

TIDEWATER AREA SERVICE COMMITTEE

2nd Sunday of the Month 2:00 PM
Chair Mark W 757-438 5435 or najunkie17@cox.net
TACNA CONVENTION COMMITTEE
Jerri B. 3rd Sunday 2pm United Methodist Church
HOSPITALS AND INSTITUTIONS SUBCOMMITTEE
3rd Sunday of the Month 12:30 PM Jimmy L 757-576-0941 Sam D 327-6850
LITERATURE SUBCOMMITTEE
tidewaterliterature@yahoo.com Rachel C.
POLICY SUBCOMMITTEE
2nd Sunday of the Month Jim S.
PUBLIC INFORMATION - PHONELINE SUBCOMMITTEE
2nd Sunday of the Month at 12:30 PM Chris R. 757-327 - 5143
RCM: Tim B.
SPECIAL EVENTS
Call for meeting time and location Carlton J. 757-589-3564

Meetings with Multiple Days

M – F - 6:30 – 7:30 AM – Jump Start the Day (O, D)
First Lutheran Church 600 King St. (Washington & King)
Portsmouth Teresa D 757-724-3685 Linwood 276-920-1160

M – F - 8:30 – 9:30 AM – Out the Gate (O, D)
New Faith Christian Fellowship 3900 Bonney Rd. Va. Beach
Chris R. 757-327 - 5143

M – Sat - 9:30 – 11:00 AM - Morning Meditation (O, D, FV, HA)
EZ Does It Service Center 1153 Harmony Rd.
Norfolk Linda V 757-285-1991 Mike M 757-305-2212

M – Th - 10:30 PM End of the Night (O, D, FV)
Old Donation Church 4449 N. Witchduck Rd. Va. Beach
Eugene L 757-572-6593 Tracy B 757-407-2661

SUNDAY

9:00 AM - Men’s Rap (O, D, HA)
Maryview Behavioral Med. Center 3636 High St. 1st Floor
Side entrance Portsmouth Joe B. 757-397-6279

9:00 AM – Hope Ignited (O, D, HA)
501 B Va. Beach Blvd. Va. Beach Chuck R. 757-374-1527

11:00 AM- We Need A Meeting (O, HA, 1-D, 2-SS, 3-BT, 4-SP, 5-JFT)
Maryview Hospital 3636 High St. 2nd Floor
Conference Room 'B' Portsmouth Donna E. 757-535-2758

3:00 PM – Wecovery (O, D,) Heritage Community Church 513 Johnstown Rd (At Allen Rd) Chesapeake Clint 757-650-6299

5:00 PM – Simplicity is the Key (O, D)
Broadlawn Community Center (Trailer) 1745 Acorn St.
Chesapeake Elaine 757-737-3302

6:00 PM – It’s About Time (O, SP, HA) Mt Herman Baptist Church
3101 Lens Ave Norfolk Teresa M. 757-228-5969/
284-5165 Lafayette R. (797) 222-1326/737-7534

7:00 PM - New Phase Four (O, SP, T, D, CB)
Saint John’s Episcopal Church 424 Washington St. Portsmouth
Mike P. 757-298–0130

7:00 PM - A Clear Message (SP, 1st BT, 2nd A, 3rd OD, 4th)
Obici Hospital 2800 Godwin Blvd Conference Rm. C’
(Basement Floor) Suffolk Sam D. 757-925-1751

8:00 PM - Sunday Sanity (O, D)
Va. Beach Psychiatric Center 1100 First Colonial Rd VA Beach
(By Va. Beach Gen) Mary P 757-739-1726 Brent 757-803-8126

8:00 PM - Mixed Group (O, D) ODU Wesley House
1338 W. 49th St. (Off Hampton Blvd by ODU) Norfolk
Amanda (804) 304-2630 Mike J 757-409-1676

8:15 PM - Clean and Serene (BT)
Bayside Baptist Church 1920 Pleasure House Rd (At Northampton)
Craig W 757-395-9999

SUNDAY continued

10:00 PM – Gaining Sanity (O, HW)
Norview United Methodist Church 112 Norview Ave. Norfolk
Park in back Michelle P 757-233-9251 Teresa D. 757-724-3685

MONDAY

6:30 AM – Jump Start the Day See “Meetings with Multiple Days”

