

SUNDAY			
8:45AM	Hope Ignited (O,DISC,WC ☐) B Virginia Beach Recovery Club, 1900 Baltic Avenue, David D 757-971-8753 **New start time as of 6/9/24**	Virginia Beach	
9:30AM	Surrender To Live (O,WC ☐) P 329 Main St, Dee 757-503-0739	Newport News	
10:00AM	NA-meless (O,DISC) T Scout Cabin, **7/17/24 Location change**, 3605 Winchester Dr, Thomas K 757-393-2009 Chris L 757-975-1936	Portsmouth	
11:00AM	We Need A Meeting (O,DISC,VAR,WC ☐) T Next door to Waffle House. PLEASE WEAR A MASK, 4700 George Washington Hwy, Donna JE 757-535-5895	Portsmouth	
1:00PM	Living Clean (O,WC ☐, LIT) P A Place To Meet, Study meeting from the Living Clean book, 7055 Linda Circle, Paul S. 757-293-9446	Hayes	
2:00PM	The No Matter What Club (O) B St Francis Episcopal Church, 509 S Rosemont Rd, Trish F 757-985-0948	Virginia Beach	
3:00PM	Wecovery (O,VAR) T Great Bridge United Methodist Church, 201 Stadium Drive, Megan A 757-572-5667	Chesapeake	
6:00PM	It's About Time (O,SPK,WC ☐) T Norview United Methodist Church, 1112 Norview Avenue, Jay J 757-227-8025 Charles M 757-735-8511	Norfolk	
6:00PM	Sunday Sanity (O,BT,DISC,IP) B VB Psych Center, In Cafeteria, 1100 First Colonial Rd, Shelly G 757-748-5364, Pat O 757-633-2820	Virginia Beach	
7:00PM	A Gift Called Life (O,WC ☐) P Warwick United Church of Christ, 10 Matoaka Lane, Nadine 757-751-4680 David H 757-214-2770	Newport News	
7:00PM	New Phase Four (O,DISC,SPK, TOP) T St. John's Episcopal Church, 424 Washington Street, Ron E 757-582-1070, Sam G 757-353-2096	Portsmouth	
7:00PM	Over & Beyond (O,LIT) T St. Philip's Chapel, West side of Street, 201 S McMorrine St, Michael S 757-359-8841	Elizabeth City	
7:00PM	Recovery Group (O) P Wesley United Methodist Church, 2510 N Armistead Ave, William S 757-236-6170 Dave R 757-218-2595	Hampton	
8:00PM	Mixed Group (O,DISC) T First Lutheran Church, 1301 Colley Ave, Mike J 757-409-1676	Norfolk	
9:00PM	Cloud 9 (O,VM) P	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 West End Baptist Church, Side Rear Entrance, 2413 Shell Rd, Michelle C. 757-759-1317	Hampton	
NOON	A Meeting at Lunch (O,VAR,WC ☐) P First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, Eugene 757-358-1709	Hampton	
NOON	Check up From the Neck Up (O,VM) P	Hampton	
NOON	More Will be Revealed (O,DISC) T Serenity House, 300 Pearl Street, Michael S 757-359-8841	Elizabeth City	
2:00PM	High Noon (O,VAR) P Recovery Baptist Church, Meets M-F, 2nd & 4th Sats, 303 Blair Ave, Teresa F. (757) 269-1707 Mildred D. (757) 236-9021	Newport News	
3:00PM	Change I Must Or Die I Will (O,VAR) P Empowered Believers Church, 2096 Nickerson Blvd, Lawrence 718-594-2998 Renee 215-370-2186	Hampton	
6:00PM	Back to Basics (C,NC,STEP,WC ☐) P A Place To Meet, 7055 Linda Circle, Grace 804-824-5622	Hayes	
6:00PM	Monday Meditation (C,ME) B Community United Methodist Church, Enter at Burlington Rd side before 6:10pm, 1072 Old Kempsville Rd, Jon B 757-635-4318	Virginia Beach	

MONDAY (CONT)			
6:30PM	New Attitude (O,WC ☐) P Trinity United Methodist Church, 228 29th St, Rose F. 757-593-0104 Debbie S. 757-310-2914	Newport News	
7:00PM	Clean & Serene (O,BT,DISC) T Riverside United Methodist Church, 1400 Edgewood Drive, John J 252-377-2405 Jason G 252-312-5318	Elizabeth City	
7:00PM	Monday Night Candlelight (O,BT,CAN,WC ☐) T Haygood United Methodist Church, 4713 Haygood Rd, Eric D 757-580-2849	Virginia Beach	
