



THURSDAY (CONT)		
<b>8:00PM</b>	<b>Time To Surrender (O, WC &amp;)</b> [P] North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane	<b>Hampton</b>
<b>10:30PM</b>	<b>End of the Night (O, BT, DISC, WC &amp;)</b> [T] Old Donation Episcopal Church, 4449 N Witchduck Road, Ann V 757-270-1141	<b>Virginia Beach</b>
FRIDAY		
<b>6:45AM</b>	<b>Jump Start the Day (O, DISC)</b> [T] First Lutheran Church, King & Washington, 600 King Street, Teresa D 757-724-3685	<b>Portsmouth</b>
<b>9:30AM</b>	<b>Morning Meditation (O, DISC, VAR, WC &amp;)</b> [T] EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road, Mike M 757-305-2212, Rick K 757-753-0048	<b>Norfolk</b>
<b>9:30AM</b>	<b>Trust The Process (O, WC &amp;)</b> [P] St. Augustine's Episcopal Church, 2515 Marshall Avenue	<b>Newport News</b>
<b>NOON</b>	<b>A Meeting at Lunch (O)</b> [P] First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue	<b>Hampton</b>
<b>NOON</b>	<b>High Noon (O, WC &amp;)</b> [P] Recovery Baptist Church, 303 Blair Avenue	<b>Newport News</b>
<b>NOON</b>	<b>The Continuing Quest (O, DISC, SPK, SWG)</b> [T] First Lutheran Church, Corner Colley Ave & Baldwin Ave, 1301 Colley Avenue, Dave E 757-663-2723	<b>Norfolk</b>
<b>NOON</b>	<b>Write Now (C, JFT, SWG)</b> [B] Providence Presbyterian Church, 5497 Providence Rd, writing during meeting, Christine O 757-729-3282	<b>Virginia Beach</b>
<b>6:00PM</b>	<b>How &amp; Why (C, WC &amp;)</b> [P] Riverside Behavioral Health Center, 2244 Executive Drive	<b>Hampton</b>
<b>6:00PM</b>	<b>The Happy Hour (C, O, JFT)</b> [T] Faith Community Church, 100 East 30th Street, Lafayette R 757-696-7534, Jerome F 757-202-6163	<b>Norfolk</b>
<b>6:30PM</b>	<b>Change We Must (O, WC &amp;)</b> [P] Living Faith Christian Center, 14901 Warwick Blvd	<b>Newport News</b>
<b>7:00PM</b>	<b>Agape (O, DISC, IP, STEP, TW)</b> [T] St. Paul's United Methodist Church, @ Dunbarton, 437 Providence Rd, 1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494	<b>Chesapeake</b>
<b>7:00PM</b>	<b>Keep Coming Back (O, WC &amp;)</b> [P] Newport News Community Center, 605 South Avenue	<b>Newport News</b>
<b>7:00PM</b>	<b>Life and Hopeline (O, DISC, STEP)</b> [T] Sentara Obici Hospital, 2800 Godwin Boulevard, Diane W 717-887-0279	<b>Suffolk</b>
<b>7:30PM</b>	<b>Better Days (O, CAN, DISC, AB)</b> [T] Church Of Saint Therese, across from Chesapeake Square Mall, Enter Front, Rooms 10-11, 4137 Portsmouth Blvd, 1st-AB, Liz S 757-681-0711	<b>Chesapeake</b>
<b>7:30PM</b>	<b>Closer To Home (O, WC &amp;)</b> [P] Riverside Walter Reed Hospital, 7515 Hospital Drive	<b>Gloucester</b>
<b>7:30PM</b>	<b>Good Orderly Direction (O, WC &amp;)</b> [P] Warwick United Church of Christ, 10 Matoaka Lane	<b>Newport News</b>
<b>7:30PM</b>	<b>Running On Faith (O)</b> [P] Carrollton Church of God, 16144 Carrollton Boulevard	<b>Carrollton</b>
<b>7:30PM</b>	<b>Thank God I'm Free (T.G.I.F.) (O)</b> [O] Courtland United Methodist Church, 22416 Main Street, Scott C 434-594-5819	<b>Courtland</b>
<b>8:00PM</b>	<b>Kempsville Crossroads (O, DISC, TRAD, WC &amp;)</b> [B] Providence Presbyterian Church, 5497 Providence Road, Mark N 757-478-1839	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Miracle On 9th Bay (O, SPK, STEP)</b> [T] East Ocean View Baptist Church, 9609 9th Bay Street, Larry W 757-701-0446	<b>Norfolk</b>
<b>8:00PM</b>	<b>NOTHING TO FEAR (O, IP, SPK, TOP, WC &amp;, AB)</b> [P] Williamsburg Sentara Hospital, Williamsburg Rm., 100 Sentara Circle	<b>Williamsburg</b>
<b>8:00PM</b>	<b>Wave of Recovery (O, DISC)</b> [B] Virginia Beach Christian Church, 2225 Rose Hall Drive, Pat C 757-735-8934	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>We Do Recover (O, DISC, STEP)</b> [T] Sacred Heart Church, 520 Graydon Ave, Troy B 757-395-7376, Wanda P 757-324-9170	<b>Norfolk</b>
<b>8:30PM</b>	<b>HOW Group (C, DISC)</b> [B] Good Shepherd Lutheran Church, 1489 Laskin Road, Lance G 757-692-7864, Neal G 757-328-6485	<b>Virginia Beach</b>
<b>11:00PM</b>	<b>The Road Less Traveled (O, DISC)</b> [T] Old Donation Church, 4449 N. Witchduck Road, Teresa D 757-724-3685	<b>Virginia Beach</b>
SATURDAY		
<b>9:00AM</b>	<b>Fresh Start (O)</b> [B] Foundry United Methodist Church, 2801 Virginia Beach Blvd., Madison B 757-506-6986 Pat C 757-735-8934	<b>Virginia Beach</b>

