

SUNDAY

3:00PM-4:00PM HR Riverside Recovery (No Matter What Group), St Mary's Wilderness Area - Outdoors -, Outdoor Open Discussion Meeting, rain or shine, look for NA logo sign on St Mary's Rd, St Mary's Rd, Raphine, VA, 24472, **(O,DISC,NP)** 4th Sunday of the MONTH - Year Round - *BEGINS JAN 2024!*

6:30PM-7:30PM HR No Matter What, Christ United Methodist Church, 1512 Churchville Ave, Staunton, VA, 24401, **(O,DISC)** Meets outdoors in warm weather months...

7:00PM-8:00PM HR Together We Can, Sunrise Church of the Brethren, Enter at rear of church, the meeting room is upstairs..., 1496 S. Main St, Harrisonburg, VA, 22801, **(O,DISC)** Cold weather location; indoors

MONDAY

7:00PM-8:00PM HR Find A New Way To Live, Main Street United Methodist Church, 601 W. Main Street, Waynesboro, VA, 22980, **(O,WC &,PPE)** Please be safe and follow guidelines to keep everyone healthy ;-)

7:00PM-8:00PM HR Recovery 101, Rockbridge Recovery, 119 East 28th Street, Buena Vista, VA, 24416, **(O,BEG)** New meeting; Please visit and share your strength, experience and hope...

7:00PM-8:00PM HR Together We Can, First Presbyterian Church, Enter at west side door; meeting is upstairs...Beginner's Mtg, 17 Court Square, Harrisonburg, VA, 22802, **(O,BEG,DISC,WC &,PPE)** Please be thoughtful and help prevent the spread of illness...

TUESDAY

6:30PM-7:30PM HR No Matter What, Christ United Methodist Church, 1512 Churchville Ave, Staunton, VA, 24401, **(O,DISC)** Meets outdoors in warm weather months...

7:00PM-8:00PM HR Together We Can, We are reading the Basic Text so easist if you have a copy of the book BUT we also display it on the screen while it is read, Harrisonburg, VA, 22801, <https://us02web.zoom.us/j/82282008824> Meeting ID: 822 8200 8824, No Passcode tel:+16465588656,,82282008824# **(O,TC,VM)** Virtual NA meeting - Click on the link and follow directions ... easy! (or type in meeting ID at Zoom website)

7:30PM-8:30PM HR Surrender To Win, The 23 West Club, 23 West Main St, Luray, VA, 22835, **(O,WC &)**

WEDNESDAY

5:30PM-6:30PM HR Together We Can, Sunrise Church of the Brethren, Enter at rear of the church, the meeting room is upstairs...JFT daily reading Mtg..., 1496 S. Main Street, Harrisonburg, VA, 22801, **(O,JFT)** Please be safe and follow guidelines to prevent the spread of Covid-19...

7:00PM-8:00PM HR Just For Today, Valley Mission, Meeting in the Chapel - upstairs., 1513 W. Beverley Street, Staunton, VA, 24401, **(O,DISC,SPK,WC &,PPE)** Be Safe! Covid lives; Masks optional...

THURSDAY

6:30PM-7:30PM HR A Chance for Gratitude, Central United Methodist Church (in basement on Beverly Street), 14 N. Lewis Street, Staunton, VA, 24401, **(O,LIT)** Indoor meeting - Please be mindful of everyone staying Healthy...

7:00PM-8:00PM HR Together We Can, Sunrise Church of the Brethren, 1496 S. Main St, Harrisonburg, VA, 22801, **(O)** Please be thoughtful and help prevent the spread of illness...

8:00PM-9:00PM HR Surrender To Win, The 23 West Club, 23 West Main St, Luray, VA, 22835, **(O,WC &)**

FRIDAY

6:30PM-7:30PM HR We Do Recover, Emmanuel Episcopal Church, 138 N. Maple Ave, Covington, VA, 24426, **(O,PPE)** Please be safe and considerate of everyone's health

7:00PM-8:00PM HR Find A New Way To Live, Main Street United Methodist Church, 601 W. Main Street, Waynesboro, VA, 22980, **(O,WC &,PPE)** Please be safe and follow guidelines to prevent the spread of Covid-19...

7:00PM-8:00PM HR Recovery 101 - Step Study, Rockbridge Recovery, 119 East 28th Street, Buena Vista, VA, 24416, **(O,BEG,STEP)** Step meeting: Learn and share about the 12 Steps of Narcotics Anonymous

7:00PM-8:00PM HR Together We Can, First Presbyterian Church, Enter at west side door; meeting is upstairs....Candlelight Mtg. (except last Fri of the month: Anniversary Mtg), 17 Court Square, Harrisonburg, VA, 22802, **(O,CAN,DISC,WC &,PPE)** Please be safe and follow guidelines to keep everyone healthy!

