

SUNDAY	
8:45 AM 60 Min	Hope Ignited Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach, David D 757-971-8753 <i>**New start time as of 6/9/24**</i> (O,DISC,WC &) [B]
9:30 AM 90 Min	Surrender To Live , 329 Main St, Newport News, Dee 757-503-0739 (O,WC &) [P]
10:00 AM 60 Min	NA-meless Scout Cabin, 3605 Winchester Dr, Portsmouth, Thomas K 757-393-2009 Chris L 757-975-1936 (O,DISC) <i>**7/7/24 Location change**</i> [T]
11:00 AM 90 Min	We Need A Meeting , 4700 George Washington Hwy, Portsmouth, Donna JE 757-535-5895 (O,DISC,VAR,WC &) Next door to Waffle House. PLEASE WEAR A MASK [T]
1:00 PM 60 Min	Living Clean A Place To Meet, 7055 Linda Circle, Hayes, Paul S. 757-293-9446 (O,WC & ,LIT) Study meeting from the Living Clean book [P]
2:00 PM 60 Min	The No Matter What Club St Francis Episcopal Church, 509 S Rosemont Rd, Virginia Beach, Trish F 757-985-0948 (O) [B]
3:00 PM 60 Min	Wecovery Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, Megan A 757-572-5667 (O,VAR) [T]
6:00 PM 90 Min	It's About Time Norview United Methodist Church, 1112 Norview Avenue, Norfolk, Jay J 757-227-8025 Charles M 757-735-8511 (O,SPK,WC &) [T]
6:00 PM 60 Min	Sunday Sanity VB Psych Center, 1100 First Colonial Rd, Virginia Beach, Shelby G 757-748-5364, Pat O 757-633-2820 (O,BT,DISC,IP) In Cafeteria [B]
7:00 PM 90 Min	A Gift Called Life Warwick United Church of Christ, 10 Matoaka Lane, Newport News, Nadine 757-751-4680 David H 757-214-2770 (O,WC &) [P]
7:00 PM 90 Min	New Phase Four St. John's Episcopal Church, 424 Washington Street, Portsmouth, Ron E 757-582-1070, Sam G 757-353-2096 (O,DISC,SPK, TOP) [T]
7:00 PM 60 Min	Over & Beyond St. Philip's Chapel, 201 S McMorrine St, Elizabeth City, Michael S 757-359-8841 (O,LIT) West side of Street [T]
7:00 PM 60 Min	Recovery Group Wesley United Methodist Church, 2510 N Armistead Ave, Hampton, William S 757-236-6170 Dave R 757-218-2595 (O) [P]
8:00 PM 60 Min	Mixed Group First Lutheran Church, 1301 Colley Ave, Norfolk, Mike J 757-409-1676 (O,DISC) [T]
9:00 PM 75 Min	Cloud 9 , Williamsburg, (O,VM) Zoom ID: 485 894 793 Password: 010978 [P]
MONDAY	
9:30 AM 90 Min	Morning Meditation EZ Does It Service Center, 1153 Harmony Rd, Norfolk, (O,WC &) [T]
9:30 AM 90 Min	Morning Meditation Literature , Norfolk, (O,VAR,VM,LIT) Zoom ID 9712219430 Passcode 1153 [T]
10:00 AM 90 Min	Get Back Up West End Baptist Church, 2413 Shell Rd, Hampton, Michelle C. 757-759-1317 (IP,JFT) Side Rear Entrance [P]
NOON 90 Min	A Meeting at Lunch First Presbyterian Church, 514 S Armistead Ave, Hampton, Eugene 757-358-1709 (O,VAR,WC &) Rear door leftside of church [P]
NOON 90 Min	Check up From the Neck Up , Hampton, (O,VM) Zoom ID: 433 872 046 P.W. cunu320 [P]
NOON 60 Min	More Will be Revealed Serenity House, 300 Pearl Street, Elizabeth City, Michael S 757-359-8841 (O,DISC) [T]
2:00 PM 90 Min	High Noon Recovery Baptist Church, 303 Blair Ave, Newport News, Teresa F. (757) 269-1707 Mildred D. (757) 236-9021 (O,VAR) Meets M-F, 2nd & 4th Sats [P]
3:00 PM 75 Min	Change I Must Or Die I Will Empowered Believers Church, 2096 Nickerson Blvd, Hampton, Lawrence 718-594-2998 Renee 215-370-2186 (O,VAR) [P]

