



Who Is Your Ebby? Who 12th Stepped You?

UPCOMING EVENTS

Full event details and all event flyers are posted on website: www.NJIOA.ORG

OCTOBER 2026

Workshop: Top Tips for Newcomers and New Sponsors

Sun. Oct 4 — 1:00-3:00pm on Zoom Mtg ID 893 714 2644 PW: 912866

Annual Firelight Meeting

Sat. Oct 10 — Outdoor meeting 6:30pm 779 McCoy Rd, Franklin Lakes.
Space is limited so please RSVP: Grace (201) 294-7445

Region 7 Convention — “I Put My Hand In Yours... Welcome Home”

Oct 23-25 — Bethesda, MD — see NJIOA.org to register. NJIOA offers a ride-share program for transportation to this event. Contact Jeff at 201-341-6287

Workshop: Beyond Weight Loss — There Is Hope and Joy!

Sun Oct 24 — 1:00- 4:00pm In Person St Andrews Episcopal Church,
419 South Street, New Providence NJ

JANUARY 2027

Wednesday Night Saddle Brook Meeting presents: Faux Stained Glass Craft Event

Sat. Jan 23 — 1:00pm-3:00pm in person. Location & details to follow on website.
Craft materials provided. RSVP needed for this event: Grace (201) 294-7445

INTERGROUP BUSINESS MEETINGS

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

Oct 08 Nov 12 Dec 10 JAN 14

Zoom Meeting ID: 872 6497 2165 Password: recovery



Who Is My Ebby?

My college choir director had a front row seat to my compulsive eating. She saw me twice a week, over four

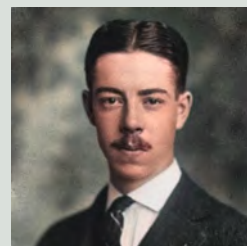


years. She saw my weight go up and down. We went on tour for a week each year and she noticed the way I ate and my obsession with food and dieting. She recommended OA and I attended 2 meetings, but didn't hear any hope there...I wasn't desperate enough. It wasn't until 10 years later...February 28th, 1999 that I finally reached my bottom and began attending OA meetings regularly. Thank God my choir director had cared enough to introduce me to OA all those years ago.

— **Christine W.**

Who Was Ebby?

Ebby Thatcher (1896-1966) was the man who carried the message and became the first sponsor of Alcoholics Anonymous co-founder Bill Wilson.



I Didn't Have Just One Ebby

In thinking about my journey in recovery, I realized that I didn't have just one Ebby. There have been countless people who have helped me along the way—in so many ways. Some sponsors had to let me go—for a variety of reasons. This shaped my recovery. All my sponsors have helped me between sitting with me on the phone for long periods of time helping me get through crisis, heartache & everything in my life. I can never repay them for all their kindness. Fellows came up to me after meetings even when I was trying to duck out lol. They shaped my recovery. So many fellows called me or took my calls and were there for me. They shaped my recovery. And most importantly, God brought me to the rooms and helped me to never leave, and helps me to grow every day. I believe that all the people who touched my life, and still do, as well as myself, are all conduits of God and that I needed every single thing and every interaction to happen in my life to help me help others and grow closer to God. I feel so blessed.

— Beth A.

Who is my Ebby Thatcher?

I've been to Stepping Stones a few times and had the opportunity to sit at the kitchen table that Ebby and Bill sat at drinking coffee, one alcoholic talking to another! I remember when I was living in Washington D.C. and had begun to put on a lot of weight from my bingeing, isolating and not able to put the sugar, wheat or flour down. Each day I would begin with resolve to 'go on another diet' and by the late afternoon I was eating food that would lead to a binge. I was at an Alcoholics Anonymous meeting and mentioned this to a group of women. This was the first time I had truly admitted defeat and asked for help. Immediately a woman suggested I go to Overeaters Anonymous and told me where and what time I should show up. She said that she found a food plan, fellowship and peace of mind with her food down and working an abstinent program. This was in

1995. Since that time there have been many Ebby's in my program — many people who openly and freely share their experience strengths and hope with me and lead me towards my God and away from the food. We are so blessed.

— Nancy L.



"He suddenly realized that in order to save himself he must carry his message to another alcoholic."

