

Newsletter of NJIOA — Northern Jersey Intergroup of Overeaters Anonymous



## UPCOMING EVENTS

Full event details and all event flyers are posted on website: [www.NJIOA.ORG](http://www.NJIOA.ORG)

### JANUARY 2026

#### Welcome Back — Special Event for Newcomers and Returnees

Saturday Jan 31 9:30am—12:30pm. Special in-person event at Dorothy B Kraft Center Paramus. 5 inspiring speakers. Q&A. Open sharing. Easy free parking. Fully accessible. No stairs. **Everyone** welcome.

### FEBRUARY 2026

#### Sunday Feb 28 — 31st Annual NJIOA Winter Retreat

“Stories of the Big Book.” 9:00am—4:00pm All day retreat on Zoom. 12 incredible Speakers from out of town. Two keynote speakers. Workshops. Topics. Panel Discussions. Q&A. Open Sharing. Fellowship. Register today on our website for this year’s fabulous event!

### APRIL 2026

#### Stepping Stones Private Tour for first 25 NJIOA Fellows

Saturday April 4, 1:00pm — the first 25 fellows to sign up will join a 25-person private tour of Stepping Stones — Bill & Lois Wilson’s historic home in Katonah, NY. Watch website for flyer with all the details.

## INTERGROUP BUISNESS MEETINGS

Intergroup business meetings are held on Zoom, on the 2nd Thursday of every month, at 7:30pm.

February 12 April 9  
March 12 May 14

Meeting ID: 2284671262  
Password: recovery



**Life in the 12 Steps**

Living the steps is not as hard as it seems. Step 12 tells us to practice these principles in all of our affairs. This means, that the world around me should be treated the same as anyone in program if not better. It means when I get frustrated I need to take a step one on the situation. I am Powerless over the situation and it's making my life unmanageable. I come to believe that a power greater than me can help me with the situation and that by turning it over to God and doing the footwork, I will be able to handle it. It isn't until I went through all the steps that I was able to realize that I was changed. The people around me started to see it long before I did in order to live the steps in my daily activities I have to remember that God is in charge and all needs will be met. The big book assures me that if I live the steps, I would be amazed before I was halfway through step nine, I need to live the steps every day as a habit just like brushing my teeth. I have found that God has done for me what I could not do for myself.

— Bonnie F.



## My Third Step Prayer

**M**y name is Rob, and I'm a compulsive eater and a bulimic. My sponsor asked me to rewrite the Third Step prayer to my Higher Power, in my own words. I came up with this. I hate to pray. It sounds like BS. So I will just say: Help me do what you want. You've been there my whole life, long before food, long before any other compulsion, long before even \*I\* was there. But I haven't listened to you. Paying attention takes patience and effort and goes against what I want right now. Help me stop, and shut up, and listen. Help me do what you want. Your voice speaks pure sanity. I've been nuts my whole life, and sanity feels alien. It scares me. It means shutting my mouth when I want to stuff it. Listening to a whisper when the compulsions are louder and make a lot more sense. Help me shut up. Help me listen to the voice that can make me sane, make me human and not a compulsive reflex machine. Help me save my life. Help me do what you want. Here's how nuts I am: I have let compulsions take control of every part of my life, even though they want me lonely, miserable and dead. I have listened to impulses and urges even when that means lying and hiding, wrecking my health and my finances, poisoning relations with people I love dearly, and putting \*their\* sanity and health in jeopardy in countless ways. I am crazy. Compulsions have wrecked me, but I would crawl to the fridge if they told me to, I would crawl into my grave, and I can't resist them without help. Help me listen to you. Help me want sanity and work for it. Help me to do what you want. What I want is a disaster. My will means rotten health and a ruined life and an early death. Help me get free. Help me do what you want. I love you and know you love me. Truly amen.

— Rob T.

