



## NEW YEAR'S DAY 2019

**What:** Meeting on Abstinence - *readings, sharing your experience, strength and hope.*

**When:** Tuesday, Jan. 1, 2019, 1:30 to 3 p.m.

**Where:** Watchung Presbyterian Church  
365 Watchung Avenue, Bloomfield, NJ  
(just off Garden State Parkway Exit 151)



What is abstinence? How did our current concept of abstinence develop? How do you make your abstinence strong? What are some of the resources available to you about abstinence?

Sponsored by the Tues/Thurs 7 a.m. Upper Montclair Steps & Traditions meeting

For more information contact: Beni 973-202-5579 or Deborah 973-680-4490