Big Book, Foreword to Second Edition, page xvi



My Ebby Experience

I guess you could say my Ebby experience is different than others. I can see it in two different ways but the most important way is how it affects me and my OA program so that is what I will talk about here, not how it affected a person close to me who also had an addiction. The person who first made me aware of a twelve-step program was an uncle. He became sober when I was young and it made a very real impression on me. I realized sometime around 8 or 9 that I had a problem with food but wasn't sure exactly what was going on, other than classic overeating. Not long after, I realized why I was doing what I was doing. At some point; I am not even sure when... the thought went through my head



that I wish they had something like AA for food. A program like AA might help me like it helped my uncle. Fast forward to late high school and a Psychology class, the guy in front of me told me about OA (he described it

as AA with food if I remember right) and how he was going to it. I am not breaking anonymity because I am not telling you who it was. This is a part of my story. I thought, wow! this would help me. I credit that person and also my uncle and an aunt for being my Ebby. They told me there was another way. They planted a seed, showed me something else could work and that it could be better than anything else I had tried. I am forever grateful for them and for what they did for me.

— Anonymous

A LETTER FROM OUR CHAIR

Dear OA Fellows,

We'd like to encourage individual meetings to continue 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 September and December 2026. Your meeting may even wish to consider sponsoring one of the upcoming OA events:

- **IDEA Day (Weekend of November 21 -22)**
- **12th Step Within Day (Saturday December 12)**

Please feel free to call, text or email me to discuss how together your meeting and NJIOA might collaborate on a monthly event. We would love to work together to strengthen connection and service throughout the Fall. Thank you,

—Jeff A.

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

CARRY THE MESSAGE

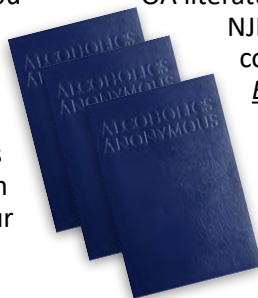
Bill W. & Dr Bob remind us in the Big Book that the only way to stay clean is to work with others. Perhaps someone you know could benefit from our program. Consider inviting them to a meeting. Maybe send them a newcomer packet. Share our website address so they can find out more information and get in 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



BOOK SCHOLARSHIP

NJIOA received a generous donation to fund an OA literature scholarship. Anyone in the NJIOA Fellowship who needs a complimentary paperback *Big Book* or a paperback *OA 12&12* may request one. To receive your free copy, please call or text Susan S. (201) 960-1995.

No charge for shipping.
(Must live in the continental U.S. please.)



Who Was My Ebby?

God is Omnipresent.

Has my path been written in the stars before I was able to walk on the Earth?

God is Omnipotent.

There is nothing God cannot do.

The addiction in my family brought me to recovery.

The recovery in my family and friends brought me to program,

Thank you Mom,

Thank you Annie,

Thank you God.

— Nicole A.



"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

Step Twelve, Big Book, "How It Works," p.60

I Had Two Ebby Stories

When asked to talk about my Ebby I realized I have had two. First, I must thank my first husband who was my qualifier as I entered Al-Anon 3 months after our marriage. It was there that I read the 12 steps that I did not see as being for me but after listening to qualifications about drinkers, turned to the woman sitting next to me and proclaimed, "That's how I eat!" She told me there was a meeting for people like me. Her name was Dell and I never had the opportunity to meet with her again, but she opened the door. It took me some time before I was desperate enough but in May of 1989 I entered my first meeting in the library at the Parsippany public library. It was there that I saw people who were happy, joyous and free and I was hooked. My recovery has had its ups and downs and there have been so many people that have helped me over the years. The key to my recovery is that, however bad things got, I never left the rooms and because of that my life continues to get better and better and each day I can say that I am a grateful member of Overeaters Anonymous.

— Susan L.

My Ebby Served The Winning Point

At the time of my Ebby story, I was 40 years old and 50 pounds overweight, I was losing my relationships, and I felt I had failed at life. Rock. My Ebby was gorgeous — a tennis friend, tall, happy, and slim. I envied her. We had just played a game that day, and were chatting 'across the net' as so often happens, and she guessed something was wrong. I was complaining about everything and she was listening deeply and nodding. When I had finished, she said: "I used to be the same as you. I found help in OA. You should try it. They fix more than food." Two days later, I went to my very first OA meeting — the iconic Friday Night HOW meeting. Strangely, our paths went in different directions after that and I never saw my Ebby again. But I have never forgotten her and not many days pass that I don't think of her gift to me. She had come into my life with a purpose — to save me. Thank God for my Ebby.

