

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		

SUNDAY			
8:45AM	Hope Ignited (O,DISC,WC &) Virginia Beach Recovery Club, 1900 Baltic Avenue, <i>David D 757-971-8753 **New start time as of 6/9/24**</i>		Virginia Beach
9:30AM	Surrender To Live (O,WC &) 329 Main St, <i>Dee 757-503-0739</i>		Newport News
10:00AM	NA-meless (O,DISC) Scout Cabin, **7/7/24 Location change**, 3605 Winchester Dr, <i>Thomas K 757-393-2009 Chris L 757-975-1936</i>		Portsmouth
11:00AM	We Need A Meeting (O,DISC,VAR,WC &) Next door to Waffle House. PLEASE WEAR A MASK, 4700 George Washington Hwy, <i>Donna JE 757-535-5895</i>		Portsmouth
1:00PM	Living Clean (O,WC &,LIT) 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) St Francis Episcopal Church, 509 S Rosemont Rd, <i>Trish F 757-985-0948</i>		Virginia Beach
3:00PM	Wecovery (O,VAR) Great Bridge United Methodist Church, 201 Stadium Drive, <i>Megan A 757-572-5667</i>		Chesapeake
6:00PM	It's About Time (O,SPK,WC &) Norview United Methodist Church, 1112 Norview Avenue, <i>Jay J 757-227-8025 Charles M 757-735-8511</i>		Norfolk
6:00PM	Sunday Sanity (O,BT,DISC,IP) VB Psych Center, In Cafeteria, 1100 First Colonial Rd, <i>Shelly G 757-748-5364, Pat O 757-633-2820</i>		Virginia Beach
7:00PM	A Gift Called Life (O,WC &) Warwick United Church of Christ, 10 Matoaka Lane, <i>Nadine 757-751-4680 David H 757-214-2770</i>		Newport News
7:00PM	New Phase Four (O,DISC,SPK,TOP) 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) St. Philip's Chapel, West side of Street, 201 S McMorrine St, <i>Michael S 757-359-8841</i>		Elizabeth City
7:00PM	Recovery Group (O) 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) First Lutheran Church, 1301 Colley Ave, <i>Mike J 757-409-1676</i>		Norfolk
9:00PM	Cloud 9 (O,VM)		Williamsburg

MONDAY			
9:30AM	Morning Meditation (O,WC &) EZ Does It Service Center, 1153 Harmony Rd		Norfolk
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)		Norfolk
10:00AM	Get Back Up (IP,JFT) West End Baptist Church, Side Rear Entrance, 2413 Shell Rd, <i>Michelle C. 757-759-1317</i>		Hampton
NOON	A Meeting at Lunch (O,VAR,WC &) First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, <i>Eugene 757-358-1709</i>		Hampton

