

SUNDAY	
9:00 AM 60 Min	<b>Hope Ignited</b> Virginia Beach Recovery Club, 1900 Baltic Avenue, <b>Virginia Beach</b> , <i>David D 757-971-8753 (O,DISC)</i> [B]
9:30 AM 90 Min	<b>Surrender To Live</b> , 329 Main St, <b>Newport News</b> , <i>Dee 757-503-0739 Rodney F 757-503-5281 (O)</i> [P]
10:00 AM 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 (O,DISC)</i> [T]
11:00 AM 90 Min	<b>We Need A Meeting</b> , 4700 George Washington Hwy, <b>Portsmouth</b> , <i>Donna 757-535-5895 (O,VAR)</i> [T]
1:00 PM 60 Min	<b>Living Clean</b> A Place To Meet, 7055 Linda Circle, <b>Hayes</b> , <i>Paul S. 757-293-9446 (O,LIT)</i> Study meeting from the Living Clean book [P]
2:00 PM 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 (O)</i> [B]
3:00 PM 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 (O,VAR)</i> [T]
6:00 PM 90 Min	<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)</i> [T]
6:00 PM 60 Min	<b>Rainbow Serenity</b> Lynnhaven Colony Church Community Center, 2217 W Great Neck Rd, <b>Virginia Beach</b> , <i>Max B 517-896-5694 (O)</i> [T]
6:00 PM 90 Min	<b>Refuge Recovery</b> , 504 N Main Street, <b>Kilmarnock</b> , <i>Dwight 804 577 3525 Delano 804 238 8167 (DISC,ENG,LIT)</i> [P]
6:00 PM 60 Min	<b>Sunday Sanity</b> VB Psych Center, 1100 First Colonial Rd, <b>Virginia Beach</b> , <i>Pat O 757-633-2820 (O,BT,DISC)</i> In Cafeteria [B]
7:00 PM 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 (O)</i> [P]
7:00 PM 60 Min	<b>A Resentment and a Coffee Pot</b> St. Georges Episcopal Church, 15446 Warwick Blvd, <b>Newport News</b> , <i>Yahsh W 757-715-1586 (O,DISC,NS,ENG,NP)</i> [P]
7:00 PM 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 (O,DISC,TOP)</i> [T]
7:00 PM 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 (O,LIT)</i> West side of Street [T]
7:00 PM 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 (O)</i> [P]
8:00 PM 60 Min	<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 90 Min	<b>Cloud 9 , Williamsburg</b> , <i>Aerock P 757-434-3468 Suddy 336-707-5900 (O,VM)</i> Zoom ID: 485 894 793 Password: 010978 [P]
MONDAY	
9:30 AM 90 Min	<b>Morning Meditation</b> EZ Does It Service Center, 1153 Harmony Rd, <b>Norfolk</b> , <b>(O)</b> [T]
9:30 AM 90 Min	<b>Morning Meditation Literature , Norfolk</b> , <b>(O,VAR,VM,LIT)</b> Zoom ID 9712219430 Passcode 1153 [T]
10:00 AM 90 Min	<b>Get Back Up</b> Macedonia Baptist Church, 5500 Marshall Ave, <b>Newport News</b> , <i>Michelle C 757-759-1317</i> [P]
NOON 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 (O,VAR)</i> Leftside rear door [P]
NOON 90 Min	<b>Check up From the Neck Up , Hampton</b> , <i>Hanifah 571-546-4684 (O,VM)</i> Zoom ID: 433 872 046 P.W. cunu320 [P]
NOON 60 Min	<b>The Emergency Unit</b> Portsmouth UCC, 5900 Portsmouth Blvd, <b>Portsmouth</b> , <i>Johnny D 757-287-4430 (O,BT,DISC,F2F)</i> [T]