— Anonymous



My Ebby Thatcher Story

Some Seeds Sprout Slower. Eight years lapsed between the time I first heard about OA until I walked into my first OA meeting. I was 25 years old and desperate to get my life in order. I joined an adult children of alcoholics group (ACOA) at the university under the belief that all my problems stemmed from my father's alcoholism. The therapist who ran the group suggested that I too might have an alcohol problem, so I stopped drinking without too much effort. When the therapist continued "it went somewhere else", I didn't understand. I figured joining this ACOA group was enough. Some months later another member in that same ACOA group revealed she was overeating and that it caused physical and emotional pain. Her brother said to her "I know what you're doing with food!" Everyone in the room could feel her shame. Through tears, she confessed she was thinking of going to OA. Everyone in the group felt sorry for her, including me. Once again, I didn't understand. I could identify with her eating behaviors and shame, but I still thought I would figure a way to manage it myself. Fast forward 8 years. I had a husband, a job, a house, and a newborn infant; but I couldn't stop gaining weight, even after the pregnancy. Strategies I had relied on before to manage my weight were no longer working such as weigh-and-pay programs, compulsive exercising, and working long hours. Every day I would jump on the scale and find that the weight only went up--never down. That's when I saw a TV show about a man who was so heavy he couldn't get out of bed. The camera showed a table of all the food he ate in one day, and it was all the foods I overate. The thought came into my head "The only difference between me and him is time. I can't stop gaining weight." I got scared. As I laid my head on my pillow that night I said a little prayer for help. The letters OA came into my head. I hadn't thought about OA since that woman 8 years ago in the ACOA group had mentioned it. I called OA the next day and went to my first meeting 2 days later. That was 32 years ago. I couldn't tell you what that woman's name was. I really can't even remember her face, but to this day I can identify with the pain she felt because I felt it too. She planted a seed in me that day that took 8 long years to sprout. Some seeds sprout slower.



"To watch the eyes of men and women open with wonder as they move from darkness into light, to see their lives quickly fill with new purpose and meaning, to see whole families reassembled, to see the alcoholic outcast received back into his community in full citizenship, and above all to watch these people awoken to the presence of a loving God in their lives -- these things are the substance of what we receive as we carry A.A.'s message to the next alcoholic." AA 12 & 12, Step 12, p. 110

— Sue K.

“ Each group has but one primary purpose — to carry its message to the alcoholic who still suffers. ”

Big Book, Appendix I, Tradition Five, page 562

EBBY T.

The Man Who Carried The Message To Bill W.

Reprinted from www.Silkworth.net

It was Ebby who found relief from his alcoholism in the simple spiritual practices of the Oxford Group which was an attempt to return to First Century Christianity – before it was complicated and distorted by religious doctrines, dogma and opinions. The program offered by Ebby to Bill involved taking a personal moral inventory, admitting to another person the wrongs we had done, making things right by amends and restitution, and a genuine effort to be of real service to others. In order to obtain the power to overcome these problems, Ebby had been encouraged to call on God, as he understood God, for help.

Bill was deeply impressed by Ebby's words, but was even more affected by Ebby's example of action. Here was someone who drank like Bill drank – and yet Ebby was sober, due to a simple religious idea and a practical program of action. The results were an inexplicably different person, fresh-skinned, glowing face, with a different look in his eyes. A miracle sat directly across the kitchen table from Bill. Ebby was not some "do-gooder" who had read something in a book. Here was a hopeless alcoholic who had been completely defeated by John Barleycorn, and yet, had in effect, been raised from the dead. It was a message of hope for an alcoholic – that God would do for us what we could not do for ourselves.



(circa 1955-1961)

Bill continued to drink in a more restrained way for a short while, and then was admitted to Towns Hospital on December 11, 1934. Ebby visited him there on December 14th and essentially helped Bill take what would become Steps Four, Five, Six, Seven and Eight.

But that "boost" from Ebby's visit wore off and that night, Bill's feeling of hopelessness deepened and a terrifying darkness yawned in the abyss. As the last trace of self-will was crushed, Bill said to himself, with neither faith nor hope, "I'll do anything, anything at all! If there be a God, let Him show Himself!"

