

Area Service Committee

❖ **2nd Sunday of every month at Williamson Rd.**

Church of the Brethren @ 2:30PM

- 3110 Pioneer Rd. NW
- Chair: Barry B. 540.206.4140
- Vice Chair: Randall M. 540.314.4119
- Treasurer: Shaheed O. 540.510.5761
- Secretary: Shannon B. 540.200.7979
- Literature Chair: Skip N. 540.494.4726

Subcommittees

❖ **4th Sunday of every month at Trinity**

Lutheran:

- 4040 Williamson Rd. NW

➤ **Hospitals & Institutions @ 1:00PM**

- Chair: Destiny C. 540.526.8512

➤ **Public Relations @ 2:00PM**

- Chair: Marcus M 540.970.5407

➤ **Policy @ 3:00PM**

- Chair: Joey C. 540. 397.7820

Activities Subcommittee

- Chair: Donna L. 270.349.3094

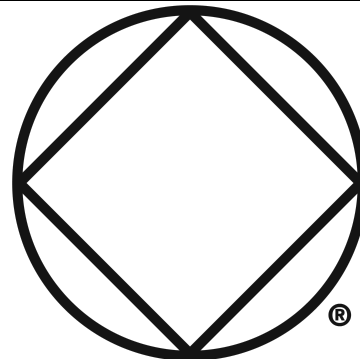
Some suggestions

- Don't use no matter what.
- Go to NA meetings regularly & frequently.
- For newcomers, 90 meetings in 90 days is suggested.
- Avoid people, places, and things where drugs are used. (alcohol is a drug!)
- Call someone BEFORE you use drugs or engage in other harmful behaviors.
- Join, attend, & participate in a home group.
- Come to meetings early, stay late & fellowship with other recovering addicts.
- Don't be afraid to ask for help when you need it.
- Keep coming back; NA works, if you work it.

The therapeutic value of one addict helping another is without parallel.

Dial 'em, don't file 'em!