9:30 AM - Morning Meditation See “Meetings with Multiple Days

12:00 Noon - Help Me Think (SS, 1st T, 2nd BT, 3rd JFT, 4th)
Ingleside Baptist Church 925 Ingleside Rd. (corner of Gatling Ave.)
Norfolk Carlton J. 757-589-3564

6:15 PM - More Will Be Revealed (O, D, SS, T)
201 E. Little Creek Road Workforce Development Center
Norfolk Johnny 757-638-0937 Sheila W. 757-305-9996

7:30 PM - How It Works (O, 1st SP, 2nd SS, 3rd D, 4th SS)
Mt. Sinai United Holy Church 2710 Columbus Ave (Off Watts Ave)
Portsmouth Laverne B. 757-434-3669 Tommy M. 757-537-5186

7:30 PM - Living the Program (O, D, BT)
Messiah Lutheran Church 4136 Holland Rd. (Near South Plaza Trail)
Entrance in rear of building Va. Beach Lance G. 757-486-0551

7:30 PM - Help Me Think (O, 1st SS, 2nd IP, 3rd A, 4th D, 5th SP)
Ingleside Baptist Church 925 Ingleside Rd (Corner of Gatling Ave)
Norfolk Kenneth V.: 757-236-5967

7:30 PM – Monday Night Men (O, BT) (Mon)
VA. Bch Recovery Ctr. 510 B Virginia Bch Blvd VA Bch
(Baltic Ave) Matt H 757-651-4060

7:30 ~ 9:00 PM – Together We Can (O, D)
West Washington & south Broad St. Suffolk
Robert B. 757 675 9084 Sharon D 757-927-1712

7:30 ~ 9:00 PM – Together We Can (O, D)
West Washington & south Broad St. Suffolk
Robert B. 757 675 9084 Sharon D 757-927-1712

8:00 PM - Recovery on the Hill (O, HA CL, BT, CL, SP, SS)
Ocean View Reformed Christian Church 1241 Hillside Ave. Norfolk
Diana S. 757-588-0893 Fred R. 757-587-8636 or 695-6500

8:00 ~ 9:30 PM - Raw Recovery (O,) Homeless Shelter
(Judeo-Christian Outreach Ctr.) 1053 Va. Beach Blvd.
(Intsec of Birdneck Rd) Va. Beach Earl H 757- 235- 4877

8:00 PM - Monday Night Candlelight (O, BT,)
Thalia Lynn Baptist Church 4392 VA Bch Blvd. Va. Beach
Kathleen W. 757-404 -7933 Thomas M. 757-227- 2155

8:00 – 9:15 PM - New Beginnings (O, D, HW, HA)
Church of the Resurrection 3501 Cedar Lane (At Midfield Pkwy)
Portsmouth Joe W.:757-536-7337 & Les Orhopen: 757-686-9527

10:30 PM End of the Night See “Meetings with Multiple Days”

TUESDAY

6:30 AM – Jump Start the Day See “Meetings with Multiple Days”

9:30 AM - Morning Meditation See “Meetings with Multiple Days

12 Noon – The Emergency Unit (O, D, BT)
Holy Communion Lutheran Church 6220 Portsmouth Blvd Portsmouth
Lahoma D. 757-515-5981 Dora H. 757-735-7615

5:30 PM - Just For Today (O, SP, SS, T, D, IP)
First Lutheran Church Corner of Colley Ave. & Baldwin Ave.
Norfolk James B. 757-560-0616 or Bill A. 757-328-3902

6:00 PM- Keeping it real at Ransom (O, D)
Ransom for Souls Church 3600 Race St. Portsmouth
Fredrick& Redman – Kathleen 757- 719 - 5511

TUESDAY continued

7:00 PM – Count Your Blessings (JFT, OD,)
Oaklett United Methodist 520 Oaklett Drive (Indian River and Oaklett)
Chesapeake Daniel A. 757-418-1690 Park in rear of church

7:00 PM - Awesome Life (O, D, CL, IP)
Great Bridge United Methodist Church 201 Stadium Drive
Chesapeake (S. Battlefield Blvd-Stadium Dr)
Carrie L 757-560-8177 or 421-4294

7:00 PM – Keep Coming Back (O, D, SS, T, SP, BT)
New First Baptist Church of Taylorsville 2720 Turnpike Rd.
Portsmouth Francis P.757-679-1151 Justice P. 757-228-8678

7:00 PM – Serenity in the Sand (Seasonal Meeting)
June through September Ocean View and 3rd Bay ON the beach
Norfolk Chris S 757-287-1544 Austin Eliz 757-450-5890