Bill Wilson's biography, *Pass It On*, quotes Bill as describing this experience:

"What happened next was electric. Suddenly, my room blazed with an indescribably white light. I was seized with an ecstasy beyond description. Every joy I had known was pale by comparison. The light, the ecstasy – I was conscious of nothing else for a time.

Then, seen in the mind's eye, there was a mountain. I stood upon its summit, where a great wind blew. A wind, not of air, but of spirit. In great, clean strength, it blew right through me. Then came the blazing thought, "You are a free man." I know not at all how long I remained in this state, but finally the light and the ecstasy subsided. I again saw the wall of my room. As I became more quiet, a great peace stole over me, and this was accompanied by a sensation difficult to describe. I became acutely conscious of a Presence, which seemed like a veritable sea of living spirit. I lay on the shores of a new world."

Pass It On, page 121

Ebby had carried the message of the Oxford Group to Bill with great care and dedication—that recovery from alcoholism was possible using spiritual principles, but only if it was combined with practical actions. Bill Wilson never took another drink, and left Towns Hospital to dedicate the rest of his life to carrying the message to other alcoholics.

Article excerpt reprinted from www.Silkworth.net

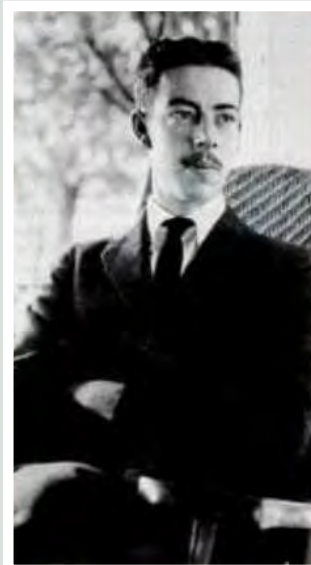
Ebby's Promise

Ebby T's "promise" to Alcoholics Anonymous co-founder Bill W. in November 1934 was a simple spiritual formula for recovery that later became the core of the Twelve Steps.

“My friend promised when these things were done I would enter upon a new relationship with my Creator; that I would have the elements of a way of living which answered all my problems. Belief in the power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were the essential requirements.

Simple, but not easy; a price had to be paid. It meant destruction of self-centeredness. I must turn in all things to the Father of Light who presides over us all.”

— from Bill's Story, BB, page 13



Ebby T. (b.1896 — d.1966)

Dear Ebby,

No day passes that I do not remember that you brought me the message that saved me — and only God knows how many more.

In affection,
— Bill

— Big Book inscription to Ebby, written by Bill W..



Bill Wilson (left) and Ebby Thatcher, circa 1955-1961

Hear Ebby T's presentation at the AA Conference in San Jose, March 4, 1961:
https://youtu.be/aMC6RWbEZ_g?si=MbCHP_j-zgbV27UV

NJIOA presents a Zoom Workshop

Top Tips for Newcomers and New Sponsors

Sunday October 4, 2026
1:00-3:00 PM ET



Need help getting started?
Unsure of how to sustain your momentum?
Or looking for the best way to help other fellows?

Join us as two longtime members with years of abstinence share their experience of what has worked for them and their sponsees.

Join Zoom Meeting:

<https://us02web.zoom.us/j/8937142644?pwd=4HFx4q5gjhbh3J2FQ7Ymagv4aYnFKL1&omn=84031074815>

Meeting ID: 893 714 2644

Passcode: 912866

Dial in: +13017158592,,8937142644# US
(Washington DC)

Contact person: Judy L
201-615-4955 or gratefuljudy@yahoo.com

 **OVEREATERS
ANONYMOUS.**
Fellowship · Gratitude · Letting Go

FIRELIGHT MEETING



SATURDAY, OCTOBER 10, 2026
6:30 PM

779 McCOY RD.
FRANKLIN LAKES, NEW JERSEY, 07417

ATTENDANCE IS LIMITED,
SO DON'T DELAY RSVP TODAY!

Please dress warmly and bring comfortable shoes, a flashlight, an upright folding chair, and any writings or memorabilia you want to burn in the fire.

Minimal walking, parking and restroom nearby.

RSVP or for info, call/text Grace (201) 294-7445

Suggested donation of \$5 paid at event or via
Venmo or Zelle at treasury@njoa.org

Our Region's Convention

Region 7 2026 Convention in Bethesda,
MD

October 23-25, 2026

I Put My Hand in Yours... Welcome Home.

