

## We Do Recover

When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends — jails, institutions or death — or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual—not religious — program, known as Narcotics Anonymous.

**BEFORE YOU PICK UP,  
FIRST PICK UP THE PHONE  
PHONE NUMBERS**

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## What is the Narcotic Anonymous Program?

NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

### **“AREA SERVICE”**

*“Directly Responsible To Those They Serve”*

***TO FULFILL THE FELLOWSHIP'S  
PRIMARY PURPOSE, THE NA GROUPS  
HAVE JOINED TOGETHER TO CREATE A  
STRUCTURE WHICH DEVELOPS,  
COORDINATES, & MAINTAINS SERVICES  
ON BEHALF OF NA AS A WHOLE***

**NA LITERATURE & GROUP SUPPLIES  
CAN BE PURCHASED THE THIRD  
SATURDAY OF EACH MONTH AT THE  
AREA SERVICE COMMITTEE  
12:00 PM to 2:00 PM**

***Your Area committees meet regularly each  
month at the following location & times:***

**FIRST PRESBYTERIAN CHURCH  
200 N. Center Street  
Ebensburg, PA 15931**

- Outreach ..... 12:00 noon-3rd Sat.**
- Unity Retreat ..... 12:00 noon-3rd Sat.**
- Activities..... 1:00 pm-3rd Sat.**
- Hospitals & Institutions..... 1:00 pm-3rd Sat.**
- Public Information..... 12:00 noon-3rd Sat.**
- New GSR Orientation..... 1:15 pm-3rd Sat.**

# **MARCH** **2017** rev4 **Meeting List** **LAUREL MT. HIGHLANDS AREA**

*of*



Meetings for the Counties: Bedford, Blair, Cambria, Indiana, Jefferson, and Somerset of Pennsylvania

**If you want to stop using and can't, call:  
NARCOTICS ANONYMOUS**

**HELPLINE**

**1-888-251-2426**

**www.lmhana.com**

**T.T.Y./Hearing Impaired ..... 1-412-281-1375**

***HELPLINE IS FOR ADDICTS SEEKING  
RECOVERY AND MEETING LOCATIONS***

Tri-State Regional Service Office of NA  
**www.tristate-na.org • 412-462-4246**

NA World Service Office  
**www.na.org • 818-773-9999**

*Mail all correspondence to*  
**L.M.H.A.N.A.  
P.O. Box 52  
Ebensburg, PA 15931**

## SUNDAY

**6PM-7:30PM ALTOONA: BASED ON ATTRACTION**  
[DISC SPK LIT VAR OPEN]  
Bethany Lutheran Church, 200 3rd Ave

**7PM-8PM INDIANA: SUNDAY SURVIVORS**  
[TOP OPEN]  
Zion Lutheran Church, 100 S 6th St

**7PM-8PM JOHNSTOWN: FREE YOURSELF**  
[LIT OPEN]  
The Franklin St United Methodist Church  
501 Locust St, Across from Post Office

**7:30PM-8:30PM SOMERSET: HUGS NOT DRUGS**  
[DISC OPEN WA]  
Grace United Methodist Church, 320 Felgar Rd

## MONDAY

**9AM-10AM ALTOONA: WE OWE IT ALL-TO-NA**  
[DISC JFT OPEN WA]  
Crossroads Clubhouse, 827 19th St

**9AM-10:15AM JOHNSTOWN: THE ELEVATOR IS BROKEN**  
[CAN DISC SPK LIT IP VAR OPEN]  
St. Mark's Episcopal Church, 335 Locust St

**7PM-8PM JOHNSTOWN: THE SIMPLE SOLUTION**  
[DISC LIT VAR OPEN WA]  
Moxam Church of the Brethren, 536 Grove Ave

**7:30PM-9PM ALTOONA: MONDAY NITE NA TEXT**  
[BT DISC SPK LIT TOP STEP OPEN]  
Wehnwood United Methodist Church, 2511 Juniata Gap Road

**7:30PM-9PM INDIANA: 24 PRINCIPLES FOR 24 HOURS**  
[DISC IW OPEN WA]  
Graystone Presbyterian Church, 640 Church St (in basement)

**8PM-9PM JOHNSTOWN: JUST FOR TODAY**  
[BT SPK LIT OPEN WA]  
Lee Hospital, 336 Main St  
(door to left of main entrance)

## TUESDAY

**7PM-8PM EBENSBURG: POINT OF FREEDOM**  
[CW LIT QA VAR OPEN]  
Ebensburg Presbyterian Church, 200 N. Center St

**7PM-8PM INDIANA: TURNING POINT**  
[DISC SPK TOP IP OPEN]  
One Hope Church, 100 Ben Franklin Road

**7PM-8PM JOHNSTOWN: BACK TO BASICS**  
[BT DISC SPK LIT VAR OPEN WA]  
Speaker last mtg. of the month  
First United Methodist Church, 436 Vine St, Downtown

**7:30PM-9PM ALTOONA: JUST FOR TODAY**  
[JFT OPEN WA]  
Second Avenue United Methodist, 130 2nd Ave

**7:30PM-8:30PM SOMERSET: ATTITUDE OF GRATITUDE**  
[DISC SPK LIT OPEN WA]  
(speaker 2nd Tues of month)  
First United Methodist Church, 149 W. Patriot St  
(enter from parking lot left of church)

