

SUNDAY

New Dominion Area

10 - 11:05 AM Riverside Recovery, James River Park, Pony Pasture entrance, Walk down trail. Left at third set of trash cans., 7200 Riverside Dr, Richmond, VA, 23225 (O,DISC,SMOK,F2F)

1 - 2 PM The Bridge, 18801 Patick Henry Highway, Amelia, VA, 23002 (O,LIT)

5 - 6 PM Find Your Tribe, Biltmore Baptist Church, Entrance on side of building, 1300 New York Avenue, Glen Allen, VA, 23060 (O,CC) *Womens meeting.*

6 - 7 PM Outside the Walls, St. Paul's Episcopal Church, 8050 St Paul's Church Rd, Hanover, VA, 23069 (O,DISC,PPE)

6 - 7 PM Sunday Hope, Hatcher Memorial Baptist Church, 1st floor meeting room, 2300 Dumbarton Rd, Richmond, VA, 23228 (O,DISC,F2F) *In need of experience, strength, and hope*

7 - 8 PM Living Clean, Manakin Episcopal Church, 985 Huguenot Trail, Midlothian, VA, 23113 (O,F2F)

8 - 9 PM It Works: How and Why, Hibbs Building, Room 303 (Third floor), 900 Park Ave, Richmond, VA, 23284 (O,VAR,NS,SAO,BUS)

Richmond Area

9 - 10:30 AM Sunday Spiritual, McShin Foundation, 2300 Dumbarton Road, Richmond, VA, 23228 (O,BUS)

1 - 2:15 PM Women's Rap, St. James Episcopal Church, 1205 West Franklin Street, Richmond, VA, 23220 (O,VAR,ENG,BUS)

4:30 - 5:45 PM Hold On Pain Ends (HOPE), Second Floor Serenity, 6020 Midlothian Turnpike, Richmond, VA, 23225 (O,VAR)

5:30 - 7 PM Atmosphere of Recovery, St. Peter's Episcopal Church, Parish Hall Entrance - door to right of the main entrance by steps, 1719 N. 22nd Street, Richmond, VA, 23223 (O,VAR)

7 - 8 PM New Beginning, Central United Methodist Church, *NO Loitering*, 1213 Porter Street, Richmond, VA, 23224 (O,F2F,BUS,PPE)

Tri-Cities Area

4:30 - 5:30 PM Surrender Now, 22 E WASHINGTON ST, Petersburg, VA, 23803 (O,VAR)

7 - 8 PM We Do Recover, Washington Street United Methodist Church, 22 East Washington Street, Petersburg, VA, 23803 (O,DISC,PPE)

MONDAY

New Dominion Area

12:15 - 1:15 PM Not High Noon, M3 Church, 3300 Old Courthouse Road, Richmond, VA, 23236 (O,VAR,F2F,SAO,NP)

6 - 7 PM Men of Narcotics Anonymous (MONA), Church of the Holy Comforter, Enter lodge through court yard., 4819 Monument Avenue, Richmond, VA, 23230 (O,M,F2F,LIT,BUS)

7 - 8 PM Gratitude, Bon Air United Methodist Church, New entrance! Use the Commons Sanctuary entrance., 1645 Buford Road, Richmond, VA, 23235 (O,DISC,F2F)

7 - 8 PM Just Steppin', Hatcher Memorial Baptist Church, 1st floor meeting room, 2300 Dumbarton Road, Richmond, VA, 23228 (C,DISC,F2F)

7 - 8 PM Just for Today, Beulah Methodist Church, 6930 Hopkins Road, North Chesterfield, VA, 23234 (O,VAR,F2F)

7:15 - 8:15 PM Fan the Flame, Bryan Park, Shelter 1, 4308 Hermitage Rd, Richmond, Virginia, 23227 (O,LIT) *Fan the Flame will not meet tonight. 3/16*

8 - 9 PM M.F.S., Gayton Road Christian Church, Clubhouse, 12050 Ridgefield Parkway, Richmond, VA, 23233 (O,DISC,F2F)

MONDAY (CONT)

Richmond Area

7 - 8:15 AM 7am Wake-Up, St. James Episcopal Church, Basement, 1205 W Franklin St, Richmond, VA, 23220 (DISC)

9 - 10:15 AM Keeping It Simple In The AM, Richmond, VA (O,DISC,VM,BUS)

