



**ELIZABETH CITY, NC**

- Sun 7:00PM Over & Beyond (O, DISC)** Saint Phillips Chapel, West side of Street, 201 S McMorrine St, Elizabeth City, NC, *Linda T 252-333-7983*
- Tue 7:00PM Over & Beyond (O, DISC)** Saint Phillips Chapel, 201 S McMorrine St, Elizabeth City, NC, *Linda T 252-333-7983*

**FRISCO, NC**

- Fri 7:30PM Serenity in the Sand (O, DISC)** Cape Hatteras Baptist Church, 50195 Buccaneer Drive, Frisco, NC

**KILL DEVIL HILLS, NC**

- Mon 7:30PM Freedom to Live (C, DISC, WC &)** Liberty Christian Fellowship, 244 Williams Drive, Kill Devil Hills, NC, *Rana D 252-423-0755*
- Tue 7:30PM Stick & Stay (O, DISC, WC &)** Colington Methodist Church, 1949 Colington Rd, Kill Devil Hills, NC, *Clare D 252-944-6971*
- Sat 7:30PM Freedom to Live (O)** Liberty Christian Fellowship, 244 Williams Drive, Kill Devil Hills, NC, *Kim K 252-753-0822*

**MANTEO, NC**

- Thu 7:30PM Surrender to Win (O, DISC)** Manteo Baptist Church, 406 US Highway 64, Manteo, NC, *Keith B 252-573-9615, Jim 252-489-9895*

**NAGS HEAD, NC**

- Wed 7:30PM Miracles Happen (O, DISC, STEP, TW)** St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Nags Head, NC, *Kim K 252-573-0822, Jim H 252-489-9895*
- Fri 7:30PM Miracles Happen (O)** St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Nags Head, NC

**CARROLLTON, VA**

- Fri 7:30PM Running On Faith (O)** Carrollton Church of God, 16144 Carrollton Boulevard, Carrollton, VA

**CHESAPEAKE, VA**

- Sun 3:00PM Wecovery (O, DISC)** Great Bridge United Methodist Church, 201 Stadium Drive, Chesapeake, VA, *Chris 757-377-9236*
- Mon 7:00PM The Winding Road (C)** Oak Grove United Methodist Church, across from water tower, 472 N. Battlefield Blvd, Chesapeake, VA, *Jacob M 757-831-8249, Rich B 757-288-0650*
- Tue 7:00PM Count Your Blessings (O, DISC, JFT)** Oaklette United Methodist, Park in Rear, Corner Indian River & Oaklett, 520 Oaklette Dr, Chesapeake, VA, *Daniel A 757-418-1690*
- Tue 7:30PM Awesome Life (O, CAN, DISC, IP)** Great Bridge United Methodist Church, Corner of S. Battlefield & Stadium, 201 Stadium Drive, Chesapeake, VA, *Carrie L 757-560-8177*
- Wed 7:30PM Change We Must (O, C, BT)** Oak Grove UMC, across from water tower, 472 North Battlefield Blvd., Chesapeake, VA, *Katie K 757-405-8464*
- Thu NOON Reason To Believe (O, BT, DISC)** Church Of Saint Therese, Across from Chesapeake Square Mall@ Coffman Blvd, Enter front, Rooms 10 & 11, 4137 Portsmouth Blvd, Chesapeake, VA, *Johnny D 757-287-4430*
- Thu 7:00PM Second Chance (O, DISC, STEP, TW)** Great Bridge United Methodist Church, corner of S. Battlefield Blvd and Stadium Dr, 201 Stadium Drive, Chesapeake, VA, *Bernard 757-778-1755, Louie L 757-560-8172*
- Thu 8:00PM Branching Out (O, BT, STEP)** Aldersgate United Methodist Church, western branch, 4320 Bruce Rd, Chesapeake, VA, *Joe B 757-397-6279*
- Fri 7:00PM Agape (O, DISC, IP, STEP, TW)** St. Paul's United Methodist Church, @ Dunbarton, 437 Providence Rd, Chesapeake, VA, *1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494*
- Fri 7:30PM Better Days (O, CAN, DISC, AB)** Church Of Saint Therese, across from Chesapeake Square Mall, Enter Front, Rooms 10-11, 4137 Portsmouth Blvd, Chesapeake, VA, *1st-AB, Liz S 757-681-0711*

**COURTLAND, VA**

- Fri 7:30PM Thank God I'm Free (T.G.I.F.) (O)** Courtland United Methodist Church, 22416 Main Street, Courtland, VA, *Scott C 434-594-5819*

**FRANKLIN, VA**

- Mon 7:00PM Beyond Our Wildest Dreams (O, SPK, WC &)** First Baptist Church, 318 Hall Street, Franklin, VA, *Charlene J 434-632-1972*
- Tue 7:00PM Earthbound Group (O, DISC)** Fellowship Around The World, 400 N. High St., Franklin, VA, *Stephen B 757-613-5531*

