

SUNDAY	
<b>9:00 AM</b> 60 Min	<b>Hope Ignited</b> Virginia Beach Recovery Club, 1900 Baltic Avenue, <b>Virginia Beach</b> , <i>David D 757-971-8753</i> <b>**Old start time as of 5/4/2025**</b> ( <b>O,DISC,WC</b> & ) [B]
<b>9:30 AM</b> 90 Min	<b>Surrender To Live</b> , 329 Main St, <b>Newport News</b> , <i>Dee 757-503-0739 Rodney F 757-503-5281</i> ( <b>O,WC</b> & ) [P]
<b>10:00 AM</b> 60 Min	<b>NA-meless</b> Scout Cabin, 3605 Winchester Dr, <b>Portsmouth</b> , <i>Thomas K 757-393-2009 Chris L 757-975-1936</i> ( <b>O,DISC</b> ) [T]
<b>11:00 AM</b> 90 Min	<b>We Need A Meeting</b> , 4700 George Washington Hwy, <b>Portsmouth</b> , <i>Donna JE 757-535-5895</i> ( <b>O,DISC,VAR,WC</b> & ) Next door to Waffle House. PLEASE WEAR A MASK [T]
<b>1:00 PM</b> 60 Min	<b>Living Clean</b> A Place To Meet, 7055 Linda Circle, <b>Hayes</b> , <i>Paul S. 757-293-9446</i> ( <b>O,WC</b> & , <b>LIT</b> ) Study meeting from the Living Clean book [P]
<b>2:00 PM</b> 60 Min	<b>The No Matter What Club</b> St Francis Episcopal Church, 509 S Rosemont Rd, <b>Virginia Beach</b> , <i>Trish F 757-985-0948</i> ( <b>O</b> ) [B]
<b>3:00 PM</b> 60 Min	<b>Wecovery</b> Great Bridge United Methodist Church, 201 Stadium Drive, <b>Chesapeake</b> , <i>Jade 757-560-6285 Mike S 757-230-8854</i> ( <b>O,VAR</b> ) [T]
<b>6:00 PM</b> 90 Min	<b>It's About Time</b> Norfolk United Methodist Church, 1112 Norview Avenue, <b>Norfolk</b> , <i>Jay J 757-227-8025 Charles M 757-735-8511</i> ( <b>O,SPK,WC</b> & ) [T]
<b>6:00 PM</b> 90 Min	<b>Refuge Recovery</b> , 504 N Main Street, <b>Kilmarnock</b> , <i>Dwight 804 577 3525 Rhonda W 804 654 9442 Delano 804 238 8167</i> ( <b>DISC,ENG,LIT</b> ) [P]
<b>6:00 PM</b> 60 Min	<b>Sunday Sanity</b> VB Psych Center, 1100 First Colonial Rd, <b>Virginia Beach</b> , <i>Shelly G 757-748-5364, Pat O 757-633-2820</i> ( <b>O,BT,DISC,IP</b> ) In Cafeteria [B]
<b>7:00 PM</b> 90 Min	<b>A Gift Called Life</b> Warwick United Church of Christ, 10 Matoaka Lane, <b>Newport News</b> , <i>Nadine 757-751-4680 David H 757-214-2770</i> ( <b>O,WC</b> & ) [P]
<b>7:00 PM</b> 90 Min	<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</i> ( <b>O,DISC,SPK,TOP</b> ) [T]
<b>7:00 PM</b> 60 Min	<b>Over &amp; Beyond</b> St. Philip's Chapel, 201 S McMorrine St, <b>Elizabeth City</b> , <i>Michael S 757-359-8841</i> ( <b>O,LIT</b> ) West side of Street [T]
<b>7:00 PM</b> 60 Min	<b>Recovery Group</b> Wesley United Methodist Church, 2510 N Armistead Ave, <b>Hampton</b> , <i>William S 757-236-6170 Dave R 757-218-2595</i> ( <b>O</b> ) [P]
<b>8:00 PM</b> 60 Min	<b>Mixed Group</b> First Lutheran Church, 1301 Colley Ave, <b>Norfolk</b> , <i>Mike J 757-409-1676</i> ( <b>O,DISC</b> ) [T]
<b>9:00 PM</b> 75 Min	<b>Cloud 9</b> , <b>Williamsburg</b> , <i>Aerock P 757-434-3468 Suddy 336-707-5900</i> ( <b>O,VM</b> ) Zoom ID: 485 894 793 Password: 010978 [P]

