

**Peninsula Area  
Service Committee of NA  
(PASCNA)**

Meets first Saturday of each month @ 3:00pm  
Warwick United Church of Christ  
10 Matoaka Lane, NN

**SUB - COMMITTEES OF PASCNA  
Activities**

Meets first Saturday of each month @ 1:00pm  
Warwick United Church of Christ  
10 Matoaka Lane, NN  
Sarah 757-727-3582

**Hospitals & Institutions (H&I)**

Meets first Sunday after Area @ 2:00pm  
Riverside Behavioral Center  
2244 Executive Drive, Hampton  
Ernest 908-494-2383

**Literature**

Meets @ 2:00pm before Area  
Warwick United Church of Christ  
10 Matoaka Lane  
Rodney F. 757-503-5281

Area Inventory Subcommittee  
Meets first Sunday after Area @ 1:00pm  
Riverside Behavioral Center  
2244 Executive Drive, Hampton  
Tim B. 757-879-4883

**Public Relations**

Meets first Saturday of each month @ 1:00pm  
Warwick United Church of Christ  
10 Matoaka Lane, NN  
Paula M 757-506-9294

**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.

**— Meetings w/ Multiple Days —**

**TRUST THE PROCESS M - F 9:30 am (V)**  
St. Augustine's Episcopal Church  
2515 Marshall Ave., NN  
Qadeer 757-344-1284 Lilly 757-236-8921

**A MEETING AT LUNCH M - F 12:00 pm (V)**

First Presbyterian Church  
514 S. Armistead Ave., Hpt  
Deborah 757-238-0330 Eugene 757-243-6845  
(please enter the building through side entrance)

**HIGH NOON - M-F 12:00 pm (V) S,T,C,BT,JFT**

Recovery Baptist Church  
303 Blair Ave., N.N.  
(corner of Buxton and Blair)  
Teresa F. 757-269-1707  
Mildred D. 757-236-9021

**— SUNDAY —**

**SURRENDER TO LIVE - 9:30 am (O, D, L)**

C. Waldo Scott Center  
3100 Wickham Ave., N.N.  
Dee W. 928-0509 Tony H. 757-696-6654  
Audra N 757-897-7068

**FAITH - 12:00 pm (O, D, LC, JFT)**

Riverside Behavioral Center  
2244 Executive Drive, Hpt.  
Jimmy P. 757-593-4540 Malcolm 757-593-6581  
Henry 757-532-8814

**A GIFT CALLED LIFE - 7:00 pm (V)**

Warwick United Church of Christ  
10 Matoaka Lane, N.N.  
Johnnie 757-869-4890 Nadine 757-751-4680

**THE LIE IS DEAD - 7:00 pm (O, D)**

North Hpt. Presbyterian Church  
1217 Todd's Lane., N.N. (behind the fire station) Ed P.  
757-303-8609

**RECOVERY GROUP - 7:30 pm (O, L, D)**

Riverside Behavioral Center  
2244 Executive Drive, Hpt.  
William S. 757-236-6170 Dave R. 757-218-2595

**NATURE OF RECOVERY - 8:00 pm (O, V) 5477**

Mooretown Road, Wmsbg.  
Ron L. 757-880-3826  
Terry W. 757-719-6392

**— MONDAY —**

**CHANGE I MUST OR DIE I WILL –**

**3:00 pm (O, JFT, IP, LC, A)**  
2096 Nickerson Blvd., Hpt. (Nickerson Plaza, next to  
Ace Hardware)  
Kathy A. 757-897-7699  
Lawrence 718- 594-2998

**HONESTY GROUP – 7:00 pm (O, B, LC, SP)**

Ivy Memorial Baptist Church  
2200 Coliseum Dr, Hpt.  
Marc 919-332-1415 Ernest 908-494-2383

**NEW ATTITUDE - 7:00 pm (O, D, IP, S)**

3509 Chestnut Ave. N.N.  
(Entrance Around Back)

Vet 757-849-8808  
Rose F. 757-593-0104

**WOMEN IN RECOVERY - 7:00 pm (O) NH**

3279 Lake Powell., Wmsburg  
Erin 517-224-6615

**IN STEP - 7:30 pm (O, ST)**

Grafton Baptist Church  
5440 Geo. Wash. Mem. Hwy., Grftn.  
Brendan R. 757-802-5695

**THE OUT OF ORDINARY MEETING –  
7:30 pm (O, V)**

White Marsh Baptist Church  
5123 Geo. Wash. Mem. Hwy., Glou.  
Dan G. 804-815-7699  
Sam B. 804-296-8592

**WHO IS AN ADDICT - 8:30 pm (O, B) NH**

3279 Lake Powell Rd. Wmsburg  
Lindsey V. 757-291-2530  
Greg M. 757-645-6381

**— TUESDAY —**

**SERENITY GROUP - 5:30 pm (O, S, V)**

Riverside Behavioral Center  
2244 Executive Drive, Hpt.  
Beverly A. 757-753-6868  
Jeanette 757-594-3414

