

## HAMPTON ROADS METRO MEETING LIST



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**MAY 2025**

**REGIONAL HELPLINE**  
800 737 1515

**800-777-1515**  
**TIDEWATER HELPLINE**

**866-972-5055**

Service Meetings	
Beach Area Service Committee [B]	Peninsula Area Service Committee [P]

<https://virginiabeachna.org>  
3419 Virginia Beach Boulevard #5252 Virginia Beach, VA 23452

1st Saturday - 1200 Dam Neck Rd, Virginia Beach 23454 (1:00 PM)  
Hospitals and Institutions Subcommittee (11:00 AM)  
Emergent Needs Subcommittee (12:00 PM)  
Serenity on the Shore Subcommittee 1st Sunday - Subcommittees:  
5:00PM, Main: 6:00PM

**Outer Limits Area Service Committee [O]**  
<https://outerlimitsareana.org/>  
P.O. Box 1164, Franklin, Va. 23851  
Hospitals and Institutions Subcommittee TBD  
Activities Subcommittee TBD  
Public Relations TBD

**Central Atlantic Regional Service**  
<https://www.car-na.org>

Meeting For	
AR	Ask-It-Basket

1st Saturday – 10:00 AM to 12:00 PM: Newswatch (10:00 AM)  
Activities, Area Inventory, Public Relations (1:00 PM)  
Literature (2:00 PM)  
Hospitals & Institutions Subcommittee (2:00 PM) Meets Sunday  
after Area @  
Riverside Behavioral Center  
2244 Executive Drive, Hampton

Meeting via Zoom until further notice.  
Zoom Meeting ID: 856 2023 6447  
Passcode: 757252

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	<b>Narcotics Anonymous</b>
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<https://www.na.org>

### Format Legend

AB	Ask-It-Basket	BEG	Beginners
BT	Basic Text	BUS	Public Transportation

C	Closed	CAN	Candlelight
CPT	12 Concepts	DISC	Discussion

ENG	English speaking	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
O	Open	PH	Phone Meeting

SPAD	Spiritual Principle A Day Book Study	SPK	Speaker
STEP	Step	SWG	Step Working Guide Study

