

Meeting Format Legend			
AB	Ask-It-Basket	BEG	Beginners
BT	Basic Text	C	Closed
CAN	Candlelight	CPT	12 Concepts
CTR	Contact Tracking Required	DISC	Discussion
F2F	Face 2 Face	HY	Hybrid Physical/Virtual
IP	IP Study	IW	It Works Study
JFT	Just for Today Study	LIT	Literature Study
ME	Meditation	O	Open
PH	Phone Meeting	PPE	Masks Required
SMOK	Smoking	SPK	Speaker
STEP	Step	SWG	Step Working Guide Study
TC	Temporary Closed	TEMP	Temperature Check
TOP	Topic	TRAD	Tradition
TW	Traditions Workshop	VAR	Format Varies
VM	Virtual Web Meeting	W	Women
WC &	Wheelchair	WR	Writing Meeting

SUNDAY

9:00AM	Hope Ignited (O,DISC,WC &,F2F) Virginia Beach Recovery Club, 1900 Baltic Avenue, <i>Greg G (919) 816-6414</i>	Virginia Beach
9:30AM	Surrender To Live (O,WC &) C. Waldo Scott Center, 3100 Wickham Avenue, <i>Dee W. 757-503-0739 - Tony H. 757-696-6654</i>	Newport News
10:00AM	New Meeting - Name TBD (O,DISC) 3516 Queen St	Portsmouth
11:00AM	We Need A Meeting (O,DISC,VAR,PH,WC &,TC,VM) Maryview Hospital, Virtual Only, 3636 High Street, <i>Donna E 757-535-5895</i>	Portsmouth
NOON	Faith (O,VM) <i>Gigi 757-218-2681</i>	
1:00PM	Living Clean (WC &,F2F) A Place To Meet, 7055 Linda Circle, <i>Study meeting from the Living Clean book.</i>	Hayes
3:00PM	Wecovery (O,VAR) Great Bridge United Methodist Church, 201 Stadium Drive, <i>Megan A 757-572-5667 Chris S 757-618-7078</i>	Chesapeake
4:00PM	The No Matter What Club (O,F2F) St Francis Episcopal Church, 509 S Rosemont Road, <i>Beth R 757-763-8880 Donovan 757-763-8189</i>	Virginia Beach
5:30PM	A Gift Called Life (O,WC &) Warwick United Church of Christ, 10 Matoaka Lane, <i>Johnnie 757-869-4890 Nadine 757-751-4680</i>	Newport News
6:00PM	It's About Time (O,SPK,WC &,F2F,PPE) 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,F2F,PPE) VA Beach Psych Center, Check in at main entrance., 1100 First Colonial Rd, <i>Shelly G 757-748-5364, Pat O 757-633-2820</i>	Virginia Beach
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,F2F,LIT) St. Philip's Chapel, West side of Street, 201 S McMorrine St, <i>Michael S 757-359-8841</i>	Elizabeth City
7:00PM	Sharing the Hope (VAR,SPK,STEP,TRAD,CPT,VM,LIT) <i>Elaine H 917-808-1525</i>	Norfolk
7:30PM	Recovery Group (O,VM) <i>William S. 757-236-6170 Dave R. 757-218-2595</i>	
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, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road	Norfolk
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT) Zoom Passcode 1153	Norfolk
10:00AM	Get Back Up (IP,JFT) West End Baptist Churh, Side Rear Entrance, 2413 Shell Rd., <i>Sheryl J. 757-759-1317</i>	Hampton

FRIDAY (CONT)

8:00PM	Wave of Recovery (O,DISC,F2F) Bayside Presbyterian, 1400 Ewell Rd, <i>Kenny F (757)-752-8076</i>	Virginia Beach
8:30PM	HOW Group (C,DISC,F2F) Good Shepherd Lutheran Church, ** Start time changing to 7:30pm starting on June 10, 2022 **, 1489 Laskin Road, <i>Lance G 757-692-7864</i>	Virginia Beach
9:00PM	Cloud 9 (O,VM)	Williamsburg

