

SUNDAY		
9:00AM	Hope Ignited (O, DISC, WC &) [B] Virginia Beach Recovery Club, 1900 Baltic Avenue, <i>Dale W 757-202-9693, Chuck K 757-469-9365</i>	Virginia Beach
9:00AM	Men's Rap (O, DISC, M, WC &) [T] Maryview Behavioral Center, First Floor side entrance, 3636 High Street, <i>Joe B 757-397-6279</i>	Portsmouth
9:30AM	Surrender To Live (O, WC &) [P] C. Waldo Scott Center, 3100 Wickham Avenue, <i>Dee W. 757-503-0739 - Tony H. 757-696-6654</i>	Newport News
11:00AM	We Need A Meeting (O, 2nd, DISC, JFT, SPK, STEP, WC &) [T] Maryview Hospital, 2nd Floor, Conference Room B, 3636 High Street, <i>Donna E 757-535-5895 1-DSC, 2-STP, 3-BT, 4-SPK, 5-JFT</i>	Portsmouth
NOON	Faith (O, WC &) [P] Riverside Behavioral Health Center, 2244 Executive Drive, <i>Malcolm 757-593-6581 Henry 757-532-8814</i>	Hampton
2:00PM	Living Clean (O) [P] 7603 Hospital Drive, <i>Sam B. 804-296-8592 Dan G. 804-815-7699</i>	Gloucester
3:00PM	Wecoverly (O, DISC) [T] Great Bridge United Methodist Church, 201 Stadium Drive, <i>Chris 757-377-9236</i>	Chesapeake
3:00PM	Write to Recover (C, NC, WR) [P] Mary Immaculate Hospital, Community Health and Resource Center, 2 Bernardine Drive, <i>Craig W. 845-642-5043</i>	Newport News
5:00PM	The Journey Continues (C, LIT) [B] St. Francis Episcopal Church, 509 S Rosemont Road, <i>Lucinda W 757-502-5176 (Living Clean Study)</i>	Virginia Beach
6:00PM	It's About Time (O, SPK, WC &) [T] Norview United Methodist Church, 1112 Norview Avenue, <i>Jerome F 757-202-6163</i>	Norfolk
7:00PM	A Clear Message (O, BT, DISC, SPK, AB) [T] Obici Hospital, Conf. Rm. C - Basement, 2800 Godwin Boulevard	Suffolk
7:00PM	A Gift Called Life (O, WC &) [P] Warwick United Church of Christ, 10 Matoaka Lane, <i>Johnnie 757-869-4890 Nadine 757-751-4680</i>	Newport News
7:00PM	New Phase Four (O, DISC, SPK, TOP) [T] Saint John's Episcopal Church, 424 Washington Street, <i>Ron E 757-582-1070, Lloyd P 757-638-7157</i>	Portsmouth
7:00PM	The Lie Is Dead (O, WC &) [P] North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane, <i>Ed P. 757-303-8609</i>	Hampton
7:30PM	Recovery Group (O, WC &) [P] Riverside Behavioral Health Center, 2244 Executive Drive, <i>William S. 757-236-6170 Dave R. 757-218-2595</i>	Hampton
8:00PM	Mixed Group (O, DISC) [T] First Lutheran Church, 1301 Colley Ave, <i>Mike J 757-409-1676</i>	Norfolk
8:00PM	Nature Of Recovery (O, WC &) [P] 5477 Mooretown Road, <i>Ron L. 757-880-3826 Terry W. 757-719-6392</i>	Williamsburg
8:00PM	Sunday Sanity (O, DISC) [B] VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, <i>Karla W 757-434-6446, Pat O 757-633-2820</i>	Virginia Beach
MONDAY		
6:45AM	Jump Start the Day (O) [T] First Lutheran Church, Washington & King, 600 King Street, <i>Teresa D 757-724-3685</i>	Portsmouth
9:30AM	Morning Meditation (O, WC &) [T] EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, <i>Rick K 757-753-0048</i>	Norfolk
9:30AM	Trust The Process (O, WC &) [P] St. Augustine's Episcopal Church, 2515 Marshall Avenue, <i>Qadeer 757-344-1284 Lilly 757-236-8921</i>	Newport News
