

| SUNDAY  |
|---|
| <b>9:00AM Asbury Park</b> <i>Therapeutic Value Group</i> , Lumley Homes, entrance in back, 1025 2nd Avenue <b>(O,NS,Ta,Gr)</b>  |
| <b>9:30AM Oakhurst</b> <i>Sunday Morning Recovery</i> , Senior Center / West Park Rec Center, Rear Entrance, 615 West Park Avenue <b>(O,D,RR,Tp,WC,NS,HY)</b>   |
| <b>10:00AM Matawan</b> <i>Sunday Morning Meditation</i> , St. Clements House Of Hope, 180 Freneau Ave. (Route 79) <b>(C,JFT,RR,WC,NS,SPAD)</b>  |
| <b>10:30AM Freehold</b> <i>Wellness Group</i> , New Attitudes Clubhouse, 45 Throckmorton Street <b>(O,D,P,S,St,WC,NS)</b>   |
| <b>11:00AM New Brunswick</b> <i>Cha Cha Cha</i> , RWJ Fitness Center Community Room, 100 Kirkpatrick St. <b>(O,B,Bk,S,WC,NS,St1-3)</b>  |
| <b>4:00PM Keansburg</b> <i>Off the Beach</i> , St. Mark's Church Community Center, 247-A Carr Avenue (adjacent field) <b>(O,D,Ro,WC,Y,NS)</b> <i>park on Kennedy Way and enter via ramp - do not use kitchen door</i> |
| <b>5:30PM Highland Park</b> <i>You Better Work</i> , Pride Center of New Jersey, 85 Raritan Ave <b>(O,G,WC,NS,V)</b>  |
| <b>6:00PM Perth Amboy</b> <i>Absolutely Necessary</i> , St. Peters Church Hall, 183 Rector St. <b>(O,D,P,S,St,NS)</b>   |
| <b>6:30PM Perth Amboy</b> <i>Courage To Change</i> , Grace Lutheran Church, 600 New Brunswick Ave. <b>(C,Bk,D,NC,RR,St,WC,NS)</b>   |
| <b>7:00PM Long Branch</b> <i>Neversink Group</i> , Long Branch Elks Club, 150 Garfield Avenue <b>(O,B,Ro,NS)</b>  |
| <b>7:30PM Spotswood</b> <i>Can't Buy It In A Bag</i> , Spotswood Reformed Church, 429 Main Street <b>(O,D,St,Tp,NS,V)</b>   |
| <b>7:30PM Manalapan</b> <i>Miracles In Manalapan</i> , Old Tennent Presbyterian Church Cemetery, 448 Tennent Road <b>(O,WC,NS,V)</b> <i>In brick building</i>   |
| MONDAY  |
| <b>11:00AM Woodbridge</b> <i>Recovery On The Waterfront Live</i> , Our Lady of Mt. Carmel, 267 E Smith St. <b>(C,B,D,S,Tp,NS,St1-3)</b>   |
| <b>5:30PM New Brunswick</b> <i>Here &amp; Now</i> , Emanuel Lutheran Church, corner of New St., 1-3 Kirkpatrick St. <b>(C,D,NS)</b>   |
| <b>6:30PM Asbury Park</b> <i>Monday Night Madness</i> , Q Spot, 1601 Asbury Ave. <b>(C,Ro,NS)</b>   |
| <b>7:00PM Eatontown</b> <i>Exit Addiction 105</i> , St. James Memorial Episcopal Church, 69 Broad Street <b>(O,Ro)</b>  |
| <b>7:00PM South Plainfield</b> <i>Living the Dream</i> , Cedarcroft Bible Chapel, 1715 Kenyon Avenue <b>(O,S,WC,NS,Lc)</b>  |
| <b>7:00PM New Brunswick</b> <i>Pain, Patience, Peace Women's Meeting</i> , Vision of Hope Recovery Center, Suite 201, 97 Bayard Street <b>(O,D,S,W,NS,HY)</b>   |
| <b>7:30PM Freehold</b> <i>Hope in Freehold</i> , First Presbyterian Church of Freehold, 118 West Main Street <b>(O,WC,NS,V)</b>   |
| <b>7:30PM Old Bridge</b> <i>Old Skool</i> , Club Serenity at St. Ambrose Church, 83 Throckmorton Lane <b>(O,Ro,W,NS,L)</b>  |
| <b>7:30PM Perth Amboy</b> <i>Open Up And Let It Rip</i> , Grace Lutheran Church (Parking Lot behind church on Neville St), 600 New Brunswick Ave. <b>(O,B,D,Ro,S,St,Td,WC,NS)</b>                                     |
| <b>7:30PM Port Reading</b> <i>The Masks Have To Go</i> , Sycamore Senior Center, 290 Old Road <b>(O,D,S,St,WC,NS,L)</b>   |

