

MEETING LEGEND

SYM	EXPLANATION OF SYMBOL
1 –12	Focus on specific NA Step(s) as listed
B	Beginner’s Meeting
BK	Book Study –“Narcotics Anonymous Basic Text”
BS	Book Study Meeting
C	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-B ag	Topic selected by a random draw
H&W	Book Study –“It Works: How and Why”
H	Hybrid
JFT	Book Study –“Just for Today”
L	Last Meeting of Each Month
LC	Book Study- “ Living Clean: The Journey Continues”
M	Men’s Meeting
O	Open Meeting
P	Focus on NA Information Pamphlet(s)
Rotatin	Format varies by week

g	
RR	Round-Robin –turn based meeting participation
S	Speaker Meeting
ST	Step Meeting
SWG	Book Study –“Step Working Guide”
SPD	Spiritual PrincipalDiscussion
TP	Topic –Focused Meeting
TD	Narcotics Anonymous Traditions Meeting
VM	Virtual Meeting
WH	Wheelchair accessible facility
W	Women’s Meeting

For additional local announcements, activities and events, go to Ocean Area’s local website - www.ocanj.org

SUNDAY

7:00-8:00 AM – Toms River – “Morning Miracles” (O,JFT,TP,Cel-W) Christ Episcopal Church, 415 Washington St. 7:00-8:00 AM – ONLINE – “Serenity @ 7” (VM,O,JFT,D, Cel-W) ZOOM ID: 767 1109 767 PASSCODE: ocean
 10:00-11:30 AM – Bayville – “We Do Recover” (VM,O,B,ST1-3,Cel-W) 160 Atlantic City Blvd. ZOOM ID: 791 724 7910 PASSCODE: 555444
 7:00-8:15 PM – Beachwood – “Serenity on Sunday” (O,P,Cel-M,WH) St. Paul Lutheran Church, 130 Cable Ave. (corner of Rt. 9 and Rt. 166) *PARK IN REAR BY THE BARRIER FREE RAMP*
 7:00-8:15 PM – Barnegat – “Let’s Get Serious” (O,BS,S,R,Cel-W,WH) St. Mary’s Church,747 West Bay Ave
 7:30-8:45 PM – Point Pleasant – “Recovery by the Sea” (O,S,Rotating,Cel-M,CM) Church of St. Martha, 3800 Herbertsville Road (no parking in front, use side entrance please) May be extended by 15 mins at Chair’s discretion

MONDAY

7:00-8:00 AM – Toms River – “Morning Miracles” (O,JFT,TP,Cel-W) Christ Episcopal Church, 415 Washington St. 7:00-8:00 AM – ONLINE – “Serenity @ 7” (VM,O,JFT,D, Cel-W) ZOOM ID: 767 1109 767 PASSCODE: ocean
 Noon-1:00 PM – Toms River – “Recovery at High Noon” (O, JFT) Christ Episcopal Church, 415 Washington St., Downstairs Classroom 4 Noon-1:00 PM – ONLINE – “Midday Miracles” (VM,O,JFT,Cel-W) ZOOM ID: 791 724 7910 PASSCODE:555444 6:30-7:30 PM – Toms River – “Recovery by the Book” (C,D,Rotating,BS,Cel-M) Christ Episcopal Church, 415 Washington St (No Children, please.) 7:00-8:15 PM – Toms River- “Wonder Women” (C,W,BK,WH,Cel-W)- House of Hope Building (REAR ENTRANCE) 253 Chestnut St.
 7:00-8:15 PM – Toms River - “Monday Night Fire” (O,Rotating,TP,D) First United Methodist Church, 129 Chestnut St. (side door)
 8:00-9:00 PM - Toms River – “Men in Recovery” (C,M,ST,D) The Expert Touch 1021 Rt. 37 W Toms River, NJ 08755
 8:00-9:15 PM – Forked River -“Recovery is Possible” (C,S,TP,D,L-ST,Cel-W) United Methodist Church, 203 Lacey Road

TUESDAY

7:00-8:00 AM - Toms River - “Morning Miracles” (O,JFT,TP,Cel-W) Christ Episcopal Church, 415 Washington St. 7:00-8:00 AM - ONLINE - “Serenity @ 7” (VM,O,JFT,D, Cel-W) ZOOM ID: 767 1109 767 PASSCODE: ocean
 Noon-1:00 PM – Toms River – “Recovery at High Noon” (O, JFT) Christ Episcopal Church, 415 Washington St., Downstairs Classroom 4 12:00-1:00 PM - Toms River- “Majoring in Recovery” (D,O,H) Ocean County College, 1 College Dr, Bldg#4, Room #113 ZOOM ID: 791 724 7910 PASSCODE: 555444
 6:30-7:45 PM - Brick - “S.Y.A” (C,D,BK,Cel-W) Saint Thomas Lutheran Church, 135 Salmon St. Brick, NJ 08723
 7:00-8:00 PM - Beachwood - “Why We Stay” (C,D,SPD,Cel-M) St. Paul Lutheran Church, 130 Cable Ave. 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 - Point Pleasant -