7:00 PM - We Can Change (HW, IP, SP, BT, D)
Oakdale Presbyterian Church 550 East Little Creek Rd. Norfolk
(West of Tidewater Dr, Leon A. 757-235–1259

7:30 PM There’s A Light (O, D)
Ocean Lakes Church of God 1200 Dam Neck Rd. Va. Bch
Geoff L. 757-641-3159 Paul B. 757-285-9804

7:30 PM – Turning the Tide (O, D)
VA. Bch Recovery Ctr. 510 B Virginia Bch Blvd VA Bch
Colleen. 757-348-7012 Danielle 703-956-0380

7:30 PM - In Times of Illness (O, D) (Those with Illness in Recovery)
Va. Beach Psychiatric Center 1100 First Colonial Rd.
Va. Beach (Next to Va. Beach Gen) Bill S.757-717-1815

8:00 PM – A Gift Called Life (O, BT)
United Congregational Christian Church 5900 Portsmouth Blvd
(Between Hodges Ferry Rd & Charlotte Dr) Portsmouth
Brian L. 757-619-7375 Sean H. 757-438-1688

8:00 PM – Enjoying the Journey (O, SS, D, T, D, SP)
Messiah Lutheran Church 4136 Holland Rd (South Plaza Trail)
Va. Beach Jeff W. 757-438-1605 Mark 757-214-4286

8:00 PM - Carpe Diem (O, BT, SS, HA)
Sentara Bayside Hospital Independence & N. Witchduck
Va. Beach Lori T 757-384-1514

8:00 PM – The Struggle is Over
Smyrna Church of Chnst 741 Marshal Ave,
Norfolk corner of only rd. -1 Blk from NSU
Clifton L.: 757-232-0254 / Alton T.: 757-343-7586

8:00 ~ 9:30 PM - Let It Be (O, D)
Ocean View Reformed Christian Church 1292 Hillside Ave Nrfk
Chris P. 757-583-0654 Jim S. 757-305-2271

8:30 PM – The Journey Continues...
Norview United Methodist Church 1112 Norview Ave. Norfolk
Parking in back Diana 757-228-4379

8:30 PM - Freedom Group (O, D)
Homeless Shelter (Judeo-Christian Outreach Center)
1053 Va. Beach Blvd (East of intersection of Birdneck Rd)
Va. Beach Kristina D. 757-270-9509 Billy T 757-235-3911

10:30 PM End of the Night See “Meetings with Multiple Days”

WEDNESDAY

6:30 Am – Jump Start the Day See “Meetings with Multiple Days”

9:30 AM - Morning Meditation See “Meetings with Multiple Days

12:00 Noon - Visible Changes (O, D)
Emmanuel Episcopal Church 5181 Princess Ann Rd (Off S Witchduck)
Va. Beach Arden M. 757-737-4005

WEDNESDAY continued

5:30 PM - Positively Clean (O, 1st SP, 2nd SS, 3rd T, 4th OD)
Christ&StLuke Church 560 W. Olney –Norfolk Comer Stockly Garden
Gia M. 757-892-4924

7:30 PM - Straight Ahead (O, D, SS) Pembroke Manor
United Church of Christ 600 Independence Blvd. (North of Pembroke
Mall at Hinsdale St) Va. Beach Chris P. 757-535-7227

7:30 PM – Life & Hopeline (O, D, SS, HA)
Suffolk Christian Church 216 North Main St. Suffolk
Marvin757-537-9578

7:30 PM - What Can I Do (O, SS, IP, BT, T)
Holy Communion Lutheran Church 6220 Portsmouth Blvd Portsmouth
(Hodges Ferry) Lloyd P. 757-638-7157 Sabrina P 757-228-0730

8:00 PM - Where’s Lot 14? (O, D)
Sentara Norfolk General Hospital 600 Gresham Dr Norfolk
Dining Rm. #1 Lot 14 (Off Colley Ave) Gary 757-853-0247

8:00 PM – Trusted Servants (O, D, HA)
New Faith Church 3900 Bonny Road Va. Beach
Joe D. 757-575 - 1459

8:00 PM - Better by the Bay (O, D, BT)
Miles Memorial Methodist Church (Rear Entrance)
9450 Granby St. (At corner of Government St.) Norfolk
Roger B. 757-450-8449 Cathy K. 757-403-7409