TOP	Topic	TRAD	Tradition
TW	Traditions Workshop	VAR	Format Varies

VM	Virtual Web Meeting	W	Women
WC &	Wheelchair	WR	Writing Meeting

Page 1

SUNDAY		
9:00AM	<b>Hope Ignited (O,DISC,WC &amp; )</b> Virginia Beach Recovery Club, 1900 Baltic Avenue, <i>David D 757-971-8753 **Old start time as of 5/4/2025**</i>	Virginia Beach
9:30AM	<b>Surrender To Live (O,WC &amp; )</b> 329 Main St, <i>Dee 757-503-0739 Rodney F 757-503-5281</i>	Newport News
10:00AM	<b>NA-meless (O,DISC)</b> Scout Cabin, 3605 Winchester Dr, <i>Thomas K 757-393-2009 Chris L 757-975-1936</i>	Portsmouth
11:00AM	<b>We Need A Meeting (O,DISC,VAR,WC &amp; )</b> Next door to Waffle House. PLEASE WEAR A MASK, 4700 George Washington Hwy, <i>Donna JE 757-535-5895</i>	Portsmouth
1:00PM	<b>Living Clean (O,WC &amp; ,LIT)</b> A Place To Meet, Study meeting from the Living Clean book, 7055 Linda Circle, <i>Paul S. 757-293-9446</i>	Hayes
2:00PM	<b>The No Matter What Club (O)</b> St Francis Episcopal Church, 509 S Rosemont Rd, <i>Trish F 757-985-0948</i>	Virginia Beach
3:00PM	<b>Wecovery (O,VAR)</b> Great Bridge United Methodist Church, 201 Stadium Drive, <i>Jade 757-560-6285 Mike S 757-230-8854</i>	Chesapeake
6:00PM	<b>It's About Time (O,SPK,WC &amp; )</b> Norview United Methodist Church, 1112 Norview Avenue, <i>Jay J 757-227-8025 Charles M 757-735-8511</i>	Norfolk
6:00PM	<b>Refuge Recovery (DISC,WC &amp; ,ENG,LIT)</b> 504 N Main Street, <i>Dwight 804 577 3525 Rhonda W 804 654 9442 Delano 804 238 8167</i>	Kilmarnock
6:00PM	<b>Sunday Sanity (O,BT,DISC,IP)</b> 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	<b>A Gift Called Life (O,WC &amp; )</b> Warwick United Church of Christ, 10 Matoaka Lane, <i>Nadine 757-751-4680 David H 757-214-2770</i>	Newport News
7:00PM	<b>New Phase Four (O,DISC,SPK,TOP)</b> St. John's Episcopal Church, 424 Washington Street, <i>Ron E 757-582-1070, Sam G 757-353-2096</i>	Portsmouth
7:00PM	<b>Over &amp; Beyond (O,LIT)</b> St. Philip's Chapel, West side of Street, 201 S McMorrine St, <i>Michael S 757-359-8841</i>	Elizabeth City
7:00PM	<b>Recovery Group (O)</b> Wesley United Methodist Church, 2510 N Armistead Ave, <i>William S 757-236-6170 Dave R 757-218-2595</i>	Hampton
8:00PM	<b>Mixed Group (O,DISC)</b> First Lutheran Church, 1301 Colley Ave, <i>Mike J 757-409-1676</i>	Norfolk
9:00PM	<b>Cloud 9 (O,VM)</b> Aerock P 757-434-3468 <i>Suddy 336-707-5900</i>	Williamsburg
MONDAY		
9:30AM	<b>Morning Meditation (O,WC &amp; )</b> EZ Does It Service Center, 1153 Harmony Rd	Norfolk
9:30AM	<b>Morning Meditation Literature (O,VAR,VM,LIT)</b>	Norfolk
10:00AM	<b>Get Back Up (IP,JFT)</b> West End Baptist Church, Side Rear Entrance, 2413 Shell Rd, <i>Michelle C. 757-759-1317</i>	Hampton
NOON	<b>A Meeting at Lunch (O,VAR,WC &amp; )</b> First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, <i>Eugene 757-358-1709 Bryan 267-939-6415</i>	Hampton
NOON	<b>Check up From the Neck Up (O,VM)</b> <i>Hanifah 571-546-4684</i>	Hampton
NOON	<b>Keep Coming Back (O,DISC,VAR)</b> New First Baptist Church of Taylorsville, 2720 Turnpike Road, <i>Francis P 757-679-1151 Judice P 757-228-8678</i>	Portsmouth
NOON	<b>More Will be Revealed (O,DISC)</b> Serenity House, 300 Pearl Street, <i>Michael S 757-359-8841</i>	Elizabeth City
2:00PM	<b>High Noon (O,BT,IW,CPT,LIT)</b> Recovery Baptist Church, Meets M-F, 2nd & 4th Sats, 303 Blair Ave, <i>Teresa F. (757) 269-1707 Mildred D. (757) 236-9021</i>	Newport News
3:00PM	<b>Change I Must Or Die I Will (O,VAR)</b> Empowered Believers Church, 3315 Mercury Blvd, <i>Renee 215-370-2186 Lawrence W 718-594-2998</i>	Hampton
6:00PM	<b>Monday Meditation (C,ME)</b> Community United Methodist Church, Enter at Burlington Rd side before 6:10pm, 1072 Old Kempsville Rd, <i>Jon B 757-635-4318</i>	Virginia Beach