MONDAY	
<b>9:30 AM</b> 90 Min	<b>Morning Meditation</b> EZ Does It Service Center, 1153 Harmony Rd, <b>Norfolk</b> , ( <b>O,WC</b> & ) [T]
<b>9:30 AM</b> 90 Min	<b>Morning Meditation Literature</b> , <b>Norfolk</b> , ( <b>O,VAR,VM,LIT</b> ) Zoom ID 9712219430 Passcode 1153 [T]
<b>10:00 AM</b> 90 Min	<b>Get Back Up</b> West End Baptist Church, 2413 Shell Rd, <b>Hampton</b> , <i>Michelle C. 757-759-1317</i> ( <b>IP,JFT</b> ) Side Rear Entrance [P]
<b>NOON</b> 90 Min	<b>A Meeting at Lunch</b> First Presbyterian Church, 514 S Armistead Ave, <b>Hampton</b> , <i>Eugene 757-358-1709 Bryan 267-939-6415</i> ( <b>O,VAR,WC</b> & ) Rear door leftside of church [P]
<b>NOON</b> 90 Min	<b>Check up From the Neck Up</b> , <b>Hampton</b> , <i>Hanifah 571-546-4684</i> ( <b>O,VM</b> ) Zoom ID: 433 872 046 P.W. cunu320 [P]
<b>NOON</b> 60 Min	<b>Keep Coming Back</b> New First Baptist Church of Taylorsville, 2720 Turnpike Road, <b>Portsmouth</b> , <i>Francis P 757-679-1151 Judice P 757-228-8678</i> ( <b>O,DISC,VAR</b> ) [T]
<b>NOON</b> 60 Min	<b>More Will be Revealed</b> Serenity House, 300 Pearl Street, <b>Elizabeth City</b> , <i>Michael S 757-359-8841</i> ( <b>O,DISC</b> ) [T]

MONDAY (CONT)	
<b>2:00 PM</b> 90 Min	<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</i> ( <b>O,BT,IW,CPT,LIT</b> ) Meets M-F, 2nd & 4th Sats [P]
<b>3:00 PM</b> 75 Min	<b>Change I Must Or Die I Will</b> Empowered Believers Church, 2088 Nickerson Blvd, <b>Hampton</b> , <i>Renee 215-370-2186 Lawrence W 718-594-2998</i> ( <b>O,VAR</b> ) [P]
<b>6:00 PM</b> 60 Min	<b>Monday Meditation</b> Community United Methodist Church, 1072 Old Kempsville Rd, <b>Virginia Beach</b> , <i>Jon B 757-635-4318</i> ( <b>C,ME</b> ) Enter at Burlington Rd side before 6:10pm [B]
<b>6:30 PM</b> 90 Min	<b>New Attitude</b> Trinity United Methodist Church, 228 29th St, <b>Newport News</b> , <i>Rose F. 757-593-0104 Debbie S. 757-310-2914</i> ( <b>O,WC</b> & ) [P]
<b>7:00 PM</b> 60 Min	<b>Clean &amp; Serene</b> Riverside United Methodist Church, 1400 Edgewood Drive, <b>Elizabeth City</b> , <i>John J 252-377-2405 Jason G 252-312-5318</i> ( <b>O,BT,DISC</b> ) [T]
<b>7:00 PM</b> 60 Min	<b>Gates County NA</b> Upper Room Assembly, 807 Main St, <b>Gatesville</b> , <i>Tom M 757-969-8664</i> ( <b>O,DISC</b> ) [O]
<b>7:00 PM</b> 90 Min	<b>Monday Night Candlelight</b> Haygood United Methodist Church, 4713 Haygood Rd, <b>Virginia Beach</b> , <i>Thomas M 757-637-5539</i> ( <b>O,BT,CAN,WC</b> & ) [T]
<b>7:00 PM</b> 75 Min	<b>New Beginnings</b> Churchland Baptist Church, 3031 Churchland Blvd, <b>Chesapeake</b> , <i>Badrunnisa K 443-847-4738 Coy D 757-981-5090</i> ( <b>O,WC</b> & , <b>LC</b> ) [T]
<b>7:00 PM</b> 60 Min	<b>Running on Faith</b> Carrollton Holiness Church, 16144 Carrollton Blvd, <b>Carrollton</b> , <i>Derek L 802-922-0119</i> ( <b>O</b> ) [O]
<b>7:30 PM</b> 60 Min	<b>Freedom to Live</b> Liberty Christian Fellowship, 244 Williams Dr, <b>Kill Devil Hills</b> , <i>Lauren M 252-722-5774</i> ( <b>O</b> ) [B]
<b>7:30 PM</b> 60 Min	<b>Here and Now</b> St Mark's United Methodist Church, 99 E. Mercury Blvd., <b>Hampton</b> , <i>Allen M 941-564-5882</i> ( <b>O,BT,DISC,VAR,TOP,LIT</b> ) [P]
<b>7:30 PM</b> 60 Min	<b>Living The Program</b> Water's Edge Church of God, 4141 Holland Road, <b>Virginia Beach</b> , <i>Frank G 757-933-0999 Rebekah D 203-444-1845</i> ( <b>O,BT,DISC,PH</b> ) [B]
<b>8:00 PM</b> 60 Min	<b>Recovery on the Hill</b> Ocean View Christian Reformed Church, 1241 Hillside Avenue, <b>Norfolk</b> , <i>Fred R 757-695-6500</i> ( <b>O,BT,CAN,IP,SPK,WC</b> & ) [T]
<b>8:30 PM</b> 60 Min	<b>Who Is An Addict?</b> Triangle Stepping Stones, 3279 Lake Powell Rd, <b>Williamsburg</b> , <i>Michele C 757-707-7750</i> ( <b>O</b> ) [P]
<b>9:00 PM</b> 75 Min	<b>Cloud 9</b> , <b>Williamsburg</b> , <i>Aerock P 757-434-3468 Suddy 336-707-5900</i> ( <b>O,VM</b> ) Zoom ID: 485 894 793 Password: 010978 [P]
<b>10:30 PM</b> 60 Min	<b>End of the Night</b> Old Donation Episcopal Church, 4449 N Witchduck Rd, <b>Virginia Beach</b> , <i>Melinda J 757-401-3395</i> ( <b>O,DISC,LIT</b> ) No Smoking on Church Campus [T]

