

SUNDAY**B 9:00AM - Hope Ignited (O, DISC, WC &)**

Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach, VA, 23451

Dale 757-202-9693 Christine D 757-374-1348

T 9:00AM - Men's Rap (O, DISC, M, WC &)

Maryview Behavioral Center, *First Floor side entrance*, 3636 High Street, Portsmouth, VA, 23707

Joe B 757-397-6279

T 11:00AM - We Need A Meeting (O, BT, DISC, JFT, SPK, STEP)

Maryview Hospital, *2nd Floor, Conference Room B*, 3636 High Street, Portsmouth, VA, 23707

Donna E 757-353-5895 (1-DISC, 2-STEP, 3-BT, 4-SPK, 5-JFT)

T 3:00PM - Wecovery (O, DISC)

Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA, 23322

Chris 757-377-9236

B 5:00PM - The Journey Continues (C, LIT)

St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA, 23452

Todd 757-617-5561

T 6:00PM - It's About Time (O, SPK)

Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA, 23513

Alneta L 757-589-4047

T 7:00PM - New Phase Four (O, DISC, SPK, TOP)

Saint John's Episcopal Church, 424 Washington Street, Portsmouth, VA, 23704

Mike P 757-298-0130

T 7:30PM - A Clear Message (O, BT, DISC, SPK, AB)

Obici Hospital, *Conf. Rm. C - Basement*, 2800 Godwin Boulevard, Suffolk, VA, 23434

Doretta G 757-748-3289 (1-BT, 2-AB, 3-DISC, 4-SPK)

T 8:00PM - Mixed Group (O, DISC)

First Lutheran Church, 1301 Colley Ave, Norfolk, VA, 23517

Mike J 757-409-1676

B 8:00PM - Sunday Sanity (O, DISC)

VA Beach Psychiatric Center, - *next to hospital*, 1100 First Colonial Rd, Virginia Beach, VA, 23454

Karla W 757-434-6446 Pat O 757-633-2820

MONDAY**T 6:45AM - Jump Start the Day (O)**

First Lutheran Church, (*Washington & King*), 600 King Street, Portsmouth, VA, 23704

T 9:30AM - Morning Meditation (O, WC &)

EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA, 23502

T NOON - Help Me Think (O)

Ingleside Baptist Church, -*corner of Gatling Ave.*, 925 Ingleside Rd., Norfolk, VA, 23502

T 7:00PM - Monday Night Candlelight (O, BT)

License Saver & Driver Improvement, 5312 Providence Rd, Virginia Beach, VA, 23464

T 7:00PM - New Beginnings (O, WC &)

Church of the Resurrection, @ *Midfield Pkwy*, 3501 Cedar Lane, Portsmouth, VA, 23703

T 7:30PM - How It Works (O)

Mt. Sinai United Holy Church, - *Off Watts Avenue*), 2710 Columbus Avenue, Portsmouth, VA, 23704

MONDAY (CONT)**B 7:30PM - Living The Program (O)**

Water's Edge Church of God, - *Near South Plaza Trail*, 4141 Holland Road, Virginia Beach, VA, 23452

T 7:30PM - The Winding Road (C)

Oak Grove United Methodist Church, (*across from water tower*), 472 N. Battlefield Blvd, Chesapeake, VA, 23320

T 8:00PM - Raw Recovery (O)

Homeless Shelter (Judeo-Christian Outreach Ctr.), - *E of Birdneck Rd*, 1053 Virginia Beach Blvd, Virginia Beach, VA, 23451

T 8:00PM - Recovery on the Hill (O)

Ocean View Reformed Christian Church, 1241 Hillside Avenue, Norfolk, VA, 23503

T 10:30PM - End of the Night (O)

Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455

TUESDAY**T 6:45AM - Jump Start the Day (O)**

First Lutheran Church, (*Washington & King Streets*), 600 King Street, Portsmouth, VA, 23704

T 9:30AM - Morning Meditation (O, WC &)

EZ Does It Service Center, - *Off N. Military Hwy. & Raby Rd*, 1153 Harmony Road, Norfolk, VA, 23502

T NOON - The Emergency Unit (O)

Holy Communion Lutheran Church, - *Hodges Ferry Rd & Bob White St*, 6220 Portsmouth Blvd, Portsmouth, VA, 23701

T 12:30PM - Miracles Can Happen (C)

Western Tidewater CSB, 135 S. Saratoga Street, Suffolk, VA, 23434

T 5:30PM - Just For Today (O)

First Lutheran Church, *Corner of Colley Ave. & Baldwin Ave.*, 1301 Colley Avenue, Norfolk, VA, 23517

T 7:00PM - Awesome Life (O)

Great Bridge United Methodist Church, *Corner of S. Battlefield & Stadium*, 201 Stadium Drive, Chesapeake, VA, 23322