SATURDAY (CONT)		
10:00AM	<b>No More Excuses (O,BT,IP,IW,WC &amp; ,LC,SPAD)</b> Warwick United Church of Christ, 10 Matoaka Lane, <i>William K. 757-768-0886</i>	Newport News
10:00AM	<b>The Gift of Hope (O,WC &amp; )</b> Churchland Baptist Church, 3031 Churchland Blvd, <i>Anthony H 757-343-5006 Sandy B 757-737-2176 **Starting 9/14**</i>	Chesapeake
NOON	<b>Basic Math 12 &amp; 12 (O,SPK,STEP,TRAD)</b> First Baptist Church, 500 E Bute Street, <i>Carlton D 757-515-3331</i>	Norfolk
NOON	<b>Bridge to Recovery (O)</b> Bridge Church, 1244 Executive Blvd, <i>Justin H 804-738-1784 **Starts June 22nd**</i>	Chesapeake
2:00PM	<b>High Noon (O,BT,IW,CPT,LIT)</b> 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	<b>Back to Life (O,BT,DISC,SPK,TRAD)</b> First Lutheran Church, 1301 Colley Ave	Norfolk
5:00PM	<b>When at the End of the Road (O,DISC)</b> St Francis Episcopal Church, 509 S Rosemont Road, <i>Rob C 757-334-7718</i>	Virginia Beach
6:00PM	<b>Saturday Night Alternative (O,WC &amp; )</b> First Presbyterian Church, 514 S Armistead Avenue, <i>Shanequa L 757-327-2381 Denise K 757-660-1118</i>	Hampton
6:00PM	<b>Saturday Night Men's Meeting (C,DISC)</b> Good Shepherd Lutheran Church, 1489 Laskin Road, <i>Jamie T 757-803-7986</i>	Virginia Beach
7:00PM	<b>Back to Basics (O,BT,DISC,IP,SPK)</b> Portsmouth UCC, 5900 Portsmouth Blvd, <i>Mike K 757-974-4029 Charlie J 757-620-3895</i>	Portsmouth
7:00PM	<b>Life &amp; Hopeline (O,DISC,STEP)</b> Sentara Obici Hospital, 2800 Godwin Boulevard, <i>Maryann B 609-712-3107</i>	Suffolk
7:00PM	<b>Never Alone (O,WC &amp; )</b> 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	<b>Saturday Night Live (O)</b> St. Nicholas Fellowship Hall, 621 First Colonial Road, <i>Ted L 757-717-2669</i>	Virginia Beach
8:00PM	<b>Freedom of Choice (O,DISC,STEP)</b> Church of the Ascension, 4853 Princess Anne Rd, <i>James P 757-619-2273</i>	Virginia Beach
8:00PM	<b>Surrender to Live (O,BT,DISC,WC &amp; )</b> Ocean View Christian Reformed Church, 1241 Hillside Ave, <i>Fred R 757-695-6500</i>	Norfolk
9:00PM	<b>Cloud 9 (O,VM)</b> Aerock P 757-434-3468 <i>Suddy 336-707-5900</i>	Williamsburg
9:30PM	<b>The Point of Freedom (O,STEP,TRAD,WC &amp; ,LIT)</b> Freemason Street Baptist Church, 400 E Freemason St, <i>Tuan N 757-788-4757</i>	Norfolk