TUESDAY	
<b>9:30 AM</b> 90 Min	<b>Morning Meditation</b> EZ Does It Service Center, 1153 Harmony Road, <b>Norfolk</b> , ( <b>O,DISC,VAR,WC</b> & ) Off N. Military Hwy. & Raby Rd [T]
<b>9:30 AM</b> 90 Min	<b>Morning Meditation Literature</b> , <b>Norfolk</b> , ( <b>O,VAR,VM,LIT</b> ) Zoom ID 9712219430 Passcode 1153 [T]
<b>NOON</b> 90 Min	<b>A Meeting at Lunch</b> First Presbyterian Church, 514 S Armistead Ave, <b>Hampton</b> , <i>Eugene 757-358-1709 Bryan 267-939-6415</i> ( <b>O</b> ) Rear door leftside of church [P]
<b>NOON</b> 90 Min	<b>Check up From the Neck Up</b> , <b>Hampton</b> , <i>Hanifah 571-546-4684</i> ( <b>O,VM</b> ) Zoom ID: 433 872 046 P.W. cunu320 [P]
<b>NOON</b> 60 Min	<b>The Emergency Unit</b> Portsmouth UCC, 5900 Portsmouth Blvd, <b>Portsmouth</b> , <i>Johunny D 757-287-4430</i> ( <b>O,BT,DISC,F2F</b> ) [T]
<b>2:00 PM</b> 90 Min	<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</i> ( <b>O,BT,IW,CPT,LIT</b> ) [P]
<b>5:30 PM</b> 90 Min	<b>Mensrap</b> Norview United Methodist Church, 1112 Norview Avenue, <b>Norfolk</b> , <i>Joseph L 757-560-4023</i> ( <b>O,M</b> ) [T]

