

SUNDAY	
9:00AM	Hope Ignited (O,DISC,WC &) B Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach, VA (<i>David D 757-971-8753</i>)
9:30AM	Surrender To Live (O,WC &) P 329 Main St, Newport News, VA (<i>Dee W 757-503-0739 Tony H 757-696-6654</i>)
10:00AM	NA-meless (O,DISC) T Trinity Episcopal Church, Parish Hall, 418 King St, Portsmouth VA 23704, Portsmouth, VA (<i>Thomas K 757-393-2009</i>)
11:00AM	We Need A Meeting (O,DISC,VAR,WC &) T Next door to Waffle House. PLEASE WEAR A MASK, 4700 George Washington Hwy, Portsmouth, VA (<i>Donna JE 757-535-5895</i>)
NOON	Faith (O,VM) P VA (<i>Renee E 757-637-8230</i>)
1:00PM	Living Clean (O,WC &,LIT) P A Place To Meet, Study meeting from the Living Clean book, 7055 Linda Circle, Hayes, VA (<i>Paul S 757-293-9446</i>)
2:00PM	The No Matter What Club (O) B St Francis Episcopal Church, 509 S Rosemont Rd, Virginia Beach, VA (<i>Trish F 757-985-0948</i>)
3:00PM	Wecovery (O,VAR) T Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA (<i>Megan A 757-572-5667</i>)
6:00PM	It's About Time (O,SPK,WC &) T Norwiew United Methodist Church, 1112 Norwiew Avenue, Norfolk, VA (<i>Jay J 757-227-8025 Charles M 757-735-8511</i>)
6:00PM	Sunday Sanity (O,BT,DISC,IP) B VB Psych Center, Main Entrance Check-in, 1100 First Colonial Rd, Virginia Beach, VA (<i>Shelly G 757-748-5364, Pat O 757-633-2820</i>)
7:00PM	A Gift Called Life (O,WC &) P Warwick United Church of Christ, 10 Matoaka Lane, Newport News, VA (<i>Nadine 757-751-4680 David H 757-214-2770</i>)
7:00PM	New Phase Four (O,DISC,SPK,TOP) T St. John's Episcopal Church, 424 Washington Street, Portsmouth, VA (<i>Ron E 757-582-1070, Sam G 757-353-2096</i>)
7:00PM	Over & Beyond (O,LIT) T St. Philip's Chapel, West side of Street, 201 S McMorrine St, Elizabeth City, NC (<i>Michael S 757-359-8841</i>)
7:00PM	Recovery Group (O) P Wesley United Methodist Church, 2510 N Armistead Ave, Hampton, VA (<i>William S 757-236-6170 Dave R 757-218-2595</i>)
8:00PM	Mixed Group (O,DISC) T First Lutheran Church, 1301 Colley Ave, Norfolk, VA (<i>Mike J 757-409-1676</i>)
9:00PM	Cloud 9 (O,VM) P Williamsburg, VA