SATURDAY

9:30AM	Morning Meditation (O,DISC,VAR,WC &,F2F) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road	Norfolk
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT) Zoom Passcode 1153	Norfolk
10:00AM	Fresh Start (O,F2F) Christ Presbyterian, 709 Aragona Blvd., <i>Madison B 757-506-6986 Jen C 757-354-8383</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
10:00AM	Saturday Morning NA (SPK,VM) <i>Norma J 757-254-8024 Thayne 757-603-2131</i>	
11:00AM	Mid-Morning Hope Shot (O,DISC,WC &,F2F) Apostles Lutheran Church, 370 Johnstown Rd, <i>Justin K-757-773-4403 Chris D-757-377-9236</i>	Chesapeake
NOON	Basic Math 12 & 12 (O,SPK,STEP,TRAD,TC,VM) First Baptist Church, 418 E Bute Street, <i>Carlton D 757-515-3331</i>	Norfolk
NOON	High Noon (BT,IW,CPT,F2F,LIT) Recovery Baptist Church, Meets M-F and 2nd & 4th Saturdays, 303 Blair Ave, <i>Teresa F (757) 269-1707 Mildred D (757) 236-9021</i>	Newport News
NOON	Women & Men In Recovery (O) Trinity United Methodist Church - STATUS NOT VERIFIED, 29th & Huntington Ave, 228 29th St, <i>Earl L. 612-805-6425</i>	Newport News
5:00PM	When at the End of the Road (O,DISC,F2F) St Francis Episcopal Church, 509 S Rosemont Road, <i>Romaine P 757-513-9004 Rob C 757-334-7718</i>	Virginia Beach
5:30PM	Back to Life (O,BT,DISC,SPK,TRAD,PPE) First Lutheran Church, 1301 Colley Ave	Norfolk
5:30PM	Saturday Night Live (O,VM)	
6:00PM	Saturday Night Alternative (O,WC &) First Presbyterian Church, 514 S. Armistead Avenue	Hampton
6:00PM	Saturday Night Men's Meeting (C,DISC,F2F) Good Shepherd Lutheran Church, 1489 Laskin Road, <i>Jamie T 757-803-7986, Lance G 757-692-7864</i>	Virginia Beach
7:00PM	Back to Basics (O,BT,DISC,F2F) Portsmouth Church of Christ, 5900 Portsmouth Blvd, <i>Ty H 757-235-3175</i>	Portsmouth
7:00PM	Saturday Night Live (O,F2F) St. Nicholas Fellowship Hall, 621 First Colonial Road, <i>Ted L 757-717-2669</i>	Virginia Beach
7:30PM	Never Alone (O,WC &) Hillton Christian Church, 100 James River Drive, <i>Butch L. 757-320-3221</i>	Newport News
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, Masks are mandatory, 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,WC &,F2F) Freemason Street Baptist Church, Masks required, 400 E Freemason St, <i>866-972-5055</i>	Norfolk

THURSDAY (CONT)		
7:00PM	Keep the Fire Burning (O,DISC) Park in Bridge Church rear lot, do not drive or park on grass., 33 Tide Mill Ln, <i>Outdoors. Weather dependent. Allen M 941-564-5882 (Independent of PASCNA)</i>	Hampton
7:00PM	Let's Get Spiritual (O,WC & ,TC) St. Paul AME Church, 2500 Chestnut Avenue, <i>Debbie 757-310-2914</i>	Newport News
7:00PM	Over & Beyond (O,DISC,F2F) St. Philip's Chapel, 201 S McMorrine St, <i>Michael S 757-359-8841</i>	Elizabeth City
7:00PM	Relationships in Recovery (C,SPK,F2F,PPE) St. John's Episcopal Church, 424 Washington St, <i>Dave 973-580-5377</i>	Portsmouth
7:00PM	Second Chance (O,DISC,STEP,TW) Great Bridge United Methodist Church, corner of South Battlefield Blvd and Stadium Dr, 201 Stadium Drive, <i>Louie L 757-560-8172 Lisa S 757-324-8533</i>	Chesapeake
7:00PM	Shattering the Illusion (O,BT) St. Michaels Lutheran Church, 2208 Princess Anne Rd, <i>Kristine A 757-202-2702, Ty H 757-235-3175</i>	Virginia Beach
8:00PM	Choose Life (O,F2F,PPE) St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., <i>Ted L 757-717-2669 Kristen H 757-837-1285</i>	Virginia Beach
8:00PM	Junks & Drunks (O,STEP,F2F) Ocean View Christian Reformed Church, 1241 Hillside Ave, <i>Ed S 757-435-9526</i>	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, <i>Ian S 757-334-3070</i>	Virginia Beach

