

Sunday

Monday

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Wednesday

Thursday

Friday

Saturday

SERVICE MEETINGS:

PHONE NUMBERS

Regular PMANA Service Meeting Times & Locations:

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

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

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

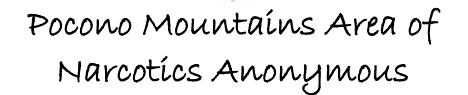
**Meets the 3rd Monday of Every Month at 6pm at the
Stroudsburg Wesleyan Church 915 North 5th Street
(Route 191) Stroudsburg, PA 18360**

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

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.

- ❖ 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.*



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