MONDAY (CONT)	
6:00 PM 60 Min	Back to Basics A Place To Meet, 7055 Linda Circle, Hayes, Grace 804-824-5622 (C,NC,STEP,WC &) [P]
6:00 PM 60 Min	Monday Meditation Community United Methodist Church, 1072 Old Kempsville Rd, Virginia Beach, Jon B 757-635-4318 (C,ME) Enter at Burlington Rd side before 6:10pm [B]
6:30 PM 90 Min	New Attitude Trinity United Methodist Church, 228 29th St, Newport News, Rose F. 757-593-0104 Debbie S. 757-310-2914 (O,WC &) [P]
7:00 PM 60 Min	Clean & Serene Riverside United Methodist Church, 1400 Edgewood Drive, Elizabeth City, John J 252-377-2405 Jason G 252-312-5318 (O,BT,DISC) [T]
7:00 PM 90 Min	Monday Night Candlelight Haygood United Methodist Church, 4713 Haygood Rd, Virginia Beach, Eric D 757-580-2849 (O,BT,CAN,WC &) [T]
7:00 PM 90 Min	New Beginnings Churchland Baptist Church, 3031 Churchland Blvd, Chesapeake, Cathy K 757-403-7409 Sid N 757-416-4553 (O,WC & ,LC) [T]
7:00 PM 60 Min	Running on Faith Carrollton Holiness Church, 16144 Carrollton Blvd, Carrollton, Derek L 802-922-0119 (O) [O]
7:30 PM 60 Min	Freedom to Live Liberty Christian Fellowship, 244 Williams Dr, Kill Devil Hills, Lauren M 252-722-5774 (O) [B]
7:30 PM 60 Min	Here and Now St Mark's United Methodist Church, 99 E. Mercury Blvd., Hampton, Allen M 941-564-5882 Amy M. 757-977-2781 (O,BT,DISC,VAR, TOP,LIT) [P]
7:30 PM 60 Min	Living The Program Water's Edge Church of God, 4141 Holland Road, Virginia Beach, Frank G 757-933-0999 Rebekah D 203-444-1845 (O,BT,DISC,PH) [B]
8:00 PM 60 Min	Recovery on the Hill Ocean View Christian Reformed Church, 1241 Hillside Avenue, Norfolk, Fred R 757-695-6500 (O,BT,CAN,IP,SPK,WC &) [T]
8:30 PM 60 Min	Who Is An Addict? Triangle Stepping Stones, 3279 Lake Powell Rd, Williamsburg, Michele C 757-707-7750 (O) [P]
9:00 PM 75 Min	Cloud 9 , Williamsburg, (O,VM) Zoom ID: 485 894 793 Password: 010978 [P]
10:30 PM 60 Min	End of the Night Old Donation Episcopal Church, 4449 N Witchduck Rd, Virginia Beach, Melinda J 757-401-3395 (O,DISC,LIT) No Smoking on Church Campus [T]

TUESDAY	
9:30 AM 90 Min	Morning Meditation EZ Does It Service Center, 1153 Harmony Road, Norfolk, (O,DISC,VAR,WC &) Off N. Military Hwy. & Raby Rd [T]
9:30 AM 90 Min	Morning Meditation Literature , Norfolk, (O,VAR,VM,LIT) Zoom ID 9712219430 Passcode 1153 [T]
NOON 90 Min	A Meeting at Lunch First Presbyterian Church, 514 S Armistead Ave, Hampton, Eugene 757-358-1709 (O) Rear door leftside of church [P]
NOON 90 Min	Check up From the Neck Up , Hampton, (O,VM) Zoom ID: 433 872 046 P.W. cunu320 [P]
NOON 60 Min	The Emergency Unit Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, Johnny D 757-287-4430 (O,BT,DISC,F2F) [T]
2:00 PM 90 Min	High Noon Recovery Baptist Church, 303 Blair Ave, Newport News, Teresa F. 757-269-1707 Mildred D. 757-236-9021 (BT,IV,CPT,LIT) [P]
5:30 PM 90 Min	Mensrap Norview United Methodist Church, 1112 Norview Avenue, Norfolk, Danny G 434-253-4075 (C,M) [T]
5:30 PM 60 Min	Serenity Group , , Beverly A. 757-753-6868 (O,VM) Zoom ID: 246 809 1909 Password: serenity [P]
6:00 PM 90 Min	Keep Coming Back New First Baptist Church of Taylorsville, 2720 Turnpike Road, Portsmouth, Francis P 757-679-1151 Judice P 757-228-8678 (O,DISC,VAR) [T]

