SUNDAY

9:00AM **Hope Ignited (O,DISC,WC ♿)** B Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach, VA *(David D 757-971-8753)*

9:30AM **Surrender To Live (O,WC ♿)** P, 329 Main St, Newport News, VA *(Dee 757-503-0739 Rodney F 757-503-5281)*

10:00AM **NA-meless (O,DISC)** T Crossroads United Methodist Church, Door with white awning facing Greenway Ct, 1800 Rodman Ave, Portsmouth, VA *(Thomas K 757-393-2009 Chris L 757-975-1936)*

11:00AM **We Need A Meeting (O,VAR,WC ♿)** T, 4700 George Washington Hwy, Portsmouth, VA *(Donna 757-535-5895)*

1:00PM **Living Clean (O,WC ♿,LIT)** P A Place To Meet, Study meeting from the Living Clean book, 7055 Linda Circle, Hayes, VA *(Grace M 804-824-5622)*

2:00PM **The No Matter What Club (O)** B St Francis Episcopal Church, 509 S Rosemont Rd, Virginia Beach, VA *(Trish F 757-985-0948)*

3:00PM **Wecovery (O,VAR)** T Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA *(Mike S 757-230-8854)*

6:00PM **It's About Time (O,SPK,WC ♿)** T Squires Memorial Presbyterian Church, 770 Ingleside Rd, Norfolk, VA *(Jay J 757-227-8025 Charles M 757-735-8511)*

6:00PM **Refuge Recovery (DISC,WC ♿,ENG,LIT)** P, 504 N Main Street, Kilmarnock, VA *(Dwight 804 577 3525 Delano 804 238 8167)*

6:00PM **Sunday Sanity (O,BT,DISC,IP)** B VB Psych Center, In Cafeteria, 1100 First Colonial Rd, Virginia Beach, VA *(Pat O 757-633-2820)*

7:00PM **A Gift Called Life (O,WC ♿)** P Warwick United Church of Christ, 10 Matoaka Lane, Newport News, VA *(Nadine 757-751-4680 David H 757-214-2770)*

7:00PM **A Resentment and a Coffee Pot (O,DISC,NS,ENG,NP)** P St. Georges Episcopal Church, 15446 Warwick Blvd, Newport News, VA *(Yahsh W 757-715-1586)*

7:00PM **New Phase Four (O,DISC,SPK,TOP)** T St. John's Episcopal Church, 424 Washington Street, Portsmouth, VA *(Ron E 757-582-1070, Sam G 757-353-2096)*

7:00PM **Over & Beyond (O,LIT)** T St. Philip's Chapel, West side of Street, 201 S McMorrine St, Elizabeth City, NC *(Michael S 757-359-8841)*

7:00PM **Recovery Group (O)** P Wesley United Methodist Church, 2510 N Armistead Ave, Hampton, VA *(William S 757-236-6170 Dave R 757-218-2595)*

8:00PM **Mixed Group (O,DISC)** T First Lutheran Church, 1301 Colley Ave, Norfolk, VA *(Mike J 757-409-1676)*

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

MONDAY

9:30AM **Morning Meditation (O,WC ♿)** T EZ Does It Service Center, 1153 Harmony Rd, Norfolk, VA

9:30AM **Morning Meditation Literature (O,VAR,VM,LIT)** T, Norfolk, VA

10:00AM **Get Back Up (IP,JFT)** P Macedonia Baptist Church, 5500 Marshall Ave, Newport News, VA *(Michelle C 757-759-1317)*

NOON **A Meeting at Lunch (O,VAR,WC ♿)** P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, Hampton, VA *(Eugene 757-358-1709 Bryan 267-939-6415)*

NOON **Check up From the Neck Up (O,VM)** P, Hampton, VA *(Hanifah 571-546-4684)*

NOON **Keep Coming Back (O,DISC,VAR)** T New First Baptist Church of Taylorsville, 2720 Turnpike Road, Portsmouth, VA *(Francis P 757-679-1151 Judice P 757-228-8678)*

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

NOON **Visible Changes (O,DISC)** B Emmanuel Episcopal Church, 5181 Singleton Way, Virginia Beach, VA *(Perry C 757-752-2070)*

