

SUNDAY

8:45AM Hope Ignited, Virginia Beach Recovery Club, 1900 Baltic Avenue (O,DISC,WC &) *David D 757-971-8753 **New start time as of 6/9/24***

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

10:00A NA-meless, Scout Cabin, **7/7/24 Location change**, 3605 Winchester Dr (O,DISC) *Thomas K 757-393-2009 Chris L 757-975-1936*

11:00A We Need A Meeting, Next door to Waffle House. PLEASE WEAR A MASK, 4700 George Washington Hwy (O,DISC,VAR,WC &) *Donna JE 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 Wecovery, 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 Sunday Sanity, VB Psych Center, In Cafeteria, 1100 First Colonial Rd (O,BT,DISC,IP) *Shelly G 757-748-5364, 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 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)

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, West End Baptist Church, Side Rear Entrance, 2413 Shell Rd (IP,JFT) *Michelle C. 757-759-1317*

NOON A Meeting at Lunch, First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave (O,VAR,WC &) *Eugene 757-358-1709*

NOON Check up From the Neck Up (O,VM)

NOON More Will be Revealed, Serenity House, 300 Pearl Street (O,DISC) *Michael S 757-359-8841*

2:00PM High Noon, Recovery Baptist Church, Meets M-F, 2nd & 4th Sats, 303 Blair Ave (O,VAR) *Teresa F. (757) 269-1707 Mildred D. (757) 236-9021*

3:00PM Change I Must Or Die I Will, Empowered Believers Church, 2096 Nickerson Blvd (O,VAR) *Lawrence 718-594-2998 Renee 215-370-2186*

6:00PM Monday Meditation, Community United Methodist Church, Enter at Burlington Rd side before 6:10pm, 1072 Old Kempsville Rd (C,ME) *Jon B 757-635-4318*

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

MONDAY (CONT)

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 &) *Eric D 757-580-2849*

7:00PM New Beginnings, Churchland Baptist Church, 3031 Churchland Blvd (O,WC &,LC) *Cathy K 757-403-7409 Sid N 757-416-4553*

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

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 Amy M. 757-977-2781*

7:30PM Living The Program, Water's Edge Church of God, 4141 Holland Road (O,BT,DISC,PH) *Frank G 757-933-0999 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) *Michele C 757-707-7750*

9:00PM Cloud 9 (O,VM)

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

TUESDAY

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

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

NOON A Meeting at Lunch, First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave (O) *Eugene 757-358-1709*

NOON Check up From the Neck Up (O,VM)

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 (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 434-253-4075*

5:30PM Serenity Group (O,VM) *Beverly A. 757-753-6868 Renee C. 757-637-8230*

6:00PM Keep Coming Back, New First Baptist Church of Taylorsville, 2720 Turnpike Road (O,DISC,VAR) *Francis P 757-679-1151 Judice P 757-228-8678*

6:30PM Life & Hopeline, St Paul's Episcopal Church, 213 N Main St (O) *Charles A 757-351-5855*

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*

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*

TUESDAY (CONT)

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,WC &) *Gene S 252-267-2823*

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*

7:30PM There's A Light, Ocean Lakes Church of Christ, 1200 Dam Neck Road (O,DISC) *Geoff L 757-641-3159*

7:30PM Yes! We Can!, Family Life Center, 3172 Azalea Garden Rd (O,DISC,WC &) *Ron C 757-708-4946*

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, Water's Edge Church of God, 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)

10:30P End of the Night, Old Donation Episcopal Church, No 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, Rear door leftside of church, 514 S Armistead Ave (O) *Eugene 757-358-1709*

NOON Check up From the Neck Up (O,VM)

NOON Visible Changes, Emmanuel Episcopal Church, 5181 Singleton Way (O,DISC) *Perry C 757-752-2070 Rachel S 703-232-3544*

2:00PM High Noon, Recovery Baptist Church, 303 Blair Ave (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,TOP) *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) *Nadia H 757-285-5867*

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) *Sarah 757-727-3582*

WEDNESDAY (CONT)

7:00PM Life Beyond Addiction, Broadcast Church, 910 Oak Grove Rd (O,DISC,STEP,ME) *Justin G 757-503-8290*

7:00PM Surrender and Recovery, Portsmouth UCC, 5900 Portsmouth Blvd (O,BT) *Edwin T 757-648-9812*

