

SUNDAY		
9:00AM	Hope Ignited (O, DISC, WC &) Virginia Beach Recovery Club, 1900 Baltic Avenue, Dale 757-202-9693, Chuck K 757-469-9365	Virginia Beach
9:00AM	Men's Rap (O, DISC, M, WC &) Maryview Behavioral Center, First Floor side entrance, 3636 High Street, Joe B 757-397-6279	Portsmouth
9:30AM	Surrender To Live (O, WC &) C. Waldo Scott Center, 3100 Wickham Avenue, Dee W. 757-503-0739 - Tony H. 757-696-6654	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, Donna E 757-353-5895 1-DISC, 2-STP, 3-BT, 4-SPK, 5-JFT	Portsmouth
NOON	Faith (O, WC &) Riverside Behavioral Health Center, 2244 Executive Drive, Malcolm 757-593-6581 Henry 757-532-8814	Hampton
1:00PM	Dopeless Hopefiends (O) GHR Center, Suite B, 850 Tidewater Dr, William M 757-851-8395	Norfolk
3:00PM	Recovery (O, DISC) Great Bridge United Methodist Church, 201 Stadium Drive, Chris 757-377-9236	Chesapeake
3:00PM	Write to Recover (C, NC, WR) Mary Immaculate Hospital, Community Health and Resource Center, 2 Bernardine Drive, Craig W. 845-642-5043	Newport News
5:00PM	The Journey Continues (C, LIT) St. Francis Episcopal Church, 509 S Rosemont Road, Lucinda W 757-502-5176 (Living Clean Study)	Virginia Beach
6:00PM	It's About Time (O, SPK, WC &) Norview United Methodist Church, 1112 Norview Avenue, Jerome F 757-202-6163	Norfolk
7:00PM	A Clear Message (O, BT, DISC, SPK, AB) Obici Hospital, Conf. Rm. C - Basement, 2800 Godwin Boulevard	Suffolk
7:00PM	A Gift Called Life (O, WC &) Warwick United Church of Christ, 10 Matoaka Lane, Johnnie 757-869-4890 Nadine 757-751-4680	Newport News
7:00PM	New Phase Four (O, DISC, SPK, TOP) Saint John's Episcopal Church, 424 Washington Street, Ron E 757-582-1070, Lloyd P 757-638-7157	Portsmouth
7:00PM	The Lie Is Dead (O, WC &) North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane, Ed P. 757-303-8609	Hampton
7:30PM	Recovery Group (O, WC &) Riverside Behavioral Health Center, 2244 Executive Drive, William S. 757-236-6170 Dave R. 757-218-2595	Hampton
8:00PM	Mixed Group (O, DISC) First Lutheran Church, 1301 Colley Ave, Mike J 757-409-1676	Norfolk
8:00PM	Nature Of Recovery (O, WC &) 5477 Mooretown Road, Ron L. 757-880-3826 Terry W. 757-719-6392	Williamsburg
8:00PM	Sunday Sanity (O, DISC) VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Karla W 757-434-6446, Pat O 757-633-2820	Virginia Beach
MONDAY		
6:45AM	Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, Teresa D 757-724-3685	Portsmouth
9:30AM	Morning Meditation (O, WC &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Rick K 757-753-0048	Norfolk
9:30AM	Trust The Process (O, WC &) St. Augustine's Episcopal Church, 2515 Marshall Avenue, Qadeer 757-344-1284 Lilly 757-236-8921	Newport News
NOON	A Meeting at Lunch (O, VAR, WC &) First Presbyterian Church (rear door left side of church), 514 S. Armistead Avenue, Deborah R. 757-238-0330 Eugene 757-243-6845	Hampton
NOON	Help Me Think (O, BT, JFT, STEP, TOP) Ingleside Baptist Church, corner of Gatling Ave, 925 Ingleside Rd., 1st-Step, 2nd-Top, 3rd-BT, 4th-JFT, Carlton J 757-589-3564	Norfolk
NOON	High Noon (O, WC &) Recovery Baptist Church, 303 Blair Avenue, Teresa F. 757-269-1707 Mildred D. 757-236-9021	Newport News
3:00PM	Change I Must Or Die I Will (O, WC &) Nickerson Plaza, Next to ACE Hardware, 2096 Nickerson Blvd, Kathy A. 757-897-7699 Jimmy W. 757-257-0843	Hampton
6:00PM	I Can't We Can (O, IP, SPK, AB) C. Waldo Scott Center, 3100 Wickham Avenue	Newport News