## Phone Numbers

THURSDAY (CONT)		
<b>8:00PM</b>	<b>Choose Life (O,DISC)</b> St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., <i>Tony C 757-502-5310 Kristen H 757-837-5132</i>	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Junks &amp; Drunks (O,STEP)</b> Ocean View Christian Reformed Church, 1241 Hillside Ave, <i>Ed S 757-435-9526</i>	<b>Norfolk</b>
<b>9:00PM</b>	<b>Cloud 9 (O,VM)</b> Aerock P 757-434-3468 <i>Suddy 336-707-5900</i>	<b>Williamsburg</b>
<b>10:30PM</b>	<b>End of the Night (O,DISC)</b> Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	<b>Virginia Beach</b>
FRIDAY		
<b>9:30AM</b>	<b>Morning Meditation (O,WC &amp; )</b> EZ Does It Service Center, 1153 Harmony Road	<b>Norfolk</b>
<b>9:30AM</b>	<b>Morning Meditation Literature (O,VAR,VM,LIT)</b>	<b>Norfolk</b>
<b>NOON</b>	<b>A Meeting at Lunch (O)</b> First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, <i>Eugene 757-358-1709 Bryan 267-939-6415</i>	<b>Hampton</b>
<b>NOON</b>	<b>Check up From the Neck Up (O,VM)</b> <i>Hanifah 571-546-4684</i>	<b>Hampton</b>
<b>NOON</b>	<b>The Continuing Quest (O,DISC,SPK,SWG)</b> First Lutheran Church, 1301 Colley Ave, <i>Eddie C 757-816-4986</i>	<b>Norfolk</b>
<b>NOON</b>	<b>Write Now (O,JFT,SWG,ME,WR)</b> Providence Presbyterian Church, 5497 Providence Rd, <i>Writing during meeting, Fred R 757-695-6500</i>	<b>Virginia Beach</b>
<b>2:00PM</b>	<b>High Noon (O,BT,IW,CPT,LIT)</b> Recovery Baptist Church, 303 Blair Ave, <i>Teresa F. 757- 269-1707 Mildred D. 757-236-9021</i>	<b>Newport News</b>
<b>7:00PM</b>	<b>12 +12 = Change (O,WC &amp; )</b> Sentara Hospital, Meets In the Conference Center, 100 Sentara Cir, <i>Thayne F. 757-603-2131</i>	<b>Williamsburg</b>
<b>7:00PM</b>	<b>Agape (O,DISC,IP,STEP,TW)</b> 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</i>	<b>Chesapeake</b>
<b>7:00PM</b>	<b>Closer To Home (O,DISC,WC &amp; )</b> Riverside Walter Reed Hospital, 7519 Hospital Drive, <i>Janet P 804-466-1515</i>	<b>Gloucester</b>
<b>7:00PM</b>	<b>Gates County NA (O,DISC)</b> Upper Room Assembly, 807 Main St, <i>Tom M 757-969-8664</i>	<b>Gatesville</b>
<b>7:00PM</b>	<b>Keep Coming Back (O,WC &amp; )</b> Newport News Community Center, 605 South Avenue, <i>Michelle H. 757-751-2528</i>	<b>Newport News</b>
<b>7:30PM</b>	<b>Better Days (O,CAN,DISC,AB)</b> Church Of Saint Therese, 4137 Portsmouth Blvd, <i>Joe W 757-536-7337</i>	<b>Chesapeake</b>
<b>7:30PM</b>	<b>Good Orderly Direction (O)</b> 10 Matoaka Ln, <i>Jeff H 757-630-3806 Alex C 757-303-6049</i>	<b>Newport News</b>
<b>7:30PM</b>	<b>HOW Group (C,DISC)</b> Good Shepherd Lutheran Church, 1489 Laskin Road, <i>Scott P 304-218-1468 Ann V 757-270-1141</i>	<b>Virginia Beach</b>
<b>7:30PM</b>	<b>Miracles Happen (O)</b> St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, <i>Scott D 252-267-0060</i>	<b>Nags Head</b>
<b>8:00PM</b>	<b>Kempsville Crossroads (O,DISC,WC &amp; )</b> Providence Presbyterian Church, 5497 Providence Road, <i>Mark N 757-478-1839</i>	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>The Miracle Continues (O,STEP)</b> Azalea Baptist Church, 3314 E Little Creek Rd, <i>Nesbit 757-620-8804</i>	<b>Norfolk</b>
<b>8:00PM</b>	<b>Wave of Recovery (O,DISC)</b> Bayside Presbyterian, 1400 Ewell Rd, <i>Pat C 757-619-1976</i>	<b>Virginia Beach</b>
<b>9:00PM</b>	<b>Cloud 9 (O,VM)</b> Aerock P 757-434-3468 <i>Suddy 336-707-5900</i>	<b>Williamsburg</b>
<b>10:30PM</b>	<b>End of the Night (O,DISC)</b> Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395 **STARTING MAY 16th!**</i>	<b>Virginia Beach</b>
SATURDAY		
<b>9:30AM</b>	<b>Morning Meditation (O,DISC,VAR,WC &amp; )</b> EZ Does It Service Center, 1153 Harmony Road	<b>Norfolk</b>
<b>9:30AM</b>	<b>Morning Meditation Literature (O,VAR,VM,LIT)</b>	<b>Norfolk</b>
<b>10:00AM</b>	<b>Fresh Start (O)</b> Christ Presbyterian Church, 709 Aragona Blvd, <i>Madison B 757-506-6986 Sherry R 757-406-9175</i>	<b>Virginia Beach</b>