8:00 PM - Surrender and Recovery (O, BT)
United Congregational Christian Church 5900 Portsmouth Blvd.
Portsmouth Ray I 757-692-9446 rbiullano@yahoo.com

8:00 PM Change We Must (BT)
Great Bridge Evangelical Free Church 173 Mt. Pleasant Rd.
(Across from old high school) Chesapeake Amy L. 757-204-4561

8:30 PM - Stepping Into Recovery (O, D, BT)
Old Donation Church 4449 N. Witchduck Rd. (Behind Bayside
Hospital) Va. Beach Dana 757-237-0510

10:30 PM End of the Night See “Meetings with Multiple Days”

THURSDAY

6:30 AM – Jump Start the Day See “Meetings with Multiple Days”

9:30 AM - Morning Meditation See “Meetings with Multiple Days

12:00 Noon - Reason to Believe (O, D, BT)
Church Of Saint Therese 4137 Portsmouth Blvd (Coffman Blvd)
Chesapeake Across from Chesapeake Square Mall
Enter thru Front– Rooms 10 & 11 Johnny D. 757-287-4430

12:00 Noon - Lunch Time Recovery ‘N’ EOY (O, D, BT, D, IP, SP)
Ocean View Reformed Christian Church 1241 Hillside Ave. (block in from Ocean View Ave at Beach View St.) Norfolk
Chris P. 757-583-0654 Arden M. 757-737-4005

12:30 PM - The Greatest Gift
Horace Downing Library 555 East Liberty St. Norfolk
Shelly S 717-718-3354

6:30 PM - Got To Have It (O, D, SP, HW, SS, T)
Queen Street Baptist Church 413 E. Brambleton Ave. Norfolk
Frederick J. 757-853-0374 Pete B. 757-479-2526

7:00 PM - Second Chance (O, D, SS & T)
Great Bridge United Methodist Church 201 Stadium Dr Chesapeake
(Corner S. Battlefield Blvd & Stadium Dr) Janie L. 757-482-5965

7:00 PM - Freebird Group (O, D, BT)
Craddock Baptist Church Afton Parkway & Harris Road Portsmouth
Brian F 757-642-3870 Ron H. 757-503-1238 ronh1@cox.net

7:00 PM – Shattering the Illusion (O, BT)
St. Michel Lutheran Church 2808 Princess Anne Rd. VA.Bch.
Deedee A 757-560-5596 Brian M 757-635-7414 Tim B 714-3132

THURSDAY

7:30 PM - Serenity Sisters (O, D, Women's Meeting)

Haygood United Methodist Church Va. Beach
Pam 757-636-2364 Dakota. 757-287-9550

7:30 PM – Caring and Sharing (O, D, SS & T)

Unity Renaissance Church 1120 Eden Way N. Chesapeake
(Behind Greenbrier Mall) Karen W 757-288-8666

7:30 PM – Girls Night Out (O, Women's Meeting)

5307 Portsmouth Blvd Portsmouth Kat 757-469-6325
Missy 757-753-6223

8:00 PM - Junks & Drunks (SS, TS, O)

East Ocean View Baptist Church 9609 9th Bay St. Norfolk
Social Hall Yvonne H 406-2388 Marsha N -470-6128

8:00 PM - Branching Out (S, BT)

Aldersgate United Methodist Church 4320 Bruce Rd Chesapeake
(Western Branch) Barbara B 757-397-6279 BillH 757-237-2000

8:00 PM - Raw Recovery (O, D)

Homeless Shelter (Judeo-Christian Outreach Center)
1053 Va. Beach Blvd (East of intersection of Birdneck Rd)
Va. Beach Earl H 757- 235- 4877

8:00 PM - Choose Life (O, IP, BT, SP, BT)

Va. Beach Psychiatric Center 1100 First Colonial Rd.
(Next to Va. Beach Gen) Va. Beach Phil S 757-771-6763

9:00 PM – All About Change (O, D, SS)

New Faith Christian Fellowship 3900 Bonney Rd Va. Bch
Chris S 757-287-1544

10:30 PM End of the Night See "Meetings with Multiple Days"

FRIDAY

6:30 AM – Jump Start the Day See "Meetings with Multiple Days"

9:30 AM - Morning Meditation See "Meetings with Multiple Days"

12:00 Noon - The Continuing Quest (O, D, D, IP, SWG)

First Lutheran Church Corner of Colley Ave & Baldwin Ave
Norfolk Gwen 757-343-2880 Liz H 757-275-5065

6:00 PM - New Phase Four (O, SS, BT)

