

SUNDAY	
9:00 AM 60 Min	Hope Ignited Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach , <i>David D 757-971-8753 (O,DISC,WC &)</i> [B]
9:30 AM 90 Min	Surrender To Live , 329 Main St, Newport News , <i>Dee W 757-503-0739 Tony H 757-696-6654 (O,WC &)</i> [P]
10:00 AM 60 Min	NA-meless , 1308 Airline Blvd, Portsmouth , <i>Thomas K 757-393-2009 (O,DISC)</i> [T]
11:00 AM 90 Min	We Need A Meeting , 4700 George Washington Hwy, Portsmouth , <i>Donna JE 757-535-5895 (O,DISC,VAR,WC &)</i> Next door to Waffle House. PLEASE WEAR A MASK [T]
NOON 60 Min	Faith , , <i>Renee E 757-637-8230 (O,VM)</i> Meeting ID: 7825129816 P.W. 123456 [P]
1:00 PM 60 Min	Living Clean A Place To Meet, 7055 Linda Circle, Hayes , <i>Paul S 757-293-9446 (O,WC &,LIT)</i> Study meeting from the Living Clean book [P]
2:00 PM 60 Min	The No Matter What Club St Francis Episcopal Church, 509 S Rosemont Rd, Virginia Beach , <i>Trish F 757-985-0948 (O)</i> [B]
3:00 PM 60 Min	Wecovery Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake , <i>Megan A 757-572-5667 (O,VAR)</i> [T]
6:00 PM 90 Min	It's About Time Norfolk United Methodist Church, 1112 Norview Avenue, Norfolk , <i>Jay J 757-227-8025 Charles M 757-735-8511 (O,SPK,WC &)</i> [T]
6:00 PM 60 Min	Sunday Sanity VB Psych Center, 1100 First Colonial Rd, Virginia Beach , <i>Shelly G 757-748-5364, Pat O 757-633-2820 (O,BT,DISC,IP)</i> Main Entrance Check-in [B]
7:00 PM 90 Min	A Gift Called Life Warwick United Church of Christ, 10 Matoaka Lane, Newport News , <i>Nadine 757-751-4680 David H 757-214-2770 (O,WC &)</i> [P]
7:00 PM 90 Min	New Phase Four St. John's Episcopal Church, 424 Washington Street, Portsmouth , <i>Ron E 757-582-1070, Sam G 757-353-2096 (O,DISC,SPK,TOP)</i> [T]
7:00 PM 60 Min	Over & Beyond St. Philip's Chapel, 201 S McMorrine St, Elizabeth City , <i>Michael S 757-359-8841 (O,LIT)</i> West side of Street [T]
7:00 PM 60 Min	Recovery Group Wesley United Methodist Church, 2510 N Armistead Ave, Hampton , <i>William S 757-236-6170 Dave R 757-218-2595 (O)</i> [P]
8:00 PM 60 Min	Mixed Group First Lutheran Church, 1301 Colley Ave, Norfolk , <i>Mike J 757-409-1676 (O,DISC)</i> [T]
9:00 PM 75 Min	Cloud 9 , Williamsburg , <i>(O,VM)</i> Zoom ID: 485 894 793 Password: 010978 [P]

MONDAY	
9:30 AM 90 Min	Morning Meditation EZ Does It Service Center, 1153 Harmony Rd, Norfolk , <i>(O,WC &)</i> [T]
9:30 AM 90 Min	Morning Meditation Literature , Norfolk , <i>(O,VAR,VM,LIT)</i> Zoom ID 9712219430 Passcode 1153 [T]
10:00 AM 90 Min	Get Back Up West End Baptist Church, 2413 Shell Rd, Hampton , <i>Sheryl J 757-759-1317 (IP,JFT)</i> Side Rear Entrance [P]
NOON 90 Min	A Meeting at Lunch First Presbyterian Church, 514 S Armistead Ave, Hampton , <i>Eugene 757-358-1709 (O,VAR,WC &)</i> Rear door leftside of church [P]
NOON 90 Min	Check up From the Neck Up , Hampton , <i>(O,VM)</i> Zoom ID: 433 872 046 P.W. cunu320 [P]
NOON 60 Min	More Will be Revealed Serenity House, 300 Pearl Street, Elizabeth City , <i>Michael S 757-359-8841 (O,DISC)</i> [T]
2:00 PM 90 Min	High Noon Recovery Baptist Church, 303 Blair Ave, Newport News , <i>Teresa F (757) 269-1707 Mildred D (757) 236-9021 (BT,IW,CPT,LIT)</i> Meets M-F and 2nd & 4th Saturdays [P]

