

SUNDAY**CARROLLTON**

7:30 p.m.
Closed
 ☺ ☹️ Carrollton Sunday Night, AFG
 Senior Citizen Building
 Nike Park
 Sandy 465-5927

VIRGINIA BEACH

8:00 p.m.
Closed
 ☺ ☹️ Round Table Sharing, AFG
 Emmanuel Lutheran Church
 301 Lynnshores Drive
 Corner of Lynn Shores Drive &
 Virginia Beach Blvd.

8:00-9:00 p.m.

☺ ☹️ Freedom, AFG
 Shery

8:00-9:00 p.m.

☺ Independence Step Study

8:00-9:00 p.m.

☺ *Caring & Sharing Alateen* (13-19)

8:00-9:00 p.m.

☺ *Open Arms Alateen* (8-12)

Bayside Presbyterian Church

1400 Ewell Road

Corner of Independence Blvd.

& Ewell Rd.

Annette 641-4542

SERENITY PRAYER

God, grant me

the SERENITY to accept the

things I cannot change,

COURAGE to change the things I can, and

WISDOM to know the difference.

MONDAY**CHESAPEAKE**

8:00 p.m.
Closed
 ☺ ☹️ Grassfield, AFG
 Grassfield Baptist Church
 1772 Cedar Road
 Pam 488-8705

7:30-8:30 p.m.

Open
 ☺ Just for Today, AFG
 Oakgrove Methodist Church
 472 N. Battlefield Blvd.
 Sherry 549-4409

NORFOLK

12:00p.m
Open
 ☺ Downtowners, AFG
 St. Paul's Episcopal Church
 101 St. Paul's Boulevard
 Kay 855-3668

8:00-9:15 p.m.

Closed
 ☺ Hampton Boulevard, AFG

Second Presbyterian Church

7305 Hampton Boulevard

Donna 638-3759

PORTSMOUTH

10:30 – noon

Closed
 ☺ Lifeline, AFG

Cradock Baptist Church

96 Afton Parkway

Corner of Afton Pkwy & Irwin St.

Pam 488-8705

VIRGINIA BEACH

7:30 p.m.

Closed
 ☺ Beginner, AFG
 Foundry United Methodist Church
 2801 Virginia Beach Blvd.
 Carole 340-2436

8:00 p.m.

Closed
 ☺ Small Shores, Step Study AFG
 All Saints Episcopal Church
 1968 Woodside Lane
 Ethel 464-5793

8:00-9:00 p.m.

Closed
 ☺ Basic Recovery, AFG
 Emmanuel Episcopal Church
 5181 Princess Anne Road
 *Every 5th Monday is Open
 Mary 285-6849

TUESDAY**CHESAPEAKE**

8:00 p.m.
Closed
 ☺ ☹️ Tuesday Night Study, AFG
 Brent Lox Baptist Church
 1007 George Washington Hwy.
 Rita N. 397-4852

FRANKLIN

8:00 p.m.
Closed
 ☺ ☹️ Franklin, AFG
 Franklin Baptist Church
 208 N. High Street
 John D. 516-6381

NORFOLK

11:00am-12:30 pm
Open
 Bring your lunch
 ☺ 12 Step at Eleven
 Step Study Mtg., AFG
 Wesley Mem. United Methodist Church
 288 East Little Creek Rd.
 Johnnie 640-0279
 Ellen 583-0747

VIRGINIA BEACH

8:00 p.m.

Closed
 ☺ Sandbridge, AFG
 Sandbridge Community Chapel
 3041 Sandpiper Road
 JoAnne 721-2076

8:00 p.m.

Closed
 ☺ Kings Grant 12 Step Study, AFG
 St. Nicholas Catholic Church
 644 Little Neck Road (upstairs)
 Link 424-3150

**If you have the time and
 would like to volunteer at the
 Al-Anon Service Center (ASC) office
 or if you can man the phone lines
 from your home, please call
 Nancy S. at 466-0193.**

WEDNESDAY**CHESAPEAKE**

10:30 am-12:00pm
Closed
 ☺ ☹️ New Beginnings, AFG
 Harvest Assembly of God, Rm 201
 525 Kempsville Rd.
 Corner Greenbrier Pkwy &
 Kempsville Rd.
 Lorraine 485-4528

8:00 -9:00 p.m.

Closed
 ☺ ☹️ Greenbrier, AFG
 Greenbrier Baptist Church
 825 Greenbrier Pkwy, Bldg. C

NORFOLK

7:30-8:30 p.m.
Open
 ☺ ☹️ Wed. Night Beginner's, AFG
 Talbot Park Baptist Church
 6919 Granby Street
 meets on second floor
 Bill 224-0885

PORTSMOUTH

8:00 - 9:00 p.m.

Open
 ☺ ☹️ Churchland, AFG
 Centenary Methodist Church
 3312 Cedar Lane

SUFFOLK

8:00 p.m.
Closed
 ☺ ☹️ Serenity Seekers, AFG
 Bethlehem Ruritan Club
 Manning Road
 Rebecca 242-6400

VIRGINIA BEACH

12:00-1:30 p.m.
Closed
 ☺ Wednesday Noon, AFG
 Foundry United Methodist Church
 2801 Virginia Beach Blvd.
 Sharon 427-2414

8:00 p.m.