### CARRY THE MESSAGE

**B**ill W. & Dr Bob remind us in the Big Book that the only way to stay clean is to work with others. Perhaps someone you know could benefit from our program. Consider inviting them to a meeting. Maybe send them a newcomer packet. Share our website address so they can find out more information and get in touch. We have Zoom meetings, in-person meetings, beginner meetings, newcomer meetings and meetings to support members coming back from relapse. Everyone is welcome. Find out more on our website. [www.NJIOA.org](http://www.NJIOA.org)



*"Most of us sense that real tolerance of other people's shortcomings and viewpoints and a respect for their opinions are attitudes which make us more useful to others."*

Big Book, "There Is A Solution," p. 19

## Life in the 12 Steps

Seventeen years ago, I walked into my first OA meeting totally unaware: unaware I had a disease, unaware I had a Higher Power, and unaware my life was about to change. Listening to someone read "Our Invitation to You" at that Friday night HOW meeting, I heard the answer to my life-long question: WHY couldn't I stop eating?? The answer was simple: Because I have a disease, an addiction. Learning that night I had a disease, I also learned there was "medicine:" the 12 Steps and 12 Traditions. The 12 Steps of OA gave me a roadmap, a way to live without "the food". Something I'd never been able to do long-term. Something or someone eventually led me back to the food. I dealt with fear, anger, and resentments with food. Numbing myself to the feelings. The Steps teach me how to handle daily life without reaching for food. Those same feelings exist, but the program gives me ways to identify and address them. I pause. I pray. I can make a call, get on a meeting, do a writing. Extra food is not an option. I am an "active participant" in my life because of this program. Living in the Steps doesn't mean life is perfect. Life on life's terms is difficult sometimes, but I know extra food only makes it worse. I must never forget that 1st meeting. Recovery isn't a one-time event; it's a way of living; one I'm grateful for every day.

— Fran S.

### From Excuses To Integrity: My Life in The 12 Steps

**W**hen we hear ourselves say: "I have no time to plan," "I ran out," "This happened," "It's last minute." We become alert. These are the voices of excuses, and disease hides behind excuses. Plans exist to be followed. Actions exist to be taken. Disease pulls us off course, wearing the mask of busyness and circumstance: "I'm too busy." "I can't." At its core— refusal of accountability. We are no longer immature in thought. We are growing into mature ideas— into spiritual warriors. We plan ahead. We act with intention. Our words align with our actions. We follow through. We have integrity. We are not voices of excuses. We take responsibility for our actions and outcomes. We do not surrender discipline to circumstance. We choose accountability. We choose action. We move forward. I carry this choice. I stand in integrity. I honor my word. I follow through. Excuses have no voice here. Responsibility is my standard. Forward is my direction.

*"An entire psychic change."*

Big Book, "Doctor's Opinion," p. xxx



— Audrey G.

## Living in the 12 Steps

For me, living in the twelve steps is much more than attending OA meetings each week. It's a daily schedule, performed a lot less than perfectly, of shopping/chopping, weighing/measuring and preparing the meals I have committed to my sponsor. It also involves prayer and meditation, writing, sponsoring/being sponsored and making/receiving outreach calls. Doing a daily 10th step inventory helps me stay emotionally balanced and liking myself more. I cannot afford to be angry at other people for how they hurt me or angry at myself for how I have treated others. Making amends, though not always easy, always feels better after I do it. Telling people about the things they have done that I find upsetting, takes away my anger. Anger has always weighed on me emotionally and can easily transform into physical weight. Anger has always weighed on me emotionally and can easily transform into physical weight. Living in the 12 steps for me means providing service to OA. I host a weekly Big Book Zoom meeting, Co-host an in-person step meeting, and for the first time in my 29 years in program, I have provided service on the Intergroup and Region levels. Finally, living in the 12 steps means turning over my character defects to my HP and asking for His help in managing them. I know I can be impatient, controlling and judgmental, and that I am as powerless over these defects as I am over my food addiction. With God's help I am becoming more patient ~~and~~ accepting,

## Life in the 12 Steps

*"The path is smooth that leadeth on to danger."*

—Wm Shakespeare

The road to eating compulsively is built for comfort...until I am on it, and can't get off it. It beckons to me, it entices me, it gives me a false sense of peace, though these things are only in my mind. In reality, compulsively overeating is one of the worst things I can do and for today I am not choosing that road but rather the road that OA has for me and others like me. The OA road is smooth, it is filled with hope and joy, it heals me. It gives me self-esteem and self-respect. It gives me everything of which compulsive overeating robs me. I am so grateful to be on this path.

