

HEMIGROUP 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.
"We Do Recover" 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 @ 5:30pm 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 @ 8:00pm at Grace Episcopal 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.

AREA SERVICE TRUSTED SERVANTS

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 CHAIRPERSON: OPEN (Libby V./nominated)
Blue Ridge VICE-CHAIR: OPEN
Blue Ridge SECRETARY: Sara: 540-836-0491
Blue Ridge TREASURER: OPEN (William H./Pro-temp)
Blue Ridge REGIONAL COMMITTEE MEMBER: OPEN, (Nancy H. /Pro-temp)
Blue Ridge REG. COMM. MEMBER - ALTERNATE: OPEN,
Blue Ridge VRCC DIRECTOR: William H: 540-221-1567 ,
Blue Ridge VRCC DIRECTOR - ALTERNATE: OPEN,
Blue Ridge OUTREACH COMMITTEE CHAIRPERSON: OPEN
Committee meets the second Sunday of each month at 3:30pm at Verona Un. Methodist Ch. 406 Lee Hwy, Verona Va. 24482.
Blue Ridge SPECIAL EVENTS Committee CHAIRPERSON Will W: 540-294-3935, E-mail: branaspecialevents@gmail.com Committee meets the first Friday of each month at 7:30pm in Waynesboro, Va. at Main St. United Methodist Ch. 601 Main St.
Blue Ridge POLICY Committee CHAIRPERSON: OPEN, The Comm. 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.

SOME "SUGGESTIONS"

- *Don't use today - no matter what !!!
*Go to N.A. meetings regularly, and frequently.
*For newcomers, 90 meetings in your first 90 days is strongly suggested.
*Avoid people, places, & things where drugs are being used. (Alcohol is a drug too !)
*Pray for help with your addiction.
*Get & use phone numbers from other N.A. members for experience, strength, and hope.
*Remember, call someone "BEFORE" you use drugs or engage in any other harmful behaviors!!!
*Come to meetings early & stay late, and fellowship with other recovering people.
Find, join, and participate in a "Home-Group".
*Get a "Sponsor" and begin to learn how to apply the "12 Steps and 12 Traditions of N.A." in your life.
* Be of service to others - help somebody today.
*Keep coming back; N.A. works, "WE DO RECOVER".

TELEPHONE NUMBERS

Series of horizontal lines for listing telephone numbers.



BLUE RIDGE AREA of Narcotics Anonymous MEETING LIST

JUNE 2019

P. O. BOX 289 Verona, Va. 24482
WEB-SITE: www.brana.org

Central Atlantic Region of NA Infoline:
1-800-777-1515 www.car-na.org

NA World Services: www.na.org

(ABBREVIATIONS: **A**-Anniversary, **AIB**-Ask It Basket, **BF**-Beginner Focus, **O**-Open, **D**-Discussion, **HA**-Handicap Access, **LS**-Literature Study, **M**-Meditation, **STs**-Step Study, **Sm**-Smoking, **SP**-Speaker, **Ts**-Tradition Study,)

SUNDAY

3pm **"Hugs Not Drugs"** Little River Ch. Of the Brethren, 711 LITTLE RIVER RD. GOSHEN, VA. (O, D, HA, Meeting is in the 1st floor Parish Room)

6:30pm **"Just for Today"** Valley Mission, 1513 W. BEVERLY ST. STAUNTON, VA. (O, D, HA, Enter Chapel door entrance, A-Celebrations last Sunday of every month,)

7pm **"Courage to Change"** Muhlenberg Luth. Ch. 281 E. MARKET ST. HARRISONBURG, VA. (O, D, HA, A-Celebrations last Sunday of every month, Meeting is in the Activities Bldg.)

MONDAY

12:30pm **"Together We Can"** Valley Comm. Services Board Building 85 SANGER'S LANE, STAUNTON, VA. (O, BF, LS, D, HA, We meet in the lobby before 12:30pm, Sign in at the Front Desk (first name only) and receive a name tag sticker, we are escorted by a staff member at 12:30pm to the meeting room,)

6:30pm **"Covington Group"** Emmanuel Episc. Ch. 138 N. MAPLE ST. COVINGTON, VA. (O, D, HA, Enter at the rear of church)

7pm **"Courage to Change"** Muhlenberg Lutheran Ch. 281 E. MARKET ST. HARRISONBURG, VA. (O, BF, D, HA, the meeting is in the Activities Bldg.)

