<u>Area Service Committee</u> 2nd Sunday of every month at Roanoke Metaphysical Chapel @ 2:30PM (1488 Peters Creek Road, Roanoke, VA 24017)

- <u>Chair</u>: Marvin W. 540.728.7876
- <u>Vice Chair</u>: Courtney D. 540.494.4298
- <u>Treasurer</u>: Stacey J. 540.630.1740
- <u>Vice Treasurer</u>: Savannah F. 540.355.9576
- <u>Secretary</u>: Kara C. 540.892.0446
- <u>Vice Secretary</u>: Danielle M. 540.595.1644
- Literature Chair: Jacob M. 540.494.3602
- <u>RCM</u>: Greg H. 434.258.5387
- <u>Alt. RCM</u>: Skeet C. 540.529.0591
- <u>VRCC</u>: Danny C. 540.521.2003
- <u>Alt. VRCC</u>: 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

• <u>Chair</u>: Amanda E. 540.676.4992

➢ Policy

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

> Activities

• <u>Chair</u>: 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



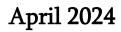
Roanoke, Vinton, Rocky Mount & Salem



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

Regional Hotline: 1-800-777-1515

Regional Website: <u>www.car-na.org</u>



2.30am-10:30am Non-1:00pm Non-1:00pm Non-1:00pm Non-1:00pm We Ceys Wasten Park 119 Wiley Dr. SW Wasten Park 119 Wiley Dr. SW Sc. Garad Gatholic Church Non-1:00pm Stain Regis GS IV Barno La Source A venue Baptin Damy C 349-321-2003 Sc. Garad Gatholic Church Non-1:00pm Addits in Recovery Sc. Barno Gatholic Church Magnins All Odds Non-1:00pm Agains All Odds Regis GS IV Barno La Source A venue Baptin Sc. Barno Gatholic Church Non-1:00pm Addits in Recovery Sc. Barno Gatholic Church Sc. Barno Gatholic Church Non-1:00pm Sc. John Sc. John Sc. Barno Gatholic Church Sc. Barno Gatholic Church Non-1:00pm Addits in Recovery Sc. Barno Gatholic Church Sc. Barno Gatholic Church Non-1:00pm Sc. John Sc. John Sc. Barno Church Sc. Barno Church Sc. Barno Church Non-1:00pm Addits in Recovery Sc. Barno Church Ave. SW Sc. Barno Church Sc. Barno Church Sc. Barno Church Non-1:00pm Addits Sc. Sc. Sc. Sc. W Start Front the Beginning Sc. Church Ave. SW Sc.	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WeCovery MR. Regis Against All Odds Against All Odds Against All Odds Against All Odds Cainaboro Group Against All Odds Cainaboro Group Against All Odds Romole Avenue Baptist Clamado Serence Bolmont Christian Church 119 Wiley Dr. SW Same Sci Sp. 7/ Denny C 540 521 2003 Sci Sp. 7/ Denny C 540 521 2003 Sci Sp. 7/ Serence Avenue Saptist Gainaboro Group Against All Odds Romole Avenue Baptist Clamado Serence 120 Dr. 2-200m Sci Sp. 7/ Same A 540 4021 (30) Sci Sp. 7/ Same A 540 4021 (30) Sci Sp. 7/ Same A 540 4021 (30) Sci Sp. 7/ Same A 540 521 2003 Sci Sp. 7/ Same A 540 529 517 Zoppm-8:0pm Same A 540 529 529 520 Zoppm-8:0pm Same A 540 529 520 500 Zoppm-8:0pm Same A 540 529 521 2003 Sci Sp. 7/ Same A 540 529 521 2003 Sci Sp. 7/ Same A 540 529 521 2003 Zoppm-8:0pm Same A 540 529 520 520 <th><u>9:30am-10:30am</u></th> <th><u>Noon – 1:00pm</u></th> <th><u>Noon-1:00pm</u></th>	<u>9:30am-10:30am</u>	<u>Noon – 1:00pm</u>	<u>Noon – 1:00pm</u>	<u>Noon – 1:00pm</u>	<u>Noon – 1:00pm</u>	<u>Noon – 1:00pm</u>	<u>Noon-1:00pm</u>
Kevs: US_EV	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	Against All Odds Wasena Park 1119 Wiley Dr, 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	Noon – 1:00pm Against All Odds Wasena Park 1119 Wiley Dr, SW Keys: OS, JFT Danny C. 540-521-2003 6:00pm-7:00pm Higher Power Hour Hollins Road Baptist 3502 Old Mountain Rd., NE Keys: OS, FV 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	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 Gandlelight FV Format Varies JFT Daily Meditation LC Living Clean Study LS Literature Study OS Open Sharing SP Speaker W Women's Meeting	Noon – 1:00pm Gainsboro Group St. Gerard Catholic Church 809 Orange Ave NW Keys: OS, JFT Jacob M. 540-494-3602 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 8:00pm-9:00pm Steps, Hugs, and Rock n Roll Christ Lutheran Church 2011 Brandon Ave. SW Keys: OS Shannon M. 540-876-1592	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 Saint Mark's Lutheran 1008 Franklin Rd SW 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 7:00pm-8:00pm The Journey Continues Buchanan Presbyterian Church 19559 Main St, Buchanan Keys: LS, LC Cristy W. 540-250-4804 8:00pm-9:00pm Do or Die Universalist Unitarian Church of Roanoke	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 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-9:15pm 1,2,324/7 St. Mark's Lutheran Church 1008 Franklin Rd. SW Meeting is downstairs. Keys: OS, FV
						Keys: OS, FV	

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

E-mail Us roanokevalleyareaofna@gmail.com