2:00PM **High Noon (O,BT,IW,CPT,LIT)** P Recovery Baptist Church, 303 Blair Ave, Newport News, Virginia *(Teresa F. (757) 269-1707 Mildred D. (757) 236-9021)*

5:00PM **Women Recover Too (BT,IP,SPK,STEP,TRAD,W,AB)** P, 3315 W Mercury Blvd, Hampton, VA *(Dottie G 267-428-9776 Denise K 757-660-1118)*

6:30PM **New Attitude (O,WC ♿)** P Trinity United Methodist Church, 228 29th St, Newport News, VA *(Debbie S. 757-310-2914)*

7:00PM **Clean & Serene (O,BT,DISC)** T Riverside United Methodist Church, 1400 Edgewood Drive, Elizabeth City, NC *(John J 252-377-2405 Jason G 252-312-5318)*

7:00PM **Monday Night Candlelight (O,BT,CAN,WC ♿)** T Haygood United Methodist Church, 4713 Haygood Rd, Virginia Beach, VA *(Earl H 757-998-0104)*

MONDAY (CONT)

7:00PM **New Beginnings (O,WC ♿,LC)** T Churchland Baptist Church, 3031 Churchland Blvd, Chesapeake, VA *(Badrunnisa K 443-847-4738 Coy D 757-981-5090)*

7:00PM **Running on Faith (O)** O Carrollton Holiness Church, 16144 Carrollton Blvd, Carrollton, VA *(Mark W 757-438-5435)*

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

7:30PM **Addicts in the Attic (O,BT,DISC,VAR,TOP,LIT)** P St Mark's United Methodist Church, 99 E. Mercury Blvd., Hampton, VA *(Allen M 941-564-5882 Chaz 757-349-9297)*

7:30PM **Freedom to Live (O)** B Liberty Christian Fellowship, 244 Williams Dr, Kill Devil Hills, NC *(Lauren M 252-722-5774)*

7:30PM **Living The Program (O,BT,DISC,PH)** B Sovereign Shores Baptist Church, 4141 Holland Road, Virginia Beach, VA *(Kendrick S 757-434-4223; Rebekah D 203-444-1845)*

8:00PM **Recovery on the Hill (O,BT,CAN,IP,SPK,WC ♿)** T Reformation Presbyterian Church, 1241 Hillside Ave, Norfolk, VA *(Fred R 757-695-6500)*

8:30PM **Who Is An Addict? (O)** P Triangle Stepping Stones, 3279 Lake Powell Rd, Williamsburg, VA

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

10:30PM **End of the Night (O,DISC,LIT)** T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, Virginia Beach, VA *(Melinda J 757-401-3395)*

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, VA

9:30AM **Morning Meditation Literature (O,VAR,VM,LIT)** T, Norfolk, VA

NOON **A Meeting at Lunch (O)** P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, Hampton, VA *(Eugene 757-358-1709 Bryan 267-939-6415)*

NOON **Check up From the Neck Up (O,VM)** P, Hampton, VA *(Hanifah 571-546-4684)*

NOON **The Emergency Unit (O,BT,DISC,F2F)** T Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA *(Johnny D 757-287-4430)*

2:00PM **High Noon (O,BT,IW,CPT,LIT)** P Recovery Baptist Church, 303 Blair Ave, Newport News, Virginia *(Teresa F. 757-269-1707 Mildred D. 757-236-9021)*

5:30PM **Mensrap (C,O,M)** T St Paul's United Methodist Church, 437 Providence Road, Chesapeake, VA *(Gus G 757-574-6891)*

6:30PM **Life & Hopeline (O)** T St Paul's Episcopal Church, 213 N Main St, Suffolk, VA *(Linwood S 757-742-2614)*

6:30PM **Vision of Hope (O)** P, In Basement and not handicap accessible, 1111 24th Street, Newport News, VA *(Haywood D 757-706-2309)*

6:45PM **New Genesis (O,SPK,STEP,LIT)** P Wesley United Methodist Church, 2510 N Armistead Avenue, Hampton, VA *(Kayla E. 757-771-7493 Dylan B. 757-871-0958)*