FRANKLIN, VA (CONT)		
Wed	7:30PM	<b>Bright New Life (O)</b> Franklin Baptist Church, 208 N High Street, Franklin, VA, <i>DeWayne L 757-641-8022</i>
Thu	5:30PM	<b>We Do Recover (O)</b> Franklin District Building, 161 Steward Drive, Franklin, VA, <i>Keith J 757-344-3189</i>
Sat	1:00PM	<b>New Beginnings (C)</b> Martin Luther King Center, 683 Oak Street, Franklin, VA
GLOUCESTER, VA		
Mon	7:30PM	<b>The Out of Ordinary Meeting (O, WC &amp;)</b> White Marsh Baptist Church, 5123 George Washington Memorial Highway, Gloucester, VA
Tue	7:00PM	<b>A New Way of Life (O)</b> 9228 George Washington Memorial Highway, Gloucester, VA
Fri	7:30PM	<b>Closer To Home (O, WC &amp;)</b> Riverside Walter Reed Hospital, 7515 Hospital Drive, Gloucester, VA
HAMPTON, VA		
Sun	NOON	<b>Faith (O, WC &amp;)</b> Riverside Behavioral Health Center, 2244 Executive Drive, Hampton, VA
Sun	7:00PM	<b>The Lie Is Dead (O, WC &amp;)</b> North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane, Hampton, VA
Sun	7:30PM	<b>Recovery Group (O, WC &amp;)</b> Riverside Behavioral Health Center, 2244 Executive Drive, Hampton, VA
Mon	NOON	<b>A Meeting at Lunch (O, VAR, WC &amp;)</b> First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, Hampton, VA
Mon	3:00PM	<b>Change I Must Or Die I Will (O, WC &amp;)</b> Nickerson Plaza, Next to ACE Hardware, 2096 Nickerson Blvd, Hampton, VA
Mon	6:45PM	<b>Honesty Group (O, WC &amp;)</b> Ivy Memorial Baptist Church, 2200 Coliseum Dr., Hampton, VA
Tue	NOON	<b>A Meeting at Lunch (O)</b> First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, Hampton, VA
Tue	5:30PM	<b>Serenity Group (O, WC &amp;)</b> Riverside Behavioral Health Center, 2244 Executive Drive, Hampton, VA
Tue	7:30PM	<b>New Genesis Group (O)</b> Weslley United Methodist Church, 2510 N. Armistead Avenue, Hampton, VA
Tue	7:30PM	<b>Young, Clean &amp; Living (O)</b> North Hampton Presbyterian Church (behind the Fire Department), 1217 Todds Lane, Hampton, VA
Tue	8:15PM	<b>Let's Recover Together (O, WC &amp;)</b> Hampton Christian Church, 151 East Mercury Boulevard, Hampton, VA
Wed	NOON	<b>A Meeting at Lunch (O)</b> First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, Hampton, VA
Wed	6:00PM	<b>Becoming A Winner (O)</b> Loving Kindness Worship Center, 2002 N. Armisted Ave., Hampton, VA
Wed	7:00PM	<b>Hugs Not Drugs (O)</b> Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road, Hampton, VA
Thu	NOON	<b>A Meeting at Lunch (O)</b> First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, Hampton, VA
Thu	5:30PM	<b>The Warriors (O, WC &amp;)</b> Agape Foundations, INC, Entrance and Parking in the Rear, 3217 Commander Shepard Blvd, Hampton, VA
Thu	8:00PM	<b>Time To Surrender (O, WC &amp;)</b> North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane, Hampton, VA
Fri	NOON	<b>A Meeting at Lunch (O)</b> First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue, Hampton, VA
Fri	6:00PM	<b>How &amp; Why (C, WC &amp;)</b> Riverside Behavioral Health Center, 2244 Executive Drive, Hampton, VA
Sat	6:00PM	<b>Saturday Night Alternative (O, WC &amp;)</b> First Presbyterian Church, 514 S. Armistead Avenue, Hampton, VA
Sat	7:30PM	<b>A New Approach to Life (O)</b> North Hampton Presbyterian Church (behind the firehouse), 1217 Todds Lane, Hampton, VA
NEWPORT NEWS, VA		
Sun	9:30AM	<b>Surrender To Live (O, WC &amp;)</b> C. Waldo Scott Center, 3100 Wickham Avenue, Newport News, VA, <i>Dee W. 757-503-0739 - Tony H. 757-696-6654</i>
Sun	7:00PM	<b>A Gift Called Life (O, WC &amp;)</b> Warwick United Church of Christ, 10 Matoaka Lane, Newport News, VA
Mon	9:30AM	<b>Trust The Process (O, WC &amp;)</b> St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News, VA
Mon	NOON	<b>High Noon (O, WC &amp;)</b> Recovery Baptist Church, 303 Blair Avenue, Newport News, VA
Mon	7:00PM	<b>New Attitude (O, WC &amp;)</b> 3509 Chestnut Avenue, Newport News, VA
Tue	9:30AM	<b>Trust The Process (O, WC &amp;)</b> St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News, VA
Tue	NOON	<b>High Noon (O, WC &amp;)</b> Recovery Baptist Church, 303 Blair Avenue, Newport News, VA
Tue	6:00PM	<b>I Can't We Can (O, WC &amp;)</b> YWCA, 2702 Orcutt Avenue, Newport News, VA