7:00PM	New Beginnings (O,WC ☐,LC) T Churchland Baptist Church, 3031 Churchland Blvd, Cathy K 757-403-7409 Sid N 757-416-4553	Chesapeake	
7:00PM	Running on Faith (O) O Carrollton Holiness Church, 16144 Carrollton Blvd, Derek L 802-922-0119	Carrollton	
7:30PM	Freedom to Live (O) B Liberty Christian Fellowship, 244 Williams Dr, Lauren M 252-722-5774	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., Allen M 941-564-5882 Amy M. 757-977-2781	Hampton	
7:30PM	Living The Program (O,BT,DISC,PH) B Water's Edge Church of God, 4141 Holland Road, Frank G 757-933-0999 Rebekah D 203-444-1845	Virginia Beach	
8:00PM	Recovery on the Hill (O,BT,CAN,IP,SPK,WC ☐) T Ocean View Christian Reformed Church, 1241 Hillside Avenue, Fred R 757-695-6500	Norfolk	
8:30PM	Who Is An Addict? (O) P Triangle Stepping Stones, 3279 Lake Powell Rd, Michele C 757-707-7750	Williamsburg	
9:00PM	Cloud 9 (O,VM) P	Williamsburg	
10:30PM	End of the Night (O,DISC,LIT) T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, Melinda J 757-401-3395	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, Rear door leftside of church, 514 S Armistead Ave, Eugene 757-358-1709	Hampton	
NOON	Check up From the Neck Up (O,VM) P	Hampton	
NOON	The Emergency Unit (O,BT,DISC,F2F) T Portsmouth UCC, 5900 Portsmouth Blvd, Johnny D 757-287-4430	Portsmouth	
2:00PM	High Noon (BT,IW,CPT,LIT) P Recovery Baptist Church, 303 Blair Ave, Teresa F. 757-269-1707 Mildred D. 757-236-9021	Newport News	
5:30PM	Mensrap (C,M) T Norview United Methodist Church, 1112 Norview Avenue, Danny G 434-253-4075	Norfolk	
5:30PM	Serenity Group (O,VM) P Beverly A. 757-753-6868		
6:00PM	Keep Coming Back (O,DISC,VAR) T New First Baptist Church of Taylorsville, 2720 Turnpike Road, Francis P 757-679-1151 Judice P 757-228-8678	Portsmouth	
6:30PM	Life & Hopeline (O) T St Paul's Episcopal Church, 213 N Main St, Charles A 757-351-5855	Suffolk	
7:00PM	A New Way of Life (O,JFT,WC ☐) P A Place To Meet, 7055 Linda Circle, Paul S 757-293-9446 Janet P 804-466-1515	Hayes	
7:00PM	A Proven Program (O) P Liberty Live Church, 8201 Croaker Road, Dave H. 757-207-1154, Beth R. 804-332-4970	Williamsburg	
7:00PM	Earthbound Group (O,DISC) O Emmanuel Episcopal Church, Meeting is in the back, in basement., 400 N High Street, Stephen B 757-613-5531	Franklin	
7:00PM	Let It Be (O,DISC,LIT) T Ocean View Christian Reformed Church, 1241 Hillside Ave, Jessica H 757-822-4559	Norfolk	

TUESDAY (CONT)			
7:00PM	New Genesis (O,SPK,STEP,LIT) P Wesley United Methodist Church, 2510 N Armistead Avenue, Kayla E. 757-771-7493 Dylan B. 757-871-0958	Hampton	
7:00PM	Over & Beyond (O,VAR) T St. Philip's Chapel, 201 S McMorrine St, Michael S 757-359-8841	Elizabeth City	
7:00PM	Stick & Stay (O,DISC,WC ☐) B Colington Methodist Church, 1949 Colington Rd, Gene S 252-267-2823	Kill Devil Hills	
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, Leo C 757-285-2007	Norfolk	
7:30PM	Awesome Life (O,CAN,DISC,IP) T Great Bridge United Methodist Church, 201 Stadium Drive, Carrie L 757-560-8177	Chesapeake	
7:30PM	There's A Light (O,DISC) B Ocean Lakes Church of Christ, 1200 Dam Neck Road, Geoff L 757-641-3159	Virginia Beach	
7:30PM	Yes! We Can! (O,DISC,WC ☐) T Family Life Center, 3172 Azalea Garden Rd, Ron C 757-708-4946	Norfolk	