7:00PM **A New Way of Life (O,JFT,WC ♿)** P A Place To Meet, 7055 Linda Circle, Hayes, VA *(Paul S 757-293-9446 Janet P 804-466-1515)*

7:00PM **A Proven Program (O)** P Liberty Live Church, 8201 Croaker Road, Williamsburg, VA *(Dave H. 757-207-1154, Beth R. 804-332-4970)*

7:00PM **Earthbound Group (O,DISC)** O Emmanuel Episcopal Church, Meeting is in the back, in basement., 400 N High Street, Franklin, VA *(Stephen B 757-613-5531)*

7:00PM **Let It Be (O,DISC,LIT)** T Reformation Presbyterian Church, 1241 Hillside Ave, Norfolk, VA *(Jessica H 757-822-4559)*

7:00PM **Over & Beyond (O,VAR)** T St. Philip's Chapel, 201 S McMorrine St, Elizabeth City, NC *(Michael S 757-359-8841)*

7:00PM **Stick & Stay (O,DISC)** B Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills, NC *(Gene S 252-267-2823)*

7:00PM **The Recovery Room (O,VAR,LC)** B, 509 S Rosemont Road, Virginia Beach, VA *(Meredith 757-650-2645)*

7:00PM **Tuesday Night ODAT(One Day At A Time) (O,STEP,TOP,AB,ENG)** P, 15616 Warwick Boulevard, Newport News, VA *(Eddie J 757-968-8923)*

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, Norfolk, VA *(Leo C 757-285-2007)*

7:30PM **Awesome Life (O,CAN,DISC,IP)** T Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA *(Carrie L 757-560-8177)*

TUESDAY (CONT)

8:00PM **A Gift Called Life (O,BT)** T Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA *(Brian L 757-619-7375, Sean H 757-438-1688)*

8:00PM **Enjoying the Journey (O,DISC,SPK,STEP,TOP)** B Sovereign Shores Baptist Church, 4141 Holland Road, Virginia Beach, VA *(Ike 757-348-9806; Neal 757-328-6485)*

8:15PM **Let's Recover Together (O)** P Hampton Christian Church, 151 East Mercury Boulevard, Hampton, VA *(Tim E. 757-725-4636 Sissy O. 661-345-3206)*

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

10:30PM **End of the Night (O,DISC,LIT)** T Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, Virginia Beach, VA *(Melinda J 757-401-3395)*

WEDNESDAY

9:30AM **Morning Meditation (O,WC ♿)** T EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA

9:30AM **Morning Meditation Literature (O,VAR,VM,LIT)** T, Norfolk, VA

NOON **A Meeting at Lunch (O)** P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, Hampton, VA *(Eugene 757-358-1709 Bryan 267-939-6415)*

NOON **Check up From the Neck Up (O,VM)** P, Hampton, VA *(Hanifah 571-546-4684)*

NOON **Visible Changes (O,DISC)** B Emmanuel Episcopal Church, 5181 Singleton Way, Virginia Beach, VA *(Perry C 757-752-2070)*

2:00PM **High Noon (O,BT,IW,CPT,LIT)** P Recovery Baptist Church, 303 Blair Ave, Newport News, Virginia *(Teresa F. 757- 269-1707 Mildred D. 757- 236-9021)*

5:30PM **Just For Today (O,DISC,IP,SPK,STEP)** T First Lutheran Church, 1301 Colley Ave, Norfolk, VA *(Bill A 757-647-7707)*

5:30PM **Midweek Peak (O,DISC,WC ♿)** B Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd, Virginia Beach, VA *(Aimee S 757-998-0843; Lori W 757-309-9631)*

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

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, Norfolk, VA *(Nadia H 757-285-5867)*

7:00PM **Bright New Life (O,STEP)** O Franklin Baptist Church, 208 N High Street, Franklin, VA *(DeWayne L 757-641-8022)*

7:00PM **End Of The Road (O,WC ♿)** P, 1707 Jefferson Avenue, Newport News, VA *(Glen N. 757-272-5790 Ernest W. 757-367-2476)*

