

CARROLLTON	
Fri 7:30PM	Running On Faith , Carrollton Church of God, 16144 Carrollton Boulevard (O)
CHESAPEAKE	
Sun 3:00PM	Wecovery , Great Bridge United Methodist Church, 201 Stadium Drive (O, DISC) <i>Chris 757-377-9236</i>
Mon 7:00PM	The Winding Road , Oak Grove United Methodist Church, across from water tower, 472 N. Battlefield Blvd (C) <i>Jacob M 757-831-8249, Rich B 757-288-0650</i>
Tue 7:00PM	Count Your Blessings , Oaklette United Methodist, Park in Rear, Corner Indian River & Oaklett, 520 Oaklette Dr (O, DISC, JFT) <i>Daniel A 757-418-1690</i>
Tue 7:30PM	Awesome Life , Great Bridge United Methodist Church, Corner of S. Battlefield & Stadium, 201 Stadium Drive (O, CAN, DISC, IP) <i>Carrie L 757-560-8177</i>
Wed 7:30PM	Change We Must , Oak Grove UMC, across from water tower, 472 North Battlefield Blvd. (O, C, BT) <i>Katie K 757-405-8464</i>
Thu NOON	Reason To Believe , Church Of Saint Therese, Across from Chesapeake Square Mall@ Coffman Blvd, Enter front, Rooms 10 & 11, 4137 Portsmouth Blvd (O, BT, DISC) <i>Johnny D 757-287-4430</i>
Thu 7:00PM	Second Chance , Great Bridge United Methodist Church, corner of S. Battlefield Blvd and Stadium Dr, 201 Stadium Drive (O, DISC, STEP, TW) <i>Bernard 757-778-1755, Louie L 757-560-8172</i>
Thu 8:00PM	Branching Out , Aldersgate United Methodist Church, western branch, 4320 Bruce Rd (O, BT, STEP) <i>Joe B 757-397-6279</i>
Fri 7:00PM	Agape , St. Paul's United Methodist Church, @ Dunbarton, 437 Providence Rd (O, DISC, IP, STEP, TW) <i>1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494</i>
Fri 7:30PM	Better Days , Church Of Saint Therese, across from Chesapeake Square Mall, Enter Front, Rooms 10-11, 4137 Portsmouth Blvd (O, CAN, DISC, AB) <i>1st-AB, Liz S 757-681-0711</i>

COURTLAND	
Fri 7:30PM	Thank God I'm Free (T.G.I.F.) , Courtland United Methodist Church, 22416 Main Street (O) <i>Scott C 434-594-5819</i>
ELIZABETH CITY	
Sun 7:00PM	Over & Beyond , Saint Phillips Chapel, West side of Street, 201 S McMorrine St (O, DISC) <i>Linda T 252-333-7983</i>
Tue 7:00PM	Over & Beyond , Saint Phillips Chapel, 201 S McMorrine St (O, DISC) <i>Linda T 252-333-7983</i>

FRANKLIN	
Mon 7:00PM	Beyond Our Wildest Dreams , First Baptist Church, 318 Hall Street (O, SPK, WC &.) <i>Charlene J 434-632-1972</i>
Tue 7:00PM	Earthbound Group , Fellowship Around The World, 400 N. High St. (O, DISC) <i>Stephen B 757-613-5531</i>
Wed 7:30PM	Bright New Life , Franklin Baptist Church, 208 N High Street (O) <i>DeWayne L 757-641-8022</i>
Thu 5:30PM	We Do Recover , Franklin District Building, 161 Steward Drive (O) <i>Keith J 757-344-3189</i>
Sat 1:00PM	New Beginnings , Martin Luther King Center, 683 Oak Street (C)

FRISCO	
Fri 7:30PM	Serenity in the Sand , Cape Hatteras Baptist Church, 50195 Buccaneer Drive (O, DISC)
GLOUCESTER	
Mon 7:30PM	The Out of Ordinary Meeting , White Marsh Baptist Church, 5123 George Washington Memorial Highway (O, WC &.)
Tue 7:00PM	A New Way of Life , 9228 George Washington Memorial Highway (O)
Fri 7:30PM	Closer To Home , Riverside Walter Reed Hospital, 7515 Hospital Drive (O, WC &.)