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 757-738-6253*

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,WC &) *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)

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 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)

NOON A Meeting at Lunch, First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave (O) *Eugene 757-358-1709*

NOON Check up From the Neck Up (O,VM)

NOON Reason To Believe, Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd (O,BT,DISC) *Johnny D 757-287-4430*

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

5:00PM Meeting at Buckroe Beach, Buckroe Beach, Meets seasonally May - October, 1st St & E Pembroke Ave (O)

5:30PM Surviving Our Emotions, Norview United Methodist Church, 1112 Norview Avenue (C,W,WC &) *Takecha J 804-218-7208*

6:30PM Got to Have It, Gethsemane Baptist Church, 1317 E Brambleton Ave (O,BT,IP,SPK,STEP,WC &) *Juanita S 757-685-8848*

6:30PM Living as Men Group of NA, Recovery Baptist Church, 303 Blair Ave (O,M,WC &) *Reggie F 757-817-8464 Ernie J. 908-494-2383*

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) *for those struggling with mental illness in recovery*

7:00PM Be the WE, Christ Presbyterian Church, 709 Aragona Blvd (O,CAN,WC &) *Shane S 757-712-8027 Speaker mtg every 4th Thursday*

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.

OCTOBER 2024

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
LC	Living Clean Study	LIT	Literature Study
M	Men	ME	Meditation
O	Open	PH	Phone Meeting
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

BEACH AREA SERVICE COMMITTEES

Beach Area Service Committee
P.O. Box 1377 Virginia Beach, VA 23451 - <https://viriniabeachna.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
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Narcotics Anonymous World Service	https://www.na.org
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Phone Numbers

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) *Pat C 757-619-1976 Ezra S 757-974-2261*

9:00PM Cloud 9 (O,VM)

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 (O) *Madison B 757-506-6986 Sherry R 757-406-9175*

10:00A No More Excuses, Warwick United Church of Christ, 10 Matoaka Lane (O,WC &) *William K. 757-768-0886*

10:00A The Gift of Hope, Churchland Baptist Church, 3031 Churchland Blvd (O,WC &) *Anthony H 757-343-5006 Sandy B 757-737-2176 **Starting 9/14***

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

NOON Bridge to Recovery, Bridge Church, 1244 Executive Blvd (O) *Justin H 804-738-1784 **Starts June 22nd***

2:00PM High Noon, Recovery Baptist Church, 2nd & 4th Saturdays ONLY, 303 Blair Ave (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 Saturday Night Alternative, First Presbyterian Church, 514 S Armistead Avenue (O,WC &) *Shanequa L 757-327-2381 Denise K 757-660-1118*

6:00PM Saturday Night Men's Meeting, Good Shepherd Lutheran Church, 1489 Laskin Road (C,DISC) *Jamie T 757-803-7986*

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 Never Alone, Hillton 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)

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

THURSDAY (CONT)

7:00PM Crossing Rivers, Harmony Grove Baptist Church, 7722 General Puller Highway (O,DISC) *Doug C 804-690-6595 Kathy P 804-324-1820*

7:00PM Freebird, Virtual Only (O,BT,DISC,TRAD,VM) *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, Park on West side of church, enter thru West door follow the signs., 1509 Todds Ln (O,DISC) *Tom K. 804-815-9356 Stacy K. 401-474-3344*

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*

7:30PM Another Chance to Live, Benn's United Methodist Church, 14571 Bennis 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, Nags Head Church, 105 W Soundside Rd (O,DISC) *Carly E 336-251-7158*

8:00PM Choose Life, St. Nicholas Greek Orthodox Church, 621 First Colonial Rd. (O,DISC) *Ted L 757-717-2669 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)

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

FRIDAY

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NOON A Meeting at Lunch, First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave (O) *Eugene 757-358-1709*

NOON Check up From the Neck Up (O,VM)

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 (BT,IW,CPT,LIT) *Teresa F. 757- 269-1707 Mildred D. 757-236-9021*

6:00PM Life & Hopeline, Sentara Obici Hospital, 2800 Godwin Boulevard (O,DISC,STEP,TC,VM) *Maryann B 609-712-3107*

7:00PM 12 +12 = Change, Sentara Hospital, Meets In the Conference Center, 100 Sentara Cir (O,WC &) *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 &) *Grace 804-824-5622*

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*

