	Sunday	7 – 8:30 pm 0, CL, RF
8:30 – 10 am	Steps To Freedom	-,-,
C, NC, SG, SP, 📥	St. Luke's Hospital - Monroe	
	Conference Rooms A&B (Lower	
	Level)	
	100 St Luke's Lane	
	Stroudsburg, PA 18360	12 – 1:30 pr
		- O, RF, TR, IP
6:30 – 8 pm	We Became Willing – HYBRID	
	ID: 5709725149	
Ł	Password: 683681	
0, SP, ST, 🗟	The Mountain Center	
	(Entrance at Rear of Building) 354 Memorial Blvd	12 – 1:30 pr
		SP
	Tobyhanna, PA 18466	
7 – 8:30 pm	We Are One	7.00 - 9.30
C, SP, BT, LC	Stroudsburg Wesleyan Church	7:00 – 8:30 0, RF, 🖯
-,,	915 North 5th Street (Route 191)	
	Stroudsburg, PA 18360	
	Monday	
12 – 1:30 pm	Just For Today	12 - 1.20 pr
0, SP	East Stroudsburg United	12 – 1:30 pr
0, 3	Methodist Church	O, ST
	83 South Courtland Street	
	East Stroudsburg, PA 18301	
12 – 1:30 pm	Celebrate Today- ZOOM	12 – 1:30 pi
SP	ID: 5702346900	SP
	PW: 949566	
6:30 – 8 pm	A Few Good Men	
с, sp, 🖧	Stroudsburg Wesleyan Church	6 – 7:30 pn
	915 North 5th Street (Route 191)	
	Stroudsburg, PA 18360	
7 0.74	Cratitude la Our Attitude	
7 – 8:30 pm _{C,RF,} ලිං	Gratitude Is Our Attitude East Stroudsburg Presbyterian	
	Church 55 Smith Street	
	Church, 55 Smith Street	7 – 8:30 pm
	Church, 55 Smith Street East Stroudsburg, PA 18301 * NO SMOKING ANYWHERE ON CHURCH	7 – 8:30 pm 0, RF, SP, SD, LC

7 – 8:30 pm o, cl, rf	Monday Night Candlelight Hope Springs Community of Faith Church 301 Market St/ Corner of Market St & 3 rd St, Bangor, PA 18013			
Tuesday				
12 – 1:30 pm O, RF, TR, IP	Just For Today East Stroudsburg United Methodist Church 83 South Courtland Street East Stroudsburg, PA 18301			
12 – 1:30 pm sp	Celebrate Today- ZOOM ID: 5702346900 PW: 949566			
7:00 – 8:30 pm O, RF, &	The Few, The Proud, The Serene St. Paul's Lutheran Church 158 Fish Hill Rd Tannersville, PA 18372			
	Wednesday			
12 – 1:30 pm o, st	Just For Today East Stroudsburg United Methodist Church 83 South Courtland Street East Stroudsburg, PA 18301			
12 – 1:30 pm sp	Celebrate Today- ZOOM ID: 5702346900 PW: 949566			
6 – 7:30 pm	At the End of the Road (Women's Meeting) East Stroudsburg United Methodist Church 83 South Courtland St East Stroudsburg, PA 18301			
7 – 8:30 pm 0, RF, SP, SD, LC, 1 st WK: ST/SP 2 nd WK: SD/SP 3 rd -5 th WK: LC/SP	No Nonsense Group St. John's Evangelical Lutheran Church, 9 North 9 th Street (Rear Entrance)			

	Stroudsburg, PA 18360
*NO SMOKIN	G ANYWHERE ON CHURCH GROUNDS *
7 – 8:30 pm o, b, st	Hope In Coolbaugh - HYBRID ID: 2623197495 PW: 298650 The Mountain Center (Entrance at Rear of Building) 354 Memorial Blvd Tobyhanna, PA 18466
	Thursday
12 – 1:30 pm o, ld, lc	Just For Today East Stroudsburg United Methodist Church 83 South Courtland Street East Stroudsburg, PA 18301
12 – 1:30 pm sp	Celebrate Today- ZOOM ID: 5702346900 PW: 949566
7 – 8 pm <i>o, LD, RF, RR</i> 1 st WK: HW 2 nd WK: LC 3 rd WK: SG 4 th WK: BT 5 th WK: CC	The Ultimate Weapon Pocono Lake Bible Church 354 PA-940 Pocono Lake, PA 18346
7 – 8:30pm	Acceptance, Faith, & Commitment St. Paul's Lutheran Church (Left Side Entrance) 139 Craigs Meadow Road East Stroudsburg, PA 18301
	Friday
12 — 1:30 рт о, вт	Just For Today East Stroudsburg United Methodist Church 83 South Courtland Street East Stroudsburg, PA 18301
12 – 1:30 pm sp	Celebrate Today- ZOOM ID: 5702346900