“Twelve Steps and Beyond” (O,ST,S,D,Cel-W) Point Pleasant Presbyterian Church, 700 Foreman Ave. (Education Annex)
 8:30-9:30 PM – Toms River - “Get to Steppin’” (O,SWG,D,Cel-W) First United Methodist Church 129 Chestnut St. (Side Door)

WEDNESDAY

7:00-8:00 AM - Toms River - “Morning Miracles” (O,JFT,TP,Cel-W) Christ Episcopal Church, 415 Washington St. 7:00-8:00 AM - ONLINE - “Serenity @ 7” (VM,O,JFT,D,Cel-W)ZOOM ID: 767 1109 767 PASSCODE: ocean Noon-1:00 PM – Toms River – “Recovery at High Noon” (O, JFT) Christ Episcopal Church, 415 Washington St., Downstairs Classroom 4 Noon-1:00 PM – ONLINE – “Midday Miracles” (VM,O,JFT,Cel-W) ZOOM ID: 7917247910 PASSCODE: 555444 6:30-7:30 PM - Lakehurst - “Cover To Recover” (C,BK,D,Cel-M,WH) Lakehurst Presbyterian Church, 212PineSt. 7:00-8:15 PM - Toms River - “Share the Hope” (O,S,TP,JFT,Cel-M) Christ Episcopal Church, 415 Washington St. 7:45-8:45 PM – ONLINE - “Midweek Pit Stop” (VM,O,P,Cel-2) Zoom ID: 791 724 7910 passcode: 555444 8:00-9:00 PM - Forked River - “It Works: How and Why” (O,D,H&W, Cel-W) United Methodist Church, 203 Lacey Road. May be extended by 15 minutes at the Chair’s discretion. 7:00-8:00 PM - Manahawkin- "It’s a Great Way to Start Living" (O,Rotating,Cel-4,CM,WH) St. Mary of the Pines Parish Center, 100 Bishop Lane

THURSDAY

7:00-8:00 AM – Toms River – “Morning Miracles” (O,JFT,TP,Cel-W) Christ Episcopal Church, 415 Washington St. 7:00-8:00 AM - ONLINE - “Serenity @ 7” (VM,O,JFT,D, Cel-W) ZOOM ID: 767 1109 676 PASSCODE: ocean
 Noon-1:00 PM – Toms River – “Recovery at High Noon” (O, JFT) Christ Episcopal Church, 415 Washington St., Downstairs Classroom 4 6:30-8:00 PM - Brick - “Speakin’ on the Steps” (O,RR,ST,Cel-W) Brick Presbyterian Church, 111 Drum Point Rd. 7:30-8:45 PM – Seaside Heights- “New Heights” (O,1-12StBK,S,Cel-M) Our Lady of Perpetual Help Church. 100 Grant Ave.
 7:30-8:45 PM – Manahawkin- “Recovery

Road" (C, D, S) Ocean Community Church,
1492 Route 72

8:00-9:15 PM – Toms River - “Principles before
Personalities” (O,D,S,SPD,BS,Cel-M) Pinelands Reformed
Church, 898 Route 37 West.

FRIDAY

7:00-8:00 AM - Toms River - “Morning Miracles”
(O,JFT,TP,Cel-W) Christ Episcopal Church, 415 Washington
St. 7:00-8:00 AM - ONLINE - “Serenity @ 7”
VM,O,JFT,D, Cel-W) ZOOM ID: 767 1109 767
PASSCODE: ocean

Noon-1:00 PM – Toms River – “Recovery at High
Noon” (O, JFT) Christ Episcopal Church, 415 Washington
St., Downstairs Classroom 4 Noon-1:00 PM – ONLINE –
“Midday Miracles”
(VM,O,JFT,Cel-W) ZOOM ID: 791 724 7910
PASSCODE:555444 6:30-7:30 PM – Toms River -
“Prayer and Meditation” (C,H&W,Cel-M) The Log Cabin
at Pine Lake Park, Eighth and Morningside Ave.
7:00-8:15 PM – Point Pleasant - “Clean
Livin’” (O,ST,LC,S,D,Cel-W) Good Shepherd
Lutheran Church, 708 Route 88

7:15-8:30 PM - Jackson - “Stop the Insanity”
(O,WC,D)Jackson United Methodist Church, 68 Bennetts
Mills Rd. 7:30-8:30 PM - Bayville - "At the End of the
Road" (O,Rotating,Cel-W) St. Barnabas Church, 33
Woodland Road (Parking in back, please use rear
entrance.) (May be extended by 15 mins at Chair's discretion)
8:00-9:00 PM - Lavallette - “The Journey Continues”
(C,LC,D,WH) Faith Church, 1801 Grand Central Ave. (Route
35 North)

