

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]
11:00 AM - 12:30 PM	<b>We Need A Meeting</b> Maryview Hospital, 3636 High Street, <b>Portsmouth</b> , <i>Donna E 757-535-5895 (O,DISC,VAR,PH,WC &amp;,TC,VM)</i> Virtual Only <b>Zoom ID: 85059545950 PW: 143143</b> [T]
12:00 PM - 1:00 PM	<b>Faith</b> , <i>Malcolm 757-593-6581 Henry 757-532-8814 (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> Norview United Methodist Church, 1112 Norview Avenue, <b>Norfolk</b> , <i>Jay J 757-227-8025 Charles M 757-735-8511 (O,SPK,WC &amp;,F2F,PPE)</i> [T]
6:00 PM - 7:00 PM	<b>Sunday Sanity</b> VA Beach Psych Center, 1100 First Colonial Rd, <b>Virginia Beach</b> , <i>Shelly G 757-748-5364, Pat O 757-633-2820 (O,DISC,F2F,PPE)</i> Masks required. [B]
7:00 PM - 8:30 PM	<b>New Phase Four</b> St. John's Episcopal Church, 424 Washington Street, <b>Portsmouth</b> , <i>Ron E 757-582-1070, Sam G 757-353-2096 (O,DISC,SPK, TOP)</i> [T]
7:00 PM - 8:00 PM	<b>Over &amp; Beyond</b> St. Philip's Chapel, 201 S McMorrine St, <b>Elizabeth City</b> , <i>Michael S 757-359-8841 (O,F2F,LIT)</i> West side of Street [T]
7:00 PM - 9:00 PM	<b>Sharing the Hope</b> , <b>Norfolk</b> , <i>Elaine H 917-808-1525 (VAR,SPK,STEP,TRAD,CPT,VM,LIT)</i> <b>Zoom ID: 2976608733 PW: howitworks</b> [T]
7:30 PM - 8:30 PM	<b>Recovery Group</b> , <i>William S. 757-236-6170 Dave R. 757-218-2595 (O,VM)</i> <b>Meeting ID: 86547894234 Password: 335151</b> [P]
8:00 PM - 9:00 PM	<b>Mixed Group</b> First Lutheran Church, 1301 Colley Ave, <b>Norfolk</b> , <i>Mike J 757-409-1676 (O,DISC)</i> [T]
9:00 PM - 10:15 PM	<b>Cloud 9</b> , <b>Williamsburg</b> , <i>(O,VM)</i> <b>Zoom ID: 485 894 793 Password: 010978</b> [P]
MONDAY	
9:30 AM - 11:00 AM	<b>Morning Meditation</b> EZ Does It Service Center, 1153 Harmony Road, <b>Norfolk</b> , <i>(O,WC &amp; )</i> Off N. Military Hwy. & Raby Rd [T]
9:30 AM - 11:00 AM	<b>Morning Meditation Literature</b> , <b>Norfolk</b> , <i>(O,VAR,VM,LIT)</i> Zoom Passcode 1153 <b>Zoom ID 9712219430 Passcode 1153</b> [T]
9:30 AM - 11:00 AM	<b>Trust The Process</b> , <i>Qadeer 757-344-1284 Robin A. 404-542-4649 (O,VM)</i> <b>Zoom ID: 512739809 Password: 014251</b> [P]
12:00 PM - 1:30 PM	<b>A Meeting at Lunch</b> First Presbyterian Church, 514 S Armistead Ave, <b>Hampton</b> , <i>Allen M 941-564-5882 Eugene 757-358-1709 (O,VAR,WC &amp;,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]
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]

MONDAY (CONT)	
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> , <b>Hampton</b> , <i>Lawrence 718-594-2998 (O,VM)</i> <b>Zoom ID: 879 9625 8870 Password: 123456</b> [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> Enter Back of Church Only - Door Locks at 6:10pm [B]
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 - 8:30 PM	<b>New Attitude</b> , <i>Vet 757-849-8808 Rose F. 757-593-0104 (O,VM)</i> <b>ID: 7973877427 Passcode: NA</b> [P]
7:00 PM - 8:00 PM	<b>New Beginnings</b> Churchland Baptist Church, 3031 Churchland Blvd, <b>Chesapeake</b> , <i>John Y 757-675-7992 Sid N 757-416-4553 (C,IW,WC &amp;,F2F)</i> [T]
7:00 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]
7:30 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]
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> , <i>Qadeer 757-344-1284 Robin A. 404-542-4649 (O,VM)</i> <b>Zoom ID: 512739809 Password: 014251</b> [P]
12:00 PM - 1:30 PM	<b>A Meeting at Lunch</b> First Presbyterian Church, 514 S Armistead Ave, <b>Hampton</b> , <i>Allen M 941-564-5882 Eugene 757-358-1709 (O,F2F)</i> Rear door leftside of church [P]
12:00 PM - 1:30 PM	<b>Check up From the Neck Up</b> , <b>Hampton</b> , <i>(O,VM)</i> <b>Zoom ID: 433 872 046 P.W. cunu320</b> [P]
12:00 PM - 1:30 PM	<b>High Noon</b> Recovery Baptist Church, 303 Blair Ave, <b>Newport News</b> , <i>Teresa F (757) 269-1707 Mildred D (757) 236-9021 (BT,IW,CPT,F2F,LIT)</i> Meets M-F and 2nd & 4th Saturdays [P]
12:00 PM - 1:00 PM	<b>Just For Today</b> First Lutheran Church, 1301 Colley Avenue, <b>Norfolk</b> , <i>Bill A 757-647-7707 (O,DISC,IP,SPK,STEP, TOP,F2F)</i> [T]
12:00 PM - 1:00 PM	<b>The Emergency Unit</b> United Congregational Christian Church, 5900 Portsmouth Blvd, <b>Portsmouth</b> , <i>Dora H 757-735-7615 (O,BT,DISC,F2F)</i> Hodges Ferry Rd & Charlotte St [T]
5:30 PM - 7:00 PM	<b>My Sister's Keeper</b> , <i>Sherry B. 757-975-6440 Nicky B. 757-907-3756 (O,CAN,W,VM)</i> <b>Zoom ID: 692 556 2914 Password: 294052</b> [P]
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]

