## Help Line List

- **Williamsport area**
  - (570)-327-2678
- **Wilkes-Barre** – Beehive area
  - (866)-935-4762
- **Harrisburg** - Capital area
  - (717)-233-3733
- **Lewisburg** - Central Susquehanna valley area
  - (877)-501-1246
- **Cumberland Valley MD/PA and Gettysburg** - Mason Dixon area
  - (800)-445-3889 and (717)-642-3733
- **Lancaster county area**
  - (717)-393-4546
- **Lebanon valley area**
  - (717)-277-7500
- **Allentown** - Little Apple area
  - (610)-439-1998
- **Stroudsburg** - Pocono Mountains area
  - (570)-421-6618
- **Reading area**
  - (610)-374-5944
- **Hazleton** - Serenity in the Mountains area
  - (800)-397-3680
- **State College area**
  - (800)-494-2500 & (814)-237-5855
- **York area**
  - (717)-848-9988

- **Mid Atlantic Region**
  - [http://www.marscna.org/](http://www.marscna.org/)

- **World Service Office**

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## Lock Haven Area of Narcotics Anonymous

**Haven of Hope**

### ‘Summer15’

[www.lockhavenareaofna.org](http://www.lockhavenareaofna.org)

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### Suggestions for the Newcomer

**Ways to stay clean!**

1. Don’t use no matter what.
2. Attend 90 meetings in 90 days.
3. Get a sponsor and follow his/her suggestions.
4. Pray in the morning for strength and at night for thanks.
5. Stay away from all people, places, and things.
6. Help another addict.
7. Use your phone list!

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<th>Name: ___________________________</th>
<th>Phone Numbers</th>
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</table>
Sunday
7pm-8pm Open Lock Haven
United Evangelical Lutheran Church
(104 West Church & 1st St (behind KFC)
Recovery Works Home Group
[BT, CC, IP, Sp, TR]

Monday
7pm-8pm Open Lock Haven
Saint Paul’s Church
112 Main Street
Recovery Downtown Home Group
[CC, LC, Sp, St, Top]

Tuesday
7:30pm-8:30pm Open Castanea
Big Woods Bible Church
120 Logan Ave
Welcome Home Group
[CC, Sp, St, TR, WAIT]

Wednesday
7pm-8pm Open Lock Haven
Saint Paul’s Church
112 Main Street
Recovery Downtown Home Group
[JFT]

Thursday
7pm-8pm Open Lock Haven
United Evangelical Lutheran Church
(104 West Church & 1st St (behind KFC)
Recovery Works Home Group
{GB, Sp, St, WAIT]

Friday
7pm-8pm Open Lock Haven
Great Island Pres. Church
12 Water St
(behind post office)
Gift of Recovery Group
{St, TR, Var}

Saturday
11am-12pm Open Castanea
Big Woods Bible Church
120 Logan Ave
No longer a choice!
{JFT]

7pm-8pm Open Lock Haven
Great Island Pres. Church
12 Water St
(Behind post office)
Gift of Recovery Group
{BT, IP, NAW, Sp}

7pm-8pm Open Renovo
First Methodist Church (side entrance) 127 7th St Renovo
Road to Recovery
{Var}

{MEETING CODES}
Closed = Addicts only
Open = Public welcome
Beg = Beginners
BT = Basic text
CC = Chairs Choice
CW = Children welcome
D = Discussion
GB = Grab Bag
HW = It Works How and Why
IP = Info Pamphlet
JFT = Just for today
LC = Living Clean Book
Lit = Literature
NAW = NA Way
Sp = Speaker
St = Step
Top = Topic
TR = Tradition
Val = Varies
W = Women
WAIT = Where am I today
WC = Wheel chair
Grey = Changes

Subcommittee Meetings
Activities:
2nd & 4th Tuesdays
6:30pm
Big Woods Bible Church
120 Logan Ave, Castanea

Public Relations & Outreach:
2nd & 4th Fridays
5:30pm
Great Island Pres. Church
12 Water St, Lock Haven

H&I
1st & 3rd Thursdays
5:30pm
The Ross Library
232 West Main St, Lock Haven