TUESDAY (CONT)	
6:30 PM 60 Min	Life & Hopeline St Paul's Episcopal Church, 213 N Main St, Suffolk, Charles A 757-351-5855 (O) [T]
7:00 PM 60 Min	A New Way of Life A Place To Meet, 7055 Linda Circle, Hayes, Paul S 757-293-9446 Janet P 804-466-1515 (O,JFT,WC &) [P]
7:00 PM 60 Min	A Proven Program Liberty Live Church, 8201 Croaker Road, Williamsburg, Dave H. 757-207-1154, Beth R. 804-332-4970 (O) [P]
7:00 PM 60 Min	Earthbound Group Emmanuel Episcopal Church, 400 N High Street, Franklin, Stephen B 757-613-5531 (O,DISC) Meeting is in the back, in basement. [O]
7:00 PM 60 Min	Let It Be Ocean View Christian Reformed Church, 1241 Hillside Ave, Norfolk, Jessica H 757-822-4559 (O,DISC,LIT) [T]
7:00 PM 60 Min	New Genesis Wesley United Methodist Church, 2510 N Armistead Avenue, Hampton, Kayla E. 757-771-7493 Dylan B. 757-871-0958 (O,SPK,STEP,LIT) [P]
7:00 PM 60 Min	Over & Beyond St. Philip's Chapel, 201 S McMorrine St, Elizabeth City, Michael S 757-359-8841 (O,VAR) [T]
7:00 PM 60 Min	Stick & Stay Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills, Gene S 252-267-2823 (O,DISC,WC &) [B]
7:00 PM 105 Min	We Can Change Wesley Grace United Methodist Church, 288 E Little Creek Rd, Norfolk, Leo C 757-285-2007 (O,BEG,BT,DISC,IW,VAR,SPK,AB,LIT) [T]
7:30 PM 60 Min	Awesome Life Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, Carrie L 757-560-8177 (O,CAN,DISC,IP) [T]
7:30 PM 60 Min	There's A Light Ocean Lakes Church of Christ, 1200 Dam Neck Road, Virginia Beach, Geoff L 757-641-3159 (O,DISC) [B]
7:30 PM 60 Min	Yes! We Can! Family Life Center, 3172 Azalea Garden Rd, Norfolk, Ron C 757-708-4946 (O,DISC,WC &) [T]
8:00 PM 75 Min	A Gift Called Life Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, Brian L 757-619-7375, Sean H 757-438-1688 (O,BT) [T]
8:00 PM 60 Min	Enjoying the Journey Water's Edge Church of God, 4141 Holland Road, Virginia Beach, Billy B 757-681-4341 (O,DISC,SPK,STEP, TOP) [B]
8:15 PM 60 Min	Let's Recover Together Hampton Christian Church, 151 East Mercury Boulevard, Hampton, Tim E. 757-725-4636 Sissy O. 661-345-3206 (O) [P]
9:00 PM 75 Min	Cloud 9 , Williamsburg, (O,VM) Zoom ID: 485 894 793 Password: 010978 [P]
10:30 PM 60 Min	End of the Night Old Donation Episcopal Church, 4449 N Witchduck Rd, Virginia Beach, Melinda J 757-401-3395 (O,DISC,LIT) No Smoking on Church Campus [T]

WEDNESDAY	
9:30 AM 90 Min	Morning Meditation EZ Does It Service Center, 1153 Harmony Road, Norfolk, (O,WC &) Off N. Military Hwy. & Raby Rd [T]
9:30 AM 90 Min	Morning Meditation Literature , Norfolk, (O,VAR,VM,LIT) Zoom ID 9712219430 Passcode 1153 [T]
NOON 90 Min	A Meeting at Lunch First Presbyterian Church, 514 S Armistead Ave, Hampton, Eugene 757-358-1709 (O) Rear door leftside of church [P]
NOON 90 Min	Check up From the Neck Up , Hampton, (O,VM) Zoom ID: 433 872 046 P.W. cunu320 [P]
NOON 60 Min	Visible Changes Emmanuel Episcopal Church, 5181 Singleton Way, Virginia Beach, Perry C 757-752-2070 Rachel S 703-232-3544 (O,DISC) [T]
2:00 PM 90 Min	High Noon Recovery Baptist Church, 303 Blair Ave, Newport News, Teresa F. 757- 269-1707 Mildred D. 757-236-9021 (BT,IV,CPT,LIT) [P]