**I CAN'T WE CAN - 6:00 pm (O, SP, IP, AB)**

YWCA  
2702 Orcutt Ave., N.N.  
Dan B. 757-751-3131

**A NEW WAY OF LIFE - 6:30 pm (O, L)**

9228 Geo. Wash. Mem. Hwy., Glou.  
Dan G. 804-815-7699  
Travis S. 804-694-6629

**A PROVEN PROGRAM - 7:00 pm (O, B, T)**

York River Baptist Church 8201 Croaker Rd, Wmsburg.  
Dave H. 757-207-1154  
John P. 757-235-9300

**WE CAN CHANGE - 7:00 pm (O, D) NH**

First Church of N.N.  
2300 Wickham Ave., N.N.  
Harvey 757-926-9138 Plummer 757-696-3416

**WOMEN DO RECOVER – 7:00 pm (O)**

Hilton Christian Church  
100 James River Drive, N.N.  
Entry in rear  
Beth P. 757-327-2667  
Erin T. 571-224-6615

**YOUNG, CLEAN & LIVING - 7:30 pm (O,D)**

Northampton Presbyterian Church  
1217 Todd's Lane, Hpt. (behind the fire station)  
Chris L. 757-592-2170

**NEW GENESIS GROUP – 7:30 pm (OV)**

Wesley United Methodist Church  
2510 N. Armistead Ave., Hpt.  
Gayle B. 757-597-1531 Cameron 757-561-3343

**LET'S RECOVER TOGETHER –**

**8:15 pm (O, S, T)**

Hampton Christian Church  
151 E. Mercury Blvd., Hpt.  
Tim E. 757-725-4636 Chris G. 760-984-4914  
Veronica W. 757-822- 8169

**— WEDNESDAY —**

**RECOVERY AT NOON (O) NH**

3279 Lake Powell Rd. Wmsburg  
Erin T 571-224-6615  
Susie 757-556-7880

**BECOMING A WINNER – 6:00 pm (O)**

Lovingkindness Worship Center  
2002 N. Armistead Ave, Hmpt.  
Jacqueline G. 757-528-7041

**END OF THE ROAD - 7:00 pm (O, V) NH**

1707 Jefferson Ave. N.N.  
Glen N. 757-268-9318  
Sherri W. 757-768-1392

**HUGS NOT DRUGS - 7:00 pm (O, D)**

Community Presbyterian  
400 Fox Hill Rd. Hpt.  
Sarah 757-727-3582  
Jeff M. 912-414-3258

**HOPE - 7:00 pm (O, V)**

Warwick Conference Center  
12420 Warwick Blvd., N.N. Building #6  
Will D. 757-768-7954

**LIVING THE PROGRAM – 7:30 pm (C, B, IP, S & L**

**“A 10th Step Meeting”**

Warwick United Church of Christ  
10 Matoaka Lane, N.N.

Ray D 757-303-4533 Jen 757-876-7194

**WHO IS AN ADDICT - 8:30 pm (O, S) NH**

3279 Lake Powell Rd. Wmsburg  
Lindsey V, 757-291-2530 Greg M. 757-645-6381

**— THURSDAY —**

**THE WARRIORS – 5:30 pm (O)**

**Agape Foundations, Inc.**

3217 Commander Shepard Blvd Hpt.  
entrance and parking in rear Renee D. 757-593-432  
**LET'S GET SPIRITUAL - 7:00 pm (O, L, D)**

St. Paul's AME  
2500 Chestnut Ave., N.N.

Debbie 757-310-2914 Teddie 757-503-0528

**WE DO RECOVER - 7:00 pm (O, L)**

Reformation Lutheran Church  
13100 Warwick Blvd., N.N.  
Paula M. 757-506-9294

**12+12 = CHANGE!! - 7:30 pm (O, LC, B)**

Wesley Foundation,  
526 Jamestown Road Wmsbrg.  
(across from W & M soccer field)  
Mary H 757-412-9599

**FRESH STARTS FOR OPEN HEARTS -**

**7:30 pm (O,B,S)**

Poquoson Baptist Church  
283 Wythe Creek Road, Poq.  
Mike B. 757- 593-9377  
Sammy 757-778-2361

**TIME TO SURRENDER - 8:00 pm (O)**

Northampton Presbyterian Church  
1217 Todd's Lane, N.N. (behind the fire station)  
Eddie H. 757-268-7903

**— FRIDAY —**

**HOW & WHY - 6:00 pm (C, H&W, LC)**

Riverside Behavioral Center  
2244 Executive Drive, Hpt.  
Tee J. 757-788-9475

**CHANGE WE MUST - 6:30 pm (O, H&W, SP, IP)**

Living Faith Christian Church (LFCC)  
14901 Warwick Blvd., N.N  
Danny A. 757-696-2318  
Darlette A. 757-998-1177

