

SUNDAY

Nutley

7:30PM Just For Today, Franklin Reformed Church, 45 Hillside Crescent, Nutley, NJ, 07110 **(C,D,JFT,NS,L)** Masks required, no food or drink allowed

Verona

7:30PM New Attitudes, United Methodist Church, 26 Montrose Avenue, Verona, NJ, 07044 **(C,D,S,Tp,NS)** Mask required

MONDAY

Hoboken

7:00PM Hope Group, St. Joseph's Rectory (basement), parking - right rear, 61 Monroe Street, Hoboken, NJ, 07030 **(C,RR,S,WC,NS)** Masks required

Nutley

NOON Good Day To Be Alive, Franklin Reformed Church, 45 Hillside Crescent, Nutley, NJ, 07110 **(O,NS)**

Verona

8:00PM Foundation Group, Verona United Methodist Church, 26 Montrose Ave. & Hill St., Verona, NJ, 07044 **(C,RR,NS)**

TUESDAY

Cedar Grove

7:30PM Steps To Recovery, Community Church of Cedar Grove, 65 Bowden Road, Cedar Grove, NJ, 07009 **(O,B,P,S,WC,NS,St1-3)** Masks required

Nutley

NOON Good Day To Be Alive, Franklin Reformed Church, 45 Hillside Crescent, Nutley, NJ, 07110 **(O,WC,NS,St1-3)**

WEDNESDAY

Nutley

NOON Good Day To Be Alive, Franklin Reformed Church, 45 Hillside Crescent, Nutley, NJ, 07110 **(O,WC,NS)**

7:30PM LifeLine, Grace Episcopal Church, 200 Highfield Lane, Nutley, NJ, 07110 **(O,D,S,WC,NS)** Masks required

Verona

8:00PM Recovery Room, Verona United Methodist Church, 26 Montrose Ave. & Hill St., Verona, NJ, 07044 **(O,Bk,D,NS)** Masks required

THURSDAY

Nutley

NOON Good Day To Be Alive, Franklin Reformed Church, 45 Hillside Crescent, Nutley, NJ, 07110 **(O,D,Tp,WC,NS,Gr)**

FRIDAY

Bloomfield

8:00PM Brookdale Friday Night Meeting, Brookdale Reformed Church, 16 Bellevue Avenue, Bloomfield, NJ, 07003 **(O,S,St,WC,NS)**

FRIDAY (CONT)

Livingston

8:00PM Ray Of Hope, Trinity Covenant Church, 343 East Cedar Street, Livingston, NJ, 07039 **(O,D,S,WC,NS)** Masks optional

Nutley

NOON Good Day To Be Alive, Franklin Reformed Church, 45 Hillside Crescent, Nutley, NJ, 07110 **(O,NS)**

MEETING FORMAT LEGEND

B	Beginner	Bk	Basic Text
C	Closed (addicts only)	D	Discussion
Gr	Grab Bag	JFT	Just for Today
L	Literature	Md	Meditation
NS	No Smoking	O	Open (anyone welcome)
P	Pamphlet	RR	Round Robin
S	Speaker	St	Step
St1-3	Steps 1, 2 and 3	Tp	Topic
VM	Virtual Meeting	WC	Wheelchair

VIRTUAL MEETINGS

Sun 10:00A M	Recovery in NA https://us04web.zoom.us/j/86922509138 , Meeting ID 869 2250 9138, Dial In 646-558-8656, Password: kearny (O,D,S,Tp,WC,NS,VM)
Sun 11:00A M	Sunday AM Recovery https://us04web.zoom.us/j/84425294316 , Meeting ID 844 2529 4316, Dial In 929-205-6099, Password 755001 (O,D,Tp,WC,NS,VM)
Tue NOON	Good Day To Be Alive https://us02web.zoom.us/j/84752351906 , Meeting ID 847 5235 1906, Dial In 646-558-8656, Password: nooner (O,B,P,S,WC,NS,St1-3,VM)
Thu NOON	Good Day To Be Alive http://us02web.zoom.us/j/84752351906 , Meeting ID 847 5235 1906, Dial In 646-558-8656, Password: nooner (O,D,Tp,WC,NS,VM)
Thu 8:00PM	Today We Live https://us04web.zoom.us/j/969442962 , Meeting ID 969 442 962, Dial In 646-558-8656 (O,D,S,NS,St1-3,VM)
Fri 10:30P M	Better Late Than Never https://zoom.us/j/75123104145 , Meeting ID 751 2310 4145, Dial In 929-205-6099, Password 00000 (O,JFT,RR,NS,Md,VM)
Sat 10:00A M	Little Miracles https://us04web.zoom.us/j/363355296 , Meeting ID 363 355 296, Dial In 929-205-6099, Password 864843 (O,B,D,NS,VM)



<https://online.nanj.org>



SUBURBAN ESSEX

MEETING LIST

MAY 2022

24 HOUR HELPLINE

732-933-0462

www.nanj.org

What is our message?

**The message is that an addict,
any addict, can stop using drugs,
lose the desire to use,
and find a new way to live.
Our message is hope
and the promise of freedom.**

Basic Text, page 65

SUGGESTIONS FOR EVERYONE

- Avoid People, Places and Things You Used With/At
- Come Early and Stay Late
- Don't Use and Go to meetings
- Get and Use a Sponsor
- Get a Home Group
- 90 Meetings in 90 Days
- Use the Phone
- Get involved in Service

KEEP COMING BACK. IT WORKS