

SUNDAY

3:00PM **Hugs Not Drugs**, Little River Church of the Brethren, Use Basement Entrance, 711 Little River Rd, Goshen, VA, 24439 **(O, DISC)**

6:30PM **Just For Today**, Valley Mission (downstairs), 1513 W. Beverley Street, Staunton, VA, 24401 **(O)**

7:00PM **Courage To Change**, Muhlenberg Lutheran Church, 281 East Market Street, Harrisonburg, VA, 22801 **(O)**

MONDAY

12:30PM **Together We Can**, Valley Community Services Board Building, Meet in Lobby before meeting, sign in with first name, and get escorted to meeting room, 85 Sanger's Lane, Staunton, VA, 24401 **(O, DISC, WC &)**

7:00PM **Courage To Change**, Muhlenberg Lutheran Church, 281 East Market Street, Harrisonburg, VA, 22801 **(O)**

8:00PM **Find A New Way To Live**, Main Street Methodist Church, 601 W Main Street, Waynesboro, VA, 22980 **(O)**

TUESDAY

1:00PM **Together we can**, Waynesboro Library, 600 South Wayne Avenue, Waynesboro, VA, 22980 **(O)**

5:30PM **It Can Be Done**, Sunrise Church of the Brethren, Enter in rear, meeting upstairs, 1496 S. Main Street, Harrisonburg, VA, 22801 **(O)**

7:30PM **Step By Step**, Valley Mission (downstairs, in the back), 1513 W. Beverley Street, Staunton, VA, 24401 **(O, STEP, TRAD, WC &)**

7:30PM **Surrender To Win**, Christ Episcopal Church, 16 Amiss Avenue, Luray, VA, 22835 **(O, WC &)**

WEDNESDAY

5:30PM **It Can Be Done**, Sunrise Church of the Brethren, Enter in rear, Meeting upstairs, 1496 S. Main Street, Harrisonburg, VA, 22801 **(O, JFT)**

WEDNESDAY (CONT)

8:00PM **Keep it Simple**, Robert E. Lee Episcopal Church, Enter front or side of Parish Bldg, meeting upstairs in library, 123 W Washington St, Lexington, VA, 24450 **(O)**

8:00PM **Never Alone Group**, Reformation Lutheran Church, Meeting in basement through side entrance, 9283 N. Congress Street, New Market, VA, 22844 **(O)**

8:00PM **Together We Can**, Augusta Medical Center (Community Bldg.), Last Wed has Pot Luck dinner, anniversary celebration meeting, 96 Medical Center Drive, Fishersville, VA, 22939 **(O, WC &)**

THURSDAY

6:30PM **A Chance for Gratitude**, Central United Methodist Church (In the basement on Beverly Street), 14 N. Lewis Street, Staunton, VA, 24401 **(O)**

7:00PM **Courage To Change**, Muhlenberg Lutheran Church, Meeting in Fellowship Hall, Anniversary Meeting last Sunday each month, 281 East Market Street, Harrisonburg, VA, 22801 **(O)**

FRIDAY

2:30PM **Just For Today**, Valley Mission, Enter W Beverly St Chapel entrance., 1513 W. Beverley Street, Staunton, VA, 24401 **(O, WC &, LIT)**

6:30PM **A Chance for Gratitude**, Central United Methodist Church, Beverley st basement entrance, 14 N. Lewis Street, Staunton, VA, 24401 **(O, BEG, DISC)**

8:00PM **It Can Be Done**, First Presbyterian Church, Anniversary Meeting last Friday of Month, front entrance first floor, 17 Court Square, Harrisonburg, VA, 22802 **(O, DISC, WC &)**

FRIDAY (CONT)

8:30PM **Find A New Way To Live**, Main Street Methodist Church, Side basement entrance, 601 W Main Street, Waynesboro, VA, 22980 **(O, DISC, WC &)**

SATURDAY

11:00AM **Riverside Recovery**, St Mary's Wilderness Area, Outdoor Open Meeting, Pot Luck Breakfast 10am last saturday of each month, year round rain or shine, look for NA symbol on tree for path to meeting, 478 St Mary's Rd, VA, 24472 **(O, DISC, JFT, SMOK, ME)**

3:00PM **Recovery By the Riverside**, Lot #635, Only meets first Saturday each month. Take 250 to 42S to 836. Look for NA logo on entry gate to property., 835 Green Hill Ln, Churchville, VA **(O, DISC, SMOK)**

6:30PM **A Chance for Gratitude**, Central United Methodist Church (in basement on Beverly Street), Enter in Beverley basement entry., 14 N. Lewis Street, Staunton, VA, 24401 **(O, CAN, DISC)**

