

There Is A Solution

UPCOMING EVENTS

SEPTEMBER 2025

Workshop Sunday Sept 28 — 2-4pm on Zoom
“Keeping the Peace: The Art of surviving one another.”
Let’s talk about OA’s 12 Traditions.

OCTOBER 2025

NJIOA Intergroup Mtg Thurs. Oct 9, 7:30pm on Zoom

Sunday Oct 5 — workshop 1:00-3:30pm on Zoom
“Bill & Dr Bob: What we can learn from their stories.”

Saturday Oct 18 Firelight Mtg in person 6:30-8:30pm
Lorrimer Sanctuary, 790 Ewing Ave Franklin Lakes, NJ

NOVEMBER 2025

NJIOA Intergroup Mtg Thurs. Nov 13, 7:30pm on Zoom

Workshop

Saturday Nov 15 IDEA Day — Event details TBD

DECEMBER 2025

NJIOA Intergroup Mtg Thurs. Dec 11, 7:30pm

Workshop

Friday Dec 12 12th Step Within — Event details TBD

JANUARY 2026

NJIOA Intergroup Mtg Thurs. Jan 8, 7:30pm

The NJIOA Winter Retreat

Saturday February 28, 2026. 9:00am-5:00pm On Zoom

See NJIOA.org website for all event details and ZOOM links.

“The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences.”

Big Book, Chapter 2, “There Is A Solution,” page 25

OASIS INFORMATION

To request free paper copies of this issue by regular mail, email your_name_and_mailing_address@oasis@njioa.org to us here: **oasis@njioa.org**

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To contribute an article to the next issue, please go to our submittal page here: **www.njioa.org/submit-to-oasis**

The Solution; Seek God

OA has programmed me to focus on the solution. Here, I came to understand that focusing on the problem does not serve me. When an issue arises, big or small, I identify it, Once it is identified I connect to God. Heaven then provides me with the answer through an intuitive thought or feeling. The guidance that I receive from Heaven is given with love. God asks me often to do my part once I am aware of the action that I need to take. At times I need to reflect. Some questions I ask myself is as follows. What changes do I need to make? What could I do better? Do I need to write about it to process it further? Do I need to reason it out with my sponsor? The answer to this last question usually is “yes.” I am not alone and I do not have to do anything on my own. I have God and all of Heaven, family, friends, and the fellowship of OA. Thank you all for your love and support.

—Nicole A.



My Own Solution, vs OA’s Solution

I tried every diet: Atkins, Stillman, Carnivore, Palm Springs, Grapefruit, Ayds Candy, Nutrisystem, Weight Watchers, and Optifast. They all worked until they didn’t. I tried hospital-based weight loss programs with famous people like Al Roker, Elaine Kaufman and Paul Grossinger. I was hypnotized, had my ears stapled, used amphetamines, and joined gym programs. The result was gaining and losing 50-100-lbs over and over again. After 13 years in OA I finally decided to try a solution that had worked for many of my OA fellows: relying on a Power greater than myself to help me treat my food addiction. The result was that I not only was able to maintain a 100-pound weight loss for the first time in my life, but that I was able to learn how to forgive, accept and love myself as well as others.

— Jeff A.



There Is A Solution

Before I began program, I never considered my decisions on how to control my weight or help me feel better emotionally were faulty. I could see that what I was doing kept me on a roller coaster physically and emotionally but I did not connect my behavior and choices with feeling bad, low self-esteem and inability to maintain multiple weight losses. Looking back after being in program since 1985 I can see now that my solutions were not solutions. They were excuses, ways to hide from reality, avoidance, side roads, escapes or whatever other words you want to call not dealing with the problem. Today, along with my sponsor and my Higher Power, I seek solutions that are truly solutions. I attend a Step study and a Big Book meeting each week as well as other general meetings. I write when I am confused so I can see the problem more clearly. I consult with my sponsor and I listen to, value and act on messages I receive from my Higher Power. With this trust-worthy help I make choices that are successful, truthful, and effective. Choices that work to keep me on an even emotional keel and keep my weight stable. These are real solutions.

—Sharon P.

