

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday	
1	100
2	100
3	100
4	100
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29	100
30	100
31	100

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NA.org
***Learn More about Our Region and find meeting lists for
other areas in our region at MARSCNA.org***

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
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- ❖ 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.*

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.

[illegible]

Pocono Mountains Area of
Narcotics Anonymous



P.O. Box 1053
Stroudsburg, PA 18360

www.name meetings poconos.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