## NEWPORT NEWS, VA (CONT)

<b>Tue 7:00PM</b>	<b>We Can Change (O)</b> First Church of Newport News, 2300 Wickham Avenue, Newport News, VA
<b>Tue 7:00PM</b>	<b>Women Do Recover (O, WC &amp;)</b> Hilton Christian Church, Entrance In The Rear, 100James River Dr., Newport News, VA
<b>Wed 9:30AM</b>	<b>Trust The Process (O, WC &amp;)</b> St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News, VA
<b>Wed NOON</b>	<b>High Noon (O, WC &amp;)</b> Recovery Baptist Church, 303 Blair Avenue, Newport News, VA
<b>Wed 7:00PM</b>	<b>End Of The Road (O, WC &amp;)</b> 1707 Jefferson Avenue, Newport News, VA
<b>Wed 7:00PM</b>	<b>Hope (O)</b> Warwick Conference Center, Building #6, 12420 Warwick Blvd, Newport News, VA
<b>Wed 7:30PM</b>	<b>Living The Program (C, WC &amp;)</b> Warwick United Church of Christ, 10 Matoaka Lane, Newport News, VA
<b>Thu 9:30AM</b>	<b>Trust The Process (O, WC &amp;)</b> St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News, VA
<b>Thu NOON</b>	<b>High Noon (O, WC &amp;)</b> Recovery Baptist Church, 303 Blair Avenue, Newport News, VA
<b>Thu 7:00PM</b>	<b>Let's Get Spiritual (O, WC &amp;)</b> St. Paul AME Church, 2500 Chestnut Avenue, Newport News, VA
<b>Thu 7:00PM</b>	<b>We Do Recover (O, WC &amp;, LIT)</b> Reformation Lutheran Church, 13100 Warwick Blvd, Newport News, VA
<b>Fri 9:30AM</b>	<b>Trust The Process (O, WC &amp;)</b> St. Augustine's Episcopal Church, 2515 Marshall Avenue, Newport News, VA
<b>Fri NOON</b>	<b>High Noon (O, WC &amp;)</b> Recovery Baptist Church, 303 Blair Avenue, Newport News, VA
<b>Fri 6:30PM</b>	<b>Change We Must (O, WC &amp;)</b> Living Faith Christian Center, 14901 Warwick Blvd, Newport News, VA
<b>Fri 7:00PM</b>	<b>Keep Coming Back (O, WC &amp;)</b> Newport News Community Center, 605 South Avenue, Newport News, VA
<b>Fri 7:30PM</b>	<b>Good Orderly Direction (O, WC &amp;)</b> Warwick United Church of Christ, 10 Matoaka Lane, Newport News, VA
<b>Sat 10:00AM</b>	<b>No More Excuses (O, WC &amp;)</b> Warwick United Church of Christ, 10 Matoaka Lane, Newport News, VA
<b>Sat NOON</b>	<b>Women &amp; Men In Recovery (O)</b> Trinity United Methodist Church, 29th & Huntington Ave, 228 29th St, Newport News, VA
<b>Sat 5:30PM</b>	<b>Saturday Night Live (O, WC &amp;)</b> First Baptist Church Jefferson Park (use 43rd St to get in), 615 42nd St., Newport News, VA
<b>Sat 7:30PM</b>	<b>Never Alone (O, WC &amp;)</b> Hillton Christian Church, 100 James River Drive, Newport News, VA

## NORFOLK, VA

<b>Sun 6:00PM</b>	<b>It's About Time (O, SPK, WC &amp;)</b> Norview United Methodist Church, 1112 Norview Avenue, Norfolk, VA, <i>Jerome F 757-202-6163</i>
<b>Sun 8:00PM</b>	<b>Mixed Group (O, DISC)</b> First Lutheran Church, 1301 Colley Ave, Norfolk, VA, <i>Mike J 757-409-1676</i>
<b>Mon 9:30AM</b>	<b>Morning Meditation (O, WC &amp;)</b> EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA, <i>Rick K 757-753-0048</i>
<b>Mon NOON</b>	<b>Help Me Think (O, BT, JFT, STEP, TOP)</b> Ingleside Baptist Church, corner of Gatling Ave, 925 Ingleside Rd., Norfolk, VA, <i>1st-Step, 2nd-Top, 3rd-BT, 4th-JFT, Carlton J 757-589-3564</i>
<b>Mon 8:00PM</b>	<b>Recovery on the Hill (O, BT, CAN, SPK, STEP, WC &amp;)</b> Ocean View Christian Reformed Church, 1241 Hillside Avenue, Norfolk, VA, <i>Fred R 757-695-6500</i>
<b>Tue 9:30AM</b>	<b>Morning Meditation (O, DISC, VAR, WC &amp;)</b> EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA, <i>Rick K 757-753-0048, Mike M 757-305-2212</i>
<b>Tue 5:30PM</b>	<b>Just For Today (O, DISC, IP, SPK, STEP, TOP)</b> First Lutheran Church, Corner of Colley Ave. & Baldwin Ave., 1301 Colley Avenue, Norfolk, VA, <i>Bill A 757-647-7707</i>
<b>Tue 6:30PM</b>	<b>Serenity In The Sand (O, DISC)</b> On the Beach, at the end of 3rd Bay Street, East Ocean View and 3rd Bay Street, Norfolk, VA, <i>Seasonal - May through September Only, April 757-322-7038</i>
<b>Tue 7:00PM</b>	<b>Let It Be (O, DISC)</b> Ocean View Christian Reformed Church, 1 block from Ocean View & Beach View, 1241 Hillside Ave, Norfolk, VA, <i>Brandi M 757-581-3178</i>
<b>Tue 7:00PM</b>	<b>We Can Change (O, BT, DISC, IW, SPK)</b> Oakdale Presbyterian Church, West of Tidewater Dr. between Harriet & Van Patten Rd., 550 East Little Creek Rd., Norfolk, VA, <i>Olena P 757-359-5580</i>
<b>Wed 9:30AM</b>	<b>Morning Meditation (O, DISC, VAR, WC &amp;)</b> EZ Does It Service Center, 1153 Harmony Road, Norfolk, VA, <i>Rick K 757-7530048</i>
<b>Wed 8:00PM</b>	<b>Better by the Bay (O, BT, DISC, WC &amp;)</b> Miles Memorial United Methodist Church, @Government Street (rear entrance), 9450 Granby Street, Norfolk, VA, <i>Ryan D 757-651-5316</i>
<b>Wed 8:00PM</b>	<b>Where's Lot 14? (O, DISC)</b> Sentara Norfolk General Hospital, Dining Room #1, 600 Gresham Drive, Norfolk, VA, <i>Gary 757-237-4507, Juanita 757-685-8848</i>
<b>Thu 9:30AM</b>	<b>Morning Meditation (O, DISC, VAR, WC &amp;)</b> EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Norfolk, VA, <i>Rick K 757-753-0048</i>
<b>Thu 6:30PM</b>	<b>Got to Have It (O, BT, IP, SPK, STEP, WC &amp;)</b> Queen Street Baptist Church, 413 E. Brambleton Avenue, Norfolk, VA, <i>Frederick J 757-374-1577, Juanita S 757-685-8848</i>