MONDAY (CONT)	
NOON 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 (O,DISC,VAR)</i> [T]
NOON 60 Min	<b>More Will be Revealed</b> Serenity House, 300 Pearl Street, <b>Elizabeth City</b> , <i>Michael S 757-359-8841 (O,DISC)</i> [T]
2:00 PM 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 (O,BT,CPT,LIT)</i> [P]
5:00 PM 90 Min	<b>Women Recover Too , 3315 W Mercury Blvd, Hampton</b> , <i>Dottie G 267-428-9776 Denise K 757-660-1118 (BT,TRAD,AB)</i> [P]
6:30 PM 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 (O)</i> [P]
7:00 PM 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 (O,BT,DISC)</i> [T]
7:00 PM 90 Min	<b>Monday Night Candlelight</b> Haygood United Methodist Church, 4713 Haygood Rd, <b>Virginia Beach</b> , <i>Earl H 757-998-0104 (O,BT,CAN)</i> [T]
7:00 PM 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 (O,LC)</i> [T]
7:00 PM 60 Min	<b>Running on Faith</b> Carrollton Holiness Church, 16144 Carrollton Blvd, <b>Carrollton</b> , <i>Mike K 757-974-4029 (O)</i> [O]
7:00 PM 60 Min	<b>She Recovers</b> VB Psych Center, 1100 First Colonial Road, <b>VIRGINIA BEACH</b> , <i>Samantha 757-761-8925 (O)</i> [B]
7:30 PM 60 Min	<b>Freedom to Live</b> Liberty Christian Fellowship, 244 Williams Dr, <b>Kill Devil Hills</b> , <i>Lauren M 252-722-5774 (O)</i> [B]
7:30 PM 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 Chaz 757-349-9297 (O,BT,DISC,VAR,TOP,LIT)</i> [P]
7:30 PM 60 Min	<b>Living The Program</b> Sovereign Shores Baptist Church, 4141 Holland Road, <b>Virginia Beach</b> , <i>Kendrick S 757-434-4223; Rebekah D 203-444-1845 (O,BT,DISC)</i> [B]
8:00 PM 60 Min	<b>Recovery on the Hill</b> Reformation Presbyterian Church, 1241 Hillside Ave, <b>Norfolk</b> , <i>Fred R 757-695-6500 (O,BT,CAN)</i> [A]
8:30 PM 60 Min	<b>Who Is An Addict?</b> Triangle Stepping Stones, 3279 Lake Powell Rd, <b>Williamsburg</b> , <b>(O)</b> [P]
9:00 PM 90 Min	<b>Cloud 9 , Williamsburg</b> , <i>Aerock P 757-434-3468 Suddy 336-707-5900 (O,VM)</i> Zoom ID: 485 894 793 Password: 010978 [P]
10:30 PM 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 (O,DISC,LIT)</i> No Smoking on Church Campus [T]

TUESDAY	
9:30 AM 90 Min	<b>Morning Meditation</b> EZ Does It Service Center, 1153 Harmony Road, <b>Norfolk</b> , <b>(O,DISC,VAR)</b> Off N. Military Hwy. & Raby Rd [T]
9:30 AM 90 Min	<b>Morning Meditation Literature , Norfolk</b> , <b>(O,VAR,VM,LIT)</b> Zoom ID 9712219430 Passcode 1153 [T]
NOON 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 (O)</i> Leftside rear door [P]
NOON 90 Min	<b>Check up From the Neck Up , Hampton</b> , <i>Hanifah 571-546-4684 (O,VM)</i> Zoom ID: 433 872 046 P.W. cunu320 [P]
NOON 60 Min	<b>The Emergency Unit</b> Portsmouth UCC, 5900 Portsmouth Blvd, <b>Portsmouth</b> , <i>Johnny D 757-287-4430 (O,BT,DISC,F2F)</i> [T]