8:00PM	A Gift Called Life (O,BT) T Portsmouth UCC, 5900 Portsmouth Blvd, Brian L 757-619-7375, Sean H 757-438-1688	Portsmouth	
8:00PM	Enjoying the Journey (O,DISC,SPK,STEP, TOP) B Water's Edge Church of God, 4141 Holland Road, Billy B 757-681-4341	Virginia Beach	
8:15PM	Let's Recover Together (O) P Hampton Christian Church, 151 East Mercury Boulevard, Tim E. 757-725-4636 Sissy O. 661-345-3206	Hampton	
9:00PM	Cloud 9 (O,VM) P	Williamsburg	
10:30PM	End of the Night (O,DISC,LIT) T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, Melinda J 757-401-3395	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, Rear door leftside of church, 514 S Armistead Ave, Eugene 757-358-1709	Hampton	
NOON	Check up From the Neck Up (O,VM) P	Hampton	
NOON	Visible Changes (O,DISC) T Emmanuel Episcopal Church, 5181 Singleton Way, Perry C 757-752-2070 Rachel S 703-232-3544	Virginia Beach	
2:00PM	High Noon (BT,IW,CPT,LIT) P Recovery Baptist Church, 303 Blair Ave, Teresa F. 757- 269-1707 Mildred D. 757- 236-9021	Newport News	
5:30PM	Just For Today (O,DISC,IP,SPK,STEP, TOP) T First Lutheran Church, 1301 Colley Ave, Bill A 757-647-7707	Norfolk	
5:30PM	Midweek Peak (O,DISC,WC ☐) B Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd, Jon B 757-635-4318 Lori W 757-309-9631	Virginia Beach	
6:00PM	The Group (O,STEP) B All Saints Episcopal Church, 10th Step meeting in Pinder Hall, 1969 Woodside Ln, Palmer R 757-537-9658	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, Nadia H 757-285-5867	Norfolk	
7:00PM	Bright New Life (O,STEP) O Franklin Baptist Church, 208 N High Street, DeWayne L 757-641-8022	Franklin	
7:00PM	End Of The Road (O,WC ☐) P 1707 Jefferson Avenue, Glen N. 757-272-5790 Ernest W. 757-367-2476	Newport News	
7:00PM	Hope (O) P 10 Matoaka Ln., Will D. 757-768-7954	Newport News	

WEDNESDAY (CONT)			
7:00PM	Hugs Not Drugs (O,DISC) P Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road, Sarah 757-727-3582	Hampton	
7:00PM	Life Beyond Addiction (O,DISC,STEP,ME) T Broadcast Church, 910 Oak Grove Rd, Justin G 757-503-8290	Chesapeake	
7:00PM	Surrender and Recovery (O,BT) T Portsmouth UCC, 5900 Portsmouth Blvd, Edwin T 757-648-9812	Portsmouth	
7:00PM	Who Is An Addict? (O) P Triangle Stepping Stones, 3279 Lake Powell Rd, Michele C 757-707-7750	Williamsburg	
7:15PM	Straight Ahead (O,DISC,STEP) T Christ Presbyterian Church, 709 Aragona Blvd, Chris P 757-535-7227	Virginia Beach	
7:30PM	Life & Hopeline (O,WC ☐) T Suffolk Christian Church, by courthouse, 216 North Main St., Robert B 757-738-6253	Suffolk	
7:30PM	Miracles Happen (O,DISC,STEP,TW) B St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Scott D 252-267-0060	Nags Head	
8:00PM	Better by the Bay (O,BT,DISC,WC ☐) T Miles Memorial United Methodist Church, 9450 Granby Street, Ryan D 757-651-5316	Norfolk	
8:00PM	Trusted Servants (O,DISC,WC ☐) B Red Church, 315 S Rosemont Rd, Angel S 757-992-1838	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, Gary 757-567-4158	Norfolk	
9:00PM	Cloud 9 (O,VM) P	Williamsburg	
9:00PM	Stepping into Recovery (O,DISC,WC ☐,LIT) T Old Donation Episcopal Church, 4449 N Witchduck Road, Mary P 757-739-1726	Virginia Beach	
10:30PM	End of the Night (O,DISC) T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, Melinda J 757-401-3395	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	
NOON	A Meeting at Lunch (O) P First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, Eugene 757-358-1709	Hampton	