WEDNESDAY (CONT)	
5:30 PM 90 Min	Just For Today First Lutheran Church, 1301 Colley Ave, Norfolk, Bill A 757-647-7707 (O,DISC,IP,SPK,STEP, TOP) [T]
5:30 PM 60 Min	Midweek Peak Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd, Virginia Beach, Jon B 757-635-4318 Lori W 757-309-9631 (O,DISC,WC &) [B]
6:00 PM 60 Min	The Group All Saints Episcopal Church, 1969 Woodside Ln, Virginia Beach, Palmer R 757-537-9658 (O,STEP) 10th Step meeting in Pinder Hall [B]
6:30 PM 60 Min	Serenity In The Sand (Seasonal May-Sept Only) Community Beach Park - Leftmost Beach area, 700 E Ocean View, Norfolk, Nadia H 757-285-5867 (O,DISC,VAR) On the Beach, Bring a chair or blanket! [T]
7:00 PM 60 Min	Bright New Life Franklin Baptist Church, 208 N High Street, Franklin, DeWayne L 757-641-8022 (O,STEP) [O]
7:00 PM 90 Min	End Of The Road , 1707 Jefferson Avenue, Newport News, Glen N. 757-272-5790 Ernest W. 757-367-2476 (O,WC &) [P]
7:00 PM 90 Min	Hope , 10 Matoaka Ln., Newport News, Will D. 757-768-7954 (O) [P]
7:00 PM 60 Min	Hugs Not Drugs Community Presbyterian, 400 Fox Hill Road, Hampton, Sarah 757-727-3582 (O,DISC) Fox Hill & Woodland Roads [P]
7:00 PM 90 Min	Life Beyond Addiction Broadcast Church, 910 Oak Grove Rd, Chesapeake, Justin G 757-503-8290 (O,DISC,STEP,ME) [T]
7:00 PM 60 Min	Surrender and Recovery Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, Edwin T 757-648-9812 (O,BT) [T]
7:00 PM 60 Min	Who Is An Addict? Triangle Stepping Stones, 3279 Lake Powell Rd, Williamsburg, Michele C 757-707-7750 (O) [P]
7:15 PM 75 Min	Straight Ahead Christ Presbyterian Church, 709 Aragona Blvd, Virginia Beach, Chris P 757-535-7227 (O,DISC,STEP) [T]
7:30 PM 90 Min	Life & Hopeline Suffolk Christian Church, 216 North Main St., Suffolk, Robert B 757-738-6253 (O,WC &) by courthouse [T]
7:30 PM 60 Min	Miracles Happen St. Andrews by the Sea, 4212 S Virginia Dare Trail, Nags Head, Scott D 252-267-0060 (O,DISC,STEP,TW) Mile Post 13 [B]
8:00 PM 60 Min	Better by the Bay Miles Memorial United Methodist Church, 9450 Granby Street, Norfolk, Ryan D 757-651-5316 (O,BT,DISC,WC &) [T]
8:00 PM 60 Min	Trusted Servants Red Church, 315 S Rosemont Rd, Virginia Beach, Angel S 757-992-1838 (O,DISC,WC &) [B]
8:00 PM 60 Min	Where's Lot 14? Sentara Norfolk General Hospital, 600 Gresham Drive, Norfolk, Gary 757-567-4158 (O,DISC) Brickhouse Auditorium, 2nd floor, Conf Rm 2 [T]
9:00 PM 75 Min	Cloud 9 , Williamsburg, (O,VM) Zoom ID: 485 894 793 Password: 010978 [P]
9:00 PM 60 Min	Stepping into Recovery Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach, Mary P 757-739-1726 (O,DISC,WC & ,LIT) [T]
10:30 PM 60 Min	End of the Night Old Donation Episcopal Church, 4449 N Witchduck Rd, Virginia Beach, Melinda J 757-401-3395 (O,DISC) No Smoking on Church Campus [T]
THURSDAY	
9:30 AM 90 Min	Morning Meditation EZ Does It Service CenterOff N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, (O,DISC,VAR,WC &) Off N. Military Hwy. & Raby Rd [T]
9:30 AM 90 Min	Morning Meditation Literature , Norfolk, (O,VAR,VM,LIT) Zoom ID 9712219430 Passcode 1153 [T]
NOON 90 Min	A Meeting at Lunch First Presbyterian Church, 514 S Armistead Ave, Hampton, Eugene 757-358-1709 (O) Rear door leftside of church [P]
NOON 90 Min	Check up From the Neck Up , Hampton, (O,VM) Zoom ID: 433 872 046 P.W. cunu320 [P]