There Is A Solution

“**R**epetition is the only form of permanence that nature can achieve,” —George Santayana

I get tired of the pat slogans I hear over and over at meetings. I get tired of hearing the introductory readings at each meeting. I get tired of all the repetition. But having said that, it obviously is doing what it needs to be doing for me as I have miraculously been in recovery for over 25 years now. I feel the same strength of my commitment that I felt on day one and weigh and measure my food with the same integrity and honesty that I did on day one. It looks like I am repeating my new behavior each day. Obviously repetition leads to permanence. So I’m bored — I’m also in recovery. So I’m tired of it all — I’m also in recovery. So I get annoyed with it all. I am also in recovery.

— Myrna G.

What's The Solution?

The solution, like it or not, is to seek God's help — and to accept that spiritual help — as we take an honest look at our self-centered fears and resentments, own them, and begin to live on a basis of faith in something greater than ourselves. So what's the solution? God, love, honesty, humility, and community — to be discovered and refined via the 12 steps. Simple, but not easy.

—Anonymous

The Solution: A Deep and Effective Spiritual Experience

In Appendix II, the Big Book describes the elusive "spiritual experience" in these ways:

"A personality change sufficient to bring about recovery from alcoholism has manifested itself among us in many different forms." (p. 567)

"A profound alteration in his reaction to life; that such a change could hardly have been brought about by himself alone." (p. 567)

"Our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves." (p. 567)

"Most of us think this awareness of a Power greater than ourselves is the essence of spiritual experience. Our more religious members call it 'God-consciousness.'" (p. 568)

The Doctor's Opinion tells me if I have the disease described in this book, then the only solution for me is the combination of a) entire abstinence and b) a deep and effective spiritual experience. For me personally, I have found that the simple repetition of prayer in the morning, committing to my meditation practice, remembering all the tools of the program, reading the Big Book over and over again, weighing and measuring all my meals, and using the 10th step throughout the day to evaluate and correct my attitudes, expectations, responses and behaviors — THIS as a daily practice has been the path to a spiritual awakening, and I thank God for it every morning as I rise.

— Alison L.

"We have a way out on which we can absolutely agree."

Big Book, Chapter 2,
"There Is A Solution," page 17



What's The Solution?

I always thought, "Is there a solution"? My eating habits were becoming everything I did not want them to be. They took over my life, my family, my job EVERYTHING! When I returned into OA in 2004, the solution began. I realized that if I did what others were doing, I would have a solution. If I came to meetings, I would have a solution. If I weighed & measured, I would have a solution. If I called a sponsor & worked with them, I would have a solution. If I did any type of service, I would have a solution. If I was patient, tolerant, kind & loving, I would have a solution. I have seen the solution & I do not want to go back to the problem. It is not for me! So, for today I will continue to work my program and live in the solution. If I live in the problem, the problem gets bigger. If I live in the solution, the solution gets better. Work it, you are worth it!

— Mary Ann C.

Living in the Solution

Hello, my name is Sonta H., and I'm a grateful compulsive eater, a relapse survivor, a 100-pounder, and I'm living in the solution—one day at a time. As of this writing, I've been abstinent from compulsive eating for 496 days, and I am profoundly grateful that I haven't left OA. To the Newcomers: Welcome Home! If you're new, I want to say from my heart: welcome home. I'm so glad you're here. OA has given me a life I didn't know I could have. The very fact that you're reading this means you're right where you need to be. What Brought Me to OA? I first walked into OA in 2013. To be honest, I came for vanity. I just wanted to lose weight and keep it off—plain and simple. I wasn't looking for spiritual transformation. I didn't even know this was a spiritual program. Back then, my first sponsor suggested I stop eating white sugar and white flour. By grace, I haven't picked up white sugar since my first day in OA. Over time, I also had to let go of other ingredients and behaviors that fed my disease. The recovery journey began with the food—but it hasn't ended there. Today, I keep coming back not just for weight recovery, but for emotional sobriety. That's the real heart of my healing—where maturity grows, and real joy and purpose start to shine through. For me, emotional sobriety means being honest with myself and no longer running from the truth. The Roots of My Disease: My first memory of compulsive eating was at age 12. The food? Packed with sugar. I weighed 99 lbs. By age 43, I had ballooned to 260 lbs, living on sugar and flour. I grew up in a home that appeared loving and religious. But underneath the surface, it was deeply dysfunctional. Later in life, I learned my parents had come from even more dysfunctional, religious households. So while I had religion, I didn't have a loving God. Instead, food became my god—my best friend and comforter. I didn't know how to handle my emotions. I kept secrets, stayed in denial, and hurt myself through food and other addictions. I avoided adult responsibility, blamed others, leaned on unhealthy dependencies, and ignored my trauma. The Big Book describes it perfectly on page 52:



"We were having trouble with personal relationships, we couldn't control our emotional natures, we were prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't be of real help to other people."

