

Every recovery from compulsive overeating began with one abstinent hour.

TODAY

Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible.

O.A. INFOLINE



(908)

253-3464



JAN/FEB 2015

PRICE \$.50 EACH

WWW.OA-CENTRALJERSEY.ORG

Working & Living the Program Events

Sponsorship Toolkit Workshop

Sunday, January 11, 2015 – 7:45-9:00 pm
Temple Emanu-El – 100 James, Street, Edison
Contact: Natalie – 732-535-0928 or Carol B. – 908-468-4385

North Jersey Intergroup Presents

20 Years at Star Lake Lodge- "A Retrospective"
January 23-25, 2015

Contact: Phyllis – 973-778-3877 – Phyllis 3743@aol.com

SAVE THE DATE

UNITY DAY

SATURDAY, FEB. 28, 2015 (Place TBA)

ONE DAY BIG BOOK STEP STUDY

Saturday, May 16, 2015

St. Luke's, Metuchen

Contact: Christina 732-754-9840 or Kim 732-634-6695

Jersey Shore Intergroup Spring Retreat

May 29-31, 2015

Maris Stella Retreat & Conference Center

Contact: Joan T. 609-978-2805 or Pat D. 732-766-0674

CHAIR'S MESSAGE

Greetings and Happy New Year!

We are deep in December tonight and I am looking back at the wonderful events we had in November and December. We had an inspiring IDEA Day with four great speakers, and a 6 person panel that shared what program has meant to them. There were nodding heads and happy laughter all day. Many thanks to the committee for this wonderful day.

Our Sponsorship Workshop traveled to Flemington in December and demonstrated once again that there are many successful ways to share recovery working with others. Currently we have 10 people who have participated in presenting this workshop and they have been very enthusiastic to responding to requests to repeat the workshop. Edison will be hosting the next workshop on January 11th.

December 12 we had a wonderful and entertaining 12 Step Within workshop. They had two great speakers and everyone enjoyed the interactive poster activity. A good time was had by all.

December 25 Edison is once again hosting a Christmas Morning meeting. Thanks for your service!

Our intergroup meeting is growing. We welcomed four new intergroup reps Doreen, Marty, Jill and Joannie. This will insure the meetings they represent stay connected to the other meetings.

We will be hosting a Step Study on May 16 in Metuchen. An OA member with 30 years of abstinence who has facilitated Step Studies all over the United States will conduct this one day workshop for us. In order to encourage our members to visit intergroup, we will be offering 2 Scholarships to the event. We will award one scholarship to an individual attending, and one scholarship to a group represented at Intergroup meetings between January 2015 and March 2015.

Looking forward to seeing you in 2015.

Christina H. CJI Chair



HOPE instead of depression

FAITH instead of despair

COURAGE instead of fear

PEACE OF MIND instead of confusion

SELF RESPECT instead of self contempt

SELF CONFIDENCE instead of helplessness

THE RESPECT OF OTHERS instead of pity and contempt

A RESTFUL CONSCIENCE instead of a sense of guilt

FRIENDSHIP instead of loneliness

A PURPOSEFUL PATTERN OF LIFE instead of a purposeless existence

THE LOVE, UNDERSTANDING AND RESPECT OF OUR FAMILIES instead of their doubts and fears

THE FREEDOM AND JOYS OF A HAPPY LIFE instead of the bondage and despair of an addictive obsession

DISCLAIMER

The Today is published bi-monthly by the Central Jersey Intergroup. Publication of any contributions or editorial opinions does not imply endorsement by OA as a whole, but by the individuals who wrote them. Material submitted cannot be returned. We reserve the right to edit, and it is understood that all copy may be reprinted by other OA groups with permission.

Intergroup Meetings

Intergroup Meetings are held at:
Raritan Bay Medical Center, Bldg.#3 LL, Old Bridge NJ.
Upcoming meetings (held 2nd Friday at 7:30 pm):

Jan. 9th, Feb 13th, Mar. 13th, Apr 10th

Come join us!

CJI - List of Officers

Chair	Christina	(732) 636-2874
Vice-Chair	Meryl	(732) 207-0066
Treasurer	Bobbi	(848) 459-4255
Recording Sec'y	Carol	(908) 468-4385
Corresponding Sec'y	Janice	(732) 204-2371

* * *

Contact Us! and Useful Links



CJI OA Hotline: 908-253-3464

TODAY Newsletter: – Send your articles, events, and announcements to todaynewsletter@gmail.com (Articles for the newsletter must be submitted by the 15th of the month.)