NOON	Check up From the Neck Up (O,VM) P	Hampton	
NOON	Reason To Believe (O,BT,DISC) T Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd, Johnny D 757-287-4430	Chesapeake	
2:00PM	High Noon (BT,IW,CPT,LIT) P Recovery Baptist Church, 303 Blair Ave, Teresa F. 757- 269-1707 Mildred D. 757- 236-9021	Newport News	
5:00PM	Meeting at Buckroe Beach (O) P Buckroe Beach, Meets seasonally May - October, 1st St & E Pembroke Ave	Hampton	
5:30PM	Surviving Our Emotions (C,W,WC ☐) T Norview United Methodist Church, 1112 Norview Avenue, Takecha J 804-218-7208	Norfolk	
6:30PM	Be the WE (O,CAN,WC ☐) B Christ Presbyterian Church, 709 Aragona Blvd, Colden 757-724-1239 Speaker mtg every 4th Thursday	Virginia Beach	
6:30PM	Got to Have It (O,BT,IP,SPK,STEP,WC ☐) T Gethsemane Baptist Church, 1317 E Brambleton Ave, Juanita S 757-685-8848	Norfolk	
6:30PM	Living as Men Group of NA (O,M,WC ☐) P Recovery Baptist Church, 303 Blair Ave, Reggie F 757-817-8464 Ernie J. 908-494-2383	Newport News	

THURSDAY (CONT)		
<b>6:30PM</b>	<b>Still ill (C,DISC)</b> 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>	<b>Virginia Beach</b>
<b>7:00PM</b>	<b>Crossing Rivers (O,DISC)</b> P Harmony Grove Baptist Church, 7722 General Puller Highway, <i>Doug C 804-690-6595 Kathy P 804-324-1820</i>	<b>Locust Hill</b>
<b>7:00PM</b>	<b>Freebird (O,BT,DISC,TRAD,VM)</b> † Virtual Only, <i>Roland C 757-328-2243</i>	<b>Portsmouth</b>
<b>7:00PM</b>	<b>Girls Nite Out (O,W,HY)</b> † West Park Church of Christ, 926 Cherokee Rd, <i>Vickie 757-375-0067 Kat 757-359-3793</i>	<b>Portsmouth</b>
<b>7:00PM</b>	<b>Keep the Fire Burning (O,DISC)</b> P Bethany United Methodist Church, Park on West side of church, enter thru West door follow the signs., 1509 Todds Ln, <i>Tom K. 804-815-9356 Stacy K. 401-474-3344</i>	<b>Hampton</b>
<b>7:00PM</b>	<b>Over &amp; Beyond (O,DISC)</b> † St. Philip's Chapel, 201 S McMorrine St, <i>Michael S 757-359-8841</i>	<b>Elizabeth City</b>
<b>7:00PM</b>	<b>Shattering the Illusion (O,BT)</b> B St. Michaels Lutheran Church, 2208 Princess Anne Rd, <i>Kristine A 757-202-2702, Ty H 757-235-3175</i>	<b>Virginia Beach</b>
<b>7:30PM</b>	<b>Another Chance to Live (O)</b> O Benn's United Methodist Church, 14571 Bennis Church Blvd, <i>Tom N 757-658-1498</i>	<b>Smithfield</b>
<b>7:30PM</b>	<b>Second Chance (O,DISC,STEP,TW)</b> † Great Bridge United Methodist Church, 201 Stadium Drive, <i>Louie L 757-560-8172</i>	<b>Chesapeake</b>
<b>7:30PM</b>	<b>The Language of Empathy (O,DISC)</b> B Nags Head Church, 105 W Soundside Rd, <i>Carly E 336-251-7158</i>	<b>Nags Head</b>
<b>8:00PM</b>	<b>Choose Life (O,DISC)</b> B St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., <i>Ted L 757-717-2669 Kristen H 757-837-5132</i>	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Junks &amp; Drunks (O,STEP)</b> † Ocean View Christian Reformed Church, 1241 Hillside Ave, <i>Ed S 757-435-9526</i>	<b>Norfolk</b>
<b>9:00PM</b>	<b>Cloud 9 (O,VM)</b> P	<b>Williamsburg</b>
<b>10:30PM</b>	<b>End of the Night (O,DISC)</b> † Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	<b>Virginia Beach</b>

FRIDAY		
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<b>9:30AM</b>	<b>Morning Meditation (O,WC □)</b> † EZ Does It Service Center, 1153 Harmony Road	<b>Norfolk</b>