That was me. Eventually, the pain pushed me to seek a solution—and then that same pain began to pull me toward something better. What Is Emotional Sobriety? I've learned that when I have a problem, I am the problem.

When I don't accept life as it is—people, places, things—I become restless, irritable, and discontent.

That discomfort almost always drives me back into compulsive behavior. And here's the hard truth: I'm not responsible for the harm others did to me. But I am responsible for my healing. That truth was a tough pill to swallow, but it became a turning point in my recovery. My Spiritual Solution: My recovery has been rooted in the Steps—especially Steps 4 through 9. The Big Book says:



"We are not saints. The point is, we are willing to grow along spiritual lines." (p. 60)

When I worked those Steps before a breakdown—not after—it changed everything. They brought me back to emotional sobriety again and again. Step 10, in particular, is my anchor. It helps me recognize fear, resentment, selfishness, and dishonesty. When I'm emotionally sober, I write to see how I reacted and what I need to own. I ask God to remove my defects, talk to a 10th Step partner, and make amends if needed. Then I focus outward and help someone else. It's a spiritual reset. Before, I used to do Step 10 while emotionally "drunk." Now, I wait until I'm calm enough to hear God clearly. That's where the clarity comes in. And what do I receive in return? The promises. The Big Book says:

"We are going to know a new freedom and a new happiness... We will comprehend the word serenity and we will know peace..." (p. 83)

Steps 10, 11, and 12: My Daily Medicine. These are the maintenance and growth Steps—the practices that keep me spiritually fit. Step 10 is my emotional check-in. It keeps me honest and alert to my disease. Step 11 keeps me connected to my Higher Power—both morning and night. Step 12 is where I pass the message on. When I sponsor, I stay grounded and the message stays alive in me. This program offers me a daily reprieve—but it depends on my spiritual condition. That's not just a phrase. It's a truth I live by. Not a Cheerleading Squad, but a Lifeline OA has given me fellowship, freedom, and a path out of darkness. But I used to expect OA to cheer me on for my weight loss—something I never got at home. I wanted applause. But I've learned this: OA is not here to celebrate me. It's here to save me. A Question for You: Before I close, I'd like to leave you with a gentle question—one to reflect on or even write about: What emotions are hardest for you to sit with—and how do you usually respond to them? Let that land. And no matter what your answer is, I just want to say: Please keep coming back. Do Steps 4 through 9. Keep listening. Keep sharing. Because the freedom you're looking for? I'm just a nobody trying to tell somebody about the Big Book that can save anybody. It's here. I promise you—it's here.

—Sonta H.

SAVE THE DATE

NJIOA Winter Retreat

The NJIOA

Winter Retreat Saturday Feb. 28, 2026

9:00am-5:00pm EST

An All-Day Retreat on Zoom

Details will be
posted on our
website:
www.NJIOA.org

Stories Big of the & Book

Our 31st Year!

I can't. God Can. I'll Give it to God.

For most of my life, I thought I had to be the solution. If I just tried harder, if I just controlled my food, if I just got it "right," then maybe I could fix the mess in my head and heart. But the harder I tried, the worse it got. I'd find myself standing at the refrigerator or in the drive-thru, promising that this time would be different, and then feeling crushed when it wasn't. In OA, I found something I had never known before: hope. Other people shared stories that sounded just like mine, and they weren't hopeless anymore. They weren't ruled by food or fear. They had a solution, and they were willing to share it with me. Today, when I get stuck in old thinking—rehashing a resentment, or spinning into worry about the future—I don't have to turn to food. I can pick up the phone and call another member. I can pause long enough to pray. Sometimes all I can say is, "God, please help." And somehow, that tiny act of willingness is enough to break the cycle. The Steps continue to show me that I don't have to live in isolation or shame. I get to practice honesty, humility, and acceptance. I get to learn that mistakes aren't the end of the world, they're simply another chance to start again. I don't do this perfectly, but I don't have to. The solution is not about being perfect; it's about being willing. And every time I remember those simple words—I can't. God can. I'll give it to God—I feel free. There is a solution, and today, I am living in it.