— Myrna



*"He finds himself in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable."*

AA 12&12, Step Twelve, p.107

## Life in the 12 Steps

I work the 12 steps daily — without even knowing it. **Step 1:** I realize I am powerless in the morning when I pray to my HP. **Step 2:** I believe in a HP and I know that He can restore me to sanity. **Step 3:** The decision to turn my will over to the care of my HP happens four times a day when I weigh & measure my meals. **Step 4:** The searching and moral inventory shows up when I am uncomfortable about something & have to take a better look at it. **Step 5:** Admit to God & to another human being when I speak to my sponsor daily. **Step 6:** So fed up at times with my character defects, I am ready for my HP to remove them. **Step 7:** Goes together with Step 6 and I pray for their removal. **Step 8:** If I need to apologize to someone or know that I am wrong, I talk to my sponsor & get ready for the next step. **Step 9:** Make the amends asap. **Step 10:** Each night I take an inventory of what happened throughout the day to keep my side of the street clean. **Step 11:** Throughout the day, I pray for the knowledge of my HP's will to get me through the day. **Step 12:** I carry this message when I do service, when I attend meetings, when I take my sponsee's calls and weigh my food. So, the 12 steps have become part of my daily routine without even thinking about them!

— Mary Ann C., NC

## Living in the 12 Steps

Living in the 12 steps gives me a plan to live my life. First, the Steps helped me understand why I was so unhappy, always doing over and over again what I had vowed to stop doing. Secondly, I was told that there was a stabilizing force out there that I could rely on for guidance. By attending meetings and listening to others I began to be able to trust that this Higher Power would care for me and my well being. The fourth step tells me to take a clear, honest look at myself. This honest assessment of myself allows me to ask for God's help without guilt. I can be deserving of my Higher Power's help. The fifth step gives me power. It shows me that I have had a part in situations and shows the possibility of behaving differently. In the sixth step I wish to live without making decisions based on old, defective thinking. I then pray for continued help to live without shortcomings being part of my decision making. As I move forward I am again told to see where I have been wrong in my relationships and honestly try to correct past mistakes. Step 10 keeps me on the right path and tells me to get back on track promptly if I veer. Step 11 tells me to stick with my Higher Power, listen to what guidance I am given and be grateful that the guidance comes with the power to execute ideas much better than I might come up with on my own. Step 12 tells me I have had a spiritual awakening, an amazing gift that I need to share with others. I have been working towards practicing the principles of the program in all areas of my life and I have not once regretted the decision to do so.

Sharon P.

# My Life in the 12 Steps

1

Step One — I can't.

2

Step Two — He Can.

3

Step Three — I will let Him.

4

Step Four — In step four I take note of all I felt caused me harm or caused alarm. Then I take a look see at my part of each situation that grieved me.

5

Step Five — in step five, I admit to another the exact nature of my wrongs.

Another helps me become aware of my patterns and recurring themes. I take into account of all I need to work on so I can thrive and ultimately stay alive.

6

Step Six — I become ready for God to change me.

7

Step Seven — I ask God to change me and replace what does not serve me with his love.

8

Step Eight — I make a list of all the hurt I may have caused another. I put myself on top of the list.

9

Step Nine — I make a direct amends to myself and to all I may have wounded unless my apology causes further harm. I can speak my restitution out loud for God and my Angels to hear. Commit to a change in me.

10

Step Ten — I continue to take notice of my feelings and my part in every situation that may have hurt my heart. An amends from me may be required.

11

Step Eleven — I stay connected to God and all of Heaven through meditation and prayer. I follow God's will for me so I can stay on track. I must stay connected so I don't go back to a time without recovery.

12

Step Twelve — In step twelve I share with all around me. They may see what recovery has done for me through the life I am living. I become an example for all to see.

—Nicole A.

“Patience, tolerance, understanding, and love are the watchwords.”