7:00PM **Finding the Pieces (O)** B, 1212 Princess Anne Rd, VIrginia Beach, VA *(Madison)*

7:00PM **Hope (O)** P, 10 Matoaka Ln., Newport News, VA *(Will D. 757-768-7954)*

7:00PM **Hugs Not Drugs (O,DISC,LC)** P Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road, Hampton, VA

7:00PM **Surrender and Recovery (O,BT)** T Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA *(Edwin P 757-839-7806)*

7:00PM **Who Is An Addict? (O)** P Triangle Stepping Stones, 3279 Lake Powell Rd, Williamsburg, VA *(Michele C 757-707-7750)*

7:15PM **Straight Ahead (O,DISC,STEP)** T Christ Presbyterian Church, 709 Aragona Blvd, Virginia Beach, VA *(Chris P 757-535-7227)*

7:30PM **Life & Hopeline (O,WC ♿)** T Suffolk Christian Church, by courthouse, 216 N Main St, Suffolk, VA *(Robert B 757-335-2493)*

7:30PM **Miracles Happen (O,DISC,STEP,TW)** B St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Nags Head, NC *(Scott D 252-267-0060)*

8:00PM **Better by the Bay (O,BT,DISC,WC ♿)** T Miles Memorial United Methodist Church, 9450 Granby Street, Norfolk, VA *(Ryan D 757-651-5316)*

8:00PM **Trusted Servants (O,DISC)** B Red Church (Raised Christian Academy) 245 S Rosemont Rd, Virginia Beach, VA *(Laurie A 757-375-6692 (at 8:30 please knock on the first window to the right to enter the meeting))*

8:00PM **Where's Lot 14? (O,DISC)** T Park Place Community Center, 606 W 29th St, Norfolk, VA *(Gary 757-567-4158)*

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

WEDNESDAY (CONT)

9:00PM **Stepping into Recovery (O,DISC,WC ♿,LIT)** T Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, VA *(Mary P 757-739-1726)*

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

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, VA

9:30AM **Morning Meditation Literature (O,VAR,VM,LIT)** T, Norfolk, VA

NOON **A Meeting at Lunch (O)** P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, Hampton, VA *(Eugene 757-358-1709 Bryan 267-939-6415)*

NOON **Check up From the Neck Up (O,VM)** P, Hampton, VA *(Hanifah 571-546-4684)*

NOON **Reason To Believe (O,BT,DISC)** T Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd, Chesapeake, VA *(Johnny D 757-287-4430)*

2:00PM **High Noon (O,BT,IW,CPT,LIT)** P Recovery Baptist Church, 303 Blair Ave, Newport News, Virginia *(Teresa F. 757- 269-1707 Mildred D. 757- 236-9021)*

5:00PM **Meeting At Buckroe Beach (O,DISC)** P Shelter #2 near flag pole, 100 South First Street, Hampton, VA *(William K 757-768-0886)*

6:30PM **Got to Have It (O,BT,IP,SPK,STEP,WC ♿)** T Gethsemane Baptist Church, 1317 E Brambleton Ave, Norfolk, VA *(Juanita S 757-685-8848 Jeanise R 718-513-8856)*

6:30PM **Living as Men (O,M,VAR,WC ♿,ENG,F2F,BUS)** P Recovery Baptist Church, 303 Blair Ave, Newport News, VA *(Ernie J. 908-494-2383)*

6:30PM **Still ill (C,DISC)** B VB Psych Center, No access through main entrance. Use door to left of main entrance., 1100 First Colonial Rd, Virginia Beach, VA *(for those struggling with mental illness in recovery)*

7:00PM **Crossing Rivers (O,DISC,VAR)** P Harmony Grove Baptist Church, 7722 General Puller Highway, Locust Hill, VA *(Dwight N 8045773525 Delano J 8042388167)*

7:00PM **Freebird (O,DISC)** T Craddock Baptist Church, 96 Afton Pkwy, Portsmouth, VA *(Roland C 757-328-2243)*