— Rena J.

My Solution is Found in Steps 6&7

"When ready, we say something like this: 'My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.' We have then completed Step Seven." (p 76)

This humbling process of giving my defects to God and asking Him to remove them is such a beautiful testimony to my idea of surrender. I need to have God help me accept myself as I am. As a compulsive overeater, I am flawed, but God can change anything. Only He can lift my obsession with food. Only He can lift my self-seeking and my wanting to run the show. I am now willing to let go of all my irritability, all my fears, and all my harmful behaviors, and give each one to God. This is my surrender and my strength. I know that these personality tendencies do not help me — they hurt me, they hurt others, and they prevent me getting closer to God. I hope that I will always be willing to ask God to remove them and replace them with acceptance and forgiveness of myself, and with anyone I come into contact.

My God knows better than me and he can help me. I only have to ask. And then accept His spiritual help.

— Maria S.

The Solution is Spiritual

After learning from "The Doctor's Opinion" about the dual sensation of physical cravings and mental obsession that comprise the deadly disease of addiction, we focused upon "Bill's Story" and the lessons that we may derive from the tale of AA's well-known co-founder Bill Wilson. Now, we turn our eyes toward "There Is a Solution," the story in which the Big Book begins to truly shine in its depiction of alcoholism and its many, many dangers.

"There Is a Solution" contains numerous important revelations, illustrating one of them with a story pertaining to one of AA's early members.

Some of the lessons in this chapter are already known to those who have suffered the lashes of addiction and perhaps

entered recovery after hitting rock bottom in a nasty way. But we may also take from this reading a few lessons that are less obvious, a bit more insightful. Bill wrote this book after AA had been around for a while, and he was able to draw from the experiences of his fellows as well as a few from his own life. This depth of experience is very clear from the insights presented by this chapter. While we hope that "There Is a Solution" will present you with any number of vital lessons, one of the most important is the title itself. It is our sincerest hope that those who are still struggling—and even those of us in recovery will struggle from time to time—will come to believe with utmost faith that there truly is a solution to their problems.

— Anonymous

"THE GREAT FACT IS just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves."

Big Book, Chapter 2,
"There Is A Solution," page 25

WE'RE LOOKING FOR STORIES about how the Fellowship kept you going through difficulties, through relapses and through any life crises. Were you the recipient of phone calls and outreach from your fellows? Did you, yourself, reach out to fellows you hadn't seen in a long time? Tell us the ways the Fellowship has helped you.

Please contact Judy L.
Text, call: 201-615-4955 or
email: Events@njioa.org

My Solution is People

My solution is People. Meetings. Fellowship. Others sharing their stories. They are my "Gods in skin." In the Big Book, Chapter 2 'There Is A Solution,' it says it all:

"We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful."

These lovely program friends are actually all my teachers, my professors — they are my educators! The OA Fellowship teaches me everything. They teach me who God is. How to find God. How to make phone calls. How to be honest. How to help other people. This is what it's all about for me. It's that simple. When I make an outreach phone call to a new person I usually find magic at the other end of the phone line. People read me prayers over the phone. They share their favorite Big Book passages. It's said, when the student is ready, the teacher appears. I try to keep myself ready. Learning never ends.

— Henrietta S.

"Accept spiritual help."

Big Book, Chapter 2,
"There Is A Solution," page 25



WAYS WE GIVE SERVICE

NJIOA Intergroup

THE VOLUNTEER SERVICE BOARD OF THE NJIOA INTERGROUP meets virtually, once a month, at 7:30pm, on the 2nd Thursday of the month. Anyone is welcome to attend these meetings — and we love first-timers! The Board meets to discuss various NJIOA topics, Board business and finances are reviewed, and of course all our amazing workshops, retreats and events are planned at these meetings. To attend the next Board meeting and see what's going on, find the link on our website www.njioa.org on the "Thursday Meetings" page or copy it below. If anyone would like to get a topic for discussion onto the agenda for the next Board meeting, please email our current Intergroup Chair, Jeff A., at chair@njioa.org