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 West End Baptist Church, Side Rear Entrance, 2413 Shell Rd, Hampton, VA (<i>Sheryl J 757-759-1317</i>)
NOON	A Meeting at Lunch (O,VAR,WC &) P First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, Hampton, VA (<i>Eugene 757-358-1709</i>)
NOON	Check up From the Neck Up (O,VM) P Hampton, VA
NOON	More Will be Revealed (O,DISC) T Serenity House, 300 Pearl Street, Elizabeth City, NC (<i>Michael S 757-359-8841</i>)
2:00PM	High Noon (BT,IW,CPT,LIT) P Recovery Baptist Church, Meets M-F and 2nd & 4th Saturdays, 303 Blair Ave, Newport News, Virginia (<i>Teresa F (757) 269-1707 Mildred D (757) 236-9021</i>)
3:00PM	Change I Must Or Die I Will (O,DISC,JFT,SPK,LIT) P Empowered Believers Church, 2096 Nickerson Blvd, Hampton, VA (<i>Lawrence 718-594-2998 Renee 215-370-2186</i>)
6:00PM	Monday Meditation (C,ME) B Community United Methodist Church, Enter from Burlington Rd side only, door locks at 6:10pm, 1072 Old Kempsville Rd, Virginia Beach, VA (<i>Jon B 757-635-4318 Lance G 757-692-7864</i>)
6:00PM	Step By Step (C,NC,STEP,WC &) P A Place To Meet, 7055 Linda Circle, Hayes, VA (<i>Grace 804-824-5622</i>)
6:30PM	New Attitude (O,WC &) P Trinity United Methodist Church, 228 29th St, Newport News, VA (<i>Rose F 757-593-0104 Debbie S 757-318-2914</i>)
7:00PM	Clean & Serene (O,BT,DISC) T Riverside United Methodist Church, 1400 Edgewood Drive, Elizabeth City, NC (<i>John J 252-377-2405 Jason G 252-312-5318</i>)
7:00PM	Monday Night Candlelight (O,BT,CAN,WC &) T Haygood United Methodist Church, 4713 Haygood Rd, Virginia Beach, VA (<i>Eric D 757-580-2849</i>)

MONDAY (CONT)	
7:00PM	New Beginnings (O,WC &,LC) T Churchland Baptist Church, 3031 Churchland Blvd, Chesapeake, VA (<i>Cathy K 757-403-7409 Sid N 757-416-4553</i>)
7:00PM	Running on Faith (O) O Carrollton Holiness Church, 16144 Carrollton Blvd, Carrollton, VA (<i>Derek L 802-922-0119</i>)
7:30PM	Freedom To Live (O) B Liberty Christian Fellowship, 244 Williams Dr, Kill Devil Hills, NC (<i>Lauren M 252-722-5774</i>)
7:30PM	Here and Now (O,BT,DISC,VAR,TOP,LIT) P St Mark's United Methodist Church, 99 E. Mercury Blvd., Hampton, VA (<i>Allen M 941-564-5882</i>)
7:30PM	Living The Program (O,BT,DISC,PH) B Water's Edge Church of God, 4141 Holland Road, Virginia Beach, VA (<i>Frank G 757-933-0999 Rebekah D 203-444-1845</i>)
8:00PM	Recovery on the Hill (O,BT,CAN,IP,SPK,WC &) T Ocean View Christian Reformed Church, 1241 Hillside Avenue, Norfolk, VA (<i>Fred R 757-695-6500</i>)
8:30PM	Who Is An Addict? (O) P Triangle Stepping Stones, 3279 Lake Powell Rd, Williamsburg, VA (<i>Michele C 757-707-7750</i>)
9:00PM	Cloud 9 (O,VM) P Williamsburg, VA
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 (<i>Melinda J 757-401-3395</i>)

