

SUNDAY		
9:00AM	Hope Ignited (O, DISC, WC &) Virginia Beach Recovery Club, 1900 Baltic Avenue, <i>Dale 757-202-9693, Chuck K 757-469-9365</i>	Virginia Beach
9:00AM	Men's Rap (O, DISC, M, WC &) Maryview Behavioral Center, First Floor side entrance, 3636 High Street, <i>Joe B 757-397-6279</i>	Portsmouth
9:30AM	Surrender To Live (O, WC &) C. Waldo Scott Center, 3100 Wickham Avenue, <i>Dee W 757-503-0739 - Tony H. 757-696-6654</i>	Newport News
11:00AM	We Need A Meeting (O, BT, DISC, JFT, SPK, STEP, WC &) Maryview Hospital, 2nd Floor, Conference Room B, 3636 High Street, <i>Donna E 757-353-5895 (1-DISC, 2-STEP, 3-BT, 4-SPK, 5-JFT)</i>	Portsmouth
NOON	Faith (O, WC &) Riverside Behavioral Health Center, 2244 Executive Drive	Hampton
1:00PM	Dopeless Hopefiends GHR Center, Suite B, 850 Tidewater Dr, <i>William M 757-851-8395</i>	Norfolk
3:00PM	Wecorey (O, DISC) Great Bridge United Methodist Church, 201 Stadium Drive, <i>Chris 757-377-9236</i>	Chesapeake
5:00PM	The Journey Continues (C, LIT) St. Francis Episcopal Church, 509 S Rosemont Road, <i>Lucinda W 757-502-5176 (Living Clean Study)</i>	Virginia Beach
6:00PM	It's About Time (O, SPK, WC &) Norview United Methodist Church, 1112 Norview Avenue, <i>Jerome F 757-202-6163</i>	Norfolk
7:00PM	A Clear Message (O, BT, DISC, SPK, AB) Obici Hospital, Conf. Rm. C - Basement, 2800 Godwin Boulevard, <i>Robyn T 954-822-9026 (1-BT, 2-AB, 3-DISC, 4-SPK)</i>	Suffolk
7:00PM	A Gift Called Life (O, WC &) Warwick United Church of Christ, 10 Matoaka Lane	Newport News
7:00PM	New Phase Four (O, DISC, SPK, TOP) Saint John's Episcopal Church, 424 Washington Street, <i>Ron E 757-582-1070, Lloyd P 757-638-7157</i>	Portsmouth
7:00PM	The Lie Is Dead (O, WC &) North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane	Hampton
7:30PM	Recovery Group (O, WC &) Riverside Behavioral Health Center, 2244 Executive Drive	Hampton
8:00PM	Mixed Group (O, DISC) First Lutheran Church, 1301 Colley Ave, <i>Mike J 757-409-1676</i>	Norfolk
8:00PM	Nature Of Recovery (O, WC &) 5477 Mooretown Road	Williamsburg
8:00PM	Sunday Sanity (O, DISC) VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, <i>Karla W 757-434-6446, Pat O 757-633-2820</i>	Virginia Beach