## WEDNESDAY

**9AM-10AM ALTOONA: WE OWE IT ALL-TO-NA**  
[DISC JFT OPEN WA]  
Crossroads Clubhouse, 827 19th St

**12NOON-1PM INDIANA: HIGH NOON**  
[TOP OPEN WA]  
Indiana Church of Christ, 225 East Pike Road

**7PM-8PM HOMER CITY: NO MATTER WHAT**  
[DISC LIT TOP OPEN]  
Hope Evangelical Lutheran Church, 35 Ridge Avenue

**7:30PM-9PM ALTOONA: HOPE NOT DOPE**  
[DISC SPK TOP IP STEP TRAD OPEN]  
Juniata Presbyterian Church, 522 N. 7th Ave, Juniata

**7:30PM-8:30PM JOHNSTOWN: HIGH HOPES**  
[CAN DISC SPK OPEN]  
The Franklin St United Methodist Church  
501 Locust St, Across from Post Office

**8PM-9PM BEDFORD: NA WAY**  
[DISC TOP OPEN]  
Bedford Presbyterian Church,"Annex Bldg" 145 S Juliana St  
(Across Alley, Behind Church,2nd floor rear entrance)

## THURSDAY

**7PM-8PM ALTOONA: RECOVERING ADDICTS WITH A PURPOSE**  
[CAN CW SPK TOP IP OPEN WA]  
Juniata United Methodist Church, 808 N. 4th Street

**7PM-8PM INDIANA: SUBJECT TO REVISION**  
[CW LIT OPEN WA]  
First Unitarian Universalist Church, 285 Twolick Dr

**7:45PM-9PM JOHNSTOWN: K.I.S.S.**  
[DISC SPK LIT VAR IP OPEN]  
St. Rochus Activities Center, 8th Ave & Chestnut St, Cambria City

## FRIDAY

**9AM-10AM ALTOONA: WE OWE IT ALL-TO-NA**  
[DISC JFT OPEN WA]  
Crossroads Clubhouse, 827 19th St

**7:30PM-9PM HOLLIDAYSBURG: BY ANY MEANS NECESSARY**  
[DISC SPK LIT STEP TRAD OPEN WA]  
Hollidaysburg Veterans Home, Old Route 220  
(Admin Building, Area 14)

**7:30PM-8:30PM SOMERSET: PROMISE IS FREEDOM**  
[DISC SPK LIT OPEN WA]  
Speaker last Friday of month  
St. Peter's Church, 433 W Church St  
(Parking Lot Side, Rear Entrance)

**7:30PM-8:30PM SOMERSET: PROMISE IS FREEDOM**  
[DISC SPK LIT OPEN WA]  
Speaker last Friday of month  
St. Peter's Church, 433 W Church St  
(Parking Lot Side, Rear Entrance)

**8PM-9PM BEDFORD: WE DO RECOVER**  
[BT DISC OPEN]  
Bedford Presbyterian Church,"Annex Bldg", 145 S Juliana St  
(Across Alley, Behind Church,2nd floor rear entrance)

**8PM-9/9:30PM INDIANA: WHY DIE**  
[CAN CW SPK VAR OPEN WA]  
First Unitarian Universalist Church, 285 Twolick Dr

**8PM-9PM JOHNSTOWN: THANK GOD IT'S NA**  
[DISC OPEN WA]  
Speaker 5th Friday of month  
Lee Hospital, 336 Main St  
(door to left of main entrance)

## SATURDAY

**10AM-11AM FRIEDENS: THE JOURNEY CONTINUES**  
[LIT SPK OPEN]  
Next Day Ministries, Inc, 517 Acosta Rd  
(door to left of main entrance)

**11AM-12NOON ALTOONA: LIVE AND LET LIVE**  
[OPEN]  
Hope Community Church, 1520 11th Street

**12NOON-1PM INDIANA: CLEAN AND SERENE**  
[DISC TOP OPEN WA]  
The Atrium, 665 Philadelphia St  
(2nd floor)

**6:30PM-8PM ALTOONA: IT'S SATURDAY NIGHT LIVE**  
[DISC OPEN]  
James E. Van Zandt VA Medical Center, 2907 Pleasant Valley Blvd  
(2nd floor auditorium)

**6:30PM-7:30PM JOHNSTOWN: SERENITY IN THE VALLEY**  
[DISC TOP OPEN WA]  
Lee Hospital, 336 Main St  
(door to left of main entrance)

**7PM-8PM INDIANA: SATURDAY STAYING ALIVE**  
[BT OPEN WA]  
Indiana First Church of the Nazarene, 100 N 3rd St

**8PM-9:30PM NEW FLORENCE: OLD SCHOOL BYOBT**  
[DISC LIT STEP OPEN]  
United Methodist Church, 200 9th St

## KEY TO CODES

BEG = Beginner/Newcomer	MED = Meditation
BT = Basic Text Study	QA = Questions & Answers
CAN = Candlelight	SPK = Speaker
CPT = 12 Concepts	STEP = Step
CW = Children Welcome	SWG = Step Working Guide
DISC = Discussion/ Participation	Study = Women
GL = GLBT	RA = Restricted Access
IP = IP Study	SMOK = Smoking
IW = It Works Study	TOP = Topic
JFT = Just For Today Study	VAR = Format Varies
LC = Living Clean Study	TRAD = Tradition
LIT = Literature Study	WA = Wheelchair Accessible
M = Men	Y = Young People