7:00PM	Beyond Our Wildest Dreams (O, SPK, WC &) First Baptist Church, 318 Hall Street, Keith J 757-344-3189	Franklin
7:00PM	Honesty Group (O, WC &) Ivy Memorial Baptist Church, 2200 Coliseum Dr., Marc 919-332-1415 Ernest 908-494-2383	Hampton
7:00PM	Monday Night Candlelight (O, BT, CAN, WC &) Haygood United Methodist Church, 4713 Haygood Rd, Eric D 757-580-2849	Virginia Beach
7:00PM	New Attitude (O, WC &) 3509 Chestnut Avenue, Vet 747-849-8808 Rose F. 757-593-0104	Newport News
7:00PM	New Beginnings (O, IW, WC &) Church of the Resurrection, @ Midfield Pkwy, 3501 Cedar Lane, Greg C 757-636-3745. Kathy K 757-403-7409	Portsmouth
7:00PM	The Winding Road (C) Oak Grove United Methodist Church, across from water tower, 472 N. Battlefield Blvd, Jacob M 757-831-8249, Rich B 757-288-0650	Chesapeake
7:00PM	Women in Recovery (O) St. Martin's Church, 3279 Lake Powell Rd, Erin 571-224-6615	Williamsburg
7:30PM	In Step (O) Grafton Baptist Church, @ Dare Road, 5540 George Washington Memorial Hwy, Brendan R. 757-802-5695	Yorktown
7:30PM	Living The Program (O, BT, DISC) Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, Lance G 757-692-7864, Steve K 757-715-1075	Virginia Beach
7:30PM	The Out of Ordinary Meeting (O, IW, WC & , LIT) White Marsh Baptist Church, 5123 George Washington Memorial Highway, Dan G. 804-815-7699 Sam B. 804-296-8592	Gloucester
8:00PM	Raw Recovery (O, DISC) Judeo-Christian Outreach Center - Homeless Shelter, East of Birdneck Rd, 1053 Virginia Beach Blvd, April M 757-323-7038	Virginia Beach
8:00PM	Recovery on the Hill (O, BT, CAN, SPK, STEP, WC &) Ocean View Christian Reformed Church, 1241 Hillside Avenue, Fred R 757-695-6500	Norfolk
8:30PM	Who is an Addict? (O) 3279 Lake Powell Road, Lindsey V. 757-291-2530 Greg M. 757-645-6381	Williamsburg

MONDAY (CONT)		
10:30PM	End of the Night (O, WC & , LIT) Old Donation Episcopal Church, 4449 N Witchduck Road, Living Clean Study Ann V 757-270-1141	Virginia Beach
TUESDAY		
6:45AM	Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, Teresa D 757-724-3685	Portsmouth
9:30AM	Morning Meditation (O, DISC, VAR, WC &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Rick K 757-753-0048, Mike M 757-305-2212	Norfolk
9:30AM	Trust The Process (O, WC &) St. Augustine's Episcopal Church, 2515 Marshall Avenue, Qadeer 757-344-1284 Lilly 757-236-8921	Newport News
NOON	A Meeting at Lunch (O) First Presbyterian Church (rear door left side of church), 514 S. Armistead Avenue, Deborah 757-238-0330 Eugene 757-243-6845	Hampton
NOON	High Noon (O, WC &) Recovery Baptist Church, 303 Blair Avenue, Teresa F. 757-269-1707 Mildred D. 757-236-9021	Newport News
NOON	The Emergency Unit (O, BT, DISC) United Congregational Christian Church, Hodges Ferry Rd & Charlotte St, 5900 Portsmouth Blvd, Dora H 757-735-7615	Portsmouth
5:30PM	Just For Today (O, DISC, IP, SPK, STEP, TOP) First Lutheran Church, Corner of Colley Ave. & Baldwin Wy., 1301 Colley Avenue, Bill A 757-647-7707	Norfolk
5:30PM	Serenity Group (O, WC &) Riverside Behavioral Health Center, 2244 Executive Drive, Beverly A. 757-753-6868 Jeanette 757-594-3414	Hampton
7:00PM	A New Way of Life (O, JFT) 7603 Hospital Drive, Dan G. 804-815-7699 Sam B. 804-296-8592	Gloucester
7:00PM	A Proven Program (O) York River Baptist Church, 8201 Croaker Road, Dave H. 757-207-1154 John P. 757-235-9300	Williamsburg
