

Meeting Directory by Type of Meeting revised 6/01/08
 Overeaters Anonymous – Central Jersey Intergroup
 OA-CJI Hotline 908-253-3564

Please call the contact person for directions and meeting location before attending a meeting for the first time.

Beginners are always welcome at any and all OA meetings!

OPEN MEETING: Open to OA members and non-OA visitors. All meetings are considered closed unless otherwise indicated.

CLOSED MEETING: Restricted to those who desire to stop eating compulsively (OA members and others who think they may have a problem with food).

The only requirement for OA membership is the desire to stop eating compulsively. All registered meetings welcome and give a voice to any person who has the desire to stop eating compulsively.

*** Meeting Format Key ***

Lit (Literature Discussion) – Members use OA and AA literature as topic of discussion.

BB (Big Book Meeting) – Meeting reads from the Big Book of AA, followed by discussion.

Speaker Meeting – an abstinent member shares their experience, strength, and hope often combined with

Beginner/Discussion format (these meetings are highlighted in yellow)

Revolving Format – reads and discusses a combination of literature, often BB one week and a Step another

Step Study/Discussion/Writing – Meeting reads from OA/AA step books, followed by writing and/or discussion

H.O.W. – specific format

Special Focus – see specific listings These meetings remain open to all OA members who desire to attend.

Speaker/Beginner/Discussion

Sun.	7:30-7:45pm	Edison	Newcomer Question & Ans.Session
Sun.	7:45-9:00pm	Edison	Speaker/Beginner/Discussion
Mon.	10-11am	Bradley Beach	Beginner/Discussion
Mon.	7:30-8:30pm	Red Bank	Speaker/Beginner/Discussion
Tues.	7:30-9:00pm	Clark	H.O.W. Speaker
Thurs.	10-11am	Cranbury	Newcomers/Pitch/Step
Thurs.	7-8pm	Avenel	Step Foundation Meeting (Steps 1,2,3)

Thurs.	7:30-9:00pm	Howell	Speaker/Beginner/Discussion
Thurs.	8-9pm	Somerville	Beginner/Discussion
Sat.	10:30-12noon	Princeton	Beginner
Sat.	11-12noon	Berkeley Hts.	2 nd Sat. Speaker Beginner/Discussion
Sat.	11-12noon	Old Bridge	2 nd Sat. Speaker Beginner/Discussion

Big Book Meetings

Mon.	6:15-7:15pm	Princeton	
Mon.	8-9pm	Aberdeen	1 st Mon. is a Step Meeting
Mon.	7:30-8:30pm	Highland Park	Open Meeting
Tues.	7:30-8:30pm	Ocean/Wayside	BB and tapes
Tues.	7:30-8:30pm	Somerset	Open Meeting
Fri.	10:30-12noon	East Brunswick	
Sat.	11-12noon	Berkeley Hts.	2 nd Sat. is a Speaker Meeting
Sat.	10:30-11:30am	Cranford	
Sat.	10:30-11:30am	Monroe Twp.	
Sat.	11-12noon	Old Bridge	2 nd Sat. is a Speaker Meeting
Sat.	10-11am	Red Bank	

H.O.W. Format Honesty, Open Minded, Willing

Tues.	7:30-9:00pm	Clark	Speaker Meeting Last meeting each month is OPEN
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Intergroup Business Meeting

2 nd Fri.	7:30pm	Old Bridge	Raritan Bay Regional Hospital Ferry Rd.
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Literature/Discussion

Mon.	7:30-8:30pm	Califon	Literature
Monday	7:30-8:30pm	Liberty Corner	Literature
Tues.	8-9pm	Aberdeen	Voices of Recovery
Tues.	11:00-12:00	Eatontown	Literature, Voices of Recovery
Wed.	7:45-9:00pm	Westfield	Literature

Fri.	7-8:30pm	Highland Pk.	Literature
Fri.	7:30-8:30pm	Ocean/Wayside	For Today/Discussion
Fri.	6:30-7:30pm	Rahway	Lifeline Magazine
Sat.	9-10am	Flemington	Literature

Revolving Format

Mon.	6:15-7:15pm	Princeton	BB/Literature
Mon.	1:00-2:00pm	Scotch Plains	Step, Last Mon. Big Book
Tues.	7:30-8:30pm	Monroe Twp.	Lit/BB/Step
Tues.	10-11am	Metuchen	Steps OA & AA Lit/Tradition
Thurs.	10:15-11:15am	Highland Park	Voices of Recovery, Meditation, "Promises" Spkr
Thurs.	7:30-8:30pm	Hillsborough	Speaker/Step/Literature
Fri.	10-11am	Brielle	BB/Step

Step/Discussion

Sun.	11-12noon	Rahway	AA 12&12 Step
Mon.	11-12noon	Bridgewater	Step
Mon.	12:30-2:00pm	Scotch Plains	12:30-1pm Lunch & Discussion 1-2pm Step
Tues.	7:30-9:00pm	Cranford	7:30-8:00 Maintenance 8-9pm Step
Tues.	12:30-1:30pm	Rocky Hill	Step
Wed.	10-11am	Old Bridge	Step/Traditions
Wed.	12:30-1:30PM	Matawan	Step
Wed.	10:30-11:30am	Watchung	Step
Wed.	7:30-8:30pm	Lebanon	Step
Thurs.	7-8pm	Avenel	Step Foundation Meetings (Steps 1,2,3)
Thurs.	10:00-11:00am	Cranbury	Newcomer/Pitch/Step
Thurs.	10-11am	Clinton	Step
Thurs.	7-8pm	Red Bank	Step
Fri.	10:30-11:30am	Berkeley Hts.	Step

Step Writing

Sat.	10:30-12noon	Princeton	Step Writing & Beginners Meeting
Sun.	10:00-11:15am	Neptune	Step Writing

Sun.	10:30-12noon	New Brunswick	Step Writing
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Special Focus – open to all who desire to attend, please respect the special focus

Mon.	7-8	Woodbridge	Step 11
Tues.	7:30-8:00pm	Cranford	Maintenance followed by Step meeting 8-9pm
Wed.	7-8pm	Laurence Harbor	Relapse Survival /Body Image Last Wed
Thurs.	10:15-11:15am	Highland Park	Bring your infant/toddler (0-5years) Lit/Meditation/Monthly "Promises" Spkr