

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: Courtney D. 540.494.4298
- Treasurer: Stacey J. 540.630.1740
- Vice Treasurer: Savannah F. 540.355.9576
- Secretary: Kara C. 540.892.0446
- Vice Secretary: Danielle M. 540.595.1644
- Literature Chair: 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**

- Chair: Kevin R. 540.817.0837

➤ **Public Relations**

- Chair: Amanda E. 540.676.4992

➤ **Policy**

- Chair: Patrick T. 540.759.1147

➤ **Activities**

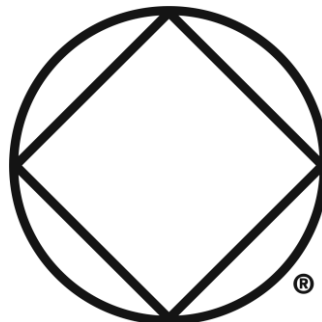
- Chair: Sabrina E. 304.483.8531

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

Area Website:
www.roanokena.com

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

Regional Hotline:
1-800-777-1515

Regional Website:
www.car-na.org

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30am-10:30am WeCovey Mt. Regis 125 Knotbreak rd. Salem Keys: OS, FV Brent A 540.400.2163</p> <p>1:30pm-2:30pm Addicts in Recovery The Salvation Army 724 Dale Ave. Marcus M. 540-970-5407</p> <p>4:00pm-5:00pm Against All Odds Roanoke Avenue Baptist Church 2202 Roanoke Ave. SW Keys: OS, FV Danny C. 540-521-2003</p> <p>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</p>	<p>Noon – 1:00pm Against All Odds Wasena Park 1119 Wiley Dr, SW Keys: OS, JFT Danny C. 540-521-2003</p> <p>6:15pm-7:45pm Hope In HERstory St. James Episcopal Church 4515 Delray St. NW Keys: OS, SP, W Sarah M. 540-293-9137</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: LS, OS, C Chuck G. 540-580-0321</p> <p>8:00pm-9:00pm Spiritual Principle a Day St. Elizabeth's Episcopal Church 2339 Grandin Road SW Keys: LS, OS</p>	<p>Noon – 1:00pm Against All Odds Wasena Park 1119 Wiley Dr, SW Keys: OS, JFT Danny C. 540-521-2003</p> <p>6:00pm-7:00pm Higher Power Hour Hollins Road Baptist 3502 Old Mountain Rd., NE Keys: OS, FV</p> <p>7:00pm-8:00pm Just 4 Today Belmont Christian Church 1101 Jamison Ave, SE Keys: OS, FV, C Peter N. 540-206-4399</p> <p>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 Dolores H. 540-819-6065</p>	<p>Noon – 1:00pm Against All Odds Roanoke Avenue Baptist Church 2202 Roanoke Ave. SW Keys: OS, JFT Danny C. 540-521-2003</p> <p>6:00pm-7:00pm Step Into Recovery Westhampton Christian Church 2515 Grandin Road SW Keys: OS, LS Sarah M. 540-293-9137</p> <div style="border: 1px solid black; padding: 5px;"> <p>Key to abbreviations: Meeting Formats: C Candlelight FV Format Varies JFT Daily Meditation LC Living Clean Study LS Literature Study OS Open Sharing SP Speaker W Women's Meeting</p> </div>	<p>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</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: LS, OS, C Chuck G. 540-580-0321</p> <p>8:00pm-9:00pm Steps, Hugs, and Rock n Roll Christ Lutheran Church 2011 Brandon Ave. SW Keys: OS Shannon M. 540-876-1592</p>	<p>Noon – 1:00pm Against All Odds Roanoke Avenue Baptist Church 2202 Roanoke Ave. SW Keys: OS, JFT Danny C. 540-521-2003</p> <p>7:00pm-8:00pm Time For Change Saint Mark's Lutheran 1008 Franklin Rd SW Keys: OS, FV Peter S. 540.397.2151</p> <p>7:00pm-8:00pm Against All Odds Roanoke Avenue Baptist Church 2202 Roanoke Ave. SW Keys: OS, JFT Danny C. 540-521-2003</p> <p>7:00pm-8:00pm The Journey Continues Buchanan Presbyterian Church 19559 Main St, Buchanan Keys: LS, LC Cristy W. 540-250-4804</p> <p>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</p>	<p>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</p> <p>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</p> <p>8:00pm-9:15pm 1,2,3...24/7 St. Mark's Lutheran Church 1008 Franklin Rd. SW Meeting is downstairs. Keys: OS, FV Will W. 540-588-6945</p>

One day clean is a miracle, whether or not it's ever followed by another.

Living Clean: *The Journey Continues*, p. 255

All meetings listed above are current as of April 11, 2024

Please check the Homepage of our website: roanokena.com which is updated daily.

E-mail Us
roanokevalleyareaofna@gmail.com