MONDAY (CONT)	
3:00 PM 75 Min	Change I Must Or Die I Will Empowered Believers Church, 2096 Nickerson Blvd, Hampton , <i>Lawrence 718-594-2998 Renee 215-370-2186 (O,DISC,JFT,SPK,LIT)</i> [P]
6:00 PM 60 Min	Monday Meditation Community United Methodist Church, 1072 Old Kempsville Rd, Virginia Beach , <i>Jon B 757-635-4318 Lance G 757-692-7864 (C,ME)</i> Enter from Burlington Rd side only, door locks at 6:10pm [B]
6:00 PM 60 Min	Step By Step A Place To Meet, 7055 Linda Circle, Hayes , <i>Grace 804-824-5622 (C,NC,STEP,WC &)</i> [P]
6:30 PM 90 Min	New Attitude Trinity United Methodist Church, 228 29th St, Newport News , <i>Rose F 757-593-0104 Debbie S 757-318-2914 (O,WC &)</i> [P]
7:00 PM 60 Min	Clean & Serene Riverside United Methodist Church, 1400 Edgewood Drive, Elizabeth City , <i>John J 252-377-2405 Jason G 252-312-5318 (O,BT,DISC)</i> [T]
7:00 PM 90 Min	Monday Night Candlelight Haygood United Methodist Church, 4713 Haygood Rd, Virginia Beach , <i>Eric D 757-580-2849 (O,BT,CAN,WC &)</i> [T]
7:00 PM 90 Min	New Beginnings Churchland Baptist Church, 3031 Churchland Blvd, Chesapeake , <i>Cathy K 757-403-7409 Sid N 757-416-4553 (O,WC &,LC)</i> [T]
7:00 PM 60 Min	Running on Faith Carrollton Holiness Church, 16144 Carrollton Blvd, Carrollton , <i>Derek L 802-922-0119 (O)</i> [O]
7:30 PM 60 Min	Freedom to Live Liberty Christian Fellowship, 244 Williams Dr, Kill Devil Hills , <i>Lauren M 252-722-5774 (O)</i> [B]
7:30 PM 60 Min	Here and Now St Mark's United Methodist Church, 99 E. Mercury Blvd., Hampton , <i>Allen M 941-564-5882 (O,BT,DISC,VAR,TOP,LIT)</i> [P]
7:30 PM 60 Min	Living The Program Water's Edge Church of God, 4141 Holland Road, Virginia Beach , <i>Frank G 757-933-0999 Rebekah D 203-444-1845 (O,BT,DISC,PH)</i> [B]
8:00 PM 60 Min	Recovery on the Hill Ocean View Christian Reformed Church, 1241 Hillside Avenue, Norfolk , <i>Fred R 757-695-6500 (O,BT,CAN,IP,SPK,WC &)</i> [T]
8:30 PM 60 Min	Who Is An Addict? Triangle Stepping Stones, 3279 Lake Powell Rd, Williamsburg , <i>Michele C 757-707-7750 (O)</i> [P]
9:00 PM 75 Min	Cloud 9 , Williamsburg , <i>(O,VM)</i> Zoom ID: 485 894 793 Password: 010978 [P]
10:30 PM 60 Min	End of the Night Old Donation Episcopal Church, 4449 N Witchduck Rd, Virginia Beach , <i>Melinda J 757-401-3395 (O,DISC,LIT)</i> No Smoking on Church Campus [T]

