

SUNDAY	
9:00 AM - 10:00 AM	<b>Hope Ignited</b> Virginia Beach Recovery Club, 1900 Baltic Avenue, <b>Virginia Beach</b> , <i>Greg G (919) 816-6414 (O,DISC,WC &amp;,F2F)</i> [B]
9:30 AM - 11:00 AM	<b>Surrender To Live C</b> , Waldo Scott Center, 3100 Wickham Avenue, <b>Newport News</b> , <i>Dee W. 757-503-0739 - Tony H. 757-696-6654 (O,WC &amp;) [P]</i>
10:00 AM - 11:00 AM	<b>New Meeting - Name TBD</b> , 3516 Queen St, <b>Portsmouth</b> , <i>(O,DISC)</i> [T]
11:00 AM - 12:30 PM	<b>We Need A Meeting</b> Maryview Hospital, 3636 High Street, <b>Portsmouth</b> , <i>Donna E 757-535-5895 (O,DISC,VAR,PH,WC &amp;,TC,VM)</i> Virtual Only <b>Zoom ID: 85059545950 PW: 143143</b> [T]
12:00 PM - 1:00 PM	<b>Faith</b> , , <i>Gigi 757-218-2681 (O,VM)</i> Meeting ID: <b>794 760 0067 P.W. 123456</b> [P]
1:00 PM - 2:00 PM	<b>Living Clean</b> A Place To Meet, 7055 Linda Circle, <b>Hayes</b> , <i>Study meeting from the Living Clean book. (WC &amp;,F2F)</i> [P]
3:00 PM - 4:00 PM	<b>Wecovery</b> Great Bridge United Methodist Church, 201 Stadium Drive, <b>Chesapeake</b> , <i>Megan A 757-572-5667 Chris S 757-618-7078 (O,VAR)</i> [T]
4:00 PM - 5:00 PM	<b>The No Matter What Club</b> St Francis Episcopal Church, 509 S Rosemont Road, <b>Virginia Beach</b> , <i>Beth R 757-763-8880 Donovan 757-763-8189 (O,F2F)</i> [B]
5:30 PM - 7:00 PM	<b>A Gift Called Life</b> Warwick United Church of Christ, 10 Matoaka Lane, <b>Newport News</b> , <i>Johnnie 757-869-4890 Nadine 757-751-4680 (O,WC &amp;) [P]</i>
6:00 PM - 7:30 PM	<b>It's About Time</b> Norview United Methodist Church, 1112 Norview Avenue, <b>Norfolk</b> , <i>Jay J 757-227-8025 Charles M 757-735-8511 (O,SPK,WC &amp;,F2F,PPE)</i> [T]
6:00 PM - 7:00 PM	<b>Sunday Sanity</b> VA Beach Psych Center, 1100 First Colonial Rd, <b>Virginia Beach</b> , <i>Shelly G 757-748-5364, Pat O 757-633-2820 (O,BT,DISC,IP,F2F,PPE)</i> Check in at main entrance. [B]
7:00 PM - 8:30 PM	<b>New Phase Four</b> St. John's Episcopal Church, 424 Washington Street, <b>Portsmouth</b> , <i>Ron E 757-582-1070, Sam G 757-353-2096 (O,DISC,SPK,TOP)</i> [T]
7:00 PM - 8:00 PM	<b>Over &amp; Beyond</b> St. Philip's Chapel, 201 S McMorrine St, <b>Elizabeth City</b> , <i>Michael S 757-359-8841 (O,F2F,LIT)</i> West side of Street [T]