| MONDAY (CONT)  |
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| <b>7:30PM Union Beach</b> <i>We Will Survive Group</i> , Grace United Methodist Church, enter on Floyd Ave., 115 St. James Ave. <b>(O,D,NS,L)</b>          |
| <b>8:00PM Matawan</b> <i>Living Clean Just For Today</i> , St. Clements House of Hope, 180 Freneau Avenue <b>(O,JFT,S,WC,NS,Lc)</b>                        |
| TUESDAY  |
| <b>11:00AM Woodbridge</b> <i>Recovery On The Waterfront Live</i> , Our Lady of Mt. Carmel, 267 E Smith St. <b>(O,B,D,S,SWG,NS)</b>                         |
| <b>7:00PM Manasquan</b> <i>Blessings by the Sea</i> , Holy Trinity Church, 6 Osborn Avenue <b>(O,JFT,S,NS)</b>   |
| <b>7:15PM Manalapan</b> <i>Recovery in Manalapan</i> , Old Tennent Presbyterian Church, 448 Tennent Road <b>(O,WC,NS,V)</b> <i>In brick building</i>       |
| <b>7:30PM Old Bridge</b> <i>Lost-n-Found</i> , St. Thomas Church, 333 Route 18 South <b>(O,D,WC,NS)</b>  |
| <b>7:30PM Matawan</b> <i>Principles Before Personalities</i> , St. Clements House Of Hope, 180 Freneau Avenue <b>(O,SWG,St,Td,WC,NS)</b>                   |
| <b>7:30PM Keyport</b> <i>Twelve Steps to Freedom</i> , Calvary Methodist Church, 3rd and Osborn Streets <b>(C,Cn,D,St,WC,NS)</b>                           |
| <b>7:30PM Asbury Park</b> <i>Twelve Steps to Freedom</i> , Trinity Church, 503 Asbury Avenue <b>(O,Bk,D,S,St,WC,NS)</b>                                    |
| <b>8:00PM Iselin</b> <i>Listen And Learn</i> , First Presbyterian Church, 1295 Oak Tree Rd & Rt. 27 <b>(O,S,NS,HY)</b>                                     |
| WEDNESDAY  |
| <b>11:00AM Woodbridge</b> <i>Recovery On The Waterfront Live</i> , Our Lady of Mt. Carmel, 267 E Smith St. <b>(O,B,D,S,NS,L,Lc)</b>                        |
| <b>12:15PM Metuchen</b> <i>Twelve Steps To Freedom</i> , St. Lukes Church, 17 Oak Ave. & Rt. 27 <b>(O,D,S,St,WC,NS)</b>                                    |
| <b>7:00PM Asbury Park</b> <i>Against All Odds</i> , The Center House, at Memorial Dr., 806 3rd Ave. <b>(O,D,S,St,NS)</b>                                   |
| <b>7:00PM Red Bank</b> <i>Women Kicking It</i> , First Baptist Church of Red Bank, 84 Maple Ave. <b>(O,W,NS,V)</b>   |
| <b>7:30PM Perth Amboy</b> <i>Bouncing Back</i> , St. Peter's Church Hall, 183 Rector St. <b>(O,D,JFT,S,Td,NS)</b>  |
| <b>7:30PM Sayreville</b> <i>First Things First</i> , United Methodist Church, 406 Main Street <b>(O,D,JFT,S,NS)</b> <i>NOT Handicap accessible</i>         |
| <b>7:30PM Howell</b> <i>Home in Howell</i> , Prince of Peace Lutheran Church, 434 Aldrich Road <b>(O,S,St,Tp,NS,Gr,SPAD)</b>                               |
| <b>7:30PM New Brunswick</b> <i>Stardust Ballroom Men's Meeting</i> , Emanuel Lutheran Church, 1-3 Kirkpatrick St <b>(C,D,M,Ro,S,NS,HY)</b>                 |
| <b>7:30PM Matawan</b> <i>The Steps and Traditions Work</i> , First Presbyterian Church, upstairs, Rt. 34 at Franklin Ave. <b>(C,Cn,D,S,St,Td,NS)</b>       |
| <b>7:30PM Eatontown</b> <i>We Had to Hear It Group</i> , St. James Episcopal Church, parish hall behind church, 69 Broad St. (Rte.71) <b>(C,D,S,Tp,NS)</b> |
| <b>8:00PM Asbury Park</b> <i>It Gets Better</i> , Q Spot, 1601 Asbury Ave. <b>(O,G,JFT,St,NS)</b> <i>LGBTQ</i>   |
| <b>8:00PM Port Reading</b> <i>Old Road New Life</i> , Sycamore Senior Center, 290 Old Road <b>(O,D,S,Tp,WC,NS)</b>   |
| THURSDAY   |
| <b>11:00AM Woodbridge</b> <i>Recovery On The Waterfront Live</i> , Our Lady of Mt. Carmel, 267 E Smith St. <b>(O,B,D,JFT,RR,S,NS)</b>                      |