T 7:00PM - Count Your Blessings (O)

Oaklette United Methodist - park in rear, - *Corner Indian River & Oaklett*, 520 Oaklette Dr, Chesapeake, VA, 23325

T 7:00PM - Keep Coming Back (O)

New First Baptist Church of Taylorsville, - *By Fredrick Blvd*, 2720 Turnpike Road, Portsmouth, VA, 23707

T 7:00PM - We Can Change (O)

Oakdale Presbyterian Church, , *West of Tidewater Dr. between Harriet & Van Patten Rd.*, 550 East Little Creek Rd., Norfolk, VA, 23505

T 7:30PM - Freedom Group (O)

St. Nicholas Fellowship Hall, 621 First Colonial Road, Virginia Beach, VA, 23451

B 7:30PM - In Times of Illness (O)

VA Beach Psych Center, - *next to hospital*, 1100 First Colonial Rd, Virginia Beach, VA, 23454

B 7:30PM - There's A Light (O)

Ocean Lakes Church of Christ, 1200 Dam Neck Road, Virginia Beach, VA, 23454

T 8:00PM - A Gift Called Life (O)

United Congregational Christian Church, -*between Hodges Ferry & Charlotte*, 5900 Portsmouth Blvd, Portsmouth, VA, 23701

B 8:00PM - Enjoying the Journey (O)

Water's Edge Church of God, - *Near South Plaza Trial*, 4141 Holland Road, Virginia Beach, VA, 23452

TUESDAY (CONT)**T 8:00PM - Let It Be (O)**

Ocean View Reformed Christian Church, ,*1 block from Ocean View & Beach View*, 1292 Hillside Avenue, Norfolk, VA, 23503

T 10:30PM - End of the Night (O)

Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455

WEDNESDAY**T 6:45AM - Jump Start the Day (O)**

First Lutheran Church, (*Washington & King*), 600 King Street, Portsmouth, VA, 23704

T 9:30AM - Morning Meditation (O, WC &)

EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA, 23502

B NOON - Visible Changes (O)

Emmanuel Episcopal Church, -*Off S Witchduck*, 5181 Princess Anne Road, Virginia Beach, VA, 23462

T 5:00PM - In Recovery (O, VAR)

Christ & St. Luke Church, *In Basement*, 560 W. Olney Rd, Norfolk, VA, 23507

T 7:00PM - Daily Recovery (O, VAR)

Mount Gilead Church, 1057 Kennedy St, Norfolk, VA, 23513

T 7:00PM - Surrender and Recovery (O)

United Congregational Christian Church, -*between Hodges Ferry & Charlotte*, 5900 Portsmouth Blvd, Portsmouth, VA, 23701

T 7:00PM - The Stand (O)

New Calvary Baptist Church, 800 E Virginia Beach Blvd, Norfolk, VA, 23504

B 7:15PM - Straight Ahead (O)

Christ Presbyterian, 709 Aragona Blvd, Virginia Beach, VA, 23455

T 7:30PM - Change We Must (C)

Great Bridge Evangelical Free Church, (*across from old high school*), 173 Mt. Pleasant Road, Chesapeake, VA, 23322

T 7:30PM - Life & Hopeline (O)

Suffolk Christian Church, - *by courthouse*, 216 North Main St., Suffolk, VA, 23434

T 7:30PM - What Can I Do (O)

Holy Communion Lutheran Church, (*Hodges Ferry*), 6220 Portsmouth Blvd, Portsmouth, VA, 23701

T 8:00PM - Better by the Bay (O, WC &)

Miles Memorial United Methodist Church, @*Government Street (rear entrance)*, 9450 Granby Street, Norfolk, VA, 23503

B 8:00PM - Trusted Servants (O)

St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA, 23452

T 8:00PM - Where's Lot 14? (O)

Sentara Norfolk General Hospital, , *Dining Room #1*, 600 Gresham Drive, Norfolk, VA, 23507

T 8:30PM - Stepping into Recovery (O)

Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455

T 10:30PM - End of the Night (O)

Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455

THURSDAY**T 6:45AM - Jump Start the Day (O)**

First Lutheran Church, (*Washington & King*), 600 King Street, Portsmouth, VA, 23704

THURSDAY (CONT)**T 9:30AM - Morning Meditation (O, WC &)**

EZ Does It Service Center, - *Off N. Military Hwy. & Raby Rd*, 1153 Harmony Road, Norfolk, VA, 23502

T NOON - Lunch Time Recovery (O)

Ocean View Reformed Christian Church, *1 Block from Ocean View Avenue & Beach View Street*, 1241 Hillside Avenue, Norfolk, VA, 23503

T NOON - Reason To Believe (O)