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
9:30AM	Trust The Procces (O) P 2114 Wickham Ave, Newport News, VA (<i>Qadeer 757-344-1284 Lily 757-236-8921</i>)
NOON	A Meeting at Lunch (O) P First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, Hampton, VA (<i>Eugene 757-358-1709</i>)
NOON	Check up From the Neck Up (O,VM) P Hampton, VA
NOON	The Emergency Unit (O,BT,DISC,F2F) T Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA (<i>Johnny D 757-287-4430</i>)
2:00PM	High Noon (BT,IW,CPT,LIT) P Recovery Baptist Church, 303 Blair Ave, Newport News, Virginia (<i>Teresa F (757) 269-1707 Mildred D (757) 236-9021</i>)
5:30PM	Mensrap (C,M) T Norwiew United Methodist Church, 1112 Norwiew Avenue, Norfolk, VA (<i>Danny G 434-253-4075</i>)
5:30PM	Serenity Group (O,VM) P VA (<i>Beverly A. 757-753-6868</i>)
6:00PM	Keep Coming Back (O,DISC,VAR) T New First Baptist Church of Taylorsville, 2720 Turnpike Road, Portsmouth, VA (<i>Francis P 757-679-1151 Judice P 757-228-8678</i>)
6:30PM	Life & Hopeline (O) T St Paul's Episcopal Church, 213 N Main St, Suffolk, VA (<i>Charles A 757-351-5855</i>)
7:00PM	A New Way of Life (O,JFT,WC &) P A Place To Meet, 7055 Linda Circle, Hayes, VA (<i>Paul S 757-293-9446 Janet P 804-466-1515</i>)
7:00PM	A Proven Program (O) P Liberty Live Church, 8201 Croaker Road, Williamsburg, VA (<i>Dave H. 757-207-1154, Beth R. 804-332-4970</i>)
7:00PM	Earthbound Group (O,DISC) O Emmanuel Episcopal Church, Meeting is in the back, in basement., 400 N High Street, Franklin, VA (<i>Stephen B 757-613-5531</i>)
7:00PM	Let It Be (O,DISC,LIT) T Ocean View Christian Reformed Church, 1241 Hillside Ave, Norfolk, VA (<i>Jessica H 757-822-4559</i>)
7:00PM	New Genesis (O,SPK,STEP,LIT) P Wesley United Methodist Church, 2510 N Armistead Avenue, Hampton, VA (<i>Gayle B 757-597-1531 Walter 864-221-2930</i>)
7:00PM	Over & Beyond (O,VAR) T St. Philip's Chapel, 201 S McMorrine St, Elizabeth City, NC (<i>Michael S 757-359-8841</i>)
7:00PM	Stick & Stay (O,DISC,WC &) B Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills, NC (<i>Gene S 252-267-2823</i>)
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 (<i>Leo C 757-285-2007</i>)
7:30PM	Awesome Life (O,CAN,DISC,IP) T Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA (<i>Carrie L 757-560-8177</i>)
7:30PM	There's A Light (O,DISC) B Ocean Lakes Church of Christ, 1200 Dam Neck Road, Virginia Beach, VA (<i>Geoff L 757-641-3159</i>)
7:30PM	Yes! We Can! (O,DISC,WC &) T Family Life Center, 3172 Azalea Garden Rd, Norfolk, VA (<i>Ron C 757-708-4946</i>)

TUESDAY (CONT)	
8:00PM	A Gift Called Life (O,BT) T Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA (<i>Brian L 757-619-7375, Sean H 757-438-1688</i>)
8:00PM	Enjoying the Journey (O,DISC,SPK,STEP,TOP) B Water's Edge Church of God, 4141 Holland Road, Virginia Beach, VA (<i>Billy B 757-681-4341</i>)
8:15PM	Let's Recover Together (O,WC &) P Hampton Christian Church, 151 East Mercury Boulevard, Hampton, VA (<i>Tim E. 757-725-4636</i>)
9:00PM	Cloud 9 (O,VM) P Williamsburg, VA
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 (<i>Melinda J 757-401-3395</i>)

