We Do Recover

When at the end of the road we find that we no longer function as a human being, either with or without drugs, we all face the same. 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

REAL TIME

CHECK FOR UPDATED NA MEETING INFORMATION ON TIME, LOCATION & CHANGES AT

LMHANA.COM



Before You Pick Up! Pick Up The Phone and Call a Recovering Addict First! <u>Get Phone Numbers!</u>

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 1:45 PM

Your Area committees meet regularly each month at the following location & times: <u>FIRST PRESBYTERIAN CHURCH</u> 200 N. Center Street Ebensburg, PA 15931

| Policy & Administration | 11:00 am-3rd Sat. |
|--------------------------|---------------------|
| Outreach | 12:00 noon-3rd Sat. |
| Unity Retreat | 12:00 noon-3rd Sat. |
| Public Relations | 1:00 pm-3rd Sat. |
| Activities | 1:00 pm-3rd Sat. |
| Hospitals & Institutions | 1:00 pm-3rd Sat. |
| New GSR Orientation | 1:15 pm-3rd Sat. |
| Area Service | 2:00 pm -3rd Sat. |

Laurel Mt. Highlands Area



Meetings are for the Pa Counties: Bedford, Blair, Cambria, Indiana, Jefferson and Somerset

If you want to stop using and can't, call: NARCOTICS ANONYMOUS HELPLINE - 1-888-251-2426

HELPLINE is for Addicts Seeking Recovery and Meeting Locations

www.lmhana.com

Mail all correspondence to LMHANA P.O. Box 52, Ebensburg, PA 15931

T.T.Y./Hearing Impaired1-412-281-1375

Tri-State Regional Service Office of NA www.tsrscna.org

NA World Service Office www.na.org

SUNDAY

| 10AM-11AM - Altoona: | Spiritual Not Religious | |
|-------------------------------------------------------|----------------------------|--|
| [LIT OPEN WA] | | |
| Blair County Drug and Alcohol, 3001 Fairway Dr | | |
| 7PM-8:30 PM Altoona: | Not Today - No Matter What | |
| [WA OPEN DISC] | | |
| Crossroads Clubhouse, 827 19th Street, Altoona | | |
| 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 510 Locust St | | |
| 7:00PM-8:00PM - Somerset: | Hugs Not Drugs | |
| | | |

[DISC OPEN WA] Grace United Methodist Church, 320 Felgar Rd

| MONDAY | |
|--------------------------------------------|------------------------------|
| 6PM-7PM - Indiana: | Restoration To Sanity |
| [DISC SPK VAR OPEN WA] | |
| Indiana County Recovery Center, Suite 201 | , 574 Philadelphia St |
| 7PM-8PM - Johnstown: | Simple Solution |
| [DISC SPK VAR OPEN] | |
| Moxham Church of the Brethren, 536 Grove | e Ave |
| 7PM-8PM - Reynoldsville: | Broken Yet Accepted |
| [LIT, DISC, OPEN, WA | |
| 16 North Third Street | |
| 7PM-8PM - Somerset: | Simplicity is the Key |
| [LIT OPEN] | |
| Somerset Church of Christ, 310 S. Kimberly | y Ave |
| 7:30PM-9:00PM - Altoona: | NA Basic 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] | |
| Gray stone Presby Church, 640 Church St (i | n basement middle room) |
| | |

TUESDAY

| <u>7PM-8PM</u> - Ebensburg: | Point Of Freedom | |
|------------------------------------------------------|-----------------------|--|
| [OPEN] | | |
| Ebensburg Presbyterian Church, 200 N. Center St | | |
| 7PM-8:20PM - Indiana: | Turning Point | |
| [DISC SPK TOP IP OPEN] | | |
| One Hope Church, 100 Ben Franklin Road | | |
| 7:00PM-8:00PM - Somerset: | Attitude Of Gratitude | |
| [DISC SPK LIT OPEN WA] - (speaker 2nd Tues of month) | | |
| First United Methodist Church, 149 W. Patriot St | | |
| 7:30PM-9PM - Altoona: | Just For Today | |
| [JFT OPEN WA] | | |
| 2nd Ave Methodist Church, 130 2 nd Ave | | |