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<b>9:30AM</b>	<b>Morning Meditation Literature (O,VAR,VM,LIT)</b> †	<b>Norfolk</b>
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<b>NOON</b>	<b>A Meeting at Lunch (O)</b> P First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, <i>Eugene 757-358-1709</i>	<b>Hampton</b>
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<b>NOON</b>	<b>Check up From the Neck Up (O,VM)</b> P	<b>Hampton</b>
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<b>NOON</b>	<b>The Continuing Quest (O,DISC,SPK,SWG)</b> † First Lutheran Church, 1301 Colley Ave, <i>Eddie C 757-816-4986</i>	<b>Norfolk</b>
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<b>NOON</b>	<b>Write Now (O,JFT,SWG,ME,WR)</b> † Providence Presbyterian Church, 5497 Providence Rd, <i>Writing during meeting, Fred R 757-695-6500</i>	<b>Virginia Beach</b>
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<b>2:00PM</b>	<b>High Noon (BT,IW,CPT,LIT)</b> P Recovery Baptist Church, 303 Blair Ave, <i>Teresa F. 757- 269-1707 Mildred D. 757-236-9021</i>	<b>Newport News</b>
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<b>6:00PM</b>	<b>Life &amp; Hopeline (O,DISC,STEP,TC,VM)</b> † Sentara Obici Hospital, 2800 Godwin Boulevard, <i>Maryann B 609-712-3107</i>	<b>Suffolk</b>
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<b>7:00PM</b>	<b>12 +12 = Change (O,WC □)</b> P Sentara Hospital, Meets In the Conference Center, 100 Sentara Cir, <i>Thayne F. 757-603-2131</i>	<b>Williamsburg</b>
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<b>7:00PM</b>	<b>Agape (O,DISC,IP,STEP,TW)</b> † St. Paul's United Methodist Church, 437 Providence Rd, <i>1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494</i>	<b>Chesapeake</b>
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FRIDAY (CONT)		
<b>7:00PM</b>	<b>Closer To Home (O,DISC,WC □)</b> P Riverside Walter Reed Hospital, 7519 Hospital Drive, <i>Grace 804-824-5622</i>	<b>Gloucester</b>
<b>7:00PM</b>	<b>Keep Coming Back (O,WC □)</b> P Newport News Community Center, 605 South Avenue, <i>Michelle H. 757-751-2528</i>	<b>Newport News</b>
<b>7:30PM</b>	<b>Better Days (O,CAN,DISC,AB)</b> † Church Of Saint Therese, 4137 Portsmouth Blvd, <i>Joe W 757-536-7337</i>	<b>Chesapeake</b>
<b>7:30PM</b>	<b>Good Orderly Direction (O)</b> P 10 Matoaka Ln, <i>Jeff H 757-630-3806 Alex C 757-303-6049</i>	<b>Newport News</b>
<b>7:30PM</b>	<b>HOW Group (C,DISC)</b> B Good Shepherd Lutheran Church, 1489 Laskin Road, <i>Scott P 304-218-1468 Ann V 757-270-1141</i>	<b>Virginia Beach</b>
<b>7:30PM</b>	<b>Miracles Happen (O)</b> B St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, <i>Scott D 252-267-0060</i>	<b>Nags Head</b>
<b>8:00PM</b>	<b>Kempsville Crossroads (O,DISC,WC □)</b> B Providence Presbyterian Church, 5497 Providence Road, <i>Mark N 757-478-1839</i>	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>The Miracle Continues (O,STEP)</b> † Azalea Baptist Church, 3314 E Little Creek Rd, <i>Nesbit 757-620-8804</i>	<b>Norfolk</b>
<b>8:00PM</b>	<b>Wave of Recovery (O,DISC)</b> B Bayside Presbyterian, 1400 Ewell Rd, <i>Pat C 757-619-1976 Ezra S 757-974-2261</i>	<b>Virginia Beach</b>
<b>9:00PM</b>	<b>Cloud 9 (O,VM)</b> P	<b>Williamsburg</b>

SATURDAY		