PW: 949566

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ommitment	
. Paul's Lutheran Church	
eft Side Entrance)	
9 Craigs Meadow Road	*

Simplicity Is The Key 5:30 – 6:30 pm St. Luke's Hospital - Monroe Conference Rooms A&B (Lower Level) 100 St Luke's Lane Stroudsburg, PA 18360 7:30 – 9 pm

0,RF, 🗄

C, ST, TR, SP, 🖧

Miracles in the Mountains Christ Episcopal Church (Downstairs – Side Entrance) 205 North 7th Street Stroudsburg, PA 18360

Saturday

0 – 8:30 am	The Living Clean Group – ZOOM ID: 8489823297
	Password: 242421
0 – 10 am	If You Want What We Have To Offer
, SG, SP, TR	Stroudsburg Wesleyan Church 915 North 5th Street (Route 191)
	Stroudsburg, PA 18360
0– 8:30 pm	Message Of Hope St. Paul's Lutheran Church
	(Left Cide Entrenes)

(Left Side Entrance) 139 Craigs Meadow Road East Stroudsburg, PA 18301

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ALL FACILITIES ARE NON-SMOKING

Find Additional Meetings & Information about Narcotics Anonymous at NA.org Learn More about Our Region and find meeting lists for other areas in our region at MARSCNA.org

Public

MEETING FORMAT KEY

AB • Ask It Basket B • Beginners' Meeting **BL•** Bilingual Meeting BT • Basic Text Discussion C • Closed Meeting - For **Addicts Only Please** CC • Chairpersons Choice CL • Candlelight – Meeting **Held By Candlelight CN** • Concept Meeting CT • California Tag GC • Groups Choice HW • It Works How & Why IP • IP Pamphlet JT • Just For Today Book Discussion LD • Literature Discussion LC • Living Clean The Journey Continues

NC • No Children Allowed O • Open Meeting - The Public Is Welcome **OD** • Open Discussion **RF** • Rotating Format RR • Round Robin SD • Spiritual Topic Discussion SG • Step Guide Meeting SP • Speaker Meeting SGC • Speaker Getter's Choice ST • Step Meeting **TD** • Topic Discussion **TR** • Tradition Meeting WR • Writing Meeting

SUGGESTIONS:

- ✤ Don't use and go to a meeting.
- ✤ Attend a meeting a day for 90 days and stay for 90 minutes.
- ✤ Get a home group and get involved in it.
- ✤ Come early and stay late.
- ✤ Avoid people, places, and things you used with or at.
- ✤ Get a sponsor.
- ✤ Get phone numbers and dial them.
- ✤ Keep coming back It Works!

Our Public Relations Subcommittee exists to inform the public about **Narcotics Anonymous**. We can be reached by email at pmana.pr.chair@gmail.com.

SERVICE MEETINGS:

Regular PMANA Service Meeting Times & Locations:

AREA SERVICE COMMITTEE

Area Service Meets the 1st Saturday of Every Month at 3pm St. Paul's Lutheran Church 139 Craigs Meadow Rd East Stroudsburg, PA 18301

POLICY SUBCOMMITTEE:

Meets the 1st Saturday of Every Month at 2: 00 pm St. Paul's Lutheran Church 139 Craigs Meadow Rd. East Stroudsburg, PA 18301

UNITY SUBCOMMITTEE:

Meets the, 2nd Tuesday of Every Month at 6:30pm, East Stroudsburg United Methodist Church at 83 S Courtland St, East Stroudsburg, PA 18360

HOSPITALS & INSTITUTIONS SUBCOMMITTEE:

Meets the 3rd Monday of Every Month at 6pm at the Stroudsburg Wesleyan Church 915 North 5th Street (Route 191) Stroudsburg, PA 18360

PUBLIC RELATIONS SUBCOMMITTEE:

Meets the 1st Saturday of Every Month at 2:00 pm St. Paul's Lutheran Church 139 Craigs Meadow Rd. East Stroudsburg, PA 18301

Note: Service meetings are not regular Narcotics Anonymous recovery meetings, however, they are open and available to addicts of all clean times and experience to participate in or observe.

There are no clean time requirements to join a subcommittee; though there are various clean time requirements for many of the available service positions. All addicts are encouraged to get involved with service and the subcommittees provide many opportunities to be of service within the fellowship.

PHONE NUMBERS

(DIAL THEM! – DO NOT FILE THEM)



P.M.A.N.A

Pocono Mountains Area of Narcotics Anonymous



October 2024 Meeting List P.O. Box 1053 Stroudsburg, PA 18360

www.nameetingspoconos.com

Helpline 24 hours: (570) 421-6618

Call the Helpline to:

- Speak to Another Addict & Reach Out for Help
- Ask for Directions to Meetings
- Ask for a Ride to a Meeting
- Find Information for the Public About NA