Big Book, “To Wives,” p.118

# Living in the 12 Steps

iving in the 12 Steps means I am trying to practice acceptance and tolerance in all my affairs. What does

this look like? **In my Daily Life:** Being tolerant means

letting go of what I can't change about people and not letting their imperfections bother me. It also means letting go of my expectations, surrendering outcomes, and allowing God to lead me through the day, in God's way. Also it means being patient with myself — forgiving my own alcoholic personality, my shortcomings and my defects of character — asking HP to help solve these problems and relieve these difficulties. **In my OA Meetings:** I try

to be in acceptance and tolerance in all my meetings. I try to not judge others. I ignore the urge to unmute correct my fellows! I ignore the urge to “be right.” I zip my lip and stay quiet. I “allow.” I “let them.” I avoid trying to make things work out the way I want them to. I practice letting things happen without interfering. I try to see where others are right. I try to see fellows as my teachers. I try to encourage a non-judgmental atmosphere in meetings where others around me feel safe and welcome. I try to offer newcomers as much help as possible and carry the message of love and hope. **As**

“Love and tolerance is our code”

Big Book, p84

**a Spiritual Principle:** Acceptance is becoming more a way of life now. I try to increase my acceptance as I go through the day. Acceptance as a spiritual principle means I try to live in the center,

with God, neither cocky nor afraid, neither in fear nor in pride, and when I notice my desire to change others increasing, I pause and pray for God to help me shift back into acceptance. I try to stay out of self-will, try to allow God's will to reveal itself, and try to practice a higher code of conduct than I ever knew before.

—Alison L.



“So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love.”

Big Book, “Into Action,” p.83

## LETTER FROM OUR CHAIR

Dear OA Fellows,

Happy New Year! As we move into 2026, NJIOA hopes to expand opportunities for connection and fellowship across our community. We encourage individual meetings to consider hosting social gatherings before or after in-person meetings, organizing informal get-togethers with friends from Zoom meetings, and sponsoring or actively supporting monthly Zoom or in-person events between March and December 2026.

Your meeting may wish to consider sponsoring one of the following OA holiday events:

- Sponsorship Day (Weekend of August 15-16)
- Idea Day (Weekend of November 21-22)
- The 12th Step Within Day (Saturday December 12)

Please feel free to call, text or email me to discuss how your meeting and NJIOA might collaborate on a monthly event. We would love to work together to strengthen connection and service throughout the year. Thank you, and my best wishes to all for an abstinent 2026!

Jeff A., Intergroup Chair, NJIOA  
(201) 341-6287 chair@NJIOA.org

NJIOA.ORG  
presents

# Stories Big of the Book

The 31st Annual NJIOA

## Winter Retreat Saturday Feb. 28, 2026

9:00am - 4:00pm EST

An all-day retreat on Zoom

EASILY REGISTER ONLINE HERE:

<https://www.NJIOA.org/winter-retreat>

You may choose any donation level that works for you:  
\$5, \$10, \$20. Scholarships are available. For scholarships, email us at [Chair@NJIOA.org](mailto:Chair@NJIOA.org).



### CONTACT PEOPLE:

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(973) 568-2761  
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2 powerful  
Keynote  
Speakers  
Workshops  
Panels &  
Discussions  
Topics Q&A  
Lunchtime  
Entertainment

[www.NJIOA.org](https://www.NJIOA.org)

REGISTER BY MAIL: Snip and complete this registration form and mail it with a check payable to NJIOA.  
MAIL THIS FORM TO: Mary Ann Cluney, 11 Newbridge St., Durham NC 27703

NAME: \_\_\_\_\_

CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PLEASE ADD MY NAME & CELL TO THE  
'WE CARE LIST' FOR THIS EVENT

I WOULD LIKE TO DO  
SERVICE AT THIS EVENT:

WORKSHOP LEADER     WORKSHOP TIMER     EVENT COMMITTEE  
 ZOOM SUPPORT     WORKSHOP HOST     I CAN HELP AS NEEDED

# 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 in, find the link on our website [www.njioa.org](http://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](mailto: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 Chair and find out how to get started. **Intergroup Chair, Jeff A. (201) 341-6287 (text please). Or email Jeff at: [chair@NJIOA.org](mailto:chair@NJIOA.org)**

## OUR TRUSTED SERVANTS

### Volunteer Service Board of the NJIOA Intergroup:

JEFF A Intergroup Chair	<a href="mailto:chair@njioa.org">chair@njioa.org</a> 201-341-6287
Ed A. Acting Intergroup Vice Chair	<a href="mailto:Ed_OA@yahoo.com">Ed_OA@yahoo.com</a> 201-705-7542
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LORAIN B Recording Secretary	<a href="mailto:LFBeeck@gmail.com">LFBeeck@gmail.com</a> 973-714-3832
ILENE W Intergroup Treasurer	<a href="mailto:treasury@njioa.org">treasury@njioa.org</a> 908-803-4846
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RENA J SPONSORSHIP COORDINATOR	<a href="mailto:sponsor@njioa.org">sponsor@njioa.org</a> 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](mailto: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. They will remind you that you are not alone.

