

SUNDAY

11:00AM-12:00PM HR Back To Basics, Lindale Mennonite Church, Wenger Hall (Old House Behind Church)..... + [Anniversary Meetings- 1st Sunday 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 Sunday of the month at 12

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.

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 - NO LONGER MEETING DEC, JAN & FEB, St Mary's Rd, Raphine, VA, 24472, **(O,DISC,NP)** ONLY MAR thru NOV - 4th Sunday of the MONTH

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

7:00PM-8:00PM HR Together We Can, Westover Park - Picnic Shelter, Outdoor location UNTIL Nov 1st! Then go to Sunrise Church of the Brethren @ 1496 S. Main St, Harrisonburg, VA, 305 South Dogwood Drive, Harrisonburg, VA, 22801, Harrisonburg, VA, 22801, **(O,DISC)** Outdoor Mtg May - Oct @ Westover Park (Indoor; Nov 1 - Sunrise Church 1496 S. Main St, Harrisonburg, VA)

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

TUESDAY

6:00PM-7:00PM HR Back To Basics, Lindale Mennonite Church, Fellowship Hall (side entrance off parking lot), 6255 Jesse Bennett Way, Linville, VA, 22834, **(O,DISC,SPAD)** Spiritual Principle A Day book meeting. - Group Conscience meeting is the last Sunday of the month at 12

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

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 Surrender To Win, Luray United Methodist Church, 1 West Main St, Luray, VA, 22835, **(O,WC &)** Please be thoughtful and kind. Help prevent the spread of illness and discord.

8:00PM-9:00PM HR Together We Can, Northeast Neighborhood Assn Community Cntr. (former Broad St Mennonite Church) Park in the side parking lot and on the street. Enter through the front door., 491 Broad St, Harrisonburg, VA, 22802, **(O,DISC,TOP,WC &)** *** Please be thoughtful and kind. Help prevent the spread of illness and discord.

WEDNESDAY

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

7:00PM-8:00PM HR Vision Of Hope, Bethany United Methodist Church, 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 (in basement on Beverly Street), 14 N. Lewis Street, Staunton, VA, 24401, **(O,LIT)** Please be thoughtful and kind. Help prevent the spread of illness and discord.

THURSDAY (CONT)

7:00PM-8:00PM HR Soul Sisters, The 23 West Club, WOMEN'S MEETING, 23 West Main St, Luray, VA, 22835, **(O,DISC,W,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, Enter at rear of church, the meeting room is upstairs..., 1496 S. Main St, Harrisonburg, VA, 22801, **(O,DISC,AB)** Please be thoughtful and kind. Help prevent the spread of illness and discord.

7:40PM-8:40PM HR - Temporarily Suspended - BRANA Outreach Committee Meeting, Central United Methodist Church (in basement on Beverly Street), PENDING - 3rd Thursday after Chance For Gratitude Mtg ~ 7:40 PM, 14 N. Lewis Street, Staunton, VA, 24401, **(O,NS,ASM)** Pending - Monthly: 3rd Thursday normally

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.

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 west side door; meeting is upstairs... Candlelight Mtg with Anniversary Celebration Mtg on last Friday of each month., 17 Court Square, Harrisonburg, VA, 22802, **(O,CAN,DISC,WC &)** Please be thoughtful and kind. Help prevent the spread of illness and discord.

SATURDAY

10:00AM-11:00AM HR Misfits Group, The 23 West Club, 23 West Main St, Luray, VA, 22835, **(O,DISC,WC &,LIT)** Literature Meeting. Please be thoughtful and kind. Help prevent the spread of illness and discord.

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)** 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., 123 W Washington St, Lexington, VA, 24450, **(O,DISC)** Group is back to meeting EVERY week.

SATURDAY (CONT)

7:00PM-8:00PM HR Together We Can, First Presbyterian Church, Enter at west side door; meeting is upstairs...Step & Tradition Mtg - Reading from It Works, How & Why-, 17 Court Square, Harrisonburg, VA, 22802, **(O,DISC,STEP,TRAD,WC &)** *Please be thoughtful and kind. Help prevent the spread of illness and discord.*

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.
W	(Women) This meeting is meant to be attended by women only.
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.
TOP	(Topic) This meeting is based upon a topic chosen by a speaker or by group conscience.
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
NP	(No Pets) No Animals of any kind
ASM	(Area Service Meeting) Area Service Meeting
ENG	(English speaking) This Meeting can be attended by speakers of English.
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

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

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

OCTOBER 2025



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