7:00PM	Count Your Blessings (O, DISC, JFT) Oaklette United Methodist, Park in Rear, Corner Indian River & Oaklett, 520 Oaklette Dr, Daniel A 757-418-1690	Chesapeake
7:00PM	Earthwork Group (O, DISC) Emmanuel Episcopal Church, 400 N High Street, Stephen B 757-613-5531	Franklin
7:00PM	Keep Coming Back (O, BT, DISC, SPK, STEP, TOP) New First Baptist Church of Taylorsville, By Fredrick Blvd, 2720 Turnpike Road, Francis P 757-679-1151	Portsmouth
7:00PM	Let It Be (O, DISC) Ocean View Christian Reformed Church, 1 block from Ocean View & Beach View, 1241 Hillside Ave, Brandi M 757-581-3178	Norfolk
7:00PM	We Can Change (O) First Church of Newport News, 2300 Wickham Avenue, Harvey 757-926-9138 Plummer 757-696-3416	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., Olena P 757-359-5580	Norfolk
7:00PM	Women Do Recover (O, WC &) Hilton Christian Church, Entrance In The Rear, 100 James River Drive, Erin 571-224-6615 Beth P. 757-327-2667	Newport News
7:30PM	Awesome Life (O, CAN, DISC, IP) Great Bridge United Methodist Church, Corner of S. Battlefield & Stadium, 201 Stadium Drive, Carrie L 757-560-8177	Chesapeake
7:30PM	Freedom Group (O, DISC) Nicholas Greek Church, Fellowship Hall, 621 First Colonial Road, Living Clean Study, Kristina D 757-270-9509	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, Bill S 757-717-1815	Virginia Beach
7:30PM	New Genesis Group (O) Weslley United Methodist Church, 2510 N. Armistead Avenue, Gayle B. 757-597-1531 Cameron 757-561-3343	Hampton
7:30PM	There's A Light (O, DISC) Ocean Lakes Church of Christ, 1200 Dam Neck Road, Ian B 757-717-7900, Geoff L 757-641-3159	Virginia Beach
7:30PM	Young, Clean & Living (O) North Hampton Presbyterian Church (behind the Fire Department), 1217 Todds Lane, Chris L. 757-592-2170	Hampton
8:00PM	A Gift Called Life (O, BT) United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Brian L 757-619-7375, sean H 757-438-1688	Portsmouth
8:00PM	Enjoying the Journey (O, DISC, SPK, STEP, TOP) Water's Edge Church of God, Near South Plaza Trail, 4141 Holland Road, Billy B 757-681-4341	Virginia Beach
8:15PM	Let's Recover Together (O, WC &) Hampton Christian Church, 131 East Mercury Boulevard, Tim E. 757-725-4636 Chris G. 760-984-0914	Hampton
10:30PM	End of the Night (O, IW) Old Donation Episcopal Church, 4449 N Witchduck Road, Ann V 757-270-1141	Virginia Beach
WEDNESDAY		
6:45AM	Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, Theresa D 757-724-3685	Portsmouth
9:30AM	Morning Meditation (O, DISC, VAR, WC &) EZ Does It Service Center, Off N. Military Hwy. & Raby Rd, 1153 Harmony Road, Rick K 757-7530048	Norfolk
9:30AM	Trust The Process (O, WC &) St. Augustine's Episcopal Church, 2515 Marshall Avenue, Qadeer 757-344-1284 Lilly 757-236-8921	Newport News
NOON	A Meeting at Lunch (O) First Presbyterian Church (rear door left side of church), 514 S. Armistead Avenue, Deborah 757-238-0330 Eugene 757-243-6845	Hampton
NOON	High Noon (O, WC &) Recovery Baptist Church, 303 Blair Avenue, Teresa F. 757-269-1707 Mildred D. 757-236-9021	Newport News
NOON	Reason To Believe (O, BT, DISC) Church of Saint Theresa, Across from Chesapeake Square Mall @ Coffman Blvd, Enter front, Rooms 10 & 11, 4137 Portsmouth Blvd, Johnny D 757-287-4430	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, LaTrisha 757-285-7964, Jerome F 757-202-6163	Norfolk
5:30PM	The Warriors (O, WC &) Agape Foundations, INC, Entrance and Parking in the Rear, 3217 Commander Shepard Blvd, Renee D. 757-593-4323	Hampton