| THURSDAY (CONT)   |
|---|
| <b>NOON Old Bridge</b> <i>Midday Miracles</i> , Club Serenity at St. Ambrose Church, small bldg on right, 83 Throckmorton Lane <b>(O,JFT,Ro,St,NS,L)</b>                    |
| <b>12:15PM Long Branch</b> <i>Bring A Friend</i> , Church Hall of St. James Church, park and enter in back, 300 Broadway <b>(O,D,JFT,Tp,WC,NS)</b>                          |
| <b>5:30PM Milltown</b> <i>More Than Surviving</i> , St. Paul's Church, enter behind preschool, 62 S. Main Street <b>(O,JFT,RR,S,WC,NS)</b>                                  |
| <b>7:00PM Woodbridge</b> <i>Keep It In Today</i> , First Presbyterian Church of Woodbridge, 600 Rahway Ave. <b>(O,D,JFT,NC,S,NS)</b> <i>No children allowed</i>             |
| <b>7:00PM Belmar</b> <i>Recovery by the Sea</i> , Belmar Presbyterian Church, enter on E Street, 600 9th Avenue <b>(C,D,S,St,NS,HY)</b>                                     |
| <b>7:00PM Freehold</b> <i>Sisters Seeking Serenity</i> , Hope Lutheran Church, near Jackson Mills Rd., 211 Elton-Adelphia Rd. <b>(O,D,S,W,WC,NS)</b>                        |
| <b>7:30PM Matawan</b> <i>Cut To The Chase</i> , Trinity Episcopal Church, all the way at dead end, 18 Ryers Lane <b>(O,Ro,WC,NS)</b>  |
| <b>7:30PM New Brunswick</b> <i>Speak@Ease</i> , RWJ Health & Fitness Center Community Room, 2nd floor, 100 Kirkpatrick St. <b>(C,H&amp;W,NC,S,St,Td,WC,NS)</b>              |
| <b>7:30PM Sayreville</b> <i>What Comes Second Group</i> , Sayreville Senior Center, 2nd floor, Rm 207, 423 Main St. <b>(C,M,St,WC,NS)</b>                                   |
| <b>8:00PM Perth Amboy</b> <i>Powerless In Perth Amboy</i> , Grace Lutheran Church, 600 New Brunswick Ave. <b>(O,B,D,S,WC,NS)</b>  |
| <b>8:00PM Oakhurst</b> <i>We Dare to Care</i> , West Park Recreation Center, 615 West Park Ave. <b>(O,Ro,NS)</b>  |
| <b>9:30PM New Brunswick</b> <i>New Brunswick Young People's Meeting</i> , Bioresource Engineering Lab, 103 College Farm Road <b>(O,D,JFT,S,Y,NS)</b>                        |
| FRIDAY  |
| <b>11:00AM Woodbridge</b> <i>Recovery On The Waterfront Live</i> , Our Lady of Mt. Carmel, 267 E Smith St. <b>(C,B,D,S,NS,L,V)</b>  |
| <b>6:00PM Asbury Park</b> <i>We Do Recover</i> , The Center House, 806 3rd Avenue <b>(C,D,S,WC,NS)</b>  |
| <b>7:00PM New Brunswick</b> <i>Back To Basics</i> , Bioresource Engineering Lab, 8 Ag Extension Way <b>(O,Bk,D,S,NS)</b>  |
| <b>7:15PM Matawan</b> <i>Women Seeking Recovery</i> , St. Clements House Of Hope, 180 Freneau Avenue <b>(C,W,WC,NS,V)</b>   |
| <b>8:00PM Carteret</b> <i>Back To Life</i> , Zion Lutheran Church, 712 Roosevelt Ave <b>(O,D,S,NS)</b>  |
| <b>8:00PM Red Bank</b> <i>Blessings of Recovery</i> , AME Zion Church, corner J. Parker Blvd. (West Bergen), 285 Shrewsbury Ave. <b>(C,B,S,NS)</b> <i>basement entrance</i> |
| <b>8:00PM Oakhurst</b> <i>Friday Night Hope</i> , Ocean Township Rec Center, 615 West Park Ave. <b>(O,Cn,Ro,RR,WC,NS)</b>   |
| <b>8:00PM Matawan</b> <i>Men About Recovery</i> , Trinity Episcopal Church, off Route 79, 18 Ryers Lane <b>(C,D,JFT,M,St,WC,NS)</b>   |
| <b>8:00PM Englishtown</b> <i>Never Too Late</i> , First Presbyterian Church of Englishtown, 50 N. Main Street <b>(O,JFT,S,WC,NS)</b>  |
| SATURDAY  |
| <b>7:00AM New Brunswick</b> <i>Early Morning Serenity</i> , Emmanuel Lutheran Church, 1-3 Kirkpatrick St. <b>(O,D,S,Tp,WC,NS,HY)</b>  |