Meeting list: Send meeting list changes to meetings@oa-centraljersey.org. Changes received by the 15th of the month are updated on our website (see below) www.oa-centraljersey.org and appear in the next issue of TODAY.

Mail to CJI: checks, 60% donations, deposits, registrations: Central Jersey Intergroup, P.O. Box 90, Manasquan, NJ 08736-0090

CJIOA – Central Jersey Intergroup of OA: Check out our speaker files, events, etc. at: <http://www.oa-centraljersey.org/>

OA World Service (WSO) Global Meeting Directory: <http://www.oa.org/membersgroups/find-a-meeting/>

OA WSO: Free, printable quarterly newsletter at: <http://www.oa.org/membersgroups/a-step-ahead-newsletter/>

* * *

Attention Meeting Treasurers! 60% - 30% - 10% donations:

Please write your meeting # on your check; look up the # at www.oa.org, 'Find a face-to-face meeting'

60%: CJI, PO Box 90, Manasquan, NJ 08736-0090

30%: OA WSO (World Service), PO Box 44020, Rio Rancho NM 87174-2664

10%: Region 7 Inc., 3500 South DuPont Highway, Dover DE, 19901-6011

60%- CJI
30%- WSO
10%-
R7

* * *

♥ HEARTLINE - OAers ready to take your calls ♥



Ginny 732-495-3782 10am-10pm
Lee Ann 908-337-0656 noon-10pm
Liz 267-733-2450 Before 10pm
Pat 732-842-6817 (Middletown) Any time
Sarita 732-233-5465 9am-9pm Glad to call you back!

--OA E-MAIL ADDRESS EXCHANGE--

Lauren: laurenraderman@yahoo.com
Carol : cala2003@comcast.net
Meryl: meryl723@yahoo.com
Ginny: gpspolly@comcast.net
Ross: teveenutt@yahoo.com
Janice: the654club@yahoo.com
Lee Ann: smileleeann@gmail.com

CJI VOICES

Great reading today, so very true. Before OA I ate over every problem, trouble...issue no matter how big or small. I made it all very dramatic. Today I know without question that I can take anything to God and find a solution. How you ask? I've done it for every problem, and have found the solution, AND the solution was never ever food!

Example:

1. I had a miscarriage: I mourned, felt the feelings, and grieved the loss of my baby. I prayed, and thanked God for showing me I could in fact get pregnant after all the years of trying. I got pregnant again, and was able to actually enjoy the pregnancy every step of the way. There was no fear that I might miscarry again. I have 2 children:)

2. I was hospitalized with diverticulitis, followed with 6 long weeks of healing. I followed my doctor's directions...I prayed (lots and lots) and recovered without the need of surgery. I did not die.

3. I found a lump in my jaw, was tested, learned I needed major surgery. I breathed, I prayed, I followed my food plan, and set up the surgery. I learned I had cancer, but all was removed and nothing more needed to be done. I had partial paralysis in my face...I followed my doctor's directions, prayed and was patient....most of the feeling came back, and I recovered slowly, but surely. I did not die.

4. I went for a mamo, they found a suspicious mass. I did not freak out, I prayed and I made a follow up appointment. I meditated...often. The follow up appointment showed something new, that didn't appear to have any characteristics of cancer, but it was new, and different, so a biopsy was recommended. I did not eat over it. I made an appointment, and lived one day at a time. I did service, and continued to trust in God, and did the footwork. I went to my appointment and had the biopsy. I followed all the necessary directions, and I healed, while waiting for the biopsy results. I did not waiver from my food plan. I continued to trust in God and continued to do the footwork. The results were negative. had they been positive, I'd have done the same. I'd follow directions and do the next right thing. I pray, and mediate. I put my trust in God.

5. My son is being home schooled, and continues to have migraines. I pray daily. I take the best care of my son, as possible. I remain patient, and sometimes seem like a "bitch" to him. In reality, I know I am doing the best I can for him. I continue to do the next right thing, take it a day at a time, and trust that God already has the solution. I simply will remain vigilant, and know He has the answers. I will not eat over it, or treat my son unkindly. I continue to thank God for the help being given to us, and am patient, waiting for what will happen next.

This program proves to me, time and again that my HP already has the answers, and all I need do is continue to do the footwork. There truly is no problem I cannot take to God, and none for which God does not have a solution.

Love in recovery,
Ginny

Look back and thank God. Look forward and trust God.
Look around and serve God. Look within and find God!

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ANNOUNCEMENT

Attention all group treasurers and intergroup treasurers – 7th tradition donations to region 7 are to be sent electronically where possible. Please include your group or IG number in the memo. Go to www.oaregion7.org and hit the “contribute” button to pay electronically.