TUESDAY (CONT)	
2:00 PM 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 (O,BT,CPT,LIT)</i> [P]
5:30 PM 90 Min	<b>Mensrap</b> Norview United Methodist Church, 1112 Norview Avenue, <b>Norfolk</b> , <i>Gus G 757-574-6891 (O,M)</i> [T]
5:30 PM 60 Min	<b>Serenity Group , Renee C. 757-637-8230 (O,VM)</b> Zoom ID: 246 809 1909 Password: serenity [P]
6:30 PM 60 Min	<b>Life &amp; Hopeline</b> St Paul's Episcopal Church, 213 N Main St, <b>Suffolk</b> , <i>Linwood S 757-742-2614 (O)</i> [T]
7:00 PM 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 (O)</i> [P]
7:00 PM 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 (O)</i> [P]
7:00 PM 60 Min	<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 60 Min	<b>Finding the pieces (NOT OPENED TO BE OPENED) , 691 PRINCESS ANNE ROAD, VIRGINIA BEACH</b> , [B]
7:00 PM 60 Min	<b>Let It Be</b> Reformation Presbyterian Church, 1241 Hillside Ave, <b>Norfolk</b> , <i>Jessica H 757-822-4559 (O,DISC,LIT)</i> [T]
7:00 PM 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 (O,LIT)</i> [P]
7:00 PM 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 (O,VAR)</i> [T]
7:00 PM 60 Min	<b>Stick &amp; Stay</b> Colington Methodist Church, 1949 Colington Rd, <b>Kill Devil Hills</b> , <i>Gene S 252-267-2823 (O,DISC)</i> [B]
7:00 PM 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 (O,DISC)</i> [B]
7:00 PM 60 Min	<b>Tuesday Night ODAT(One Day At A Time) , 15616 Warwick Boulevard, Newport News</b> , <i>Eddie J 757-968-8923 (O,TOP,AB,ENG)</i> [P]
7:00 PM 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 (O,BT,DISC,VAR,AB,LIT)</i> [T]
7:30 PM 60 Min	<b>Awesome Life</b> Great Bridge United Methodist Church, 201 Stadium Drive, <b>Chesapeake</b> , <i>Carrie L 757-560-8177 (O,CAN,DISC)</i> [T]
8:00 PM 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 (O,BT)</i> [T]
8:00 PM 60 Min	<b>Enjoying the Journey</b> Sovereign Shores Baptist Church, 4141 Holland Road, <b>Virginia Beach</b> , <i>Ike 757-348-9806; Neal 757-328-6485 (O,DISC,TOP)</i> [B]
8:15 PM 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 (O)</i> [P]
9:00 PM 90 Min	<b>Cloud 9 , Williamsburg</b> , <i>Aerock P 757-434-3468 Suddy 336-707-5900 (O,VM)</i> Zoom ID: 485 894 793 Password: 010978 [P]
10:30 PM 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 (O,DISC,LIT)</i> No Smoking on Church Campus [T]

WEDNESDAY	
9:30 AM 90 Min	<b>Morning Meditation</b> EZ Does It Service Center, 1153 Harmony Road, <b>Norfolk</b> , <b>(O)</b> Off N. Military Hwy. & Raby Rd [T]
9:30 AM 90 Min	<b>Morning Meditation Literature , Norfolk</b> , <b>(O,VAR,VM,LIT)</b> Zoom ID 9712219430 Passcode 1153 [T]

WEDNESDAY (CONT)	
NOON 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 (O)</i> Leftside rear door [P]
NOON 90 Min	<b>Check up From the Neck Up , Hampton</b> , <i>Hanifah 571-546-4684 (O,VM)</i> Zoom ID: 433 872 046 P.W. cunu320 [P]
NOON 60 Min	<b>Visible Changes</b> Emmanuel Episcopal Church, 5181 Singleton Way, <b>Virginia Beach</b> , <i>Perry C 757-752-2070 (O,DISC)</i> [B]
2:00 PM 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 (O,BT,CPT,LIT)</i> [P]
5:30 PM 90 Min	<b>Just For Today</b> First Lutheran Church, 1301 Colley Ave, <b>Norfolk</b> , <i>Bill A 757-647-7707 (O,DISC)</i> [T]
5:30 PM 60 Min	<b>Midweek Peak</b> Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd, <b>Virginia Beach</b> , <i>Aimee S 757-998-0843; Lori W 757-309-9631 (O,DISC)</i> [B]
6:00 PM 60 Min	<b>The Group</b> All Saints Episcopal Church, 1969 Woodside Ln, <b>Virginia Beach</b> , <i>Palmer R 757-537-9658 (O)</i> 10th Step meeting in Pinder Hall [B]
6:30 PM 60 Min	<b>Serenity In The Sand (Seasonal May-Sept Only)</b> Community Beach Park - Leftmost Beach area, 700 E Ocean View, <b>Norfolk</b> , <i>Nadia H 757-285-5867 (O,DISC,VAR)</i> On the Beach, Bring a chair or blanket! [T]
7:00 PM 60 Min	<b>Bright New Life</b> Franklin Baptist Church, 208 N High Street, <b>Franklin</b> , <i>DeWayne L 757-641-8022 (O)</i> [O]
7:00 PM 90 Min	<b>End Of The Road , 1707 Jefferson Avenue, Newport News</b> , <i>Glen N. 757-272-5790 Ernest W. 757-367-2476 (O)</i> [P]
7:00 PM 90 Min	<b>Hope , 10 Matoaka Ln., Newport News</b> , <i>Will D. 757-768-7954 (O)</i> [P]
7:00 PM 60 Min	<b>Hugs Not Drugs</b> Community Presbyterian, 400 Fox Hill Road, <b>Hampton</b> , <i>Sarah 757-727-3582 (O,DISC,LC)</i> Fox Hill & Woodland Roads [P]
7:00 PM 60 Min	<b>Moment to Moment</b> Tabernacle United Methodist, 831 Poquoson Ave (front door), <b>Poquoson</b> , <i>Gerri M (O,ENG)</i> [P]
7:00 PM 60 Min	<b>Surrender and Recovery</b> Portsmouth UCC, 5900 Portsmouth Blvd, <b>Portsmouth</b> , <i>Edwin P 757-839-7806 (O,BT)</i> [T]
7:00 PM 60 Min	<b>Who Is An Addict?</b> Triangle Stepping Stones, 3279 Lake Powell Rd, <b>Williamsburg</b> , <i>Michele C 757-707-7750 (O)</i> [P]
7:15 PM 75 Min	<b>Straight Ahead</b> Christ Presbyterian Church, 709 Aragona Blvd, <b>Virginia Beach</b> , <i>Chris P 757-535-7227 (O,DISC)</i> [T]
7:30 PM 90 Min	<b>Life &amp; Hopeline</b> Suffolk Christian Church, 216 N Main St, <b>Suffolk</b> , <i>Robert B 757-335-2493 (O)</i> by courthouse [T]
7:30 PM 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 (O,DISC)</i> Mile Post 13 [B]
8:00 PM 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 (O,BT,DISC)</i> [T]
8:00 PM 60 Min	<b>Trusted Servants</b> Red Church, 315 S Rosemont Rd, <b>Virginia Beach</b> , <i>Angel S 757-451-9207 (O,DISC)</i> [B]
8:00 PM 60 Min	<b>Where's Lot 14?</b> Park Place Community Center, 606 W 29th St, <b>Norfolk</b> , <i>Gary 757-567-4158 (O,DISC)</i> [T]
9:00 PM 90 Min	<b>Cloud 9 , Williamsburg</b> , <i>Aerock P 757-434-3468 Suddy 336-707-5900 (O,VM)</i> Zoom ID: 485 894 793 Password: 010978 [P]
9:00 PM 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 (O,DISC,LIT)</i> [T]