7:00PM **It Can Be Done**, First Presbyterian Church (side entrance, upstairs), Side entry to 2nd fl meeting room., 17 Court Square, Harrisonburg, VA, 22802 **(O, DISC, STEP, TRAD)**

MEETING FORMAT LEGEND

BEG	Beginners	CAN	Candlelight
DISC	Discussion	JFT	Just for Today Study
LIT	Literature Study	ME	Meditation
O	Open	SMOK	Smoking
STEP	Step	TRAD	Tradition
WC &	Wheelchair		

HOMEGROUP BUSINESS MEETINGS

“A Chance for Gratitude” group, First Thursday of each month @ 7:30pm at Central Un. Methodist Ch. 14 N. Lewis St. Staunton, VA.
“Covington” group, Second Monday of each month @ 7:30pm at Emmanuel Episc. Ch.138 N. Maple St. Covington, VA.
“Courage to Change” group, First Sunday of each month @4:30pm at Muhlenberg Lutheran Ch. 281 E. Market St. Harrisonburg, VA.
“Find a New Way to Live” group, On the Monday before the A.S.C. meeting @ 7pm at Main Street Methodist Ch. 601 Main St. Waynesboro, VA.
“It Can Be Done” group, Last Tuesday of each month @ 6:45pm at Sunrise Ch. of the Brethren, 1496 W. Main St. Harrisonburg, VA.
“Just for Today” group, First Sunday of each month @ 7:40pm at Valley Mission 1513 W. Beverly St. Staunton, VA.
“Keep it Simple” group, First Wednesday of each month @ 9:00pm at R.E. Lee Memorial Episc. Ch. 123 West Washington St. Lexington, VA.
“Never Alone” group, First Wednesday of each month @ 9pm at Reformation Lutheran Ch. 9283 N. Congress St. New Market, VA.
“Oak Ridge Recovery” group, First Tuesday of each month @ 8pm at Trinity Episc. Ch. 475 Oak Ridge Rd. Arrington, VA.
“Step by Step” group, First Tues. @ of each month @ 9:15pm at Valley Mission 1513 W. Beverly St. Staunton, VA.
“Together We Can” group, The first Wednesday of the month @ 7pm at Augusta Medical Center, Augusta Community Care Bldg. 96 Medical Center Dr. Fishersville, VA.

SERVICE MEETINGS

The Blue Ridge Area of Narcotics Anonymous Area Service Committee meets the second Sunday of each month @ 4:00 pm at Verona United Methodist Ch. 406 Lee Hwy, Verona, VA. Enter at rear basement entrance of the church and look for Room 146.
 Blue Ridge Area CHAIRPERSON: Libby V: 540-216-4822
 Blue Ridge Area VICE-CHAIR: Tim A: 434-981-4667
 Blue Ridge Area SECRETARY: Sara: 540-836-0491
 Blue Ridge Area TREASURER: OPEN
 Blue Ridge Area REGIONAL COMMITTEE MEMBER: OPEN,
 Blue Ridge Area ALTERNATE REGIONAL COMMITTEE MEMBER: OPEN,
 Blue Ridge Area VRCC DIRECTOR: OPEN,
 Blue Ridge Area OUTREACH COMMITTEE CHAIRPERSON: William H: 540-221-1567. Godnawill88@gmail.com Committee meets the second Sunday of each month at 3:15pm at Verona Un. Methodist Ch. 406 Lee Hwy, Verona Va. 24482.
 Blue Ridge Area SPECIAL EVENTS Committee CHAIRPERSON Nick A: Committee meets the first Friday of each month at 7:00pm in Waynesboro, Va. at Main St. United Methodist Ch. 601 Main St.
 Special Events Chairperson: Nick: 540-688-6171
 Blue Ridge Area POLICY Committee CHAIRPERSON: OPEN, Committee meets each quarter, (Or as needed) at 3pm at the ASC location,
 Blue Ridge Area LITERATURE Committee CHAIRPERSON: Gene G. 540-525-7604. This committee has no regularly scheduled meetings.

PHONE NUMBERS



**BLUE RIDGE AREA
Of Narcotics Anonymous
MEETING LIST**

FEBRUARY 2019

**http://brana.org
24 HOUR HELPLINE
800-777-1515**

**Blue Ridge Area Service Committee
PO Box 289
Verona, VA 22222**

**Central Atlantic Region of Narcotics Anonymous
Car-NA.org
NA World Services
NA.org**

SUGGESTIONS FOR EVERYONE

**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: 24

What is our message?

**The message is that an addict,
any addict, can stop using drugs,
lose the desire to use,
and find a new way to live.
Our message is hope
and the promise of freedom.**