## VIRGINIA BEACH, VA (CONT)

<b>Sat 8:00PM</b>	<b>Freedom of Choice (O, DISC, STEP)</b> Church of the Accension, 4853 Princess Anne Road, Virginia Beach, VA, <i>James P 757-619-2273</i>
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## VIRGINIA BEACH, VIRGINIA

<b>Wed 5:30PM</b>	<b>Midweek Peak (O, DISC)</b> Thalia Lynn Baptist Church, 4392 Virginia Beach Blvd, Virginia Beach, Virginia, <i>John B 7576354318 Sarah H 7572988224</i>
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**VIRGINIA BEACH, VA (CONT)**

<b>Mon 7:30PM</b>	<b>Living The Program (O, BT, DISC)</b> Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, Virginia Beach, VA, <i>Lance G 757-692-7864, Steve K 757-715-1075</i>
<b>Mon 8:00PM</b>	<b>Raw Recovery (O, DISC)</b> Homeless Shelter, Judeo-Christian Outreach Ctr, E of Birdneck Rd, 1053 Virginia Beach Blvd, Virginia Beach, VA, <i>April M 757-323-7038</i>
<b>Mon 10:30PM</b>	<b>End of the Night (O, DISC, VAR)</b> Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, <i>Ann L 757-270-1141</i>
<b>Tue 7:30PM</b>	<b>Freedom Group (O, DISC)</b> Nicholas Greek Church, Fellowship Hall, 621 First Colonial Road, Virginia Beach, VA, <i>Living Clean Study, Kristina D 757-270-9509, Mary K 757-650-0783</i>
<b>Tue 7:30PM</b>	<b>In Times of Illness (O, DISC)</b> VA Beach Psych Center, next to hospital, those with illness in recovery are welcome, 1100 First Colonial Rd, Virginia Beach, VA, <i>Bill S 757-717-1815</i>
<b>Tue 7:30PM</b>	<b>There's A Light (O, DISC)</b> Ocean Lakes Church of Christ, 1200 Dam Neck Road, Virginia Beach, VA, <i>Ian B 757-717-7900, Geoff L 757-641-3159</i>
<b>Tue 8:00PM</b>	<b>Enjoying the Journey (O, DISC, SPK, STEP, TOP)</b> Water's Edge Church of God, Near South Plaza Trial, 4141 Holland Road, Virginia Beach, VA, <i>Billy B 757-681-4341</i>
<b>Tue 10:30PM</b>	<b>End of the Night (O, DISC, WC &amp;)</b> Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, <i>Ann L 757-270-1141</i>
<b>Wed NOON</b>	<b>Visible Changes (O, DISC)</b> Emmanuel Episcopal Church, Off S Witchduck, 5181 Princess Anne Road, Virginia Beach, VA, <i>Julia S 804-614-6603</i>
<b>Wed 7:15PM</b>	<b>Straight Ahead (O, DISC, STEP)</b> Christ Presbyterian, 709 Aragona Blvd, Virginia Beach, VA, <i>Chris P 757-535-7227</i>
<b>Wed 8:00PM</b>	<b>Trusted Servants (O, DISC, WC &amp;)</b> St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA, <i>Barbara H 845-905-9126</i>
<b>Wed 8:30PM</b>	<b>Stepping into Recovery (O, BT, DISC)</b> Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, <i>Living Clean Study, Mary P 757-739-1726</i>
<b>Wed 10:30PM</b>	<b>End of the Night (O, BT, DISC)</b> Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, <i>Ann L 757-270-1142</i>
<b>Thu 7:00PM</b>	<b>Shattering the Illusion (O, BT)</b> St. Michaels Lutheran Church, 2208 Princess Anne Road, Virginia Beach, VA, <i>Bryan M 757-635-7414, Tim B 714-3132</i>
<b>Thu 7:30PM</b>	<b>Serenity Circle (O, DISC)</b> Haygood United Methodist Church, 4713 Haygood Road, Virginia Beach, VA, <i>Pam 757-636-2364, Trish 757-575-9350</i>
<b>Thu 8:00PM</b>	<b>Choose Life (O, BT, IP, SPK)</b> VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, VA, <i>Candace J 7575856609, Dickie B 7574125029</i>
<b>Thu 8:00PM</b>	<b>Raw Recovery (O, DISC)</b> Judeo-Christian Outreach Center - Homeless Shelter, E of Birdneck Rd, 1053 Virginia Beach Blvd, Virginia Beach, VA, <i>April M 757-322-7038</i>
<b>Thu 10:30PM</b>	<b>End of the Night (O, DISC)</b> Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, <i>Ann L 757-270-1141</i>
<b>Fri NOON</b>	<b>Write Now (C, JFT, SWG)</b> Providence Presbyterian Church, 5497 Providence Rd, Virginia Beach, VA, <i>writing during meeting, Christine O 757-729-3282</i>
<b>Fri 8:00PM</b>	<b>Kempsville Crossroads (O, DISC, TRAD, WC &amp;)</b> Providence Presbyterian Church, 5497 Providence Road, Virginia Beach, VA, <i>Mark N 757-478-1839</i>
<b>Fri 8:00PM</b>	<b>Wave of Recovery (O, DISC)</b> Virginia Beach Christian Church, 2225 Rose Hall Drive, Virginia Beach, VA, <i>Pat C 757-735-8934</i>
<b>Fri 8:30PM</b>	<b>HOW Group (C, DISC)</b> Good Shepherd Lutheran Church, 1489 Laskin Road, Virginia Beach, VA, <i>Lance G 757-692-7864, Neal G 757-328-6485</i>
<b>Fri 11:00PM</b>	<b>The Road Less Traveled (O, DISC)</b> Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, <i>Teresa D 757-724-3685</i>
<b>Sat 9:00AM</b>	<b>Fresh Start (O)</b> Foundry United Methodist Church, 2801 Virginia Beach Blvd., Virginia Beach, VA, <i>Madison B 757-506-6986, Pat C 757-735-8934</i>
<b>Sat 5:00PM</b>	<b>When at the End of the Road (O, DISC)</b> St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA, <i>Romaine P 757-513-9004, Dana S 757-831-1701</i>
<b>Sat 6:00PM</b>	<b>Saturday Night Men's Meeting (C, DISC)</b> Virginia Beach Christian Church, 2225 Rose Hall Drive, Virginia Beach, VA, <i>Robert D 757-343-3423</i>
<b>Sat 7:00PM</b>	<b>Saturday Night Live (O)</b> St. Nicholas Fellowship Hall, 621 First Colonial Road, Virginia Beach, VA, <i>Ted L 757-717-2669</i>