Saint John's Episcopal Church 424 Washington St Portsmouth
Open 1/2 hour before (Washington & London St)
Mike P 757-298-0130

6:00 PM – Stepping Into the Solution (O, HA, BT, IP)

Christian Stronghold Church 3515 Colley Ave. Norfolk
Weldon W 757-201-1118

7:30 PM – Better Days (O, D, CL, SP) Candle Light Meeting

Church Of Saint Therese 4137 Portsmouth Blvd Chesapeake
Across from Pier One Import & Chesapeake Square Mall
Enter thru Front – Rms 10 & 11 Martin C. 757-651-6697

7:00 ~ 8:30 PM Life and Hopeline (O, SS, OD)

Sentara OBICi Hospital Suffolk 2800 Goodwin Blvd.
Benjamin B 757-537-5055 Jason N 757-617-1690

8:00 PM - Kempsville Crossroads (AB, SS IP, TS)

Providence Presbyterian 5497 Providence Rd. (Whitehurst)
Va. Beach Daniel 757-418-1690

8:00 PM - Miracle on 9th Bay (SS, T, O, SP)

East Ocean View Baptist Church 9609 9th Bay St. Norfolk
(Off Ocean View Ave) Tony C. 757-289-6548 Gary E 757-574-2945

8:00 PM - We Do Recover (Ss, 2nd, D, OD) Norview United Methodist

Church 112 Norview Ave. Norfolk in back off Bland
Dave G 757-560-4305

8:00 PM - Agape (O, 1ST SS, 2ND T, 3RD IP, 4TH D, 5TH Symbol)

St. Paul's United Methodist Church 437 W. Providence Rd.
Chesapeake (Dumbarton & Providence) Carlton J. 757-589-3564

FRIDAY continued

8:30 PM - How Group (C - Addicts Only, D)

Good Shepherd Lutheran Church 1489 Laskin Rd. Va. Beach
(By Hilltop Shopping Center) Lance G. 757-486-0551

8:30 PM – Wave of Recovery (O, D)

Va. Beach Recovery Ctr. Corner of Baltic & 17th Va. Beach
Steve S. 757-717-5862

11:00 PM – The Road less Traveled (O, D)

Old Donation Church 4449 N. Witchduck Rd. Va. Beach
Dora H. 757-735-7615 Will C. 757-675 – 5066

SATURDAY

9:30 AM - Morning Meditation See "Meetings with Multiple Days"

11:00 AM – The Phoenix Group (O, BT)

Maryview Hospital 3636 High St. **2ND Floor, Conf Rm A**
Conference Room 'A' Portsmouth Joe W 757-536-7337

12:00 Noon - Basic Math 12 & 12 (O, SP, SS, T)

First Baptist Church 418 Butte St. (2ND Floor) Norfolk
(Across from the Scope) Carlton D. 757-515-3331

5:30 PM – Mid Day Recovery (O, D, BT)

Union United Church of Christ 877 Goff St. Norfolk
(Across from Huntersville Center) Vincent T. 757- 724-2173

5:30 PM - Back to Life (O, D, BT, SP & T)

First Lutheran Church Corner of Colley and Baldwin Norfolk
Cedric H. 757-535-5807 Cornell W. 757-729-4089

6:00 PM – Rainbow Recovery (GLBT) (O, HA)

5265 Providence Rd. Suite 103 (At Lord Dunmore Dr) Va. Beach
(Behind BP Service Station) Rainbow Psych.
Brett C. 757-641-1084 Debbie 757-717-4717

7:00 ~ 8:30 PM Life and Hopeline (O, SS, OD)

Sentara OBICi Hospital Suffolk
Marvin C 757-537-9578

7:30 PM – Defective Characters (O)

Avon Worship Center 40082 Harbor Rd. Avon, NC.
Paige L. 252- 305-1234 Leo W. 252- 305-035

7:30 PM - Recovery in Progress (O, 1-SS, 2-BT, 3-D, 4-SS or T)

JFK Recreation Center 12 Grand St. Portsmouth

8:00 PM - Kempsville Crossroads (AB, SS IP, TS)

Providence Presbyterian 5497 Providence Rd. (Whitehurst)
Va. Beach Daniel 757-418-1690

8:00 PM - Back To Basics (O, D, BT)

Broad Street United Methodist Church 300 Broad St. Portsmouth
(Corner of Wesley St.) Ty H. 757-235-3175

