

SUNDAY**Belleville**

11:00AM Sunday AM Recovery, Clara Maass Hospital, main entrance, Founder Room, 1 Clara Maass Drive, Belleville, NJ, 07109 **(O,JFT,St,WC,NS,Lc,Gr)**

Kearny

NOON Recovery in NA, First Presbyterian Church, Entrance is on Laurel Ave, 663 Kearny Ave, Kearny, NJ, 07032 **(O,D,S,Tp,WC,NS)**

Lyndhurst

8:00PM The Survival Kit, AMVETS Post 20, 323 New York Ave, Lyndhurst, NJ, 07071 **(C,D,H&W,S,SWG,WC,NS)** *Enter through side*

Nutley

7:30PM Just For Today, Franklin Reformed Church, 45 Hillside Crescent, Nutley, NJ, 07110 **(C,D,JFT,NS,L)**

Verona

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

MONDAY**Belleville**

8:00PM Recovery By The Book, Fewsmith Presbyterian Church, 444 Union Avenue, Belleville, NJ, 07109 **(O,Bk,D,RR,NS)**

Hoboken

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

Nutley

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

Verona

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

TUESDAY**Cedar Grove**

7:30PM Steps To Recovery, Community Church of Cedar Grove, 65 Bowden Road, Cedar Grove, NJ, 07009 **(O,D,S,St,WC,NS)**

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,D,WC,NS)**

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

WEDNESDAY (CONT)**Verona**

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

THURSDAY**Belleville**

8:00PM Today We Live, Fewsmith Presbyterian Church, Little St. & Union Ave., Belleville, NJ, 07109 **(O,D,S,NS,St1-3)**

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)**

Glen Ridge

10:00PM Night Crawlers, Glen Ridge Congregational Church, 195 Ridgewood Ave., Glen Ridge, NJ, 07028 **(O,Cn,JFT,RR,NS,Md)**

Livingston

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

Nutley

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

SATURDAY**Belleville**

10:00AM Little Miracles, Fewsmith Presbyterian Church, Little St. & Union Ave., Belleville, NJ, 07109 **(O,D,JFT,NS)**

Montclair

8:00PM 12 Step Workshop, First Congregational Church, enter on side street, 40 South Fullerton Ave., Montclair, NJ, 07042 **(O,D,St,NS)**

MEETING FORMAT LEGEND

B	Beginner	Bk	Basic Text
C	Closed (addicts only)	Cn	Candlelight
D	Discussion	Gr	Grab Bag
H&W	It Works How and Why	JFT	Just for Today
L	Literature	Lc	Living Clean
Md	Meditation	NS	No Smoking
O	Open (anyone welcome)	RR	Round Robin
S	Speaker	SWG	Step Working Guides
St	Step	St1-3	Steps 1, 2 and 3
Tp	Topic	V	Varied
WC	Wheelchair		

VIRTUAL MEETINGS

<https://online.nanj.org>



**SUBURBAN ESSEX
MEETING LIST
NOVEMBER 2024**

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