**NORFOLK, VA (CONT)**

<b>Thu 8:00PM</b>	<b>Junks &amp; Drunks (O, STEP)</b> Ocean View Reformed Church, 1241 Hillside Ave, Norfolk, VA, <i>Marsha N 757-470-6128</i>
<b>Fri 9:30AM</b>	<b>Morning Meditation (O, DISC, VAR, WC &amp;)</b> EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road, Norfolk, VA, <i>Mike M 757-305-2212, Rick K 757-753-0048</i>
<b>Fri NOON</b>	<b>The Continuing Quest (O, DISC, SPK, SWG)</b> First Lutheran Church, Corner Colley Ave & Baldwin Ave, 1301 Colley Avenue, Norfolk, VA, <i>Dave E 757-663-2723</i>
<b>Fri 6:00PM</b>	<b>The Happy Hour (C, O, JFT)</b> Faith Community Church, 100 East 30th Street, Norfolk, VA, <i>Lafayette R 757-696-7534, Jerome F 757-202-6163</i>
<b>Fri 8:00PM</b>	<b>Miracle On 9th Bay (O, SPK, STEP)</b> East Ocean View Baptist Church, 9609 9th Bay Street, Norfolk, VA, <i>Larry W 757-701-0446</i>
<b>Fri 8:00PM</b>	<b>We Do Recover (O, DISC, STEP)</b> Sacred Heart Church, 520 Graydon Ave, Norfolk, VA, <i>Troy B 757-395-7376, Wanda P 757-324-9170</i>
<b>Sat 9:30AM</b>	<b>Morning Meditation (O, DISC, VAR, WC &amp;)</b> EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road, Norfolk, VA, <i>Mike M 757-305-2212, Rick K 757-753-0048</i>
<b>Sat NOON</b>	<b>Basic Math 12 &amp; 12 (O, SPK, STEP, TRAD)</b> First Baptist Church, across from the Scope, 418 E Bute Street, Norfolk, VA, <i>Carlton D 757-515-3331</i>
<b>Sat 5:30PM</b>	<b>Back to Life (O, BT, DISC, SPK, TRAD)</b> First Lutheran Church, Corner of Colley and Baldwin, 1301 Colley Avenue, Norfolk, VA, <i>Cornell W 757-729-4089</i>
<b>Sat 8:00PM</b>	<b>Surrender to Live (O, BT, DISC, WC &amp;)</b> Norview United Methodist Church, park behind church, 1112 Norview Avenue, Norfolk, VA, <i>Fred R 757-695-6500. We break up into 3 meeting rooms, and alternate in 1.</i>
<b>Wed 6:30PM</b>	<b>Last House on the Block (O, DISC)</b> Chesterfield Heights Community Center, 1st floor, 2715 Stanhope Ave, Norfolk, VA, <i>Lafayette R 757-696-7534, Rudolph S 757-714-0783</i>
<b>Thu NOON</b>	<b>Recovery 'N' EOv (O, BT, DISC, IP, SPK)</b> Ocean View Reformed Christian Church, block in for Ocean View Ave at Beach St, 1241 Hillside Ave, Norfolk, VA, <i>LaTrisha 757-285-7964, Jerome F 757-202-6163</i>
<b>POQUOSON, VA</b>	
<b>Thu 7:30PM</b>	<b>Fresh Start for Open Hearts (O)</b> Poquoson Baptist Church, 283 Wythe Creek Road, Poquoson, VA
<b>PORTSMOUTH, VA</b>	
<b>Sun 9:00AM</b>	<b>Men's Rap (O, DISC, M, WC &amp;)</b> Maryview Behavioral Center, First Floor side entrance, 3636 High Street, Portsmouth, VA, <i>Joe B 757-397-6279</i>
<b>Sun 11:00AM</b>	<b>We Need A Meeting (O, BT, DISC, JFT, SPK, STEP, WC &amp;)</b> Maryview Hospital, 2nd Floor, Conference Room B, 3636 High Street, Portsmouth, VA, <i>Donna E 757-353-5895 (1-DISC, 2-STEP, 3-BT, 4-SPK, 5-JFT)</i>