TUESDAY (CONT)	
7:00 PM - 8:00 PM	<b>A Proven Program</b> Liberty Live York River, 8201 Croaker Road, <b>Williamsburg</b> , <i>Dave H. 757-207-1154 John P. 757-235-9300 (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 Teddie A. 757-503-0528 (O,SPK,STEP,LIT,HY)</i> Virtual Only <b>Zoom ID: 4983942443 Pass: 123456</b> [P]
7:00 PM - 8:00 PM	<b>Over &amp; Beyond</b> St. Philip's Chapel, 201 S McMorrine St, <b>Elizabeth City</b> , <i>Michael S 757-359-8841 (O,VAR,F2F)</i> [T]
7:00 PM - 8:45 PM	<b>We Can Change</b> Wesley Grace United Methodist Church, 288 E Little Creek Rd, <b>Norfolk</b> , <i>Leo C 757-285-2007 (O,BEG,BT,DISC,IW,VAR,SPK,AB,F2F,LIT,PPE)</i> Face to Face Mask Required [T]
7:00 PM - 8:00 PM	<b>We Can Change</b> First Church of Newport News, 2300 Wickham Avenue, <b>Newport News</b> , <i>(VM) I.D. 86894082385 P.W. kcb</i> [P]
7:30 PM - 8:30 PM	<b>Awesome Life</b> Great Bridge United Methodist Church, 201 Stadium Drive, <b>Chesapeake</b> , <i>Carrie L 757-560-8177 (O,CAN,DISC,IP,F2F,PPE)</i> Church staff has requested that all wear masks and to practice social distance as much as possible. [T]
7:30 PM - 9:00 PM	<b>Surrender 4 Serenity</b> Agape Foundations, Inc., 3217 Commander Shepherd Blvd., <b>Hampton</b> , <i>Beal 804-869-5141 Ed H. 757-268-7903 (O,TC)</i> [P]
7:30 PM - 8:30 PM	<b>There's A Light</b> Ocean Lakes Church of Christ, 1200 Dam Neck Road, <b>Virginia Beach</b> , <i>Ian B 757-717-7900, Geoff L 757-641-3159 (O,DISC,F2F)</i> [B]
8:00 PM - 9:00 PM	<b>A Gift Called Life</b> Portsmouth Church of Christ, 5900 Portsmouth Blvd, <b>Portsmouth</b> , <i>Brian L 757-619-7375, Sean H 757-438-1688 (O,BT,F2F)</i> [T]
8:00 PM - 9:00 PM	<b>Enjoying the Journey</b> Water's Edge Church of God, 4141 Holland Road, <b>Virginia Beach</b> , <i>Billy B 757-681-4341 (O,DISC,SPK,STEP, TOP,F2F)</i> [B]
8:15 PM - 9:45 PM	<b>Let's Recover Together</b> Hampton Christian Church, 151 East Mercury Boulevard, <b>Hampton</b> , <i>Tim E. 757-725-4636 Chris G. 760-984-4914 (O,WC &amp;,F2F)</i> [P]
9:00 PM - 10:15 PM	<b>Cloud 9</b> , <b>Williamsburg</b> , <i>(O,VM)</i> <b>Zoom ID: 485 894 793 Password: 010978</b> [P]

WEDNESDAY	
9:30 AM - 11:00 AM	<b>Morning Meditation</b> EZ Does It Service Center, 1153 Harmony Road, <b>Norfolk</b> , <i>(O,WC &amp; )</i> Off N. Military Hwy. & Raby Rd [T]
9:30 AM - 11:00 AM	<b>Morning Meditation Literature</b> , <b>Norfolk</b> , <i>(O,VAR,VM,LIT)</i> Zoom Passcode 1153 <b>Zoom ID 9712219430 Passcode 1153</b> [T]
9:30 AM - 11:00 AM	<b>Trust The Process</b> , <i>Qadeer 757-344-1284 Robin A. 404-542-4649 (O,VM)</i> <b>Zoom ID: 512739809 Password: 014251</b> [P]
12:00 PM - 1:30 PM	<b>A Meeting at Lunch</b> First Presbyterian Church, 514 S Armistead Ave, <b>Hampton</b> , <i>Allen M 941-564-5882 Eugene 757-358-1709 (O,F2F)</i> Rear door leftside of church [P]
12:00 PM - 1:30 PM	<b>Check up From the Neck Up</b> , <b>Hampton</b> , <i>(O,VM)</i> <b>Zoom ID: 433 872 046 P.W. cunu320</b> [P]
12:00 PM - 1:30 PM	<b>High Noon</b> Recovery Baptist Church, 303 Blair Ave, <b>Newport News</b> , <i>Teresa F (757) 269-1707 Mildred D (757) 236-9021 (BT,IW,CPT,F2F,LIT)</i> Meets M-F and 2nd & 4th Saturdays [P]
12:00 PM - 1:00 PM	<b>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 7576354318 Sarah H 7572988224 (O,DISC,F2F)</i> Bring your own beverage [B]
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 757-338-4078 (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]

THURSDAY	
9:30 AM - 11:00 AM	<b>Morning Meditation</b> EZ Does It Service Center Off 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]
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]
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