9 - 10:15 AM Simple Basics, St. James Episcopal Church (Basement), 1205 West Franklin Street, Richmond, VA, 23220 (VAR)

6:30 - 7:45 PM Monday Reality, St. Phillips Episcopal Church, 2900 Hanes Avenue, Richmond, VA, 23222 (O,DISC,BUS)

7:30 - 8:45 PM Open Minds, Atlee Church, Meeting on parking lot side, 3121 Moss Side Avenue, Richmond, VA, 23222 (O,TRAD,BUS)

8 - 9 PM Long Haul, Unity of Richmond, Downstairs, 800 Blanton Avenue, Richmond, VA, 23221 (O,VAR,BUS)

Tri-Cities Area

NOON - 1 PM Mid-Day Hope, 22 East Washington St, Petersburg, VA, 23803 (O,DISC,VAR,F2F)

6 - 7:15 PM Ultimate Weapon, Washington Street United Methodist Church, 22 East Washington Street, Petersburg, VA, 23803 (O,ENG,F2F,LIT)

7 - 8 PM Last Hope, West End Baptist Church, 6506 Boydton Plank Rd, Dinwiddie, Virginia, 23803 (O,DISC)

TUESDAY

New Dominion Area

11:30 - 12:30 PM Clean Today, Henrico Area Mental Health & Developmental Services, Room 119 - IN DIRE NEED OF TRUSTED SERVANTS, 3908 Nine Mile Road, Henrico, VA, 23223 (O,DISC,BUS)

6 - 7 PM Basic Text Recovery, Church of the Holy Comforter, Enter lodge through court yard., 4819 Monument Avenue, Richmond, VA, 23230 (C,BT,F2F,LIT)

6:30 - 7:30 PM Desire, Crista Community Church Fellowship Hall, 1012 W. Carolina Ave., Crewe, VA, 23930 (O,DISC)

6:30 - 7:30 PM Hanover Hope, Immanuel Episcopal Church, Located in Parish Hall, 3263 Old Church Rd, Mechanicsville, VA, 23111 (O,DISC)

6:30 - 7:30 PM Keeping the Faith, Manakin Episcopal Church, 985 Huguenot Trail, Midlothian, VA, 23113 (O,F2F)

6:30 - 7:30 PM Serenity of Farmville, Farmville Presbyterian Church, Childcare Available, 200 West Third Street, Farmville, VA, 23901 (O,DISC,F2F,CC)

7 - 8 PM Moment of Clarity, Tomahawk Baptist Church, Entrance on side of building, 12920 Hull Street Road, Midlothian, VA, 23112 (O,F2F,LIT)

7 - 8 PM No Strings Attached, Henrico Area Mental Health & Developmental Services, 10299 Woodman Road, Glen Allen, VA, 23260 (O,VAR,F2F)

7 - 8 PM Veterans in Recovery, Hatcher Memorial Baptist Church, 1st floor meeting room, 2300 Dumbarton Road, Richmond, VA, 23228 (O,AB,F2F)

7:30 - 8:30 PM Keep Coming Back, Church of the Epiphany, Education Wing, Room 122., 11000 Smoketree Drive, North Chesterfield, VA, 23236 (O,VAR,Ti,F2F)

8 - 9 PM Fan Club/Winners Circle, St. James's Episcopal Parish House, Basement, 1205 West Franklin Street, Richmond, VA, 23220 (O,DISC,VAR,F2F,BUS)

Richmond Area

7 - 8:15 AM 7am Wake-Up, St. James Episcopal Church, Basement, 1205 W Franklin St, Richmond, VA, 23220 (DISC)

TUESDAY (CONT)

9 - 10:15 AM Simple Basics, St. James's Episcopal Parish House, Basement, 1205 West Franklin Street, Richmond, VA, 23220 (O,DISC,BUS)

NOON - 1:30 PM Easy Pace/Stepping Out, St. James's Episcopal Parish House, Basement, 1205 West Franklin Street, Richmond, VA, 23220 (O,BT,VAR,BUS)

5:30 - 6:30 PM For The Newcomer, Fourth Baptist Church, 2800 P Street, Richmond, Virginia, 23223 (O,BUS)

5:30 - 7 PM More Will Be Revealed, Richmond, Virginia (O,VM,BUS)

