MEETING LEGEND

| SYM | EXPLANATION OF SYMBOL |
|----------|---|
| 1 - 12 | Focus on specific NA Step(s) as listed |
| В | Beginner's Meeting |
| BK | Book Study-"Narcotics Anonymous Basic Text" |
| С | Closed Meeting, for addicts only |
| Cel-# | Celebrations held on the specified week of each month |
| Cel-M | Celebrations held on the last meeting of each month |
| Cel-W | Celebrations weekly |
| CM | Candlelight Meeting |
| CON | Book Study "12 Concepts For NA Service" |
| D | Discussion Meeting |
| GP | Book Study-"Guiding Principles" |
| Grab-Bag | Topic selected by a random draw |
| H&W | Book Study - "It Works: How and Why" |
| JFT | Book Study - "Just for Today" |
| L | Last Meeting of Each Month |
| LC | Book Study-"Living Clean: The Journey Continues" |
| M | Men's Meeting |
| О | Open Meeting |
| P | Focus on NA Information Pamphlet(s) |
| Rotating | Format varies by week |
| RR | Round-Robin-turn based meeting participation |
| S | Speaker Meeting |
| ST | Step Meeting |
| SWG | Book Study - "Step Working Guide" |
| TP | Topic - Focused Meeting |
| TD | Narcotics Anonymous Traditions Meeting |
| WH | Wheelchair accessible facility |
| W | Women's Meeting |

SUNDAY

7:00-8:00 AM - Toms River - "Morning Miracles"

(O,JFT,TP,Cel-W) Christ Episcopal Church, 415 Washington St.

10:00-11:30 AM - Toms River - "We Do Recover"

(O,B,ST1-3,Cel-W,WH) Community Medical Center, 99 Route 37 W. Auditorium C. Must Park in Designated Areas ONLY.

7:00-8:15 PM - Beachwood - "Serenity on Sunday"

(O,Rotating S,Cel-M,WH) St. Paul Lutheran Church, 130 Cable Ave. (corner of Rt. 9 and Rt. 166) May be extended by 15 mins at Chair's discretion

7:30-8:45PM - Point Pleasant - "Recovery by the Sea"

(O,S,Grab-Bag,Cel-M,CM) Church of St. Martha, 3800 Herbertsville Road (no parking in front, use side-entrance) May be extended by 15 mins at Chair's discretion

7:45-9:00 PM - Barnegat - "Let's Get Serious" (O,P1&3,RR2&4,Cel-W,WH)St. Mary's Church, 747 W. Bay Ave.

MONDAY

7:00-8:00 AM – Toms River – "Morning Miracles" (O,JFT,TP,Cel-W) Christ Episcopal Church, 415 Washington St.

Noon-1:00 PM – Toms River - "Surrender to Win"

(O,JFT,Cel-W,WH) Christ Episcopal Church, 415 Washington St. May be extended by 30 minutes at Chair's discretion.

6:30-7:30 PM – Toms River - "Recovery by the Book" (*C,D,Rotating,Lit Study,Cel-M*) Christ Episcopal Church, 415

Washington St. (No Children, please.)
7:00-8:00 PM - Toms River - "Women in Recovery"

(C, W,BK, WH) Ocean County College, College Drive, Russel Bldg. Room 233

7:30-8:45 PM - Point Pleasant - "Glad it's Here" (Rotating, C, D, Cel-M) Brick Presbyterian Church, 111 Drum Point Road

7:30-8:45 PM – Brant Beach-"Wave of Recovery" (O,S,ST,P,Cel-W) Holy Trinity Lutheran Church, 5800 Long Beach Blvd. All Saints Hall

8:00-9:00 PM - Toms River – "Men in Recovery" (*C,M,ST,D*) PLAYDROME Bowling Lanes, 821 Conifer St. (Meeting held in party room)

8:00-9:30 PM – Forked River-"Recovery is Possible"
(C,S,TP,D,L-ST,Cel-W) United Methodist Church, 203 Lacey Road

8:00-9:00 PM- New Gretna- "One Day At A Time" (O, Cel-W, Rotating, D) St. Paul's United Methodist Church, 5630 Route 9 North

TUESDAY

7:00-8:00 AM - Toms River - "Morning Miracles" (O,JFT,TP,Cel-W) Christ Episcopal Church, 415 Washington St.