NOON	A Meeting at Lunch (O, VAR, WC &) [P] First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, <i>Deborah 757-238-0330 Eugene 757-243-6845</i>	Hampton
NOON	Help Me Think (O, BT, JFT, STEP, TOP) [T] Ingleside Baptist Church, corner of Gatliff Ave, 925 Ingleside Rd., <i>1st-Step, 2nd-Top, 3rd-BT, 4th-JFT, Carlton J 757-589-3564</i>	Norfolk
NOON	High Noon (O, WC &) [P] Recovery Baptist Church, 303 Blair Avenue, <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>	Newport News
3:00PM	Change I Must Or Die I Will (O, WC &) [P] Nickerson Plaza, Next to ACE Hardware, 2096 Nickerson Blvd, <i>Kathy A. 757-897-7699 Jimmy W. 757-257-0843</i>	Hampton
6:00PM	I Can't We Can (O, IP, SPK, AB) [P] C. Waldo Scott Center, 3100 Wickham Ave	Newport News
7:00PM	Beyond Our Wildest Dreams (O, SPK, WC &) [O] First Baptist Church, 318 Hall Street, <i>Keith J 757-344-3189</i>	Franklin
7:00PM	Honesty Group (O, BT, SPK, STEP, WC &) [P] Ivy Memorial Baptist Church, 2200 Coliseum Dr., <i>Yvonne W. 757-256-7858 Ernest 908-494-2383</i>	Hampton
7:00PM	Monday Night Candlelight (O, BT, CAN, WC &) [T] Haygood United Methodist Church, 4713 Haygood Rd, <i>Eric D 757-580-2849</i>	Virginia Beach
7:00PM	New Attitude (O, WC &) [P] 3509 Chestnut Avenue, <i>Vet 747-849-8808 Rose F. 757-593-0104</i>	Newport News
7:00PM	New Beginnings (O, IW, WC &) [T] Church of the Resurrection, @ Midfield Pkwy, 3501 Cedar Lane, <i>Greg C 757-636-3745, Kathy K 757-403-7409</i>	Portsmouth

MONDAY (CONT)		
7:00PM	The Winding Road (C) [T] Oak Grove United Methodist Church, across from water tower, 472 N. Battlefield Blvd, <i>Jacob M 757-831-8249, Rich B 757-288-0650</i>	Chesapeake
7:00PM	Women in Recovery (O) [P] St. Martin's Church, 3279 Lake Powell Rd, <i>Erin 571-224-6615</i>	Williamsburg
7:30PM	In Step (O) [P] Grafton Baptist Church, @ Dare Road, 5540 George Washington Memorial Hwy, <i>Brendan R. 757-802-5695</i>	Yorktown
7:30PM	Living The Program (O, BT, DISC) [B] Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, <i>Lance G 757-692-7864, Steve K 757-715-1075</i>	Virginia Beach
7:30PM	The Out of Ordinary Meeting (O, IW, WC & , LIT) [P] White Marsh Baptist Church, 5123 George Washington Memorial Highway, <i>Dan G. 804-815-7699 Sam B. 804-296-8592</i>	Gloucester
8:00PM	Raw Recovery (O, DISC) [T] Judeo-Christian Outreach Center - Homeless Shelter, East of Birdneck Rd, 1053 Virginia Beach Blvd, <i>April M 757-323-7038</i>	Virginia Beach
8:00PM	Recovery on the Hill (O, BT, CAN, SPK, STEP, WC &) [T] Ocean View Christian Reformed Church, 1241 Hillside Avenue, <i>Fred R 757-695-6500</i>	Norfolk
8:30PM	Who is an Addict? (O) [P] 3279 Lake Powell Road, <i>Lindsey V. 757-291-2530</i>	Williamsburg
10:30PM	End of the Night (O, WC & , LIT) [T] Old Donation Episcopal Church, 4449 N Witchduck Road, <i>Living Clean Study Ann V 757-270-1141</i>	Virginia Beach
TUESDAY		
6:45AM	Jump Start the Day (O) [T] First Lutheran Church, Washington & King, 600 King Street, <i>Teresa D 757-724-3685</i>	Portsmouth