7:00 PM - 9:00 PM	<b>Sharing the Hope</b> , <b>Norfolk</b> , <i>Elaine H 917-808-1525 (VAR,SPK,STEP,TRAD,CPT,VM,LIT)</i> <b>Zoom ID: 2976608733 PW: howitworks</b> [T]
7:30 PM - 8:30 PM	<b>Recovery Group</b> , , <i>William S. 757-236-6170 Dave R. 757-218-2595 (O,VM)</i> Meeting ID: <b>86547894234 Passcode: 335151</b> [P]
8:00 PM - 9:00 PM	<b>Mixed Group</b> First Lutheran Church, 1301 Colley Ave, <b>Norfolk</b> , <i>Mike J 757-409-1676 (O,DISC)</i> [T]
9:00 PM - 10:15 PM	<b>Cloud 9</b> , <b>Williamsburg</b> , <i>(O,VM)</i> <b>Zoom ID: 485 894 793 Password: 010978</b> [P]
MONDAY	
9:30 AM - 11:00 AM	<b>Morning Meditation</b> EZ Does It Service Center, 1153 Harmony Road, <b>Norfolk</b> , <i>(O,WC &amp;)</i> Off N. Military Hwy. & Raby Rd [T]
9:30 AM - 11:00 AM	<b>Morning Meditation Literature</b> , <b>Norfolk</b> , <i>(O,VAR,VM,LIT)</i> Zoom Passcode 1153 <b>Zoom ID 9712219430 Passcode 1153</b> [T]
10:00 AM - 11:30 AM	<b>Get Back Up</b> West End Baptist Churh, 2413 Shell Rd., <b>Hampton</b> , <i>Sheryl J. 757-759-1317 (IP,JFT)</i> Side Rear Entrance [P]
12:00 PM - 1:30 PM	<b>A Meeting at Lunch</b> First Presbyterian Church, 514 S Armistead Ave, <b>Hampton</b> , <i>Allen M 941-564-5882 Eugene 757-358-1709 (O,F2F)</i> Rear door leftside of church [P]
12:00 PM - 1:30 PM	<b>Check up From the Neck Up</b> , <b>Hampton</b> , <i>(O,VM)</i> <b>Zoom ID: 433 872 046 P.W. cunu320</b> [P]
12:00 PM - 1:30 PM	<b>High Noon</b> Recovery Baptist Church, 303 Blair Ave, <b>Newport News</b> , <i>Teresa F (757) 269-1707 Mildred D (757) 236-9021 (BT,IW,CPT,F2F,LIT)</i> Meets M-F and 2nd & 4th Saturdays [P]
12:00 PM - 1:00 PM	<b>Just For Today</b> First Lutheran Church, 1301 Colley Avenue, <b>Norfolk</b> , <i>Bill A 757-647-7707 (O,DISC,IP,SPK,STEP,TOP,F2F)</i> [T]
12:00 PM - 1:00 PM	<b>The Emergency Unit</b> United Congregational Christian Church, 5900 Portsmouth Blvd, <b>Portsmouth</b> , <i>Dora H 757-735-7615 (O,BT,DISC,F2F)</i> Hodges Ferry Rd & Charlotte St [T]
5:30 PM - 7:00 PM	<b>My Sister's Keeper</b> , , <i>Sherry B. 757-975-6440 Nicky B. 757-907-3756 (O,CAN,W,VM)</i> <b>Zoom ID: 692 556 2914 Password: 294052</b> [P]

