

**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](http://LMHANA.COM)



Before You Pick Up!  
Pick Up The Phone and Call a Recovering Addict First!  
Get 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 1:45 PM

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



**Meeting List<sup>®</sup>  
January – 2025**

Revised = 12 - 28 - 2025

*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](http://www.lmhana.com)**

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

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

**Tri-State Regional Service Office of NA**  
[www.tsrsna.org](http://www.tsrsna.org)

**NA World Service Office**  
[www.na.org](http://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 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 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 (in basement middle room)

## TUESDAY

**7PM-8PM - 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<sup>nd</sup> Ave

## WEDNESDAY

**5:30PM-6:30PM - Indiana:** **Living Clean**  
[LC OPEN WA]

Indiana County Recovery Center, Suite 201 574 Philadelphia St.

**7PM-8PM - Homer City:** **No Matter What**  
[DISC LIT TOP OPEN]

Hope Evangelical Lutheran Church, 35 Ridge Ave

**7PM-8PM - Punxsutawney:** **2nd Chance Survivors**  
[OPEN LIT DISC WA]

The New Anchor Inn, 466 Harmony Road, Punxsutawney Pa

**7:30PM-8:30PM - Johnstown:** **High Hopes**  
[CAN DISC SPK OPEN]

The Franklin St United Methodist Church, 501 Locust St

Across from Post Office

**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 - Bedford:** **NA Way**  
[DISC LIT OPEN]

Bedford Presbyterian Church, "Annex Bldg" 145 S Juliana St

(Across Alley, Behind Church, 2nd floor rear entrance)

**7:30PM-8:30PM - Somerset** **The Only Requirement**  
[LIT, DISC, SPK, OPEN, WA]

Open Rhodes Recovery Center, 531 N. Center Ave, Somerset Pa

## THURSDAY

**6PM - 7PM - Johnstown** **Primary Purpose**  
[LIT DISC OPEN WA] - Lower Rear Entrance Facing Francis St.

Mt. Calvary Lutheran Church, 1000 Scalp Ave Johnstown Pa 15904

**7:00PM-8:30PM - Altoona:** **Willingness, Trust & Faith**  
[ OPEN LIT DISC WA]

Blair Co Drug & Alcohol, 3001 Fairway Drive, Altoona Pa 16602

**7PM-8:15 PM - Indiana:** **Subject To Revision**  
[CW LIT OPEN WA]

First Unitarian Universalist Church, 285 Twolick Drive

**7PM - 8:10PM - Somerset:** **Principles Before Personalities**  
[VAR OPEN WA]

Somerset Anglican Fellowship, 132 E. Union St

**8 PM-9 PM - Johnstown:** **K.I.S.S.**  
[DISC SPK LIT VAR IP OPEN]

St. Rochus Activities Center, 314 8th Ave, Cambria City

**7:00PM-8:00PM - Reynoldsville:** **Step Sistas Group of NA**  
"FIRST THURSDAY of Each Month ONLY"

[ W (Ladies Only) STEP WA]

CMA Church of Reynoldsville, 16 N 3rd Street, Reynoldsville Pa

**\*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]

Indiana County Recovery Center, 574 Philadelphia St - (2nd Floor)

**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]

Overflow Church 127 5<sup>th</sup> Ave Altoona Pa

**8PM-9PM - Indiana:** **Why Die**  
[ SPK OPEN ]

Indiana Alliance Church, 2510 Warren Road ( in the gym )

**7PM - 8:15PM - Johnstown** **Common Welfare Group**  
[ OPEN LIT DISC WA SPK-1<sup>st</sup> Fri/Mo ]

FAVOR Laurel Highlands Recovery Cntr 226 Fairfield Ave.

## SATURDAY

**12Noon-1PM - Indiana:** **Clean And Serene**  
[DISC TOP OPEN WA]

The Atrium, 665 Philadelphia St - (2nd floor)

**6PM-7:30PM - Altoona:** **Restored To Sanity**  
[DISC TOP OPEN WA]

Eighteenth St Community Church, 1416 18<sup>th</sup> street

**7PM-8PM - Indiana:** **Saturday Staying Alive**  
[BT OPEN WA]

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
BEG - - - - Beginner 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	W - - - - Women
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