HAMPTON	
Sun NOON	Faith , Riverside Behavioral Health Center, 2244 Executive Drive (O, WC &.)
Sun 7:00PM	The Lie Is Dead , North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane (O, WC &.)
Sun 7:30PM	Recovery Group , Riverside Behavioral Health Center, 2244 Executive Drive (O, WC &.)

HAMPTON (CONT)	
Mon NOON	A Meeting at Lunch , First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue (O, VAR, WC &.)
Mon 3:00PM	Change I Must Or Die I Will , Nickerson Plaza, Next to ACE Hardware, 2096 Nickerson Blvd (O, WC &.)
Mon 6:45PM	Honesty Group , Ivy Memorial Baptist Church, 2200 Coliseum Dr. (O, WC &.)
Tue NOON	A Meeting at Lunch , First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue (O)
Tue 5:30PM	Serenity Group , Riverside Behavioral Health Center, 2244 Executive Drive (O, WC &.)
Tue 7:30PM	New Genesis Group , Weslley United Methodist Church, 2510 N. Armistead Avenue (O)
Tue 7:30PM	Young, Clean & Living , North Hampton Presbyterian Church (behind the Fire Department), 1217 Todds Lane (O)
Tue 8:15PM	Let's Recover Together , Hampton Christian Church, 151 East Mercury Boulevard (O, WC &.)
Wed NOON	A Meeting at Lunch , First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue (O)
Wed 6:00PM	Becoming A Winner , Loving Kindness Worship Center, 2002 N. Armisted Ave. (O)
Wed 7:00PM	Hugs Not Drugs , Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road (O)
Thu NOON	A Meeting at Lunch , First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue (O)
Thu 5:30PM	The Warriors , Agape Foundations, INC, Entrance and Parking in the Rear, 3217 Commander Shepard Blvd (O, WC &.)
Thu 8:00PM	Time To Surrender , North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane (O, WC &.)
Fri NOON	A Meeting at Lunch , First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue (O)
Fri 6:00PM	How & Why , Riverside Behavioral Health Center, 2244 Executive Drive (C, WC &.)
Sat 6:00PM	Saturday Night Alternative , First Presbyterian Church, 514 S. Armistead Avenue (O, WC &.)
Sat 7:30PM	A New Approach to Life , North Hampton Presbyterian Church (behind the firehouse), 1217 Todds Lane (O)

KILL DEVIL HILLS	
Mon 7:30PM	Freedom to Live , Liberty Christian Fellowship, 244 Williams Drive (C, DISC, WC &.) <i>Rana D 252-423-0755</i>
Tue 7:30PM	Stick & Stay , Colington Methodist Church, 1949 Colington Rd (O, DISC, WC &.) <i>Clare D 252-944-6971</i>
Sat 7:30PM	Freedom to Live , Liberty Christian Fellowship, 244 Williams Drive (O) <i>Kim K 252-753-0822</i>

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

NAGS HEAD	
Wed 7:30PM	Miracles Happen , St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail (O, DISC, STEP, TW) <i>Kim K 252-573-0822, Jim H 252-489-9895</i>

Fri 7:30PM	Miracles Happen , St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail (O)
-------------------	---

NEWPORT NEWS	
Sun 9:30AM	Surrender To Live , C. Waldo Scott Center, 3100 Wickham Avenue (O, WC &.) <i>Dee W. 757-503-0739 - Tony H. 757-696-6654</i>
Sun 7:00PM	A Gift Called Life , Warwick United Church of Christ, 10 Matoaka Lane (O, WC &.)
Mon 9:30AM	Trust The Process , St. Augustine's Episcopal Church, 2515 Marshall Avenue (O, WC &.)
Mon NOON	High Noon , Recovery Baptist Church, 303 Blair Avenue (O, WC &.)
Mon 7:00PM	New Attitude , 3509 Chestnut Avenue (O, WC &.)
Tue 9:30AM	Trust The Process , St. Augustine's Episcopal Church, 2515 Marshall Avenue (O, WC &.)
Tue NOON	High Noon , Recovery Baptist Church, 303 Blair Avenue (O, WC &.)