Start An In-Person Meeting

We need new in-person meetings! We love the broad reach of our Zoom meetings, and we also know how valuable in-person meetings can be — especially for the newcomer. If you'd like to help get an in-person meeting started, or take an existing Zoom meeting back to an in-person format, contact our Intergroup Vice Chair and find out how to get started. **Vice Chair, Susan S. (201) 960-1995 text please. Email Susan at: susan@papersusan.com.**

OUR TRUSTED SERVANTS

Volunteer Service Board of the NJIOA Intergroup:

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RENA J SPONSORSHIP COORDINATOR	347-673-3204

Public Information Committee

NJIOA has numerous public information events throughout the year & we need help! If it interests you, please connect with our Public Information Committee, learn about the different forms of media we use, volunteer to post flyers at your supermarket or doctor offices, sign up for local health fairs in your town, and find out ways in which YOU can help us carry the message! Email our Intergroup Public Information officer, at publicinfo@njioa.org.

Recovery HELP LINE

Are you struggling and need to speak to someone? Do you live in a remote location and need contact? Please call our friendly volunteers below, and they will remind you that you are never alone.

PLEASE try all these people until someone answers your call:

NAME	PHONE	AVAIL TIMES (ET)
ANDREA P	973-985-8169	4PM-6PM weekdays
ANDREA P	973-985-8169	8AM-6PM weekends
AUDREY C	201-819-5575	Texts only please
JANET B	201-248-8001	Until 9PM
MARCY E	973-694-1274	ANYTIME
SUSAN L	973-704-6345	4PM-6PM weekdays
SUSAN S	201-960-1995	11AM-7PM
TERRY P	862-812-4467	9AM-11PM
TONIANN A	973-945-0233	Before 11PM



7th TRADITION

Your steady donations help our meetings, our Intergroup, our Region, and OA World Service. Choose what works for you.

Donate to the basket at live meetings, or in one of these ways:

Paypal: go to www.NJIOA.org/donate

Venmo: use @NJIOA—Pay

Zelle: use treasury@njioa.org

Donate By Mail:

Check payable to **NJIOA**

551 Valley Rd, PMB 206

Upper Montclair, NJ 07043



Donate on our Website:

www.NJIOA.org/donate

Service for the OASIS

We love your contributions! Writers and proofreaders wanted! Give service by submitting an article to the OASIS Newsletter, or proofreading the next issue. The theme for the Winter 2025/26 issue is: "Life in The 12 Steps." Deadline for submissions is January 15, 2026. Please upload your articles electronically to the website here: www.NJIOA.org/submit-to-oasis.

If you'd like to volunteer to work on the OASIS, please email the OASIS Committee, here: OASIS@NJIOA.org. Thank you!