5:30PM	We Do Recover (O) Franklin District Building, 161 Steward Drive, Keith J 757-344-3189	Franklin
6:30PM	Got to Have It (O, BT, IP, SPK, STEP, WC &) Queen Street Baptist Church, 413 E. Brambleton Avenue, Frederick J 757-374-1577, Juanita S 757-685-8848	Norfolk
7:00PM	Freebird (O, BL, BT) Craddock Baptist Church, and Harris Road, 96 Afton Parkway, Roland C 757-328-2243, Jen J 757-582-4947	Portsmouth
7:00PM	Girls Nite Out (O, IP, JFT, SWG, STEP, W) First Friends Church, 5307 Portsmouth Blvd., Vickie 757-575-0067, Kat 757-359-3793, Missy 757-753-6223	Portsmouth
7:00PM	Let's Get Spiritual (O, WC &) St. Paul AME Church, 2500 Chestnut Avenue, Debbie 757-310-2914 Teddie 757-503-0528	Newport News
7:00PM	Second Chance (O, DISC, STEP, TW) Great Bridge United Methodist Church, corner of South Battlefield Blvd and Stadium Dr, 201 Stadium Drive, Bernard 757-778-1755, Louie L 757-560-8172	Chesapeake
7:00PM	Shattering the Illusion (O, BT) St. Michaels Lutheran Church, 2208 Princess Anne Rd, Kristine A 757-202-2702	Virginia Beach
7:00PM	We Do Recover (O, WC & , LIT) Reformation Lutheran Church, 13100 Warwick Blvd, Paula M. 757-506-9294 Craig W. 845-642-5043	Newport News
7:30PM	12 + 12 = Change!! (O, WC &) Wesley Foundation (across from W&M soccer field), 526 Jamestown Road, Mary H. 757-412-9599	Williamsburg
7:30PM	Fresh Start for Open Hearts (O) Poquoson Baptist Church, 283 Wythe Creek Road, Mike B. 757-593-9377 Sammy 757-778-2361	Poquoson
7:30PM	Serenity Circle (O, DISC, WC & , ME) Haygood United Methodist Church, 4713 Haygood Road, Entrance at Northwest Corner Ann 757-270-1141 Trish 757-575-9350	Virginia Beach

WEDNESDAY (CONT)		
5:30PM	Midweek Peak (O, DISC) Thalia Lynn Baptist Church, 4392 Virginia Beach Blvd, John B 757-6354318 Sarah H 757-2988224	Virginia Beach
6:00PM	Becoming A Winner (O) Loving Kindness Worship Center, 2007 N. Armisted Ave., Jacqueline G. 757-528-7041	Hampton
6:30PM	Last House on the Block (O, DISC) Chesterfield Heights Community Center, 1st floor, 2715 Stanhope Ave, Lafayette R 757-696-7534, Rudolph S 757-714-0783	Norfolk
7:00PM	Bright New Life (O, STEP) Franklin Baptist Church, 208 N High Street, DeWayne L 757-641-8022	Franklin
7:00PM	End Of The Road (O, WC &) 1707 Jefferson Avenue, Glen N. 757-268-9318 Sherni W. 757-768-1392	Newport News
7:00PM	Hope (O) Warwick Conference Center, Building #6, 12420 Warwick Blvd, Will D. 757-768-7954 David B. 757-342-2510	Newport News
7:00PM	Hugs Not Drugs (O, DISC) Community Presbyterian, Fox Hill & Woodland Roads, 400 Fox Hill Road, Sarah 757-727-3582 Jeff M. 912-414-3258	Hampton
7:00PM	Surrender and Recovery (O, BT) United Congregational Christian Church, between Hodges Ferry & Charlotte, 5900 Portsmouth Blvd, Thomas G 757-647-1481	Portsmouth
7:00PM	What Can I Do (O, VAR) Wesley Community Service Center, 1701 Elm St, Sabrina P 757-228-0730	Portsmouth
7:15PM	Straight Ahead (O, DISC, STEP) Christ Presbyterian, 709 Aragona Blvd, Chris P 757-535-7227	Virginia Beach
7:30PM	Change We Must (O, C, BT, OAK) Oak Grove UMC, across from water tower, 472 North Battlefield Blvd., Katie K 757-405-8464	Chesapeake
7:30PM	Life & Hopeline (O, DISC, STEP, WC &) Suffolk Christian Church, by courthouse, 216 North Main St., Rob B 757-923-5461	Suffolk
7:30PM	Living The Program (C, WC &) Warwick United Church of Christ, 10 Matoaka Lane, Ray D. 757-303-4533 Jen 757-876-7194	Newport News