FRIDAY		
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) Zoom Passcode 1153	Norfolk
NOON	A Meeting at Lunch (O,F2F) First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, <i>Allen M 941-564-5882 Eugene 757-358-1709</i>	Hampton
NOON	Check up From the Neck Up (O,VM)	Hampton
NOON	High Noon (BT,IW,CPT,F2F,LIT) Recovery Baptist Church, Meets M-F and 2nd & 4th Saturdays, 303 Blair Ave, <i>Teresa F (757) 269-1707 Mildred D (757) 236-9021</i>	Newport News
NOON	The Continuing Quest (O,DISC,SPK,SWG) First Lutheran Church, 1301 Colley Ave, <i>Dave E 757-663-2723</i>	Norfolk
NOON	Write Now (C,JFT,SWG,ME,WR) Providence Presbyterian Church, 5497 Providence Rd, <i>Writing during meeting, Fred R 757-695-6500</i>	Virginia Beach
6:00PM	Life & Hopeline (O,DISC,STEP,TC,VM) Sentara Obici Hospital, 2800 Godwin Boulevard, <i>Maryann B 609-712-3107</i>	Suffolk
7:00PM	Agape (O,DISC,IP,STEP,TW,PPE) 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 MASKS MANDATORY</i>	Chesapeake
7:00PM	Keep Coming Back (O,WC &) Newport News Community Center, 605 South Avenue, <i>Michelle E 757-751-2528</i>	Newport News
7:00PM	Thank God I'm Free (T.G.I.F.) (O,VM) <i>Mike R 757-871-4209</i>	Courtland
7:30PM	Better Days (O,CAN,DISC,AB,F2F,PPE) Church Of Saint Therese, Masks required, 4137 Portsmouth Blvd, <i>1st-AB, Liz S 757-681-0711</i>	Chesapeake
7:30PM	Good Orderly Direction (O,F2F) 10 Matoaka Ln, <i>Jeff H. 757-630-3806</i>	Newport News
7:30PM	Running On Faith (O) Carrollton Church of God, STATUS NOT VERIFIED, 16144 Carrollton Boulevard, <i>Tim A. 757-434-7178 Ken H. 757-535-5151</i>	Carrollton
8:00PM	Kempsville Crossroads (O,DISC,TRAD,WC & ,F2F,PPE,CTR,TEMP) Providence Presbyterian Church, Face to face, masks required, 5497 Providence Road, <i>Mark N 757-478-1839</i>	Virginia Beach
8:00PM	Miracle On 9th Bay (O,SPK,STEP,F2F) East Ocean View Baptist Church, 9609 9th Bay St, <i>Nesbit 757-620-8804</i>	Norfolk