SATURDAY (CONT)		
<b>9:30AM</b>	<b>Morning Meditation (O, DISC, VAR, WC &amp;)</b> [T] EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road, Mike M 757-305-2212, Rick K 757-753-0048	<b>Norfolk</b>
<b>10:00AM</b>	<b>No More Excuses (O, WC &amp;)</b> [P] Warwick United Church of Christ, 10 Matoaka Lane	<b>Newport News</b>
<b>10:30AM</b>	<b>Living Life On Life's Terms (O, WC &amp;)</b> [P] Wesley Foundation, 526 Jamestown Road	<b>Williamsburg</b>
<b>11:00AM</b>	<b>The Phoenix Group (O, BT)</b> [T] Maryview Hospital, 2nd floor Conference Room A, 3636 High Street, Sam D 757-353-2094	<b>Portsmouth</b>
<b>NOON</b>	<b>Basic Math 12 &amp; 12 (O, SPK, STEP, TRAD)</b> [T] First Baptist Church, across from the Scope, 418 E Bute Street, Carlton D 757-515-3331	<b>Norfolk</b>
<b>NOON</b>	<b>Women &amp; Men In Recovery (O)</b> [P] Trinity United Methodist Church, 29th & Huntington Ave, 228 29th St	<b>Newport News</b>
<b>1:00PM</b>	<b>New Beginnings (C)</b> [O] Martin Luther King Center, 683 Oak Street	<b>Franklin</b>
<b>5:00PM</b>	<b>When at the End of the Road (O, DISC)</b> [B] St. Francis Episcopal Church, 509 S Rosemont Road, Romaine P 757-513-9004, Dana S 757-831-1701	<b>Virginia Beach</b>
<b>5:30PM</b>	<b>Back to Life (O, BT, DISC, SPK, TRAD)</b> [T] First Lutheran Church, Corner of Colley and Baldwin, 1301 Colley Avenue, Cornell W 757-729-4089	<b>Norfolk</b>
<b>5:30PM</b>	<b>Saturday Night Live (O, WC &amp;)</b> [P] First Baptist Church Jefferson Park (use 43rd St to get in), 615 42nd St.	<b>Newport News</b>
<b>6:00PM</b>	<b>Saturday Night Alternative (O, WC &amp;)</b> [P] First Presbyterian Church, 514 S. Armistead Avenue	<b>Hampton</b>
<b>6:00PM</b>	<b>Saturday Night Men's Meeting (C, DISC)</b> [B] Virginia Beach Christian Church, 2225 Rose Hall Drive, Robert D 757-343-3423	<b>Virginia Beach</b>
<b>7:00PM</b>	<b>Life and Hopeline (O, DISC, STEP)</b> [T] Sentara Obici Hospital, 2800 Godwin Boulevard, Marvin C 757-729-4089	<b>Suffolk</b>
<b>7:00PM</b>	<b>Saturday Night Live (O)</b> [B] St. Nicholas Fellowship Hall, 621 First Colonial Road, Ted L 757-717-2669	<b>Virginia Beach</b>
<b>7:30PM</b>	<b>A New Approach to Life (O)</b> [P] North Hampton Presbyterian Church (behind the firehouse), 1217 Todds Lane	<b>Hampton</b>
<b>7:30PM</b>	<b>Never Alone (O, WC &amp;)</b> [P] Hillton Christian Church, 100 James River Drive	<b>Newport News</b>
<b>8:00PM</b>	<b>Back to Basics (O, BT, DISC)</b> [T] Port Norfolk Baptist Church, 401 Broad Street, Ty H 757-235-3175	<b>Portsmouth</b>
<b>8:00PM</b>	<b>Freedom of Choice (O, DISC, STEP)</b> [T] Church of the Ascension, 4853 Princess Anne Road, James P 757-619-2273	<b>Virginia Beach</b>
<b>8:00PM</b>	<b>Surrender to Live (O, BT, DISC, WC &amp;)</b> [T] Norview United Methodist Church, park behind church, 1112 Norview Avenue, Fred R 757-695-6500. We break up into 3 meeting rooms, and alternate in 1.	<b>Norfolk</b>
NORTH CAROLINA MEETINGS		
<b>Sun 7:00PM</b>	<b>Over &amp; Beyond (O, DISC)</b> [T] Saint Phillips Chapel, West side of Street, 201 S McMorrine St, Linda T 252-333-7983	<b>Elizabeth City</b>
<b>Mon 7:30PM</b>	<b>Freedom to Live (C, DISC, WC &amp;)</b> [T] Liberty Christian Fellowship, 244 Williams Drive, Rana D 252-423-0755	<b>Kill Devil Hills</b>
<b>Tue 7:00PM</b>	<b>Over &amp; Beyond (O, DISC)</b> [T] Saint Phillips Chapel, 201 S McMorrine St, Linda T 252-333-7983	<b>Elizabeth City</b>
<b>Tue 7:30PM</b>	<b>Stick &amp; Stay (O, DISC, WC &amp;)</b> [T] Colington Methodist Church, 1949 Colington Rd, Clare D 252-944-6971	<b>Kill Devil Hills</b>
<b>Wed 7:30PM</b>	<b>Miracles Happen (O, DISC, STEP, TW)</b> [T] St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, Kim K 252-573-0822, Jim H 252-489-9895	<b>Nags Head</b>
<b>Thu 7:30PM</b>	<b>Surrender to Win (O, DISC)</b> [T] Manteo Baptist Church, 406 US Highway 64, Keith B 252-573-9615, Jim 252-489-9895	<b>Manteo</b>
<b>Fri 7:30PM</b>	<b>Miracles Happen (O)</b> [T] St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail	<b>Nags Head</b>
<b>Fri 7:30PM</b>	<b>Serenity in the Sand (O, DISC)</b> [T] Cape Hatteras Baptist Church, 50195 Buccaneer Drive	<b>Frisco</b>
<b>Sat 7:30PM</b>	<b>Freedom to Live (O)</b> [T] Liberty Christian Fellowship, 244 Williams Drive, Kim K 252-753-0822	<b>Kill Devil Hills</b>