TUESDAY	
9:30 AM 90 Min	Morning Meditation EZ Does It Service Center, 1153 Harmony Road, Norfolk , <i>(O,DISC,VAR,WC &)</i> Off N. Military Hwy. & Raby Rd [T]
9:30 AM 90 Min	Morning Meditation Literature , Norfolk , <i>(O,VAR,VM,LIT)</i> Zoom ID 9712219430 Passcode 1153 [T]
9:30 AM 90 Min	Trust The Process , 2114 Wickham Ave, Newport News , <i>Qadeer 757-344-1284 Lily 757-236-8921 (O)</i> [P]
NOON 90 Min	A Meeting at Lunch First Presbyterian Church, 514 S Armistead Ave, Hampton , <i>Eugene 757-358-1709 (O)</i> Rear door leftside of church [P]
NOON 90 Min	Check up From the Neck Up , Hampton , <i>(O,VM)</i> Zoom ID: 433 872 046 P.W. cunu320 [P]
NOON 60 Min	The Emergency Unit Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth , <i>Johnny D 757-287-4430 (O,BT,DISC,F2F)</i> [T]
2:00 PM 90 Min	High Noon Recovery Baptist Church, 303 Blair Ave, Newport News , <i>Teresa F (757) 269-1707 Mildred D (757) 236-9021 (BT,IW,CPT,LIT)</i> [P]

TUESDAY (CONT)	
5:30 PM 90 Min	Mensrap Norwien United Methodist Church, 1112 Norwien Avenue, Norfolk , <i>Danny G 434-253-4075 (C,M)</i> [T]
5:30 PM 60 Min	Serenity Group , , <i>Beverly A. 757-753-6868 (O,VM)</i> Zoom ID: 246 809 1909 Password: serenity [P]
6:00 PM 90 Min	Keep Coming Back New First Baptist Church of Taylorsville, 2720 Turnpike Road, Portsmouth , <i>Francis P 757-679-1151 Judice P 757-228-8678 (O,DISC,VAR)</i> [T]
6:30 PM 60 Min	Life & Hopeline St Paul's Episcopal Church, 213 N Main St, Suffolk , <i>Charles A 757-351-5855 (O)</i> [T]
7:00 PM 60 Min	A New Way of Life A Place To Meet, 7055 Linda Circle, Hayes , <i>Paul S 757-293-9446 Janet P 804-466-1515 (O,JFT,WC &)</i> [P]
7:00 PM 60 Min	A Proven Program Liberty Live Church, 8201 Croaker Road, Williamsburg , <i>Dave H. 757-207-1154, Beth R. 804-332-4970 (O)</i> [P]
7:00 PM 60 Min	Earthbound Group Emmanuel Episcopal Church, 400 N High Street, Franklin , <i>Stephen B 757-613-5531 (O,DISC)</i> Meeting is in the back, in basement. [O]
7:00 PM 60 Min	Let It Be Ocean View Christian Reformed Church, 1241 Hillside Ave, Norfolk , <i>Jessica H 757-822-4559 (O,DISC,LIT)</i> [T]
7:00 PM 60 Min	New Genesis Wesley United Methodist Church, 2510 N Armistead Avenue, Hampton , <i>Gayle B 757-597-1531 Walter 864-221-2930 (O,SPK,STEP,LIT)</i> [P]
7:00 PM 60 Min	Over & Beyond St. Philip's Chapel, 201 S McMorrine St, Elizabeth City , <i>Michael S 757-359-8841 (O,VAR)</i> [T]
7:00 PM 60 Min	Stick & Stay Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills , <i>Gene S 252-267-2823 (O,DISC,WC &)</i> [B]
7:00 PM 105 Min	We Can Change Wesley Grace United Methodist Church, 288 E Little Creek Rd, Norfolk , <i>Leo C 757-285-2007 (O,BEG,BT,DISC,IW,VAR,SPK,AB,LIT)</i> [T]
7:30 PM 60 Min	Awesome Life Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake , <i>Carrie L 757-560-8177 (O,CAN,DISC,IP)</i> [T]
7:30 PM 60 Min	There's A Light Ocean Lakes Church of Christ, 1200 Dam Neck Road, Virginia Beach , <i>Geoff L 757-641-3159 (O,DISC)</i> [B]
7:30 PM 60 Min	Yes! We Can! Family Life Center, 3172 Azalea Garden Rd, Norfolk , <i>Ron C 757-708-4946 (O,DISC,WC &)</i> [T]
8:00 PM 75 Min	A Gift Called Life Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth , <i>Brian L 757-619-7375, Sean H 757-438-1688 (O,BT)</i> [T]
8:00 PM 60 Min	Enjoying the Journey Water's Edge Church of God, 4141 Holland Road, Virginia Beach , <i>Billy B 757-681-4341 (O,DISC,SPK,STEP,TOP)</i> [B]
8:15 PM 60 Min	Let's Recover Together Hampton Christian Church, 151 East Mercury Boulevard, Hampton , <i>Tim E. 757-725-4636 (O,WC &)</i> [P]
9:00 PM 75 Min	Cloud 9 , Williamsburg , <i>(O,VM)</i> Zoom ID: 485 894 793 Password: 010978 [P]
10:30 PM 60 Min	End of the Night Old Donation Episcopal Church, 4449 N Witchduck Rd, Virginia Beach , <i>Melinda J 757-401-3395 (O,DISC,LIT)</i> No Smoking on Church Campus [T]