MONDAY (CONT)		
<b>6:30PM</b>	<b>New Attitude (O,WC &amp; )</b> Trinity United Methodist Church, 228 29th St, <i>Rose F. 757-593-0104 Debbie S. 757-310-2914</i>	<b>Newport News</b>
<b>7:00PM</b>	<b>Clean &amp; Serene (O,BT,DISC)</b> Riverside United Methodist Church, 1400 Edgewood Drive, <i>John J 252-377-2405 Jason G 252-312-5318</i>	<b>Elizabeth City</b>
<b>7:00PM</b>	<b>Gates County NA (O,DISC)</b> Upper Room Assembly, 807 Main St, <i>Tom M 757-969-8664</i>	<b>Gatesville</b>
<b>7:00PM</b>	<b>Monday Night Candlelight (O,BT,CAN,WC &amp; )</b> Haygood United Methodist Church, 4713 Haygood Rd, <i>Thomas M 757-637-5539</i>	<b>Virginia Beach</b>
<b>7:00PM</b>	<b>New Beginnings (O,WC &amp; ,LC)</b> Churchland Baptist Church, 3031 Churchland Blvd, <i>Badrunnis K 443-847-4738 Coy D 757-981-5090</i>	<b>Chesapeake</b>
<b>7:00PM</b>	<b>Running on Faith (O)</b> Carrollton Holiness Church, 16144 Carrollton Blvd, <i>Derek L 802-922-0119</i>	<b>Carrollton</b>
<b>7:30PM</b>	<b>Freedom to Live (O)</b> Liberty Christian Fellowship, 244 Williams Dr, <i>Lauren M 252-722-5774</i>	<b>Kill Devil Hills</b>
<b>7:30PM</b>	<b>Here and Now (O,BT,DISC,VAR,TOP,LIT)</b> St Mark's United Methodist Church, 99 E. Mercury Blvd., <i>Allen M 941-564-5882</i>	<b>Hampton</b>
<b>7:30PM</b>	<b>Living The Program (O,BT,DISC,PH)</b> Water's Edge Church of God, 4141 Holland Road, <i>Frank G 757-933-0999 Rebekah D 203-444-1845</i>	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Recovery on the Hill (O,BT,CAN,IP,SPK,WC &amp; )</b> Ocean View Christian Reformed Church, 1241 Hillside Avenue, <i>Fred R 757-695-6500</i>	<b>Norfolk</b>
<b>8:30PM</b>	<b>Who Is An Addict? (O)</b> Triangle Stepping Stones, 3279 Lake Powell Rd, <i>Michele C 757-707-7750</i>	<b>Williamsburg</b>
<b>9:00PM</b>	<b>Cloud 9 (O,VM)</b> Aerock P 757-434-3468 <i>Suddy 336-707-5900</i>	<b>Williamsburg</b>
<b>10:30PM</b>	<b>End of the Night (O,DISC,LIT)</b> Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	<b>Virginia Beach</b>