8:00PM	Better by the Bay (O, BT, DISC, WC &) Miles Memorial United Methodist Church, Park off Selby Pl (rear entrance), 9450 Granby Street, Ryan D 757-651-5316	Norfolk
8:00PM	Trusted Servants (O, DISC, WC &) St. Francis Episcopal Church, 509 S Rosemont Road, Barbara H 845-905-9126	Virginia Beach
8:00PM	Where's Lot 14? (O, DISC) Sentara Norfolk General Hospital, Dining Room #1, 600 Gresham Drive, Gary 757-237-4507, Juanita 757-685-8848	Norfolk
8:30PM	Stepping into Recovery (O, DISC, WC & , LIT) Old Donation Episcopal Church, 4449 N. Witchduck Road, Guiding Traditions, Mary P 757-739-1726	Virginia Beach
8:30PM	Who is an Addict? (O) 3279 Lake Powell Road, Lindsey V. 757-291-2530 Greg M. 757-645-6381	Williamsburg
10:30PM	End of the Night (O, BT) Old Donation Episcopal Church, 4449 N Witchduck Road, Ann V 757-270-1141	Virginia Beach
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6:45AM	Jump Start the Day (O) First Lutheran Church, Washington & King, 600 King Street, Teresa D 757-724-3685	Portsmouth
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9:30AM	Trust The Process (O, WC &) St. Augustine's Episcopal Church, 2515 Marshall Avenue, Qadeer 757-344-1284 Lilly 757-236-8921	Newport News
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NOON	High Noon (O, WC &) Recovery Baptist Church, 303 Blair Avenue, Teresa F. 757-269-1707 Mildred D. 757-236-9021	Newport News
NOON	Reason To Believe (O, BT, DISC) Church of Saint Theresa, Across from Chesapeake Square Mall @ Coffman Blvd, Enter front, Rooms 10 & 11, 4137 Portsmouth Blvd, Johnny D 757-287-4430	Chesapeake
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7:00PM	Girls Nite Out (O, IP, JFT, SWG, STEP, W) First Friends Church, 5307 Portsmouth Blvd., Vickie 757-575-0067, Kat 757-359-3793, Missy 757-753-6223	Portsmouth
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7:00PM	We Do Recover (O, WC & , LIT) Reformation Lutheran Church, 13100 Warwick Blvd, Paula M. 757-506-9294 Craig W. 845-642-5043	Newport News
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7:30PM	Fresh Start for Open Hearts (O) Poquoson Baptist Church, 283 Wythe Creek Road, Mike B. 757-593-9377 Sammy 757-778-2361	Poquoson
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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.

OCTOBER 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: 178

THURSDAY (CONT)		
8:00PM	Branching Out (O, BT, STEP) Aldersgate United Methodist Church, Western Branch, 4320 Bruce Rd, Joe B 757-397-6279	Chesapeake
8:00PM	Choose Life (O, BT, IP, SPK) VA Beach Psych Center, next to hospital, 1100 First Colonial Rd, Candace J 757856609 Dickie B 7574125029	Virginia Beach
8:00PM	Junks & Drunks (O, STEP) Ocean View Reformed Church, 1241 Hillside Ave, Amber O 856-340-0091 Mark B 757-581-0800	Norfolk
8:00PM	Living the Dream (BT) 7603 Hospital Drive, 7603 Hospital Drive	Gloucester
8:00PM	Raw Recovery (O, DISC) Judeo-Christian Outreach Center - Homeless Shelter, East of Birdneck Rd, 1053 Virginia Beach Blvd, April M 757-322-7038	Virginia Beach
8:00PM	Time To Surrender (O, WC &) North Hampton Presbyterian Church (behind fire station), 1217 Todds Lane, Eddie H. 757-268-7903	Hampton
10:30PM	End of the Night (O, DISC) Old Donation Episcopal Church, 4449 N Witchduck Road, Ann V 757-270-1141	Virginia Beach