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

WEDNESDAY (CONT)	
NOON 90 Min	Check up From the Neck Up , Hampton , <i>(O,VM)</i> Zoom ID: 433 872 046 P.W. cunu320 [P]
NOON 60 Min	Visible Changes Emmanuel Episcopal Church, 5181 Singleton Way, Virginia Beach , <i>Perry C 757-752-2070 Rachel S 703-232-3544 (O,DISC)</i> [T]
2:00 PM 90 Min	High Noon Recovery Baptist Church, 303 Blair Ave, Newport News , <i>Teresa F (757) 269-1707 Mildred D (757) 236-9021 (BT,IW,CPT,LIT)</i> [P]
5:30 PM 90 Min	Just For Today First Lutheran Church, 1301 Colley Ave, Norfolk , <i>Bill A 757-647-7707 (O,DISC,IP,SPK,STEP,TOP)</i> [T]
5:30 PM 60 Min	Midweek Peak Thalia Lynn Baptist Church - Door 1, 4392 Virginia Beach Blvd, Virginia Beach , <i>Jon B 757-635-4318 Lori W 757-309-9631 (O,DISC,WC &)</i> [B]
6:00 PM 60 Min	The Group All Saints Episcopal Church, 1969 Woodside Ln, Virginia Beach , <i>Palmer R 757-537-9658 (O,STEP)</i> 10th Step meeting in Pinder Hall [B]
6:30 PM 60 Min	Serenity In The Sand (Seasonal May-Sept Only) Community Beach Park - Leftmost Beach area, 700 E Ocean View, Norfolk , <i>Nadia H 757-285-5867 (O,DISC,VAR)</i> On the Beach, Bring a chair or blanket! [T]
7:00 PM 60 Min	Bright New Life Franklin Baptist Church, 208 N High Street, Franklin , <i>DeWayne L 757-641-8022 (O,STEP)</i> [O]
7:00 PM 90 Min	End Of The Road , 1707 Jefferson Avenue, Newport News , <i>Glen N 757-268-9318 Ernest W 757-367-2476 (O,WC &)</i> [P]
7:00 PM 90 Min	Hope , 10 Matoaka Ln., Newport News , <i>Will D. 757-768-7954 David B. 757-342-2510 (O)</i> [P]
7:00 PM 60 Min	Hugs Not Drugs Community Presbyterian, 400 Fox Hill Road, Hampton , <i>Sarah 757-727-3582 (O,DISC)</i> Fox Hill & Woodland Roads [P]
7:00 PM 90 Min	Life Beyond Addiction Broadcast Church, 910 Oak Grove Rd, Chesapeake , <i>Justin G 757-503-8290 (O,DISC,STEP,ME)</i> [T]
7:00 PM 60 Min	Surrender and Recovery Portsmouth UCC, 5900 Portsmouth Blvd, Portsmouth , <i>Edwin T 757-648-9812 (O,BT)</i> [T]
7:00 PM 60 Min	Who Is An Addict? Triangle Stepping Stones, 3279 Lake Powell Rd, Williamsburg , <i>Michele C 757-707-7750 (O)</i> [P]
7:15 PM 75 Min	Straight Ahead Christ Presbyterian Church, 709 Aragona Blvd, Virginia Beach , <i>Chris P 757-535-7227 (O,DISC,STEP)</i> [T]
7:30 PM 90 Min	Life & Hopeline Suffolk Christian Church, 216 North Main St., Suffolk , <i>Robert B 757-738-6253 (O,WC &)</i> by courthouse [T]
7:30 PM 60 Min	Miracles Happen St. Andrews by the Sea, 4212 S Virginia Dare Trail, Nags Head , <i>Scott D 252-267-0060 (O,DISC,STEP,TW)</i> Mile Post 13 [B]
8:00 PM 60 Min	Better by the Bay Miles Memorial United Methodist Church, 9450 Granby Street, Norfolk , <i>Ryan D 757-651-5316 (O,BT,DISC,WC &)</i> [T]
8:00 PM 60 Min	Trusted Servants Red Church, 315 S Rosemont Rd, Virginia Beach , <i>Angel S 757-992-1838 (O,DISC,WC &)</i> [B]
8:00 PM 60 Min	Where's Lot 14? Sentara Norfolk General Hospital, 600 Gresham Drive, Norfolk , <i>Gary 757-567-4158 (O,DISC)</i> Brickhouse Auditorium, 2nd floor, Conf Rm 2 [T]
9:00 PM 75 Min	Cloud 9 , Williamsburg , <i>(O,VM)</i> Zoom ID: 485 894 793 Password: 010978 [P]
9:00 PM 60 Min	Stepping into Recovery Old Donation Episcopal Church, 4449 N Witchduck Road, Virginia Beach , <i>Mary P 757-739-1726 (O,DISC,WC &,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,WC &)* Off N. Military Hwy. & Raby Rd [T]

