MEETING LEGEND

1-12 Focus on specific NA Steps as listed
B Beginner’s Meeting
BK Book Study - “Narcotics Anonymous Basic Text”
C Closed Meeting, for addicts only
Cel# Celebration held on the specified week of each month
Cel-M Celebration held on the last meeting of each month
Cel-W Celebrations weekly
CM Candlelight Meeting
D Discussion meeting
GP Book Study - “Guiding Principles”
GrabBag Topic selected by random draw
H&W Book Study - “It Works How and Why”
JFT Book Study - “Just for Today”
L Last Meetings of Each Month
LC Book Study - “Living Clean: The Journey Continues”
LIT Litany Study
M Men’s Meeting
O Open Meeting
P Focus on NA Information (Pamphlets)
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

Monday 7:00-8:00 AM - Toms River - “Morning Miracles” (Q, JFT, TP, Cel-W) Christ Episcopal Church, 415 Washington St.
    Noon-1:00 PM - Toms River - “Summer to Win” (Q, JFT, Cel-W, WH) Christ Episcopal Church, 415 Washington St.
    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.)

Tuesday 7:00-8:00 AM - Toms River - “Morning Miracles” (Q, JFT, TP, Cel-W) Christ Episcopal Church, 415 Washington St.
    Noon-1:00 PM - Toms River - “Summer to Win” (Q, JFT, Cel-W, WH) Christ Episcopal Church, 415 Washington St. May be extended by 30 minutes at Chair’s discretion.
    7:30-8:45 PM - Brick - “It’s All Here” (Rotating, Cel-M) Brick Presbyterian Church, 111 Drum Point Rd.

Wednesday 7:00-8:00 AM - Toms River - “Morning Miracles” (Q, JFT, TP, Cel-W) Christ Episcopal Church, 415 Washington St.
    10:00-11:00 AM - Tuckerton - “Cornerstone Of Recovery” (ST, 3-S, Holy Spirit Episcopal Church 220 East Rd 9
    Noon-1:00 PM - Toms River - “Summer to Win” (Q, 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 - Lakewood - “Cover To Recover” (C, D, Cel-M, WH) Lakewood Presbyterian Church, 212 Pine St.

Thursday 7:00-8:00 AM - Toms River - “Morning Miracles” (Q, JFT, TP, Cel-W) Christ Episcopal Church, 415 Washington St.
    Noon-1:00 PM - Toms River - “Summer to Win” (Q, 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 - 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” (C, ST, Cel-W, CM, WH) St. Mary’s of the Pines Parish Center, 100 Bishop Lane (behind Walmart), Room 11

Sunday 7:00-8:00 AM - Toms River - “Morning Miracles” (Q, JFT, TP, Cel-W) Christ Episcopal Church, 415 Washington St.
    10:00-11:30 AM - Toms River - “Better Late than Never” (O, SWG, Cel-W) The Counseling Center, 1198 Lakewood Rd. (Route 166)
    2:00-3:30 PM - Brick - “Keep It Simple” (O, Rotating Format, Cel-W) Brick Presbyterian Church, 111 Drum Point Rd.
    7:30-8:45 PM - Manahawkin - “Our Gratitude Speaks” (O, S, 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, JFT, Cel-W) St. Barnabas Church, 33 Woodland Road (Parking in back, please use rear entrance.) Meeting ends at 9:30 pm on celebration week.

FRIDAY 7:00-8:00 AM - Toms River - “Morning Miracles” (Q, JFT, TP, Cel-W) Christ Episcopal Church, 415 Washington St.
    Noon-1:00 PM - Toms River - “Summer to Win” (O, ST, Cel-W, WH) Christ Episcopal Church, 415 Washington St.

SUNDAY 7:00-8:00 AM - Toms River - “Morning Miracles” (Q, JFT, TP, Cel-W) Christ Episcopal Church, 415 Washington St.
    10:00-11:30 AM - Toms River - “We Do Recover” (O, ST, JFT, 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, Cel-S, Cel-W, 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.
    7:30-8:45 PM - Point Pleasant - “Recovery by the Sea” (O, S, Rotating, Cel-B, 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” (Q, P, I, BD, RR, 28, Cel-W, WH) St. Mary’s Church, 747 W. Bay Ave.

For additional local announcements, activities and events, go to Ocean Area’s local website - www.oceanj.org
WHO IS AN ADDICT?
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 recover. 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 do not get paid for what we do. We work because we have something better we want to give. 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. We had to have something different and we thought we could find it in drugs. We had found it in drugs.

We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions and death.

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.nanj.org

Narcotics Anonymous World Service Address and Website
P.O. Box 9993 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
http://www.oacnj.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 291-725-5402

OASC Subcommittees
Activities – 1st Wednesday of each month, 6:30 – 7:40PM, Christ Episcopal Church, 415 Washington St., Toms River
Activities Chair: Joe C. 732-589-1792
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: Jeff F. 732-673-5156
Public Relations (PR) – Meeting TBA
PR Vice Chair: Laura B. 848-523-0246 / Email: liberman5202@gmail.com
Ocean Area Conference Committee (OACC) – 2nd Thursday of each month.
Public Relations (PR) – Meeting TBA
Program Chair: Phil B. 732-673-0125
OASC Meeting List Changes – Meeting TBA
Website Committee – Website Chair: Elias V. 732-912-1685 call or email updates webmaster@oacnj.org
Policy Committee – Meeting TBA
Policy Chair: Amber K. 732-998-6450
Meeting List Changes & Updates Contact – Meeting List Chair: Jess N. 973-818-1177 call or e-mail meetinglists@oacnj.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.
• Keep coming back. It works!

Welcome

MEN / WOMEN with 90 days or more clean

NAME

PHONE

NEW JERSEY STATEWIDE
HELPLINE (732)933-0462
www.oacnj.org
Narcotics Anonymous Meeting List for
Ocean Area of NJ

March / April 2020
JUST FOR TODAY
Tell Yourself:
Just for today, my thought will be on my recovery, living and enjoying life without the use of drugs.
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 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 spread the Serenity Prayer to everyone I meet.

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