Closed
 ☺ ☹️ Together We Can, AFG
 Haygood United Methodist Church
 4713 Haygood Road
 Charlotte 348-6400

☺ Non-smoking meetings

☺ Handicap accommodations

☹️ Concurrent AA meetings

**There is a \$1.00 per child suggested donation when
 babysitting is provided.**

**Roster of
Tidewater Area Meetings**

CHESAPEAKE

8:00 p.m.
Closed

☺ Keep It Simple, AFG
Chesapeake General Hospital
Cafeteria Sun Room
730 Battlefield Blvd.
Bette 482-4204

8:00-9:00 p.m.

Open

☺ ☘ Let it Begin with Me, AFG
Book Study
Aldersgate United Methodist Ch.
4320 Bruce Road
Harriet 638-2011
Debbie 483-3359

NORFOLK

8:00 p.m.
Closed

☺ ☘ Roosevelt Chat, AFG
St. John's Methodist Church
2709 Greendale Ave.
Nancy 466-0193

VIRGINIA BEACH

12:30-2:00 p.m.
Closed

☺ Thursday Noon, AFG
Thalia United Methodist Church
4321 Virginia Beach Blvd.
Donna 474-2799

6:00 -7:00 p.m.

Open

☺ Corporate Landing, AFG
Al-Anon World Service Office
New Alateen Meeting
1600 Corporate Landing Pkwy.
Joan 427-6329

6:00 -7:00 p.m.

8:00 p.m.
Closed

☘ ☺ Changing Attitudes, AFG
St. Francis Episcopal Church
509 Rosemont Rd
Julie 301-2458

Al-Anon Declaration

Let It Begin With Me.

When anyone, anywhere,
reaches out for help,
let the hand of Al-Anon and Alateen
always be there and
Let It Begin With Me.

FRIDAY

CAPE CHARLES on the EASTERN SHORE

7:00 p.m.

☺ ☘ Cape Charles, AFG
St. Charles Catholic Church
Parish Hall
550 Tazewell Ave.
Peggy 331-4817

CHESAPEAKE

8:00 p.m.

Closed

☺ ☘ Deep Creek, AFG
Brent Lox Baptist Church
1007 George Washington Hwy
Open on speaker nights
Olga 578-4877

NORFOLK

10:30 – Noon

Open

☺ Metropolitan, AFG
Lafayette Presbyterian Church
1821 Lafayette Boulevard
(use kitchen entrance in rear)
Kay 855-3668

8:00-9:15 p.m.

Open

☺ Heart to Heart, AFG
Willowood Presbyterian Church
1715 Willowood Drive
New – Babysitting Available
Helen 683-2631

SUFFOLK

8:00 p.m.

Closed

☺ Suffolk, AFG
St. Paul's Episcopal Church
213 North Main St.
Beverly 483-6062

VIRGINIA BEACH

1:00 p.m.

Closed

☺ TGIF Meeting, AFG (Step Study)
Emmanuel Lutheran Church
301 Lynn Shores Drive
Parish House behind Church
Liz 474-2858

7:00-8:00 p.m.

Closed

☺ ☘ Old Donation, AFG Discussion
Old Donation Episcopal Church
4449 N. Witchduck Rd.
Brenda 486-6812

8:00-9:00 p.m.

Open

Courthouse Freedom, AFG
Courthouse United Methodist Church
2708 Princess Anne Rd.
(park and enter in rear of church)
Kate 739-5172, Sandy 408-8458

SATURDAY

NORFOLK

11:00am-12:00p.m.

Closed

☺ Courage to Change, AFG
Willowood Presbyterian Church
1715 Willowood Drive
Nell 855-9681

7:00-8:00 p.m.

7:00-8:00 p.m.

7:00-8:00 p.m.

Closed

☺ ☘ New Hope, AFG
Serenity Seekers Alateen (8-12)
Courageous Kids Alateen(73-79)
Talbot Park Baptist Church
6919 Granby Street
Babysitting available 2 & up
Harriet 638-2011

PORTSMOUTH

8:00 p.m.

Closed

☺ ☘ Afton Parkway Sat. Night, AFG
Cradock Baptist Church
96 Afton Parkway
Corner of Afton Pkwy & Irwin St.
Thelma 487-8534

VIRGINIA BEACH

7:00-8:00 p.m.

Closed

☺ ☘ Beach, AFG
Galilee Episcopal Church
40th and Pacific Avenues
Cathy 237-2699

When our information services office lists a group, at their request, there is an informal agreement that the group will abide by Al-Anon traditions and keep its door open to any Al-Anon member. Listing in this directory does not constitute approval of any group's manner of practicing the Al-Anon program. If the group you attend is not right for you, please try another. There is help and hope available in Al-Anon.

**ALL MEETINGS CLOSED
UNLESS OTHERWISE
NOTED**

Open/Closed Meetings:

Closed meetings are for anyone whose personal life is or has been affected by close contact with a problem drinker. Open meetings may be attended by anyone interested in Al-Anon or Alateen.

Al-Anon Service Center
281 Independence Blvd.
Pembroke 1, Suite 406
Virginia Beach, VA 23462
(757) 499-1443
www.Va-Al-Anon.org

AA Tidewater Area 490-3980

*For information concerning meetings
outside the Tidewater Area*
1-888-4AL-ANON (425-2666)

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