

Sunday

8:30am – 10am **Steps To Freedom**
 c, NC, SG, SP, ♿
 New Location: St. Luke's Hospital
 Monroe Campus Conference
 Rooms A & B (Lower Level)
 100 St. Luke's Lane
 Stroudsburg, PA 18360

2:00 – 3:30 pm **Read and Recover**
 C, LD, RF
 1st WK: IWHW
 2nd WK: IWHW
 3rd WK: BT
 4th WK: LC
 5th WK: CC
Stroudsburg Wesleyan Church
 North 5th Street (Route 191)
 915 Stroudsburg, PA 18360
MEETING HELD DOWNSTAIRS

6:30 – 8 pm **We Became Willing – HYBRID**
 (ZOOM AND OPEN)
 ID: 5709725149
 PW: 683681
 o, SP, ST, ♿
The Mountain Center
 (Entrance at rear of building)
 354 Memorial Blvd.
 Tobyhanna, PA 18466

Monday

12 – 1:30 pm **Celebrate Today- ZOOM**
 SP
 ID: 5702346900
 PW: 949566

12 – 1:30 pm **Just For Today**
 o, ST
**East Stroudsburg United
 Methodist Church**
 83 South Courtland Street
 East Stroudsburg, PA 18301

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, ♿, AB
**East Stroudsburg Presbyterian
 Church, 55 Smith Street**
 East Stroudsburg, PA 18301
***NO SMOKING ANYWHERE ON CHURCH GROUNDS OR THE
 SURROUNDING PROPERTIES***

7:30 – 9 pm **Monday Night Candlelight**
 o, CL, RF
**Hope Springs Community of Faith
 Church 301 Market St/ Corner of**

Market St & 3rd St, Bangor, PA
 18013

Tuesday

12 – 1:30 pm **Celebrate Today- ZOOM**
 SP
 ID: 5702346900
 PW: 949566

12 – 1:30 pm **Just For Today**
 o, ST
**East Stroudsburg United
 Methodist Church**
 83 South Courtland Street
 East Stroudsburg, PA 18301

6 – 7:30 pm **Never Alone**
 o, RF, HW, LC
Stroudsburg Wesleyan Church
 915 North 5th Street (Route 191)
 Stroudsburg, PA 18360
MEETING HELD IN CHURCH SANCTUARY

7 – 8:00 pm **The Few, The Proud, The Serene**
 o, RF, SP
St. Paul's Lutheran Church
 158 Fish Hill Rd.
 Tannersville, PA 18372

Wednesday

12 – 1:30 pm **Celebrate Today- ZOOM**
 SP
 ID: 5702346900
 PW: 949566

12 – 1:30 pm **Just For Today**
 o, ST
**East Stroudsburg United
 Methodist Church**
 83 South Courtland Street
 East Stroudsburg, PA 18301

7 – 8:30 pm **Hope in Coolbaugh- HYBRID**
 (ZOOM AND OPEN)
 ID: 2623197495
 PW: 298650
 o, B, ST
The Mountain Center
 (Entrance at rear of building)
 354 Memorial Blvd.
 Tobyhanna, PA 18466

7 – 8:30 pm **No Nonsense Group**
 o, RF, SP, SD, LC,
 1st WK: ST/SP
 2nd WK: SD/SP
 3rd -5th WK: LC/SP
St. Johns Church
 9 North 9th St.

Stroudsburg, PA 18360

***NO SMOKING ANYWHERE ON CHURCH GROUNDS OR THE
 SURROUNDING PROPERTIES***

Thursday

12 – 1:30 pm **Celebrate Today- ZOOM**
 SP
 ID: 5702346900
 PW: 949566

12 – 1:30 pm **Just For Today**
 o, ST
**East Stroudsburg United
 Methodist Church**
 83 South Courtland Street
 East Stroudsburg, PA 18301

6:30 – 8 pm **Miracles in the Mountains**
 BT, RR, ♿
Christ Episcopal Church
 (Downstairs – Side Entrance)
 205 North 7th Street
 Stroudsburg, PA 18360

7 – 8:30 pm **The Ultimate Weapon**
 o, LD, RF, RR
 1st WK: HW
 2nd WK: LC
 3rd WK: SG
 4th WK: BT
 5th WK: CC
Community Bible Church
 899 Route 940
 Blakeslee, PA 18347

7 – 8:30pm **Acceptance, Faith, & Commitment**
 o, RF
 1st WK: SP
 2nd WK: ST, SP
 3rd WK: JC, OD
 4th WK: TR, SP
 5th WK: CC
St. Paul's Lutheran Church
 139 Craigs Meadow Road
 East Stroudsburg, PA 18301

Friday

12 – 1:30 pm **Celebrate Today- ZOOM**
 SP
 ID: 5702346900
 PW: 949566

12 – 1:30 pm **Just For Today**
 o, ST
**East Stroudsburg United
 Methodist Church**
 83 South Courtland Street
 East Stroudsburg, PA 18301

5:30 – 6:30 pm **Simplicity Is The Key**
 o, LC, ♿
**Christ Hamilton United Lutheran
 Church 419 Bossardsville, Road**
 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

7:30 – 8:30 am **The Living Clean Group - ZOOM**
 LC, JT
 ID: 8489823297
 PW: 242421

8:30 – 10 am **If You Want What We Have To Offer**
 c, RF, SG, SP, TR
Stroudsburg Wesleyan Church
 915 North 5th Street (Route 191)
 Stroudsburg, PA 18360
MEETING HELD IN CHURCH SANCTUARY

7:00 – 8:30 pm **Message Of Hope**
 o, BT
St. Paul's Lutheran Church
 (Left Side Entrance)
 139 Craigs Meadow Road
 East Stroudsburg, PA 18301

★ **ALL FACILITIES ARE NON-SMOKING** ★
ZOOM INFO: WWW.ZOOM.COM


**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	NC • No Children Allowed
B • Beginners' Meeting	O • Open Meeting – The Public Is Welcome
BL • Bilingual Meeting	OD • Open Discussion
BT • Basic Text Discussion	RF • Rotating Format
C • Closed Meeting - For Addicts Only Please	RR • Round Robin
CC • Chairpersons Choice	SD • Spiritual Topic Discussion
CL • Candlelight – Meeting Held By Candlelight	SG • Step Guide Meeting
CN • Concept Meeting	SP • Speaker Meeting
CT • California Tag	SGC • Speaker Getter's Choice
GC • Groups Choice	ST • Step Meeting
HW • It Works How & Why	TD • Topic Discussion
IP • IP Pamphlet	TR • Tradition Meeting
JT • Just For Today Book Discussion	WR • Writing Meeting
LD • Literature Discussion	JC • "The Journey Continues"
LC • Living Clean The Journey Continues	 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!

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 at East Stroudsburg United Methodist Church 83 South Courtland St E. Stroudsburg, PA 18301

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:

pmana.pr.chair@gmail.com
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



Pocono Mountains Area of Narcotics Anonymous



July 2023 Meeting & Zoom List

*P.O. Box 1053
Stroudsburg, PA 18360*

**Helpline 24 hours:
(570) 421-6618**

Call the Helpline to:

- Speak to Another Addict & Reach Out for Help
- Ask for Directions to Meetings
- Ask for a Ride to a Meeting
- Find Information for the Public About NA