**PLEASE try all these people until someone answers your**

NAME	PHONE	AVAIL TIMES (ET)
ANDREA P	973-985-8169	4PM-6PM weekdays
ANDREA P	973-985-8169	8AM-6PM weekends
JANET B	201-248-8001	Until 9PM
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



## OUR 7TH TRADITION

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

**Donate at your live meetings, or in one of these ways:**

**Donate By Mail:** To NJIOA  
551 Valley Rd, PMB 206  
Upper Montclair, NJ 07043

**Venmo:**  
Search for @NJIOA—Pay  
**Zelle:**  
Search for [treasury@NJIOA.org](mailto:treasury@NJIOA.org)

**Donate on our Website:**  
[www.NJIOA.org/donate](http://www.NJIOA.org/donate)

**Paypal:**  
Go to [www.NJIOA.org/donate](http://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. Photo-copying and post office mailing help needed too! The theme for the Spring/Summer 2026 issue is: **"Friendship and Fellowship in Program"** Deadline for submissions is May 15. Please upload your articles electronically to the website here: [www.NJIOA.org/submit-to-oasis](http://www.NJIOA.org/submit-to-oasis). We need your service: Proofreaders needed to read the early drafts. Photo-copying and mailing helpers needed. If you'd like to give service, please email the OASIS Editors, here: [OASIS@NJIOA.org](mailto:OASIS@NJIOA.org). Thank You!