Church Of Saint Therese, Enter front, Rooms 10 & 11, *across from Chesapeake Square Mall@ Coffman Blvd*, 4137 Portsmouth Blvd, Chesapeake, VA, 23321

T 6:30PM - Got to Have It (O)

Queen Street Baptist Church, 413 E. Brambleton Avenue, Norfolk, VA, 23510

T 7:00PM - Freebird (O)

Craddock Baptist Church, *and Harris Road*, 96 Afton Parkway, Portsmouth, VA, 23702

T 7:00PM - Second Chance (O)

Great Bridge United Methodist Church, @*S. Battlefield*, 201 Stadium Drive, Chesapeake, VA, 23322

B 7:00PM - Shattering the Illusion (O)

St. Michaels Lutheran Church, 2208 Princess Anne Road, Virginia Beach, VA, 23456

T 7:00PM - Show Me How To Live (C)

Sacred Heart Church, 520 Traydon Avenue, Norfolk, VA, 23507

T 7:30PM - Caring and Sharing (O)

Unity Renaissance Church, (*behind Greenbriar Mall*), 1120 Eden Way N, Chesapeake, VA, 23320

T 7:30PM - Girls Nite Out (O)

First Friends Church, 5307 Portsmouth Blvd., Portsmouth, VA, 23701

B 7:30PM - Serenity Sisters (O)

Haygood United Methodist Church, 4713 Haygood Road, Virginia Beach, VA, 23455

T 8:00PM - Branching Out (O)

Aldersgate United Methodist Church, - *western branch*, 4320 Bruce Rd, Chesapeake, VA, 23321

B 8:00PM - Choose Life (O)

VA Beach Psych Center, - *next to hospital*, 1100 First Colonial Rd, Virginia Beach, VA, 23454

T 8:00PM - Junks & Drunks (O)

East Ocean View Baptist Church, , *Social Hall*, 9609 9th Bay Street, Norfolk, VA, 23518

T 8:00PM - Raw Recovery (O)

Judeo-Christian Outreach Center - Homeless Shelter, - *E of Birdneck Rd*, 1053 Virginia Beach Blvd, Virginia Beach, VA, 23451

T 10:30PM - End of the Night (O)

Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455

FRIDAY**T 6:45AM - Jump Start the Day (O)**

First Lutheran Church, (*King & Washington*), 600 King Street, Portsmouth, VA, 23704

T 9:30AM - Morning Meditation (O)

EZ Does It Service Center, -*Off N. Military Highway & Raby Road*, 1153 Harmony Road, Norfolk, VA, 23502

FRIDAY (CONT)**T NOON - The Continuing Quest (O)**

First Lutheran Church, *Corner Colley Ave & Baldwin Ave*, 1301 Colley Avenue, Norfolk, VA, 23517

B NOON - Write Now Meeting (C)

Fairfield Shoppes, 5312 Providence Road, Virginia Beach, VA, 23464

T 6:00PM - The Happy Hour (C)

Faith Community Church, 100 East 30th Street, Norfolk, VA, 23504

T 7:00PM - Agape (O)

St. Paul, @ *Dunbarton*, 437 Providence Rd, Chesapeake, VA, 23325

T 7:00PM - Life & Hopeline (O)

Sentara Obici Hospital, 2800 Godwin Boulevard, Suffolk, VA, 23434

T 7:30PM - Better Days (O)

Church Of Saint Therese, Enter Front, Rooms 10-11, @ *Coffman Blvd across from Chesapeake Square Mall*, 4137 Portsmouth Blvd, Chesapeake, VA, 23321

B 8:00PM - Kempsville Crossroads (C)

Providence Presbyterian Church, 5497 Providence Road, Virginia Beach, VA, 23464

T 8:00PM - Miracle On 9th Bay (O)

Lighthouse Community Church, 9609 9th Bay Street, Norfolk, VA, 23518

B 8:00PM - Wave of Recovery (O)

Virginia Beach Christian Church, 2225 Rose Hall Drive, Virginia Beach, VA, 23454

T 8:00PM - We Do Recover (O)

Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA, 23513

B 8:30PM - HOW Group (C)

Good Shepherd Lutheran Church, 1489 Laskin Road, Virginia Beach, VA, 23451

T 11:00PM - The Road Less Traveled (O)

Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, 23455

SATURDAY**B 9:00AM - Fresh Start (O)**

Foundry United Methodist Church, 2801 Virginia Beach Blvd., Virginia Beach, VA, 23452

T 11:00AM - The Phoenix Group (O)

Maryview Hospital 2nd floor Conference Room A, 3636 High Street, Portsmouth, VA, 23707

T NOON - Basic Math 12 & 12 (O)

First Baptist Church, (*across from the Scope*), 418 E Bute Street, Norfolk, VA, 23510