NEWPORT NEWS (CONT)	
Tue 6:00PM	I Can't We Can , YWCA, 2702 Orcutt Avenue (O, WC &.)
Tue 7:00PM	We Can Change , First Church of Newport News, 2300 Wickham Avenue (O)
Tue 7:00PM	Women Do Recover , Hilton Christian Church, Entrance In The Rear, 100James River Dr. (O, WC &.)
Wed 9:30AM	Trust The Process , St. Augustine's Episcopal Church, 2515 Marshall Avenue (O, WC &.)
Wed NOON	High Noon , Recovery Baptist Church, 303 Blair Avenue (O, WC &.)
Wed 7:00PM	End Of The Road , 1707 Jefferson Avenue (O, WC &.)
Wed 7:00PM	Hope , Warwick Conference Center, Building #6, 12420 Warwick Blvd (O)
Wed 7:30PM	Living The Program , Warwick United Church of Christ, 10 Matoaka Lane (C, WC &.)
Thu 9:30AM	Trust The Process , St. Augustine's Episcopal Church, 2515 Marshall Avenue (O, WC &.)
Thu NOON	High Noon , Recovery Baptist Church, 303 Blair Avenue (O, WC &.)
Thu 7:00PM	Let's Get Spiritual , St. Paul AME Church, 2500 Chestnut Avenue (O, WC &.)
Thu 7:00PM	We Do Recover , Reformation Lutheran Church, 13100 Warwick Blvd (O, WC &., LIT)
Fri 9:30AM	Trust The Process , St. Augustine's Episcopal Church, 2515 Marshall Avenue (O, WC &.)
Fri NOON	High Noon , Recovery Baptist Church, 303 Blair Avenue (O, WC &.)
Fri 6:30PM	Change We Must , Living Faith Christian Center, 14901 Warwick Blvd (O, WC &.)
Fri 7:00PM	Keep Coming Back , Newport News Community Center, 605 South Avenue (O, WC &.)
Fri 7:30PM	Good Orderly Direction , Warwick United Church of Christ, 10 Matoaka Lane (O, WC &.)
Sat 10:00AM	No More Excuses , Warwick United Church of Christ, 10 Matoaka Lane (O, WC &.)
Sat NOON	Women & Men In Recovery , Trinity United Methodist Church, 29th & Huntington Ave, 228 29th St (O)
Sat 5:30PM	Saturday Night Live , First Baptist Church Jefferson Park (use 43rd St to get in), 615 42nd St. (O, WC &.)
Sat 7:30PM	Never Alone , Hillton Christian Church, 100 James River Drive (O, WC &.)

