

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 757-975-1936</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	Wecovy (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 □) T Warwick United Church of Christ, 10 Mataoka 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 McMorrise 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 Aerock P 757-434-3468 Sudsy 336-707-5900	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) 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 Hanifah 571-546-4684	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 Renee C. 757-637-8230	
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

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 252-372-5318</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>Badrunnisa 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 Aerock P 757-434-3468 Sudsy 336-707-5900	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 Hanifah 571-546-4684	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 Renee C. 757-637-8230	
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 McMorrise 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 Aerock P 757-434-3468 Sudsy 336-707-5900	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 Hanifah 571-546-4684	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 Renee C. 757-637-8230	
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

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 Mataoka 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 757-535-7227</i>	Poquoson
7:00PM	Surrender and Recovery (O,BT) T Portsmouth, 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 Aerock P 757-434-3468 Sudsy 336-707-5900	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, 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 Hanifah 571-546-4684	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>	Hampton
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 Woodsid 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!, <i>700 E Ocean View, Nadia H 757-285-5867</i>	Norfolk

THURSDAY (CONT)		
7:00PM	Crossing Rivers (O,DISC,VAR) P Harmony Grove Baptist Church, 7722 General Puller Highway, <i>Dwight N 8045773525 Delano J 8042388167</i>	Locust Hill
7:00PM	Freebird (O,DISC) T Craddock Baptist Church, 96 Afton Pkwy, <i>Roland C 757-328-2243</i>	Portsmouth
7:00PM	Girls Nite Out (O,W,HY) T West Park Church of Christ, 926 Cherokee Rd, <i>Vickie 757-375-0067 Kat 757-359-3793</i>	Portsmouth
7:00PM	Keep the Fire Burning (O,CAN,DISC,SPK) P Bethany United Methodist Church, Back of church Wesley Hall, 1509 Todds Ln, <i>Ashli H 757-817-8721</i>	Hampton
7:00PM	Over & Beyond (O,DISC) T St. Philip's Chapel, 201 S McMorrine St, <i>Michael S 757-359-8841</i>	Elizabeth City
7:00PM	Shattering the Illusion (O,BT) B St. Michaels Lutheran Church, 2208 Princess Anne Rd, <i>Kristine A 757-202-2702, Ty H 757-235-3175</i>	Virginia Beach
7:00PM	Tradition III (O,STEP,WC □,ENG) P 4871 Longhill Road, <i>Kristen B 757-585-9371</i>	Williamsburg
7:30PM	Another Chance to Live (O) O Benn's United Methodist Church, 14571 Benns Church Blvd, <i>Tom N 757-658-1498</i>	Smithfield
7:30PM	Second Chance (O,DISC,STEP,TW) T Great Bridge United Methodist Church, 201 Stadium Drive, <i>Louie L 757-560-8172</i>	Chesapeake
7:30PM	The Language of Empathy (O,DISC) B Colington UMC, 1949 Colington Rd, <i>Carly E 336-251-7158</i>	KILL DEVIL HILLS
8:00PM	Choose Life (O,DISC) B St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., <i>Tony C 757-502-5310 Kristen H 757-837-5132</i>	Virginia Beach
8:00PM	Junks & Drunks (O,STEP) T Ocean View Christian Reformed Church, 1241 Hillside Ave, <i>Ed S 757-435-9526</i>	Norfolk
9:00PM	Cloud 9 (O,VM) P Aerock P 757-434-3468 Suddy 336-707-5900	Williamsburg
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
FRIDAY		
9:30AM	Morning Meditation (O,WC □) T EZ Does It Service Center, 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 Hanifah 571-546-4684	Hampton
NOON	The Continuing Quest (O,DISC,SPK,SWG) T First Lutheran Church, 1301 Colley Ave, <i>Eddie C 757-816-4986</i>	Norfolk
NOON	Write Now (O,JFT,SWG,ME,WR) T Providence Presbyterian Church, 5497 Providence Rd, <i>Writing during meeting, Fred R 757-695-6500</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
7:00PM	12-12-Change (O,WC □,ENG) P Eastern Church, 473 Merrimac Trail, <i>Thayne F 757-603-2131</i>	Williamsburg
7:00PM	Agape (O,DISC,IP,STEP,TW) T St. Paul's United Methodist Church, 437 Providence Rd, 1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, <i>Julius K 757-470-7494</i>	Chesapeake
7:00PM	Closer To Home (O,DISC,WC □) P Riverside Walter Reed Hospital, 7519 Hospital Drive, <i>Janet P 804-466-1515</i>	Gloucester
7:00PM	Keep Coming Back (O,WC □) P Newport News Community Center, 605 South Avenue, <i>Michelle H. 757-751-2528</i>	Newport News