TUESDAY		
<b>9:30AM</b>	<b>Morning Meditation (O,DISC,VAR,WC &amp; )</b> EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road	<b>Norfolk</b>
<b>9:30AM</b>	<b>Morning Meditation Literature (O,VAR,VM,LIT)</b>	<b>Norfolk</b>
<b>NOON</b>	<b>A Meeting at Lunch (O)</b> First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, <i>Eugene 757-358-1709 Bryan 267-939-6415</i>	<b>Hampton</b>
<b>NOON</b>	<b>Check up From the Neck Up (O,VM)</b> <i>Hanifah 571-546-4684</i>	<b>Hampton</b>
<b>NOON</b>	<b>The Emergency Unit (O,BT,DISC,F2F)</b> Portsmouth UCC, 5900 Portsmouth Blvd, <i>Johnny D 757-287-4430</i>	<b>Portsmouth</b>
<b>2:00PM</b>	<b>High Noon (O,BT,IW,CPT,LIT)</b> Recovery Baptist Church, 303 Blair Ave, <i>Teresa F. 757-269-1707 Mildred D. 757-236-9021</i>	<b>Newport News</b>
<b>5:30PM</b>	<b>Mensrap (O,M)</b> Norview United Methodist Church, 1112 Norview Avenue, <i>Joseph L 757-560-4023</i>	<b>Norfolk</b>
<b>5:30PM</b>	<b>Serenity Group (O,VM)</b> <i>Renee C. 757-637-8230</i>	
<b>6:30PM</b>	<b>Life &amp; Hopeline (O)</b> St Paul's Episcopal Church, 213 N Main St, <i>Charles A 757-351-5855</i>	<b>Suffolk</b>
<b>7:00PM</b>	<b>A New Way of Life (O,JFT,WC &amp; )</b> A Place To Meet, 7055 Linda Circle, <i>Paul S 757-293-9446 Janet P 804-466-1515</i>	<b>Hayes</b>
<b>7:00PM</b>	<b>A Proven Program (O)</b> Liberty Live Church, 8201 Croaker Road, <i>Dave H. 757-207-1154, Beth R. 804-332-4970</i>	<b>Williamsburg</b>
<b>7:00PM</b>	<b>Earthbound Group (O,DISC)</b> Emmanuel Episcopal Church, Meeting is in the back, in basement., 400 N High Street, <i>Stephen B 757-613-5531</i>	<b>Franklin</b>
<b>7:00PM</b>	<b>Let It Be (O,DISC,LIT)</b> Ocean View Christian Reformed Church, 1241 Hillside Ave, <i>Jessica H 757-822-4559</i>	<b>Norfolk</b>
<b>7:00PM</b>	<b>New Genesis (O,SPK,STEP,LIT)</b> Wesley United Methodist Church, 2510 N Armistead Avenue, <i>Kayla E. 757-771-7493 Dylan B. 757-871-0958</i>	<b>Hampton</b>

