

SUNDAY

8:30 – 10am
C, NC, SG, SP,
♿
Steps To Freedom
Labor of Love (RT 191)
3281 North 5th Street
Stroudsburg, PA

3:30 – 5pm
O, RR, TD, ♿
I Can't, We Can
Salvation Army
(Rear Entrance)
226 Washington Street
East Stroudsburg, PA

6:30 – 8pm
O, SP, ST, ♿
We Became Willing
St. Mary's Catholic Church
27 Fairview Avenue
Mount Pocono, PA

MONDAY

12 – 1:30pm
O, JT, TD
Just For Today
East Stroudsburg United
Methodist Church
83 Courtland Street
East Stroudsburg, PA

7 – 8:30pm
C, AB, CC, ♿
Gratitude Is Our Attitude
East Stroudsburg Presbyterian Church
55 Smith Street
East Stroudsburg, PA

** NO SMOKING ANYWHERE ON GROUNDS **

7:30 – 9pm
O, CL, RF,
CC/LD/TD, OD,
ST/SP, AB, CT
Monday Night Candlelight
First United Methodist Church
55 North 3rd Street
Bangor, PA

TUESDAY

12 – 1:30pm
O, JT, LD, ♿
Just For Today
East Stroudsburg United
Methodist Church
83 Courtland Street
East Stroudsburg, PA

7:30 – 9pm
C, RF, SP,
JT, TD, IP,
CT, ♿
**The Few, The Proud,
The Serene**
St. Marks Community
Lutheran Church
(Off Miller Road)
Appenzel, PA

WEDNESDAY

12 – 1:30pm
O, JT, ST, ♿
Just For Today
East Stroudsburg United
Methodist Church
83 Courtland Street
East Stroudsburg, PA

6 – 7:30pm
O, SD, ST, ♿
New Beginnings For Women
East Stroudsburg United
Methodist Church
83 Courtland Street
East Stroudsburg, PA

7 – 8:30pm
O, HW, ST
Men In Recovery
Grace United Church of Christ
Sullivan Trail & Route 715
Tannersville, PA

7 – 8:30pm
O, SP, ST, TD,
♿
The No Nonsense Group
St. John's Evangelical Lutheran Church
(Rear Entrance)
9 North 9th Street
Stroudsburg, PA

THURSDAY

12 – 1:30pm
O, JT, SP, ♿
Just For Today
East Stroudsburg United
Methodist Church
83 Courtland Street
East Stroudsburg, PA

6 – 7:30pm
O, SP, ST
We Became Willing
St. Mary's Catholic Church
27 Fairview Avenue
Mount Pocono, PA

6:30 – 7:30pm
O, BG, BT, RR,
♿
Miracles In The Mountains
Christ Episcopal Church
(Side Entrance)
205 North 7th Street
Stroudsburg, PA

8 – 9:30pm
O, SP, ♿
**Acceptance, Faith
and Commitment**
Stroudsburg United Methodist Church
(Rear Entrance)
547 Main Street
Stroudsburg, PA

FRIDAY

12 – 1:30pm
O, JT, ♿
Just For Today
East Stroudsburg United
Methodist Church
83 Courtland Street
East Stroudsburg, PA

7:30 -9pm
C, ST, TR, SP,
♿
Miracles In The Mountains
Christ Episcopal Church
(Side Entrance)
205 North 7th Street
Stroudsburg, PA

SATURDAY

8:30 – 10am
C, RF, SG, TR
Steps To Freedom
Stroudsburg Wesleyan Church
915 N. 5th Street (Route 191)
Stroudsburg, PA

12 – 1:30pm
C, ST, TR,
SP, BL, ♿
Mid-day Miracles
East Stroudsburg United
Methodist Church
83 Courtland Street
East Stroudsburg, PA

7 – 8pm
O, BT
**Acceptance, Faith, and
Commitment II**
St. Paul's Lutheran Church
(Left Side Entrance)
Craigs Meadow Road
East Stroudsburg, PA

8:30 – 10pm
O, JT, ♿
Serenity Saturday Night
Effort United Methodist
Merwinsburg Road
Effort, Pa

SUBCOMMITTEE MEETINGS

Area Service - 4:00 pm the 1st Saturday of the month
at the St. Marks Community Lutheran Church
off Miller Road in Appenzel

H & I - 5:30 pm the 3rd Monday of the month at the
East Stroudsburg Presbyterian Church 55 Smith Street in
East Stroudsburg

PR - 2:00 pm the 1st Saturday of the month at the
St. Marks Community Lutheran Church off Miller Road in
Appenzel

Policy - 3:00 pm the 1st Saturday of the month
at the St. Marks Community Lutheran Church off Miller Road
in Appenzel

Unity - 7:00 pm the 3rd Tuesday of the month
at the Stroudsburg Wesleyan Church
915 N. 5th Street (Route 191) in Stroudsburg

MEETING FORMAT KEY

- AB Ask It Basket
- BG Beginners' Meeting
- BT Basic Text Discussion
- C Closed Meeting - Addicts only please
- CC Chairs Choice
- CL Candlelight - Meeting held by candlelight
- CT California Tag
- HW It Works, How & Why
- IP IP - Pamphlet
- JT Just For Today Book Discussion
- LD Literature Discussion
- NC No Children Allowed
- O Open Meeting - All are welcome
- OD Open Discussion
- RF Rotating Format
- RR Round Robin
- SD Spiritual Topic Discussion
- SG Step Guide Meeting
- SP Speaker Meeting
- ST Step Meeting
- TD Topic Discussion
- TR Tradition Meeting
- ♿ Wheelchair Accessible

** ALL MEETINGS ARE NON-SMOKING **

SUGGESTIONS

- Don't use and go to a meeting.
- Attend a meeting a day for 90
days & 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 and use a sponsor.
- Get phone numbers and dial them
- Keep coming back. It Works!