MONDAY (CONT)	
12:00 PM - 1:30 PM	<b>High Noon</b> Recovery Baptist Church, 303 Blair Ave, <b>Newport News</b> , <i>Teresa F (757) 269-1707 Mildred D (757) 236-9021 (BT,IW,CPT,F2F,LIT)</i> Meets M-F and 2nd & 4th Saturdays [P]
12:00 PM - 1:00 PM	<b>More Will be Revealed</b> Serenity House, 300 Pearl Street, <b>Elizabeth City</b> , <i>Michael S 757-359-8841 (O,DISC,F2F)</i> [T]
3:00 PM - 4:15 PM	<b>Change I Must Or Die I Will</b> Empowered Believers Church, 2096 Nickerson Blvd, <b>Hampton</b> , <i>Lawrence 718-594-2998 (O)</i> next to Ace Hardware [P]
6:00 PM - 7:00 PM	<b>Monday Meditation</b> Community United Methodist Church, 1072 Old Kempsville Road, <b>Virginia Beach</b> , <i>Jon B (757) 635-4318 Lance G (757) 692-7864 (C,ME)</i> Entrance on Burlington Rd - Back of Church Only - Door Locks at 6:10pm [B]
6:30 PM - 8:00 PM	<b>New Attitude</b> Trinity United Methodist Church, 228 29th St, <b>Newport News</b> , <i>Vet 757-849-8808 Rose F. 757-593-0104 (O,WC &amp;) [P]</i>
7:00 PM - 8:30 PM	<b>Monday Night Candlelight</b> Haygood United Methodist Church, 4713 Haygood Rd, <b>Virginia Beach</b> , <i>Eric D 757-580-2849 (O,BT,CAN,WC &amp;) [T]</i>
7:00 PM - 8:00 PM	<b>New Beginnings</b> Churchland Baptist Church, 3031 Churchland Blvd, <b>Chesapeake</b> , <i>John Y 757-675-7992 Sid N 757-416-4553 (C,IW,WC &amp;,F2F)</i> [T]
7:30 PM - 8:30 PM	<b>Here and Now</b> St Mark's United Methodist Church, 99 E. Mercury Blvd., <b>Hampton</b> , <i>Dylan B. (757) 871-0958 (O,BT,DISC,VAR,TOP,F2F,LIT)</i> [P]
7:30 PM - 8:30 PM	<b>Living The Program</b> Water's Edge Church of God, 4141 Holland Road, <b>Virginia Beach</b> , <i>Frank G 757-933-0999 (O,BT,DISC,PH,F2F)</i> [B]
8:00 PM - 9:00 PM	<b>Recovery on the Hill</b> Ocean View Christian Reformed Church, 1241 Hillside Avenue, <b>Norfolk</b> , <i>Fred R 757-695-6500 (O,BT,CAN,IP,SPK,WC &amp;,F2F)</i> [T]
8:30 PM - 9:30 PM	<b>Who Is An Addict?</b> Triangle Stepping Stones, 3279 Lake Powell Road, <b>Williamsburg</b> , <i>Michele C 757-707-7750 (O,F2F)</i> [P]
9:00 PM - 10:15 PM	<b>Cloud 9</b> , <b>Williamsburg</b> , <i>(O,VM)</i> <b>Zoom ID: 485 894 793 Password: 010978</b> [P]
TUESDAY	
9:30 AM - 11:00 AM	<b>Morning Meditation</b> EZ Does It Service Center, 1153 Harmony Road, <b>Norfolk</b> , <i>(O,DISC,VAR,WC &amp;,F2F)</i> Off N. Military Hwy. & Raby Rd [T]
9:30 AM - 11:00 AM	<b>Morning Meditation Literature</b> , <b>Norfolk</b> , <i>(O,VAR,VM,LIT)</i> Zoom Passcode 1153 <b>Zoom ID 9712219430 Passcode 1153</b> [T]
9:30 AM - 11:00 AM	<b>Trust The Process</b> , 2114 Wickham Ave, <b>Newport News</b> , <i>Zach H. 757-713-3412 Robin A. 404-542-4649 (O)</i> [P]
12:00 PM - 1:30 PM	<b>A Meeting at Lunch</b> First Presbyterian Church, 514 S Armistead Ave, <b>Hampton</b> , <i>Allen M 941-564-5882 Eugene 757-358-1709 (O,F2F)</i> Rear door leftside of church [P]
12:00 PM - 1:30 PM	<b>Check up From the Neck Up</b> , <b>Hampton</b> , <i>(O,VM)</i> <b>Zoom ID: 433 872 046 P.W. cunu320</b> [P]
12:00 PM - 1:30 PM	<b>High Noon</b> Recovery Baptist Church, 303 Blair Ave, <b>Newport News</b> , <i>Teresa F (757) 269-1707 Mildred D (757) 236-9021 (BT,IW,CPT,F2F,LIT)</i> Meets M-F and 2nd & 4th Saturdays [P]
12:00 PM - 1:00 PM	<b>Just For Today</b> First Lutheran Church, 1301 Colley Avenue, <b>Norfolk</b> , <i>Bill A 757-647-7707 (O,DISC,IP,SPK,STEP,TOP,F2F)</i> [T]
12:00 PM - 1:00 PM	<b>The Emergency Unit</b> United Congregational Christian Church, 5900 Portsmouth Blvd, <b>Portsmouth</b> , <i>Dora H 757-735-7615 (O,BT,DISC,F2F)</i> Hodges Ferry Rd & Charlotte St [T]
5:30 PM - 7:00 PM	<b>My Sister's Keeper</b> , , <i>Sherry B. 757-975-6440 Nicky B. 757-907-3756 (O,CAN,W,VM)</i> <b>Zoom ID: 692 556 2914 Password: 294052</b> [P]