MONDAY		
6:45AM	Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, <i>Teresa D 757-724-3685</i>	Portsmouth
9:30AM	Morning Meditation (O, WC &) EZ Does It Service Center, 1153 Harmony Road, <i>Rick K 757-753-0048</i>	Norfolk
9:30AM	Trust The Process (O, WC &) St. Augustine's Episcopal Church, 2515 Marshall Avenue	Newport News
NOON	A Meeting at Lunch (O, VAR, WC &) First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue	Hampton
NOON	Help Me Think (O, BT, JFT, STEP, TOP) Ingleside Baptist Church, corner of Gatling Ave, 925 Ingleside Rd., <i>1st-Step, 2nd-Top, 3rd-BT, 4th-JFT, Carlton J 757-589-3564</i>	Norfolk
NOON	High Noon (O, WC &) Recovery Baptist Church, 303 Blair Avenue	Newport News
3:00PM	Change I Must Or Die I Will (O, WC &) Nickerson Plaza, Next to ACE Hardware, 2096 Nickerson Blvd	Hampton
6:45PM	Honesty Group (O, WC &) Ivy Memorial Baptist Church, 2200 Coliseum Dr.	Hampton
7:00PM	Beyond Our Wildest Dreams (O, SPK, WC &) First Baptist Church, 318 Hall Street, <i>Charlene J 434-632-1972</i>	Franklin
7:00PM	Monday Night Candlelight (O, BT, CAN, WC &) Haygood United Methodist Church, 4713 Haygood Rd, <i>Eric D 757-580-2849</i>	Virginia Beach
7:00PM	New Attitude (O, WC &) 3509 Chestnut Avenue	Newport News
7:00PM	New Beginnings (O, IW, WC &) Church of the Resurrection, @ Midfield Pkwy, 3501 Cedar Lane, <i>Greg C 757-636-3745, Kathy K 757-403-7409</i>	Portsmouth
7:00PM	The Winding Road (C) Oak Grove United Methodist Church, across from water tower, 472 N. Battlefield Blvd, <i>Jacob M 757-831-8249, Rich B 757-288-0650</i>	Chesapeake
7:00PM	Women in Recovery (O) St. Martin's Church, 3279 Lake Powell Rd	Williamsburg
7:30PM	In Step (O) Grafton Baptist Church, @ Dare Road, 5540 George Washington Memorial Hwy	Yorktown
7:30PM	Living The Program (O, BT, DISC) Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, <i>Lance G 757-692-7864, Steve K 757-715-1075</i>	Virginia Beach
7:30PM	The Out of Ordinary Meeting (O, WC &) White Marsh Baptist Church, 5123 George Washington Memorial Highway	Gloucester
8:00PM	Raw Recovery (O, DISC) Homeless Shelter, Judeo-Christian Outreach Ctr, E of Birdeck Rd, 1053 Virginia Beach Blvd, <i>April M 757-323-7038</i>	Virginia Beach
8:00PM	Recovery on the Hill (O, BT, CAN, SPK, STEP, WC &) Ocean View Christian Reformed Church, 1241 Hillside Avenue, <i>Fred R 757-695-6500</i>	Norfolk