TUESDAY (CONT)		
7:00PM	<b>Over &amp; Beyond (O,VAR)</b> St. Philip's Chapel, 201 S McMorrine St, <i>Michael S 757-359-8841</i>	Elizabeth City
7:00PM	<b>Stick &amp; Stay (O,DISC,WC &amp; )</b> Colington Methodist Church, 1949 Colington Rd, <i>Gene S 252-267-2823</i>	Kill Devil Hills
7:00PM	<b>We Can Change (O,BEG,BT,DISC,IW,VAR,SPK,AB,LIT)</b> Wesley Grace United Methodist Church, 288 E Little Creek Rd, <i>Leo C 757-285-2007</i>	Norfolk
7:30PM	<b>Awesome Life (O,CAN,DISC,IP)</b> Great Bridge United Methodist Church, 201 Stadium Drive, <i>Carrie L 757-560-8177</i>	Chesapeake
7:30PM	<b>There's A Light (O,DISC)</b> Ocean Lakes Church of Christ, 1200 Dam Neck Road, <i>Geoff L 757-641-3159</i>	Virginia Beach
8:00PM	<b>A Gift Called Life (O,BT)</b> Portsmouth UCC, 5900 Portsmouth Blvd, <i>Brian L 757-619-7375, Sean H 757-438-1688</i>	Portsmouth
8:00PM	<b>Enjoying the Journey (O,DISC,SPK,STEP,TOP)</b> Water's Edge Church of God, 4141 Holland Road, <i>Billy B 757-681-4341</i>	Virginia Beach
8:15PM	<b>Let's Recover Together (O)</b> Hampton Christian Church, 151 East Mercury Boulevard, <i>Tim E. 757-725-4636 Sissy O. 661-345-3206</i>	Hampton
9:00PM	<b>Cloud 9 (O,VM)</b> Aerock P 757-434-3468 Suddy 336-707-5900	Williamsburg
10:30PM	<b>End of the Night (O,DISC,LIT)</b> Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	Virginia Beach
WEDNESDAY		
9:30AM	<b>Morning Meditation (O,WC &amp; )</b> EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road	Norfolk
9:30AM	<b>Morning Meditation Literature (O,VAR,VM,LIT)</b>	Norfolk
NOON	<b>A Meeting at Lunch (O)</b> First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, <i>Eugene 757-358-1709 Bryan 267-939-6415</i>	Hampton
NOON	<b>Check up From the Neck Up (O,VM)</b> Hanifah 571-546-4684	Hampton
NOON	<b>Visible Changes (O,DISC)</b> Emmanuel Episcopal Church, 5181 Singleton Way, <i>Perry C 757-752-2070</i>	Virginia Beach
2:00PM	<b>High Noon (O,BT,IW,CPT,LIT)</b> Recovery Baptist Church, 303 Blair Ave, <i>Teresa F. 757- 269-1707 Mildred D. 757- 236-9021</i>	Newport News
5:30PM	<b>Just For Today (O,DISC,IP,SPK,STEP,TOP)</b> First Lutheran Church, 1301 Colley Ave, <i>Bill A 757-647-7707</i>	Norfolk
5:30PM	<b>Midweek Peak (O,DISC,WC &amp; )</b> Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd, <i>Jon B 757-635-4318 Lori W 757-309-9631</i>	Virginia Beach
6:00PM	<b>The Group (O,STEP)</b> All Saints Episcopal Church, 10th Step meeting in Pinder Hall, 1969 Woodside Ln, <i>Palmer R 757-537-9658</i>	Virginia Beach
6:30PM	<b>Serenity In The Sand (Seasonal May-Sept Only) (O,DISC,VAR)</b> Community Beach Park - Leftmost Beach area, On the Beach, Bring a chair or blanket!, 700 E Ocean View, <i>Nadia H 757-285-5867</i>	Norfolk
7:00PM	<b>Bright New Life (O,STEP)</b> Franklin Baptist Church, 208 N High Street, <i>DeWayne L 757-641-8022</i>	Franklin
7:00PM	<b>End Of The Road (O,WC &amp; )</b> 1707 Jefferson Avenue, <i>Glen N. 757-272-5790 Ernest W. 757-367-2476</i>	Newport News
7:00PM	<b>Hope (O)</b> 10 Matoaka Ln., <i>Will D. 757-768-7954</i>	Newport News
7:00PM	<b>Hugs Not Drugs (O,DISC)</b> Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road, <i>Sarah 757-727-3582</i>	Hampton
7:00PM	<b>Surrender and Recovery (O,BT)</b> Portsmouth UCC, 5900 Portsmouth Blvd, <i>Edwin P 757-839-7806</i>	Portsmouth
7:00PM	<b>Who Is An Addict? (O)</b> Triangle Stepping Stones, 3279 Lake Powell Rd, <i>Michele C 757-707-7750</i>	Williamsburg
7:15PM	<b>Straight Ahead (O,DISC,STEP)</b> Christ Presbyterian Church, 709 Aragona Blvd, <i>Chris P 757-535-7227</i>	Virginia Beach
7:30PM	<b>Life &amp; Hopeline (O,WC &amp; )</b> Suffolk Christian Church, by courthouse, 216 North Main St., <i>Robert B 757-738-6253</i>	Suffolk