NAME	DAY	TIME	ZOOM ID	PASSWORD	JOIN URL	DIAL IN	ACCESS CODE	CONTACT
There Is A Solution (BB)	Sunday	9:00am - 10:15am	683 977 1680	Call for PWD	https://us06web.zoom.us/j/6839771680	(309) 205-3325	683 977 1680#	
Big Book (West Orange)	Sunday	9:30am-10:30am	883 1105 7263	933234	https://us02web.zoom.us/j/88311057263			Jeff(201)341-6287or Rachel(973)713-3714
Big Book (Paramus)	Sunday	10:30am - 12:00pm	854 3989 8968	Call for PWD	https://us02web.zoom.us/j/85439898968	(646) 558-8656	426650#	Judy (201) 615-4955
Voices of Recovery/For Today (H)	Sunday	3:00pm - 4:00pm	Hybrid	Call in Only	Call in only	(425) 436-6382	337800#	Joan: (201) 396-0112
Lifeline (Bloomfield)	Monday	10:00am - 11:00am	817 2373 3870	Call for PWD	https://us06web.zoom.us/j/81723733870	646-558-8656	Call for code	Deborah (201) 532-7093
Big Book	Monday	6:00pm - 6:30pm	Call in only	Call in Only	Call in only	605-468-8860	541987#	Susan L. (20) 981-0861
Big Book (Morristown)	Monday	7:00pm - 8:00pm	898 5355 8590	Call for PWD	https://us02web.zoom.us/j/89853558590	(929) 205-6099	Call for code	Gamin, (862) 520-9985
HOW (Paramus)	Monday	7:30pm-9:00pm	897 5926 8585	Recovery 12	https://us02web.zoom.us/j/89759268585	646-558-8656	278463#	
Livingston (S/BB)	Monday	7:30pm - 8:30pm	82784319886	294560	https://us02web.zoom.us/j/82784319886	(929) 205-6099	294560#	Geri F (973) 714-8415
Steps/Traditions (Upp Montclair)	Tuesday	7:00am - 8:00am	85202041873	Call for PWD	https://us02web.zoom.us/j/85202041873	(929) 205-6099	Call for code	Beni (973) 202-5579 Alice (201) 563-6190
Step Study Mtg (Seacaucus)	Tuesday	10:30am - 11:30am	950 2870 0732	701490	https://zoom.us/j/95028700732	(929) 205-6099	701490#	Roz (973) 464-9767
Steps (Saddle Brook)	Tuesday	7:15pm - 8:15pm	957 959 232	Call for PWD	https://zoom.us/j/957959232	(646) 558-8656	957 959 232#	Angela(201)321-2010Shari (201)218-5801
Steps (Wayne)	Tuesday	7:30pm - 8:30pm	819 9247 1448	Call for PWD	https://us02web.zoom.us/j/81992471448	(646) 558-8656	819 924 71448#	Christine (973)668-8768
The Bridge to Recovery	Tuesday	8:00pm - 9:00pm	832 0966 1639	bridge	https://us02web.zoom.us/j/83209661639			www.BRIDGE.ORG
HOW (River Edge)	Wednesday	10:00am - 11:30am	842 8183 7706	Recovery12	https://zoom.us/j/84281837706	(646) 558-8656	842 8183 7706#	Myrna (201) 794-1976 Roz (973) 464-9767
Big Book	Wednesday	6:00pm - 6:30pm	Call in only	Call in Only	Call in only	605-468-8860	541987#	Susan L. (20) 981-0861
Big Book	Wednesday	7:00pm - 7:50pm	864 6205 6665	Recovery12	https://us02web.zoom.us/j/86462056665	646-558-8656	476251#	Mary Ann (973) 568-2761
Mens' Meeting NNJ	Wednesday	8:00pm - 9:00pm	875 8350 3570	880292	https://us02web.zoom.us/j/87583503570	Tim W. (201) 519-6896	Email: wedmen.oann@gmail.com or Tim O. (201) 560-3566	
HOW	Wednesday	8:05pm - 9:00pm	864 6205 6665	Recovery12	https://us02web.zoom.us/j/86462056665	646-558-8656	476251	Judy L. (201) 615-4955
Step/Tradition	Thursday	7:00am -8:00am	852 0204 1873	Call for PWD	https://us02web.zoom.us/j/85202041873	929-205-6099	Call for code	Beni F. (973) 202-5579 Alice H. (201) 563-6190
Step (Midland Park)	Thursday	10:30am - 11:30am	777 1417 6453	Call for PWD	https://us04web.zoom.us/j/77714176453	(646) 558-8656	777 1417 6453#	Susan L. (201) 981-0861
Step (Chatham)	Thursday	7:00pm - 8:00pm	822 2320 0839	Call for PWD	https://us04web.zoom.us/j/82223200839			Contacts: Jeff 201-341-6287 or Wendy 201-841-7681
Intergroup Business Meeting	Thursday	7:30pm - 9:00pm	872 6497 2165		https://us02web.zoom.us/j/87264972165			Meets on 2nd Thurs of each month
