Sunday

8:30 - 10 am C, NC, SG, SP, 🕏

Steps To Freedom

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

Level)

100 St Luke's Lane Stroudsburg, PA 18360

6:30 - 8 pm

We Became Willing - HYBRID

ID: 84296902833 Password: 548204 The Mountain Center

O, SP, ST, 🕏 (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

Monday

12 - 1:30 pm

O, SP

Methodist Church

83 South Courtland Street East Stroudsburg, PA 18301

PW: 949566

C, SP, & Stroudsburg Wesleyan Church

Stroudsburg, PA 18360

7 - 8:30 pm

Gratitude Is Our Attitude

East Stroudsburg Presbyterian Church, 55 Smith Street

* NO SMOKING ANYWHERE ON CHURCH

GROUNDS*

7 - 8:30 pm

O, CL, RF

Monday Night Candlelight

Hope Springs Community of Faith Church 301 Market St/ Corner of Market St & 3rd St, Bangor, PA 18013

Tuesday

12 - 1:30 pm

Just For Today

East Stroudsburg United O, RF, TR, IP

Methodist Church

83 South Courtland Street East Stroudsburg, PA 18301

12 - 1:30 pm

Celebrate Today- ZOOM

ID: 5702346900 PW: 949566

7:00 - 8:30 pm O,RF, 🕹

SP

The Few, The Proud, The Serene

St. Paul's Lutheran Church

158 Fish Hill Rd Tannersville, PA 18372

Wednesday

Just For Today

East Stroudsburg United

12 - 1:30 pm

Celebrate Today- ZOOM

ID: 5702346900

6:30 - 8 pm

A Few Good Men

915 North 5th Street (Route 191)

C,RF, 💍

East Stroudsburg, PA 18301

O, RF, SP, SD, LC, 💍 1st WK: ST/SP 2nd WK: SD/SP 3rd -5th WK: LC/SP

Just For Today

East Stroudsburg United Methodist Church

83 South Courtland Street East Stroudsburg, PA 18301

12 - 1:30 pm

12 - 1:30 pm

O. ST

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

No Nonsense Group

St. John's Evangelical Lutheran Church, 9 North 9th Street

(Rear Entrance)

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

7 - 8:30 pm

Hope In Coolbaugh - HYBRID

O, B, ST

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

Celebrate Today- ZOOM ID: 5702346900

PW: 949566

7 – 8 pm O, LD, RF, RR

The Ultimate Weapon Pocono Lake Bible Church 1st WK: HW 2nd WK: LC 354 PA-940

3rd WK: SG 4th WK: BT 5th WK: CC

Pocono Lake, PA 18346

*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 O, BT

Just For Today

East Stroudsburg United Methodist Church

83 South Courtland Street East Stroudsburg, PA 18301

Celebrate Today-ZOOM 12 - 1:30 pm

ID: 5702346900

PW: 949566

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

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 C, ST, TR, SP, 🕏

Miracles in the Mountains

Stroudsburg United Methodist

Church

(Parking on Ann Street)

547 Main 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 St. Paul's Lutheran Church

(Left Side Entrance)

139 Craigs Meadow Road East Stroudsburg, PA 18301



O. BT

ALL FACILITIES ARE NON-SMOKING



Find Additional Meetinas & 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@qmail.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

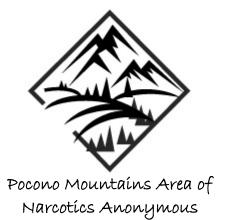
Note: Service meetings are not regular Narcotics Anonymous recovery meetings, however, they are open and available to addicts of all clean times and experience to participate in or observe.

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





January 2026 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." Basic Text pg.9