## WEDNESDAY (CONT)

**10:30 PM** **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** **Morning Meditation** EZ Does It Service Center Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, **Norfolk**, *(O,DISC,VAR)* Off N. Military Hwy. & Raby Rd [T]

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

**NOON** **A Meeting at Lunch** First Presbyterian Church, 514 S Armistead Ave, **Hampton**, *Eugene 757-358-1709 Bryan 267-939-6415 (O)* Leftside rear door [P]

**NOON** **Check up From the Neck Up , Hampton**, *Hanifah 571-546-4684 (O,VM)* Zoom ID: 433 872 046 P.W. cunu320 [P]

**NOON** **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** **High Noon** Recovery Baptist Church, 303 Blair Ave, **Newport News**, *Teresa F. 757- 269-1707 Mildred D. 757-236-9021 (O,BT,CPT,LIT)* [P]

**6:30 PM** **Got to Have It** Gethsemane Baptist Church, 1317 E Brambleton Ave, **Norfolk**, *Juanita S 757-685-8848 (O,BT)* [T]

**6:30 PM** **Living as Men** Recovery Baptist Church, 303 Blair Ave, **Newport News**, *Ernie J. 908-494-2383 (O,M,VAR,ENG,F2F,BUS)* [P]

**6:30 PM** **Still ill** VB Psych Center, 1100 First Colonial Rd, **Virginia Beach**, *for those struggling with mental illness in recovery (C,DISC)* No access through main entrance. Use door to left of main entrance. [B]

**7:00 PM** **Crossing Rivers** Harmony Grove Baptist Church, 7722 General Puller Highway, **Locust Hill**, *Dwight N 8045773525 Delano J 8042388167 (O,DISC,VAR)* [P]

**7:00 PM** **Freebird** Craddock Baptist Church, 96 Afton Pkwy, **Portsmouth**, *Roland C 757-328-2243 (O,DISC)* [T]

**7:00 PM** **Girls Nite Out** West Park Church of Christ, 926 Cherokee Rd, **Portsmouth**, *Vickie 757-375-0067 Kat 757-359-3793 (O,HY)* Zoom ID: 3728344448 PW: girlsgroup [T]

**7:00 PM** **Keep the Fire Burning** Bethany United Methodist Church, 1509 Todds Ln, **Hampton**, *Ashli H 757-817-8721 (O,CAN,DISC)* Back of church Wesley Hall [P]

