

SUNDAY			
9:00AM	Hope Ignited (O,DISC,WC ☐) B Virginia Beach Recovery Club, 1900 Baltic Avenue, <i>David D 757-971-8753</i>	Virginia Beach	
9:30AM	Surrender To Live (O,WC ☐) P 329 Main St, <i>Dee 757-503-0739 Rodney F 757-503-5281</i>	Newport News	
10:00AM	NA-meless (O,DISC) T Scout Cabin, 3605 Winchester Dr, <i>Thomas K 757-393-2009 Chris L 757-1936</i>	Portsmouth	
11:00AM	We Need A Meeting (O,VAR,WC ☐) T 4700 George Washington Hwy, <i>Donna 757-535-5895</i>	Portsmouth	
1:00PM	Living Clean (O,WC ☐, LIT) P A Place To Meet, Study meeting from the Living Clean book, 7055 Linda Circle, <i>Paul S. 757-293-9446</i>	Hayes	
2:00PM	The No Matter What Club (O) B St Francis Episcopal Church, 509 S Rosemont Rd, <i>Trish F 757-985-0948</i>	Virginia Beach	
3:00PM	Wecovery (O,VAR) T Great Bridge United Methodist Church, 201 Stadium Drive, <i>Jade 757-560-6285 Mike S 757-230-8854</i>	Chesapeake	
6:00PM	It's About Time (O,SPK,WC ☐) T Norview United Methodist Church, 1112 Norview Avenue, <i>Jay J 757-227-8025 Charles M 757-735-8511</i>	Norfolk	
6:00PM	Refuge Recovery (DISC,WC ☐,ENG,LIT) P 504 N Main Street, <i>Dwight 804 577 3525 Delano 804 238 8167</i>	Kilmarnock	
6:00PM	Sunday Sanity (O,BT,DISC,IP) B VB Psych Center, In Cafeteria, 1100 First Colonial Rd, <i>Pat O 757-633-2820</i>	Virginia Beach	
7:00PM	A Gift Called Life (O,WC ☐) P Warwick United Church of Christ, 10 Matoaka Lane, <i>Nadine 757-751-4680 David H 757-214-2770</i>	Newport News	
7:00PM	A Resentment and a Coffee Pot (O,DISC,NS,ENG,NP) P St. Georges Episcopal Church, 15446 Warwick Blvd, <i>Yahsh W 757-715-1586</i>	Newport News	
7:00PM	New Phase Four (O,DISC,SPK,TOP) T St. John's Episcopal Church, 424 Washington Street, <i>Ron E 757-582-1070, Sam G 757-353-2096</i>	Portsmouth	
7:00PM	Over & Beyond (O,LIT) T St. Philip's Chapel, West side of Street, 201 S McMorrine St, <i>Michael S 757-359-8841</i>	Elizabeth City	
7:00PM	Recovery Group (O) P Wesley United Methodist Church, 2510 N Armistead Ave, <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	
9:00PM	Cloud 9 (O,VM) P <i>Aerock P 757-434-3468 Suddy 336-707-5900</i>	Williamsburg	
MONDAY			
9:30AM	Morning Meditation (O,WC ☐) T EZ Does It Service Center, 1153 Harmony Rd	Norfolk	
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT) T	Norfolk	
10:00AM	Get Back Up (IP,JFT) P Macedonia Baptist Church, 5500 Marshall Ave, <i>Michelle C 757-759-1317</i>	Newport News	
NOON	A Meeting at Lunch (O,VAR,WC ☐) P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, <i>Eugene 757-358-1709 Bryan 267-939-6415</i>	Hampton	
NOON	Check up From the Neck Up (O,VM) P <i>Hanifah 571-546-4684</i>	Hampton	
NOON	Keep Coming Back (O,DISC,VAR) T New First Baptist Church of Taylorsville, 2720 Turnpike Road, <i>Francis P 757-679-1151 Judice P 757-228-8678</i>	Portsmouth	
NOON	More Will be Revealed (O,DISC) T Serenity House, 300 Pearl Street, <i>Michael S 757-359-8841</i>	Elizabeth City	
2:00PM	High Noon (O,BT,IW,CPT,LIT) P Recovery Baptist Church, 303 Blair Ave, <i>Teresa F. (757) 269-1707 Mildred D. (757) 236-9021</i>	Newport News	