TUESDAY (CONT)	
<b>5:30 PM</b> 60 Min	<b>Serenity Group</b> , <i>Renee C. 757-637-8230</i> ( <b>O,VM</b> ) Zoom ID: 246 809 1909 Password: serenity [P]
<b>6:30 PM</b> 60 Min	<b>Life &amp; Hopeline</b> St Paul's Episcopal Church, 213 N Main St, <b>Suffolk</b> , <i>Charles A 757-351-5855</i> ( <b>O</b> ) [T]
<b>7:00 PM</b> 60 Min	<b>A New Way of Life</b> A Place To Meet, 7055 Linda Circle, <b>Hayes</b> , <i>Paul S 757-293-9446 Janet P 804-466-1515</i> ( <b>O,JFT,WC</b> & ) [P]
<b>7:00 PM</b> 60 Min	<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</i> ( <b>O</b> ) [P]
<b>7:00 PM</b> 60 Min	<b>Earthbound Group</b> Emmanuel Episcopal Church, 400 N High Street, <b>Franklin</b> , <i>Stephen B 757-613-5531</i> ( <b>O,DISC</b> ) Meeting is in the back, in basement. [O]
<b>7:00 PM</b> 60 Min	<b>Let It Be</b> Ocean View Christian Reformed Church, 1241 Hillside Ave, <b>Norfolk</b> , <i>Jessica H 757-822-4559</i> ( <b>O,DISC,LIT</b> ) [T]
<b>7:00 PM</b> 60 Min	<b>New Genesis</b> Wesley United Methodist Church, 2510 N Armistead Avenue, <b>Hampton</b> , <i>Kayla E. 757-771-7493 Dylan B. 757-871-0958</i> ( <b>O,SPK,STEP,LIT</b> ) [P]
<b>7:00 PM</b> 60 Min	<b>Over &amp; Beyond</b> St. Philip's Chapel, 201 S McMorrine St, <b>Elizabeth City</b> , <i>Michael S 757-359-8841</i> ( <b>O,VAR</b> ) [T]
<b>7:00 PM</b> 60 Min	<b>Stick &amp; Stay</b> Colington Methodist Church, 1949 Colington Rd, <b>Kill Devil Hills</b> , <i>Gene S 252-267-2823</i> ( <b>O,DISC,WC</b> & ) [B]
<b>7:00 PM</b> 105 Min	<b>We Can Change</b> Wesley Grace United Methodist Church, 288 E Little Creek Rd, <b>Norfolk</b> , <i>Leo C 757-285-2007</i> ( <b>O,BEG,BT,DISC,IW,VAR,SPK,AB,LIT</b> ) [T]
<b>7:30 PM</b> 60 Min	<b>Awesome Life</b> Great Bridge United Methodist Church, 201 Stadium Drive, <b>Chesapeake</b> , <i>Carrie L 757-560-8177</i> ( <b>O,CAN,DISC,IP</b> ) [T]
<b>7:30 PM</b> 60 Min	<b>There's A Light</b> Ocean Lakes Church of Christ, 1200 Dam Neck Road, <b>Virginia Beach</b> , <i>Geoff L 757-641-3159</i> ( <b>O,DISC</b> ) [B]
<b>8:00 PM</b> 90 Min	<b>A Gift Called Life</b> Portsmouth UCC, 5900 Portsmouth Blvd, <b>Portsmouth</b> , <i>Brian L 757-619-7375, Sean H 757-438-1688</i> ( <b>O,BT</b> ) [T]
<b>8:00 PM</b> 60 Min	<b>Enjoying the Journey</b> Water's Edge Church of God, 4141 Holland Road, <b>Virginia Beach</b> , <i>Billy B 757-681-4341</i> ( <b>O,DISC,SPK,STEP,TOP</b> ) [B]
<b>8:15 PM</b> 60 Min	<b>Let's Recover Together</b> Hampton Christian Church, 151 East Mercury Boulevard, <b>Hampton</b> , <i>Tim E. 757-725-4636 Sissy O. 661-345-3206</i> ( <b>O</b> ) [P]
<b>9:00 PM</b> 75 Min	<b>Cloud 9</b> , <b>Williamsburg</b> , <i>Aerock P 757-434-3468 Suddy 336-707-5900</i> ( <b>O,VM</b> ) Zoom ID: 485 894 793 Password: 010978 [P]
<b>10:30 PM</b> 60 Min	<b>End of the Night</b> Old Donation Episcopal Church, 4449 N Witchduck Rd, <b>Virginia Beach</b> , <i>Melinda J 757-401-3395</i> ( <b>O,DISC,LIT</b> ) No Smoking on Church Campus [T]

WEDNESDAY	
<b>9:30 AM</b> 90 Min	<b>Morning Meditation</b> EZ Does It Service Center, 1153 Harmony Road, <b>Norfolk</b> , ( <b>O,WC</b> & ) Off N. Military Hwy. & Raby Rd [T]
<b>9:30 AM</b> 90 Min	<b>Morning Meditation Literature</b> , <b>Norfolk</b> , ( <b>O,VAR,VM,LIT</b> ) Zoom ID 9712219430 Passcode 1153 [T]
<b>NOON</b> 90 Min	<b>A Meeting at Lunch</b> First Presbyterian Church, 514 S Armistead Ave, <b>Hampton</b> , <i>Eugene 757-358-1709 Bryan 267-939-6415</i> ( <b>O</b> ) Rear door leftside of church [P]
<b>NOON</b> 90 Min	<b>Check up From the Neck Up</b> , <b>Hampton</b> , <i>Hanifah 571-546-4684</i> ( <b>O,VM</b> ) Zoom ID: 433 872 046 P.W. cunu320 [P]
<b>NOON</b> 60 Min	<b>Visible Changes</b> Emmanuel Episcopal Church, 5181 Singleton Way, <b>Virginia Beach</b> , <i>Perry C 757-752-2070</i> ( <b>O,DISC</b> ) [B]
<b>2:00 PM</b> 90 Min	<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</i> ( <b>O,BT,IW,CPT,LIT</b> ) [P]