**KEEP COMING BACK - 7:00 pm (O, T, D, IP, SP)**

Newport News Community Center  
605 South Avenue, N.N.  
Lorenzo 757-320-6224

**CLOSER TO HOME - 7:30 pm (O, B, D, H&W, T, SP)**

Riverside Walter Reed Hospital  
7515 Hospital Drive, Glou.  
Sam B. 804-296-8592

**GOOD ORDERLY DIRECTION - 7:30 pm (O, B)**

Warwick United Church of Christ  
10 Matoaka Lane, N.N.  
Jeff H. 757-630-3806

**RUNNING ON FAITH - 7:30 pm (O, D)**

Carrollton Holiness Church  
16144 Carrollton Blvd., Carr.  
Tim A. 757-434-7178 Ken H. 757-535-5151

**NOTHING TO FEAR – 8:00 pm (OT, A, S, IP)**

100 Sentara Circle Wmsbrg  
The Williamsburg Room  
Maura E. 617-637-2496  
Ryan D. 804-240-9100

**— SATURDAY —**

**LIVING LIFE ON LIFE'S TERMS –**

**10:00 am (O, H&W)**

Wesley Foundation,  
526 Jamestown Road, Wmsbg.  
Thayne F. 757-603-2131 Brian G. 757-879-2344  
Don 804-413-4222

**NO MORE EXCUSES - 10:00 am (O, B, SP, IP, D)**

Warwick United Church  
10 Matoaka Lane, N.N.  
Debra R. 757-238-0330

**WOMEN & MEN IN RECOVERY 12:00 noon (O, D) NH**

Trinity Methodist Church 2  
29th & Huntington Ave., N.N.  
Pamela H. 732-670-5887  
Al W. 757-597-4479

**SATURDAY NIGHT LIVE - 5:30 pm (O, D)**

First Baptist - Jefferson Park  
615 42nd Street, N.N.  
Mark B. 757-879-1193  
Reggie T. 757-344-8212

**SATURDAY NIGHT ALTERNATIVE – 6:00 pm (O, D,S)**

First Presbyterian Church  
514 S. Armistead Ave., Hpt.  
Jimmy R. 757-335-0921  
Hawk 757-289-7663

**RECOVERY AT SUNSET – 7:00 p.m. (O)**

Huntington Park (near Beach area)  
Sherry B. 757-975-6440

**A NEW APPROACH TO LIFE - 7:30 pm (O)**

North Hampton Presbyterian Church  
1217 Todds Lane, N.N. (behind the fire station)  
Josh 757-284-9367

**NEVER ALONE - 7:30 pm (O, B)**

Hilton Christian Church  
100 James River Drive, N.N.  
Butch L. 757-320-3221

**Just For Today**

**Tell yourself:**

**JUST FOR TODAY:**

My thoughts will be on my recovery, living and enjoying life without the use of drugs.

**JUST FOR TODAY:**

I will have faith in someone in NA who believes in me and wants to help me in my recovery.

**JUST FOR TODAY:**

I will have a program. I will try to follow it to the best of my ability.

**JUST FOR TODAY:**

Through NA, I will try to get a better perspective on my life.

**JUST FOR TODAY:**

I will be unafraid. My thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

**Phone Numbers**

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**JUL – AUG - SEP 2018**

**Peninsula Area of  
Narcotics Anonymous**

P.O. Box 16009  
Newport News, VA 23608

**peninsulaareana.org**  
(Area Website)

**Regional Helpline**  
800-777-1515  
**car-na.org**

**Tidewater Area Helpline**  
866-972-5055

**tidewaterareana.org**  
**na.org**

(NA World Services Website)

**TYPES OF MEETINGS**

O – Open (all are welcome) C – Closed

**FORMATS**

A – Ask It Basket A- Adolescent  
B – Basic Text Study D – Discussion CON – Concer  
G SP – Speaker S – Step study  
T – Tradition Study V – Varying Format  
G/L – Gay / Lesbian / Bi / Trans  
H&W – How & Why Study  
IP – Information Pamphlet Reading  
JFT – Just For Today Study  
L – Literature Study  
LC – Living Clean Book Study

**CITY ABBREVIATIONS**

Carr – Carrollton	Poq - Poquoson
Hpt – Hampton	Wmsburg - Williamsburg
Glou - Gloucester	Yrk - Yorktown
NN – Newport News	

**HANDICAP ACCESSIBILITY**

All meetings are handicap accessible unless  
Otherwise noted as NH – Not Handicap Accessible

**Our Gratitude Speaks,  
When We Care and When We Share  
With Others the NA Way**