

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

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.
6:00-7:15 PM – Toms River – “Friends of Jimmy K”
(O,ST,S, Cel-M) Christ Episcopal Church, 415 Washington St., Downstairs Classroom 4

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 the 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,CM,S,Rotating,Cel-M) Church of St. Martha, 3800 Herbertsville Rd. (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, Cel-W) 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,S)- 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
8:00-9:15 PM – Forked River –“Recovery Is Possible”
(C,S,TP,D,L-ST,Cel-W) United Methodist Church, 203 Lacey Rd.

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, Cel-W) Christ Episcopal Church, 415 Washington St., Downstairs Classroom 4
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 - Jackson - “Help Somebody Group”
(C,RR,WH) Debows United Methodist Church, 509 Monmouth Rd.
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,H&W,TD,ST,S,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, Cel-W) 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.
7:00-8:00 PM -Manahawkin- “It’s a Great Way to Start Living”
(O,CM,Rotating,Cel-W,WH) St. Mary of the Pines Parish Center, 100 Bishop Lane
7:00-8:15 PM -Toms River - “Share the Hope”
(O,S,TP,JFT,Cel-M) Christ Episcopal Church, 415 Washington St.
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.

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 767 PASSCODE: ocean
Noon-1:00 PM– Toms River – “Recovery at High Noon”
(O,JFT,Cel-W) Christ Episcopal Church, 415 Washington St., Downstairs Classroom 4
6:00-7:00 PM – Toms River – “Step Working Women”
(O,SWG) B.R.E.W. Grounds Recovery Café, 954 Rt. 166
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,ST,BK,S,Cel-M) Our Lady of Perpetual Help Church, 100 Grant Ave.
7:30-8:45 PM – Manahawkin- “Recovery Road”
(C,D,S, Cel-W) Ocean Community Church,1492 Route 72
8:00-9:15 PM – Toms River - “Principles before Personalities”
(O,ST/S,LC,Cel-M) Pinelands Reformed Church, 898 Route 37 W

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, Cel-W) 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 Rd. (Parking in back, please use rear entrance.) (May be extended by 15 mins at Chair’s discretion)
8:00-9:00 PM -Lavellette – “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) ZO) 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, Cel-W) Christ Episcopal Church, 415 Washington St., Downstairs Classroom 4
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
7:30-8:45 PM -Tuckerton - “Our Gratitude Speaks”
(O,S,D,Cel-W,WH) Church of The Holy Spirit, 220 E. Main St.
10:30-11:45 PM – Toms River – “Alive on Saturday Night”
(O,RR,S,WH) B.R.E.W. Grounds Recovery Café, 954 Rt. 166

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.

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.

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.

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*

NJ Region Helpline & Website
Meetings and Information: (732) 933-0462 (933-04NA)
Helpline for calls from within NJ only: (800) 992-0401
www.nanij.org

P.O. Box 9999 Van Nuys, CA.91409
www.na.org

Mailing Address: Ocean Area Service Conference
P.O. Box 254, Toms River, NJ 08754

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, 2:30PM, prior to OASC.

OASC Subcommittees

Activities – 2nd Sunday of each month. Bright Harbor, 160 Atlantic City Blvd. immediately after ‘We do Recover’ meeting at 11:45 AM. Hybrid Zoom ID: 791 724 7910 Passcode: 555444

Hospitals and Institutions (H&I) – Last Tuesday of each month, 6:30PM, Christ Episcopal Church, downstairs classroom 415 Washington St. Workshops held on even-numbered months following the Subcommittee meeting.

Public Relations (PR) – First Sunday of the month, 12PM,
Online Zoom ID: 791 724 7910 Passcode: 555444

Ocean Area Convention Committee (OACC) - First Sunday
of the month, 3 PM Online - Zoom ID: 912 357 0763

Literature Review Chair:

Policy Chair: April M.732-674-1348 or policy@ocanj.org

meetinglists@ocanj.org

Literature Sales Chair: Jeffrey H. 732-672-8738

- **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



**OCEAN AREA SERVICE CONFERENCE
OF NARCOTICS ANONYMOUS**

ANY ADDICT SEEKING RECOVERY IS WELCOME AT ANY NA MEETING



JUST FOR TODAY

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 NAI 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.