THURSDAY (CONT)

NOON 90 Min	Check up From the Neck Up , Hampton, (O,VM) Zoom ID: 433 872 046 P.W. cunu320 [P]
NOON 60 Min	Reason To Believe Church Of Saint Therese, 4137 Portsmouth Blvd, Chesapeake, Johnny D 757-287-4430 (O,BT,DISC) Masks Required [T]
2:00 PM 90 Min	High Noon Recovery Baptist Church, 303 Blair Ave, Newport News, Teresa F. 757- 269-1707 Mildred D. 757-236-9021 (BT,IW,CPT,LIT) [P]
5:00 PM 90 Min	Meeting at Buckroe Beach Buckroe Beach, 1st St & E Pembroke Ave, Hampton, (O) Meets seasonally May - October [P]
5:30 PM 90 Min	Surviving Our Emotions Norview United Methodist Church, 1112 Norview Avenue, Norfolk, Takecha J 804-218-7208 (C,W,WC &) [T]
6:30 PM 90 Min	Be the WE Christ Presbyterian Church, 709 Aragona Blvd, Virginia Beach, Colden 757-724-1239 Speaker mtg every 4th Thursday (O,CAN,WC &) [B]
6:30 PM 90 Min	Got to Have It Gethsemane Baptist Church, 1317 E Brambleton Ave, Norfolk, Juanita S 757-685-8848 (O,BT,IP,SPK,STEP,WC &) [T]
6:30 PM 90 Min	Living as Men Group of NA Recovery Baptist Church, 303 Blair Ave, Newport News, Reggie F 757-817-8464 (O,M,WC &) [P]
6:30 PM 60 Min	Still ill VB Psych Center, 1100 First Colonial Rd, Virginia Beach, for those struggling with mental illness in recovery (C,DISC) Main Entrance Check-in [B]
7:00 PM 60 Min	Crossing Rivers Harmony Grove Baptist Church, 7722 General Puller Highway, Locust Hill, Doug C 804-690-6595 Kathy P 804-324-1820 (O,DISC) [P]
7:00 PM 90 Min	Freebird , Portsmouth, Roland C 757-328-2243 (O,BT,DISC,TRAD,VM) Virtual Only Zoom ID: 83976951119 Password 756802 [T]
7:00 PM 60 Min	Girls Nite Out West Park Church of Christ, 926 Cherokee Rd, Portsmouth, Vickie 757-375-0067 Kat 757-359-3793 (O,W,HY) Zoom ID: 3728344448 PW: girlsgroup [T]
7:00 PM 60 Min	Keep the Fire Burning Bethany United Methodist Church, 1509 Todds Ln, Hampton, Tom K. 804-815-9356 Stacy K. 401-474-3344 (O,DISC) Park on West side of church, enter thru West door follow the signs. [P]
7:00 PM 60 Min	Over & Beyond St. Philip's Chapel, 201 S McMorrine St, Elizabeth City, Michael S 757-359-8841 (O,DISC) [T]
7:00 PM 60 Min	Shattering the Illusion St. Michaels Lutheran Church, 2208 Princess Anne Rd, Virginia Beach, Kristine A 757-202-2702, Ty H 757-235-3175 (O,BT) [B]
7:30 PM 60 Min	Another Chance to Live Benn's United Methodist Church, 14571 Benns Church Blvd, Smithfield, Tom N 757-658-1498 (O) [O]
7:30 PM 60 Min	Second Chance Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, Louie L 757-560-8172 (O,DISC,STEP,TW) [T]
8:00 PM 60 Min	Choose Life St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., Virginia Beach, Ted L 757-717-2669 Kristen H 757-837-5132 (O,DISC) [B]
8:00 PM 60 Min	Junks & Drunks Ocean View Christian Reformed Church, 1241 Hillside Ave, Norfolk, Ed S 757-435-9526 (O,STEP) [T]
9:00 PM 75 Min	Cloud 9 , Williamsburg, (O,VM) Zoom ID: 485 894 793 Password: 010978 [P]
10:30 PM 60 Min	End of the Night Old Donation Episcopal Church, 4449 N Witchduck Rd, Virginia Beach, Melinda J 757-401-3395 (O,DISC) No Smoking on Church Campus [T]