7:00PM **Girls Nite Out (O,W,HY)** T West Park Church of Christ, 926 Cherokee Rd, Portsmouth, VA *(Vickie 757-375-0067 Kat 757-359-3793)*

7:00PM **Keep the Fire Burning (O,CAN,DISC,SPK)** P Bethany United Methodist Church, Back of church Wesley Hall, 1509 Todds Ln, Hampton, VA *(Ashli H 757-817-8721)*

7:00PM **Over & Beyond (O,DISC)** T St. Philip's Chapel, 201 S McMorrine St, Elizabeth City, NC *(Michael S 757-359-8841)*

7:00PM **Shattering the Illusion (O,BT)** B St. Michaels Lutheran Church, 2208 Princess Anne Rd, Virginia Beach, VA *(Stephanie A, 434-547-3653)*

7:30PM **Another Chance to Live (O)** O Benn's United Methodist Church, 14571 Benns Church Blvd, Smithfield, VA *(Tom N 757-658-1498)*

7:30PM **Second Chance (O,DISC,STEP,TW)** T Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA *(Louie L 757-560-8172)*

7:30PM **The Language of Empathy (O,DISC)** B Colington UMC, 1949 Colington Rd, Kill Devil Hills, NC *(Carly E 336-251-7158)*

8:00PM **Choose Life (O,DISC)** B St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., Virginia Beach, VA *(Tony C 757-502-5310 Ben R 757-339-5495)*

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

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

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

FRIDAY

9:30AM **Morning Meditation (O,WC ♿)** T EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA

9:30AM **Morning Meditation Literature (O,VAR,VM,LIT)** T, Norfolk, VA

NOON **A Meeting at Lunch (O)** P First Presbyterian Church, Leftside rear door, 514 S Armistead Ave, Hampton, VA *(Eugene 757-358-1709 Bryan 267-939-6415)*

FRIDAY (CONT)

NOON **Check up From the Neck Up (O,VM)** P, Hampton, VA *(Hanifah 571-546-4684)*

NOON **The Continuing Quest (O,DISC,SPK,SWG)** T First Lutheran Church, 1301 Colley Ave, Norfolk, VA *(Eddie C 757-816-4986)*

NOON **Write Now (O,JFT,SWG,ME,WR)** T Providence Presbyterian Church, 5497 Providence Rd, Virginia Beach, VA *(Writing during meeting, Fred R 757-695-6500)*

2:00PM **High Noon (O,BT,IW,CPT,LIT)** P Recovery Baptist Church, 303 Blair Ave, Newport News, Virginia *(Teresa F. 757- 269-1707 Mildred D. 757-236-9021)*

7:00PM **12+12=Change (O,WC ♿,ENG)** P Eastern Church, 473 Merrimac Trail, Williamsburg, VA

7:00PM **Agape (O,DISC,IP,STEP,TW)** T St. Paul's United Methodist Church, 437 Providence Rd, Chesapeake, VA *(1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494)*

7:00PM **Closer To Home (O,DISC,WC ♿)** P A Place To Meet, 7055 Linda Circle, Hayes, VA *(Janet P 804-466-1515)*

7:00PM **Keep Coming Back (O,WC ♿)** P Newport News Community Center, 605 South Ave, Newport News, VA *(Michelle H. 757-751-2528)*

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

7:30PM **Good Orderly Direction (O)** P, 10 Matoaka Ln, Newport News, VA *(Jeff H 757-630-3806 Alex C 757-303-6049)*

7:30PM **HOW Group (C,DISC)** B Good Shepherd Lutheran Church, 1489 Laskin Road, Virginia Beach, VA *(Scott P 304-218-1468)*

7:30PM **Miracles Happen (O)** B St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Nags Head, NC *(Scott D 252-267-0060)*

8:00PM **Kempsville Crossroads (O,DISC,WC ♿)** B Providence Presbyterian Church, 5497 Providence Road, Virginia Beach, VA *(**Not meeting 4/17/2026** Mark N 757-478-1839)*

8:00PM **The Miracle Continues (O,STEP)** T Azalea Baptist Church, 3314 E Little Creek Rd, Norfolk, VA *(Ann V 757-270-1141)*