NORFOLK	
Sun 1:00PM	Dopeless Hopefiends , GHR Center, Suite B, 850 Tidewater Dr, <i>William M 757-851-8395</i>
Sun 6:00PM	It's About Time , Norview United Methodist Church, 1112 Norview Avenue (O, SPK, WC &.) <i>Jerome F 757-202-6163</i>
Sun 8:00PM	Mixed Group , First Lutheran Church, 1301 Colley Ave (O, DISC) <i>Mike J 757-409-1676</i>
Mon 9:30AM	Morning Meditation , EZ Does It Service Center, 1153 Harmony Road (O, WC &.) <i>Rick K 757-753-0048</i>
Mon NOON	Help Me Think , Ingleside Baptist Church, corner of Gatling Ave, 925 Ingleside Rd. (O, BT, JFT, STEP, TOP) <i>1st-Step, 2nd-Top, 3rd-BT, 4th-JFT, Carlton J 757-589-3564</i>
Mon 8:00PM	Recovery on the Hill , Ocean View Christian Reformed Church, 1241 Hillside Avenue (O, BT, CAN, SPK, STEP, WC &.) <i>Fred R 757-695-6500</i>
Tue 9:30AM	Morning Meditation , EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O, DISC, VAR, WC &.) <i>Rick K 757-753-0048, Mike M 757-305-2212</i>
Tue 5:30PM	Just For Today , First Lutheran Church, Corner of Colley Ave. & Baldwin Ave., 1301 Colley Avenue (O, DISC, IP, SPK, STEP, TOP) <i>Bill A 757-647-7707</i>
Tue 6:30PM	Serenity In The Sand , On the Beach, 3rd Bay Street Public Beach Access, East Ocean View and 3rd Bay Street (O, DISC, VAR, SMOK) <i>Seasonal - May through September Only, Aimee 757-998-0843</i>
Tue 7:00PM	Let It Be , Ocean View Christian Reformed Church, 1 block from Ocean View & Beach View, 1241 Hillside Ave (O, DISC) <i>Brandi M 757-581-3178</i>

NORFOLK (CONT)	
Tue 7:00PM	We Can Change , Oakdale Presbyterian Church, West of Tidewater Dr. between Harriet & Van Patten Rd., 550 East Little Creek Rd. (O, BT, DISC, IW, SPK) <i>Olena P 757-359-5580</i>

Wed 9:30AM	Morning Meditation , EZ Does It Service Center, 1153 Harmony Road (O, DISC, VAR, WC &.) <i>Rick K 757-7530048</i>
Wed NOON	High Noon , New Life Providence Church, 1420 Colonial Ave (O) <i>Lafayette 757-696-7534, Michelle M 757-381-5881</i>
Wed 6:30PM	Last House on the Block , Chesterfield Heights Community Center, 1st floor, 2715 Stanhope Ave (O, DISC) <i>Lafayette R 757-696-7534, Rudolph S 757-714-0783</i>
Wed 8:00PM	Better by the Bay , Miles Memorial United Methodist Church, @Government Street (rear entrance), 9450 Granby Street (O, BT, DISC, WC &.) <i>Ryan D 757-651-5316</i>
Wed 8:00PM	Where's Lot 14? , Sentara Norfolk General Hospital, Dining Room #1, 600 Gresham Drive (O, DISC) <i>Gary 757-237-4507, Juanita 757-685-8848</i>
Thu 9:30AM	Morning Meditation , EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road (O, DISC, VAR, WC &.) <i>Rick K 757-753-0048</i>
Thu NOON	Recovery 'N' EOv , Ocean View Reformed Christian Church, block in for Ocean View Ave at Beach St, 1241 Hillside Ave (O, BT, DISC, IP, SPK) <i>LaTrisha 757-285-7964, Jerome F 757-202-6163</i>
Thu 6:30PM	Got to Have It , Queen Street Baptist Church, 413 E. Brambleton Avenue (O, BT, IP, SPK, STEP, WC &.) <i>Frederick J 757-374-1577, Juanita S 757-685-8848</i>

Thu 8:00PM	Junks & Drunks , Ocean View Reformed Church, 1241 Hillside Ave (O, STEP) <i>Marsha N 757-470-6128</i>
Fri 9:30AM	Morning Meditation , EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road (O, DISC, VAR, WC &.) <i>Mike M 757-305-2212, Rick K 757-753-0048</i>
Fri NOON	The Continuing Quest , First Lutheran Church, Corner Colley Ave & Baldwin Ave, 1301 Colley Avenue (O, DISC, SPK, SWG) <i>Dave E 757-663-2723</i>
Fri 6:00PM	The Happy Hour , Faith Community Church, 100 East 30th Street (C, O, JFT) <i>Lafayette R 757-696-7534, Jerome F 757-202-6163</i>
Fri 8:00PM	Miracle On 9th Bay , East Ocean View Baptist Church, 9609 9th Bay Street (O, SPK, STEP) <i>Larry W 757-701-0446</i>
Fri 8:00PM	We Do Recover , Sacred Heart Church, 520 Graydon Ave (O, DISC, STEP) <i>Troy B 757-395-7376, Wanda P 757-324-9170</i>