MONDAY (CONT)		
NOON	A Meeting at Lunch (O,VAR,WC & ,F2F) First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, <i>Allen M 941-564-5882 Eugene 757-358-1709</i>	Hampton
NOON	Check up From the Neck Up (O,VM)	Hampton
NOON	High Noon (BT,IW,CPT,F2F,LIT) Recovery Baptist Church, Meets M-F and 2nd & 4th Saturdays, 303 Blair Ave, <i>Teresa F (757) 269-1707 Mildred D (757) 236-9021</i>	Newport News
NOON	More Will be Revealed (O,DISC,F2F) Serenity House, 300 Pearl Street, <i>Michael S 757-359-8841</i>	Elizabeth City
3:00PM	Change I Must Or Die I Will (O) Empowered Believers Church, next to Ace Hardware, 2096 Nickerson Blvd, <i>Lawrence 718-594-2998</i>	Hampton
6:00PM	Monday Meditation (C,ME) Community United Methodist Church, Entrance on Burlington Rd - Back of Church Only - Door Locks at 6:10pm, 1072 Old Kempsville Road, <i>Jon B (757) 635-4318 Lance G (757) 692-7864</i>	Virginia Beach
6:30PM	New Attitude (O,WC &) Trinity United Methodist Church, 228 29th St, <i>Vet 757-849-8808 Rose F. 757-593-0104</i>	Newport News
7:00PM	Monday Night Candlelight (O,BT,CAN,WC &) Haygood United Methodist Church, 4713 Haygood Rd, <i>Eric D 757-580-2849</i>	Virginia Beach
7:00PM	New Beginnings (C,IW,WC & ,F2F) Churchland Baptist Church, 3031 Churchland Blvd, <i>John Y 757-675-7992 Sid N 757-416-4553</i>	Chesapeake
7:30PM	Here and Now (O,BT,DISC,VAR,TOP,F2F,LIT) St Mark's United Methodist Church, 99 E. Mercury Blvd., <i>Dylan B. (757) 871-0958</i>	Hampton
7:30PM	Living The Program (O,BT,DISC,PH,F2F) Water's Edge Church of God, 4141 Holland Road, <i>Frank G 757-933-0999</i>	Virginia Beach
8:00PM	Recovery on the Hill (O,BT,CAN,IP,SPK,WC & ,F2F) Ocean View Christian Reformed Church, 1241 Hillside Avenue, <i>Fred R 757-695-6500</i>	Norfolk
8:30PM	Who Is An Addict? (O,F2F) Triangle Stepping Stones, 3279 Lake Powell Road, <i>Michele C 757-707-7750</i>	Williamsburg
9:00PM	Cloud 9 (O,VM)	Williamsburg
TUESDAY		
9:30AM	Morning Meditation (O,DISC,VAR,WC & ,F2F) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road	Norfolk
9:30AM	Morning Meditation Literature (O,VAR,VM,LIT) Zoom Passcode 1153	Norfolk
9:30AM	Trust The Process (O) 2114 Wickham Ave, <i>Zach H. 757-713-3412 Robin A. 404-542-4649</i>	Newport News
NOON	A Meeting at Lunch (O,F2F) First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, <i>Allen M 941-564-5882 Eugene 757-358-1709</i>	Hampton
NOON	Check up From the Neck Up (O,VM)	Hampton
NOON	High Noon (BT,IW,CPT,F2F,LIT) Recovery Baptist Church, Meets M-F and 2nd & 4th Saturdays, 303 Blair Ave, <i>Teresa F (757) 269-1707 Mildred D (757) 236-9021</i>	Newport News
NOON	Just For Today (O,DISC,IP,SPK,STEP,TOP,F2F) First Lutheran Church, 1301 Colley Avenue, <i>Bill A 757-647-7707</i>	Norfolk
NOON	The Emergency Unit (O,BT,DISC,F2F) United Congregational Christian Church, Hodges Ferry Rd & Charlotte St, 5900 Portsmouth Blvd, <i>Dora H 757-735-7615</i>	Portsmouth
5:30PM	My Sister's Keeper (O,CAN,W,VM) <i>Sherry B. 757-975-6440 Nicky B. 757-907-3756</i>	
5:30PM	Serenity Group (O,VM) <i>Beverly A. 757-753-6868</i>	
7:00PM	A New Way of Life (JFT,WC & ,F2F) A Place To Meet, 7055 Linda Circle	Hayes
7:00PM	A Proven Program (O,F2F) Liberty Live Church, 8201 Croaker Road, <i>Dave H. 757-207-1154, Beth R. 804-332-4970</i>	Williamsburg