FRIDAY (CONT)		
7:30PM	Better Days (O,CAN,DISC,AB) T Church Of Saint Therese, 4137 Portsmouth Blvd, <i>Joe W 757-536-7337</i>	Chesapeake
7:30PM	Good Orderly Direction (O) P 10 Matoaka Ln, <i>Jeff H 757-630-3806 Alex C 757-303-6049</i>	Newport News
7:30PM	HOW Group (C,DISC) B Good Shepherd Lutheran Church, 1489 Laskin Road, <i>Scott P 304-218-1468 Ann V 757-270-1141</i>	Virginia Beach
7:30PM	Miracles Happen (O) 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	Kempsville Crossroads (O,DISC,WC □) B Providence Presbyterian Church, 5497 Providence Road, <i>Mark N 757-478-1839</i>	Virginia Beach
8:00PM	The Miracle Continues (O,STEP) T Azalea Baptist Church, 3314 E Little Creek Rd, <i>Nesbit 757-620-8804</i>	Norfolk
8:00PM	Wave of Recovery (O,DISC) B Bayside Presbyterian, 1400 Ewell Rd, <i>Ben R 757-339-5495</i>	Virginia Beach
9:00PM	Cloud 9 (O,VM) P Aerock P 757-434-3468 Suddy 336-707-5900	Williamsburg
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
SATURDAY		
9:30AM	Morning Meditation (O,DISC,VAR,WC □) T EZ Does It Service Center, 1153 Harmony Road	Norfolk
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT) T	Norfolk
10:00AM	Fresh Start (O) B Christ Presbyterian Church, 709 Aragona Blvd, <i>Madison B 757-506-6986 Sherry R 757-406-9175</i>	Virginia Beach
10:00AM	No More Excuses (O,BT,IP,IW,WC □,LC,SPAD) P Warwick United Church of Christ, 10 Matoaka Lane, <i>William K. 757-768-0886</i>	Newport News
NOON	Basic Math 12 & 12 (O,SPK,STEP,TRAD) T First Baptist Church, 500 E Bute Street, <i>Carlton D 757-515-3331</i>	Norfolk
12:30PM	The Gift of Hope (O,WC □) T Churchland Baptist Church, By the cemetery thru the red double doors, upstairs., 3031 Churchland Blvd, <i>Anthony H 757-343-5006</i>	Chesapeake
2:00PM	High Noon (O,BT,IW,CPT,LIT) P Recovery Baptist Church, 2nd & 4th Saturdays ONLY, 303 Blair Ave, <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>	Newport News
3:00PM	Back to Life (O,BT,DISC,SPK,TRAD) T First Lutheran Church, 1301 Colley Ave	Norfolk
5:00PM	When at the End of the Road (O,DISC) B St Francis Episcopal Church, 509 S Rosemont Road, <i>Rob C 757-334-7718</i>	Virginia Beach
6:00PM	Rainbow Serenity (O) T LGBT Life Center, 5360 Robin Hood Rd, <i>Max B 517-896-5694</i>	Norfolk
6:00PM	Saturday Night Alternative (O,WC □) P First Presbyterian Church, 514 S Armistead Avenue, <i>Denise K 757-660-1118</i>	Hampton
7:00PM	Back to Basics (O,BT,DISC,IP,SPK) T Portsmouth UCC, 5900 Portsmouth Blvd, <i>Mike K 757-974-4029 Charlie J 757-620-3895</i>	Portsmouth
7:00PM	Life & Hopeline (O,DISC,STEP) T Sentara Obici Hospital, 2800 Godwin Boulevard, <i>Robert B 757-335-2493</i>	Suffolk
7:00PM	Never Alone (O,WC □) P Hilton Christian Church, Meets at 7pm as of 2/11/23, 100 James River Drive, <i>Ray D 757-303-4533</i>	Newport News
7:00PM	Saturday Night Live (O) B St. Nicholas Fellowship Hall, 621 First Colonial Road, <i>Ted L 757-717-2669</i>	Virginia Beach
8:00PM	Freedom of Choice (O,DISC,STEP) T Church of the Ascension, 4853 Princess Anne Rd, <i>James P 757-619-2273</i>	Virginia Beach

SATURDAY (CONT)		
8:00PM	Surrender to Live (O,BT,DISC,WC □) T Ocean View Christian Reformed Church, 1241 Hillside Ave, <i>Fred R 757-695-6500</i>	Norfolk
9:00PM	Cloud 9 (O,VM) P Aerock P 757-434-3468 Suddy 336-707-5900	Williamsburg
9:30PM	The Point of Freedom (O,STEP,TRAD,WC □,LIT) T Freemason Street Baptist Church, 400 E Freemason St, <i>Tuan N 757-788-4757</i>	Norfolk

BEACH AREA SERVICE COMMITTEES		
Beach Area Service Committee - https://virginiabeachna.org	P.O. Box 1377 Virginia Beach, VA 23451	1st Saturday - 1:00 PM, 1200 Dam Neck Rd, Virginia Beach
Hospitals and Institutions Subcommittee (11:00 AM)	Emergency Needs Subcommittee (12:00 PM)	1st Saturday - 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 COMMITTEES		
Tidewater Area Service Committee - https://tidewaterareana.org	1112 Norview Ave, Norfolk, VA	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 COMMITTEES		
Peninsula Area Service Committee - https://peninsulaareana.org	P.O. Box 16009, Newport News, VA 23608	1st Saturday - 4:00 pm, 10 Matoaka Lane, Newport News
Activities Subcommittee (2:00 PM)		
Literature (2:00 PM)		
Public Relations (2:00 PM)		
Area Inventory (1:00 PM)		
Hospitals & Institutions Subcommittee (2:00 PM)		Sunday following Area - 2244 Executive Drive, Hampton
OUTER LIMITS AREA SERVICE COMMITTEES		

OUTER LIMITS AREA SERVICE COMMITTEES		
Outer Limits Area Service Committee - https://outerlimitsareana.org/	P.O. Box 1164, Franklin, Va. 23851	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
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