Noon-1:00 PM – Toms River - "Surrender to Win"

(O,JFT, Cel-W, WH) Christ Episcopal Church, 415 Washington St.

May be extended by 30 minutes at the Chair's discretion.

7:30-8:30 PM - Lanoka Harbor- "Never Alone, Never Again" (C, JFT, D, Cel-W) Village Lutheran Church, 701 Western Blvd.

7:30-8:45 PM - Toms River - "Caring is Sharing" (O,S,TP,D,WH,Cel-M) First Assembly of God Church, 800 Bay Ave. (Rear entrance only. No Children, please.)

7:45-9:00 PM - Point Pleasant - "Twelve Steps and Beyond" (C,ST,S,TD,D,Cel-W) Presbyterian Church, 700 Foreman Ave. Educational Annex (No Children, please.)

8:00-9:15 PM - Little Egg Harbor - "Living Just For Today"

(O,B,Rotating Format, Cel-W) Good Shepherd Lutheran Church, 500 Mathistown Road and Route 9

8:30-9:30 PM - Toms River - "Get to Stepping"
(O, SWG, D, Cel-W) Ocean County College, College Drive, Bartlett
Bldg. Room 315 (Please use Lot 1)

WEDNESDAY

7:00-8:00 AM - Toms River - "Moming Miracles"
(O,JFT,TP,Cel-W) Christ Episcopal Church, 415 Washington St.
10:00-11:00 AM - Tuckerton - "Cornerstone Of Recovery"
(O,ST1-3,B) Holy Spirit Episcopal Church 220 East Route 9
Noon-1:00 PM - Toms River - "Surrender to Win"
(O,JFT,Cel-W,WH) Christ Episcopal Church, 415 Washington St.
May be extended by 30 minutes at the Chair's discretion.

6:30-7:30 PM - Lakehurst - "Cover To Recover" (C,BK,D,Cel-M,WH) Lakehurst Presbyterian Church, 212 Pine St.

8:00-9:00 PM - Forked River - "It Works: How and Why" (O,St1-3,H&W,Rotating,LC,Cel-W) United Methodist Church, 203 Lacey Road. May be extended by 15 minutes at the Chair's discretion.

8:00-9:15 PM - Toms River - "Share the Hope" (O,B,S,Grab-Bag,Cel-M,WH) Christ Episcopal Church, 415 Washington St.

8:00-9:15 PM - Manahawkin- "It's a Great Way to Start Living" (O,B,ST,Ce/-W,CM, WH) St. Mary of the Pines Parish Center, 100 Bishop Lane (behind Walmart), Room 11

THURSDAY

7:00-8:00 AM - Toms River - "Morning Miracles" (O,JFT,TP,Cel-W) Christ Episcopal Church, 415 Washington St.

Noon-1:00 PM – Toms River - "Surrender to Win" (O, JFT, Cel-W, WH) Christ Episcopal Church, 415 Washington St. May be extended by 30 minutes at the Chair's discretion.

7:00-8:30 PM - Brick-"A New Beginning"
(O,BK,S,Cel-W) Osbornville Baptist Church, 366 Drum Point
Road, (Rear left entrance)

8:00-9:30 PM - Manahawkin - "Recovery Road" (*C,S,D,Cel-W,WH*) Ocean Community Church, 1492 Route 72 West 8:00-9:30 PM - Seaside Heights- "New Heights" (*O,1-12StBK,S,Cel-M*) Our Lady of Perpetual Help Church. 100 Grant Ave.