The Region 7 Convention is being held in person this year! Join us October 23 through 25, 2026, at the Bethesda Hotel in Bethesda, Maryland for a weekend of fellowship, recovery, connection, and joy.

This year's theme is *"I put my hand in yours... Welcome Home."*

COSTS:

Early Bird Registration: \$70 (May 4 – September 23)

General Registration: \$85 (September 24 – October 16)

Onsite Registration: \$100 (October 23 – 25)

Note: costs do not cover parking or meals. Parking for day visitors will be \$5/day and for overnight guests, \$20/night.

Register now on the Region 7 Website:
<https://oaregion7.org/2026-convention>

The Wednesday Night
Saddle Brook Meeting
PRESENTS

Faux STAINED GLASS Craft

No
Experience
Needed!

All Items
Provided!



Saturday
Jan 23rd

1:00 PM

Location to be
determined

Reserve your spot before
Jan 15, 2027.

RSVP / Info Contact
Grace
201-294-7445

CREATE • CONNECT • SUPPORT

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 use the meeting ID located on the OASIS front page. If anyone would like to get a topic for discussion onto the agenda for the next meeting, please email our 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 Chair and find out how to get started. **Intergroup Chair, Jeff A. (201) 341-6287 (text please).** Or email Jeff at: chair@NJIOA.org

OUR TRUSTED SERVANTS

Volunteer Service Board of the NJIOA Intergroup

JEFF A Intergroup Chair	chair@njioa.org 201-341-6287
Mark H. Acting Intergroup Vice Chair	201-320-3025
GAIL S Corresponding Secretary	secretary@njioa.org 201-446-4519
LORAIN B Recording Secretary	LFBeeck@gmail.com 973-714-3832
ILENE W Intergroup Treasurer	treasury@njioa.org 908-803-4846
OPEN POSITION Events Chair	<i>If you would like to volunteer for this position, please email the Intergroup Chair at: chair@NJIOA.org.</i>
MARY ANN C OASIS Editor	oasis@njioa.org 973-568-2761
SUSAN S Website Chair	website@njioa.org 201-960-1995
OPEN POSITION Public Information	<i>If you would like to volunteer for this position, please email the Intergroup Chair at: chair@NJIOA.org.</i>
MARK H Telephone Hot Line	info@njioa.org 201-320-3025
TONI ANN A Parliamentarian	973-945-0233
MARY JEAN E WSO Reporter	mjellislaw@gmail.com 973-670-8998
Judy L Zoom Committee Coordinator	zoom@njioa.org 201-615-4955
RENA J SPONSORSHIP COORDINATOR	sponsor@njioa.org 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. They will remind you that you are not 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
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, Region 7, and OA World Service. Choose what amount works for you. Please add a note and let us know if your contribution is to support a specific meeting. Donate either at your live meetings, or in one of these four ways:



by Pay Pal on our Website:

www.NJIOA.org/donate

by Venmo:

Use [@NJIOA—Pay](#)

by Zelle:

Use treasury@NJIOA.org

Donate by Check: Payable To: "NJIOA"
551 Valley Rd, Box 206, Upper Montclair, NJ 07043