HELP WANTED: volunteers to serve on professional outreach committee. Please email Mike at man-da254@comcast.net or cellphone 201-519-2816.

Meeting Directory as of Jan 2015 - Central Jersey Intergroup OA

Email meeting changes to: cjisecretary@yahoo.com or call **732-204-2371** by the 15th of the month.

For the most current meeting information, always visit our website, www.oa-centraljersey.org.

Any meeting, regardless of its focus or orientation, must extend the hand of help & recovery to any compulsive eater who enters, for this is how we share our program with one another. **All meetings are closed unless noted.** Closed meetings restrict entry to those who meet the only membership requirement

	Time	City	Meeting Name & Location		Contact Information	Code
Sunday	7:30-7:45p	Edison	Temple Emanu-El, 100 James St, across from JFK Hospital	Y Bobbi	732-826-2033	B, SF:Q&A
	7:45-9:00p	Edison	Temple Emanu-El, 100 James St, across from JFK Hospital	Y Bobbi	732-826-2033	O, S, B, D, TF
	8:30-9:30a	Hamilton Twp	RWJ UHosp, Whitehorse-Hamilton Sq Rd, Main entrance	Y Dorothy	215-932-8420	L
	10-11:15a	Neptune	Jersey Shore Med Ctr,Rt 33/Corlies Av Brennan Pav, B104	Y Marilyn	732-759-7291	(O, SS, W, FP
	11-noon	Scotch Plains	RWJ Fitness & Wellness Ctr, 2120 Lamberts Mill Rd, Conf Rm A	Y Rosemarie	908-862-7078	SS:AA12&12
Monday	7:30-8:30	Aberdeen	Cross of Glory Lutheran Church, 95 Cambridge Dr	Y May	732-679-2510	BB, SS:1st wk
	10-11:00a	Bradley Beach	Bradley Beach Library, 511 4th Ave, Reading Rm-LowerLvl	N Marilyn	732-759-7291	(BB
	11:00-noon	Bridgewater	Friends Conference Center, Arbor Glen, 100 Monroe St	Y Howard	908-722-1892	SF:Rotate
	7:30-8:45p	Freehold*	Centrastate Med Ctr, 901 W Main St/Rt 537, Tobias Rm A	Y Ross	732-863-0242	L: OA Brown Bk
	7:30-8:30p	Hamilton Sq	■St Mark United Methodist, 465 Paxson Ave & Edinburg Rd	Karen	609-577-3346	O, SS
	6:15-7:15p	Princeton	Unitarian Universalist Church, 50 Cherry Hill Rd.	Melanie	609-203-2159	L
	1:00-2:00p	Scotch Plains	Scotch Plns Baptist Chrch, 333 Park Av (enter from Grand St)	Y Phyllis	908-233-3848	SS, BB: last wk
	7:00-8:00p	Metuchen	St.Luke's Episcopal Church, 17 Oak Ave	Y Linda	732-486-3191	O, BB
	7:30-8:30p	Shrewsbury	Presbyt. Ch of Shrewsbury,Church House,352 Sycamore Ave	Y Carol	732-222-1205	B, PS
Tuesday	8:00-9:00p	Aberdeen	Cross of Glory Lutheran Church, 95 Cambridge Dr	Y May	732-679-2510	L:VoR
	7:45-8:45p	Basking Ridge	■Covenant Chapel,127 W Oak St,enter red side door-lwrlvl	N Nancy	908-696-1924	BB
	7:30-9:00p	Clark	Prayer&Praise Fellowship, 2 Denman Ave, enter rear ramp	Y Lee Ann	908-337-0656	SF:HOW,S,B
	7:30-8:00p	Cranford	Cranford UMChurch, 201 Lincoln Ave, 2nd fl, Rm 32	Debbie	908-272-2362	O, B
	8:00-9:00p	Cranford	Cranford UMChurch, 201 Lincoln Ave, 2nd fl, Rm 32	Pat	908-241-5771	SS
	11:00-noon	Eatontown	St James Memorial Church, 69 Broad St, park/enter at rear	Janice	732-204-2371	L, D, TF
	12:30-1:30p	Mercerville	■Grace St Paul's Episcopal Church, 3715 E. State St Ext	Joann	609-240-7376	,L:For Today,VOR
	10-11:00a	Metuchen	1st Presb Ch,Main&270 Wdbrdge Aves,Ed Bldg left,ring bell	Jill	732-572-2922	SS,OA/AA12&12