| WEDNESDAY | | |
|----------------------------------------------------------------------------------------------|----------------------------------------------|--|
| 5:30PM-6:30PM - Indiana: | Living Clean | |
| [LC OPEN WA] Indiana County Recovery Center, Suite 2 | 201 574 Philadelphia St. | |
| 7PM-8PM - Homer City: | No Matter What | |
| [DISC LIT TOP OPEN] | | |
| Hope Evangelical Lutheran Church, 35 l | Ridge Ave | |
| 7PM-8PM - Punxsutawney: | 2nd Chance Survivors | |
| [OPEN LIT DISC WA] The New Anchor Inn, 466 Harmony Roa | ad, Punxsutawney Pa | |
| 7PM-8PM – Somerset: | The Basics | |
| [LIT DISC OPEN] | | |
| St Paul's Presbyterian Church, 1845 N C 7:30PM-830PM - Johnstown: | Center Ave, Somerset Pa High Hopes | |
| [CAN DISC SPK OPEN] | | |
| The Franklin St United Methodist Churc | ch, 501 Locust St | |
| Across from Post Office | | |
| 7:30PM-9PM - Altoona: | Hope Not Dope | |
| [DISC SPK TOP IP STEP TRAD OPEN | 1] | |
| Juniata Presbyterian Church, 522 N. 7th | Ave, Juniata | |
| 7:30PM-8:30PM - Bedford: | NA Way | |
| [DISC LIT OPEN] | | |
| Bedford Presbyterian Church, "Annex B | Idg" 145 S Juliana St | |
| (Across Alley, Behind Church,2nd floor | rear entrance) | |
| THURSDAY | | |
| 6PM – 7PM - Johnstown | Primary Purpose | |
| [LIT DISC OPEN WA] – Lower Rear Entrance Facing Francis St. | | |
| Mt. Calvery Lutheran Church, 1000 Sca | - | |
| | llingness, Trust & Faith | |
| [OPEN LIT DISC WA] | | |
| Blair Co Drug & Alcohol, 3001 Fairway | | |
| 7PM-8:15 PM - Indiana: | Subject To Revision | |
| [CW LIT OPEN WA] | | |
| First Unitarian Universalist Church, 285 | | |
| | Principles Before Personalities | |
| [VAR OPEN WA] | | |
| Somerset Anglican Fellowship, 132 E. U | K.I.S.S. | |
| 8 PM-9 PM - Johnstown: | K.1.5.5. | |
| [DISC SPK LIT VAR IP OPEN] St. Rochus Activities Center, 314 8th Av | ve Cambria City | |
| | | |
| 7:00PM-8:00PM – Reynoldsville: "FIRST THURSDAY of Each Month | Step Sistas Group of NA | |
| [W (Ladies Only) STEP WA] | UNLI | |
| [w (Ladies Only) STEP wA] CMA Church of Reynoldsville, 16 N 3rd Street, Reynoldsville Pa | | |
| • | • | |
| *KEAL II | *REAL TIME* | |