Relapse Into Recovery	Thursday	7:30pm - 8:30pm	811 5317 7746	Recovery12	https://us02web.zoom.us/j/81153177746	(312) 626-6799	046 890 7883#	Terry P. (862) 812-4467
The Bridge To Recovery	Thursday	8:00pm - 9:00pm	832 0966 1639	bridge	https://us02web.zoom.us/j/83209661639			www.BRIDGE.ORG
BB Women's Meeting (Passaic)	Friday	9:30am - 10:30am	827 6899 9983	Call for PWD	https://us02web.zoom.us/j/82768999983	(646) 558-8656	Call for code	Roz (973) 464-9767 Eieh (201) 881-9581
Discussion /For Today (Nutley)	Friday	7:00pm - 8:00pm	841 7697 4426	243745	https://us02web.zoom.us/j/84176974426	929-205-6099	841 7697 4426#	Kellie(973)713-6793 Rob(201)401-7995
HOW (Hackensack)	Friday	7:30pm - 9:00pm	827 7143 2421	Text for	https://us02web.zoom.us/j/82771432421	(646) 558-8656	827 7143 2421#	Fran (201) 220-1440
12 Steps (Montclair)	Saturday	9:30am - 10:30am	257 331 1334	Call for PWD	https://us02web.zoom.us/j/2573311334			KarenC. (973)704-8047
New Providence Meeting (Hybrid)	Saturday	11:00am - 12:00pm	858 6653 0057	Call for PWD	https://us02web.zoom.us/j/85866530057	(646) 558-8656	Call for code	Marc (908) 578-9598; Linda (908) 672-3530; Patrice -
OA Meeting - Format Varies	Saturday	8:30pm - 9:30pm	838 0333 0451	61877	https://us06web.zoom.us/j/83803330451	(646) 558-8656	838 0333 0451#	Susan L. (201) 981-0861 Agnes (201) 359-4259
IN-PERSON MEETINGS								
NAME	DAY	TIME	TOWN	ADDRESS				
Into Action (BB) (HA)	Sunday	9:00am - 10:15am	Montclair NJ	Mountainside Medical Ctr, 1 Bay Avenue, Montclair. Cafeteria Private Dining Rm. Park across street				
Women's Meeting (BB) (W)	Sunday	9:00am - 10:15am	Hackettstown	Hackettstown Medical Center, 651 Willow Grove Street, Hackettstown, NJ. Cafeteria conference				
Voices of Recovery/For Today (H)	Sunday	3:00pm - 4:00pm	Morris Plains	NotreDameofMt.CarmelChurch,75RidgedaleAvenue,Hanover,NJ				
Steps & literature (Hoboken)	Sunday	5:45pm - 6:45 pm	Hoboken NJ	Hoboken University Medical Center - Shah Hall/Assumption Hall, 308 Willow Avenue, Hoboken, NJ				
Body Image / Speaker	Sunday	6:00pm - 7:00pm	Montclair NJ	The Salvation Army, 13 Trinity Place, Montclair, NJ. Coffee booth room				
Newcomer (Chester)	Tuesday	7:00pm - 8:00pm	Chester NJ	The Community Presbyterian Church, 220 Main Street, Chester, NJ				
Step/Tradition/Speaker 2nd Tues	Tuesday	7:00pm - 8:00pm	Montclair NJ	St. James Episcopal Church, 581 Valley Road, Montclair, NJ				
Big Book / Open Share	Wednesday	7:00pm - 8:15pm	Saddle Brook	Kessler Institute for Rehabilitation, 300 Market Street, Saddle Brook, NJ. Multi-purpose room				
Gratitude & Check-in Meeting	Thursday	7:00pm - 8:00pm	Montclair NJ	St James Episcopal Church, 581 Valley Rd, Montclair. Enter thru parking lot on Bellvue.				
Newcomer Thursdays	Thursday	7:30pm - 8:30pm	Hackettstown	Drakestown Methodist Church, 6 Church Road, Hackettstown, NJ				
Saturday Serenity Group (12&12)	Saturday	9:30am - 10:45am	Montclair NJ	Presbyterian Church of Upper Montclair, 53 Norwood Ave. Enter thru rear door near circular drive.				
OA Steps /Tradition Study Sparta	Saturday	10:00am - 11:00am	Sparta NJ	Shepherd of the Hills Lutheran Church, 246 Woodport Road, Sparta, NJ				
Big Book Ridgewood	Saturday	10:15am - 11:15am	Ridgewood NJ	Unitarian Church, 113 Cottage Pl, Ridgewood, NJ. Admin. Bldg. to left of Church				
Newcomer (Cedar Knolls)	Saturday	10:30am - 11:30am	Hanover NJ	Notre Dame of Mt.Carmel, 75 Ridgedale Av, Hanover, NJ. Room 203,				
Saturday Morning Paramus	Saturday	10:30am -	Paramus NJ	Dorothy B Kraft Center, 15 Essex Road, Paramus, NJ				
New Providence Meeting (H)	Saturday	11:00am -	New	St Andrew's Episcopal Church, 419 South St, New Providence, NJ. Park in rear. Enter thru RED door.				