Wednesday	10-11:00a	Jackson*	Debows United Methodist Church, 509 Monmouth Rd.	Marina	646-522-5608	L: For Today
	7-8:00p	Lambertville	■Fisherman's Mark Bldg, 89 Main St, 3rd flr (elevator bldg) PAIG	Nina	609-462-5685	L
	7-8:00p	Laurence Hbr	Comm. Covenant, 22 Laurence Pkwy,enter@side on 2nd Wed	N Carol Ann	908-812-2314	L
	12:30-1:30p	Matawan	Trinity Episcopal Church, 18 Ryers Lane	Y Marsha	732-583-4012	SS
	7:00-8:00p	Ocean/Waysd	St Anselms, 1028 Wayside Rd, Room #4	Y Ann	908-461-1121	BB
	10:30-11:30	Watchung	Wilson Memorial Church, 40 Hillcrest Ave, Library	Y Donna	973-769-3413	SS
	7:00-8:00pm	Westfield	Redeemer Lutheran, 229 Cowperthwaite, enter rear, basemt	Y Judy	908-368-3452	L
Thursday	1:30-2:30p	Cranbury	St David's Episcopal Church, 90 S Main St	Y Hattie	609-409-0903	B, S, SS
	10:30-11:30a	Highland Park	Dutch Reformed Church, 19-21 S 2nd Av & Raritan	N Jill	732-572-2922	L: VoR, CF
	7:30-8:30p	Hillsborough	Hillsborough Flwshp Bible Ch,109 New Amwell Rd,enter Gemini	N Mary Beth	908-295-5237	O, SF: Rotate
	7:30-8:45p	Freehold*	Hope Lutheran Church, 211 Elton Adelphia Rd	N Ross	732-863-0242	B, D
	12:30-1:30p	Mercerville	■ Grace St Paul's Episcopal Church, 3715 E State St Ext	Jeff	609-610-6193	SS
	7:00-8:00pm	Red Bank	1st Baptist Church,84 Maple&Oakland Sts,Swenson Ctr, side basement	Pat	732-671-7011	L, D
	8:00-9:00pm	Highland Park	30 S Adelaide Ave in Community Room	Robin B.	732-266-7360	SS
Friday	10:30-11:30	New Providnc	New Providence UMC, 1441 Springfield Av, enter doors in rear	Y Hillary	973-207-1400	! SF: Rotate
	10:00-11a	Jackson	DeBows United Methodist Church, 509 Monmouth Rd.	Judy	732-890-6593	SS, T, W
	10-11:00 a	Brielle	The Church in Brielle, 821 Riverview Dr & Rankin	Kathy	732-681-8926	SS
	11:00-noon	E Brunswick	Aldersgate UMC, 568 Ryders Ln, newcomers welcome!	Marilyn	732-735-5907	BB
	Noon-1PM	Rocky Hill	Mary Jacobs Library, 64 Washington St, Somerset; upstairs	Y Jane	609-577-0822S	SS
	7-8:00p	Scoich Plains	RWJ Fitness & Wellness Ctr, 2120 Lamberts Mill Rd, Conf Rm A	Y Kathy	908-358-5154	L, LL
Saturday	10:30-11:30a	Cranford	Calvary Lutheran Church, 108 Eastman Av, Library 2nd flr	N Nancy	732-388-9364	BB
	9-10:00 a	Flemington	Hunterdon Medical Center, Westcott Dr & Route 31	Y Diane	908-995-4741	L,S
	9:30-10:30a	Carteret	Carteret Public Library, 100 Cook Ave, Conf Room	Christina	732-754-9840	L: Rotating
	11-noon	Old Bridge	Raritan Bay Medical Center,Ferry Rd,1 Hospital Plaza,LL	Y Lynne	732-591-1236	SF: Rotate
	10:30-noon	Princeton	Unitarian Universalist Church, 50 Cherry Hill Rd.	Y Pam	609-883-3772	SS, B, W
	10-11:00a	Red Bank	Red Bank UMC, 247 Broad St, rear entrance and parking	Y Paola	732-462-5925	BB
	11:00-noon	Berkeley Hts	United Methodist Church, 105 Diamond Hill Rd	Judith	973-600-4341	BB

New/Changed Info |*: New Meeting|B: Beginner|BB: AA Big Book|CF: Child Friendly|D: Discussion|FP: Free Parking|L: Literature|LL: Lifeline magazine

|1st/Last wk: formt changes 1st/last week of month|M: Men's Meeting|O: Open|PS: Positive Sharing|R: Relapse Survival|S: Speaker|SF: Specific Format (e.g. HOW, Q&A, Rotate)|SS: Step Study|T: Traditions|TF: Teen Friendly|W: Writing|VoR: Voices of Recovery|■: non-CJl meeting, listed as courtesy