6:30 - 7:45 PM Church Hill Group, Blessed Hope Baptist Church, 2311 Ford Avenue, Richmond, VA, 23223 (O,DISC,VAR,BUS,PPE)

7 - 8:15 PM Grupo Esperanza, Serenity Lodge, 6020 Midlothian Turnpike, Richmond, VA, 23225 (ES)

Tri-Cities Area

6:30 - 7:30 PM End of the Road, Ivey Memorial Congregational Methodist Church, 17120 Rte 1, Colonial Heights, VA, 23834 (O,F2F)

7 - 8 PM Why Are We Here?, 22 E Washington Street, Petersburg, VA, 23803 (O,VAR,F2F,PPE)

WEDNESDAY

New Dominion Area

6 - 7 PM A Simple Solution, Hanover Human Services Center, Room 154, behind building. Signs will be posted., 12304 Washington Highway, Ashland, VA, 23005 (O,DISC,F2F,LIT)

6 - 7 PM NDANA Public Relations Subcommittee - First Wednesday, Richmond, VA (VM)

6:30 - 7:30 PM Another Chance, Grace Episcopal Church, 2955 River Road West, Goochland, VA, 23063 (O,DISC,F2F)

6:30 - 7:30 PM Strength in Diversity, Diversity Richmond, Meets in the classroom, 1407 Sherwood Avenue, Richmond, VA, 23220 (O,GL,VAR,BUS)

7 - 8 PM Spiritual Sisters, Bon Air United Methodist Church, Please enter at the courtyard garden entrance. (Entrance #5), 1645 Buford Rd, Richmond, VA 23235, Richmond, VA, 23235 (O,DISC,SPAD) *Womens meeting*

7 - 8 PM Vision Without Limits, Shady Grove United Methodist Church, 4825 Pouncey Tract Road, Glen Allen, VA, 23059 (O,VAR,F2F)

7 - 8 PM Who Is An Addict?, Hatcher Memorial Baptist Church, 1st floor meeting room, 2300 Dumbarton Road, Richmond, VA, 23228 (O,LIT) *In need of experience, strength, and hope*

7:30 - 8:30 PM Simplicity, Redeemer Lutheran Church, Enter through 2nd floor doors, 9400 Redbridge Road, North Chesterfield, VA, 23236 (O,TRAD,F2F,PPE)

8 - 9 PM Survivors Group, St. Mark's Episcopal Church, In Basement, 520 N. Arthur Ashe Blvd., Richmond, VA, 23220 (O,DISC,F2F)

Richmond Area

7 - 8:15 AM 7am Wake-Up, St. James Episcopal Church, Basement, 1205 W Franklin St, Richmond, VA, 23220 (DISC)

9 - 10:15 AM Keeping It Simple In The AM, Richmond, VA (O,DISC,VM,BUS)

9 - 10:15 AM Simple Basics, St. James's Episcopal Parish House, Basement, 1205 West Franklin Street, Richmond, VA, 23220 (O,DISC,BUS)

NOON - 1:15 PM After The Drugs Are Gone, St. James Espiscopal Church, 1205 West Franklin Street, Richmond, VA, 23220 (O,VAR,ENG,BUS)

WEDNESDAY (CONT)

NOON - 1:15 PM Growing In Recovery, Central United Methodist Church, *NO Loitering*, 1213 Porter Street, Richmond, Virginia, 23224 (O,VAR,BUS)

3 - 4:15 PM In Times Of Illness, St. James Episcopal Chu5rch, Basement Entrance, 1205 West Franklin Street, Richmond, Virginia, 23220 (OE,F2F)

6 - 7 PM Freedom Group, Central United Methodist Church, 1213 Porter Street, Richmond, VA, 23224 (O,DISC,RA,F2F,PPE,TEMP)

7 - 8 PM Never Alone - Virtual Meeting, Richmond, Virginia (O,DISC,VM,BUS)

7 - 8:15 PM R.A.W., Second Floor Serenity, 6020 Midlothian Turnpike, Richmond, VA, 23225 (O,BT,DISC,VAR,F2F,LIT,BUS)

7:30 - 8:30 PM Highland Park Group, Northside Outreach Center, 3080 Meadowbridge Road, Richmond, VA, 23222 (O,DISC,VAR,OE)

Tri-Cities Area

NOON - 1 PM Mid-Day Hope, 22 East Washington St, Petersburg, VA, 23803 (O,DISC)