WEDNESDAY (CONT)	
<b>5:30 PM</b> 90 Min	<b>Just For Today</b> First Lutheran Church, 1301 Colley Ave, <b>Norfolk</b> , <i>Bill A 757-647-7707</i> ( <b>O,DISC,IP,SPK,STEP,TOP</b> ) [T]
<b>5:30 PM</b> 60 Min	<b>Midweek Peak</b> Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd, <b>Virginia Beach</b> , <i>Jon B 757-635-4318 Lori W 757-309-9631</i> ( <b>O,DISC,WC</b> & ) [B]
<b>6:00 PM</b> 60 Min	<b>The Group</b> All Saints Episcopal Church, 1969 Woodside Ln, <b>Virginia Beach</b> , <i>Palmer R 757-537-9658</i> ( <b>O,STEP</b> ) 10th Step meeting in Pinder Hall [B]
<b>6:30 PM</b> 60 Min	<b>Serenity In The Sand</b> ( <b>Seasonal May-Sept Only</b> ) Community Beach Park - Leftmost Beach area, 700 E Ocean View, <b>Norfolk</b> , <i>Nadia H 757-285-5867</i> ( <b>O,DISC,VAR</b> ) On the Beach, Bring a chair or blanket! [T]
<b>7:00 PM</b> 60 Min	<b>Bright New Life</b> Franklin Baptist Church, 208 N High Street, <b>Franklin</b> , <i>DeWayne L 757-641-8022</i> ( <b>O,STEP</b> ) [O]
<b>7:00 PM</b> 90 Min	<b>End Of The Road</b> , 1707 Jefferson Avenue, <b>Newport News</b> , <i>Glen N. 757-272-5790 Ernest W. 757-367-2476</i> ( <b>O,WC</b> & ) [P]
<b>7:00 PM</b> 90 Min	<b>Hope</b> , 10 Matoaka Ln., <b>Newport News</b> , <i>Will D. 757-768-7954</i> ( <b>O</b> ) [P]
<b>7:00 PM</b> 60 Min	<b>Hugs Not Drugs</b> Community Presbyterian, 400 Fox Hill Road, <b>Hampton</b> , <i>Sarah 757-727-3582</i> ( <b>O,DISC</b> ) Fox Hill & Woodland Roads [P]
<b>7:00 PM</b> 60 Min	<b>Surrender and Recovery</b> Portsmouth UCC, 5900 Portsmouth Blvd, <b>Portsmouth</b> , <i>Edwin P 757-839-7806</i> ( <b>O,BT</b> ) [T]
<b>7:00 PM</b> 60 Min	<b>Who Is An Addict?</b> Triangle Stepping Stones, 3279 Lake Powell Rd, <b>Williamsburg</b> , <i>Michele C 757-707-7750</i> ( <b>O</b> ) [P]
<b>7:15 PM</b> 75 Min	<b>Straight Ahead</b> Christ Presbyterian Church, 709 Aragona Blvd, <b>Virginia Beach</b> , <i>Chris P 757-535-7227</i> ( <b>O,DISC,STEP</b> ) [T]
<b>7:30 PM</b> 90 Min	<b>Life &amp; Hopeline</b> Suffolk Christian Church, 216 North Main St., <b>Suffolk</b> , <i>Robert B 757-738-6253</i> ( <b>O,WC</b> & ) by courthouse [T]
<b>7:30 PM</b> 60 Min	<b>Miracles Happen</b> St. Andrews by the Sea, 4212 S Virginia Dare Trail, <b>Nags Head</b> , <i>Scott D 252-267-0060</i> ( <b>O,DISC,STEP,TH</b> ) Mile Post 13 [B]
<b>8:00 PM</b> 60 Min	<b>Better by the Bay</b> Miles Memorial United Methodist Church, 9450 Granby Street, <b>Norfolk</b> , <i>Ryan D 757-651-5316</i> ( <b>O,BT,DISC,WC</b> & ) [T]
<b>8:00 PM</b> 60 Min	<b>Trusted Servants</b> Red Church, 315 S Rosemont Rd, <b>Virginia Beach</b> , <i>Angel S 757-451-9207</i> ( <b>O,DISC,WC</b> & ) [B]
<b>8:00 PM</b> 60 Min	<b>Where's Lot 14?</b> Sentara Norfolk General Hospital, 600 Gresham Drive, <b>Norfolk</b> , <i>Gary 757-567-4158</i> ( <b>O,DISC</b> ) Brickhouse Auditorium, 2nd floor, Conf Rm 2 [T]
<b>9:00 PM</b> 75 Min	<b>Cloud 9</b> , <b>Williamsburg</b> , <i>Aerock P 757-434-3468 Suddy 336-707-5900</i> ( <b>O,VM</b> ) Zoom ID: 485 894 793 Password: 010978 [P]
<b>9:00 PM</b> 60 Min	<b>Stepping into Recovery</b> Old Donation Episcopal Church, 4449 N Witchduck Road, <b>Virginia Beach</b> , <i>Mary P 757-739-1726</i> ( <b>O,DISC,WC</b> & , <b>LIT</b> ) [T]
<b>10:30 PM</b> 60 Min	<b>End of the Night</b> Old Donation Episcopal Church, 4449 N Witchduck Rd, <b>Virginia Beach</b> , <i>Melinda J 757-401-3395</i> ( <b>O,DISC</b> ) No Smoking on Church Campus [T]

THURSDAY	
<b>9:30 AM</b> 90 Min	<b>Morning Meditation</b> EZ Does It Service Center Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, <b>Norfolk</b> , ( <b>O,DISC,VAR,WC</b> & ) Off N. Military Hwy. & Raby Rd [T]
<b>9:30 AM</b> 90 Min	<b>Morning Meditation Literature</b> , <b>Norfolk</b> , ( <b>O,VAR,VM,LIT</b> ) Zoom ID 9712219430 Passcode 1153 [T]
<b>NOON</b> 90 Min	<b>A Meeting at Lunch</b> First Presbyterian Church, 514 S Armistead Ave, <b>Hampton</b> , <i>Eugene 757-358-1709 Bryan 267-939-6415</i> ( <b>O</b> ) Rear door leftside of church [P]