8:00 PM - Freedom of Choice (O, D, SS)

Church of the Ascension 4853 Princess Anne Rd. Va. Beach
(Near Baxter Rd) James P. 757-619-2273

8:00 PM - Surrender To Live (C – Addicts Only, D, BT, HA)

Norview United Methodist Church 1112 Norview Ave (Park behind
Church, Bland St) Norfolk Kevin S 757-499-4170 Fred R 757-695-6500

10:00 PM – Gaining Sanity (O, BT) Norview United Methodist

Church 112 Norview Ave. Norfolk in back off Bland
Teresa D. 757-724-3685

North Carolina Meetings

Multi Day Meeting 8:00 PM- Over & Beyond varied
Saint Philips Chapel 200 S. McMorrine St. (West side of street)
Elizabeth City, NC – Carol 252-207-6550

Sunday: 7:30 PM – Stick and Stay (O, D, HA)

Colington Methodist Church 1949 Colington Rd. Kill Devil Hills,
NC Terry H. 252- 619-1011

North Carolina Meetings

Monday: 12:00 PM – Not High at Noon (O, LD, T)

Arc Into Church 113 W Villa Dunes Nags Head, NC
Ginger B 252-573-8741 Kim 252-573-0822

Monday: 7:30 PM – Freedom to Live (C, D, HA)

Liberty Christian Fel. 244 Williams Drive, Kill Devil Hills, NC
Rana D 252- 423-0755

Tuesday: 7:30 PM – Stick and Stay (O, LD, HA)

Colington Methodist Church 1949 Colington Rd Kill Devil Hills,
NC Terry H. 252- 619-1011

Wednesday: 7:30 PM – Miracles Happen (O, SS/TR, D)

St. Andrews by the Sea 4212 S. Va. Dare Trail, Mile Post 13½ -
Beach Rd Nags Head N.C. Kim K. 252- 573-0822
Jim H. 252- 489-9895

Thursday: 12:00 PM – Not High at Noon (O, T, D)

Arc Int. Church 113 W Villa Dunes Nags Head, NC
Kim 252-573-0822

Thursday: 7:30 PM – Surrender to Win (O, D)

Manteo Baptist Church 406 US Hwy 64 Manteo, NC
Keith B. 252- 573-9615 Jim 252-489-9895

Friday: 7:30 PM – Serenity in the Sand (O)

Cape Hatteras Baptist Church 50195 Buccaneer Drive
Frisco, NC

Friday: 8:00 PM – Moyock Fellowship (O, D, JFT)

Moyock Baptist Church 123 Oak Street Moyock, NC
Tim C. 252–548-8863, Leo W. 252–305-0355

Friday: 7:30 PM – Miracles Happen (O, JFT, D) St. Andrews by

The Sea 4212 S. Va. Dare Trail Mile Post 13½ Beach Rd,
Nags Head N.C. Kim K. 252- 573-0822 Jim H. 252- 489-9895

Saturday: 7:30 PM – Freedom to Live (O, Chair's Choice)

Liberty Christian Fel. 244 Williams Drive, Kill Devil Hills, NC
Rana D 252- 423-0755

Who is an Addict?

Most of us do not have to think twice about this question. We know! Our whole life and thinking was centred in drugs in one form or another – the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions and death.

- Phone Numbers -

“Dial ’em, don’t file ’em!”

On the World Wide Web at www.na.org



NARCOTICS ANONYMOUS

“That no addict seeking
Recovery need ever die.”

Tidewater Area Service Committee

Post Office Box 2894 Norfolk, VA 23501

TIDEWATER AREA TOLL FREE HELPLINE

1-866-972-5055

www.tidewaterareana.org

CENTRAL ATLANTIC REGIONAL HELPLINE

1-800-777-1515

The Serenity Prayer

“God, grant us the serenity
To accept the things we cannot change,
The courage to change the things we can,
And the wisdom to know the difference.”

Meeting Format Key

A – Ask It Basket	CL – Candlelight
BT – Basic Text Study	D – Discussion
C – Closed Mtg.	FV – Format Varies
GC – Group Conscience	GLB –Gay/Lesbian/Bisexual
HA Handicap Access	IP – Information Pamphlet
HW – How & Why Study	JFT –Just For Today
LD Discuss Literature	SP –Speaker
O –Open Mtg.	SWG -Step Working Guide
SS – Step Study	T – Tradition Study
W – Women's	

Tidewater Area

JUNE / JULY

2010