FRIDAY

9:30 AM 90 Min	Morning Meditation EZ Does It Service Center, 1153 Harmony Road, Norfolk, (O,WC &) [T]
9:30 AM 90 Min	Morning Meditation Literature , Norfolk, (O,VAR,VM,LIT) Zoom ID 9712219430 Passcode 1153 [T]

FRIDAY (CONT)

NOON 90 Min	A Meeting at Lunch First Presbyterian Church, 514 S Armistead Ave, Hampton, Eugene 757-358-1709 (O) Rear door leftside of church [P]
NOON 90 Min	Check up From the Neck Up , Hampton, (O,VM) Zoom ID: 433 872 046 P.W. cunu320 [P]
NOON 60 Min	The Continuing Quest First Lutheran Church, 1301 Colley Ave, Norfolk, Eddie C 757-816-4986 (O,DISC,SPK,SWG) [T]
NOON 60 Min	Write Now Providence Presbyterian Church, 5497 Providence Rd, Virginia Beach, Writing during meeting, Fred R 757-695-6500 (O,JFT,SWG,ME,WR) [T]
2:00 PM 90 Min	High Noon Recovery Baptist Church, 303 Blair Ave, Newport News, Teresa F. 757- 269-1707 Mildred D. 757-236-9021 (BT,IW,CPT,LIT) [P]
6:00 PM 90 Min	Life & Hopeline Sentara Obici Hospital, 2800 Godwin Boulevard, Suffolk, Maryann B 609-712-3107 (O,DISC,STEP,TC,VM) Zoom ID: 81024445685 Passcode: 662378 [T]
7:00 PM 60 Min	12 +12 = Change Sentara Hospital, 100 Sentara Cir, Williamsburg, Thayne F. 757-603-2131 (O,WC &) Meets In the Conference Center [P]
7:00 PM 90 Min	Agape St. Paul's United Methodist Church, 437 Providence Rd, Chesapeake, 1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494 (O,DISC,IP,STEP,TW) [T]
7:00 PM 60 Min	Closer To Home Riverside Walter Reed Hospital, 7519 Hospital Drive, Gloucester, Grace 804-824-5622 (O,DISC,WC &) [P]
7:00 PM 90 Min	Keep Coming Back Newport News Community Center, 605 South Avenue, Newport News, Michelle H. 757-751-2528 (O,WC &) [P]
7:30 PM 60 Min	Better Days Church Of Saint Therese, 4137 Portsmouth Blvd, Chesapeake, Joe W 757-536-7337 (O,CAN,DISC,AB) [T]
7:30 PM 60 Min	Good Orderly Direction , 10 Matoaka Ln, Newport News, Jeff H 757-630-3806 Alex C 757-303-6049 (O) [P]
7:30 PM 60 Min	HOW Group Good Shepherd Lutheran Church, 1489 Laskin Road, Virginia Beach, Scott P 304-218-1468 Ann V 757-270-1141 (C,DISC) [B]
7:30 PM 60 Min	Miracles Happen St. Andrews by the Sea, 4212 S Virginia Dare Trail, Nags Head, Scott D 252-267-0060 (O) Mile Post 13 [B]
8:00 PM 60 Min	Kempsville Crossroads Providence Presbyterian Church, 5497 Providence Road, Virginia Beach, Mark N 757-478-1839 (O,DISC,WC &) [B]
8:00 PM 60 Min	The Miracle Continues Azalea Baptist Church, 3314 E Little Creek Rd, Norfolk, Nesbit 757-620-8804 (O,STEP) [T]
8:00 PM 60 Min	Wave of Recovery Bayside Presbyterian, 1400 Ewell Rd, Virginia Beach, Pat C 757-619-1976 Ezra S 757-974-2261 (O,DISC) [B]
9:00 PM 75 Min	Cloud 9 , Williamsburg, (O,VM) Zoom ID: 485 894 793 Password: 010978 [P]