**THURSDAY (CONT)**

<b>NOON</b> 90 Min	<b>Check up From the Neck Up , Hampton, Hanifah</b> 571-546-4684 <b>(O,VM)</b> Zoom ID: 433 872 046 P.W. cunu320 [P]
<b>NOON</b> 60 Min	<b>Reason To Believe</b> Church Of Saint Therese, 4137 Portsmouth Blvd, <b>Chesapeake, Johnny D 757-287-4430 (O,BT,DISC)</b> Masks Required [T]
<b>2:00 PM</b> 90 Min	<b>High Noon</b> Recovery Baptist Church, 303 Blair Ave, <b>Newport News, Teresa F. 757- 269-1707 Mildred D. 757-236-9021 (O,BT,IW,CPT,LIT)</b> [P]
<b>5:30 PM</b> 90 Min	<b>Surviving Our Emotions</b> Norview United Methodist Church, 1112 Norview Avenue, <b>Norfolk, Takecha J 804-218-7208 (C,W,WC &amp;)</b> [T]
<b>6:30 PM</b> 90 Min	<b>Got to Have It</b> Gethsemane Baptist Church, 1317 E Brambleton Ave, <b>Norfolk, Juanita S 757-685-8848 (O,BT,IP,SPK,STEP,WC &amp;)</b> [T]
<b>6:30 PM</b> 90 Min	<b>Living as Men</b> Recovery Baptist Church, 303 Blair Ave, <b>Newport News, Ernie J. 908-494-2383 (O,M,VAR,WC &amp;,ENG,F2F,BUS)</b> [P]
<b>6:30 PM</b> 60 Min	<b>Still ill</b> VB Psych Center, 1100 First Colonial Rd, <b>Virginia Beach, for those struggling with mental illness in recovery (C,DISC)</b> No access through main entrance. Use door to left of main entrance. [B]
<b>7:00 PM</b> 60 Min	<b>Crossing Rivers</b> Harmony Grove Baptist Church, 7722 General Puller Highway, <b>Locust Hill, Dwight N 8045773525 Delano J 8042388167 Corey W 8046544649 (O,DISC,VAR)</b> [P]
<b>7:00 PM</b> 90 Min	<b>Freebird , Portsmouth, Roland C 757-328-2243 (O,BT,DISC,TRAD,VM)</b> Virtual Only Zoom ID: 83976951119 Password 756802 [T]
<b>7:00 PM</b> 60 Min	<b>Girls Nite Out</b> West Park Church of Christ, 926 Cherokee Rd, <b>Portsmouth, Vickie 757-375-0067 Kat 757-359-3793 (O,W,HY)</b> Zoom ID: 3728344448 PW: girlsgroup [T]
<b>7:00 PM</b> 60 Min	<b>Keep the Fire Burning</b> Bethany United Methodist Church, 1509 Todds Ln, <b>Hampton, Ashli H 757-817-8721 Theo S 757-810-5123 (O,CAN,DISC,SPK)</b> Back of church Wesley Hall [P]
<b>7:00 PM</b> 60 Min	<b>Over &amp; Beyond</b> St. Philip's Chapel, 201 S McMorrine St, <b>Elizabeth City, Michael S 757-359-8841 (O,DISC)</b> [T]
<b>7:00 PM</b> 60 Min	<b>Shattering the Illusion</b> St. Michaels Lutheran Church, 2208 Princess Anne Rd, <b>Virginia Beach, Kristine A 757-202-2702, Ty H 757-235-3175 (O,BT)</b> [B]
<b>7:30 PM</b> 60 Min	<b>Another Chance to Live</b> Benn's United Methodist Church, 14571 Benns Church Blvd, <b>Smithfield, Tom N 757-658-1498 (O)</b> [O]
<b>7:30 PM</b> 60 Min	<b>Second Chance</b> Great Bridge United Methodist Church, 201 Stadium Drive, <b>Chesapeake, Louie L 757-560-8172 (O,DISC,STEP,TW)</b> [T]
<b>7:30 PM</b> 60 Min	<b>The Language of Empathy</b> Nags Head Church, 105 W Soundside Rd, <b>Nags Head, Carly E 336-251-7158 (O,DISC)</b> [B]
<b>8:00 PM</b> 60 Min	<b>Choose Life</b> St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., <b>Virginia Beach, Tony C 757-502-5310 Kristen H 757-837-5132 (O,DISC)</b> [B]
<b>8:00 PM</b> 60 Min	<b>Junks &amp; Drinks</b> Ocean View Christian Reformed Church, 1241 Hillside Ave, <b>Norfolk, Ed S 757-435-9526 (O,STEP)</b> [T]
<b>9:00 PM</b> 75 Min	<b>Cloud 9 , Williamsburg, Aerock P 757-434-3468 Suddy 336-707-5900 (O,VM)</b> Zoom ID: 485 894 793 Password: 010978 [P]
<b>10:30 PM</b> 60 Min	<b>End of the Night</b> Old Donation Episcopal Church, 4449 N Witchduck Rd, <b>Virginia Beach, Melinda J 757-401-3395 (O,DISC)</b> No Smoking on Church Campus [T]