MONDAY (CONT)			
5:00PM	Women Recover Too (BT,IP,SPK,STEP,TRAD,W,AB) P 3315 W Mercury Blvd, <i>Dottie G 267-428-9776 Denise K 757-660-1118</i>	Hampton	
6:30PM	New Attitude (O,WC ☐) P Trinity United Methodist Church, 228 29th St, <i>Rose F. 757-593-0104 Debbie S. 757-310-2914</i>	Newport News	
7:00PM	Clean & Serene (O,BT,DISC) T Riverside United Methodist Church, 1400 Edgewood Drive, <i>John J 252-377-2405 Jason G 252-312-5318</i>	Elizabeth City	
7:00PM	Monday Night Candlelight (O,BT,CAN,WC ☐) T Haygood United Methodist Church, 4713 Haygood Rd, <i>Earl H 757-998-0104</i>	Virginia Beach	
7:00PM	New Beginnings (O,WC ☐,LC) T Churchland Baptist Church, 3031 Churchland Blvd, <i>Badrunnisia K 443-847-4738 Coy D 757-981-5090</i>	Chesapeake	
7:00PM	Running on Faith (O) O Carrollton Holiness Church, 16144 Carrollton Blvd, <i>Derek L 802-922-0119</i>	Carrollton	
7:00PM	She Recovers new meeting Starts 11/3 (O,W) B VB Psych Center, 1100 First Colonial Road, <i>Natalie S. (757) 758-2838 new meeting Starts 11/3</i>	VIRGINIA BEACH	
7:30PM	Freedom to Live (O) B Liberty Christian Fellowship, 244 Williams Dr, <i>Lauren M 252-722-5774</i>	Kill Devil Hills	
7:30PM	Here and Now (O,BT,DISC,VAR,TOP,LIT) P St Mark's United Methodist Church, 99 E. Mercury Blvd., <i>Allen M 941-564-5882 Chaz 757-349-9297</i>	Hampton	
7:30PM	Living The Program (O,BT,DISC,PH) B Sovereign Shores Baptist Church, 4141 Holland Road, <i>Kendrick S 757-434-4223; Rebekah D 203-444-1845</i>	Virginia Beach	
8:00PM	Recovery on the Hill (O,BT,CAN,IP,SPK,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 Triangle Stepping Stones, 3279 Lake Powell Rd	Williamsburg	
9:00PM	Cloud 9 (O,VM) P <i>Aerock P 757-434-3468 Suddy 336-707-5900</i>	Williamsburg	
10:30PM	End of the Night (O,DISC,LIT) T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	Virginia Beach	
TUESDAY			
9:30AM	Morning Meditation (O,DISC,VAR,WC ☐) T EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road	Norfolk	
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT) T	Norfolk	
NOON	A Meeting at Lunch (O) P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, <i>Eugene 757-358-1709 Bryan 267-939-6415</i>	Hampton	
NOON	Check up From the Neck Up (O,VM) P <i>Hanifah 571-546-4684</i>	Hampton	
NOON	The Emergency Unit (O,BT,DISC,F2F) T Portsmouth UCC, 5900 Portsmouth Blvd, <i>Johnny D 757-287-4430</i>	Portsmouth	
2:00PM	High Noon (O,BT,IW,CPT,LIT) P Recovery Baptist Church, 303 Blair Ave, <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>	Newport News	
5:30PM	Mensrap (C,M) T Norview United Methodist Church, 1112 Norview Avenue, <i>Danny G 434-254-4075</i>	Norfolk	
5:30PM	Serenity Group (O,VM) P <i>Renee C. 757-637-8230</i>		
6:30PM	Life & Hopeline (O) T St Paul's Episcopal Church, 213 N Main St, <i>Linwood S 757-742-2614</i>	Suffolk	
7:00PM	A New Way of Life (O,JFT,WC ☐) P A Place To Meet, 7055 Linda Circle, <i>Paul S 757-293-9446 Janet P 804-466-1515</i>	Hayes	
7:00PM	A Proven Program (O) P Liberty Live Church, 8201 Croaker Road, <i>Dave H. 757-207-1154, Beth R. 804-332-4970</i>	Williamsburg	