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<b>9:30AM</b>	<b>Morning Meditation (O,DISC,VAR,WC □)</b> † EZ Does It Service Center, 1153 Harmony Road	<b>Norfolk</b>
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<b>9:30AM</b>	<b>Morning Meditation Literature (O,VAR,VM,LIT)</b> †	<b>Norfolk</b>
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<b>10:00AM</b>	<b>Fresh Start (O)</b> B Christ Presbyterian Church, 709 Aragona Blvd, <i>Madison B 757-506-6986 Sherry R 757-406-9175</i>	<b>Virginia Beach</b>
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<b>10:00AM</b>	<b>No More Excuses (O,WC □)</b> P Warwick United Church of Christ, 10 Matoaka Lane, <i>William K. 757-768-0886</i>	<b>Newport News</b>
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<b>NOON</b>	<b>Basic Math 12 &amp; 12 (O,SPK,STEP,TRAD)</b> † First Baptist Church, 500 E Bute Street, <i>Carlton D 757-515-3331</i>	<b>Norfolk</b>
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<b>NOON</b>	<b>Bridge to Recovery (O)</b> † Bridge Church, 1244 Executive Blvd, <i>Justin H 804-738-1784 **Starts June 22nd**</i>	<b>Chesapeake</b>
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<b>2:00PM</b>	<b>High Noon (BT,IW,CPT,LIT)</b> P Recovery Baptist Church, 2nd & 4th Saturdays ONLY, 303 Blair Ave, <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>	<b>Newport News</b>
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<b>3:00PM</b>	<b>Back to Life (O,BT,DISC,SPK,TRAD)</b> † First Lutheran Church, 1301 Colley Ave	<b>Norfolk</b>
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<b>5:00PM</b>	<b>When at the End of the Road (O,DISC)</b> B St. Francis Episcopal Church, 509 S Rosemont Road, <i>Rob C 757-334-7718</i>	<b>Virginia Beach</b>
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<b>6:00PM</b>	<b>Saturday Night Alternative (O,WC □)</b> P First Presbyterian Church, 514 S Armistead Avenue, <i>Shanequa L 757-327-2381 Denise K 757-660-1118</i>	<b>Hampton</b>
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<b>6:00PM</b>	<b>Saturday Night Men's Meeting (C,DISC)</b> B Good Shepherd Lutheran Church, 1489 Laskin Road, <i>Jamie T 757-803-7986</i>	<b>Virginia Beach</b>
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<b>7:00PM</b>	<b>Back to Basics (O,BT,DISC,IP,SPK)</b> † Portsmouth UCC, 5900 Portsmouth Blvd, <i>Mike K 757-974-4029 Charlie J 757-620-3895</i>	<b>Portsmouth</b>
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<b>7:00PM</b>	<b>Never Alone (O,WC □)</b> P Hillton Christian Church, Meets at 7pm as of 2/11/23, 100 James River Drive, <i>Ray D 757-303-4533</i>	<b>Newport News</b>
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<b>7:00PM</b>	<b>Saturday Night Live (O)</b> B St. Nicholas Fellowship Hall, 621 First Colonial Road, <i>Ted L 757-717-2669</i>	<b>Virginia Beach</b>
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<b>8:00PM</b>	<b>Freedom of Choice (O,DISC,STEP)</b> † Church of the Ascension, 4853 Princess Anne Rd, <i>James P 757-619-2273</i>	<b>Virginia Beach</b>
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SATURDAY (CONT)		
<b>8:00PM</b>	<b>Surrender to Live (O,BT,DISC,WC □)</b> † Ocean View Christian Reformed Church, 1241 Hillside Ave, <i>Fred R 757-695-6500</i>	<b>Norfolk</b>
<b>9:00PM</b>	<b>Cloud 9 (O,VM)</b> P	<b>Williamsburg</b>