9:30AM	Morning Meditation (O, DISC, VAR, WC &) [T] EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, <i>Rick K 757-753-0048, Mike M 757-305-2212</i>	Norfolk
9:30AM	Trust The Process (O, WC &) [P] St. Augustine's Episcopal Church, 2515 Marshall Avenue, <i>Qadeer 757-344-1284 Lilly 757-236-8921</i>	Newport News
NOON	A Meeting at Lunch (O) [P] First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, <i>Deborah 757-238-0330 Eugene 757-243-6845</i>	Hampton
NOON	High Noon (O, WC &) [P] Recovery Baptist Church, 303 Blair Avenue, <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>	Newport News
NOON	The Emergency Unit (O, BT, DISC) [T] United Congregational Christian Church, Hodges Ferry Rd & Charlotte St, 5900 Portsmouth Blvd, <i>Dora H 757-305-7615</i>	Portsmouth
5:30PM	Just For Today (O, DISC, IP, SPK, STEP, TOP) [T] First Lutheran Church, Corner of Colley Ave & Baldwin Ave., 1301 Colley Avenue, <i>Bill A 757-647-7700</i>	Norfolk
5:30PM	Serenity Group (O, WC &) [P] Riverside Behavioral Health Center, 2244 Executive Drive, <i>Beverly A. 757-753-6868 Jeanette 757-594-3414</i>	Hampton
6:00PM	Rainbow Serenity (O, DISC, GL) [B] LGBT Life Center, Entrance on Corner of Llewellyn and 25th St., 248 W 24th St, <i>Karim M 757-647-1414</i>	Norfolk
7:00PM	A Proven Program (O) [P] York River Baptist Church, 8201 Croaker Road, <i>Dave H. 757-207-1154 John P. 757-235-9300</i>	Williamsburg
7:00PM	Count Your Blessings (O, DISC, JFT) [T] Oaklette United Methodist, Park in Rear, Corner Indian River & Oaklette, 520 Oaklette Dr, <i>Daniel A 757-418-1690</i>	Chesapeake
7:00PM	Earthbound Group (O, DISC) [O] Emmanuel Episcopal Church, 400 N High Street, <i>Stephen B 757-613-5531</i>	Franklin
7:00PM	Keep Coming Back (O, BT, DISC, SPK, STEP, TOP) [T] New First Baptist Church of Taylorsville, By Fredrick Blvd, 2720 Turnpike Road, <i>Francis P 757-679-1151</i>	Portsmouth
7:00PM	Let It Be (O, DISC) [T] Ocean View Christian Reformed Church, 1 block from Ocean View & Beach View, 1241 Hillside Ave, <i>Brandi M 757-581-3178</i>	Norfolk
7:00PM	We Can Change (O, BT, DISC, IW, SPK) [T] Oakdale Presbyterian Church, West of Tidewater Dr. between Harriet & Van Patten Rd., 550 East Little Creek Rd., <i>Olena P 757-359-5580</i>	Norfolk
7:00PM	We Can Change (O) [P] First Church of Newport News, 2300 Wickham Avenue, <i>Harvey 757-926-9138 Plummer 757-696-3416 Albert W. 757-597-8697</i>	Newport News
7:30PM	Awesome Life (O, CAN, DISC, IP) [T] Great Bridge United Methodist Church, Corner of S. Battlefield & Stadium, 201 Stadium Drive, <i>Carrie L 757-560-8177</i>	Chesapeake
7:30PM	Freedom Group (O, DISC) [B] Nicholas Greek Church, Fellowship Hall, 621 First Colonial Road, <i>Living Clean Study, Kristina D 757-270-9509</i>	Virginia Beach
7:30PM	In Times of Illness (O, DISC) [B] VA Beach Psych Center, next to hospital, those with illness in recovery are welcome, 1100 First Colonial Rd, <i>Bill S 757-717-1815</i>	Virginia Beach
7:30PM	New Genesis Group (O) [P] Wesleyly United Methodist Church, 2510 N. Armistead Avenue, <i>Gayle B. 757-597-1531 Cameron 757-561-3343</i>	Hampton