TUESDAY (CONT)		
7:00PM	Earthbound Group (O,DISC) Emmanuel Episcopal Church, Meeting is in the back, in basement., 400 N High Street, <i>Stephen B 757-613-5531</i>	Franklin
7:00PM	Let It Be (O,DISC,LIT) Ocean View Christian Reformed Church, 1241 Hillside Ave, <i>Jessica H 757-822-4559</i>	Norfolk
7:00PM	New Genesis (O,SPK,STEP,LIT) Wesley United Methodist Church, 2510 N. Armistead Avenue, <i>Gayle B. 757-597-1531 Terry C. 757-570-3844</i>	Hampton
7:00PM	Over & Beyond (O,VAR,F2F) St. Philip's Chapel, 201 S McMorrine St, <i>Michael S 757-359-8841</i>	Elizabeth City
7:00PM	We Can Change (O,BEG,BT,DISC,IW,VAR,SPK,AB,F2F,LIT,PPE) Wesley Grace United Methodist Church, Face to Face Mask Required, 288 E Little Creek Rd, <i>Leo C 757-285-2007</i>	Norfolk
7:00PM	We Can Change (VM) First Church of Newport News, 2300 Wickham Avenue	Newport News
7:30PM	Awesome Life (O,CAN,DISC,IP,F2F,PPE) Great Bridge United Methodist Church, Church staff has requested that all wear masks and to practice social distance as much as possible., 201 Stadium Drive, <i>Carrie L 757-560-8177</i>	Chesapeake
7:30PM	There's A Light (O,DISC,F2F) Ocean Lakes Church of Christ, 1200 Dam Neck Road, <i>Ian B 757-717-7900, Geoff L 757-641-3159</i>	Virginia Beach
8:00PM	A Gift Called Life (O,BT,F2F) Portsmouth Church of Christ, 5900 Portsmouth Blvd, <i>Brian L 757-619-7375, Sean H 757-438-1688</i>	Portsmouth
8:00PM	Enjoying the Journey (O,DISC,SPK,STEP,TOP,F2F) Water's Edge Church of God, 4141 Holland Road, <i>Billy B 757-681-4341</i>	Virginia Beach
8:15PM	Let's Recover Together (O,WC & F2F) Hampton Christian Church, 151 East Mercury Boulevard, <i>Tim E. 757-725-4636</i>	Hampton
9:00PM	Cloud 9 (O,VM)	Williamsburg
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) Zoom Passcode 1153	Norfolk
9:30AM	Trust The Process (O) 2114 Wickham Ave, <i>Zach H. 757-713-3412 Robin A. 404-542-4649</i>	Newport News
NOON	A Meeting at Lunch (O,F2F) First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, <i>Allen M 941-564-5882 Eugene 757-358-1709</i>	Hampton
NOON	Check up From the Neck Up (O,VM)	Hampton
NOON	High Noon (BT,IW,CPT,F2F,LIT) Recovery Baptist Church, Meets M-F and 2nd & 4th Saturdays, 303 Blair Ave, <i>Teresa F (757) 269-1707 Mildred D (757) 236-9021</i>	Newport News
NOON	Visible Changes (O,DISC) Emmanuel Episcopal Church, 5181 Princess Anne Road, <i>Charles D 757-729-6176 Deborah J 757-320-6341</i>	Virginia Beach
5:30PM	Midweek Peak (O,DISC,F2F) Thalia Lynn Baptist Church - Door 6, Bring your own beverage, 4392 Virginia Beach Blvd, <i>John B 757-635-4318 Lori W 757-309-9631</i>	Virginia Beach
6:00PM	The Group (O,STEP) All Saints Episcopal Church, 10th Step meeting in Pinder Hall, 1969 Woodside Ln, <i>Palmer R 757-537-9658</i>	Virginia Beach
6:30PM	Serenity In The Sand (O,DISC,VAR,SMOK) Community Beach Park Shelter, Seasonal on the Beach - May through September Only, Bring a chair or blanket!, 700 E Ocean View, <i>Nadia H 757-285-5867 Starts May 4th 2022!</i>	Norfolk
7:00PM	Bright New Life (O,STEP) Franklin Baptist Church, 208 N High Street, <i>DeWayne L 757-641-8022</i>	Franklin
7:00PM	End Of The Road (O,WC & F2F) 1707 Jefferson Avenue, <i>Glen N. 757-268-9318 Sherri W. 757-768-1392</i>	Newport News
7:00PM	Hope (O) 10 Matoaka Ln., <i>Will D. 757-768-7954 David B. 757-342-2510</i>	Newport News