SATURDAY

7:00-8:00 AM - Toms River - “Morning Miracles”
(O,JFT,TP,Cel-W) Christ Episcopal Church, 415 Washington
St. 7:00-8:00 AM - ONLINE - “Serenity @ 7”
VM,O,JFT,D, Cel-W) ZOOM ID: 767 1109 767
PASSCODE: ocean
10:00AM-11:15 AM - ONLINE - “Better Late than
Never” (VM,O,SWG,Cel-W) ZOOM ID: 791 724 7910
PASSCODE: 555444

Noon-1:00 PM – Toms River – “Recovery at High
Noon” (O, JFT) Christ Episcopal Church, 415 Washington
St., Downstairs Classroom 4
7:30-8:45 PM - Tuckerton - “Our Gratitude
Speaks” (O,S,D,Cel-W,WH) Church of The Holy Spirit,
220 E. Main St. 7:30-8:30 PM – Toms River - "Get

Another Day" (O,BK,D,WH) Christ Episcopal Church,
415 Washington St. 7:30-8:30PM – ONLINE - “Get
Together and Grow” (VM,C,BK) ZOOM ID: 791 724 7910
PASSCODE: 555444

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 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 5102, Toms River, NJ 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:*
Vice Chair: Jeff F. 732-673-5356 or chair@ocanj.org

OASC Subcommittees

*Activities – 2nd Sunday of each month. Bright Harbor 160 Atlantic City
Blvd. Immediately after 'We do Recover' meeting at 1145 AM. Hybrid
ZOOM ID: 791 724 7910 Passcode: 555444*
Activities Chair: Jamie L. (267) 454-3372
*Hospitals and Institutions (H&I) – Last Tuesday of each month,
6:30PM, Christ Episcopal Church 415 Washington St. WORKSHOPS
HELD ON ODD-NUMBERED MONTHS FOLLOWING THE SUBCOMMITTEE
MEETING. H&I Chair: Anthony C. (718) 541-5360*
*Public Relations (PR) – First Sunday of the month, 12PM, 160
Atlantic City Blvd. Bayville, NJ, Hybrid, ZOOM ID: 791 724 7910
Passcode: 555444*
PR Chair: Lyndsey C. 848-525-3595 or pr@ocanj.org
Ocean Area Convention Committee (OACC)
Literature Review Committee – No Meeting
Literature Review Chair: Emily G.
Website Committee – No Meeting

*Website Chair: Kellar M. – 609-661-2885 or
kellarmore816@gmail.com or webmaster@ocanj.org*
*Policy Committee – Meets Monthly Contact Chair for Meeting
Information.*
Policy Chair: Erika B. (609) 312-1244 or policy@ocanj.org
Meeting List Chair: Elias V. 732-912-1665
*meetinglists@ocanj.org Literature Sales Chair: Jeffrey H.
732-672-8738*

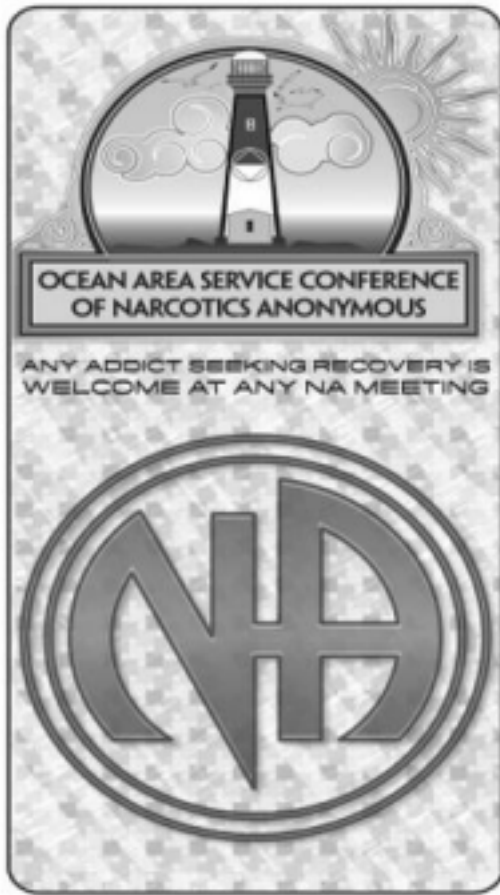
RCM: Frankie A. 929-253-4901

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



www.oceanj.org

Narcotics Anonymous Meeting List
for Ocean Area of NJ

*DECEMBER-JANUARY 2024/5 JUST
FOR TODAY*

Tell Yourself:

*Just for today, my thoughts 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 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.