TUESDAY (CONT)	
5:30 PM - 6:30 PM	<b>Serenity Group</b> , , <i>Beverly A. 757-753-6868 (O,VM)</i> <b>Zoom ID: 246 809 1909 Password: serenity</b> [P]
7:00 PM - 8:00 PM	<b>A New Way of Life</b> A Place To Meet, 7055 Linda Circle, <b>Hayes</b> , <i>(JFT,WC &amp;,F2F)</i> [P]
7:00 PM - 8:00 PM	<b>A Proven Program</b> Liberty Live Church, 8201 Croaker Road, <b>Williamsburg</b> , <i>Dave H. 757-207-1154, Beth R. 804-332-4970 (O,F2F)</i> [P]
7:00 PM - 8:00 PM	<b>Earthbound Group</b> Emmanuel Episcopal Church, 400 N High Street, <b>Franklin</b> , <i>Stephen B 757-613-5531 (O,DISC)</i> Meeting is in the back, in basement. [O]
7:00 PM - 8:00 PM	<b>Let It Be</b> Ocean View Christian Reformed Church, 1241 Hillside Ave, <b>Norfolk</b> , <i>Jessica H 757-822-4559 (O,DISC,LIT)</i> [T]
7:00 PM - 8:00 PM	<b>New Genesis</b> Wesley United Methodist Church, 2510 N. Armistead Avenue, <b>Hampton</b> , <i>Gayle B. 757-597-1531 Terry C. 757-570-3844 (O,SPK,STEP,LIT)</i> [P]
7:00 PM - 8:00 PM	<b>Over &amp; Beyond</b> St. Philip's Chapel, 201 S McMorrine St, <b>Elizabeth City</b> , <i>Michael S 757-359-8841 (O,VAR,F2F)</i> [T]
7:00 PM - 8:45 PM	<b>We Can Change</b> Wesley Grace United Methodist Church, 288 E Little Creek Rd, <b>Norfolk</b> , <i>Leo C 757-285-2007 (O,BEG,BT,DISC,IW,VAR,SPK,AB,F2F,LIT,PPE)</i> Face to Face Mask Required [T]
7:00 PM - 8:00 PM	<b>We Can Change</b> First Church of Newport News, 2300 Wickham Avenue, <b>Newport News</b> , <i>(VM) I.D. 86894082385 P.W. kcb</i> [P]
7:30 PM - 8:30 PM	<b>Awesome Life</b> Great Bridge United Methodist Church, 201 Stadium Drive, <b>Chesapeake</b> , <i>Carrie L 757-560-8177 (O,CAN,DISC,IP,F2F,PPE)</i> Church staff has requested that all wear masks and to practice social distance as much as possible. [T]
7:30 PM - 8:30 PM	<b>There's A Light</b> Ocean Lakes Church of Christ, 1200 Dam Neck Road, <b>Virginia Beach</b> , <i>Ian B 757-717-7900, Geoff L 757-641-3159 (O,DISC,F2F)</i> [B]
8:00 PM - 9:00 PM	<b>A Gift Called Life</b> Portsmouth Church of Christ, 5900 Portsmouth Blvd, <b>Portsmouth</b> , <i>Brian L 757-619-7375, Sean H 757-438-1688 (O,BT,F2F)</i> [T]
8:00 PM - 9:00 PM	<b>Enjoying the Journey</b> Water's Edge Church of God, 4141 Holland Road, <b>Virginia Beach</b> , <i>Billy B 757-681-4341 (O,DISC,SPK,STEP,TOP,F2F)</i> [B]
8:15 PM - 9:15 PM	<b>Let's Recover Together</b> Hampton Christian Church, 151 East Mercury Boulevard, <b>Hampton</b> , <i>Tim E. 757-725-4636 (O,WC &amp;,F2F)</i> [P]
9:00 PM - 10:15 PM	<b>Cloud 9</b> , <b>Williamsburg</b> , <i>(O,VM)</i> <b>Zoom ID: 485 894 793 Password: 010978</b> [P]
WEDNESDAY	
9:30 AM - 11:00 AM	<b>Morning Meditation</b> EZ Does It Service Center, 1153 Harmony Road, <b>Norfolk</b> , <i>(O,WC &amp;)</i> Off N. Military Hwy. & Raby Rd [T]
9:30 AM - 11:00 AM	<b>Morning Meditation Literature</b> , <b>Norfolk</b> , <i>(O,VAR,VM,LIT)</i> Zoom Passcode 1153 <b>Zoom ID 9712219430 Passcode 1153</b> [T]
9:30 AM - 11:00 AM	<b>Trust The Process</b> , 2114 Wickham Ave, <b>Newport News</b> , <i>Zach H. 757-713-3412 Robin A. 404-542-4649 (O)</i> [P]
12:00 PM - 1:30 PM	<b>A Meeting at Lunch</b> First Presbyterian Church, 514 S Armistead Ave, <b>Hampton</b> , <i>Allen M 941-564-5882 Eugene 757-358-1709 (O,F2F)</i> Rear door leftside of church [P]
12:00 PM - 1:30 PM	<b>Check up From the Neck Up</b> , <b>Hampton</b> , <i>(O,VM)</i> <b>Zoom ID: 433 872 046 P.W. cunu320</b> [P]
12:00 PM - 1:30 PM	<b>High Noon</b> Recovery Baptist Church, 303 Blair Ave, <b>Newport News</b> , <i>Teresa F (757) 269-1707 Mildred D (757) 236-9021 (BT,IW,CPT,F2F,LIT)</i> Meets M-F and 2nd & 4th Saturdays [P]
12:00 PM - 1:30 PM	<b>Visible Changes</b> Emmanuel Episcopal Church, 5181 Princess Anne Road, <b>Virginia Beach</b> , <i>Charles D 757-729-6176 Deborah J 757-320-6341 (O,DISC)</i> [T]