SATURDAY

9:30 AM 90 Min	Morning Meditation EZ Does It Service Center, 1153 Harmony Road, Norfolk, (O,DISC,VAR,WC &) [T]
9:30 AM 90 Min	Morning Meditation Literature , Norfolk, (O,VAR,VM,LIT) Zoom ID 9712219430 Passcode 1153 [T]
10:00 AM 60 Min	Fresh Start Christ Presbyterian Church, 709 Aragona Blvd, Virginia Beach, Madison B 757-506-6986 Sherry R 757-406-9175 (O) [B]
10:00 AM 90 Min	No More Excuses Warwick United Church of Christ, 10 Matoaka Lane, Newport News, William K. 757-768-0886 (O,WC &) [P]
NOON 90 Min	Basic Math 12 & 12 First Baptist Church, 500 E Bute Street, Norfolk, Carlton D 757-515-3331 (O,SPK,STEP,TRAD) [T]

SATURDAY (CONT)

NOON 60 Min	Bridge to Recovery Bridge Church, 1244 Executive Blvd, Chesapeake, Justin H 804-738-1784 **Starts June 22nd** (O) [T]
2:00 PM 90 Min	High Noon Recovery Baptist Church, 303 Blair Ave, Newport News, Teresa F. 757-269-1707 Mildred D. 757-236-9021 (BT,IW,CPT,LIT) 2nd & 4th Saturdays ONLY [P]
3:00 PM 90 Min	Back to Life First Lutheran Church, 1301 Colley Ave, Norfolk, (O,BT,DISC,SPK,TRAD) [T]
5:00 PM 60 Min	When at the End of the Road St Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, Rob C 757-334-7718 (O,DISC) [B]
6:00 PM 90 Min	Saturday Night Alternative First Presbyterian Church, 514 S Armistead Avenue, Hampton, Shanequa L 757-327-2381 Denise K 757-660-1118 (O,WC &) [P]
6:00 PM 60 Min	Saturday Night Men's Meeting Good Shepherd Lutheran Church, 1489 Laskin Road, Virginia Beach, Jamie T 757-803-7986 (C,DISC) [B]
7:00 PM 60 Min	Back to Basics Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth, Mike K 757-974-4029 Charlie J 757-620-3895 (O,BT,DISC,IP,SPK) [T]
7:00 PM 75 Min	Never Alone Hillton Christian Church, 100 James River Drive, Newport News, Ray D 757-303-4533 (O,WC &) Meets at 7pm as of 2/11/23 [P]
7:00 PM 60 Min	Saturday Night Live St. Nicholas Fellowship Hall, 621 First Colonial Road, Virginia Beach, Ted L 757-717-2669 (O) [B]
8:00 PM 60 Min	Freedom of Choice Church of the Ascension, 4853 Princess Anne Rd, Virginia Beach, James P 757-619-2273 (O,DISC,STEP) [T]
8:00 PM 60 Min	Surrender to Live Ocean View Christian Reformed Church, 1241 Hillside Ave, Norfolk, Fred R 757-695-6500 (O,BT,DISC,WC &) [T]
9:00 PM 75 Min	Cloud 9 , Williamsburg, (O,VM) Zoom ID: 485 894 793 Password: 010978 [P]
9:30 PM 90 Min	The Point of Freedom Freemason Street Baptist Church, 400 E Freemason St, Norfolk, Tuan N 757-788-4757 (O,STEP,TRAD,WC &,LIT) [T]

ADDITIONAL

Virtual Meeting Information is online at <https://virginiabeachna.org/meetings>

**HAMPTON ROADS METRO
Narcotics Anonymous MEETING LIST**



JULY 2024

REGIONAL HELPLINE
≡≡ **800-777-1515** ≡≡

TIDEWATER HELPLINE
≡≡ **866-972-5055** ≡≡

Service Meetings

Beach Area Service Committee [B]
<https://virginiabeachna.org>
Mailing address: 3419 Virginia Beach Boulevard #5252 Virginia Beach, VA 23452
ASC Meets 1st Saturday at 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 Last Sunday -
Subcommittees: 5:00PM, Main: 6:00PM

Outer Limits Area Service Committee [O]
<https://outerlimitsareana.org/>

Peninsula Area Service Committee [P]
<https://peninsulaareana.org>

Tidewater Area Service Committee [T]
<https://tidewaterareana.org>

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

Narcotics Anonymous World Service
<https://www.na.org>

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		