WEDNESDAY (CONT)		
7:30PM	<b>Miracles Happen (O,DISC,STEP,TW)</b> St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, <i>Scott D 252-267-0060</i>	Nags Head
8:00PM	<b>Better by the Bay (O,BT,DISC,WC &amp; )</b> Miles Memorial United Methodist Church, 9450 Granby Street, <i>Ryan D 757-651-5316</i>	Norfolk
8:00PM	<b>Trusted Servants (O,DISC,WC &amp; )</b> Red Church, 315 S Rosemont Rd, <i>Angel S 757-451-9207</i>	Virginia Beach
8:00PM	<b>Where's Lot 14? (O,DISC)</b> Sentara Norfolk General Hospital, Brickhouse Auditorium, 2nd floor, Conf Rm 2, 600 Gresham Drive, <i>Gary 757-567-4158</i>	Norfolk
9:00PM	<b>Cloud 9 (O,VM)</b> Aerock P 757-434-3468 Suddy 336-707-5900	Williamsburg
9:00PM	<b>Stepping into Recovery (O,DISC,WC &amp; ,LIT)</b> Old Donation Episcopal Church, 4449 N Witchduck Road, <i>Mary P 757-739-1726</i>	Virginia Beach
10:30PM	<b>End of the Night (O,DISC)</b> Old Donation Episcopal Church, No Smoking on Church Campus, 4449 N Witchduck Rd, <i>Melinda J 757-401-3395</i>	Virginia Beach
THURSDAY		
9:30AM	<b>Morning Meditation (O,DISC,VAR,WC &amp; )</b> EZ Does It Service Center Off N. Military Hwy. & Raby Rd, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road	Norfolk
9:30AM	<b>Morning Meditation Literature (O,VAR,VM,LIT)</b>	Norfolk
NOON	<b>A Meeting at Lunch (O)</b> First Presbyterian Church, Rear door leftside of church, 514 S Armistead Ave, <i>Eugene 757-358-1709 Bryan 267-939-6415</i>	Hampton
NOON	<b>Check up From the Neck Up (O,VM)</b> Hanifah 571-546-4684	Hampton
NOON	<b>Reason To Believe (O,BT,DISC)</b> Church Of Saint Therese, Masks Required, 4137 Portsmouth Blvd, <i>Johnny D 757-287-4430</i>	Chesapeake
2:00PM	<b>High Noon (O,BT,IW,CPT,LIT)</b> Recovery Baptist Church, 303 Blair Ave, <i>Teresa F. 757- 269-1707 Mildred D. 757- 236-9021</i>	Newport News
5:30PM	<b>Surviving Our Emotions (C,W,WC &amp; )</b> Norview United Methodist Church, 1112 Norview Avenue, <i>Takecha J 804-218-7208</i>	Norfolk
6:30PM	<b>Got to Have It (O,BT,IP,SPK,STEP,WC &amp; )</b> Gethsemane Baptist Church, 1317 E Brambleton Ave, <i>Juanita S 757-685-8848</i>	Norfolk
6:30PM	<b>Living as Men (O,M,VAR,WC &amp; ,ENG,F2F,BUS)</b> Recovery Baptist Church, 303 Blair Ave, <i>Ernie J. 908-494-2383</i>	Newport News
6:30PM	<b>Still ill (C,DISC)</b> VB Psych Center, No access through main entrance. Use door to left of main entrance., 1100 First Colonial Rd, <i>for those struggling with mental illness in recovery</i>	Virginia Beach
7:00PM	<b>Crossing Rivers (O,DISC,VAR)</b> Harmony Grove Baptist Church, 7722 General Puller Highway, <i>Dwight N 8045773525 Delano J 8042388167 Corey W 8046544649</i>	Locust Hill
7:00PM	<b>Freebird (O,BT,DISC,TRAD,VM)</b> Virtual Only, <i>Roland C 757-328-2243</i>	Portsmouth
7:00PM	<b>Girls Nite Out (O,W,HY)</b> West Park Church of Christ, 926 Cherokee Rd, <i>Vickie 757-375-0067 Kat 757-359-3793</i>	Portsmouth
7:00PM	<b>Keep the Fire Burning (O,CAN,DISC,SPK)</b> Bethany United Methodist Church, Back of church Wesley Hall, 1509 Todds Ln, <i>Ashli H 757-817-8721 Theo S 757-810-5123</i>	Hampton
7:00PM	<b>Over &amp; Beyond (O,DISC)</b> St. Philip's Chapel, 201 S McMorrine St, <i>Michael S 757-359-8841</i>	Elizabeth City
7:00PM	<b>Shattering the Illusion (O,BT)</b> St. Michaels Lutheran Church, 2208 Princess Anne Rd, <i>Kristine A 757-202-2702, Ty H 757-235-3175</i>	Virginia Beach
7:30PM	<b>Another Chance to Live (O)</b> Benn's United Methodist Church, 14571 Benns Church Blvd, <i>Tom N 757-658-1498</i>	Smithfield
7:30PM	<b>Second Chance (O,DISC,STEP,TW)</b> Great Bridge United Methodist Church, 201 Stadium Drive, <i>Louie L 757-560-8172</i>	Chesapeake
7:30PM	<b>The Language of Empathy (O,DISC)</b> Nags Head Church, 105 W Soundside Rd, <i>Carly E 336-251-7158</i>	Nags Head