WEDNESDAY (CONT)	
5:30 PM - 6:30 PM	<b>Midweek Peak</b> Thalia Lynn Baptist Church - Door 6, 4392 Virginia Beach Blvd, <b>Virginia Beach</b> , <i>John B 757-635-4318 Lori W 757-309-9631 (O,DISC,F2F)</i> Bring your own beverage [B]
6:00 PM - 7:00 PM	<b>The Group</b> All Saints Episcopal Church, 1969 Woodside Ln, <b>Virginia Beach</b> , <i>Palmer R 757-537-9658 (O,STEP)</i> 10th Step meeting in Pinder Hall [B]
6:30 PM - 7:30 PM	<b>Serenity In The Sand</b> Community Beach Park Shelter, 700 E Ocean View, <b>Norfolk</b> , <i>Nadia H 757-285-5867 Starts May 4th 2022! (O,DISC,VAR,SMOK)</i> Seasonal on the Beach - May through September Only, Bring a chair or blanket! [T]
7:00 PM - 8:00 PM	<b>Bright New Life</b> Franklin Baptist Church, 208 N High Street, <b>Franklin</b> , <i>DeWayne L 757-641-8022 (O,STEP)</i> [O]
7:00 PM - 8:30 PM	<b>End Of The Road</b> , 1707 Jefferson Avenue, <b>Newport News</b> , <i>Glen N. 757-268-9318 Sherri W. 757-768-1392 (O,WC &amp;,F2F)</i> [P]
7:00 PM - 8:30 PM	<b>Hope</b> , 10 Matoaka Ln., <b>Newport News</b> , <i>Will D. 757-768-7954 David B. 757-342-2510 (O)</i> [P]
7:00 PM - 8:30 PM	<b>Hugs Not Drugs</b> Community Presbyterian, 400 Fox Hill Road, <b>Hampton</b> , <i>Sarah 757-727-3582 (O,DISC,F2F,PPE)</i> Fox Hill & Woodland Roads [P]
7:00 PM - 9:00 PM	<b>Sharing the Hope</b> , <b>Norfolk</b> , <i>Elaine H 917-808-1525 (VAR,STEP,TRAD,CPT,VM,LIT)</i> <b>Zoom Meeting ID: 2976608733 PW: howitworks</b> [T]
7:00 PM - 8:00 PM	<b>Surrender and Recovery</b> United Congregational Christian Church, 5900 Portsmouth Blvd, <b>Portsmouth</b> , <i>Edwin T 757-648-9812 (O,BT,F2F)</i> [T]
7:00 PM - 8:00 PM	<b>Who Is An Addict?</b> Triangle Stepping Stones, 3279 Lake Powell Road, <b>Williamsburg</b> , <i>Michele C 757-707-7750 (O,F2F)</i> [P]
7:15 PM - 8:30 PM	<b>Straight Ahead</b> Christ Presbyterian, 709 Aragona Blvd, <b>Virginia Beach</b> , <i>Chris P 757-535-7227 (O,DISC,STEP,F2F)</i> [T]
7:30 PM - 9:00 PM	<b>Life &amp; Hopeline</b> Suffolk Christian Church, 216 North Main St., <b>Suffolk</b> , <i>Rob B 757-738-6253 (O,WC &amp;,F2F)</i> by courthouse [T]
7:30 PM - 8:30 PM	<b>Miracles Happen</b> St. Andrews by the Sea, 4212 S Virginia Dare Trail, <b>Nags Head</b> , <i>Kim K 252-573-0822, Jim H 252-489-9895 (O,DISC,STEP,TW)</i> Mile Post 13 [B]
8:00 PM - 9:00 PM	<b>Better by the Bay</b> Miles Memorial United Methodist Church, 9450 Granby Street, <b>Norfolk</b> , <i>Ryan D 757-651-5316 (O,BT,DISC,WC &amp;,F2F,PPE)</i> Enter from courtyard in back, first door to the left. [T]
8:00 PM - 9:00 PM	<b>Trusted Servants</b> Red Church, 245 S. Rosemont Rd, <b>Virginia Beach</b> , <i>William S 703-969-5883 (O,DISC,WC &amp;,F2F)</i> [B]
8:00 PM - 9:00 PM	<b>Where's Lot 14?</b> Sentara Norfolk General Hospital, 600 Gresham Drive, <b>Norfolk</b> , <i>Gary 757-237-4507 (O,DISC)</i> Brickhouse Auditorium, 2nd floor, Conf Rm 2 [T]
9:00 PM - 10:15 PM	<b>Cloud 9</b> , <b>Williamsburg</b> , <i>(O,VM)</i> <b>Zoom ID: 485 894 793 Password: 010978</b> [P]
9:00 PM - 10:00 PM	<b>Stepping into Recovery</b> Old Donation Episcopal Church, 4449 N Witchduck Road, <b>Virginia Beach</b> , <i>Mary P 757-739-1726 REOPENING 1/5/22 AT NEW TIME OF 9:00PM (O,DISC,WC &amp;,LIT)</i> [T]
10:30 PM - 11:30 PM	<b>End of the Night</b> Old Donation Episcopal Church, 4449 N Witchduck Rd, <b>Virginia Beach</b> , <i>Ian S 757-334-3070 (O,DISC)</i> No Smoking on Church Campus [T]
THURSDAY	
9:30 AM - 11:00 AM	<b>Morning Meditation</b> EZ Does It Service CenterOff N. Military Hwy. & Raby Rd, 1153 Harmony Road, <b>Norfolk</b> , <i>(O,DISC,VAR,WC &amp;,F2F)</i> Off N. Military Hwy. & Raby Rd [T]

