, 621 First Colonial Road (O) Ted L 757-717-2669

8:00PM Freedom of Choice, Church of the Ascension, 4853 Princess Anne Rd (O,DISC,STEP) James P 757-619-2273

8:00PM Surrender to Live, Ocean View Christian Reformed Church, 1241 Hillside Ave (O,BT,DISC,WC &) Fred R 757-695-6500

9:00PM Cloud 9 (O,VM) Aerock P 757-434-3468 Sudsy 336-707-5900

9:30PM The Point of Freedom, Freemason Street Baptist Church, 400 E Freemason St (O,STEP,TRAD,WC &,LIT) Tuan N 757-788-4757

BEACH AREA SERVICE COMMITTEES

Beach Area Service Committee

P.O. Box 1377 Virginia Beach, VA 23451 - <https://virginiateachna.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

Emergent Needs Subcommittee

1st Saturday - 12:00 PM, 1200 Dam Neck Rd, Virginia Beach

Serenity on the Shore Subcommittee

1st Sunday - Subcommittees: 5:00PM, Main: 6:00PM, 1100 First Colonial Rd Virginia Beach

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

Literature, Policy, Public Relations, Phoneline, Special Events Subcommittees

2nd Sunday - 12:30 pm, 1112 Norview Ave, Norfolk

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

Literature

1st Saturday - 2:00 pm, 10 Matoaka Lane, Newport News

Public Relations

1st Saturday - 2:30 pm, 10 Matoaka Lane, Newport News

Area Inventory

Sunday following Area - 1:00 pm, 2244 Executive Drive, Hampton

Hospitals & Institutions Subcommittee

Sunday following Area - 2:00 pm, 2244 Executive Drive, Hampton

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

Activities Subcommittee

TBD

Public Relations

TBD

Central Atlantic Regional Service
P. O. Box 1959, Chesterfield, VA 23832 <https://www.car-na.org>

Narcotics Anonymous World Service <https://www.na.org>

Phone Numbers

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