BEACH AREA SERVICE COMMITTEES	
<b>Beach Area Service Committee</b> - <a href="http://virginiabeachna.org">http://virginiabeachna.org</a> P.O. Box 1377 Virginia Beach, VA 23451 1st Saturday - 1:00 PM, 1200 Dam Neck Rd, Virginia Beach	
<b>Hospitals and Institutions Subcommittee (11:00 AM)</b> <b>Emergent Needs Subcommittee (12:00 PM)</b> 1st Saturday - 1200 Dam Neck Rd, Virginia Beach	
<b>Serenity on the Shore Subcommittee</b> 1st Sunday - Subcommittees: 5:00PM, Main: 6:00PM, 1100 First Colonial Rd Virginia Beach	
TIDEWATER AREA SERVICE COMMITTEES	
<b>Tidewater Area Service Committee</b> - <a href="http://tidewaterareana.org">http://tidewaterareana.org</a> 1112 Norview Ave, Norfolk, VA 2nd Sunday - 2:00 pm, 1112 Norview Ave, Norfolk	
<b>Hospitals and Institutions Subcommittee</b> 3rd Sunday - 12:30 pm, 1112 Norview Ave, Norfolk	
<b>Literature, Policy, Public Relations, Phoneline, Special Events Subcommittees</b> 2nd Sunday - 12:30 pm, 1112 Norview Ave, Norfolk	
PENINSULA AREA SERVICE COMMITTEES	
<b>Peninsula Area Service Committee</b> - <a href="http://peninsulaareana.org">http://peninsulaareana.org</a> P.O. Box 16009, Newport News, VA 23608 1st Saturday - 4:00 pm, 10 Matoaka Lane, Newport News	
<b>Activities Subcommittee (2:00 PM)</b> <b>Literature (2:00 PM)</b> <b>Public Relations (2:00 PM)</b> 1st Saturday - 10 Matoaka Lane, Newport News	
<b>Area Inventory (1:00 PM)</b> <b>Hospitals &amp; Institutions Subcommittee (2:00 PM)</b> Sunday following Area - 2244 Executive Drive, Hampton	
OUTER LIMITS AREA SERVICE COMMITTEES	
<b>Outer Limits Area Service Committee</b> - <a href="http://outerlimitsareana.org/">http://outerlimitsareana.org/</a> P.O. Box 1164, Franklin, Va. 23851 TBD	
<b>Hospitals and Institutions Subcommittee</b> TBD	
<b>Activities Subcommittee</b> TBD	
<b>Public Relations</b> TBD	
<b>Central Atlantic Regional Service</b> P. O. Box 1959, Chesterfield, VA 23832 <a href="http://www.car-na.org">http://www.car-na.org</a>	
<b>Narcotics Anonymous World Service</b> <a href="http://www.na.org">http://www.na.org</a>	
Phone Numbers	

# 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

[B] Beach Area, [O] Outer Limits Area, [P] Peninsula Area, [T] Tidewater Area

Meetings Weekly: 173