

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

Meets first Saturday of each month @ 4:00pm
Warwick United Church of Christ
10 Matoaka Lane, NN

**SUB - COMMITTEES OF PASCNA
Activities**

Meets first Saturday of each month @ 2:00pm
Warwick United Church of Christ
10 Matoaka Lane, NN
Bethany 757-814-3916

Hospitals & Institutions (H&I)

Meets first Sunday after Area @ 2:00pm
Riverside Behavioral Center
2244 Executive Drive, Hampton
Zacharie C. 757-750-7824

Literature

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

Policy

Meets Sunday following Area @ 1:00pm
Riverside Behavioral Center
2244 Executive Drive, Hampton
Brian G 757-879-2344

Public Relations

Meets first Saturday of each month @ 2:30pm
Warwick United Church of Christ
10 Matoaka Lane, NN
Ray D 757-303-4533

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
Michael 757-722-6551 / 757-508-2449
Lilly 757-236-8921

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

First Presbyterian Church
514 S. Armistead Ave., Hpt
Ricardo 801-336-6509 Stacy 401-347-6163
(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 B. 757-256-2074

— 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 Malcom 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

— 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
Brittany S. 757-374-9589
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
Sam B. 804-269-8592

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

York River Baptist Church 8201 Croaker Rd, Wmsburg.
Dave H. 757-207-1154 Dan K. 757-810-5932

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

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

— WEDNESDAY —

RECOVERY AT NOON (O) NH

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

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

1707 Jefferson Ave. N.N.
Glen N. 757-268-9318
Fred M. 757-696-7151

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

Community Presbyterian
400 Fox Hill Rd. Hpt.
Sarah 757-727-3582

Maggie R. 757-810-4418

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 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. 757-593-4323

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)

Hampton Christian Church
151 E. Mercury Boulevard, Hpt.
Mike S. 757-719-8400
Eugene 757-243-6845

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
Bethany M. 757-814-3916

**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 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.
Priscilla 757-550-7277
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

TOP OF THE STEPS – 8:00 pm (OT, A, S, IP)

100 Sentara Circle Wmsbrg
The Williamsburg Room
Marcus 757-768-3725

— **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

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

Warwick United Church
10 Matoaka Lane, N.N.
Kyon S 757-952-5518

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

Trinity Methodist Church 2
29th & Huntington Ave., N.N.
Pamela H. 732-670-5887
Carlos 757-714-5304

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 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.
Dave M. 757-291-9193
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 2017

**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

LC – Living Clean Book Study

CITY ABBREVIATIONS

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

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**