MONDAY (CONT)		
8:30PM	Who is an Addict? (O) 3279 Lake Powell Road	Williamsburg
10:30PM	End of the Night (O, DISC, WC & , LIT) Old Donation Episcopal Church, 4449 N Witchurch Road, <i>Ann V 757-270-1141</i>	Virginia Beach
TUESDAY		
6:45AM	Jump Start the Day (O, DISC) First Lutheran Church, Washington & King, 600 King Street, <i>Teresa D 757-724-3685</i>	Portsmouth
9:30AM	Morning Meditation (O, DISC, VAR, WC &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, <i>Rick K 757-753-0048, Mike M 757-305-2212</i>	Norfolk
9:30AM	Trust The Process (O, WC &) St. Augustine's Episcopal Church, 2515 Marshall Avenue	Newport News
NOON	A Meeting at Lunch (O) First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue	Hampton
NOON	High Noon (O, WC &) Recovery Baptist Church, 303 Blair Avenue	Newport News
NOON	The Emergency Unit (O, BT, DISC) Holy Communion Lutheran Church, Hodges Ferry Rd & Bob White St, 6220 Portsmouth Blvd, <i>Dora H 757-735-7615</i>	Portsmouth
5:30PM	Just For Today (O, DISC, IP, SPK, STEP, TOP) First Lutheran Church, Corner of Colley Ave. & Baldwin Ave., 1301 Colley Avenue, <i>Bill A 757-647-7707</i>	Norfolk
5:30PM	Serenity Group (O, WC &) Riverside Behavioral Health Center, 2244 Executive Drive	Hampton
6:00PM	I Can't We Can (O, WC &) YWCA, 2702 Orcutt Avenue	Newport News
6:30PM	Serenity In The Sand (O, DISC, VAR, SMOK) On the Beach, 3rd Bay Street Public Beach Access, East Ocean View and 3rd Bay Street, <i>Seasonal - May through September Only, Aimee 757-998-0843</i>	Norfolk
7:00PM	A New Way of Life (O) 9228 George Washington Memorial Highway	Gloucester
7:00PM	A Proven Program (O) York River Baptist Church, 8201 Croaker Road	Williamsburg
7:00PM	Count Your Blessings (O, DISC, JFT) Oaklette United Methodist, Park in Rear, Corner Indian River & Oaklett, 520 Oaklette Dr, <i>Daniel A 757-418-1690</i>	Chesapeake
7:00PM	Earthbound Group (O, DISC) Fellowship Around The World, 400 N. High St., <i>Stephen B 757-613-5531</i>	Franklin
7:00PM	Keep Coming Back (O, BT, DISC, SPK, STEP, TOP) New First Baptist Church of Taylorsville, By Fredrick Blvd, 2720 Turnpike Road, <i>Francis P 757-679-1151</i>	Portsmouth
7:00PM	Let It Be (O, DISC) Ocean View Christian Reformed Church, 1 block from Ocean View & Beach View, 1241 Hillside Ave, <i>Brandi M 757-581-3178</i>	Norfolk
7:00PM	We Can Change (O) First Church of Newport News, 2300 Wickham Avenue	Newport News
7:00PM	We Can Change (O, BT, DISC, IW, SPK) Oakdale Presbyterian Church, West of Tidewater Dr. between Harriet & Van Patten Rd., 550 East Little Creek Rd., <i>Olena P 757-359-5580</i>	Norfolk
7:00PM	Women Do Recover (O, WC &) Hilton Christian Church, Entrance In The Rear, 100James River Dr.	Newport News
7:30PM	Awesome Life (O, CAN, DISC, IP) Great Bridge United Methodist Church, Corner of S. Battlefield & Stadium, 201 Stadium Drive, <i>Carrie L 757-560-8177</i>	Chesapeake
7:30PM	Freedom Group (O, DISC) Nicholas Greek Church, Fellowship Hall, 621 First Colonial Road, <i>Living Clean Study, Kristina D 757-270-9509, Mary K 757-650-0783</i>	Virginia Beach
7:30PM	In Times of Illness (O, DISC) VA Beach Psych Center, next to hospital, those with illness in recovery are welcome, 1100 First Colonial Rd, <i>Bill S 757-717-1815</i>	Virginia Beach
7:30PM	New Genesis Group (O) Weslley United Methodist Church, 2510 N. Armistead Avenue	Hampton
7:30PM	There's A Light (O, DISC) Ocean Lakes Church of Christ, 1200 Dam Neck Road, <i>Jan B 757-717-7900, Geoff L 757-641-3159</i>	Virginia Beach
7:30PM	Young, Clean & Living (O) North Hampton Presbyterian Church (behind the Fire Department), 1217 Todds Lane	Hampton
8:00PM	A Gift Called Life (O, BT) United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, <i>Brian L 757-619-7375, Sean H 757-438-1688</i>	Portsmouth
8:00PM	Enjoying the Journey (O, DISC, SPK, STEP, TOP) Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, <i>Billy B 757-681-4341</i>	Virginia Beach
8:15PM	Let's Recover Together (O, WC &) Hampton Christian Church, 151 East Mercury Boulevard	Hampton
10:30PM	End of the Night (O, DISC, IW, WC &) Old Donation Episcopal Church, 4449 N Witchurch Road, <i>Ann V 757-270-1141</i>	Virginia Beach

WEDNESDAY		
6:45AM	Jump Start the Day (O, DISC) First Lutheran Church, Washington & King, 600 King Street, <i>Theresa D 757-724-3685</i>	Portsmouth
9:30AM	Morning Meditation (O, DISC, VAR, WC &) EZ Does It Service Center, 1153 Harmony Road, <i>Rick K 757-753-0048</i>	Norfolk
9:30AM	Trust The Process (O, WC &) St. Augustine's Episcopal Church, 2515 Marshall Avenue	Newport News
NOON	A Meeting at Lunch (O) First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue	Hampton
NOON	High Noon (O) New Life Providence Church, 1420 Colonial Ave, <i>Lafayette 757-696-7534, Michelle M 757-381-5881</i>	Norfolk