8:00PM **Wave of Recovery (O,DISC)** B Bayside Presbyterian, 1400 Ewell Rd, Virginia Beach, VA *(Ryan 773-951-4037)*

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

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

SATURDAY

9:30AM **Morning Meditation (O,DISC,VAR,WC ♿)** T EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA

9:30AM **Morning Meditation Literature (O,VAR,VM,LIT)** T, Norfolk, VA

10:00AM **Fresh Start (O)** B Christ Presbyterian Church, 709 Aragona Blvd, Virginia Beach, VA *(Sherry R 757-406-9175)*

10:00AM **No More Excuses (O,BT,IP,IW,WC ♿,LC,SPAD)** P Warwick United Church of Christ, 10 Matoaka Lane, Newport News, VA *(William K. 757-768-0886)*

NOON **Basic Math 12 & 12 (O,SPK,STEP,TRAD)** T First Baptist Church, 500 E Bute Street, Norfolk, VA *(Carlton D 757-515-3331)*

2:00PM **High Noon (O,BT,IW,CPT,LIT)** P Recovery Baptist Church, 2nd & 4th Saturdays ONLY, 303 Blair Ave, Newport News, Virginia *(Teresa F. 757-269-1707 Mildred D. 757-236-9021)*

3:00PM **Back to Life (O,BT,DISC,SPK,TRAD)** T First Lutheran Church, 1301 Colley Ave, Norfolk, VA

5:00PM **The Gift of Hope (O,WC ♿)** T Churchland Baptist Church, By the cemetery thru the red double doors, upstairs., 3031 Churchland Blvd, Chesapeake, VA *(Craig T 757-920-8077)*

5:00PM **When at the End of the Road (O,DISC)** B St Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA *(Rob C 757-334-7718; Sarah A 757-727-3582)*

6:00PM **Saturday Night Alternative (O,WC ♿)** P First Presbyterian Church, 514 S Armistead Avenue, Hampton, VA *(Denise K 757 660-1118)*

7:00PM **Back to Basics (O,BT,DISC,IP,SPK)** T Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA *(Charlie J 757-620-3895)*

7:00PM **Life & Hopeline (O,DISC,STEP)** T Sentara Obici Hospital, 2800 Godwin Boulevard, Suffolk, VA *(Robert B 757-335-2493)*

7:00PM **Never Alone (O,WC ♿)** P Hillton Christian Church, Meets at 7pm as of 2/11/23, 100 James River Drive, Newport News, VA *(Ray D 757-303-4533)*

SATURDAY (CONT)

7:00PM **Saturday Night Live (O)** B St. Nicholas Fellowship Hall, 621 First Colonial Road, Virginia Beach, VA *(Ted L 757-717-2669)*

8:00PM **Freedom of Choice (O,DISC,STEP)** T Church of the Ascension, 4853 Princess Anne Rd, Virginia Beach, VA *(James P 757-619-2273)*

8:00PM **Surrender to Live (O,BT,DISC,WC ♿)** T Reformation Presbyterian Church, 1241 Hillside Ave, Norfolk, VA *(Fred R 757-695-6500)*

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

9:30PM **The Point of Freedom (O,STEP,TRAD,WC ♿,LIT)** T Freemason Street Baptist Church, 400 E Freemason St, Norfolk, VA *(Contact: Tuan N 757-788-4757)*

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

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.

NOVEMBER 2026

REGIONAL HELPLINE
804-965-1871
TIDEWATER HELPLINE
866-972-5055

Beach Area Service P.O. Box 1377 Virginia Beach, VA 23451	https://virginiabeachna.org
Peninsula Area Service P.O. Box 16009, Newport News, VA 23608	https://peninsulaareana.org
Outerlimits Area Service **P.O. Box 1164, Franklin, Va. 23851**	https://outerlimitsareana.org/
Tidewater Area Service 1112 Norview Ave, Norfolk, VA	https://tidewaterareana.org
Central Atlantic Regional Service P. O. Box 1959, Chesterfield, VA 23832	https://www.car-na.org
Narcotics Anonymous World Service	https://www.na.org

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