

TIDEWATER AREA SERVICE COMMITTEE

Area Meeting is **2ND Sunday of the Month 2:00 PM and Meets at Norview United Methodist Church 1112 Norview Ave**

Chair Tim B 757-714-3132

HOSPITALS AND INSTITUTIONS SUBCOMMITTEE

3RD Sunday of the Month 12:30 pm Dave G. 757-560-4305

LITERATURE SUBCOMMITTEE

2nd Sunday of the Month Angel C 757-235-7826

POLICY SUBCOMMITTEE

2ND Sunday of the Month Carlton J 757-589-3564

PUBLIC INFORMATION - PHONELINE SUBCOMMITTEE

2nd Sunday of the Month Matt H 757-406-2182

RCM: Neal G

SPECIAL EVENTS: Marsha N 757-470-6128

Call for meeting time and location

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
Dottie 757-4074340

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. 757-535-5895

3:00 PM – Wecovery (O, D,) Heritage Community Church 513 Johnstown

Rd (At Allen Rd) Chesapeake Clint 757-650-6299

6:00 PM – It’s About Time (O, SP, HA) Norview United Methodist

Church 1112 Norview 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 John 757-567-6395

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

Narcotics Anonymus is an international, community-based association of recovering drug addicts with more than 58,000 weekly meetings in 131 countries worldwide. Books and information pamphlets are currently available in 39 languages.

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

7:00 PM – Lost and Found Group (It Works How & Why Study)

Chesapeake Street UMC 1200 Chesapeake Ave in South Norfolk

Angie R 757-355-7725 Debra J 757-513-8999

7:00 ~ 8:15 PM - New Beginnings (O, D, HW, HA)

Church of the Resurrection 3501 Cedar Lane (At Midfield Pkwy)

Portsmouth Joe W.:757-536-7337 & Les O: 757-686-9527

7:30 PM – The Winding Road

Oak Grove UMC 472 N. Battlefield Blvd (across from water tower)

Chesapeake Justin K 757-773-4403 Samantha D 757-630-3247

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)

Water’s Edge Church 4141 Holland Rd. (Near South Plaza Trail)

Va. Beach Lance G. 757-692-7864 Steve K 757-715-1075

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 Candlelight (O, BT,)

Pembroke Manor United Church of Christ 600 Independence Blvd.

(North of Pembroke Mall at Hinsdale St) Va. Beach

Eric D 757-580-2849

7:30 ~ 9:00 PM – Together We Can (O, D)

West Washington & South Broad St. Suffolk

Robert B. 757 675 9084 Sharon D 757-927-7112

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

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

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 Judice P. 757-228-8678

TUESDAY continued

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

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 - 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)

Water’s Edge Church 4141 Holland Rd. (Near South Plaza Trail

Virginia Beach Mark. M 757-214-4286 Billy B 757-681-4341

8:00 PM – The Struggle is Over

Smyrna Church of Christ 741 Marshal Ave.

Norfolk corner of only rd. -1 Blk from NSU

Clifton L.: 757-515-5864 Tonya H 757-701-3556

8:00 ~ 9:30 PM - Let It Be (O, D)

Ocean View Reformed Christian Church 1292 Hillside Ave Nrfrk

Charlene 757-502-9390

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

5:30 PM - Positively Clean (O, 1ST SP, 2ND SS, 3RD T, 4TH OD)

Christ&StLuke Church 560 W. Olney Rd Norfolk Please use entrance on

Stockly Garden Corner! Reggie Y 757-313-0736

7:00 PM - Surrender and Recovery (O, BT)

United Congregational Christian Church 5900 Portsmouth Blvd.

Portsmouth Ray I 757-692-9446

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

WEDNESDAY continued

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

Chuck P 757-237-0006

8:00 PM – Trusted Servants (O, D, HA)

New Faith Church 3900 Bonny Road Va. Beach

Joe D. 757-575 - 1459

8:00 PM Change We Must (BT)

Great Bridge Evangelical Free Church 173 Mt. Pleasant Rd.

