Sunday			
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		

We Became Willing - HYBRID 6:30 - 8 pm ID: 257-570-5545 Password: 5657 O, SP, ST, 🕏 The Mountain Center (Entrance at Rear of Building) 354 Memorial Blvd Tobyhanna, PA 18466

7 - 8:30 pm We Are One Stroudsburg Wesleyan Church C, SP, BT, LC, B 915 North 5th Street (Route 191) Stroudsburg, PA 18360

Manda

	Monday
12 – 1:30 pm	Just For Today
O, SP	East Stroudsburg United
	Methodist Church
	83 South Courtland Street
	East Stroudsburg, PA 18301
12 – 1:30 pm	Celebrate Today- ZOOM
SP	ID: 5702346900
	PW: 949566
6:30 – 8 pm	A Few Good Men
C, SP, 💍	Stroudsburg Wesleyan Church
	915 North 5th Street (Route 191)
	Stroudsburg, PA 18360
7 – 8:30 pm	Gratitude Is Our Attitude
C,RF, 🕏	East Stroudsburg Presbyterian
	Church, 55 Smith Street

East Stroudsburg, PA 18301

* NO SMOKING ANYWHERE ON CHURCH

GROUNDS*

7 - 8:30 pm **Monday Night Candlelight** Hope Springs Community of O, CL, RF Faith Church 301 Market St/ Corner of Market St & 3rd St, Bangor, PA 18013 Tuesday **Just For Today** 12 - 1:30 pm East Stroudsburg United O, RF, TR, IP Methodist Church 83 South Courtland Street East Stroudsburg, PA 18301 Celebrate Today- ZOOM 12 - 1:30 pm ID: 5702346900 PW: 949566 The Few, The Proud, The Serene 7:00 - 8:30 pm O.RF.

St. Paul's Lutheran Church 158 Fish Hill Rd Tannersville, PA 18372

Wednesday

12 - 1:30 pm	Just For Today
O, ST	East Stroudsburg United
	Methodist Church
	83 South Courtland Street
	East Stroudsburg, PA 18301
12 – 1:30 pm	Celebrate Today- ZOOM
SP	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

7 - 8:30 pm No Nonsense Group St. John's Evangelical Lutheran O, RF, SP, SD, LC, 🗟 Church, 9 North 9th Street 1st WK: ST/SP (Rear Entrance) 2nd WK: SD/SP 3rd -5th WK: LC/SP

East Stroudsburg, PA 18301

Stroudsburg, PA 18360 *NO SMOKING ANYWHERE ON CHURCH GROUNDS *

O, B, ST

Hope In Coolbaugh - HYBRID 7 - 8:30 pm ID: 2623197495 PW: 298650 The Mountain Center (Entrance at Rear of Building) 354 Memorial Blvd

Tobyhanna, PA 18466

Thursday

12 – 1:30 pm	Celebrate Today- ZOOM
	East Stroudsburg, PA 18301
	83 South Courtland Street
	Methodist Church
O, LD, LC	East Stroudsburg United
12 – 1:30 pm	Just For Today

12 - 1:30 pm ID: 5702346900 PW: 949566

The Ultimate Weapon 7 – 8 pm O, LD, RF, RR Pocono Lake Bible Church 1st WK: HW 2nd WK: LC 354 PA-940 3rd WK: SG 4th WK: BT Pocono Lake, PA 18346 5th WK: CC

*NO SMOKING ANYWHERE ON CHURCH GROUNDS *

7 - 8:30pm Acceptance, Faith, & Commitment O, RF St. Paul's Lutheran Church (Left Side Entrance) 139 Craigs Meadow Road East Stroudsburg, PA 18301

Friday

12 - 1:30 pm **Just For Today** East Stroudsburg United Methodist Church 83 South Courtland Street East Stroudsburg, PA 18301 12 - 1:30 pm Celebrate Today- ZOOM ID: 5702346900

PW: 949566

Simplicity Is The Key 5:30 - 6:30 pm

O,RF,

St. Luke's Hospital - Monroe Conference Rooms A&B (Lower

Level)

100 St Luke's Lane Stroudsburg, PA 18360

7:30 - 9 pm Miracles in the Mountains C. ST. TR. SP. 🕏

Christ Episcopal Church (Downstairs - Side Entrance) 205 North 7th Street Stroudsburg, PA 18360

Saturday

The Living Clean Group - ZOOM 7:30 - 8:30 am

> ID: 8489823297 Password: 242421

8:30 - 10 am If You Want What We Have To

Offer

Stroudsburg Wesleyan Church C, RF, SG, SP, TR 915 North 5th Street (Route 191)

Stroudsburg, PA 18360

Message Of Hope 7:00-8:30 pm O, BT

St. Paul's Lutheran Church

(Left Side Entrance) 139 Craigs Meadow Road

East Stroudsburg, PA 18301

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

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

& Wheelchair Accessible

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!
- To be of service

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





August 2025 Meeting List

P.O. Box 1053 Stroudsburg, PA 18360

www.nameetingspoconos.com

Helpline 24 hours: (570) 421-6618

Anyone may join us, regardless of age, race, sexual identity, creed, religion, or lack of religion.