**THURSDAY (CONT)**

**9:30 AM - 11:00 AM** - **Morning Meditation Literature , Norfolk, (O,VAR,VM,LIT)** Zoom Passcode 1153 **Zoom ID 9712219430 Passcode 1153** [T]

**9:30 AM - 11:00 AM** - **Trust The Process** , 2114 Wickham Ave, **Newport News, Zach H. 757-713-3412 Robin A. 404-542-4649 (O,WC & )** [P]

**12:00 PM - 1:30 PM** - **A Meeting at Lunch** First Presbyterian Church, 514 S Armistead Ave, **Hampton, Allen M 941-564-5882 Eugene 757-358-1709 (O,F2F)** Rear door leftside of church [P]

**12:00 PM - 1:30 PM** - **Check up From the Neck Up , Hampton, (O,VM) Zoom ID: 433 872 046 P.W. cunu320** [P]

**12:00 PM - 1:30 PM** - **High Noon** Recovery Baptist Church, 303 Blair Ave, **Newport News, Teresa F (757) 269-1707 Mildred D (757) 236-9021 (BT,IW,CPT,F2F,LIT)** Meets M-F and 2nd & 4th Saturdays [P]

**12:00 PM - 1:00 PM** - **Reason To Believe** Church Of Saint Therese, 4137 Portsmouth Blvd, **Chesapeake, Johnny D 757-287-4430 (O,BT,DISC,F2F,PPE)** Masks Required [T]

**5:00 PM - 6:30 PM** - **Meeting at Buckroe Beach** Buckroe Beach, North First Street and Pembroke Avenue, **Hampton**, Meets seasonally May - October [P]

**5:30 PM - 7:00 PM** - **Woman II Woman** , 514 S Armistead Ave, **Hampton, Deborah R. 757-238-0330** [P]

**7:00 PM - 8:00 PM** - **12 +12 = Change** Walnut Hills Baptist Church, 1014 Jamestown Rd., **Williamsburg, Michael A. 804-939-1215 (O,WC & ,F2F)** 7B - first room on the left [P]

**7:00 PM - 8:30 PM** - **Freebird** Craddock Baptist Church, 96 Afton Parkway, **Portsmouth, Roland C 757-328-2243 Jen J 757-350-4835 (O,BT,DISC,TRAD,TC,VM)** Virtual Only **Zoom ID: 83976951119 Password 756802** [T]

**7:00 PM - 8:00 PM** - **Girls Nite Out** Sattvic Space, 1308 Airline Blvd, **Portsmouth, Vickie 757-375-0067 Kat 757-359-3793 (O,W,HY)** **Zoom ID: 837 2834 4448 Password: girlsgroup** [T]

**7:00 PM - 8:00 PM** - **Keep the Fire Burning** , 33 Tide Mill Ln, **Hampton, Outdoors. Weather dependent. Allen M 941-564-5882 (Independent of PASCNA) (O,DISC)** Park in Bridge Church rear lot, do not drive or park on grass. [P]

**7:00 PM - 8:30 PM** - **Let's Get Spiritual** St. Paul AME Church, 2500 Chestnut Avenue, **Newport News, Debbie 757-310-2914 (O,WC & ,TC)** [P]

**7:00 PM - 8:00 PM** - **Over & Beyond** St. Philip's Chapel, 201 S McMorrine St, **Elizabeth City, Michael S 757-359-8841 (O,DISC,F2F)** [T]

**7:00 PM - 8:30 PM** - **Relationships in Recovery** St. John's Episcopal Church, 424 Washington St, **Portsmouth, Dave 973-580-5377 (C,SPK,F2F,PPE)** [T]

**7:00 PM - 8:00 PM** - **Second Chance** Great Bridge United Methodist Church, 201 Stadium Drive, **Chesapeake, Louie L 757-560-8172 Lisa S 757-324-8533 (O,DISC,STEP,TW)** corner of South Battlefield Blvd and Stadium Dr [T]

**7:00 PM - 8:00 PM** - **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]

**8:00 PM - 9:00 PM** - **Choose Life** St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., **Virginia Beach, Ted L 757-717-2669 Kristen H 757-837-1285 (O,F2F,PPE)** [B]

