SUNDAY

3:00PM-5:00PM HR Blue Ridge NA ASC Monthly Meeting, Verona United Methodist Church, 406 Lee Highway, Verona, Virginia, 24482, **(WC ♿,ASM)** *2nd Sunday of each month - Schedule changes occur at the direction of the ASC; PLEASE check the brana.org listing for accurate information.*

6:30PM-7:30PM HR No Matter What, Christ United Methodist Church, Currently outdoor at pavillion!, 1512 Churchville Ave, Staunton, VA, 24401, **(O,DISC)** *Meets outdoors in warm weather months... Please be thoughtful and kind. Help prevent the spread of illness and discord.*

7:00PM-8:00PM HR Together We Can, Sunrise Church of the Brethren, Enter in rear of Church - Meeting is upstairs..., 1496 S. Main St, Harrisonburg, VA, 22801, **(O,DISC)** *(Winter Period; Oct thru March - Sunrise Church) Outdoor Meeting: April thru Sept. at Westover Park*

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 ♿)** *Please be thoughtful and kind. Help prevent the spread of illness and discord.*

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 ♿)** *Please be thoughtful and kind. Help prevent the spread of illness and discord.*

7:00PM-8:00PM HR Together We Can, First Presbyterian Church, Enter at side door, next to main parking lot; meeting is upstairs...Beginner's Mtg, 17 Court Square, Harrisonburg, VA, 22802, **(O,BEG,DISC,WC ♿)**

TUESDAY

6:00PM-7:00PM HR Back To Basics, Lindale Mennonite Church, Modular Building behind Lindale Mennonite Church...., 6255 Jesse Bennett Way, Linville, VA, 22834, **(O,DISC,SPAD)** *Spiritual Principle A Day book meeting.*

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

WEDNESDAY

11:00AM-NOON HR Find A New Way To Live, Waynesboro Public Library, Meeting Rm B, 600 Wayne Ave, Waynesboro, VA, 22980, **(O,WC ♿)** *NEW! Daytime Mtg in Waynesboro...*

WEDNESDAY (CONT)

5:30PM-6:30PM 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,JFT)** *Join us - Just For Today daily reading discussion meeting! Group books available, bring your own if you care to.*

7:00PM-8:00PM HR Vision Of Hope, Bethany United Methodist Church, enter through double doors at social hall gym, 3700 Lee Hwy, Weyers Cave, VA, 24486, **(O,WC ♿,ENG,LIT)** *Please be thoughtful and kind. Help prevent the spread of illness and discord.*

7:30PM-8:30PM HR Just For Today, Valley Mission, Meeting in the Chapel at street level entry, 1513 W. Beverley Street, Staunton, VA, 24401, **(O,DISC,SPK,WC ♿)** *Please be thoughtful and kind. Help prevent the spread of illness and discord.*

THURSDAY

6:30PM-7:30PM HR A Chance for Gratitude, Central United Methodist Church - once again downstairs; take the steps down from the Beverly St side., 14 N. Lewis Street, Staunton, VA, 24401, **(O,LIT)** *Please be thoughtful and kind. Help prevent the spread of illness and discord.*

6:30PM-7:30PM HR The Way Back, Rockbridge Recovery, 1809 Magnolia Ave., Buena Vista, VA, 24416, **(O,DISC,AB)** *New Meeting!*

7:00PM-8:00PM HR Misfits Group, The 23 West Club, 23 West Main St, Luray, VA, 22835, **(O,DISC,WC ♿)** *Please be thoughtful and kind. Help prevent the spread of illness and discord.*

7:00PM-8:00PM HR Together We Can, Sunrise Church of the Brethren, Living Clean book study and discussion meeting. Enter at rear of church, the meeting room is upstairs..., 1496 S. Main St, Harrisonburg, VA, 22801, **(O,DISC,LC)** *Please be thoughtful and kind. Help prevent the spread of illness and discord.*

7:45PM-8:45PM HR BRANA Outreach Committee Meeting - following Chance For Gratitude Thur. Mtg, Central United Methodist Church (3rd floor) Every OTHER month-ODDs; Jan, Mar, May, etc. on 3rd Thursday after Chance For Gratitude Mtg, 14 N. Lewis Street, Staunton, VA, 24401, **(O,NS,ASM)** *Every other monthly: 3rd Thursday*