OASIS NEWSLETTER

We love your contributions! Please continue to give service by submitting your articles, poems, and prayers. The theme for the Winter 2026-27 issue is: **"A Design For Daily Living."** Deadline for submissions is January 15. Please upload your contributions electronically if you can, to our website, using the submittal form on this web page: www.NJIOA.org/submit-to-oasis. Or email us at oasis@njioa.org. We are always looking for proofreaders to help read the early drafts. Photo-copying and post office mailing help needed too! If you'd like to give service and help us out, please email us 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#	Roz (973) 464-9778
Big Book (West Orange)	Sunday	9:30am-10:30am	883 1105 7263	933234	https://us02web.zoom.us/j/88311057263	—	—	Jeff (201) 341-6287 or 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	Dial in Only	Dial in only	(425) 436-6382	337800#	Joan: (201) 396-0112
Lifeline/Literature	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	Dial in only	Dial in Only	Dial 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#	Estelle S. (973) 220-7277
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 (Upper 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 Mig (Secaucus)	Tuesday	10:30am - 11:30am	950 2870 0732	701490	https://zoom.us/j/95028700732	(929) 205-6099	701490#	Roz (973) 464-9767
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
HOW (River Edge)	Wednesday	10:00am - 11:30am	842 8183 7706	Recovery 12	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	Dial in only	Dial in Only	Dial in only	(605) 468-8860	541987#	Susan L. (20) 981-0861
Big Book	Wednesday	7:00pm - 7:50pm	864 6205 6665	Recovery 12	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.oannj@gmail.com or Tim O. (201) 560-3566		
HOW	Wednesday	8:05pm - 9:00pm	864 6205 6665	Recovery 12	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	882 1820 6220	Call for PWD	https://us04web.zoom.us/j/88218206220	—	—	Jeff 201-341-6287 or Wendy 201-841-7681
Intergroup Business Meeting	Thursday	7:30pm - 8:30pm	872-6497-2165	recovery	https://us02web.zoom.us/j/87264972165	—	—	Meets on 2nd Thurs of each month. All welcome
Relapse Into Recovery	Thursday	7:30pm - 8:30pm	811 5317 7746	Recovery 12	https://us02web.zoom.us/j/81153177746	(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	https://us02web.zoom.us/j/82768999983	(646) 558-8656	Call for code	Roz (973) 464-9767 Eteh (201) 881-9581
Discussion /For Today (Nutley)	Friday	7:00pm - 8:00pm	858-2782-9531	827550	https://us02web.zoom.us/j/85827829531	(929) 205-6099	858 2782 9531#	Kellie (973)713-6793
HOW (Hackensack)	Friday	7:30pm - 9:00pm	827 7143 2421	Recovery 12	https://us02web.zoom.us/j/82771432421	(646) 558-8656	827 7143 2421#	Fran (201) 220-1440
12 Steps (Montclair)	Saturday	9:30am - 10:45am	257 331 1334	Call for PWD	https://us02web.zoom.us/j/2573311334	(646) 558-8656	—	Karen C. (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 - berkhtgssatoa@gmail.com
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

NAME	DAY	TIME	TOWN	ADDRESS	CONTACT
Into Action (BB) (HA)	Sunday	9:00am - 10:00am	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 NJ	Hackettstown Medical Center, 651 Willow Grove Street, Hackettstown, NJ. Cafeteria conference room.	Pam C. (908) 319-8450
Voices of Recovery/For Today (H)	Sunday	3:00pm - 4:00pm	Cedar Knolls	Notre Dame of Mt. Carmel Church, 75 Ridgedale Ave, Cedar Knolls, 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	Montclair NJ	St. James Episcopal Church, 581 Valley Road, Montclair, NJ	Dvora (862) 571-0555
Step Meeting Saddle Brook	Tuesday	7:15pm - 8:15pm	Saddle Brook NJ	Kessler Institute for Rehabilitation, 300 Market Street, Saddle Brook, NJ. Multi-purpose room	Angela (201) 321-2010
Big Book / Open Share	Wednesday	7:00pm - 8:15pm	Saddle Brook NJ	Kessler Institute for Rehabilitation, 300 Market Street, Saddle Brook, NJ. Multi-purpose room	Grace (201) 294-7445
Newcomer/Beginner Meeting	Thursday	7:00pm - 8:00pm	Pompton Plains	Grace Chapel, 535 Newark Pompton Tpke, Pompton Plains NJ	Carrie (973) 464-4713
Gratitude & Literature 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 NJ	Drakestown Methodist Church, 6 Church Road, Hackettstown, NJ	Donna (201) 396-3796
OA Literature / Open Sharing	Friday	7:00pm - 8:30pm	Paramus NJ	Dorothy B Kraft Center, 15 Essex Road, Paramus, NJ	Kerri (201) 923-3688
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.	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, Enter thru single door 50 feet to the right of the main entrance on Ridgedale Ave.	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 Newcomers	Saturday	10:00 - 10:45am	New Prov., NJ	St Andrew's Episcopal Church, 419 South St, New Providence, NJ. Park in rear. Enter parish hall thru RED double doors, or carriage house. Signs will direct newcomers. Free Parking. Some steps, so not wheelchair accessible.	Mary Jeanne C. (908) 400-9123 text if possible
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
Literature Meeting	Saturday	4:30pm - 5:30pm	Hackettstown	Drakestown United Methodist Church, 6 Church Rd., Hackettstown NJ	Eileen Q. (908) 229-2569