FRIDAY (CONT)			
7:30PM	Miracles Happen (O) 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 &) Providence Presbyterian Church, 5497 Providence Road, <i>Mark N 757-478-1839</i>		Virginia Beach
8:00PM	The Miracle Continues (O,STEP) Azalea Baptist Church, 3314 E Little Creek Rd, <i>Nesbit 757-620-8804</i>		Norfolk
8:00PM	Wave of Recovery (O,DISC) Bayside Presbyterian, 1400 Ewell Rd, <i>Pat C 757-619-1976 Ezra S 757-974-2261</i>		Virginia Beach
9:00PM	Cloud 9 (O,VM)		Williamsburg
SATURDAY			
9:30AM	Morning Meditation (O,DISC,VAR,WC &) EZ Does It Service Center, 1153 Harmony Road		Norfolk
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)		Norfolk
10:00AM	Fresh Start (O) 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,WC &) 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) First Baptist Church, 500 E Bute Street, <i>Carlton D 757-515-3331</i>		Norfolk
NOON	Bridge to Recovery (O) Bridge Church, 1244 Executive Blvd, <i>Justin H 804-738-1784 **Starts June 22nd**</i>		Chesapeake
2:00PM	High Noon (BT,IW,CPT,LIT) 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) First Lutheran Church, 1301 Colley Ave		Norfolk
5:00PM	When at the End of the Road (O,DISC) St Francis Episcopal Church, 509 S Rosemont Road, <i>Rob C 757-334-7718</i>		Virginia Beach
6:00PM	Saturday Night Alternative (O,WC &) First Presbyterian Church, 514 S Armistead Avenue, <i>Shanequa L 757-327-2381 Denise K 757-660-1118</i>		Hampton
6:00PM	Saturday Night Men's Meeting (C,DISC) Good Shepherd Lutheran Church, 1489 Laskin Road, <i>Jamie T 757-803-7986</i>		Virginia Beach
7:00PM	Back to Basics (O,BT,DISC,IP,SPK) Portsmouth UCC, 5900 Portsmouth Blvd, <i>Mike K 757-974-4029 Charlie J 757-620-3895</i>		Portsmouth
7:00PM	Never Alone (O,WC &) Hillton 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) 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) Church of the Ascension, 4853 Princess Anne Rd, <i>James P 757-619-2273</i>		Virginia Beach
8:00PM	Surrender to Live (O,BT,DISC,WC &) Ocean View Christian Reformed Church, 1241 Hillside Ave, <i>Fred R 757-695-6500</i>		Norfolk
9:00PM	Cloud 9 (O,VM)		Williamsburg
9:30PM	The Point of Freedom (O,STEP,TRAD,WC &,LIT) Freemason Street Baptist Church, 400 E Freemason St, <i>Tuan N 757-788-4757</i>		Norfolk

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

FRIDAY		
9:30AM	Morning Meditation (O,WC &) EZ Does It Service Center, 1153 Harmony Road	Norfolk
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)	Norfolk
NOON	A Meeting at Lunch (O) 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)	Hampton
NOON	The Continuing Quest (O,DISC,SPK,SWG) First Lutheran Church, 1301 Colley Ave, Eddie C 757-816-4986	Norfolk
NOON	Write Now (O,JFT,SWG,ME,WR) Providence Presbyterian Church, 5497 Providence Rd, Writing during meeting, Fred R 757-695-6500	Virginia Beach
2:00PM	High Noon (BT,IW,CPT,LIT) Recovery Baptist Church, 303 Blair Ave, Teresa F. 757-269-1707 Mildred D. 757-236-9021	Newport News
6:00PM	Life & Hopeline (O,DISC,STEP,TC,VM) Sentara Obici Hospital, 2800 Godwin Boulevard, Maryann B 609-712-3107	Suffolk
7:00PM	12 +12 = Change (O,WC &) Sentara Hospital, Meets In the Conference Center, 100 Sentara Cir, Thayne F. 757-603-2131	Williamsburg
7:00PM	Agape (O,DISC,IP,STEP,TW) St. Paul's United Methodist Church, 437 Providence Rd, 1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494	Chesapeake
7:00PM	Closer To Home (O,DISC,WC &) Riverside Walter Reed Hospital, 7519 Hospital Drive, Grace 804-824-5622	Gloucester
7:00PM	Keep Coming Back (O,WC &) Newport News Community Center, 605 South Avenue, Michelle H. 757-751-2528	Newport News
7:30PM	Better Days (O,CAN,DISC,AB) Church Of Saint Therese, 4137 Portsmouth Blvd, Joe W 757-536-7337	Chesapeake
7:30PM	Good Orderly Direction (O) 10 Matoaka Ln, Jeff H 757-630-3806 Alex C 757-303-6049	Newport News
7:30PM	HOW Group (C,DISC) Good Shepherd Lutheran Church, 1489 Laskin Road, Scott P 304-218-1468 Ann V 757-270-1141	Virginia Beach