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NOON	High Noon (O, WC &) Recovery Baptist Church, 303 Blair Avenue, Teresa F. 757-269-1707 Mildred D. 757-236-9021	Newport News
NOON	The Continuing Quest (O, DISC, SPK, SWG) First Lutheran Church, Corner Colley Ave & Baldwin Ave, 1301 Colley Avenue, Dave E 757-663-2723	Norfolk
NOON	Write Now (C, JFT, SWG, ME) Providence Presbyterian Church, 5497 Providence Rd, Writing during meeting, Fred R 757-695-6500	Virginia Beach
6:00PM	How & Why (C, WC &) Riverside Behavioral Health Center, 2244 Executive Drive, Tee J. 757-788-9475	Hampton
6:00PM	The Happy Hour (C, O, JFT) Faith Community Church, 100 East 30th Street, Lafayette R 757-696-7534, Jerome F 757-202-6163	Norfolk
6:00PM	Wounded Healers (O) Great Awakening United Church of Christ, 1520 High St	Portsmouth
6:30PM	Change We Must (O, WC &) Living Faith Christian Center, 14901 Warwick Blvd, Danny A. 757-696-2318 Darlene A. 757-998-1177	Newport News
7:00PM	Agape (O, DISC, IP, STEP, TW) 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	Chesapeake
7:00PM	Keep Coming Back (O, WC &) Newport News Community Center, 605 South Avenue, Lorenzo 757-320-6224	Newport News
7:00PM	Life & Hopeline (O, DISC, STEP) Sentara Obici Hospital, 2800 Godwin Boulevard, Diane W 717-887-0279	Suffolk
7:00PM	Thank God I'm Free (T.G.I.F.) (O) Courtland United Methodist Church, 22416 Main Street, Scott C 434-594-5819	Courtland
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, 1st-AB, Liz S 757-681-0711	Chesapeake
7:30PM	Closer To Home (O, DISC, WC &) Riverside Walter Reed Hospital, 7515 Hospital Drive, Sam B. 804-296-8592	Gloucester
7:30PM	Good Orderly Direction (O, WC &) Warwick United Church of Christ, 10 Matoaka Lane, Jeff H. 757-630-3806	Newport News
7:30PM	Running On Faith (O) Carrollton Church of God, 16144 Carrollton Boulevard, Tim A. 757-434-7178 Ken H. 757-535-5151	Carrollton
8:00PM	Kempsville Crossroads (O, DISC, TRAD, WC &) Providence Presbyterian Church, 5497 Providence Road, Mark N 757-478-1839	Virginia Beach
8:00PM	Miracle On 9th Bay (O, SPK, STEP) East Ocean View Baptist Church, 9609 9th Bay Street, Larry W 757-701-0446	Norfolk
8:00PM	NOTHING TO FEAR (O, IP, SPK, TOP, WC & , AB) Williamsburg Sentara Hospital, Williamsburg Rm., 100 Sentara Circle, Ryan D. 804-240-9100	Williamsburg
8:00PM	Wave of Recovery (O, DISC) Virginia Beach Christian Church, 2225 Rose Hall Drive, Pat C 757-735-8934	Virginia Beach
8:30PM	HOW Group (C, DISC) Good Shepherd Lutheran Church, 1489 Laskin Road, Lance G 757-692-7864, Neal G 757-328-6485	Virginia Beach
11:00PM	The Road Less Traveled (O, DISC, WC &) Old Donation Episcopal Church, 4449 N. Witchduck Road, Teresa D 757-724-3685	Virginia Beach

SATURDAY		
9:00AM	Fresh Start (O) Foundry United Methodist Church, 2801 Virginia Beach Blvd., Madison B 757-506-6986 Pat C 757-735-8934	Virginia Beach
9:30AM	Morning Meditation (O, DISC, VAR, WC &) EZ Does It Service Center, Off N. Military Highway & Raby Road, 1153 Harmony Road, Mike M 757-305-2212, Rick K 757-753-0048	Norfolk
10:00AM	Living Life On Life's Terms (O, WC &) Wesley Foundation, 526 Jamestown Road, Thayne F. 757-603-2131 Brian G. 757-879-2344 Don 804-413-4222	Williamsburg
10:00AM	No More Excuses (O, WC &) Warwick United Church of Christ, 10 Matoaka Lane, Debra R. 757-238-0330	Newport News
11:00AM	The Phoenix Group (O, BT) Maryview Hospital, 2nd floor Conf Room A, 3636 High Street, Sam D 757-353-2094	Portsmouth