WEDNESDAY (CONT)		
NOON	High Noon (O, WC &) Recovery Baptist Church, 303 Blair Avenue	Newport News
NOON	Recovery At Noon (O) 3279 Lake Powell Rd	Williamsburg
NOON	Visible Changes (O, DISC) Emmanuel Episcopal Church, Off S Witchurch, 5181 Princess Anne Road, <i>Charles D. 757-729-6176 Deborah J. 757-320-6341</i>	Virginia Beach
5:30PM	Midweek Peak (O, DISC) Thalia Lynn Baptist Church, 4392 Virginia Beach Blvd, <i>John B 7576354318 Sarah H 7572988224</i>	Virginia Beach
6:00PM	Becoming A Winner (O) Loving Kindness Worship Center, 2002 N. Armistead Ave.	Hampton
6:30PM	Last House on the Block (O, DISC) Chesterfield Heights Community Center, 1st floor, 2715 Stanhope Ave, <i>Lafayette R 757-696-7534, Rudolph S 757-714-0783</i>	Norfolk
7:00PM	End Of The Road (O, WC &) 1707 Jefferson Avenue	Newport News
7:00PM	Hope (O) Warwick Conference Center, Building #6, 12420 Warwick Blvd	Newport News
7:00PM	Hugs Not Drugs (O) Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road	Hampton
7:00PM	Surrender and Recovery (O, BT) United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, <i>Thomas G 757-647-1481</i>	Portsmouth
7:15PM	Straight Ahead (O, DISC, STEP) Christ Presbyterian, 709 Aragona Blvd, <i>Chris P 757-535-7227</i>	Virginia Beach
7:30PM	Bright New Life (O, O) Franklin Baptist Church, 208 N High Street, <i>DeWayne L 757-641-8022</i>	Franklin
7:30PM	Change We Must (O, C, BT) Oak Grove UMC, across from water tower, 472 North Battlefield Blvd., <i>Katie K 757-405-8464</i>	Chesapeake
7:30PM	Life & Hopenline (O, DISC, STEP, WC &) Suffolk Christian Church, by courthouse, 216 North Main St., <i>Rob T 757-923-5461</i>	Suffolk
7:30PM	Living The Program (C, WC &) Warwick United Church of Christ, 10 Matoaka Lane	Newport News
7:30PM	What Can I Do (O, BT, IP, STEP, TW) Wesley Community Service Center, 1701 Elm St, <i>Sabrina P 757-228-0730</i>	Portsmouth
8:00PM	Better by the Bay (O, BT, DISC, WC &) Miles Memorial United Methodist Church, @Government Street (rear entrance), 9450 Granby Street, <i>Ryan D 757-651-5316</i>	Norfolk
8:00PM	Trusted Servants (O, DISC, WC &) St. Francis Episcopal Church, 509 S Rosemont Road, <i>Barbara H 845-905-9126</i>	Virginia Beach
8:00PM	Where's Lot 147 (O, DISC) Sentara Norfolk General Hospital, Dining Room #1, 600 Gresham Drive, <i>Gary 757-237-4507, Juanita 757-685-8848</i>	Norfolk
8:30PM	Stepping into Recovery (O, BT, DISC) Old Donation Church, 4449 N. Witchurch Road, <i>Living Clean Study, Mary P 757-739-1726</i>	Virginia Beach
8:30PM	Who is an Addict? (O) 3279 Lake Powell Road	Williamsburg
10:30PM	End of the Night (O, BT, DISC, WC &) Old Donation Episcopal Church, 4449 N Witchurch Road, <i>Ann V 757-270-1142</i>	Virginia Beach

THURSDAY		
6:45AM	Jump Start the Day (O, DISC) First Lutheran Church, Washington & King, 600 King Street, <i>Teresa D 757-724-3685</i>	Portsmouth
9:30AM	Morning Meditation (O, DISC, VAR, WC &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, <i>Rick K 757-753-0048</i>	Norfolk
9:30AM	Trust The Process (O, WC &) St. Augustine's Episcopal Church, 2515 Marshall Avenue	Newport News
NOON	A Meeting at Lunch (O) First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue	Hampton
NOON	High Noon (O, WC &) Recovery Baptist Church, 303 Blair Avenue	Newport News
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, <i>Johnny D 757-287-4430</i>	Chesapeake
NOON	Recovery 'N' EOY (O, BT, DISC, IP, SPK) Ocean View Reformed Christian Church, block in for Ocean View Ave at Beach St, 1241 Hillside Ave, <i>LaTrisha 757-285-7964, Jerome F 757-202-6163</i>	Norfolk
5:30PM	The Warriors (O, WC &) Agape Foundations, INC, Entrance and Parking in the Rear, 3217 Commander Shepard Blvd	Hampton
5:30PM	We Do Recover (O) Franklin District Building, 161 Steward Drive, <i>Keith J 757-344-3189</i>	Franklin
6:30PM	Got to Have It (O, BT, IP, SPK, STEP, WC &) Queen Street Baptist Church, 413 E. Brambleton Avenue, <i>Frederick J 757-374-1577, Juanita S 757-685-8848</i>	Norfolk
7:00PM	Freebird (O, BL, BT) Craddock Baptist Church, and Harris Road, 96 Afton Parkway, <i>Roland C 757-328-2243, Jen J. 757-582-4947</i>	Portsmouth
7:00PM	Girls Nite Out (O, IP, JFT, SWG, STEP, W) First Friends Church, 5307 Portsmouth Blvd., <i>Vickie 757-375-0067, Kat 757-359-3793, Missy 757-753-6223</i>	Portsmouth
7:00PM	Let's Get Spiritual (O, WC &) St. Paul AME Church, 2500 Chestnut Avenue	Newport News
7:00PM	Second Chance (O, DISC, STEP, TW) Great Bridge United Methodist Church, corner of S. Battlefield Blvd and Stadium Dr, 201 Stadium Drive, <i>Bernard 757-778-1755, Louie L 757-560-8172</i>	Chesapeake