6 - 7 PM In the Solution, First Presbyterian Church (Basement), 1107 W. Broadway, Hopewell, Virginia, 23860 (O,DISC,F2F)

7 - 8 PM Clean and Serene, Wesley United Methodist Church, 3701 Conduit Road, Colonial Heights, Virginia, 23834 (F2F,PPE)

THURSDAY

New Dominion Area

6 - 7 PM On Our Way, Hatcher Memorial Baptist Church, 1st floor meeting room, 2300 Dumbarton Road, Richmond, VA, 23228 (O,DISC,LIT)

6 - 7 PM The Fellowship, Diversity Thrift, the classroom - Door 2, 1407 Sherwood Ave, Richmond, VA, 23220 (O,GL,VAR,LIT,BUS)

6:30 - 7:30 PM Serenity of Farmville, Farmville Presbyterian Church, 200 West Third Street, Farmville, VA, 23901 (O,DISC,F2F)

7 - 8 PM Miracles Happen, Biltmore Baptist Church, 1300 New York Avenue, Glen Allen, VA, 23060 (O,DISC,NS,F2F)

7 - 8 PM Start Living, Wright's Chapel United Methodist Church, Park in back. Enter through red double doors., 8063 Ladysmith Road, Ruther Glen, VA, 22546 (O,DISC,F2F)

7:30 - 8:30 PM High Hopes, Cool Spring Baptist Church, 9283 Atlee Station Road, Mechanicsville, VA, 23116 (O,DISC,F2F,PPE)

7:30 - 8:30 PM Hope Fiends, Redeemer Lutheran Church, Enter through 2nd floor doors, 9400 Redbridge Road, North Chesterfield, VA, 23236 (O,CAN,DISC,NS,F2F,PPE)

7:30 - 8:30 PM Let the Healing Begin, Westminster Presbyterian Church, In need of experience, strength, and hope, 4103 Monument Avenue, Richmond, VA, 23230 (O,DISC,F2F)

8 - 9 PM Fan Club/Winners Circle, St. James's Episcopal Parish House, Basement, 1205 West Franklin Street, Richmond, VA, 23220 (O,DISC,VAR,F2F,BUS)

Richmond Area

7 - 8:15 AM 7am Wake-Up, St. James Episcopal Church, Basement, 1205 W Franklin St, Richmond, VA, 23220 (O)

9 - 10:15 AM Simple Basics, St. James's Episcopal Parish House, Basement, 1205 West Franklin Street, Richmond, VA, 23220 (O,DISC,BUS)

NOON - 1:30 PM Easy Pace/Stepping Out, St. James's Episcopal Parish House, Basement, 1205 West Franklin Street, Richmond, VA, 23220 (O,BT,DISC,VAR,BUS)

6:30 - 7:45 PM Positive Thinking, Ginter Park Presbyterian Church, 3601 Seminary Avenue, Richmond, Va, 23227 (O,DISC)

THURSDAY (CONT)

6:30 - 8 PM Shot of Hope, Trinity Baptist Church, Basement Door - enter through parking lot, 2811 Fendall Avenue, Richmond, Va, 23219 (O,TRAD,CPT,BUS)

8 - 9 PM White Flag, Belmont United Methodist Church, 3510 Broad Rock Boulevard, Richmond, VA, 23234 (O,DISC)

Tri-Cities Area

NOON - 1 PM Mid-Day Hope, 22 East Washington St, Petersburg, VA, 23803 (O,VAR)

7 - 8 PM We Do Recover, Washington Street United Methodist Church, 22 East Washington Street, Petersburg, VA, 23803 (O,LIT,PPE)

7:30 - 8:30 PM Together We Can, Chester Presbyterian Church, 3424 West Hundred Road, Chester, VA, 23831 (O,DISC,F2F)

FRIDAY

New Dominion Area

6 - 7 PM Back Door Group, Skipwith United Methodist Church, Go to the back door., 2211 Skipwith Road, Richmond, VA, 23294 (O,VAR,F2F)

7 - 8 PM Building Bridges, Mechanicsville United Methodist Church, 7356 Atlee Road, Mechanicsville, VA, 23111 (O,F2F,LIT)

7 - 8 PM Friday Night Alive, Bon Air Christian Church, 2071 Buford Rd, Richmond, VA, 23235 (O,CW,DISC,F2F)