TUESDAY (CONT)			
7:00PM	Earthbound Group (O,DISC) O Emmanuel Episcopal Church, Meeting is in the back, in basement., 400 N High Street, <i>Stephen B 757-613-5531</i>	Franklin	
7:00PM	Let it Be (O,DISC,LIT) T Ocean View Christian Reformed Church, 1241 Hillside Ave, <i>Jessica H 757-822-4559</i>	Norfolk	
7:00PM	New Genesis (O,SPK,STEP,LIT) P Wesley United Methodist Church, 2510 N Armistead Avenue, <i>Kayla E. 757-771-7493 Dylan B. 757-871-0958</i>	Hampton	
7:00PM	Over & Beyond (O,VAR) T St. Philip's Chapel, 201 S McMorrine St, <i>Michael S 757-359-8841</i>	Elizabeth City	
7:00PM	Stick & Stay (O,DISC) B Colington Methodist Church, 1949 Colington Rd, <i>Gene S 252-267-2823</i>	Kill Devil Hills	
7:00PM	There's A Light (O,DISC) B Ocean Lakes Church of Christ, 1200 Dam Neck Road, <i>Geoff L 757-641-3159</i>	Virginia Beach	
7:00PM	Tuesday Night ODAT(One Day At A Time) (O,STEP,TOP,AB,ENG) P 15616 Warwick Boulevard, <i>Eddie J 757-968-8923</i>	Newport News	
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, <i>Leo C 757-285-2007</i>	Norfolk	
7:30PM	Awesome Life (O,CAN,DISC,IP) T Great Bridge United Methodist Church, 201 Stadium Drive, <i>Carrie L 757-560-8177</i>	Chesapeake	
8:00PM	A Gift Called Life (O,BT) T Portsmouth UCC, 5900 Portsmouth Blvd, <i>Brian L 757-619-7375, Sean H 757-438-1688</i>	Portsmouth	
8:00PM	Enjoying the Journey (O,DISC,SPK,STEP,TOP) B Sovereign Shores Baptist Church, 4141 Holland Road, <i>Billy B 757-681-4341</i>	Virginia Beach	
8:15PM	Let's Recover Together (O) P Hampton Christian Church, 151 East Mercury Boulevard, <i>Tim E. 757-725-4636 Sissy O. 661-345-3206</i>	Hampton	
9:00PM	Cloud 9 (O,VM) P <i>Aerock P 757-434-3468 Suddy 336-707-5900</i>	Williamsburg	
10:30PM	End of the Night (O,DISC,LIT) T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	Virginia Beach	
WEDNESDAY			
9:30AM	Morning Meditation (O,WC ☐) T EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road	Norfolk	
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT) T	Norfolk	
NOON	A Meeting at Lunch (O) P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, <i>Eugene 757-358-1709 Bryan 267-939-6415</i>	Hampton	
NOON	Check up From the Neck Up (O,VM) P <i>Hanifah 571-546-4684</i>	Hampton	
NOON	Visible Changes (O,DISC) B Emmanuel Episcopal Church, 5181 Singleton Way, <i>Perry C 757-752-2070</i>	Virginia Beach	
2:00PM	High Noon (O,BT,IW,CPT,LIT) P Recovery Baptist Church, 303 Blair Ave, <i>Teresa F. 757- 269-1707 Mildred D. 757- 236-9021</i>	Newport News	
5:30PM	Just For Today (O,DISC,IP,SPK,STEP) T First Lutheran Church, 1301 Colley Ave, <i>Bill A 757-647-7707</i>	Norfolk	
5:30PM	Midweek Peak (O,DISC,WC ☐) B Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd, <i>Jon B 757-635-4318 Lori W 757-309-9631</i>	Virginia Beach	
6:00PM	The Group (O,STEP) B All Saints Episcopal Church, 10th Step meeting in Pinder Hall, 1969 Woodside Ln, <i>Palmer R 757-537-9658</i>	Virginia Beach	
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, <i>Nadia H 757-285-5867</i>	Norfolk	