WEDNESDAY (CONT)		
7:00PM	Hugs Not Drugs (O,DISC,F2F,PPE) Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road, <i>Sarah 757-727-3582</i>	Hampton
7:00PM	Sharing the Hope (VAR,STEP,TRAD,CPT,VM,LIT) <i>Elaine H 917-808-1525</i>	Norfolk
7:00PM	Surrender and Recovery (O,BT,F2F) United Congregational Christian Church, 5900 Portsmouth Blvd, <i>Edwin T 757-648-9812</i>	Portsmouth
7:00PM	Who Is An Addict? (O,F2F) Triangle Stepping Stones, 3279 Lake Powell Road, <i>Michele C 757-707-7750</i>	Williamsburg
7:15PM	Straight Ahead (O,DISC,STEP,F2F) Christ Presbyterian, 709 Aragona Blvd, <i>Chris P 757-535-7227</i>	Virginia Beach
7:30PM	Life & Hopeline (O,WC & F2F) Suffolk Christian Church, by courthouse, 216 North Main St., <i>Rob B 757-738-6253</i>	Suffolk
7:30PM	Miracles Happen (O,DISC,STEP,TW) St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, <i>Kim K 252-573-0822, Jim H 252-489-9895</i>	Nags Head
8:00PM	Better by the Bay (O,BT,DISC,WC & F2F,PPE) Miles Memorial United Methodist Church, Enter from courtyard in back, first door to the left., 9450 Granby Street, <i>Ryan D 757-651-5316</i>	Norfolk
8:00PM	Trusted Servants (O,DISC,WC & F2F) Red Church, 245 S. Rosemont Rd, <i>William S 703-969-5883</i>	Virginia Beach
8:00PM	Where's Lot 14? (O,DISC) Sentara Norfolk General Hospital, Brickhouse Auditorium, 2nd floor, Conf Rm 2, 600 Gresham Drive, <i>Gary 757-237-4507</i>	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, <i>Mary P 757-739-1726 REOPENING 1/5/22 AT NEW TIME OF 9:00PM</i>	Virginia Beach
10:30PM	End of the Night (O,DISC) Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Ian S 757-334-3070</i>	Virginia Beach
THURSDAY		
9:30AM	Morning Meditation (O,DISC,VAR,WC & F2F) 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) Zoom Passcode 1153	Norfolk
9:30AM	Trust The Process (O,WC &) 2114 Wickham Ave, <i>Zach H. 757-713-3412 Robin A. 404-542-4649</i>	Newport News
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NOON	Check up From the Neck Up (O,VM)	Hampton
NOON	High Noon (BT,IW,CPT,F2F,LIT) Recovery Baptist Church, Meets M-F and 2nd & 4th Saturdays, 303 Blair Ave, <i>Teresa F (757) 269-1707 Mildred D (757) 236-9021</i>	Newport News
NOON	Reason To Believe (O,BT,DISC,F2F,PPE) Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd, <i>Johnny D 757-287-4430</i>	Chesapeake
5:00PM	Meeting at Buckroe Beach Buckroe Beach, Meets seasonally May - October, North First Street and Pembroke Avenue	Hampton
5:30PM	Woman II Woman 514 S Armistead Ave, <i>Deborah R. 757-238-0330</i>	Hampton
7:00PM	12 +12 = Change (O,WC & F2F) Walnut Hills Baptist Church, 7B - first room on the left, 1014 Jamestown Rd., <i>Michael A. 804-939-1215</i>	Williamsburg
7:00PM	Freebird (O,BT,DISC,TRAD,TC,VM) Craddock Baptist Church, Virtual Only, 96 Afton Parkway, <i>Roland C 757-328-2243 Jen J 757-350-4835</i>	Portsmouth
7:00PM	Girls Nite Out (O,W,HY) Sattvic Space, 1308 Airline Blvd, <i>Vickie 757-375-0067 Kat 757-359-3793</i>	Portsmouth