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, Rear door leftside of church, 514 S Armistead Ave, Hampton, VA (<i>Eugene 757-358-1709</i>)
NOON	Check up From the Neck Up (O,VM) P Hampton, VA
NOON	Visible Changes (O,DISC) T Emmanuel Episcopal Church, 5181 Singleton Way, Virginia Beach, VA (<i>Perry C 757-752-2070 Rachel S 703-232-3544</i>)
2:00PM	High Noon (BT,IW,CPT,LIT) P Recovery Baptist Church, 303 Blair Ave, Newport News, Virginia (<i>Teresa F (757) 269-1707 Mildred D (757) 236-9021</i>)
5:30PM	Just For Today (O,DISC,IP,SPK,STEP,TOP) T First Lutheran Church, 1301 Colley Ave, Norfolk, VA (<i>Bill A 757-647-7707</i>)
5:30PM	Midweek Peak (O,DISC,WC &) B Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd, Virginia Beach, VA (<i>Jon B 757-635-4318 Lori W 757-309-9631</i>)
6:00PM	The Group (O,STEP) B All Saints Episcopal Church, 10th Step meeting in Pinder Hall, 1969 Woodside Ln, Virginia Beach, VA (<i>Palmer R 757-537-9658</i>)
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 (<i>Nadia H 757-285-5867</i>)
7:00PM	Bright New Life (O,STEP) O Franklin Baptist Church, 208 N High Street, Franklin, VA (<i>DeWayne L 757-641-8022</i>)
7:00PM	End Of The Road (O,WC &) P 1707 Jefferson Avenue, Newport News, VA (<i>Glen N 757-268-9318 Ernest W 757-367-2476</i>)
7:00PM	Hope (O) P 10 Matoaka Ln., Newport News, VA (<i>Will D. 757-768-7954 David B. 757-342-2510</i>)
7:00PM	Hugs Not Drugs (O,DISC) P Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road, Hampton, VA (<i>Sarah 757-727-3582</i>)
7:00PM	Life Beyond Addiction (O,DISC,STEP,ME) T Broadcast Church, 910 Oak Grove Rd, Chesapeake, VA (<i>Justin G 757-503-8290</i>)
7:00PM	Surrender and Recovery (O,BT) T Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA (<i>Edwin T 757-648-9812</i>)
7:00PM	Who Is An Addict? (O) P Triangle Stepping Stones, 3279 Lake Powell Rd, Williamsburg, VA (<i>Michele C 757-707-7750</i>)
7:15PM	Straight Ahead (O,DISC,STEP) T Christ Presbyterian Church, 709 Aragona Blvd, Virginia Beach, VA (<i>Chris P 757-535-7227</i>)
7:30PM	Life & Hopeline (O,WC &) T Suffolk Christian Church, by courthouse, 216 North Main St., Suffolk, VA (<i>Robert B 757-738-6253</i>)
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 (<i>Scott D 252-267-0060</i>)
8:00PM	Better by the Bay (O,BT,DISC,WC &) T Miles Memorial United Methodist Church, 9450 Granby Street, Norfolk, VA (<i>Ryan D 757-651-5316</i>)
8:00PM	Trusted Servants (O,DISC,WC &) B Red Church, 315 S Rosemont Rd, Virginia Beach, VA (<i>Angel S 757-992-1838</i>)
8:00PM	Where's Lot 14? (O,DISC) T Sentara Norfolk General Hospital, Brickhouse Auditorium, 2nd floor, Conf Rm 2, 600 Gresham Drive, Norfolk, VA (<i>Gary 757-567-4158</i>)
9:00PM	Cloud 9 (O,VM) P Williamsburg, VA
9:00PM	Stepping into Recovery (O,DISC,WC &,LIT) T Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, VA (<i>Mary P 757-739-1726</i>)

WEDNESDAY (CONT)

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 Center Off 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

9:30AM **Trust The Process (O,WC &)** P 2114 Wickham Ave, Newport News, VA (*Qadeer 757-344-1284 Lily 757-236-8921*)

NOON **A Meeting at Lunch (O)** P First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, Hampton, VA (*Eugene 757-358-1709*)

NOON **Check up From the Neck Up (O,VM)** P Hampton, VA

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 (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)** P Buckroe Beach, Meets seasonally May - October, 1st St & E Pembroke Ave, Hampton, Virginia

5:30PM **Surviving Our Emotions (C,WC &)** T Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA (*Takecha J 804-218-7208*)

6:30PM **Be the WE (O,CAN,WC &)** B Christ Presbyterian Church, 709 Aragona Blvd, Virginia Beach, VA (*Colden 757-724-1239 Speaker mtg every 4th Thursday*)

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*)

6:30PM **Living as Men Group of NA (O,M,WC &)** P Recovery Baptist Church, 303 Blair Ave, Newport News, VA (*Reggie F 757-817-8464*)

7:00PM **Crossing Rivers (O,DISC)** P Harmony Grove Baptist Church, 7722 General Puller Highway, Locust Hill, VA (*Doug C 804-690-6595 Kathy P 804-324-1820*)

7:00PM **Freebird (O,BT,DISC,TRAD,VM)** T Virtual Only, Portsmouth, VA (*Roland C 757-328-2243*)