7 - 8 PM No Matter What, Hatcher Memorial Baptist Church, First floor meeting room, 2300 Dumbarton Road, Richmond, VA, 23228 (O,VAR,F2F)

7 - 8 PM We Do Recover in King William, Broadus Church - Hebron Campus, 3407 King William Road, Aylett, VA, 23009 (O) *In need of experience, strength, and hope*

8 - 9 PM Courthouse Freedom, Central Baptist Church, Annex building., 1500 Courthouse Road, North Chesterfield, VA, 23236 (O,DISC,F2F)

8 - 9 PM I Can't, We Can, Westminster Presbyterian Church, 4103 Monument Avenue, Richmond, VA, 23230 (O,DISC,F2F,BUS)

Richmond Area

7 - 8:15 AM 7am Wake-Up, St. James Episcopal Church, Basement, 1205 W Franklin St, Richmond, VA, 23220 (DISC)

9 - 10:15 AM Keeping It Simple In The AM, Richmond, VA (O,DISC,VM,BUS)

9 - 10:15 AM Simple Basics, St. James's Episcopal Parish House, Basement, 1205 West Franklin Street, Richmond, VA, 23220 (O,DISC,BUS)

6 - 7:30 PM Clean and Serene, Central United Methodist Church, *NO Loitering*, 1213 Porter Street, Richmond, VA, 23224 (C,VAR,F2F,BUS)

6 - 7:15 PM East End Men's Rap, Health Brigade Building, Enter building in the rear, meeting downstairs, 1010 North Thompson Street, Richmond, VA, 23230 (O,DISC,M)

7:30 - 8:45 PM Good Orderly Direction, St. Thomas' Episcopal Church (Enter through Parish Hall, on Walton Ave side), 3602 Hawthorne Avenue, Richmond, VA, 23222 (O,VAR)

9 - 10:30 PM Rainbow's End, Unity Church, 800 Blanton Avenue, Richmond, VA, 23220 (O,GL,VAR,BUS) *VIRTUAL 1/29*

Tri-Cities Area

6 - 7 PM In the Solution, First Presbyterian Church (Basement), 1107 W. Broadway Hopewell, Virginia 23860, Hopewell, VA, 23860 (O,DISC,F2F) *MEETING IN PERSON*

7 - 8 PM Clean and Serene, Wesley United Methodist Church, 3701 Conduit Road, Colonial Heights, Virginia, 23834 (O,F2F,PPE)

SATURDAY

New Dominion Area

6 - 7 PM A New Way to Live, Hatcher Memorial Baptist Church, In the Chapel, 2300 Dumbarton Rd, Henrico, VA, 23228 (O,VAR)

6:30 - 7:30 PM A Spiritual Connection, Bon Air United Methodist Church, New entrance! Use the Commons Sanctuary entrance., 1645 Buford Road, Richmond, VA, 23235 (O,DISC,F2F)

7 - 8 PM Another Look, St. James's Episcopal Parish House, Basement, 1205 West Franklin Street, Richmond, VA, 23220 (O,DISC,F2F,LIT,BUS)

7 - 8 PM Hug Dealers, 1103 West Marshall Street, Richmond, VA, 23284 (O,F2F,BUS)

8 - 9:15 PM Clean Air, Richmond, VA, 23228 (O,DISC,VM)

Richmond Area

9:30 - 11 AM New Birth, Mount Moriah Baptist Church, 913 N. 1st Street, Richmond, VA, 23219 (O,DISC,BUS)

NOON - 1:15 PM R.A.W., Second Floor Serenity, 6020 Midlothian Turnpike, Richmond, VA, 23225 (O,BT,DISC,VAR,F2F,LIT,BUS)

2 - 3:30 PM Clean Connection, Downtown Richmond near VCU, Basement of the church, 1205 West Franklin Street, Richmond, VA, 23220 (O,VAR,F2F,BUS)

3:30 - 4:30 PM Hope On The Hill, Cedar Street Baptist Church, TLC Memorial Chapel entrance - 2nd Floor, 2301 Cedar Street, Richmond, Virginia, 23223 (NS,BUS)

5 - 6:30 PM Staying Clean, St. James Episcopal Parish, Basement for in-person, 1205 West Franklin Street, Richmond, VA, 23220 (O,DISC,BUS)

