

**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**, Westover Park, Picnic Shelter #3, Entry easiest from W Market St, veer right at 1st fork and continue to Shelters, 305 South Dogwood Dr, Harrisonburg, VA, 22801, **(O,DISC)** Outdoors thru Oct. Pets OK - leashed. Please be thoughtful... NOTICE: 1ST Sunday of NOV this meeting moves to Sunrise Church of the Brethren - See TWC info on Wed & Thu meeting!

**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 &)**

**7:00PM-8:00PM HR Recovery 101**, Rockbridge Recovery, 119 East 28th Street, Buena Vista, VA, 24416, **(O,BEG)** All welcome; 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 &)** Please be thoughtful and kind. Help prevent the spread of illness and discord.

**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 Surrender To Win**, The 23 West Club, 23 West Main St, Luray, VA, 22835, **(O,WC &)**

**7:00PM-8:00PM HR Together We Can**, We are reading the Basic Text so helpful 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,BT,VM)** Virtual NA meeting - Click on the link and follow directions ... easy! (or type in meeting ID at website)

**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.

**7:30PM-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 considerate to keep everyone safe and healthy.

**7:00PM-8:00PM HR Surrender To Win**, The 23 West Club, 23 West Main St, Luray, VA, 22835, **(O,WC &)**

**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.

**FRIDAY**

**6:30PM-7:30PM HR We Do Recover**, Emmanuel Episcopal Church, 138 N. Maple Ave, Covington, VA, 24426, **(O)** Please be 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 &)** Please be considerate to keep everyone safe and healthy.

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

**SATURDAY**

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

**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.

**SATURDAY (CONT)**

**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, Step & Tradition Meeting - Reading from It Works, How & Why: A Step each week and a Tradition on the last Saturday of the month. Books are provided but feel free to bring your own text for notes.....Enter at west side door; meeting is upstairs..., 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**

<b>AB</b>	(Ask-It-Basket) A topic is chosen from suggestions placed into a basket.
<b>BEG</b>	(Beginners) This meeting is focused on the needs of new members of NA.
<b>BT</b>	(Basic Text) This meeting is focused on discussion of the Basic Text of Narcotics Anonymous.
<b>CAN</b>	(Candlelight) This meeting is held by candlelight.
<b>DISC</b>	(Discussion) This meeting invites participation by all attendees.
<b>JFT</b>	(Just for Today Study) This meeting is focused on discussion of the Just For Today text.
<b>LIT</b>	(Literature Study) NA Approved Literature Study
<b>NP</b>	(No Pets) No Animals of any kind
<b>NS</b>	(No Smoking) Smoking is not allowed at this meeting.
<b>O</b>	(Open) This meeting is open to addicts and non-addicts alike. All are welcome.
<b>SPK</b>	(Speaker) This meeting is lead by a speaker, then opened for participation by attendees.
<b>STEP</b>	(Step) This meeting is focused on discussion of the Twelve Steps of NA.
<b>TRAD</b>	(Tradition) This meeting is focused on discussion of the Twelve Traditions of NA.
<b>VM</b>	(Virtual Web Meeting) Meets Virtually
<b>WC &amp;</b>	(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**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**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  
OCTOBER 2024**



**Blue Ridge Area NA**

Central  
Shenandoah Valley  
of Virginia

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

Contact: [na.itcanbedone@gmail.com](mailto: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](https://www.na.org/?ID=virtual_meetings)