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

9:30 AM Trust The Process , 2114 Wickham Ave, **Newport News**, *Qadeer 757-344-1284 Lily 757-236-8921 (O,WC &)* [P]

NOON A Meeting at Lunch First Presbyterian Church, 514 S Armistead Ave, **Hampton**, *Eugene 757-358-1709 (O)* Rear door leftside of church [P]

NOON Check up From the Neck Up , **Hampton**, *(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 (BT,IW,CPT,LIT)* [P]

5:00 PM Meeting at Buckroe Beach Buckroe Beach, 1st St & E Pembroke Ave, **Hampton**, *(O)* Meets seasonally May - October [P]

5:30 PM Surviving Our Emotions Norview United Methodist Church, 1112 Norview Avenue, **Norfolk**, *Takecha J 804-218-7208 (C,WC &)* [T]

6:00 PM Be the WE Christ Presbyterian Church, 709 Aragona Blvd, **Virginia Beach**, *Colden 757-724-1239 Speaker mtg every 4th Thursday (O,CAN,WC &)* [B]

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

6:30 PM Living as Men Group of NA Recovery Baptist Church, 303 Blair Ave, **Newport News**, *Reggie F 757-817-8464 (O,M,WC &)* [P]

7:00 PM Crossing Rivers Harmony Grove Baptist Church, 7722 General Puller Highway, **Locust Hill**, *Doug C 804-690-6595 Kathy P 804-324-1820 (O,DISC)* [P]

7:00 PM Freebird , Portsmouth, *Roland C 757-328-2243 (O,BT,DISC,TRAD,VM)* Virtual Only Zoom ID: 83976951119 Password 756802 [T]

7:00 PM Girls Nite Out Sattvic Space, 1308 Airline Blvd, **Portsmouth**, *Vickie 757-375-0067 Kat 757-359-3793 (O,W,HY)* Zoom ID: 3728344448 PW: girlsgroup [T]

7:00 PM Keep the Fire Burning Bethany United Methodist Church, 1509 Todds Ln, **Hampton**, *Tom K 804-815-9356 (O,DISC)* Park on West side of church, enter thru West door follow the signs. [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]

7:30 PM Another Chance to Live Benn's United Methodist Church, 14571 Benns 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,STEP,TW)* [T]

THURSDAY (CONT)

8:00 PM Choose Life St. Nicholas Greek Orthodox Church, 621 First Colonial Rd., **Virginia Beach**, *Ted L 757-717-2669 Kristen H 757-837-5132 (O,DISC)* [B]

