Sunday

8:30 – 10 am Steps c, NC, SG, SP, St. Lt

Steps To FreedomSt. Luke's Hospital

Monroe Campus Conference Rooms A&B (Lower Level) 100 St Luke's Lane Stroudsburg, PA 18360

2 – 3:30 pm

Alive & Free

Stroudsburg Wesleyan Church 915 North 5th Street (Route 191)

Stroudsburg, PA 18360

MEETING HELD DOWNSTAIRS

6:30 - 8 pm

O, SP, ST, 🕏

We Became Willing - HYBRID

ID: 5709725149 Password: 683681 The Mountain Center

(Entrance at Rear of Building)

354 Memorial Blvd Tobyhanna, PA 18466

7 - 8:30 pm c, SP, BT, LC We Are One

Stroudsburg Wesleyan Church 915 North 5th Street (Route 191)

Stroudsburg, PA 18360

Monday

12 - 1:30 pm

Just For Today

o, sp East Stroudsburg United
Methodist Church

83 South Courtland Street East Stroudsburg, PA 18301

12 - 1:30 pm

Celebrate Today- ZOOM ID: 5702346900

PW: 949566

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

30 pm Gratitude Is Our Attitude

East Stroudsburg Presbyterian Church, 55 Smith Street East Stroudsburg, PA 18301 * NO SMOKING ANYWHERE ON CHURCH

GROUNDS*

7:30 – 9 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

o, RF, TR, IP East Stroudsburg United

Methodist Church

83 South Courtland Street East Stroudsburg, PA 18301

12 – 1:30 pm

Celebrate Today- ZOOM

ID: 5702346900 PW: 949566

6 - 7:30 pm

pm Never Alone

O, RF, HW, SP

Stroudsburg Wesleyan Church 915 North 5th Street (Route 191) Stroudsburg, PA 18360

MEETING HELD IN CHURCH SANCTUARY

7:00 - 8:30 pm

The Few, The Proud, The Serene

St. Paul's Lutheran Church 158 Fish Hill Rd

Tannersville, PA 18372

Wednesday

12 – 1:30 pm

O, ST

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 - 8:30 pm

No Nonsense Group

O, RF, SP, SD, LC, 5

1st WK: ST/SP

2nd WK: SD/SP

3rd -5th WK: LC/SP

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

O, B, ST

Hope In Coolbaugh - HYBRID

ID: 2623197495 PW: 298650

The Mountain Center (Entrance at Rear of Building)

354 Memorial Blvd Tobyhanna, PA 18466

Thursday

12 **–** 1:30 pm

Just For Today

o, ld, lc 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 – 8:30 pm O, LD, RF, RR

O, LD, RF, RR 1st WK: HW 2nd WK: LC 3rd WK: SG 4th WK: BT The Ultimate Weapon

Community Bible Church 899 Route 940 Blakeslee, PA 18347

5th WK: CC **7 - 8:30pm**

O, RF

O, BT

Acceptance, Faith, & Commitment

St. Paul's Lutheran Church (Left Side Entrance) 139 Craigs Meadow Road East Stroudsburg, PA 18301

Friday

12 – 1:30 pm

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

5:30 - 6:30 pm

Simplicity Is The Key

Christ Hamilton United Lutheran Church, 419 Bossardsville Road

Stroudsburg, PA 18360

7:30 – 9 pm c, st, tr, sp, &

O.RF.

Miracles in the Mountains Christ Episcopal Church

(Downstairs – Side Entrance)

205 North 7th Street Stroudsburg, PA 18360

Saturday

7:30 — 8:30 am The Living Clean Group — ZOOM

ID: 8489823297 Password: 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

7:00- 8:30 pm o, BT

n Message Of Hope
St. Paul's Lutheran Church

(Left Side Entrance)

139 Craigs Meadow Road East Stroudsburg, PA 18301

 \star

ALL FACILITIES ARE NON-SMOKING



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
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 Pamoblet

Continues

JT • Just For Today Book
Discussion
LD • Literature Discussion
LC • Living Clean The Journey

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!

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, 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





December 2023 Meeting List

P.O. Box 1053 Stroudsburg, PA 18360

www.nameetingspoconos.com

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