FOR UPDATED NA MEETING INFORMATION ON TIME, LOCATION & CHANGES - AT LMHANA.COM



FRIDAY

| 5:30 PM – 6:30 PM - Indiana: | Turn The Page |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| [VAR DISC OPEN WA] | 0 |
| Indiana County Recovery Center, 574 Philad | 1 (|
| 7:00PM-8:00PM - Somerset: | Promise Is Freedom |
| [VAR OPEN WA] | |
| St. Peter's Church, 433 W Church St | |
| (Parking Lot Side, Rear Entrance) | |
| 7:30PM-9PM - Altoona: | By Any Means Necessary |
| [DISC SPK LIT STEP TRAD OPEN WA] | |
| Juniata United Methodist Church, 808 N. 41 | h St. |
| 8PM-9PM - Indiana: | Why Die |
| [SPK OPEN] | |
| Indiana Alliance Church, 2510 Warren Roa | d (in the gym) |
| 7PM – 8:15PM - Johnstown | Common Welfare Grou |
| | |
| [OPEN LIT DISC WA SPK-1 st Fri/Mo] | |
| [OPEN LIT DISC WA SPK-1 st Fri/Mo] FAVOR Laurel Highlands Recovery Cntr 22 | 26 Fairfield Ave. |
| | 26 Fairfield Ave. |
| FAVOR Laurel Highlands Recovery Cntr 22 | 26 Fairfield Ave. |
| FAVOR Laurel Highlands Recovery Cntr 22 | |
| FAVOR Laurel Highlands Recovery Cntr 22 | 26 Fairfield Ave. Wake Up And Live |
| FAVOR Laurel Highlands Recovery Cntr 22 SATURDAY 10:30AM – 12 NOON - Altoona: [VAR OPEN WA] | |
| FAVOR Laurel Highlands Recovery Cntr 22 SATURDAY 10:30AM – 12 NOON - Altoona: [VAR OPEN WA] Community Hope Church, 1520 11 th Street | Wake Up And Live |
| FAVOR Laurel Highlands Recovery Cntr 22 SATURDAY 10:30AM – 12 NOON - Altoona: | |
| FAVOR Laurel Highlands Recovery Cntr 22 SATURDAY 10:30AM – 12 NOON - Altoona: [VAR OPEN WA] Community Hope Church, 1520 11 th Street 12Noon-1PM - Indiana: | Wake Up And Live Clean And Serend |
| FAVOR Laurel Highlands Recovery Cntr 22 SATURDAY 10:30AM – 12 NOON - Altoona: [VAR OPEN WA] Community Hope Church, 1520 11 th Street 12Noon-1PM - Indiana: [DISC TOP OPEN WA] | Wake Up And Live Clean And Serenc |
| FAVOR Laurel Highlands Recovery Cntr 22 SATURDAY 10:30AM – 12 NOON - Altoona: [VAR OPEN WA] Community Hope Church, 1520 11 th Street 12Noon-1PM - Indiana: [DISC TOP OPEN WA] The Atrium, 665 Philadelphia St - (2nd floor | Wake Up And Live Clean And Serenc |
| FAVOR Laurel Highlands Recovery Cntr 22 SATURDAY 10:30AM – 12 NOON - Altoona: [VAR OPEN WA] Community Hope Church, 1520 11 th Street 12Noon-1PM - Indiana: [DISC TOP OPEN WA] The Atrium, 665 Philadelphia St - (2nd floor 6PM-7:30PM - Altoona: [DISC TOP OPEN WA] | Wake Up And Live Clean And Serence) Restored To Sanity |
| FAVOR Laurel Highlands Recovery Cntr 22 SATURDAY 10:30AM – 12 NOON - Altoona: [VAR OPEN WA] Community Hope Church, 1520 11 th Street 12Noon-1PM - Indiana: [DISC TOP OPEN WA] The Atrium, 665 Philadelphia St - (2nd floor 6PM-7:30PM - Altoona: | Wake Up And Live Clean And Serence) Restored To Sanity |

Indiana First Church of the Nazarene, 100 N 3rd St 7PM-8PM - Johnstown: Saturday Night Jive [OPEN LIT DISC WA]

FAVOR Laurel Highlands Recovery Cntr 226 Fairfield Ave

Key To Codes:

| OPEN Meeting open to all people | LC Living Clean Study |
|---------------------------------|--------------------------------|
| CLOSED - For Addicts Only | LIT Literature Study |
| BEGBeginner or Newcomer | M Men |
| BT Basic Text Study | MED - Meditation |
| CAN Candlelight | QA Question & Answer |
| CPT 12 Concepts | SPK Speaker |
| CW Children Welcome | Step Step |
| DISC Discussion | SWG - Step working Guide Study |
| GL GLBT | WWomen |
| IP IP Study | RA Restricted Access |
| IW It Works Study | SMOK-Smoking |
| JFT Just For Today Study | TOP Topic |
| VAR Format Varies | TRAD-Traditions |
| WA Wheelchair Accessible | Y Young People |