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

804-965-1871

TIDEWATER HELPLINE

866-972-5055

Beach Area Service P.O. Box 1377 Virginia Beach, VA 23451	http://virginiabeachna.org
Peninsula Area Service P.O. Box 16009, Newport News, VA 23608	http://peninsulaareana.org
Outerlimits Area Service P.O. Box 1164, Franklin, Va. 23851	http://outerlimitsareana.org/
Tidewater Area Service 1112 Norview Ave, Norfolk, VA	http://tidewaterareana.org
Central Atlantic Regional Service P. O. Box 1959, Chesterfield, VA 23832	http://www.car-na.org
Narcotics Anonymous World Service	http://www.na.org

Meetings Weekly: 173

THURSDAY (CONT)		
7:00PM	Shattering the Illusion (O, BT) St. Michaels Lutheran Church, 2208 Princess Anne Road, <i>Kristine A 757-202-2702</i>	Virginia Beach
7:00PM	We Do Recover (O, WC &, LIT) Reformation Lutheran Church, 13100 Warwick Blvd	Newport News
7:30PM	12 + 12 = Change!! (O, WC &) Wesley Foundation (across from W&M soccer field), 526 Jamestown Road	Williamsburg
7:30PM	Fresh Start for Open Hearts (O) Poquoson Baptist Church, 283 Wythe Creek Road	Poquoson
7:30PM	Serenity Circle (O, DISC) Haygood United Methodist Church, 4713 Haygood Road, <i>Pam 757-636-2364, Trish 757-575-9350</i>	Virginia Beach
8:00PM	Branching Out (O, BT, STEP) Aldersgate United Methodist Church, western branch, 4320 Bruce Rd, <i>Joe B 757-397-6279</i>	Chesapeake
8:00PM	Choose Life (O, BT, IP, SPK) VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, <i>Candace J 7575856609 Dickie B 7574125029</i>	Virginia Beach
8:00PM	Junks & Drunks (O, STEP) Ocean View Reformed Church, 1241 Hillside Ave, <i>Marsha N 757-470-6128</i>	Norfolk
8:00PM	Raw Recovery (O, DISC) Judeo-Christian Outreach Center - Homeless Shelter, E of Birdneck Rd, 1053 Virginia Beach Blvd, <i>April M 757-322-7038</i>	Virginia Beach
8:00PM	Time To Surrender (O, WC &) North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane	Hampton
10:30PM	End of the Night (O, BT, DISC, WC &) Old Donation Episcopal Church, 4449 N Witchduck Road, <i>Ann V 757-270-1141</i>	Virginia Beach
FRIDAY		
6:45AM	Jump Start the Day (O, DISC) First Lutheran Church, King & Washington, 600 King Street, <i>Teresa D 757-724-3685</i>	Portsmouth
9:30AM	Morning Meditation (O, DISC, VAR, WC &) EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road, <i>Mike M 757-305-2212, Rick K 757-753-0048</i>	Norfolk
9:30AM	Trust The Process (O, WC &) St. Augustine's Episcopal Church, 2515 Marshall Avenue	Newport News
NOON	A Meeting at Lunch (O) First Presbyterian Church (rear door leftside of church), 514 S. Armistead Avenue	Hampton
NOON	High Noon (O, WC &) Recovery Baptist Church, 303 Blair Avenue	Newport News