B 5:00PM - When at the End of the Road (O)

St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA, 23452

T 5:30PM - Back to Life (O)

1st Lutheran Church, *Corner of Colley and Baldwin*, 1301 Colley Avenue, Norfolk, VA, 23517

T 6:00PM - Rainbow Recovery (O)

, *Suite 103*, 5625 Providence Road, Virginia Beach, VA, 23464

B 6:00PM - Saturday Night Men's Meeting (C)

Virginia Beach Christian Church, 2225 Rose Hall Drive, Virginia Beach, VA, 23454

T 7:00PM - Life and Hopeline (O)

Sentara OBiCi Hospital, 2800 Godwin Boulevard, Suffolk, VA, 23434

SATURDAY (CONT)**B 7:00PM - Saturday Night Live (O)**

St. Nicholas Fellowship Hall, 621 First Colonial Road, Virginia Beach, VA, 23451

T 8:00PM - Back to Basics (O)

Broad Street United Methodist Church, 300 Broad Street, Portsmouth, VA, 23707

T 8:00PM - Freedom of Choice (O)

Church of the Accension, 4853 Princess Anne Road, Virginia Beach, VA, 23462

T 8:00PM - Surrender to Live (C)

Norview United Methodist Churc, 1112 Norview Avenue, Norfolk, VA, 23513

NORTH CAROLINA MEETINGS**T Sunday: 7:30PM - Stick and Stay (O, WC &)**

Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills, NC, 27948

T Sunday: 8:00PM - Over and Beyond (O, DISC)

Saint Phillips Chapel, *West side of Street*, 201 S McMorrine St, Elizabeth City, NC, 27909

Linda T 252-333-7983

T Monday: 7:30PM - Freedom to Live (C)

Liberty Christian Fellowship, 244 Williams Drive, Kill Devil Hills, NC, 27948

T Tuesday: 7:30PM - Stick & Stay (O, WC &)

Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills, NC, 27948

T Tuesday: 8:00PM - Over & Beyond (O)

Saint Phillips Chapel, 201 S McMorrine St, Elizabeth City, NC, 27909

T Wednesday: 6:00PM - Miracles in Progress (O)

Melton Grove Missionary Baptist Church, 163 Melton Grove Road, Winfall, NC, 27944

T Wednesday: 7:30PM - Miracles Happen (O)

St. Andrews by the Sea, , *Mile Post 13*, 4212 S Virginia Dare Trail, Nags Head, NC, 27959

T Thursday: 7:30PM - Surrender to Win (O)

Manteo Baptist Church, 406 US Highway 64, Manteo, NC, 27954

T Thursday: 8:00PM - Over & Beyond (O)

Saint Phillips Chapel, 201 S McMorrine St, Elizabeth City, NC, 27909

T Friday: 7:30PM - Miracles Happen (O)

St. Andrews by the Sea, , *Mile Post 13*, 4212 S Virginia Dare Trail, Nags Head, NC, 27959

T Saturday: 7:30PM - Freedom to Live (O)

Liberty Christian Fellowship, 244 Williams Drive, Kill Devil Hills, NC, 27948

Meeting Format Key

AB	Ask-It-Basket	BT	Basic Text
C	Closed	DISC	Discussion
JFT	Just for Today Study	LIT	Literature Study
M	Men	O	Open
SPK	Speaker	STEP	Step
TOP	Topic	VAR	Format Varies
WC &	Wheelchair		

BANA SERVICE COMMITTEES**Beach Area Service Committee**

First Saturday of the Month 1:00 PM

Ocean Lakes Church of God

1200 Dam Neck Rd, Virginia Beach

Chair Marji B 757-351-0412

Serenity on the Shore Campout Committee

First Sunday - Subcommittees: 5:00PM, Main: 6:00PM

Virginia Beach Psychiatric 1100 First Colonial Rd Virginia Beach

Chair Scott B 757-377-5072

Emergent Needs Subcommittee

Friday before Area 7:00PM

Good Shepherd Lutheran 1489 Laskin Rd Virginia Beach

Chair Sam B 757-621-1580

PHONE NUMBERS**Who is an Addict?**

Most of us do not have to think twice about this question. We know! Our whole life and thinking was centred in drugs in one form or another - the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions and death.

**NARCOTICS ANONYMOUS****Beach Area Meeting List**

Designated with a B
Including

Tidewater Area Meetings

Designated with a T

JUNE 2017

Beach Area Service Committee

Post Office Box 1377 Virginia Beach, VA 23451

www.virginiabeachna.org

Central Atlantic Regional Helpline

1-800-777-1515

www.car-na.org

NA World Services Office

www.na.org

“The message is that an addict, any addict, can stop using, lose the desire to use and find a new way to live”