<b>9:30PM</b>	<b>The Point of Freedom (O,STEP,TRAD,WC □,LIT)</b> † Freemason Street Baptist Church, 400 E Freemason St, <i>Tuan N 757-788-4757</i>	<b>Norfolk</b>

BEACH AREA SERVICE COMMITTEES	
<b>Beach Area Service Committee</b> - <a href="https://virginiabeachna.org">https://virginiabeachna.org</a>	P.O. Box 1377 Virginia Beach, VA 23451 1st Saturday - 1:00 PM, 1200 Dam Neck Rd, Virginia Beach
<b>Hospitals and Institutions Subcommittee (11:00 AM)</b>	<b>Emergent Needs Subcommittee (12:00 PM)</b>
1st Saturday - 1200 Dam Neck Rd, Virginia Beach	
<b>Serenity on the Shore Subcommittee</b>	1st Sunday – Subcommittees: 5:00PM, Main: 6:00PM, 1100 First Colonial Rd Virginia Beach

TIDEWATER AREA SERVICE COMMITTEES	
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<b>Tidewater Area Service Committee</b> - <a href="https://tidewaterareana.org">https://tidewaterareana.org</a>	1112 Norview Ave, Norfolk, VA 2nd Sunday - 2:00 pm, 1112 Norview Ave, Norfolk
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<b>Hospitals and Institutions Subcommittee</b>	3rd Sunday - 12:30 pm, 1112 Norview Ave, Norfolk
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<b>Literature, Policy, Public Relations, Phonline, Special Events Subcommittees</b>	2nd Sunday - 12:30 pm, 1112 Norview Ave, Norfolk
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PENINSULA AREA SERVICE COMMITTEES	
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<b>Peninsula Area Service Committee</b> - <a href="https://peninsulaareana.org">https://peninsulaareana.org</a>	P.O. Box 16009, Newport News, VA 23608 1st Saturday - 4:00 pm, 10 Matoaka Lane, Newport News
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<b>Activities Subcommittee (2:00 PM)</b>	<b>Literature (2:00 PM)</b>
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<b>Public Relations (2:00 PM)</b>	1st Saturday - 10 Matoaka Lane, Newport News
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<b>Area Inventory (1:00 PM)</b>	<b>Hospitals &amp; Institutions Subcommittee (2:00 PM)</b>
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Sunday following Area - 2244 Executive Drive, Hampton	
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OUTER LIMITS AREA SERVICE COMMITTEES	
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<b>Outer Limits Area Service Committee</b> - <a href="https://outerlimitsareana.org/">https://outerlimitsareana.org/</a>	P.O. Box 1164, Franklin, Va. 23851 TBD
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<b>Hospitals and Institutions Subcommittee</b>	TBD
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<b>Activities Subcommittee</b>	TBD
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<b>Public Relations</b>	TBD
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<b>Central Atlantic Regional Service</b>	<a href="https://www.car-na.org">https://www.car-na.org</a>
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<b>Narcotics Anonymous World Service</b>	<a href="https://www.na.org">https://www.na.org</a>
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Phone Numbers	
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# 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.

### AUGUST 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
NC	No Children	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		

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