NAME	PHONE



Roanoke Valley Area OF Narcotics Anonymous



Buchanan, Roanoke, Vinton Rocky Mount, Salem & Troutville

Area Website:
www.RoanokeNA.com

Roanoke Area Service Committee
P. O. Box 3052
Roanoke, Virginia 24015

Regional Hotline:
1-800-777-1515

Regional Website:
www.car-na.org

Spring 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30am-10:30am Wecovery Mount Regis Center 125 Knotbreak Rd. Salem Keys: JFT</p> <p>10:00am-11:00am A Message of Hope in the Morning Kirk Family YMCA 520 Church Ave. SW Enter from Luck Avenue side. Keys: JFT</p> <p>5:00pm-6:00pm Higher Power Hour Trinity Lutheran Church 4040 Williamson Rd. NW Go down stairs to right of main entrance to basement. Keys: D, S, T, LC Kenny C. 540-819-5743</p> <p>8:00pm-9:00pm Weekends In Recovery Metropolitan Community Church 806 Jamison Ave. SE Use entrance from 8th Street. Keys: SP, D, JFT No Handicap Access David F. 540-892-9685</p> <p>Key to abbreviations: Meeting Formats: D Discussion L Literature Study SP Speaker FV Format Varies</p> <p>Meeting Topics: BT Basic Text HW It Works:How & Why JFT JFT Meditation LC Living Clean Book S Step T Tradition IP Informational Pamphlet TV Topic Varies SG Step Guide</p> <p>Other: CN Candlelight NC Newcomer's meeting</p>	<p>11:45am-12:45pm Principles Before Personalities Burrell Center 611 McDowell Ave. NW Keep noise down when entering/exiting. Keys: D, JFT</p> <p>7:00pm-8:00pm A.I.R. (Addicts in Recovery) Burrell Center 611 McDowell Ave. NW Keys: D</p> <p>7:30pm-8:30pm Another Step to Freedom Salem Presbyterian Church 41 East Main St. Enter through entrance off Market St. Salem Keys: D, S, CN, BT Chuck G. 540-580-0321</p> <p>8:30pm-9:30pm The Pain Stops Here Ebenezer AME Church 1563 Lafayette Blvd. NW Go down stairs to right of main entrance to basement Keys: D, BT, S, T No Handicap Access Daryl M. 540-397-2380</p>	<p>11:45am-1:00pm Time For Change Trinity United Methodist Church 305 Mountain Ave SW Enter through side door from parking lot. Keys: FV Howard E. 540-915-7541</p> <p>8:00pm-9:00pm Buchanan Group Buchanan Presbyterian 19559 Main St. Church with monument out front. Buchanan Keys: D Lower Side Entrance on right. Chris N. 540-529-9333</p> <p>8:00pm-9:00pm Just 4 Today Huntington Court UMC 3333 Williamson Rd. NW From rear parking lot, enter small building behind church. Keys: CN, FV, D, L, SP C.W. 540-493-5642</p> <p>8:00pm-9:00pm Foundations of Recovery Raleigh Court United Methodist Church 1706 Grandin Rd. SW Enter at rear of church. Roanoke Keys: FV, D, SP, S Skip N. 540-494-4726</p>	<p>11:45am -12:45pm Principles Before Personalities Burrell Center 611 McDowell Ave. NW Keep noise down when entering/exiting. Keys: D, JFT</p> <p>7:30pm-8:30pm Sicker Than Most Huntington Court United Methodist Church 3333 Williamson Rd. NW From rear parking lot enter small building for meeting. Keys: FV</p> <p>8:30pm-9:30pm The Pain Stops Here Ebenezer AME Church 1563 Lafayette Blvd. NW Go down stairs to right of main entrance to basement. Keys: FV, SP, L No Handicap Access Daryl M. 540-397-2380</p>	<p>Noon-1:00pm Gainsboro Group St. Gerard's Catholic Church 809 Orange Ave. NW Enter on east side of church. Keys: L, S Peter N. 540-206-4399</p> <p>7:30pm-8:30pm Another Step To Freedom Salem Presbyterian Church 41 East Main St. Enter through entrance off Market St. Salem Keys: CN, D, SG, S Chuck G. 540-580-0321</p> <p>7:30pm-8:30pm Higher Power Hour Trinity Lutheran Church 4040 Williamson Rd. NW Go down stairs to right of main entrance to basement. Keys: FV Kenny C. 540-819-5743</p>	<p>Noon-1:00pm Clean and Serene Dorcus Home 801 Shenandoah Ave. NW Keys: L, LC,BT,SP</p> <p>8:00pm-9:00pm DO or DIE Raleigh Court United Methodist Church 1706 Grandin Rd. SW Enter at rear of church. Keys: JFT, D, SP, NC</p> <p>8:00pm-9:00pm Breath of Life Trinity Episcopal Church 101 E. Church St. Enter through side door from parking lot. Rocky Mount Keys: D, FV, L</p> <p>Midnight-1:00am Night Owls Unitaian Universalist Church 2015 Grandin Road Enter through doors facing Patrick Henry High School.</p>	<p>10:00am-11:00am A Gift Of Hope Bethlehem United Methodist Church 13586 S Old Moneta Rd. Moneta</p> <p>Noon-1:30pm Clean and Serene Dorcus Home 801 Shenandoah Ave. NW Keys: D, IP, BT, LC</p> <p>7:00pm-8:00pm Grateful Heads Thrasher Memorial United Methodist Church 707 East Washington Ave. From circle driveway at rear enter through back door. Vinton Keys: D, TV</p> <p>8:00pm-9:15pm 1,2,3...24/7 St. Mark's Lutheran Church 1008 Franklin Rd. SW Topic meeting downstairs, step-study meeting upstairs. Celebrations cancel step study meeting, and take place downstairs.</p> <p>Midnight-1:00am Night Owls Unitarian Universalist Church 2015 Grandin Road Enter through doors facing Patrick Henry High School</p>
RoanokeNA.com			<p>*Closed NA meetings are only for addicts or those who think they might have a drug problem.</p>			