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

**7:00 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]

**7:00 PM** **Tradition III** , 4871 Longhill Road, **Williamsburg**, *Kristen B 757-585-9371 (O,ENG)* [P]

**7:30 PM** **Another Chance to Live** Benn's United Methodist Church, 14571 Bennis Church Blvd, **Smithfield**, *Tom N 757-658-1498 (O)* [O]

**7:30 PM** **Second Chance** Great Bridge United Methodist Church, 201 Stadium Drive, **Chesapeake**, *Louie L 757-560-8172 (O,DISC)* [T]

**7:30 PM** **The Language of Empathy** Colington UMC, 1949 Colington Rd, **KILL DEVIL HILLS**, *Carly E 336-251-7158 (O,DISC)* [B]

**8:00 PM** **Choose Life** St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., **Virginia Beach**, *Tony C 757-502-5310 Ben R 757-339-5495 (O,DISC)* [B]

**8:00 PM** **Junks & Drunks** Reformation Presbyterian Church, 1241 Hillside Ave, **Norfolk**, *Ed S 757-435-9526 (O)* [T]

## THURSDAY (CONT)

**9:00 PM** **Cloud 9 , Williamsburg**, *Aerock P 757-434-3468 Suddy 336-707-5900 (O,VM)* Zoom ID: 485 894 793 Password: 010978 [P]

**10:30 PM** **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** **Morning Meditation** EZ Does It Service Center, 1153 Harmony Road, **Norfolk**, *(O)* [T]

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

**NOON** **A Meeting at Lunch** First Presbyterian Church, 514 S Armistead Ave, **Hampton**, *Eugene 757-358-1709 Bryan 267-939-6415 (O)* Leftside rear door [P]

**NOON** **Check up From the Neck Up , Hampton**, *Hanifah 571-546-4684 (O,VM)* Zoom ID: 433 872 046 P.W. cunu320 [P]

**NOON** **The Continuing Quest** First Lutheran Church, 1301 Colley Ave, **Norfolk**, *Eddie C 757-816-4986 (O,DISC)* [T]

**NOON** **Write Now** Providence Presbyterian Church, 5497 Providence Rd, **Virginia Beach**, *Writing during meeting, Fred R 757-695-6500 (O,ME,WR)* [T]

**2:00 PM** **High Noon** Recovery Baptist Church, 303 Blair Ave, **Newport News**, *Teresa F. 757- 269-1707 Mildred D. 757-236-9021 (O,BT,CPT,LIT)* [P]

**7:00 PM** **12+12=Change** Eastern Church, 473 Merrimac Trail, **Williamsburg**, *Thayne F 757-603-2131 (O,ENG)* [P]

**7:00 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 (O,DISC)* [T]

**7:00 PM** **Closer To Home** Riverside Walter Reed Hospital, 7519 Hospital Drive, **Gloucester**, *Janet P 804-466-1515 (O,DISC)* [P]

**7:00 PM** **Keep Coming Back** Newport News Community Center, 605 Hilton Blvd, **Newport News**, *Michelle H. 757-751-2528 (O)* [P]

**7:30 PM** **Better Days** Church Of Saint Therese, 4137 Portsmouth Blvd, **Chesapeake**, *Joe W 757-536-7337 (O,CAN,DISC,AB)* [T]

**7:30 PM** **Good Orderly Direction ,** 10 Matoaka Ln, **Newport News**, *Jeff H 757-630-3806 Alex C 757-303-6049 (O)* [P]

**7:30 PM** **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** **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** **Kempsville Crossroads** Providence Presbyterian Church, 5497 Providence Road, **Virginia Beach**, *\*\*Not meeting 4/17/2026\*\* Mark N 757-478-1839 (O,DISC)* [B]

**8:00 PM** **The Miracle Continues** Azalea Baptist Church, 3314 E Little Creek Rd, **Norfolk**, *Nesbit 757-620-8804 (O)* [T]

**8:00 PM** **Wave of Recovery** Bayside Presbyterian, 1400 Ewell Rd, **Virginia Beach**, *Ryan 773-951-4037 (O,DISC)* [B]

**9:00 PM** **Cloud 9 , Williamsburg**, *Aerock P 757-434-3468 Suddy 336-707-5900 (O,VM)* Zoom ID: 485 894 793 Password: 010978 [P]

**10:30 PM** **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]

## SATURDAY

**9:30 AM** **Morning Meditation** EZ Does It Service Center, 1153 Harmony Road, **Norfolk**, *(O,DISC,VAR)* [T]

## SATURDAY (CONT)

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

**10:00 AM** **Fresh Start** Christ Presbyterian Church, 709 Aragona Blvd, **Virginia Beach**, *Sherry R 757-406-9175 (O)* [B]