FRIDAY

6:00PM-7:00PM HR We Do Recover, Emmanuel Episcopal Church, 138 N. Maple Ave, Covington, VA, 24426, **(O)** *Please be thoughtful and kind. Help prevent the spread of illness and discord.*

FRIDAY (CONT)

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 ♿)** *Please be considerate to keep everyone safe and healthy.*

7:00PM-8:00PM HR Together We Can, First Presbyterian Church, Enter at side door, next to main parking lot; meeting is upstairs..., 17 Court Square, Harrisonburg, VA, 22801, **(O,CAN,DISC,WC ♿)** *This is a Candlelight Meeting except for the last Friday of the month when we hold our monthly Clean Time Anniversary Meeting!*

SATURDAY

10:00AM-11:00AM HR Back To Basics, Lindale Mennonite Church, Modular Building behind Lindale Mennonite Church.... + [Anniversary Meetings- 1st Saturday of the month; Speaker Mtg. format], 6255 Jesse Bennett Way, Linville, VA, 22834, **(O,BT,DISC)** *Basic Text meeting; we encourage you to bring your copy if you have one. Also - Group Conscience meeting is the last Saturday of the month at 12*

10:00AM-11:00AM HR Misfits Group, The 23 West Club, 23 West Main St, Luray, VA, 22835, **(O,DISC,WC ♿,LIT)** *Literature Meeting. ALSO...3rd Sat mtg is Anniversary Celebration with BRUNCH!!*

6:30PM-7:30PM HR A Chance for Gratitude, Central United Methodist Church Central United Methodist Church - once again downstairs; take the steps down from the Beverly St side., 14 N. Lewis Street, Staunton, VA, 24401, **(O,DISC)** *Please be considerate to keep everyone safe and healthy.*

7:00PM-8:00PM HR Keep it Simple, Grace Episcopal Church, Enter front or side of the Parish Bldg, the meeting is upstairs. (Church renovations begin Sept '26; meeting will move to the undercroft beneath the church sanctuary) 123 W Washington St, Lexington, VA, 24450, **(O,DISC)** *Group is back to meeting EVERY week.*

7:00PM-8:00PM HR Together We Can, First Presbyterian Church, Enter at side door, next to main parking lot; meeting is upstairs.., 17 Court Square, Harrisonburg, VA, 22802, **(O,CAN,DISC,STEP,TRAD,WC ♿)** *Step & Tradition Meeting; we use It Works How & Why, group books provided, bring your own copy if you care to...*

MEETING FORMAT LEGEND

NS	(No Smoking) Smoking is not allowed at this meeting.
BT	(Basic Text) This meeting is focused on discussion of the Basic Text of Narcotics Anonymous.

O	(Open) This meeting is open to addicts and non-addicts alike. All are welcome.
AB	(Ask-It-Basket) A topic is chosen from suggestions placed into a basket.
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.
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.
TRAD	(Tradition) This meeting is focused on discussion of the Twelve Traditions of NA.
WC ♿	(Wheelchair) This meeting is wheelchair accessible.
LIT	(Literature Study) NA Approved Literature Study
ASM	(Area Service Meeting) Area Service Meeting
ENG	(English speaking) This Meeting can be attended by speakers of English.
LC	(Living Clean Study) Read and discuss out of the Living Clean book
SPAD	(Spiritual Principle A Day Book Study) Read and discuss out of the Spiritual Principle A Day book

STATEWIDE 24-HOUR HELPLINE

1-800-777-1515

AREA SERVICE - SECOND SUNDAY OF EACH MONTH

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

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

Blue Ridge Area
Narcotics Anonymous

MEETING SCHEDULE
NOVEMBER 2026

Blue Ridge Area NA

Central
Shenandoah Valley
of Virginia

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

Contact: na.itcanbedone@gmail.com

24 HOUR HELPLINE
1-800-777-1515

Due to health concerns or other issues which may prevent
you from attending meetings in person you may want to pursue
virtual meetings, both online and phone at:
https://www.na.org/?ID=virtual_meetings