## SATURDAY (CONT)

**10:00AM Metuchen** *Spiritual Awakenings*, St. Lukes Church, 17 Oak Ave (**O,D,S,Td,WC,NS,SPAD**)

**11:00AM Matawan** *Miracles in Matawan*, Trinity Episcopal Church, all the way at dead end, 18 Ryers Lane (**C,D,Ro,St,Tp,WC,NS**)

**11:00AM Asbury Park** *One Primary Purpose*, The Center House, at Memorial Drive, 806 3rd Avenue (**O,D,NS**)

**12:30PM Port Reading** *Youth Gone Wild*, Sycamore Senior Center, 290 Old Road (**O,JFT,WC,NS**)

**6:30PM Asbury Park** *Live Better Group*, Em-Power Me, 1012 B Springwood Ave (**O,Ro,S,WC,NS,V**)

**7:00PM Manalapan** *Surrender To Change*, Old Tennent Presbyterian Church Cemetary, inside Neefe Chapel - do not park on grass, 448 Tennent Road (**O,NS,V**) *Memorial Day to Labor Day in brick bldg.*

**7:00PM New Brunswick** *The Real Deal*, Emanuel Lutheran Church, 1-3 Kirkpatrick Street (**O,D,JFT,St,WC,NS**)

**7:00PM Perth Amboy** *Write to Live*, St. Peter's Episcopal Church, 183 Rector Street (**C,D,SWG,NS,Md**) *20-min step writing, last week speaker*

**7:30PM Port Reading** *Men Who Care*, Saint Anthony of Padua Parish Hall, 436 Port Reading Avenue (**O,Cn,D,M,S,WC,NS**)

**7:30PM Middletown (Belford)** *Sanity through Spirituality Group*, St. Mary's Church, basement, 26 Leonardville Road (**O,Ro,S,WC,NS**)

**7:30PM Spotswood** *Straight On Saturday Night*, Spotswood Reformed Church, 429 Main Street (**O,D,S,NS,St1-3**)

**10:00PM New Brunswick** *Just For Tonight*, College Ave Community Church, 100 College Ave. (**O,D,JFT,S,NS**) *Candlelight*

**11:00PM Keansburg** *Kleansburg Group*, Kitchen At St. Mark's, Next to Parish Hall, Corner of Myrtle Ave & Kennedy Way (**O,D,S,WC,NS**)

|      |                           |       |                       |
|------|---------------------------|-------|-----------------------|
| M    | Men                       | St    | Step                  |
| O    | Open (anyone welcome)     | B     | Beginner              |
| D    | Discussion                | Cn    | Candlelight           |
| Bk   | Basic Text                | C     | Closed (addicts only) |
| G    | Gay/Lesbian               | P     | Pamphlet              |
| JFT  | Just for Today            | RR    | Round Robin           |
| S    | Speaker                   | SWG   | Step Working Guides   |
| Tp   | Topic                     | Td    | Tradition             |
| WC   | Wheelchair                | Y     | Youth                 |
| Ro   | Rotating                  | W     | Women                 |
| Md   | Meditation                | H&W   | It Works How and Why  |
| NC   | No Children               | Ta    | Tag                   |
| V    | Varied                    | NS    | No Smoking            |
| Lc   | Living Clean              | L     | Literature            |
| Gr   | Grab Bag                  | HY    | Hybrid Meeting        |
| SPAD | Spiritual Principle A Day | St1-3 | Steps 1, 2 and 3      |

## VIRTUAL MEETINGS

For virtual meetings, visit [online.nanj.org](https://online.nanj.org)

## PHONE NUMBERS



Combined Area Meeting list for:

**Central Jersey Area  
Middlesex Area  
Greater New Brunswick Area**

**AUGUST 2025**

**24 HOUR HELPLINE**  
732-933-0462

**[www.nanj.org](https://www.nanj.org)**

## 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**

## 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.**