(Across from old high school) Chesapeake Tara L 757-506-9743

Joe W 757-536-7337

8:30 PM - Stepping Into Recovery (O, D, BT)

Old Donation Church 4449 N. Witchduck Rd. (Behind Bayside

Hospital) Va. Beach Mary P 757-739-1726

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' EOv (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

6:30 PM - Got To Have It (O, HW SS, HW SP, BT, IP)

Queen Street Baptist Church 413 E. Brambleton Ave. Norfolk

Frederick J. 757-374-1577 Juanita S. 757-685-8848

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 2208 Princess Anne Rd. VA.Bch.

Deedee A 757-560-5596 Bryan M 757-635-7414 Tim B 714-3132

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 757-572-6593

7:30 PM – Girls Night Out (W, O, SS, SWG, JFT, IP)

First Friends Church5307 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 757-435-5678

THURSDAY continued

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 – The Happy Hour
Faith Community Church 100 E 30th St Norfolk
Lafayette R. 757-696-7534

7:00 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) Julius K. 757- 470-7494

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 1112 Norview Ave. Norfolk in back off Bland
Troy B 757-395-7376

8:30 PM - How Group (C - Addicts Only, D)
Good Shepherd Lutheran Church 1489 Laskin Rd. Va. Beach
Lance G. 757-692-7864 Steve K 757-715-1075

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 Jeff F 757-535-0387
Joe W 757-536-7337

SATURDAY continued

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 - 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

6:00 PM – Men’s Meeting (C, O)
2697 International Pkwy Blvd #3 Rear Entrance
Ty G (757) 652-1150

7:00 ~ 8:30 PM Life and Hopeline (O, SS, OD)
Sentara OBiCi Hospital Suffolk
Marvin C 757-537-9578

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

North Carolina Meetings

8:00 PM - Over & Beyond
Sunday-Open, Tuesday-Step Study and Thursday-Open
Saint Phillips Chapel 201 S. McMorrine St. (West side of street)
Elizabeth City, NC – Carol 252-207-6550 Linda T 252-333-7983

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

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: 7:30 PM – Island Recovery (O, D, HA)
Walnut Community Center 109 Faris St Grandy, NC
Ted L. 757-717-2669

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

North Carolina Meetings continued

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

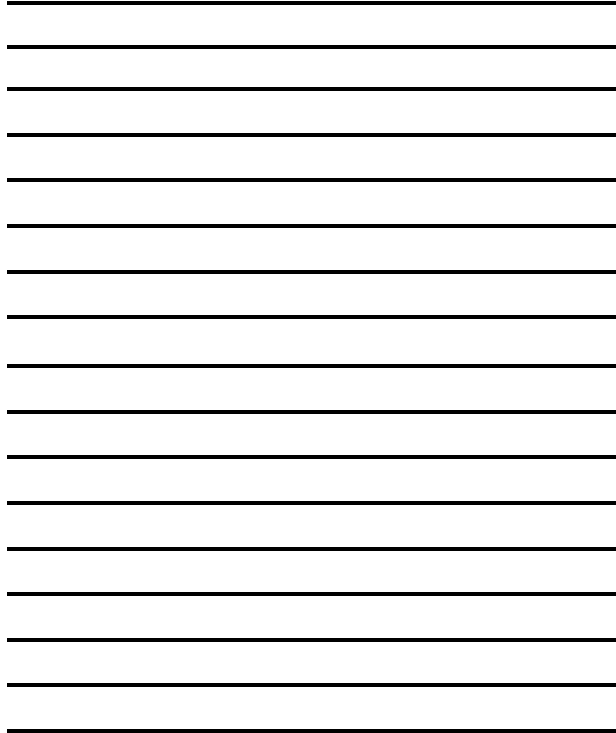
Saturday: 7:30 PM – Defective Characters (O)
Avon Worship Center 40082 Harbor Rd. Avon, NC.
Paige L. 252- 305-1234 Leo W. 252- 305-035

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!”**



NARCOTICS ANONYMOUS

www.na.org

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	

“An Addict, Any Addict, can stop using , Lose the desire to use and find a new way to live! You are welcome here. Please stay and be a part of our growth, change and Recovery!” Remember

Just for Today You never Have to Use Again.

“That No Addict seeking Recovery need ever Die without a chance to find a better way of life.”