Sat 9:30AM	Morning Meditation , EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road (O, DISC, VAR, WC &.) <i>Mike M 757-305-2212, Rick K 757-753-0048</i>
Sat NOON	Basic Math 12 & 12 , First Baptist Church, across from the Scope, 418 E Bute Street (O, SPK, STEP, TRAD) <i>Carlton D 757-515-3331</i>
Sat 5:30PM	Back to Life , First Lutheran Church, Corner of Colley and Baldwin, 1301 Colley Avenue (O, BT, DISC, SPK, TRAD) <i>Cornell W 757-729-4089</i>
Sat 8:00PM	Surrender to Live , Norview United Methodist Church, park behind church, 1112 Norview Avenue (O, BT, DISC, WC &.) <i>Fred R 757-695-6500. We break up into 3 meeting rooms, and alternate in 1.</i>

POQUOSON	
Thu 7:30PM	Fresh Start for Open Hearts , Poquoson Baptist Church, 283 Wythe Creek Road (O)

PORTSMOUTH	
Sun 9:00AM	Men's Rap , Maryview Behavioral Center, First Floor side entrance, 3636 High Street (O, DISC, M, WC &.) <i>Joe B 757-397-6279</i>
Sun 11:00AM	We Need A Meeting , Maryview Hospital, 2nd Floor, Conference Room B, 3636 High Street (O, BT, DISC, JFT, SPK, STEP, WC &.) <i>Donna E 757-353-5895 (1-DISC, 2-STEP, 3-BT, 4-SPK, 5-JFT)</i>

Sun 7:00PM	New Phase Four , Saint John's Episcopal Church, 424 Washington Street (O, DISC, SPK, TOP) <i>Ron E 757-582-1070, Lloyd P 757-638-7157</i>
-------------------	--

Mon 6:45AM	Jump Start the Day , First Lutheran Church, Washington & King, 600 King Street (O) <i>Teresa D 757-724-3685</i>
Mon 7:00PM	New Beginnings , Church of the Resurrection, @ Midfield Pkwy, 3501 Cedar Lane (O, IW, WC &.) <i>Greg C 757-636-3745. Kathy K 757-403-7409</i>

Tue 6:45AM	Jump Start the Day , First Lutheran Church, Washington & King, 600 King Street (O, DISC) <i>Teresa D 757-724-3685</i>
-------------------	--

HAMPTON ROADS METRO



MEETING LIST

Metropolitan Hampton Roads Meetings including: Carrollton, Chesapeake, Courtland, Franklin, Gloucester Courthouse, Gloucester, Hampton, Newport News, Norfolk, Poquoson, Portsmouth, Suffolk, Virginia Beach, West Point, Williamsburg and Yorktown. With North Carolina meetings in Elizabeth City, Kill Devil Hills, Manteo, Nags Head and Winfall.

JULY 2018

REGIONAL HELPLINE

800-777-1515

TIDEWATER HELPLINE

866-972-5055

Meeting Format Legend

AB	Ask-It-Basket	BL	Bi-Lingual
BT	Basic Text	C	Closed
CAN	Candlelight	DISC	Discussion
IP	IP Study	IW	It Works Study
JFT	Just for Today Study	LIT	Literature Study
M	Men	O	Open
SMOK	Smoking	SPK	Speaker
STEP	Step	SWG	Step Working Guide Study
TOP	Topic	TRAD	Tradition
TW	Traditions Workshop	VAR	Format Varies
W	Women	WC ♿	Wheelchair