MONDAY (CONT)		
NOON	Check up From the Neck Up (O,VM)	Hampton
NOON	More Will be Revealed (O,DISC) Serenity House, 300 Pearl Street, Michael S 757-359-8841	Elizabeth City
2:00PM	High Noon (O,VAR) 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) Empowered Believers Church, 2096 Nickerson Blvd, Lawrence 718-594-2998 Renee 215-370-2186	Hampton
6:00PM	Back to Basics (C,NC,STEP,WC &) A Place To Meet, 7055 Linda Circle, Grace 804-824-5622	Hayes
6:00PM	Monday Meditation (C,ME) Community United Methodist Church, Enter at Burlington Rd side before 6:10pm, 1072 Old Kempsville Rd, Jon B 757-635-4318	Virginia Beach
6:30PM	New Attitude (O,WC &) 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) 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 &) Haygood United Methodist Church, 4713 Haygood Rd, Eric D 757-580-2849	Virginia Beach
7:00PM	New Beginnings (O,WC &,LC) Churchland Baptist Church, 3031 Churchland Blvd, Cathy K 757-403-7409 Sid N 757-416-4553	Chesapeake
7:00PM	Running on Faith (O) Carrollton Holiness Church, 16144 Carrollton Blvd, Derek L 802-922-0119	Carrollton
7:30PM	Freedom to Live (O) 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) 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) 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 &) Ocean View Christian Reformed Church, 1241 Hillside Avenue, Fred R 757-695-6500	Norfolk
8:30PM	Who Is An Addict? (O) Triangle Stepping Stones, 3279 Lake Powell Rd, Michele C 757-707-7750	Williamsburg
9:00PM	Cloud 9 (O,VM)	Williamsburg
10:30PM	End of the Night (O,DISC,LIT) 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 &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road	Norfolk
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)	Norfolk
NOON	A Meeting at Lunch (O) 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)	Hampton
NOON	The Emergency Unit (O,BT,DISC,F2F) Portsmouth UCC, 5900 Portsmouth Blvd, Johnny D 757-287-4430	Portsmouth
2:00PM	High Noon (BT,IW,CPT,LIT) Recovery Baptist Church, 303 Blair Ave, Teresa F. 757-269-1707 Mildred D. 757-236-9021	Newport News
5:30PM	Mensrap (C,M) Norview United Methodist Church, 1112 Norview Avenue, Danny G 434-253-4075	Norfolk
5:30PM	Serenity Group (O,VM) Beverly A. 757-753-6868	Portsmouth
6:00PM	Keep Coming Back (O,DISC,VAR) New First Baptist Church of Taylorsville, 2720 Turnpike Road, Francis P 757-679-1151 Judice P 757-228-8678	Portsmouth

TUESDAY (CONT)		
6:30PM	Life & Hopeline (O) 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 &) A Place To Meet, 7055 Linda Circle, Paul S 757-293-9446 Janet P 804-466-1515	Hayes
7:00PM	A Proven Program (O) Liberty Live Church, 8201 Croaker Road, Dave H. 757-207-1154, Beth R. 804-332-4970	Williamsburg
7:00PM	Earthbound Group (O,DISC) 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) Ocean View Christian Reformed Church, 1241 Hillside Ave, Jessica H 757-822-4559	Norfolk
7:00PM	New Genesis (O,SPK,STEP,LIT) 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) St. Philip's Chapel, 201 S McMorrine St, Michael S 757-359-8841	Elizabeth City
7:00PM	Stick & Stay (O,DISC,WC &) 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) Wesley Grace United Methodist Church, 288 E Little Creek Rd, Leo C 757-285-2007	Norfolk
7:30PM	Awesome Life (O,CAN,DISC,IP) Great Bridge United Methodist Church, 201 Stadium Drive, Carrie L 757-560-8177	Chesapeake
7:30PM	There's A Light (O,DISC) Ocean Lakes Church of Christ, 1200 Dam Neck Road, Geoff L 757-641-3159	Virginia Beach
7:30PM	Yes! We Can! (O,DISC,WC &) Family Life Center, 3172 Azalea Garden Rd, Ron C 757-708-4946	Norfolk
8:00PM	A Gift Called Life (O,BT) 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) Water's Edge Church of God, 4141 Holland Road, Billy B 757-681-4341	Virginia Beach
8:15PM	Let's Recover Together (O) Hampton Christian Church, 151 East Mercury Boulevard, Tim E. 757-725-4636 Sissy O. 661-345-3206	Hampton
9:00PM	Cloud 9 (O,VM)	Williamsburg
10:30PM	End of the Night (O,DISC,LIT) 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 &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road	Norfolk
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)	Norfolk
NOON	A Meeting at Lunch (O) 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)	Hampton
NOON	Visible Changes (O,DISC) 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) 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) First Lutheran Church, 1301 Colley Ave, Bill A 757-647-7707	Norfolk
5:30PM	Midweek Peak (O,DISC,WC &) 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) 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) Community Beach Park - Leftmost Beach area, On the Beach, Bring a chair or blanket!, 700 E Ocean View, Nadia H 757-285-5867	Norfolk