**NJIOA VIRTUAL & PHONE MEETINGS**

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	<a href="https://us06web.zoom.us/j/6839771680">https://us06web.zoom.us/j/6839771680</a>	(309) 205-3325	683 977 1680#	Roz (973) 464-9778
Big Book (West Orange)	Sunday	9:30am-10:30am	883 1105 7263	933234	<a href="https://us02web.zoom.us/j/88311057263">https://us02web.zoom.us/j/88311057263</a>			Jeff (201) 341-6287 or Rachel (973) 713-3714
Big Book (Paramus)	Sunday	10:30am - 12:00pm	854 3989 8968	Call for PWD	<a href="https://us02web.zoom.us/j/85439898968">https://us02web.zoom.us/j/85439898968</a>	(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	<a href="https://us06web.zoom.us/j/81723733870">https://us06web.zoom.us/j/81723733870</a>	646-558-8656	Call for code	Deborah (201) 532-7093
HOW Big Book	Monday	11:00am - 12:00pm	829 3628 0303	Recovery12	<a href="https://us02web.zoom.us/j/82936280303">https://us02web.zoom.us/j/82936280303</a>	646-558-8656	747 710 0583#	Susan S. (201) 960-1995
Big Book	Monday	6:00pm - 6:30pm	Call in only	Call in Only	Call in only	605-468-8860	541987#	Susan L. (20) 981-1861
HOW (Paramus)	Monday	7:30pm-9:00pm	897 5926 8585	Recovery12	<a href="https://us02web.zoom.us/j/89759268585">https://us02web.zoom.us/j/89759268585</a>	646-558-8656	278463#	
Livingston (S/BB)	Monday	7:30pm - 8:30pm	82784319886	294560	<a href="https://us02web.zoom.us/j/82784319886">https://us02web.zoom.us/j/82784319886</a>	(929) 205-6099	294560#	Gerif F (973) 714-8415
Steps/Traditions (Upp Montclair)	Tuesday	7:00am - 8:00am	85202041873	Call for PWD	<a href="https://us02web.zoom.us/j/85202041873">https://us02web.zoom.us/j/85202041873</a>	(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	<a href="https://zoom.us/j/95028700732">https://zoom.us/j/95028700732</a>	(929) 205-6099	701490#	Roz (973) 494-9767
Steps (Saddle Brook)	Tuesday	7:15pm - 8:15pm	957 959 232	Call for PWD	<a href="https://zoom.us/j/957959232">https://zoom.us/j/957959232</a>	(646) 558-8656	957 959 232#	Angela (201) 321-2010 Shari (201)218-5801
Steps (Wayne)	Tuesday	7:30pm - 8:30pm	819 9247 1448	Call for PWD	<a href="https://us02web.zoom.us/j/81992471448">https://us02web.zoom.us/j/81992471448</a>	(646) 558-8656	819 924 71448#	Christine (973)668-8768
HOW (River Edge)	Wednesday	10:00am - 11:30am	842 8183 7706	Recovery12	<a href="https://zoom.us/j/84281837706">https://zoom.us/j/84281837706</a>	(646) 558-8656	842 8183 7706#	Myrna (201) 754-1976 Roz (973) 464-9767
Big Book	Wednesday	6:00pm - 6:30pm	864 6205 6665	Recovery12	<a href="https://us02web.zoom.us/j/86462056665">https://us02web.zoom.us/j/86462056665</a>	605-468-8860	541987#	Susan L. (20) 981-0861
Big Book	Wednesday	7:00pm - 7:50pm	875 8350 3570	880292	<a href="https://us02web.zoom.us/j/87583503570">https://us02web.zoom.us/j/87583503570</a>	(646) 558-8656	476251#	Mary Ann (973) 268-2761
Mens' Meeting NNN	Wednesday	8:00pm - 9:00pm	864 6205 6665	Recovery12	<a href="https://us02web.zoom.us/j/86462056665">https://us02web.zoom.us/j/86462056665</a>	646-558-8656	747 710 0583#	Susan L. (201) 981-0861
HOW	Wednesday	8:05pm - 9:00pm	864 6205 6665	Recovery12	<a href="https://us02web.zoom.us/j/86462056665">https://us02web.zoom.us/j/86462056665</a>	646-558-8656	476251	Judy L. (201) 615-4955
Step/Tradition	Thursday	7:00am - 8:00am	852 0204 1873	Call for PWD	<a href="https://us02web.zoom.us/j/85202041873">https://us02web.zoom.us/j/85202041873</a>	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	<a href="https://us04web.zoom.us/j/77714176453">https://us04web.zoom.us/j/77714176453</a>	(646) 558-8656	777 1417 6453#	Susan L. (201) 981-0861
Step (Chatham)	Thursday	7:00pm - 8:00pm	822 2320 0839	Call for PWD	<a href="https://us04web.zoom.us/j/82223200839">https://us04web.zoom.us/j/82223200839</a>	—	—	Contacts: Jeff 201-341-6287 or Wendy 201-841-7681
Intergroup Business Meeting	Thursday	7:30pm - 9:00pm	228 467-1262	recovery	<a href="https://us02web.zoom.us/j/87264972165">https://us02web.zoom.us/j/87264972165</a>	—	—	Meets on 2nd Thurs of each month. All welcome
Relapse Into Recovery	Thursday	7:30pm - 8:30pm	811 5317 7746	Recovery12	<a href="https://us02web.zoom.us/j/81153177746">https://us02web.zoom.us/j/81153177746</a>	(312) 626-6799	046 890 7883#	Terry P. (862) 812-4467
BB Women's Meeting (Passaic)	Friday	9:30am - 10:30am	827 6899 9983	Call for PWD	<a href="https://us02web.zoom.us/j/8276899983">https://us02web.zoom.us/j/8276899983</a>	(646) 558-8656	Call for code	Roz (973) 464-9767 Eith (201) 881-9581
Discussion /For Today (Nutley)	Friday	7:00pm - 8:00pm	841 7697 4426	243745	<a href="https://us02web.zoom.us/j/84176974426">https://us02web.zoom.us/j/84176974426</a>	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	<a href="https://us02web.zoom.us/j/82771432421">https://us02web.zoom.us/j/82771432421</a>	(646) 558-8656	827 7143 2421#	Fran (201) 220-1440
12 Steps (Montclair)	Saturday	9:30am - 10:30am	257 331 1334	Call for PWD	<a href="https://us02web.zoom.us/j/2573311334">https://us02web.zoom.us/j/2573311334</a>	(646) 558-8656	Call for code	KarenC. (973)704-8047
New Providence Meeting (Hybrid)	Saturday	11:00am - 12:00pm	858 6653 0057	Call for PWD	<a href="https://us02web.zoom.us/j/8586656530057">https://us02web.zoom.us/j/8586656530057</a>	(646) 558-8656	838 0333 0451#	Marc (908) 578-9598; Linda (908) 672-2530; Patrie -
OA Meeting -Format Varies	Saturday	8:30pm - 9:30pm	838 0333 0451	61877	<a href="https://us06web.zoom.us/j/8380330451">https://us06web.zoom.us/j/8380330451</a>	838 0333 0451#	Susan L. (201) 981-0861 Agnes (201) 359-4259	Susan L. (201) 981-0861 Agnes (201) 359-4259