NOON	Basic Math 12 & 12 (O, SPK, STEP, TRAD) First Baptist Church, across from the Scope, 418 E Bute Street, Carlton D 757-515-3331	Norfolk
NOON	Women & Men In Recovery (O) Trinity United Methodist Church, 29th & Huntington Ave, 228 29th St, Pamela H. 732-670-5887 Al W. 757-541-9218	Newport News

SATURDAY (CONT)		
5:00PM	When at the End of the Road (O, DISC) St. Francis Episcopal Church, 509 S Rosemont Road, Romaine P 757-513-9004, Dana S 757-831-1701	Virginia Beach
5:30PM	Back to Life (O, BT, DISC, SPK, TRAD) First Lutheran Church, Corner of Colley and Baldwin, 1301 Colley Avenue, Cornell W 757-729-4089	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, Jimmy R. 757-335-0921 Hawk 757-289-7663	Hampton
6:00PM	Saturday Night Men's Meeting (C, DISC) Virginia Beach Christian Church, 2225 Rose Hall Drive, Robert D 757-343-3423	Virginia Beach
7:00PM	Life & Hopeline (O, DISC, STEP) Sentara Obici Hospital, 2800 Godwin Boulevard, Marvin C 757-729-4089	Suffolk
7:00PM	Saturday Night Live (O) St. Nicholas Fellowship Hall, 621 First Colonial Road, Ted L 757-717-2669	Virginia Beach
7:30PM	A New Approach to Life (O) North Hampton Presbyterian Church (behind the firehouse), 1217 Todds Lane, Josh 757-284-9367	Hampton
7:30PM	Never Alone (O, WC &) Hillton Christian Church, 100 James River Drive, Butch L. 757-320-3221	Newport News
8:00PM	Back to Basics (O, BT, DISC) Port Norfolk Baptist Church, 401 Broad Street, Ty H 757-235-3175	Portsmouth
8:00PM	Freedom of Choice (O, DISC, STEP) Church of the Accension, 4853 Princess Anne Road, James P 757-619-2273	Virginia Beach
8:00PM	Surrender to Live (O, BT, DISC, WC &) Norview United Methodist Church, park behind church, 1112 Norview Avenue, Fred R 757-695-6500 We split into 3 mtg rooms & alternate in 1.	Norfolk

NORTH CAROLINA MEETINGS		
Sun 7:00PM	Over & Beyond (O, LIT) Saint Phillips Chapel, West side of Street, 201 S McMorrine St, Michael S 757-359-8841	Elizabeth City
Mon NOON	More Will be Revealed (O, DISC) Serenity House, 300 Pearl Street, Michael S 757-359-8841	Elizabeth City
Mon 7:00PM	Clean & Serene (O, BT) Riverside United Methodist Church, 1400 Edgewood Drive	Elizabeth City
Mon 7:00PM	Keeping it Simple (O, DISC) Serenity House, 300 Pearl Street, Tim C 252-548-8863	Elizabeth City
Mon 7:30PM	Freedom to Live (C, DISC, WC &) Liberty Christian Fellowship, 244 Williams Drive, Rana D 252-423-0755	Kill Devil Hills
Tue 7:00PM	Over & Beyond (O, VAR) Saint Phillips Chapel, 201 S McMorrine St, Michael S 757-359-8841	Elizabeth City
Tue 7:30PM	Stick & Stay (O, DISC, WC &) Colington Methodist Church, 1949 Colington Rd, Clare D 252-944-6971	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, Kim K 252-573-0822, Jim H 252-489-9895	Nags Head
Thu 7:00PM	Over & Beyond (O, DISC) Saint Phillips Chapel, 201 S McMorrine St, Michael S 757-359-8841	Elizabeth City
Thu 7:30PM	Surrender to Win (O, DISC) Manteo Baptist Church, 406 US Highway 64, Keith B 252-573-9615, Jim 252-489-9895	Manteo
Fri 7:00PM	Keeping it Simple (O, DISC) Serenity House, 300 Pearl Street, Neal W 252-202-2754	Elizabeth City
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, Kim K 252-573-0822	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	ME	Meditation
NC	No Children	O	Open
SPK	Speaker	STEP	Step
SWG	Step Working Guide Study	TOP	Topic
TRAD	Tradition	TW	Traditions Workshop
VAR	Format Varies	W	Women
WC &	Wheelchair	WR	Writing Meeting