**8:00 PM - 9:00 PM** - **Junks & Drunks** Ocean View Christian Reformed Church, 1241 Hillside Ave, **Norfolk, Ed S 757-435-9526 (O,STEP,F2F)** [T]

**9:00 PM - 10:15 PM** - **Cloud 9 , Williamsburg, (O,VM) Zoom ID: 485 894 793 Password: 010978** [P]

**10:30 PM - 11:30 PM** - **End of the Night** Old Donation Episcopal Church, 4449 N Witchduck Rd, **Virginia Beach, Ian S 757-334-3070 (O,DISC)** No Smoking on Church Campus [T]

**FRIDAY**

**9:30 AM - 11:00 AM** - **Morning Meditation** EZ Does It Service Center, 1153 Harmony Road, **Norfolk, (O,WC & )** Off N. Military Hwy. & Raby Rd [T]

**9:30 AM - 11:00 AM** - **Morning Meditation Literature , Norfolk, (O,VAR,VM,LIT)** Zoom Passcode 1153 **Zoom ID 9712219430 Passcode 1153** [T]

**12:00 PM - 1:30 PM** - **A Meeting at Lunch** First Presbyterian Church, 514 S Armistead Ave, **Hampton, Allen M 941-564-5882 Eugene 757-358-1709 (O,F2F)** Rear door leftside of church [P]

**12:00 PM - 1:30 PM** - **Check up From the Neck Up , Hampton, (O,VM) Zoom ID: 433 872 046 P.W. cunu320** [P]

**12:00 PM - 1:30 PM** - **High Noon** Recovery Baptist Church, 303 Blair Ave, **Newport News, Teresa F (757) 269-1707 Mildred D (757) 236-9021 (BT,IW,CPT,F2F,LIT)** Meets M-F and 2nd & 4th Saturdays [P]

**12:00 PM - 1:00 PM** - **The Continuing Quest** First Lutheran Church, 1301 Colley Ave, **Norfolk, Dave E 757-663-2723 (O,DISC,SPK,SWG)** [T]

**12:00 PM - 1:00 PM** - **Write Now** Providence Presbyterian Church, 5497 Providence Rd, **Virginia Beach, Writing during meeting, Fred R 757-695-6500 (C,JFT,SWG,ME,WR)** [T]

**6:00 PM - 7:30 PM** - **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 - 8:30 PM** - **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 MASKS MANDATORY (O,DISC,IP,STEP,TW,PPE)** [T]

**7:00 PM - 8:30 PM** - **Keep Coming Back** Newport News Community Center, 605 South Avenue, **Newport News, Michelle E 757-751-2528 (O,WC & )** [P]

**7:00 PM - 8:00 PM** - **Thank God I'm Free (T.G.I.F.) , Courtland, Mike R 757-871-4209 (O,VM)** **Zoom ID: 2105253669 Password: OLANA** [O]

**7:30 PM - 8:30 PM** - **Better Days** Church Of Saint Therese, 4137 Portsmouth Blvd, **Chesapeake, 1st-Ab, Liz S 757-681-0711 (O,CAN,DISC,AB,F2F,PPE)** Masks required [T]

**7:30 PM - 8:30 PM** - **Good Orderly Direction** , 10 Matoaka Ln, **Newport News, Jeff H. 757-630-3806 (O,F2F)** [P]

**7:30 PM - 8:30 PM** - **Running On Faith** Carrollton Church of God, 16144 Carrollton Boulevard, **Carrollton, Tim A. 757-434-7178 Ken H. 757-535-5151 (O)** STATUS NOT VERIFIED [P]

**8:00 PM - 9:00 PM** - **Kempville Crossroads** Providence Presbyterian Church, 5497 Providence Road, **Virginia Beach, Mark N 757-478-1839 (O,DISC,TRAD,WC & ,F2F,PPE,CTR,TEMP)** Face to face, masks required [B]

**8:00 PM - 9:00 PM** - **Miracle On 9th Bay** East Ocean View Baptist Church, 9609 9th Bay St, **Norfolk, Nesbit 757-620-8804 (O,SPK,STEP,F2F)** [T]

**8:00 PM - 9:00 PM** - **Wave of Recovery** Bayside Presbyterian, 1400 Ewell Rd, **Virginia Beach, Kenny F (757)-752-8076 (O,DISC,F2F)** [B]

**8:30 PM - 9:30 PM** - **HOW Group** Good Shepherd Lutheran Church, 1489 Laskin Road, **Virginia Beach, Lance G 757-692-7864 (C,DISC,F2F)** \*\* Start time changing to 7:30pm starting on June 10, 2022 \*\* [B]