8:00-9:30 PM – Toms River - "Principles before Personalities" (C,D,S,Rotating,ST,TD,LC,Cel-M) Pinelands Church, 898 Route 37 West. Last week Open Meeting for celebrations

7:00-8:15 PM - Brick - "Clean Livin"

O,ST,LC,S,D,Cel-W) Osbornville Baptist Church, 366 Drum Point Road (Rear left entrance)

7:15-8:30 PM - Jackson - "Stop the Insanity"

(O,Rotating Format) Jackson United Methodist Church, 68 Bennetts Mills Road (near Jackson Police Dept.)

8:00-9:00 PM - Lavallette - "The Journey Continues"

(C,LC,D,WH) Faith Church, 1801 Grand Central Ave. (Route 35 North)

8:00-9:15 PM - Manahawkin - "Serendipity"

(C,ST,D,Cel-W,WH) Southern Ocean Medical Center, 1140 Route 72

West, Peach Plum Room

8:00-9:15 PM - Beachwood - "Freedom Group of NA" (O,S,TP,Cel-W,WH) St. Paul Lutheran Church, 130 Cable Ave. (corner of Rt. 9 and Rt. 166)

SATURDAY

7:00-8:00 AM - Toms River - "Morning Miracles" (O,JFT,TP,Cel-W) Christ Episcopal Church, 415 Washington St.

10:00AM-11:15 AM - Toms River - "Better Late than Never" (O,SWG, Cel-W,WH) Ocean County College, College Drive, Barlett Bldg. Room 311

2:00-3:30 PM - Brick - "Keep It Simple"

(O,Rotating Format, Cel-W) Brick Presbyterian Church, 111 Drum Point Road

7:00-8:15 PM - Point Pleasant - "The Ties That Bind Us" (O,P,B,Rotating, Cel-W) Point Pleasant Presbyterian Church Education Annex, 700 Forman Ave. (corner of Bay Ave. & Forman Ave.)

7:30-8:45 PM - Manahawkin - "Our Gratitude Speaks" (O,S,D,Cel-W,WH) Southern Ocean Medical Center, 1140 Route 72 West. Peach Plum Room

8:00-9:15 PM - Bayville - "At the End of the Road"

(O, TP,S, D, Cel-M) St. Barnabas Church, 33 Woodland Road (Parking in back, please use rear entrance.) Meeting ends at 9:30 pm on celebration week.

9:30-10:45 PM - Bayville - "Giving It Away"

(O, Rotating, Cel-W2&4) Faith Community Church, 526 Atlantic City Blvd. (Route 9) (Please use side entrance.)

FRIDAY

7:00-8:00 AM - Toms River - "Moming Miracles" (O,JFT,TP,Cel-W) Christ Episcopal Church, 415 Washington St.

Noon-1:00 PM – Toms River - "Surrender to Win" (O,ST,S,Cel-W,WH) Christ Episcopal Church, 415 Washington St. May be extended by 30 minutes at the Chair's discretion. 6:30-7:30 PM – Toms River - "Prayer and Meditation" (C,H&W,Cel-3) The Log Cabin at Pine Lake Park, Eighth and Morningside Ave.

For additional local announcements, activities and events, go to Ocean

Area's local website -

WWW.OCANJ.Org

Most of us do not have to think twice about this question. We know! Our whole lives and thinking were centered in drugs in one form or another – the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions and death.

WHAT IS THE NARCOTICS ANONYMOUS PROGRAM?

NA is a nonprofit fellowship of men and women for whom drugs have 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. There are no strings attached to NA. We are not affiliated with any other organizations, we have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious or law-enforcement groups and are under no surveillance at any time. Anyone may join us, regardless of age, race, sexual identity, creed, religion or lack of religion. We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

WHY ARE WE HERE?

Before coming to the Fellowship of NA, we could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and we thought we had found it in drugs. We placed their use ahead of the welfare of our families, our wives, husbands, and our children. We had to have drugs at all costs. We did many people great harm but most of all we harmed ourselves. Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms. Most of us realized that in our addiction we were slowly committing suicide, but addiction is such a cunning enemy of life that we had lost the power to do anything about it. Many of us ended up in jail or sought help through medicine, religion, and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or continued to progress until in desperation we sought help from each other in Narcotics Anonymous. After coming to NA, we realized we were sick people. We suffered from a disease from which there is no known cure. It can. however, be arrested at some point and recovery is then possible.