Tri-Cities Area

10 - 11:30 AM Wakeup Call To Recovery, 22 East Washington St., Petersburg, VA, 23803 (O,VAR,F2F,BUS,PPE)

7:30 - 8:30 PM Why Are We Here?, Celebrations last to 9pm, 22 E Washington Street, Petersburg, VA, 23803 (O,VAR,F2F,PPE)

Service Meetings

NDANA H&I — 2nd Sunday - 2 - 3:30 PM - Hatcher Memorial Baptist Church - 2300 Dumbarton Road Richmond 23228

NDANA PR — 2nd Sunday - 2:30 - 3:30 PM - Hatcher Memorial Baptist Church - 2300 Dumbarton Rd. Richmond 23238

NDANA Policy Subcommittee - First Tuesdays - 6 - 7 PM Richmond 23227 (Only on First Tuesdays of the Month)

New Dominion Area Service — 2nd Sunday; 3rd Sunday in May - 3:30 - 5 PM - Hatcher Memorial Baptist Church - 2300 Dumbarton Road Richmond 23228

RAACNA Monthly Meeting - 1st Mondays Only - 6 - 6:30 PM Richmond 23232

Richmond Area H&I Committee - 1st Sunday - 2 - 3 PM - Zoom ID: 85675754613 Password: 2H&I Richmond

Richmond Area H&I Committee - 4th Sunday - 1:30 - 3 PM - Central United Methodist Church - 1213 Porter Street Richmond 23224

Richmond Area Literature - 2nd Sunday - 3 - 4 PM - Central United Methodist Church - 1211 Porter Street Richmond 23224

Richmond Area Outreach Sub-committee, 2nd & 4th Monday - 6 - 7:30 PM - Zoom Mtg ID:891-6472-0020 PW:Outreach Phone:1-929-205-6099 PW:491323 Richmond 23220

Richmond Area Policy Committee - 2nd & 4th Tuesday - 6 - 7:30 PM Richmond 23224

Richmond Area Print Shop - 2nd Sunday - 3 - 4 PM - Central United Methodist Church - 1211 Porter Street Richmond 23225

Richmond Area Public Relations Committee - 1st Monday - 6 - 7:30 PM - Meeting ID: 849 0794 3584 Password: PR Richmond 23220

Richmond Area Service - 2nd Sundays - 3rd Sundays in Jan and May - 3 - 6 PM - Central United Methodist Church - 1211 Porter Street Richmond 23224 (*NO Loitering*)

Richmond Area Special Events Subcommittee, 1st & 3rd Saturday - 2 - 3:30 PM - Central United Methodist Church - 1213 Porter Street Richmond 23224

Tri Cities Area Service Meeting — 1st Sunday - 2 - 4 PM - 3701 Conduit Road Colonial Heights 23834

Tri-Cities H&I - 1st Sunday - 1 - 2 PM - Wesley United Methodist Church - 3701 Conduit Rd Colonial Heights 23834 (Walk in the back doors from the parking lot and head to the left.)

Unified H&I - 3rd Sunday - 6 - 7 PM

Unified Public Relations — 3rd Monday - 6 - 7:30 PM Richmond 23220



METRO RICHMOND COMMITTEE

MEETING LIST

APRIL 2026

RVANA.ORG

24hr Hotline: 804-965-1871

SUGGESTIONSFOREVERYONE

DON'T USE no matter what

Ask your Higher Power to keep you clean

Come early and stay late

Get a home group

Go to 90 meetings in 90 days

Read NA literature daily

Get and use a sponsor

Use the PHONE

KEEP COMING BACK. IT WORKS!

Meetings Weekly: 135

Meeting Format Legend

AB	Ask-It-Basket	BT	Basic Text
BUS	Public Transportation	C	Closed
CAN	Candlelight	CC	ChildCare
CPT	12 Concepts	CW	Children Welcome
DISC	Discussion	ENG	English speaking
ES	Espanol	F2F	Face 2 Face
GL	LGBT	LIT	Literature Study
M	Men	NP	No Pets
NS	No Smoking	O	Open
OE	Open-Ended	PPE	Masks Required
RA	Restricted Attendance	SAO	Service Animal Only
SMOK	Smoking	SPAD	Spiritual Principle A Day Book Study
TEMP	Temperature Check	TRAD	Tradition
Ti	Timer	VAR	Format Varies
VM	Virtual Web Meeting		