8pm **"Find a New Way to Live"** Main St. Un. Methodist Ch. 601 MAIN ST. WAYNESBORO, VA. (O, D, HA, 2nd Monday: STs, 4th Monday: AIB, Enter at the side basement entrance,)

TUESDAY

1pm **"Together We Can"** Waynesboro Library, WAYNE AVE. WAYNESBORO, VA. (O, D, HA, Enter in the rear basement entrance, in "Meeting Room 2 "OR" in upstairs small conference room")

5:30pm **"It Can Be Done"** Sunrise Ch. of the Brethren, 1496 S. MAIN ST. HARRISONBURG,

VA. (O, D, Enter at the rear of the church, and the meeting is upstairs.)

6:30pm **"Live Free or Die"** St. Andrews Episcopal Ch. 516 McCORMICK BLVD. CLIFTON FORGE, VA. (O, D,)

7pm **"Oak Ridge Recovery"** Trinity Episc. Ch. 475 OAK RIDGE RD. Arrington, VA. (O, D, on the 2nd Tuesday: SP,)

7:30pm **"Step by Step"** Valley Mission, 1513 W. BEVERLY ST. Staunton, VA. (O, D, STs, Last Tues. of month: Ts, Enter at Chapel door entrance on Beverly St.)

WEDNESDAY

5:30pm **"It Can Be Done"** Sunrise Church of the Brethren, 1496 S. MAIN ST. HARRISONBURG, VA. (O, LS, D, Enter at rear of the church, and the meeting is upstairs,)

7pm **"Keep it Simple"** Grace Episcopal Ch. 123 W. WASHINGTON ST. LEXINGTON, VA. (O, D, Enter In front or side entrance of the Parish Bldg. the meeting is upstairs.)

8pm **"Never Alone"** Reformation Lutheran Ch. 9283 N. CONGRESS ST. NEW MARKET, VA. (O, D, Use the side basement entrance)

8pm **"Together We Can"** Augusta Medical Center (in Augusta Community Care Bldg.), 96 MEDICAL CENTER DR. FISHERSVILLE, VA. (O, D, HA, Last Wed. of every month: 7pm "Pot-Luck Eating Mtg." & anniversary celebration at 8pm)

THURSDAY

6:30pm **"A Chance for Gratitude"** Central United Methodist Ch. 14 N. Lewis St. STAUNTON, VA. (O, LS, D, Enter in the basement entrance on Beverly St.)

7pm **"Courage to Change"** Muhlenberg Lutheran Ch. 281 E. MARKET ST. HARRISONBURG, VA. (O, D, HA, Meeting is in the Activities Bldg.)

FRIDAY

6:30pm **"A Chance for Gratitude"** Central United Methodist Church, 14 N. LEWIS ST.

STAUNTON, VA. (O, BF, D. Enter in the basement entrance on Beverly St.)

8pm **"It Can Be Done"** First Presbyterian Ch. 17 N. COURT SQUARE, HARRISONBURG, VA. (O, D, HA, A - celebrations, and Lead share & discussion the last Friday of every month, Enter at the main front church entrance,)

8:30pm **"Find a New Way to Live"** Main St. Un. Methodist Ch. 601 MAIN ST. WAYNESBORO, VA. (O, D, HA, Enter at the side basement entrance,)

SATURDAY

11am **"Riverside Recovery"** (Outdoor, O, M, D, Sm, Rain or shine, A Pot-Luck Breakfast at 10am. For more info. or directions call/text William H 540-221-1567.)

March thru Nov. this meeting is held at St. Mary's Wilderness Area, ST. MARY'S RD. RAPHINE, VA. (100 yards from Parking Lot area. Look for NA logo signs pointing the way to meeting location - rain or shine.)

Dec. thru Feb. this meeting is held at 136 LOFTON LAKE LANE, RAPHINE, VA. (mtg. held - rain or shine.)

3pm **"Recovery By The River"** 836 GREEN HILL LANE, CHURCHVILLE, VA. (Outdoor, O, D, Sm, This meeting is held the second Sat. of each month, **April thru Nov.** - rain or shine.)

6:30pm **"A Chance for Gratitude"** Central United Methodist Ch. 14 N. LEWIS ST. STAUNTON, VA. (O, D, Candlelight, Enter in the basement entrance on Beverly St)

7pm **"It Can Be Done"** 1st Presbyterian Ch. 17 N. COURT SQUARE, HARRISONBURG, VA. (O, STs & Ts, D, HA, Entry for mtg. at side of church, & go upstairs to 2nd floor