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

**NOON** **Basic Math 12 & 12** First Baptist Church, 500 E Bute Street, **Norfolk**, *Carlton D 757-515-3331 (O,TRAD)* [T]

**12:30 PM** **The Gift of Hope** Churchland Baptist Church, 3031 Churchland Blvd, **Chesapeake**, *Anthony H 757-343-5006 (O)* By the cemetery thru the red double doors, upstairs. [T]

**2:00 PM** **High Noon** Recovery Baptist Church, 303 Blair Ave, **Newport News**, *Teresa F. 757-269-1707 Mildred D. 757-236-9021 (O,BT,CPT,LIT)* 2nd & 4th Saturdays ONLY [P]

**3:00 PM** **Back to Life** First Lutheran Church, 1301 Colley Ave, **Norfolk**, *(O,BT,DISC,TRAD)* [T]

**5:00 PM** **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** **Saturday Night Alternative** First Presbyterian Church, 514 S Armistead Avenue, **Hampton**, *Denise K 757 660-1118 (O)* [P]

**7:00 PM** **Back to Basics** Portsmouth UCC, 5900 Portsmouth Blvd, **Portsmouth**, *Charlie J 757-620-3895 (O,BT,DISC)* [T]

**7:00 PM** **Life & Hopeline** Sentara Obici Hospital, 2800 Godwin Boulevard, **Suffolk**, *Robert B 757-335-2493 (O,DISC)* [T]

**7:00 PM** **Never Alone** Hillton Christian Church, 100 James River Drive, **Newport News**, *Ray D 757-303-4533 (O)* Meets at 7pm as of 2/11/23 [P]

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

**8:00 PM** **Freedom of Choice** Church of the Ascension, 4853 Princess Anne Rd, **Virginia Beach**, *James P 757-619-2273 (O,DISC)* [T]

**8:00 PM** **Surrender to Live** Reformation Presbyterian Church, 1241 Hillside Ave, **Norfolk**, *Fred R 757-695-6500 (O,BT,DISC)* [T]

**9:00 PM** **Cloud 9 , Williamsburg**, *Aerock P 757-434-3468 Suddy 336-707-5900 (O,VM)* Zoom ID: 485 894 793 Password: 010978 [P]

**9:30 PM** **The Point of Freedom** Freemason Street Baptist Church, 400 E Freemason St, **Norfolk**, *\*\* Will not meet 4/4/26 and 4/11/26 Contact: Tuan N 757-788-4757 (O,TRAD,LIT)* [T]

Literature Room Open from 12:00 to 1:50PM on day of ASC Meeting. Contact: Teresa D 757-724-3685 (text only) to submit literature orders or for more information.

# HAMPTON ROADS METRO NA Meeting List

Printed April 13, 2026



## REGIONAL HELPLINE: 800-777-1515

TIDEWATER AREA of NARCOTICS ANONYMOUS

**Mailing Address:** TASCNA

P.O. Box 1877 Norfolk, VA 23501

Subcommittees meet in person at 1112 Norview Ave, Norfolk, VA 23513

- **ASC meets on the 2nd Sunday of the month 2:00PM**

- **Special Events meets in-person on the 2nd Sunday at 10:00AM**

- **H & I Subcommittee meets 2nd Sunday of the month at NOON**

- **PR Subcommittee meets 2nd Sunday of the month at 1:00PM**

<https://tidewaterareana.org>

PHONE NUMBERS

## MEETING FORMAT LEGEND

NS	No Smoking	BT	Basic Text
C	Closed	M	Men
O	Open	AB	Ask-It-Basket
ME	Meditation	CAN	Candlelight
DISC	Discussion	VAR	Format Varies
TOP	Topic	TRAD	Tradition
CPT	12 Concepts	F2F	Face 2 Face
VM	Virtual Web Meeting	HY	Hybrid Physical/Virtual
LIT	Literature Study	NP	No Pets
BUS	Public Transportation	ENG	English speaking
LC	Living Clean Study	SPAD	Spiritual Principle A Day Book Study
WR	Writing Meeting		

[B] Beach Area of NA

<https://virginiabeachna.org>

[O] Outer Limits Area of NA

<https://outerlimitsareana.com>

[P] Peninsula Area of NA

<https://peninsulaareana.org>

[T] Tidewater Area of NA

<https://tidewaterareana.org>

**Send updates to:** [mlchanges@tidewaterareana.org](mailto:mlchanges@tidewaterareana.org)