**NJIOA IN-PERSON MEETINGS**

NAME	DAY	TIME	TOWN	ADDRESS	CONTACT
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	Pam C. (973) 865-3050
Big Book (BB)	Sunday	9:00am - 10:15am	Hackettstown	Hackettstown Medical Center, 651 Willow Grove Street, Hackettstown, NJ. Cafeteria conference	Pam C. (908) 319-8450
Voices of Recovery/For Today (H)	Sunday	3:00pm - 4:00pm	Morris Plains	Notre Dame of Mt. Carmel Church, 75 Ridgedale Avenue, Hanover, NJ	Joan: (201)396-0112
Steps & literature (Hoboken)	Sunday	5:45pm - 6:45 pm	Hoboken NJ	Hoboken University Medical Center - Shah Hall/Assumption Hall, 308 Willow Avenue, Hoboken, NJ	Joe K. (201) 282-7362
Body Image / Speaker	Sunday	6:00pm - 7:00pm	Montclair NJ	The Salvation Army, 13 Trinity Place, Montclair, NJ. Coffee booth room	Jonathon (973) 897-4541
Newcomer (Chester)	Tuesday	7:00pm - 8:00pm	Chester NJ	The Community Presbyterian Church, 220 Main Street, Chester, NJ	Karen (908) 239-0994
Step/Tradition/Speaker 2nd Tues	Tuesday	7:00pm - 8:00pm	Monclair NJ	St. James Episcopal Church, 581 Valley Road, Montclair, NJ	Dvora (862) 571-0555
Big Book / Open Share	Wednesday	7:00pm - 8:15pm	Saddle Brook	Kessler Institute for Rehabilitation, 300 Market Street, Saddle Brook, NJ. Multi-purpose room	Grace (201) 294-7445
Gratitude & Check-in Meeting	Thursday	7:00pm - 8:00pm	Montclair NJ	St. James Episcopal Church, 581 Valley Rd, Montclair. Enter thru parking lot on Bellevue.	Steven L. (973) 856-2070
Newcomer Thursdays	Thursday	7:30pm - 8:30pm	Hackettstown	Drakestown Methodist Church, 6 Church Road, Hackettstown, NJ	Donna (201) 396-3796
Saturday Serenity Group (12&12)	Saturday	9:30am - 10:45am	Monclair NJ	Presbyterian Church of Upper Montclair, 53 Norwood Ave. Enter thru rear door near circular drive.	Rena (347) 673-3204
OA Steps / Tradition Study Sparta	Saturday	10:00am - 11:00am	Sparta NJ	Shepherd of the Hills Lutheran Church, 246 Woodport Road, Sparta, NJ	Page (973)997-2077
Big Book Ridgewood	Saturday	10:15am - 11:15am	Ridgewood NJ	Unitarian Church, 113 Cottage Pl, Ridgewood, NJ. Admin. Bldg. to left of Church	Susan L. (201) 981-0861
Newcomer (Cedar Knolls)	Saturday	10:30am - 11:30am	Hanover NJ	Notre Dame of Mt Carmel, 75 Ridgedale Av, Hanover, NJ. Room 203,	Barry — Text 212-495-9117
Saturday Morning Paramus	Saturday	10:30am-12:00pm	Paramus NJ	Dorothy B Kraft Center, 15 Essex Road, Paramus, NJ	Amy S. (201) 675-1091
New Providence Meeting (BB)	Saturday	11:00am - 12:00pm	New Prov. NJ	St Andrew's Episcopal Church, 419 South St, New Providence, NJ. Park in rear. Enter thru RED door.	Mark S. (908) 578-9598