

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, M Scout Cabin, 3605 Winchester Dr (O,DISC) *Thomas K 757-393-2009 Chris L 757-975-1936*

11:00A We Need A Meeting, M 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 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 Rainbow Serenity, Lynnhaven Colony Church Community Center, 2217 W Great Neck Rd (O) *Max B 517-896-5694*

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, M 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 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*

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

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*

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) *Mike K 757-974-4029*

7:00PM She Recovers, VB Psych Center, 1100 First Colonial Road (O,W) *Samantha 757-761-8925*

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, Reformation Presbyterian Church, 1241 Hillside Ave (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, M 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, 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 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,O,M) *Gus G 757-574-6891*

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*

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 Finding the pieces (NOT OPENED TO BE OPENED), 691 PRINCESS ANNE ROAD,

7:00PM Let It Be, Reformation Presbyterian 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) *Ike 757-348-9806; Neal 757-328-6485*

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, M 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, 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 &) *Aimee S 757-998-0843; Lori W 757-309-9631*

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

WEDNESDAY (CONT)

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,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 N 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?, Park Place Community Center, 606 W 29th St (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, M 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 Center Off 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, 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 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 (O,BT,IW,CPT,LIT) *Teresa F. 757- 269-1707 Mildred D. 757-236-9021*

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, Recovery Baptist Church, 303 Blair Ave (O,M,VAR,WC &,ENG,F2F,BUS) *Ernie J. 908-494-2383*

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.

MAY 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
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

Meetings Weekly: 153

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

Phone Numbers

FRIDAY (CONT)

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

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 &) ****Not meeting 4/17/2026**** *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) *Ryan 773-951-4037*

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

10:30P End of the Night, M Old Donation Episcopal Church, No 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, M Christ Presbyterian Church, 709 Aragona Blvd (O) *Sherry R 757-406-9175*

10:00A No More Excuses, M Warwick United Church of Christ, 10 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, M 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 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) *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, 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, Reformation Presbyterian Church, 1241 Hillside Ave (O,BT,DISC,WC &) *Fred R 757-695-6500*

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

9:30PM The Point of Freedom, Freemason Street Baptist Church, 400 E Freemason St (O,STEP,TRAD,WC &,LIT) **** Will not meet 4/18/26 Contact: Tuan N 757-788-4757**

THURSDAY (CONT)

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 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 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, 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 Ben R 757-339-5495*

8:00PM Junks & Drunks, Reformation Presbyterian Church, 1241 Hillside Ave (O,STEP) *Ed S 757-435-9526*

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

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

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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 Ave (O,WC &) *Michelle H. 757-751-2528*