SATURDAY

11:00AM-12:00PM HR Riverside Recovery (No Matter What Group), St Mary's Wilderness Area - Outdoors -, Outdoor Open Discussion Meeting, rain or shine, look for NA logo sign on St Mary's Rd, St Mary's Rd, Raphine, VA, 24472, **(O,DISC,NP)** 4th Saturday of the MONTH - LAST time on SAT - Look to Sunday in '24

SATURDAY (CONT)

12:00PM-1:00PM HR Surrender To Win, The 23 West Club, 23 West Main St, Luray, VA, 22835, **(O,WC &)**

3:00PM-4:00PM HR Recovery by the River (No Matter What Group), Lot #635 (Outdoor Open Meeting, April 1 thru November 30, every 2nd Saturday of the month), 835 Green Hill Ln, Churchville, VA, **(O,DISC,SMOK)** Come Early ! Pot Luck Lunch at 2 PM !!!

6:30PM-7:30PM HR A Chance for Gratitude, Central United Methodist Church (in basement on Beverly Street), 14 N. Lewis Street, Staunton, VA, 24401, **(O,DISC)** Indoor meeting - Please be mindful of everyone staying Healthy...

7:00PM-8:00PM HR Keep it Simple, Grace Episcopal Church, Enter front or side of the Parish Bldg., the meeting is upstairs., 123 W Washington St, Lexington, VA, 24450, **(O,DISC)** Please be safe and follow guidelines to prevent the spread of Covid-19...

7:00PM-8:00PM HR Together We Can, First Presbyterian Church, Enter at west side door; meeting is upstairs...Step & Tradition Mtg - It Works, How & Why, 17 Court Square, Harrisonburg, VA, 22802, **(O,DISC,STEP,TRAD,WC &)**

MEETING FORMAT LEGEND

BEG (Beginners) This meeting is focused on the needs of new members of NA.

CAN (Candlelight) This meeting is held by candlelight.

DISC (Discussion) This meeting invites participation by all attendees.

JFT (Just for Today Study) This meeting is focused on discussion of the Just For Today text.

LIT (Literature Study) NA Approved Literature Study

NP (No Pets) No Animals of any kind

NS (No Smoking) Smoking is not allowed at this meeting.

O (Open) This meeting is open to addicts and non-addicts alike. All are welcome.

PPE (Masks Required) Personal Protection Equipment Required

SMOK (Smoking) Smoking (of tobacco) is permitted at this meeting.

SPK (Speaker) This meeting is lead by a speaker, then opened for participation by attendees.

STEP (Step) This meeting is focused on discussion of the Twelve Steps of NA.

TC (Temporary Closed) Facility is Temporarily Closed

TRAD (Tradition) This meeting is focused on discussion of the Twelve Traditions of NA.

VM (Virtual Web Meeting) Meets Virtually

WC & (Wheelchair) This meeting is wheelchair accessible.

STATEWIDE 24-HOUR HELPLINE

1-800-777-1515

AREA SERVICE - SECOND SUNDAY OF EACH MONTH

BRANA Outreach Committee Meeting - 7:40PM-8:40PM - Central United Methodist Church (in basement on Beverly Street) - 14 N. Lewis Street Staunton 24401 (3rd Thursday after Chance For Gratitude Mtg ~ 7:40 PM)

**Blue Ridge NA ASC Monthly Meeting -
3:00PM-5:00PM - Verona United Methodist Church -
406 Lee Highway Verona 24482**

SUGGESTIONS

Don't use drugs, no matter what.
Go to NA meetings. Arrive early. Stay late.
Find a home group.
Get a sponsor.
Get phone numbers. Use them.
A meeting a day for the first 90 days.
Read NA Literature.
Work the steps.
Keep coming back.

PHONE NUMBERS

[illegible]

OUR MESSAGE

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.
Narcotics Anonymous, The Basic Text



MEETING SCHEDULE

MARCH 2024



Blue Ridge Area NA

Central
Shenandoah Valley
of Virginia

Contact: na.itcanbedone@gmail.com

https://brana.org
https://car-na.org
https://na.org

24 HOUR HELPLINE
1-800-777-1515

Due to public health concerns regarding **Coronavirus**, you may want to pursue *virtual meetings*, both online and phone at:
[https://www.na.org/?ID=virtual meetings](https://www.na.org/?ID=virtual%20meetings)