<b>Sun 7:00PM</b>	<b>New Phase Four (O, DISC, SPK, TOP)</b> Saint John's Episcopal Church, 424 Washington Street, Portsmouth, VA, <i>Ron E 757-582-1070, Lloyd P 757-638-7157</i>
<b>Mon 6:45AM</b>	<b>Jump Start the Day (O)</b> First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA, <i>Teresa D 757-724-3685</i>
<b>Mon 7:00PM</b>	<b>New Beginnings (O, IW, WC &amp;)</b> Church of the Resurrection, @ Midfield Pkwy, 3501 Cedar Lane, Portsmouth, VA, <i>Greg C 757-636-3745, Kathy K 757-403-7409</i>
<b>Tue 6:45AM</b>	<b>Jump Start the Day (O, DISC)</b> First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA, <i>Teresa D 757-724-3685</i>
<b>Tue NOON</b>	<b>The Emergency Unit (O, BT, DISC)</b> Holy Communion Lutheran Church, Hodges Ferry Rd & Bob White St, 6220 Portsmouth Blvd, Portsmouth, VA, <i>Dora H 757-735-7615</i>
<b>Tue 7:00PM</b>	<b>Keep Coming Back (O, BT, DISC, SPK, STEP, TOP)</b> New First Baptist Church of Taylorsville, By Fredrick Blvd, 2720 Turnpike Road, Portsmouth, VA, <i>Francis P 757-679-1151</i>
<b>Tue 8:00PM</b>	<b>A Gift Called Life (O, BT)</b> United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Portsmouth, VA, <i>Brian L 757-619-7375, Sean H 757-438-1688</i>
<b>Wed 6:45AM</b>	<b>Jump Start the Day (O, DISC)</b> First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA, <i>Teresa D 757-724-3685</i>
<b>Wed 7:00PM</b>	<b>Surrender and Recovery (O, BT)</b> United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Portsmouth, VA, <i>Thomas G 757-647-1481</i>
<b>Wed 7:30PM</b>	<b>What Can I Do (O, BT, IP, STEP, TW)</b> Wesley Community Service Center, 1701 Elm St, Portsmouth, VA, <i>Sabrina P 757-228-0730</i>
<b>Thu 6:45AM</b>	<b>Jump Start the Day (O, DISC)</b> First Lutheran Church, Washington & King, 600 King Street, Portsmouth, VA, <i>Teresa D 757-724-3685</i>

**PORTSMOUTH, VA (CONT)**

<b>Thu 7:00PM</b>	<b>Freebird (O, BL, BT)</b> Craddock Baptist Church, and Harris Road, 96 Afton Parkway, Portsmouth, VA, <i>Roland C 757-328-2243, Jen J. 757-582-4947</i>
<b>Thu 7:00PM</b>	<b>Girls Nite Out (O, IP, JFT, SWG, STEP, W)</b> First Friends Church, 5307 Portsmouth Blvd., Portsmouth, VA, <i>Vickie 757-375-0067, Kat 757-359-3793, Missy 757-753-6223</i>
<b>Fri 6:45AM</b>	<b>Jump Start the Day (O, DISC)</b> First Lutheran Church, King & Washington, 600 King Street, Portsmouth, VA, <i>Teresa D 757-724-3685</i>
<b>Sat 11:00AM</b>	<b>The Phoenix Group (O, BT)</b> Maryview Hospital, 2nd floor Conference Room A, 3636 High Street, Portsmouth, VA, <i>Sam D 757-353-2094</i>
<b>Sat 2:00PM</b>	<b>A New Way of Life (O, DISC)</b> 208 Mimosa Rd, 208 Mimosa Rd, Portsmouth, VA, <i>Paul B 757-613-4199</i>
<b>Sat 8:00PM</b>	<b>Back to Basics (O, BT, DISC)</b> Broad Street United Methodist Church, corner of Wesley St, 300 Broad Street, Portsmouth, VA, <i>Ty H 757-235-3175</i>