NOON	The Continuing Quest (O, DISC, SPK, SWG) First Lutheran Church, Corner Colley Ave & Baldwin Ave, 1301 Colley Avenue, <i>Dave E 757-663-2723</i>	Norfolk
NOON	Write Now (C, JFT, SWG) Providence Presbyterian Church, 5497 Providence Rd, <i>writing during meeting, Christine O 757-729-3282</i>	Virginia Beach
6:00PM	How & Why (C, WC &) Riverside Behavioral Health Center, 2244 Executive Drive	Hampton
6:00PM	The Happy Hour (C, O, JFT) Faith Community Church, 100 East 30th Street, <i>Lafayette R 757-696-7534, Jerome F 757-202-6163</i>	Norfolk
6:30PM	Change We Must (O, WC &) Living Faith Christian Church, 14901 Warwick Blvd	Newport News
7:00PM	Agape (O, DISC, IP, STEP, TW) St. Paul's United Methodist Church, @ Dunbarton, 437 Providence Rd, <i>1st-Step, 2nd-TW, 3rd-IP, 4th-Disc, 5th-Symbol, Julius K 757-470-7494</i>	Chesapeake
7:00PM	Keep Coming Back (O, WC &) Newport News Community Center, 605 South Avenue	Newport News
7:00PM	Life and Hopeline (O, DISC, STEP) Sentara Obici Hospital, 2800 Godwin Boulevard, <i>Diane W 717-887-0279</i>	Suffolk
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, <i>1st-AB, Liz S 757-681-0711</i>	Chesapeake
7:30PM	Closer To Home (O, WC &) Riverside Walter Reed Hospital, 7515 Hospital Drive	Gloucester
7:30PM	Good Orderly Direction (O, WC &) Warwick United Church of Christ, 10 Matoaka Lane	Newport News
7:30PM	Running On Faith (O) Carrollton Church of God, 16144 Carrollton Boulevard	Carrollton
7:30PM	Thank God I'm Free (T.G.I.F.) (O) Courtland United Methodist Church, 22416 Main Street, <i>Scott C 434-594-5819</i>	Courtland
8:00PM	Kempsville Crossroads (O, DISC, TRAD, WC &) Providence Presbyterian Church, 5497 Providence Road, <i>Mark N 757-478-1839</i>	Virginia Beach
8:00PM	Miracle On 9th Bay (O, SPK, STEP) East Ocean View Baptist Church, 9609 9th Bay Street, <i>Larry W 757-701-0446</i>	Norfolk
8:00PM	NOTHING TO FEAR (O, IP, SPK, TOP, WC &, AB) Williamsburg Sentara Hospital, Williamsburg Rm., 100 Sentara Circle	Williamsburg
8:00PM	Wave of Recovery (O, DISC) Virginia Beach Christian Church, 2225 Rose Hall Drive, <i>Pat C 757-735-8934</i>	Virginia Beach
8:00PM	We Do Recover (O, DISC, STEP) Sacred Heart Church, 520 Graydon Ave, <i>Troy B 757-395-7376, Wanda P 757-324-9170</i>	Norfolk
8:30PM	HOW Group (C, DISC) Good Shepherd Lutheran Church, 1489 Laskin Road, <i>Lance G 757-692-7864, Neal G 757-328-6485</i>	Virginia Beach
11:00PM	The Road Less Traveled (O, DISC) Old Donation Church, 4449 N. Witchduck Road, <i>Teresa D 757-724-3685</i>	Virginia Beach
SATURDAY		
9:00AM	Fresh Start (O) Foundry United Methodist Church, 2801 Virginia Beach Blvd., <i>Madison B 757-506-6986 Pat C 757-735-8934</i>	Virginia Beach