WEDNESDAY (CONT)			
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. 757-272-5790 Ernest W. 757-367-2476</i>	Newport News	
7:00PM	Hope (O) P 10 Matoaka Ln., <i>Will D. 757-768-7954</i>	Newport News	
7:00PM	Hugs Not Drugs (O,DISC,LC) P Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road, <i>Sarah 757-727-3582</i>	Hampton	
7:00PM	Moment to Moment (O,ENG) P Tabernacle United Methodist, 831 Poquoson Ave (front door), <i>Gerri M</i>	Poquoson	
7:00PM	Surrender and Recovery (O,BT) T Portsmouth UCC, 5900 Portsmouth Blvd, <i>Edwin P 757-839-7806</i>	Portsmouth	
7:00PM	Who Is An Addict? (O) P Triangle Stepping Stones, 3279 Lake Powell Rd, <i>Michele C 757-707-7750</i>	Williamsburg	
7:15PM	Straight Ahead (O,DISC,STEP) T Christ Presbyterian Church, 709 Aragona Blvd, <i>Chris P 757-535-7227</i>	Virginia Beach	
7:30PM	Life & Hopeline (O,WC ☐) T Suffolk Christian Church, by courthouse, 216 North Main St., <i>Robert B 757-335-2493</i>	Suffolk	
7:30PM	Miracles Happen (O,DISC,STEP,TW) B St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, <i>Scott D 252-267-0060</i>	Nags Head	
8:00PM	Better by the Bay (O,BT,DISC,WC ☐) T Miles Memorial United Methodist Church, 9450 Granby Street, <i>Ryan D 757-651-5316</i>	Norfolk	
8:00PM	Trusted Servants (O,DISC) B Red Church, 315 S Rosemont Rd, <i>Angel S 757-451-9207</i>	Virginia Beach	
8:00PM	Where's Lot 14? (O,DISC) T Sentara Norfolk General Hospital, Brickhouse Auditorium, 2nd floor, Conf Rm 2, 600 Gresham Drive, <i>Gary 757-567-4158</i>	Norfolk	
9:00PM	Cloud 9 (O,VM) P <i>Aerock P 757-434-3468 Suddy 336-707-5900</i>	Williamsburg	
9:00PM	Stepping into Recovery (O,DISC,WC ☐, LIT) T Old Donation Episcopal Church, 4449 N Witchduck Road, <i>Mary P 757-739-1726</i>	Virginia Beach	
10:30PM	End of the Night (O,DISC) T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	Virginia Beach	
THURSDAY			
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	
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT) T	Norfolk	
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NOON	A Meeting at Lunch (O) P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, <i>Eugene 757-358-1709 Bryan 267-939-6415</i>	Hampton	
NOON	Check up From the Neck Up (O,VM) P <i>Hanifah 571-546-4684</i>	Hampton	
NOON	Reason To Believe (O,BT,DISC) T Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd, <i>Johnny D 757-287-4430</i>	Chesapeake	
2:00PM	High Noon (O,BT,IW,CPT,LIT) P Recovery Baptist Church, 303 Blair Ave, <i>Teresa F. 757- 269-1707 Mildred D. 757- 236-9021</i>	Newport News	
6:30PM	Got to Have It (O,BT,IP,SPK,STEP,WC ☐) T Gethsemane Baptist Church, 1317 E Brambleton Ave, <i>Juanita S 757-685-8848</i>	Norfolk	
6:30PM	Living as Men (O,M,VAR,WC ☐,ENG,F2F,BUS) P Recovery Baptist Church, 303 Blair Ave, <i>Ernie J. 908-494-2383</i>	Newport News	
6:30PM	Still III (C,DISC) B VB Psych Center. No access through main entrance. Use door to left of main entrance., 1100 First Colonial Rd, <i>for those struggling with mental illness in recovery</i>	Virginia Beach	



# 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
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

[B] Beach Area, [O] Outer Limits Area, [P] Peninsula Area, [T] Tidewater Area

Meetings Weekly: 152