**SUFFOLK, VA**

<b>Sun 7:00PM</b>	<b>A Clear Message (O, BT, DISC, SPK, AB)</b> Obici Hospital, Conf. Rm. C - Basement, 2800 Godwin Boulevard, Suffolk, VA, <i>Robyn T 954-822-9026 (1-BT, 2-AB, 3-DISC, 4-SPK)</i>
<b>Wed 7:30PM</b>	<b>Life &amp; Hopeline (O, DISC, STEP, WC &amp;)</b> Suffolk Christian Church, by courthouse, 216 North Main St., Suffolk, VA, <i>Rob T 757-923-5461</i>
<b>Fri 7:00PM</b>	<b>Life and Hopeline (O, DISC, STEP)</b> Sentara Obici Hospital, 2800 Godwin Boulevard, Suffolk, VA, <i>Diane W 717-887-0279</i>
<b>Sat 7:00PM</b>	<b>Life and Hopeline (O, DISC, STEP)</b> Sentara Obici Hospital, 2800 Godwin Boulevard, Suffolk, VA, <i>Marvin C 757-729-4089</i>

**VIRGINIA BEACH, VA**

<b>Sun 9:00AM</b>	<b>Hope Ignited (O, DISC, WC &amp;)</b> Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach, VA, <i>Dale 757-202-9693, Chuck K 757-469-9365</i>
<b>Sun 5:00PM</b>	<b>The Journey Continues (C, LIT)</b> St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA, <i>Lucinda W 757-502-5176 (Living Clean Study)</i>
<b>Sun 8:00PM</b>	<b>Sunday Sanity (O, DISC)</b> VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, VA, <i>Karla W 757-434-6446, Pat O 757-633-2820</i>
<b>Mon 7:00PM</b>	<b>Monday Night Candlelight (O, BT)</b> Haygood United Methodist Church, 4713 Haygood Rd, Virginia Beach, VA, <i>Eric D 757-580-2849</i>
<b>Mon 7:30PM</b>	<b>Living The Program (O, BT, DISC)</b> Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, Virginia Beach, VA, <i>Lance G 757-692-7864, Steve K 757-715-1075</i>
<b>Mon 8:00PM</b>	<b>Raw Recovery (O, DISC)</b> Homeless Shelter, Judeo-Christian Outreach Ctr, E of Birdneck Rd, 1053 Virginia Beach Blvd, Virginia Beach, VA, <i>April M 757-323-7038</i>
<b>Mon 10:30PM</b>	<b>End of the Night (O, DISC, VAR)</b> Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, <i>Ann L 757-270-1141</i>
<b>Tue 7:30PM</b>	<b>Freedom Group (O, DISC)</b> Nicholas Greek Church, Fellowship Hall, 621 First Colonial Road, Virginia Beach, VA, <i>Living Clean Study, Kristina D 757-270-9509, Mary K 757-650-0783</i>
<b>Tue 7:30PM</b>	<b>In Times of Illness (O, DISC)</b> VA Beach Psych Center, next to hospital, those with illness in recovery are welcome, 1100 First Colonial Rd, Virginia Beach, VA, <i>Bill S 757-717-1815</i>
<b>Tue 7:30PM</b>	<b>There's A Light (O, DISC)</b> Ocean Lakes Church of Christ, 1200 Dam Neck Road, Virginia Beach, VA, <i>Ian B 757-717-7900, Geoff L 757-641-3159</i>
<b>Tue 8:00PM</b>	<b>Enjoying the Journey (O, DISC, SPK, STEP, TOP)</b> Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, Virginia Beach, VA, <i>Billy B 757-681-4341</i>
<b>Tue 10:30PM</b>	<b>End of the Night (O, DISC, WC &amp;)</b> Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, <i>Ann L 757-270-1141</i>
<b>Wed NOON</b>	<b>Visible Changes (O, DISC)</b> Emmanuel Episcopal Church, Off S Witchduck, 5181 Princess Anne Road, Virginia Beach, VA, <i>Julia S 804-614-6603</i>
<b>Wed 7:15PM</b>	<b>Straight Ahead (O, DISC, STEP)</b> Christ Presbyterian, 709 Aragona Blvd, Virginia Beach, VA, <i>Chris P 757-535-7227</i>
<b>Wed 8:00PM</b>	<b>Trusted Servants (O, DISC, WC &amp;)</b> St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA, <i>Barbara H 845-905-9126</i>
<b>Wed 8:30PM</b>	<b>Stepping into Recovery (O, BT, DISC)</b> Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, <i>Living Clean Study, Mary P 757-739-1726</i>