THE SERENITY PRAYER

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference. - NA White Booklet, Narcotics Anonymous

GENERAL INFORMATION

NJ Statewide Helpline and Website

Meetings and Information: (732) 933-0462 (933-04NA) Helpline for calls from within NJ only: (800) 992-0401 http://www.nani.org

Narcotics Anonymous World Service Address and Website

P.O. Box 9999 Van Nuys, CA.91409

http://www.na.org

Ocean Area Service Conference (OASC)

Mailing address: Ocean Area Service Conference, P.O. Box 326 River, NJ Toms 08754 www.ocanj.org

Meets on the 3rd Sunday of each month, 3:00PM, Ocean Christian Community Center, 405 Washington St., Toms River, NJ 08753

Joint Administrative Conference (JAC) – 3rd Sunday of each month, 2:00PM, Prior to OASC. Area Chair: Still Bill 201-725-5492

OASC Subcommittees

Activities — 1st Tuesday of each month, 6:30 PM, First Assembly of God Church, 800 Bay Ave., Toms River (Rear entrance only, please)
Activities Chair: Drew R 609-276-9057

Hospitals and Institutions (H & I) - Last Tuesday of each month, 6:30PM, Ocean County Complex Cafeteria, 129 Hooper Ave., Toms River, access from 2nd Floor of Parking Garage. WORKSHOPS HELD ON ODD-NUMBERED MONTHS FOLLOWING THE SUBCOMMITTEE MEETING.

H&I Chair: Jen I. 732-644-3134

Public Relations (PR) - 2nd Wednesday of each month, 6:30 PM, Christ Episcopal Church 415 Washington St., Toms River (Classroom 3)

PR Vice Chair: Laura B. 848-525-9254

Ocean Area Convention Committee (OACC) – 3rd Thursday of each

month. 7:00pm, 415 Washington St Toms River Convention Chair: Kacie B. 732-757-9108

Convention Programming Committee - Time & Date TBA

Programming Chair: Phil B. 732-600-6022

Literature Review Committee - Time & Date TBA

Lit Review Chair: Jeff

Website Committee – Website Chair: Chris R. 973-634-6389 call or email updates webmaster@ocanj.org

Policy Committee - Meeting TBA

Policy Chair: Eve E. 732-859-4883

Meeting List Changes & Updates Contact – Meeting List Chair: Jess N. 973-818-1177 call or e-mail meetinglists@ocani.org

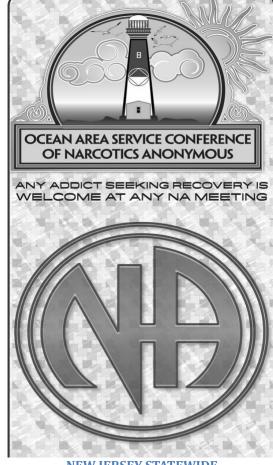
SUGGESTIONS FOR STAYING CLEAN

- Don't use no matter what.
- Avoid people, places, and things you used with or at.
- Come early and stay late.
- Get and use a sponsor.
- Join a home group.
- Go to 90 meetings in 90 days.
- Use the phone.
- Get involved.

Welcome

• Keep coming back. It works!

| MEN / WOMEN with 90 days or more clean | | |
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NEW JERSEY STATEWIDE HELPLINE (732)933-0462 www.ocani.org

Narcotics Anonymous Meeting List for Ocean Area of NI

February / March 2019

JUST FOR TODAY

Tall Voursal

Just for today, my thoughts will be on my recovery, living and enjoying life without the use of drugs.

 ${\it Just for today}, I$ will have faith in someone in NA who believes in me and wants to help me in my recovery.

Just for today, I will have a program. I will try to follow it to the best of my ability. Just for today, through NA I will try to get a better perspective on my life.

Just for today, I will be unafraid, my thoughts will be on my new associations, people who are not using and have found a new way of life.

So long as I follow that way, I have nothing to fear.