Area Service Committee

2nd Sunday of every month at Roanoke Metaphysical Chapel @ 2:30PM (1488 Peters Creek Road, Roanoke, VA 24017)

Chair: Marvin W. 540.728.7876

Vice Chair: VACANT

Treasurer: Stacey J. 540.630.1740

• Vice Treasurer: Savannah F. 540.355.9576

Secretary: Kara C. 540.892.0446

<u>Vice Secretary</u>: VACANT

<u>Literature Chair</u>: Jacob M. 540.494.3602

■ RCM: Greg H. 434.258.5387

Alt. RCM: Skeet C. 540.529.0591

VRCC: Danny C. 540.521.2003

Alt. VRCC: Sabrina E. 304.483.8531

Subcommittees

See website under EVENTS for meeting times and locations.

> Hospitals & Institutions

• <u>Chair</u>: Kevin R. 540.817.0837

➤ Public Relations

Chair: Amanda E. 540.676.4992

▶ Policy

<u>Chair</u>: Patrick T. 540.759.1147

> Activities

• Chair: Sabrina E. 304.483.8531

Some suggestions

- Don't use no matter what.
- Go to NA meetings regularly and frequently. Keep coming back!
- For newcomers, 90 meetings in 90 days are 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, and fellowship with other recovering addicts.
- Don't be afraid to ask for help!

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

NAME	PHONE



Roanoke Valley Area OF

Narcotics Anonymous



Roanoke, Vinton, Rocky Mount & Salem



Roanoke Area Service Committee P.O. Box 3338 Roanoke, Virginia 24015

Regional Hotline: 1-800-777-1515

Regional Website: www.car-na.org

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am-10:30am WeCovery Mt. Regis 125 Knotbreak rd. Salem Keys: OS, FV Brent A 540.400.2163 1:30pm-2:30pm Addicts in Recovery The Salvation Army 724 Dale Ave. Marcus M. 540-970-5407 4:00pm-5:00pm Against All Odds Roanoke Avenue Baptist Church 2202 Roanoke Ave. SW Keys: OS, FV Danny C. 540-521-2003 8:00pm-9:00pm Weekends In Recovery Belmont Christian Church 1101 Jamison Ave. SE Use front entrance on Jamison. Keys: OS, SP Marvin W. 540-728-7876	Noon — 1:00pm Against All Odds Roanoke Avenue Baptist Church 2202 Roanoke Ave SW Keys: OS, JFT Danny C. 540-521-2003 6:15pm-7:45pm Hope In HERstory St. James Episcopal Church 4515 Delray St. NW Keys: OS, SP, W Sarah M. 540-293-9137 7:30pm-8:30pm Another Step to Freedom Salem Presbyterian Church 41 East Main St. Enter through entrance off Market St. Salem Keys: LS, OS, C Chuck G. 540-580-0321 8:00pm-9:00pm Spiritual Principle a Day St. Elizabeth's Episcopal Church 2339 Grandin Road SW Keys: LS, OS	Noon – 1:00pm Against All Odds Roanoke Avenue Baptist Church 2202 Roanoke Ave SW Keys: OS, JFT Danny C. 540-521-2003 7:00pm-8:00pm Just 4 Today Belmont Christian Church 1101 Jamison Ave, SE Keys: OS, FV, C Peter N. 540-206-4399 7:00pm-8:00pm Sicker Than Most Unitarian Universalist 2015 Grandin Rd., SW From rear parking lot enter small building behind church. Keys: OS, FV Delores H. 540-819-6065	Noon – 1:00pm Against All Odds Roanoke Avenue Baptist Church 2202 Roanoke Ave. SW Keys: OS, JFT Danny C. 540-521-2003 6:00pm-7:00pm Step Into Recovery Westhampton Christian Church 2515 Grandin Road SW Keys: OS, LS Sarah M. 540-293-9137 Key to abbreviations: Meeting Formats: C Candlelight FV Format Varies JFT Daily Meditation LS Literature Study OS Open Sharing SP Speaker W Women's Meeting	Noon — 1:00pm Against All Odds Roanoke Avenue Baptist Church 2202 Roanoke Ave. SW Keys: OS, JFT Danny C. 540-521-2003 6:30pm-7:30pm Start From the Beginning Central Church of the Brethren 416 Church Ave. SW Please use rear entrance. Keys: LS, OS, FV Kelley S. 540-798-2629 7:30pm-8:30pm Another Step to Freedom Salem Presbyterian Church 41 East Main St. Enter through entrance off Market St. Salem Keys: LS, OS, C Chuck G. 540-580-0321	Noon – 1:00pm Against All Odds Roanoke Avenue Baptist Church 2202 Roanoke Ave. SW Keys: OS, JFT Danny C. 540-521-2003 7:00pm-8:00pm Time For Change Beginning 11/24: No longer meeting, pending location change. Keys: OS, FV Peter S. 540.397.2151 7:00pm-8:00pm Against All Odds Roanoke Avenue Baptist Church 2202 Roanoke Ave. SW Keys: OS, JFT Danny C. 540-521-2003 8:00pm-9:00pm Do or Die Universalist Unitarian Church of Roanoke 2015 Grandin Road Please use rear entrance. Keys: OS, FV Russell B. 540.797.2816	Noon-1:00pm Clean and Serene Belmont Christian Church 1101 Jamison Ave. SE Use front entrance on Jamison. Keys: OS, FV Amanda E. 540-676-4992 1:15 — 2:15pm Against All Odds Roanoke Avenue Baptist Church 2202 Roanoke Ave. SW Keys: OS, JFT Danny C. 540-521-2003 7:00pm-8:00pm Grateful Heads Thrasher Memorial United Methodist Church 707 East Washington Ave. Outdoor mtg, weather permitted. Vinton Keys: OS, JFT Jimmy D. 540-556-9080 8:00pm-9:00pm 1,2,324/7 St. Mark's Lutheran Church 1008 Franklin Rd. SW Meeting is downstairs. Keys: OS, FV
			lean is a mirace ever followed (an: The Journey Contir		Will W. 540-588-6945	

All meetings listed above are current as of November 12, 2023

Please check the <u>Homepage</u> of our website: <u>roanokena.com</u> which is updated daily.