7:30PM	There's A Light (O, DISC) [B] Ocean Lakes Church of Christ, 1200 Dam Neck Road, <i>Ian B 757-717-7900, Geoff L 757-641-3159</i>	Virginia Beach

TUESDAY (CONT)		
7:30PM	Young, Clean & Living (O) [P] North Hampton Presbyterian Church (behind the Fire Department), 1217 Todds Lane, <i>Chris L. 757-592-2170</i>	Hampton
8:00PM	A Gift Called Life (O, BT) [T] United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, <i>Brian L 757-619-7375, Sean H 757-438-1688</i>	Portsmouth
8:00PM	A New Way of Life (O, JFT) [P] 7603 Hospital Drive, <i>Dan G. 804-815-7699 Sam B. 804-296-8592</i>	Gloucester
8:00PM	Enjoying the Journey (O, DISC, SPK, STEP, TOP) [B] Water's Edge Church of God, Near South Plaza Trial, 4141 Holland Road, <i>Billy B 757-681-4341</i>	Virginia Beach
8:15PM	Let's Recover Together (O, WC &) [P] Hampton Christian Church, 151 East Mercury Boulevard, <i>Tim E. 757-725-4636 Chris G. 760-984-4914</i>	Hampton
10:30PM	End of the Night (O, IW) [T] Old Donation Episcopal Church, 4449 N Witchduck Road, <i>Ann V 757-270-1141</i>	Virginia Beach
WEDNESDAY		
6:45AM	Jump Start the Day (O) [T] First Lutheran Church, Washington & King, 600 King Street, <i>Teresa D 757-724-3685</i>	Portsmouth
9:30AM	Morning Meditation (O, DISC, VAR, WC &) [T] EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, <i>Rick K 757-7530048</i>	Norfolk
9:30AM	Trust The Process (O, WC &) [P] St. Augustine's Episcopal Church, 2515 Marshall Avenue, <i>Qadeer 757-344-1284 Lilly 757-236-8921</i>	Newport News
NOON	A Meeting at Lunch (O) [P] First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, <i>Deborah 757-238-0330 Eugene 757-243-6845</i>	Hampton
NOON	High Noon (O) [T] New Life Providence Church, 1420 Colonial Ave, <i>Lafayette 757-696-7534, Michelle M 757-381-5881</i>	Norfolk
NOON	High Noon (O, WC &) [P] Recovery Baptist Church, 303 Blair Avenue, <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>	Newport News
NOON	Recovery At Noon (O) [P] 3279 Lake Powell Rd, <i>Erin T. 571-224-6615</i>	Williamsburg
NOON	Visible Changes (O, DISC) [T] Emmanuel Episcopal Church, Off S Witchduck, 5181 Princess Anne Road, <i>Charles D 757-729-6176, Deborah J 757-320-6341</i>	Virginia Beach
5:30PM	Midweek Peak (O, DISC) [B] Thalia Lynn Baptist Church, 4392 Virginia Beach Blvd, <i>John B 7576354318 Sarah H 7572988224</i>	Virginia Beach
6:00PM	Becoming A Winner (O) [P] Loving Kindness Worship Center, 2007 N. Armistead Ave., <i>Jacqueline G. 757-528-7041</i>	Hampton
6:30PM	Last House on the Block (O, DISC) [T] Chesterfield Heights Community Center, 1st floor, 2715 Stanhope Ave, <i>Lafayette R 757-696-7534, Rudolph S 757-714-0783</i>	Norfolk
7:00PM	Bright New Life (O, STEP) [O] Franklin Baptist Church, 208 N High Street, <i>DeWayne L 757-641-8022</i>	Franklin
7:00PM	End Of The Road (O, WC &) [P] 1707 Jefferson Avenue, <i>Glen N. 757-268-9318 Sherri W. 757-768-1392</i>	Newport News
7:00PM	Hope (O) [P] Warwick Conference Center, Building #6, 12420 Warwick Blvd, <i>Will D. 757-768-7954 David B. 757-342-2510</i>	Newport News