WEDNESDAY (CONT)		
7:00PM	Bright New Life (O,STEP) Franklin Baptist Church, 208 N High Street, DeWayne L 757-641-8022	Franklin
7:00PM	End Of The Road (O,WC &) 1707 Jefferson Avenue, Glen N. 757-272-5790 Ernest W. 757-367-2476	Newport News
7:00PM	Hope (O) 10 Matoaka Ln., Will D. 757-768-7954	Newport News
7:00PM	Hugs Not Drugs (O,DISC) Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road, Sarah 757-727-3582	Hampton
7:00PM	Life Beyond Addiction (O,DISC,STEP,ME) Broadcast Church, 910 Oak Grove Rd, Justin G 757-503-8290	Chesapeake
7:00PM	Surrender and Recovery (O,BT) Portsmouth UCC, 5900 Portsmouth Blvd, Edwin T 757-648-9812	Portsmouth
7:00PM	Who Is An Addict? (O) Triangle Stepping Stones, 3279 Lake Powell Rd, Michele C 757-707-7750	Williamsburg
7:15PM	Straight Ahead (O,DISC,STEP) Christ Presbyterian Church, 709 Aragona Blvd, Chris P 757-535-7227	Virginia Beach
7:30PM	Life & Hopeline (O,WC &) Suffolk Christian Church, by courthouse, 216 North Main St., Robert B 757-738-6253	Suffolk
7:30PM	Miracles Happen (O,DISC,STEP,TW) 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 &) Miles Memorial United Methodist Church, 9450 Granby Street, Ryan D 757-651-5316	Norfolk
8:00PM	Trusted Servants (O,DISC,WC &) Red Church, 315 S Rosemont Rd, Angel S 757-992-1838	Virginia Beach
8:00PM	Where's Lot 14? (O,DISC) 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)	Williamsburg
9:00PM	Stepping into Recovery (O,DISC,WC & ,LIT) Old Donation Episcopal Church, 4449 N Witchduck Road, Mary P 757-739-1726	Virginia Beach
10:30PM	End of the Night (O,DISC) 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 &) EZ Does It Service Center Off N. Military Hwy. & Raby Rd, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road	Norfolk
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT)	Norfolk
NOON	A Meeting at Lunch (O) 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)	Hampton
NOON	Reason To Believe (O,BT,DISC) Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd, Johnny D 757-287-4430	Chesapeake
2:00PM	High Noon (BT,IW,CPT,LIT) 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) Buckroe Beach, Meets seasonally May - October, 1st St & E Pembroke Ave	Hampton
5:30PM	Surviving Our Emotions (C,W,WC &) Norview United Methodist Church, 1112 Norview Avenue, Takecha J 804-218-7208	Norfolk
6:30PM	Be the WE (O,CAN,WC &) 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 &) Gethsemane Baptist Church, 1317 E Brambleton Ave, Juanita S 757-685-8848	Norfolk
6:30PM	Living as Men Group of NA (O,M,WC &) Recovery Baptist Church, 303 Blair Ave, Reggie F 757-817-8464	Newport News
6:30PM	Still ill (C,DISC) VB Psych Center, Main Entrance Check-in, 1100 First Colonial Rd, for those struggling with mental illness in recovery	Virginia Beach