**FRIDAY**

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

**FRIDAY (CONT)**

<b>NOON</b> 90 Min	<b>A Meeting at Lunch</b> First Presbyterian Church, 514 S Armistead Ave, <b>Hampton, Eugene 757-358-1709 Bryan 267-939-6415 (O)</b> Rear door leftside of church [P]
<b>NOON</b> 90 Min	<b>Check up From the Neck Up , Hampton, Hanifah</b> 571-546-4684 <b>(O,VM)</b> Zoom ID: 433 872 046 P.W. cunu320 [P]
<b>NOON</b> 60 Min	<b>The Continuing Quest</b> First Lutheran Church, 1301 Colley Ave, <b>Norfolk, Eddie C 757-816-4986 (O,DISC,SPK,SWG)</b> [T]
<b>NOON</b> 60 Min	<b>Write Now</b> Providence Presbyterian Church, 5497 Providence Rd, <b>Virginia Beach, Writing during meeting, Fred R 757-695-6500 (O,JFT,SWG,ME,WR)</b> [T]
<b>2:00 PM</b> 90 Min	<b>High Noon</b> Recovery Baptist Church, 303 Blair Ave, <b>Newport News, Teresa F. 757- 269-1707 Mildred D. 757-236-9021 (O,BT,IW,CPT,LIT)</b> [P]
<b>7:00 PM</b> 60 Min	<b>12 +12 = Change</b> Sentara Hospital, 100 Sentara Cir, <b>Williamsburg, Thayne F. 757-603-2131 (O,WC &amp;)</b> Meets In the Conference Center [P]
<b>7:00 PM</b> 90 Min	<b>Agape</b> St. Paul's United Methodist Church, 437 Providence Rd, <b>Chesapeake, 1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494 (O,DISC,IP,STEP,TW)</b> [T]
<b>7:00 PM</b> 60 Min	<b>Closer To Home</b> Riverside Walter Reed Hospital, 7519 Hospital Drive, <b>Gloucester, Janet P 804-466-1515 (O,DISC,WC &amp;)</b> [P]
<b>7:00 PM</b> 60 Min	<b>Gates County NA</b> Upper Room Assembly, 807 Main St, <b>Gatesville, Tom M 757-969-8664 (O,DISC)</b> [O]
<b>7:00 PM</b> 90 Min	<b>Keep Coming Back</b> Newport News Community Center, 605 South Avenue, <b>Newport News, Michelle H. 757-751-2528 (O,WC &amp;)</b> [P]
<b>7:30 PM</b> 60 Min	<b>Better Days</b> Church Of Saint Therese, 4137 Portsmouth Blvd, <b>Chesapeake, Joe W 757-536-7337 (O,CAN,DISC,AB)</b> [T]
<b>7:30 PM</b> 60 Min	<b>Good Orderly Direction , 10 Matoaka Ln, Newport News, Jeff H 757-630-3806 Alex C 757-303-6049 (O)</b> [P]
<b>7:30 PM</b> 60 Min	<b>HOW Group</b> Good Shepherd Lutheran Church, 1489 Laskin Road, <b>Virginia Beach, Scott P 304-218-1468 Ann V 757-270-1141 (C,DISC)</b> [B]
<b>7:30 PM</b> 60 Min	<b>Miracles Happen</b> St. Andrews by the Sea, 4212 S Virginia Dare Trail, <b>Nags Head, Scott D 252-267-0060 (O)</b> Mile Post 13 [B]
<b>8:00 PM</b> 60 Min	<b>Kempsville Crossroads</b> Providence Presbyterian Church, 5497 Providence Road, <b>Virginia Beach, Mark N 757-478-1839 (O,DISC,WC &amp;)</b> [B]
<b>8:00 PM</b> 60 Min	<b>The Miracle Continues</b> Azalea Baptist Church, 3314 E Little Creek Rd, <b>Norfolk, Nesbit 757-620-8804 (O,STEP)</b> [T]
<b>8:00 PM</b> 60 Min	<b>Wave of Recovery</b> Bayside Presbyterian, 1400 Ewell Rd, <b>Virginia Beach, Pat C 757-619-1976 Ezra S 757-974-2261 (O,DISC)</b> [B]
<b>9:00 PM</b> 75 Min	<b>Cloud 9 , Williamsburg, Aerock P 757-434-3468 Suddy 336-707-5900 (O,VM)</b> Zoom ID: 485 894 793 Password: 010978 [P]

