

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-Bag	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)
Rotating	Format varies by week
RR	Round-Robin – turn based meeting participation
S	Speaker Meeting
ST	Step Meeting
SWG	Book Study – “Step Working Guide”
SPD	Spiritual Principal Discussion
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”

(O,B,ST1-3,Cel-W) 160 Atlantic City Blvd.

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”

(H,C,W,BK,WH,Cel-W) House of Hope Building (REAR ENTRANCE) 253 Chestnut St. ZOOM ID: 791 724 7910 PASSCODE: 555444

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, 212 Pine St.

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.nanj.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 254, 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: Jeff F. 732-673-5356 or chair@ocanj.org

Vice Chair: Dennis P. 848-992-4108

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: John M. 609-876-5060

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: Darlene R. 848-210-0164

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 Chair: Emily G. 732-779-2035

emilygrande@gmail.com

Website Committee – No Meeting

Website Chair: Kellar M. – 609-661-2885 or kellarmoore816@gmail.com or webmaster@ocanj.org

Policy Committee – Meets 3rd Tuesday of the month, online, @7:30PM, ZOOM ID: 791 724 7910 Passcode: 555444

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:

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.ocanj.org

Narcotics Anonymous Meeting List for Ocean Area of NJ

MARCH-APRIL 2025

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.