7:00PM	Hugs Not Drugs (O, DISC) [P] Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road, <i>Sarah 757-727-3582 Jeff M. 912-414-3258</i>	Hampton
7:00PM	Surrender and Recovery (O, BT) [T] United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, <i>Thomas G 757-647-1481</i>	Portsmouth
7:00PM	What Can I Do (O, VAR) [T] Wesley Community Service Center, 1701 Elm St, <i>Sabrina P 757-228-0730</i>	Portsmouth
7:15PM	Straight Ahead (O, DISC, STEP) [B] Christ Presbyterian, 709 Aragona Blvd, <i>Chris P 757-535-7227</i>	Virginia Beach
7:30PM	Change We Must (O, C, BT) [T] Oak Grove UMC, across from water tower, 472 North Battlefield Blvd., <i>Katie K 757-405-8464</i>	Chesapeake
7:30PM	Life & Hoppelene (O, DISC, STEP, WC &) [T] Suffolk Christian Church, by courthouse, 216 North Main St., <i>Rob B 757-923-5461</i>	Suffolk
7:30PM	Living The Program (C, WC &) [P] Warwick United Church of Christ, 10 Matoaka Lane, <i>Ray D. 757-303-4533 Veronica W. 757-589-5747</i>	Newport News
8:00PM	Better by the Bay (O, BT, DISC, WC &) [T] Miles Memorial United Methodist Church, Park off Selby Pl (rear entrance), 9450 Granby Street, <i>Ryan D 757-651-5316</i>	Norfolk
8:00PM	Trusted Servants (O, DISC, WC &) [B] St. Francis Episcopal Church, 509 S Rosemont Road, <i>Barbara H 845-905-9126</i>	Virginia Beach
8:00PM	Where's Lot 14? (O, DISC) [T] Sentara Norfolk General Hospital, Dining Room #1, 600 Gresham Drive, <i>Gary 757-237-4507, Juanita 757-685-8848</i>	Norfolk
8:30PM	Stepping into Recovery (O, DISC, WC & , LIT) [T] Old Donation Episcopal Church, 4449 N. Witchduck Road, <i>Guiding Traditions, Mary P 757-739-1726</i>	Virginia Beach

WEDNESDAY (CONT)		
8:30PM	Who is an Addict? (O) [P] 3279 Lake Powell Road, <i>Lindsey V. 757-291-2530 Greg M. 757-645-6381</i>	Williamsburg
10:30PM	End of the Night (O, BT) [T] Old Donation Episcopal Church, 4449 N Witchduck Road, <i>Ann V 757-270-1141</i>	Virginia Beach
THURSDAY		
6:45AM	Jump Start the Day (O) [T] First Lutheran Church, Washington & King, 600 King Street, <i>Teresa D 757-724-3685</i>	Portsmouth
9:30AM	Morning Meditation (O, DISC, VAR, WC &) [T] EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, <i>Rick K 757-753-0048</i>	Norfolk
9:30AM	Trust The Process (O, WC &) [P] St. Augustine's Episcopal Church, 2515 Marshall Avenue, <i>Qadeer 757-344-1284 Lilly 757-236-8921</i>	Newport News
NOON	A Meeting at Lunch (O) [P] First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, <i>Deborah 757-238-0330 Eugene 757-243-6845</i>	Hampton
NOON	High Noon (O, WC &) [P] Recovery Baptist Church, 303 Blair Avenue, <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>	Newport News
NOON	Reason To Believe (O, BT, DISC) [T] Church Of Saint Therese, Across from Chesapeake Square Mall @ Coffman Blvd, Enter front, Rooms 10 & 11, 4137 Portsmouth Blvd, <i>Johnny D 757-287-4430</i>	Chesapeake
NOON	Recovery 'N' EOV (O, BT, DISC, IP, SPK) [T] Ocean View Reformed Christian Church, block in for Ocean View Ave at Beach St, 1241 Hillside Ave, <i>LaTrisha 757-285-7964, Jerome F 757-202-6163</i>	Norfolk