**SATURDAY**

<b>9:30 AM</b> 90 Min	<b>Morning Meditation</b> EZ Does It Service Center, 1153 Harmony Road, <b>Norfolk, (O,DISC,VAR,WC &amp;)</b> [T]
<b>9:30 AM</b> 90 Min	<b>Morning Meditation Literature , Norfolk, (O,VAR,VM,LIT)</b> Zoom ID 9712219430 Passcode 1153 [T]
<b>10:00 AM</b> 60 Min	<b>Fresh Start</b> Christ Presbyterian Church, 709 Aragona Blvd, <b>Virginia Beach, Madison B 757-506-6986 Sherry R 757-406-9175 (O)</b> [B]
<b>10:00 AM</b> 90 Min	<b>No More Excuses</b> Warwick United Church of Christ, 10 Matoaka Lane, <b>Newport News, William K. 757-768-0886 (O,BT,IP,IW,WC &amp;,LC,SPAD)</b> [P]
<b>10:00 AM</b> 60 Min	<b>The Gift of Hope</b> Churchland Baptist Church, 3031 Churchland Blvd, <b>Chesapeake, Anthony H 757-343-5006 Sandy B 757-737-2176 **Starting 9/14** (O,WC &amp;)</b> [T]

**SATURDAY (CONT)**

<b>NOON</b> 90 Min	<b>Basic Math 12 &amp; 12</b> First Baptist Church, 500 E Bute Street, <b>Norfolk, Carlton D 757-515-3331 (O,SPK,STEP,TRAD)</b> [T]
<b>NOON</b> 60 Min	<b>Bridge to Recovery</b> Bridge Church, 1244 Executive Blvd, <b>Chesapeake, Justin H 804-738-1784 **Starts June 22nd** (O)</b> [T]
<b>2:00 PM</b> 90 Min	<b>High Noon</b> Recovery Baptist Church, 303 Blair Ave, <b>Newport News, Teresa F. 757-269-1707 Mildred D. 757-236-9021 (O,BT,IW,CPT,LIT)</b> 2nd & 4th Saturdays ONLY [P]
<b>3:00 PM</b> 90 Min	<b>Back to Life</b> First Lutheran Church, 1301 Colley Ave, <b>Norfolk, (O,BT,DISC,SPK,TRAD)</b> [T]
<b>5:00 PM</b> 60 Min	<b>When at the End of the Road</b> St Francis Episcopal Church, 509 S Rosemont Road, <b>Virginia Beach, Rob C 757-334-7718 (O,DISC)</b> [B]
<b>6:00 PM</b> 90 Min	<b>Saturday Night Alternative</b> First Presbyterian Church, 514 S Armistead Avenue, <b>Hampton, Shanequa L 757-327-2381 Denise K 757-660-1118 (O,WC &amp;)</b> [P]
<b>6:00 PM</b> 60 Min	<b>Saturday Night Men's Meeting</b> Good Shepherd Lutheran Church, 1489 Laskin Road, <b>Virginia Beach, Jamie T 757-803-7986 (C,DISC)</b> [B]
<b>7:00 PM</b> 60 Min	<b>Back to Basics</b> Portsmouth UCC, 5900 Portsmouth Blvd, <b>Portsmouth, Mike K 757-974-4029 Charlie J 757-620-3895 (O,BT,DISC,IP,SPK)</b> [T]
<b>7:00 PM</b> 90 Min	<b>Life &amp; Hopedine</b> Sentara Obici Hospital, 2800 Godwin Boulevard, <b>Suffolk, Maryann B 609-712-3107 (O,DISC,STEP)</b> [T]
<b>7:00 PM</b> 75 Min	<b>Never Alone</b> Hillton Christian Church, 100 James River Drive, <b>Newport News, Ray D 757-303-4533 (O,WC &amp;)</b> Meets at 7pm as of 2/11/23 [P]
<b>7:00 PM</b> 60 Min	<b>Saturday Night Live</b> St. Nicholas Fellowship Hall, 621 First Colonial Road, <b>Virginia Beach, Ted L 757-717-2669 (O)</b> [B]
<b>8:00 PM</b> 60 Min	<b>Freedom of Choice</b> Church of the Ascension, 4853 Princess Anne Rd, <b>Virginia Beach, James P 757-619-2273 (O,DISC,STEP)</b> [T]
<b>8:00 PM</b> 60 Min	<b>Surrender to Live</b> Ocean View Christian Reformed Church, 1241 Hillside Ave, <b>Norfolk, Fred R 757-695-6500 (O,BT,DISC,WC &amp;)</b> [T]
<b>9:00 PM</b> 75 Min	<b>Cloud 9 , Williamsburg, Aerock P 757-434-3468 Suddy 336-707-5900 (O,VM)</b> Zoom ID: 485 894 793 Password: 010978 [P]
<b>9:30 PM</b> 90 Min	<b>The Point of Freedom</b> Freemason Street Baptist Church, 400 E Freemason St, <b>Norfolk, Tuan N 757-788-4757 (O,STEP,TRAD,WC &amp;,LIT)</b> [T]

**ADDITIONAL**

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

**HAMPTON ROADS METRO  
Narcotics Anonymous MEETING LIST**



**APRIL 2025**

**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	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