**VIRGINIA BEACH, VA (CONT)**

<b>Wed 10:30PM</b>	<b>End of the Night (O, BT, DISC)</b> Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, <i>Ann L 757-270-1142</i>
<b>Thu 7:00PM</b>	<b>Shattering the Illusion (O, BT)</b> St. Michaels Lutheran Church, 2208 Princess Anne Road, Virginia Beach, VA, <i>Bryan M 757-635-7414, Tim B 714-3132</i>
<b>Thu 7:30PM</b>	<b>Serenity Circle (O, DISC)</b> Haygood United Methodist Church, 4713 Haygood Road, Virginia Beach, VA, <i>Pam 757-636-2364, Trish 757-575-9350</i>
<b>Thu 8:00PM</b>	<b>Choose Life (O, BT, IP, SPK)</b> VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, VA, <i>Candace J 7575856609 Dickie B 7574125029</i>
<b>Thu 8:00PM</b>	<b>Raw Recovery (O, DISC)</b> Judeo-Christian Outreach Center - Homeless Shelter, E of Birdneck Rd, 1053 Virginia Beach Blvd, Virginia Beach, VA, <i>April M 757-322-7038</i>
<b>Thu 10:30PM</b>	<b>End of the Night (O, DISC)</b> Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, <i>Ann L 757-270-1141</i>
<b>Fri NOON</b>	<b>Write Now (C, JFT, SWG)</b> Providence Presbyterian Church, 5497 Providence Rd, Virginia Beach, VA, <i>writing during meeting, Christine O 757-729-3282</i>
<b>Fri 8:00PM</b>	<b>Kempsville Crossroads (O, DISC, TRAD, WC &amp;)</b> Providence Presbyterian Church, 5497 Providence Road, Virginia Beach, VA, <i>Mark N 757-478-1839</i>
<b>Fri 8:00PM</b>	<b>Wave of Recovery (O, DISC)</b> Virginia Beach Christian Church, 2225 Rose Hall Drive, Virginia Beach, VA, <i>Pat C 757-735-8934</i>
<b>Fri 8:30PM</b>	<b>HOW Group (C, DISC)</b> Good Shepherd Lutheran Church, 1489 Laskin Road, Virginia Beach, VA, <i>Lance G 757-692-7864, Neal G 757-328-6485</i>
<b>Fri 11:00PM</b>	<b>The Road Less Traveled (O, DISC)</b> Old Donation Church, 4449 N. Witchduck Road, Virginia Beach, VA, <i>Teresa D 757-724-3685</i>
<b>Sat 9:00AM</b>	<b>Fresh Start (O)</b> Foundry United Methodist Church, 2801 Virginia Beach Blvd., Virginia Beach, VA, <i>Madison B 757-506-6986 Pat C 757-735-8934</i>
<b>Sat 5:00PM</b>	<b>When at the End of the Road (O, DISC)</b> St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA, <i>Romaine P 757-513-9004, Dana S 757-831-1701</i>
<b>Sat 6:00PM</b>	<b>Saturday Night Men's Meeting (C, DISC)</b> Virginia Beach Christian Church, 2225 Rose Hall Drive, Virginia Beach, VA, <i>Robert D 757-343-3423</i>
<b>Sat 7:00PM</b>	<b>Saturday Night Live (O)</b> St. Nicholas Fellowship Hall, 621 First Colonial Road, Virginia Beach, VA, <i>Ted L 757-717-2669</i>
<b>Sat 8:00PM</b>	<b>Freedom of Choice (O, DISC, STEP)</b> Church of the Accension, 4853 Princess Anne Road, Virginia Beach, VA, <i>James P 757-619-2273</i>

**WILLIAMSBURG, VA**

<b>Sun 8:00PM</b>	<b>Nature Of Recovery (O, WC &amp;)</b> 5477 Mooretown Road, Williamsburg, VA
<b>Mon 7:00PM</b>	<b>Women in Recovery (O)</b> St. Martin's Church, 3279 Lake Powell Rd, Williamsburg, VA
<b>Mon 8:30PM</b>	<b>Who is an Addict? (O)</b> 3279 Lake Powell Road, Williamsburg, VA
<b>Tue 7:00PM</b>	<b>A Proven Program (O)</b> York River Baptist Church, 8201 Croaker Road, Williamsburg, VA
<b>Wed 8:30PM</b>	<b>Who is an Addict? (O)</b> 3279 Lake Powell Road, Williamsburg, VA
<b>Thu 7:30PM</b>	<b>12 + 12 = Change!! (O, WC &amp;)</b> Wesley Foundation (across from W&M soccer field), 526 Jamestown Road, Williamsburg, VA
<b>Fri 8:00PM</b>	<b>NOTHING TO FEAR (O, IP, SPK, TOP, WC &amp;, AB)</b> Williamsburg Sentara Hospital, Williamsburg Rm., 100 Sentara Circle, Williamsburg, VA
<b>Sat 10:30AM</b>	<b>Living Life On Life's Terms (O, WC &amp;)</b> Wesley Foundation, 526 Jamestown Road, Williamsburg, VA

**YORKTOWN, VA**

<b>Mon 7:30PM</b>	<b>In Step (O)</b> Grafton Baptist Church, @ Dare Road, 5540 George Washington Memorial Hwy, Yorktown, VA
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<b>VIRGINIA BEACH, VA</b>	
<b>Sun 9:00AM</b>	<b>Hope Ignited (O, DISC, WC &amp;)</b> Virginia Beach Recovery Club, 1900 Baltic Avenue, Virginia Beach, VA, <i>Dale 757-202-9693, Chuck K 757-469-9365</i>
<b>Sun 5:00PM</b>	<b>The Journey Continues (C, LIT)</b> St. Francis Episcopal Church, 509 S Rosemont Road, Virginia Beach, VA, <i>Lucinda W 757-502-5176 (Living Clean Study)</i>
<b>Sun 8:00PM</b>	<b>Sunday Sanity (O, DISC)</b> VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Virginia Beach, VA, <i>Karla W 757-434-6446, Pat O 757-633-2820</i>
<b>Mon 7:00PM</b>	<b>Monday Night Candlelight (O, BT)</b> Haygood United Methodist Church, 4713 Haygood Rd, Virginia Beach, VA, <i>Eric D 757-580-2849</i>