**9:00 PM - 10:15 PM** - **Cloud 9 , Williamsburg, (O,VM) Zoom ID: 485 894 793 Password: 010978** [P]

**SATURDAY**

**9:30 AM - 11:00 AM** - **Morning Meditation** EZ Does It Service Center, 1153 Harmony Road, **Norfolk, (O,DISC,VAR,WC & ,F2F)** Off N. Military Hwy. & Raby Rd [T]

**9:30 AM - 11:00 AM** - **Morning Meditation Literature , Norfolk, (O,VAR,VM,LIT)** Zoom Passcode 1153 **Zoom ID 9712219430 Passcode 1153** [T]

**SATURDAY (CONT)**

**10:00 AM - 11:00 AM** - **Fresh Start** Christ Presbyterian, 709 Aragona Blvd., **Virginia Beach, Madison B 757-506-6986 Jen C 757-354-8383 (O,F2F)** [B]

**10:00 AM - 11:30 AM** - **No More Excuses** Warwick United Church of Christ, 10 Matoaka Lane, **Newport News, William K. 757-768-0886 (O,WC & )** [P]

**10:00 AM - 11:00 AM** - **Saturday Morning NA** , , **Norma J 757-254-8024 Thayne 757-603-2131 (SPK,VM)** **Zoom ID: 89062086855 PW: 929798** [P]

**11:00 AM - 12:00 PM** - **Mid-Morning Hope Shot** Apostles Lutheran Church, 370 Johnstown Rd, **Chesapeake, Justin K-757-773-4403 Chris D-757-377-9236 (O,DISC,WC & ,F2F)** [T]

**12:00 PM - 1:00 PM** - **Basic Math 12 & 12** First Baptist Church, 418 E Bute Street, **Norfolk, Carlton D 757-515-3331 (O,SPK,STEP,TRAD,TC,VM)** **Zoom id: 8946023664 Passcode: 382146** [T]

**12:00 PM - 1:30 PM** - **High Noon** Recovery Baptist Church, 303 Blair Ave, **Newport News, Teresa F (757) 269-1707 Mildred D (757) 236-9021 (BT,IW,CPT,F2F,LIT)** Meets M-F and 2nd & 4th Saturdays [P]

**12:00 PM - 1:30 PM** - **Women & Men In Recovery** Trinity United Methodist Church - STATUS NOT VERIFIED, 228 29th St, **Newport News, Earl L. 612-805-6425 (O)** 29th & Huntington Ave [P]

**5:00 PM - 6:00 PM** - **When at the End of the Road** St Francis Episcopal Church, 509 S Rosemont Road, **Virginia Beach, Romaine P 757-513-9004 Rob C 757-334-7718 (O,DISC,F2F)** [B]

**5:30 PM - 7:00 PM** - **Back to Life** First Lutheran Church, 1301 Colley Ave, **Norfolk, (O,BT,DISC,SPK,TRAD,PPE)** [T]

**5:30 PM - 7:00 PM** - **Saturday Night Live** , , **(O,VM) Zoom ID: 296 499 3362 Password: satlive530** [P]

**6:00 PM - 7:30 PM** - **Saturday Night Alternative** First Presbyterian Church, 514 S. Armistead Avenue, **Hampton, (O,WC & )** [P]

**6:00 PM - 7:00 PM** - **Saturday Night Men's Meeting** Good Shepherd Lutheran Church, 1489 Laskin Road, **Virginia Beach, Jamie T 757-803-7986, Lance G 757-692-7864 (C,DISC,F2F)** [B]

**7:00 PM - 8:00 PM** - **Back to Basics** Portsmouth Church of Christ, 5900 Portsmouth Blvd, **Portsmouth, Ty H 757-235-3175 (O,BT,DISC,F2F)** [T]

**7:00 PM - 8:00 PM** - **Saturday Night Live** St. Nicholas Fellowship Hall, 621 First Colonial Road, **Virginia Beach, Ted L 757-717-2669 (O,F2F)** [B]

**7:30 PM - 8:45 PM** - **Never Alone** Hillton Christian Church, 100 James River Drive, **Newport News, Butch L. 757-320-3221 (O,WC & )** [P]

**8:00 PM - 9:00 PM** - **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 - 9:00 PM** - **Surrender to Live** Ocean View Christian Reformed Church, 1241 Hillside Ave, **Norfolk, Fred R 757-695-6500 (O,BT,DISC,WC & )** Masks are mandatory [T]

**9:00 PM - 10:15 PM** - **Cloud 9 , Williamsburg, (O,VM) Zoom ID: 485 894 793 Password: 010978** [P]

**9:30 PM - 11:00 PM** - **The Point of Freedom** Freemason Street Baptist Church, 400 E Freemason St, **Norfolk, 866-972-5055 (O,WC & ,F2F)** Masks required [T]

**PHONE NUMBERS**

**HAMPTON ROADS METRO  
Narcotics Anonymous MEETING LIST**



**MAY 2022**

**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
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