5:30PM	The Warriors (O, WC &) [P] Agape Foundations, INC, Entrance and Parking in the Rear, 3217 Commander Shepard Blvd, <i>Renee D. 757-593-4323</i>	Hampton
5:30PM	We Do Recover (O) [O] Franklin District Building, 161 Steward Drive, <i>Keith J 757-344-3189</i>	Franklin
6:30PM	Got to Have It (O, BT, IP, SPK, STEP, WC &) [T] Queen Street Baptist Church, 413 E. Brambleton Avenue, <i>Frederick J 757-374-1577, Juanita S 757-685-8848</i>	Norfolk
7:00PM	Freebird (O, BL, BT) [T] Craddock Baptist Church, and Harris Road, 96 Afton Parkway, <i>Roland C 757-328-2243, Jen J 757-582-4947</i>	Portsmouth
7:00PM	Girls Nite Out (O, IP, JFT, SWG, STEP, W) [T] First Friends Church, 5307 Portsmouth Blvd., <i>Vickie 757-375-0067, Kat 757-359-3793, Missy 757-753-6223</i>	Portsmouth
7:00PM	Let's Get Spiritual (O, WC &) [P] St. Paul AME Church, 2500 Chestnut Avenue, <i>Debbie 757-310-2914 Teddie 757-503-0528</i>	Newport News
7:00PM	Second Chance (O, DISC, STEP, TW) [T] Great Bridge United Methodist Church, corner of South Battlefield Blvd and Stadium Dr, 201 Stadium Drive, <i>Bernard 757-778-1755, Louie L 757-560-8172</i>	Chesapeake
7:00PM	Shattering the Illusion (O, BT) [B] St. Michaels Lutheran Church, 2208 Princess Anne Rd, <i>Kristine A 757-202-2702</i>	Virginia Beach
7:00PM	We Do Recover (O, Pi, WC & , LIT) [P] Reformation Lutheran Church, 13100 Warwick Blvd, <i>Paula M. 757-506-9294</i>	Newport News
7:30PM	12 + 12 = Change!! (O, WC &) [P] Wesley Foundation (across from W&M soccer field), 526 Jamestown Road, <i>Mary H. 757-412-9599</i>	Williamsburg
7:30PM	Fresh Starts for Open Hearts (O) [P] Poquoson Baptist Church, 283 Wythe Creek Road	Poquoson
7:30PM	Serenity Circle (O, DISC, WC & , ME) [B] Haygood United Methodist Church, 4713 Haygood Road, <i>Entrance at Northwest Corner Ann 757-270-1141 Trish 757-985-0948</i>	Virginia Beach
8:00PM	Branching Out (O, BT, STEP) [T] Aldersgate United Methodist Church, Western Branch, 4320 Bruce Rd, <i>Joe B 757-397-6279</i>	Chesapeake
8:00PM	Choose Life (O, BT, IP, SPK) [B] VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, <i>Candace J 7575856609 Dickie B 7574125029</i>	Virginia Beach
8:00PM	Junks & Drunks (O, STEP) [T] Ocean View Reformed Church, 1241 Hillside Ave, <i>Amber O 856-340-0091 Mark B 757-581-0800</i>	Norfolk
8:00PM	Living the Dream (BT) [P] 7603 Hospital Drive, 7603 Hospital Drive, <i>Dan G. 804-815-7699 Travis S. 804-694-6629</i>	Gloucester
8:00PM	Raw Recovery (O, DISC) [T] Judeo-Christian Outreach Center - Homeless Shelter, East of Birdneck Rd, 1053 Virginia Beach Blvd, <i>April M 757-322-7038</i>	Virginia Beach
8:00PM	Time To Surrender (O, WC &) [P] North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane, <i>Eddie H. 757-268-7903</i>	Hampton
10:30PM	End of the Night (O, DISC) [T] Old Donation Episcopal Church, 4449 N Witchduck Road, <i>Ann V 757-270-1141</i>	Virginia Beach
FRIDAY		
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9:30AM	Morning Meditation (O, DISC, VAR, WC &) [T] EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road, <i>Mike M 757-305-2212, Rick K 757-753-0048</i>	Norfolk

