

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;)</i> [P]
10:00 AM - 11:00 AM	<b>Name-less</b> , 3516 Queen St, <b>Portsmouth</b> , <i>(O,DISC)</i> [T]
11:00 AM - 12:30 PM	<b>We Need A Meeting</b> Maryvouth Hospital, 4700 George Washington Hwy, <b>Portsmouth</b> , <i>Donna JE 757-535-5895 (O,DISC,VAR,WC &amp;,HY)</i> Next door to Waffle House. PLEASE WEAR A MASK <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> <b>Meeting ID: 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>Johannie 757-869-4890 Nadine 757-751-4680 (O,WC &amp;)</i> [P]
6:00 PM - 7:30 PM	<b>It's About Time</b> Norwiew 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 - 8:00 PM	<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]
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]
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>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]
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, 2088 Nickerson Blvd, <b>Hampton</b> , <i>Lawrence: 718-594-2998, Jimmy W: 757-256-0843 (O,DISC,JFT,SPK,LIT)</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;)</i> [P]
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;)</i> [T]
7:00 PM - 8:15 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>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 - 8:00 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]
7:00 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]
7:30 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>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]
12:00 PM - 1:30 PM	<b>A Meeting at Lunch</b> First Presbyterian Church, 514 S Armistead Ave, <b>Hampton</b> , <i>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>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 - Leftmost Beach area, 700 E Ocean View, <b>Norfolk</b> , <i>Nadia H 757-285-5867 (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, 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 **The Warriors** AGAPE Foundations, Inc., 3217 Commander Shepard Blvd, **Hampton, Renee D. 757-593-4323 (JFT,WC & )** Entrance and Parking in the Rear [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** Bethany United Methodist Church, 1509 Todds Ln, **Hampton, Allen M 941-564-5882 (Independent of PASCNA) (O,DISC)** Park on West side of church, enter thru West door follow the signs. [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,DISC)** [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]

**THURSDAY (CONT)**

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, 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 & Hopenline** 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 (O,DISC,IP,STEP,TW)** [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 **HOW Group** Good Shepherd Lutheran Church, 1489 Laskin Road, **Virginia Beach, Lance G 757-692-7864 (C,DISC,F2F)** \*\* Start time changed to 7:30pm as of June 10, 2022 \*\* [B]  
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 **Kempsville Crossroads** Providence Presbyterian Church, 5497 Providence Road, **Virginia Beach, Mark N 757-478-1839 (O,DISC,WC & )** [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 Ann V 757-270-1141 (O,DISC,F2F)** [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]

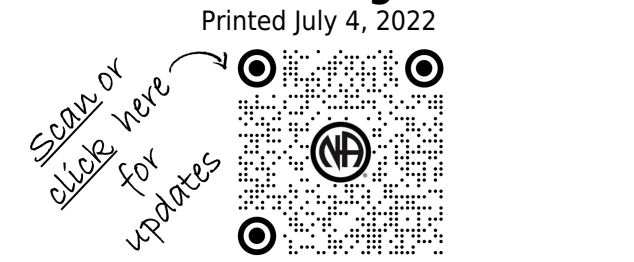
**SATURDAY (CONT)**

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

**ADDITIONAL**

Nightly Midnight Meeting - Contact Teresa D 757-724-3685 (text only) for info.

**HAMPTON ROADS METRO NA Meeting List**



**TIDEWATER AREA HELPLINE 866-972-5055 REGIONAL HELPLINE 800-777-1515**

**TIDEWATER AREA SERVICE OPPORTUNITIES**

**Tidewater Area of Narcotics Anonymous**  
P.O. Box 2833 Norfolk, VA 23501  
- **ASC meets via Zoom on the 2nd Sunday of the month 2:00PM** Zoom ID: 856 2023 6447 Passcode: 757252  
- **H & I Subcommittee meets 2nd Sunday of the month at NOON** Zoom ID: 856 2023 6447 Passcode: 757252  
- **PR Subcommittee meets on the 2nd Saturday at 1:00PM** Zoom Meeting ID: 853 3000 1830 Passcode: PRsub  
**Tidewater Area Convention of Narcotics Anonymous (TACNA)**  
**Executive committee meets the 1st Sunday of month at 3:00PM** Zoom Meeting ID: 86829372577 PW: HOST

**PHONE NUMBERS**

Table with 2 columns: Meeting Name, Phone Number. Includes entries for ASC, H & I Subcommittee, PR Subcommittee, and TACNA.

**MEETING FORMAT LEGEND**

Table with 3 columns: Abbreviation, Meeting Name, Description. Includes abbreviations like AB, BT, CAN, DISC, HY, IW, LIT, O, PPE, SPK, SWG, TOP, TW, VM, WC &.

[B] Beach Area of Narcotics Anonymous https://virginiabeachna.org  
[O] Outer Limits Area of Narcotics Anonymous https://outerlimitsareana.org  
[P] Peninsula Area of Narcotics Anonymous https://peninsulaareana.org  
[T] Tidewater Area of Narcotics Anonymous https://tidewaterareana.org

**Send updates to: mlchanges@tidewaterareana.org**