

**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

WRITE TO RECOVER – 3:00 pm (C, WR, NC)

Mary Immaculate Hospital
Community Health and Resource Center
2 Bernardine Drive, N.N.

Craig W. 845-642-5043

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
Jimmy W. 757-256-0843

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

C. Waldo Scott Center
3100 Wickham Ave., NN
HONESTY GROUP – 7:00 pm (O, B, LC, SP)
Ivy Memorial Baptist Church

2200 Coliseum Dr, Hpt.
Yvonne 757-256-7858 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 571-224-6615

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

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

**THE OUT OF ORDINARY MEETING –
7:30 pm (O, H & W)**

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

— 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

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

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

A NEW WAY OF LIFE – 8:00 pm (O, JFT)

7603 Hospital Dr., Glou.
Dan G. 804-815-7699
Sam B. 804-296-8592

**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

— 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
2007 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, LC)

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 David B. 757-342-2510

**LIVING THE PROGRAM – 7:30 pm (C, B, IP, S & LC)
“A 10th Step Meeting”**

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

Ray D 757-303-4533 Veronica W. 757-589-5747

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. 757-593-4323

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

Craig W. 845-642-5043

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

Wesley Foundation,
526 Jamestown Road Wmsbg.
(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.

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

LIVING THE DREAM – 8:00 pm (O, B)

7603 Hospital Drive, Glou.
Dan G. 804-815-7699
Travis S. 804-694-6629

— 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 Center (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, D)

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)

10 Sentara Circle Wmsbrg
Robert Graves Conference Room
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. 757-879-2344Don
804-413-4222

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

Warwick United Church
10 Matoaka Lane, N.N.
Deborah 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. 757-541-9218

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

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

North Hampton Presbyterian Church
1217 Todd's 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



OCT – NOV - DEC 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 – Concepts
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 NC – No Children
LC – Living Clean Book Study WR – Writing Format

CITY ABBREVIATIONS

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

HANDICAP ACCESSIBILTY

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**