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

9:00 PM Cloud 9 , Williamsburg, *(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,WC &)* [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 (O)* Rear door leftside of church [P]

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

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

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

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

6:00 PM Life & Hoppeline 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 12 +12 = Change Sentara Hospital, 100 Sentara Cir, **Williamsburg**, *Michael A 804-939-1215 (O,WC &)* Meets in the Conference Center [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,IP,STEP,TW)* [T]

7:00 PM Closer To Home Riverside Walter Reed Hospital, 7519 Hospital Drive, **Gloucester**, *Grace 804-824-5622 (O,DISC,WC &)* [P]

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

7:30 PM HOW Group Good Shepherd Lutheran Church, 1489 Laskin Road, **Virginia Beach**, *Lance G 757-692-7864 (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**, *Mark N 757-478-1839 (O,DISC,WC &)* [B]

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

FRIDAY (CONT)

8:00 PM Wave of Recovery Bayside Presbyterian, 1400 Ewell Rd, **Virginia Beach**, *Pat C 757-619-1976 Ezra S 757-974-2261 (O,DISC)* [B]

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

SATURDAY

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

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**, *Madison B 757-506-6986 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,WC &)* [P]

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

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

3:00 PM Back to Life First Lutheran Church, 1301 Colley Ave, **Norfolk**, *(O,BT,DISC,SPK,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**, *Shanequa L 757-327-2381 Denise K 757-660-1118 (O,WC &)* [P]

6:00 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)* [B]

7:00 PM Back to Basics Portsmouth UCC, 5900 Portsmouth Blvd, **Portsmouth**, *Mike K 757-974-4029 Charlie J 757-620-3895 (O,BT,DISC,IP,SPK)* [T]

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

7:00 PM 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,STEP)* [T]

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

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

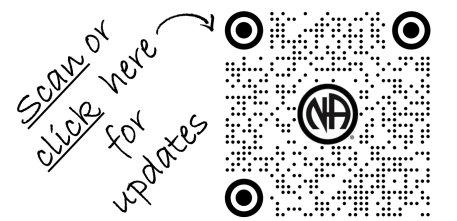
9:30 PM The Point of Freedom Freemason Street Baptist Church, 400 E Freemason St, **Norfolk**, *Tuan N 757-788-4757 (O,STEP,TRAD,WC & ,LIT)* [T]

LITERATURE

Open from 12:00 to 1:50PM. Contact Dora H 757-735-7615 or Teresa D 757-724-3685 (text only) for more information.

HAMPTON ROADS METRO NA Meeting List

Printed April 21, 2024



TIDEWATER AREA HELPLINE 866-972-5055

REGIONAL HELPLINE 800-777-1515

TIDEWATER AREA SERVICE OPPORTUNITIES

Tidewater Area of Narcotics Anonymous
P.O. Box 1877 Norfolk, VA 23501
- ASC meets HYBRID on the 2nd Sunday of the month 2:00PM
- H & I Subcommittee meets 2nd Sunday of the month at NOON
 1112 Norview Ave, Norfolk, VA 23513
- PR Subcommittee meets via Zoom - 2nd Saturday at 1:00PM
 Zoom Meeting ID: 853 3000 1830 Passcode: PRsub

PHONE NUMBERS

MEETING FORMAT LEGEND

AB	Ask-It-Basket	BEG	Beginners
BT	Basic Text	C	Closed
CAN	Candlelight	CPT	12 Concepts
DISC	Discussion	F2F	Face 2 Face
HY	Hybrid Physical/Virtual	IP	IP Study
IW	It Works Study	JFT	Just for Today Study
LC	Living Clean Study	LIT	Literature Study
M	Men	ME	Meditation
NC	No Children	O	Open
PH	Phone Meeting	SPK	Speaker
STEP	Step	SWG	Step Working Guide Study
TC	Temporary Closed	TOP	Topic
TRAD	Tradition	TW	Traditions Workshop
VAR	Format Varies	VM	Virtual Web Meeting
W	Women	WC &	Wheelchair
WR	Writing Meeting		

[B] Beach Area of Narcotics Anonymous <https://virginia-beach-na.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