SATURDAY (CONT)		
9:30AM	Morning Meditation (O, DISC, VAR, WC &) EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road, <i>Mike M 757-305-2212, Rick K 757-753-0048</i>	Norfolk
10:00AM	No More Excuses (O, WC &) Warwick United Church of Christ, 10 Matoaka Lane	Newport News
10:30AM	Living Life On Life's Terms (O, WC &) Wesley Foundation, 526 Jamestown Road	Williamsburg
11:00AM	The Phoenix Group (O, BT) Maryview Hospital, 2nd floor Conference Room A, 3636 High Street, <i>Sam D 757-353-2094</i>	Portsmouth
NOON	Basic Math 12 & 12 (O, SPK, STEP, TRAD) First Baptist Church, across from the Scope, 418 E Bute Street, <i>Carlton D 757-515-3331</i>	Norfolk
NOON	Women & Men In Recovery (O) Trinity United Methodist Church, 29th & Huntington Ave, 228 29th St	Newport News
1:00PM	New Beginnings (C) Martin Luther King Center, 683 Oak Street	Franklin
5:00PM	When at the End of the Road (O, DISC) St. Francis Episcopal Church, 509 S Rosemont Road, <i>Romaine P 757-513-9004, Dana S 757-831-1701</i>	Virginia Beach
5:30PM	Back to Life (O, BT, DISC, SPK, TRAD) First Lutheran Church, Corner of Colley and Baldwin, 1301 Colley Avenue, <i>Cornell W 757-729-4089</i>	Norfolk
5:30PM	Saturday Night Live (O, WC &) First Baptist Church Jefferson Park (use 43rd St to get in), 615 42nd St.	Newport News
6:00PM	Saturday Night Alternative (O, WC &) First Presbyterian Church, 514 S. Armistead Avenue	Hampton
6:00PM	Saturday Night Men's Meeting (C, DISC) Virginia Beach Christian Church, 2225 Rose Hall Drive, <i>Robert D 757-343-3423</i>	Virginia Beach
7:00PM	Life and Hopeline (O, DISC, STEP) Sentara Obici Hospital, 2800 Godwin Boulevard, <i>Marvin C 757-729-4089</i>	Suffolk
7:00PM	Saturday Night Live (O) St. Nicholas Fellowship Hall, 621 First Colonial Road, <i>Ted L 757-717-2669</i>	Virginia Beach
7:30PM	A New Approach to Life (O) North Hampton Presbyterian Church (behind the firehouse), 1217 Todds Lane	Hampton
7:30PM	Never Alone (O, WC &) Hillton Christian Church, 100 James River Drive	Newport News
8:00PM	Back to Basics (O, BT, DISC) Port Norfolk Baptist Church, 401 Broad Street, <i>Ty H 757-235-3175</i>	Portsmouth
8:00PM	Freedom of Choice (O, DISC, STEP) Church of the Accension, 4853 Princess Anne Road, <i>James P 757-619-2273</i>	Virginia Beach
8:00PM	Surrender to Live (O, BT, DISC, WC &) Norview United Methodist Church, park behind church, 1112 Norview Avenue, <i>Fred R 757-695-6500. We break up into 3 meeting rooms, and alternate in 1.</i>	Norfolk

NORTH CAROLINA MEETINGS		
Sun 7:00PM	Over & Beyond (O, DISC) Saint Phillips Chapel, West side of Street, 201 S McMorrine St, <i>Linda T 252-333-7983</i>	Elizabeth City
Mon 7:30PM	Freedom to Live (C, DISC, WC &) Liberty Christian Fellowship, 244 Williams Drive, <i>Rana D 252-423-0755</i>	Kill Devil Hills
Tue 7:00PM	Over & Beyond (O, DISC) Saint Phillips Chapel, 201 S McMorrine St, <i>Linda T 252-333-7983</i>	Elizabeth City
Tue 7:30PM	Stick & Stay (O, DISC, WC &) Colington Methodist Church, 1949 Colington Rd, <i>Clare D 252-944-6971</i>	Kill Devil Hills
Wed 7:30PM	Miracles Happen (O, DISC, STEP, TW) St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail, <i>Kim K 252-573-0822, Jim H 252-489-9895</i>	Nags Head
Thu 7:30PM	Surrender to Win (O, DISC) Manteo Baptist Church, 406 US Highway 64, <i>Keith B 252-573-9615, Jim 252-489-9895</i>	Manteo
Fri 7:30PM	Miracles Happen (O) St. Andrews by the Sea, Mile Post 13, 4212 S Virginia Dare Trail	Nags Head
Fri 7:30PM	Serenity in the Sand (O, DISC) Cape Hatteras Baptist Church, 50195 Buccaneer Drive	Frisco
Sat 7:30PM	Freedom to Live (O) Liberty Christian Fellowship, 244 Williams Drive, <i>Kim K 252-753-0822</i>	Kill Devil Hills

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