7:00PM **Girls Nite Out (O,W,HY)** T Sattvic Space, 1308 Airline Blvd, Portsmouth, VA (*Vickie 757-375-0067 Kat 757-359-3793*)

7:00PM **Keep the Fire Burning (O,DISC)** P Bethany United Methodist Church, Park on West side of church, enter thru West door follow the signs., 1509 Todds Ln, Hampton, VA (*Tom K 804-815-9356*)

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 (*Kristine A 757-202-2702, Ty H 757-235-3175*)

7:30PM **Another Chance to Live (O)** O Benn's United Methodist Church, 14571 Bennis 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*)

8:00PM **Choose Life (O,DISC)** B St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., Virginia Beach, VA (*Ted L 757-717-2669 Kristen H 757-837-5132*)

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

9:00PM **Cloud 9 (O,VM)** P Williamsburg, VA

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, Rear door leftside of church, 514 S Armistead Ave, Hampton, VA (*Eugene 757-358-1709*)

NOON **Check up From the Neck Up (O,VM)** P Hampton, VA

NOON **The Continuing Quest (O,DISC,SPK,SWG)** T First Lutheran Church, 1301 Colley Ave, Norfolk, VA (*Dave E 757-663-2723*)

FRIDAY (CONT)

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 (BT,IW,CPT,LIT)** P Recovery Baptist Church, 303 Blair Ave, Newport News, Virginia (*Teresa F (757) 269-1707 Mildred D (757) 236-9021*)

6:00PM **Life & Hopedine (O,DISC,STEP,TC,VM)** T Sentara Obici Hospital, 2800 Godwin Boulevard, Suffolk, VA (*Maryann B 609-712-3107*)

7:00PM **12 +12 = Change (O,WC &)** P Sentara Hospital, Meets in the Conference Center, 100 Sentara Cir, Williamsburg, VA (*Michael A 804-939-1215*)

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 Riverside Walter Reed Hospital, 7519 Hospital Drive, Gloucester, VA (*Grace 804-824-5622*)

7:00PM **Keep Coming Back (O,WC &)** P Newport News Community Center, 605 South Avenue, Newport News, VA (*Michelle E 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*)

7:30PM **HOW Group (C,DISC)** B Good Shepherd Lutheran Church, 1489 Laskin Road, Virginia Beach, VA (*Lance G 757-692-7864*)

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 (*Mark N 757-478-1839*)

8:00PM **The Miracle Continues (O,STEP)** T Azalea Baptist Church, 3314 E Little Creek Rd, Norfolk, VA (*Nesbit 757-620-8804*)

8:00PM **Wave of Recovery (O,DISC)** B Bayside Presbyterian, 1400 Ewell Rd, Virginia Beach, VA (*Pat C 757-619-1976 Ezra S 757-974-2261*)

9:00PM **Cloud 9 (O,VM)** P Williamsburg, VA

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 (*Madison B 757-506-6986 Sherry R 757-406-9175*)

10:00AM **No More Excuses (O,WC &)** 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 (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 **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*)

6:00PM **Saturday Night Alternative (O,WC &)** P First Presbyterian Church, 514 S Armistead Avenue, Hampton, VA (*Shanequa L 757-327-2381 Denise K 757-660-1118*)

6:00PM **Saturday Night Men's Meeting (C,DISC)** B Good Shepherd Lutheran Church, 1489 Laskin Road, Virginia Beach, VA (*Jamie T 757-803-7986, Lance G 757-692-7864*)

7:00PM **Back to Basics (O,BT,DISC,IP,SPK)** T Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, VA (*Mike K 757-974-4029 Charlie J 757-620-3895*)

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*)

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 Ocean View Christian Reformed Church, 1241 Hillside Ave, Norfolk, VA (*Fred R 757-695-6500*)

9:00PM **Cloud 9 (O,VM)** P Williamsburg, VA

SATURDAY (CONT)

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

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		

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.

MAY 2024

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