

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**



**OVEREATERS
ANONYMOUS®**

CENTRAL JERSEY INTERGROUP



JAN/FEB 2016

PRICE \$.50 EACH

WWW.OA-CENTRALJERSEY.ORG



Working & Living the Program Events

Lawrence Harbor OA Meeting
Starting A Speaker Series on the first Wednesday
Of every month 7:00-8:00 pm
Community Covenant Church
22 Laurence Parkway • Laurence Harbor, NJ
Contact: Lorette 732-673-9963

NEW OA STEP STUDY CYCLE
Jackson Steps and Traditions Study Mtg.
Starting Friday, Sept. 11, 2015 (10 am to 11:15 am)
DeBows United Methodist Church
509 Monmouth Rd, Jackson, NJ 08527
For Info: Ross – 732-239-7209

**STEP 1 MEETING: UNDERSTANDING
POWERLESSNESS MONTHLY**
First Sunday of each month – 9 am – 10:30 am
JFK Hospital-Cherry Hill
5th Floor Auditorium
2201 Chapel Avenue West, Cherry Hill, NJ 08002

ABSTINENCE WORKSHOP
January 9, 2016
Saturday Flemington Meeting 9-10 am
Hunterdon Medical Center, Westcott Dr. & Rt. 31
For info: Diane – 908-995-4741

WINTER DREAMS RETREAT
January 16-18, 2016
Morristown, NJ
For info: Christina 732-754-9840

UNITY DAY
February 27, 2016
St. Steven's Church
Perth Amboy, NJ
For info: Christina – 732-754-9840

HELP WANTED:

VOLUNTEERS FOR CJI OUTREACH PROGRAM.
30 DAYS ABSTINENCE REQUIRED. PLEASE
CONTACT MIKE J. AT manda254@comcast.net

CHAIR'S MESSAGE



Greetings for the New Year! I am grateful to our program for many things in 2015. IDEA Day was definitely one of them. Over 70 people attended this wonderful day of hope and fellowship. We had four wonderful speakers. You can hear the podcasts of their talks on our website - http://oa-centraljersey.org/?page_id=1954 Thank you to Brenda and Judy who co-chaired this wonderful event and all the good volunteers that showed up to set up and decorate. It was a great day!

Each year in January new members seek us out because they want to make some positive changes. When I came in 34 years ago I never dreamed I would be here decades later. I still get excited when I see a newcomer come in and find a home in OA. Hope, Honesty, Compassion, Patience and Persistence are what we share with each other and offer to the newcomer. Do your best to extend a welcoming hand of fellowship to the newcomers we meet this year. Be encouraging, tell them your story and let them know you hope to see them next week.

Don't forget the missing faces. You know - the meeting friends we haven't seen in a long time. Perhaps they could use a call? Sometimes we get amnesia when we stay away from meetings too long. Just for today you might be their angel with skin on to help them find their way back.

Looking forward - Please mark your 2016 calendars for Unity Day – February 27, 2016 – at St. Stephen's Church in Perth Amboy. This is the largest yearly OA event in New Jersey. There will be 2 keynote speakers and 10 workshops – right here in your own backyard! We're looking forward to seeing you there!

Best Wishes for a Peaceful Joyous Abstinent Holiday Season!

Christina H.
CJI Chair

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.

CJI—List of Officers		
Chair	Christina	732-636-2874
Vice-Chair		
Treasurer	Bobbi	848-459-4255
Recording Secretary	Sima	908-499-3993
Corresponding Secretary	Carol	732-222-1205

Intergroup Meetings:

Intergroup Meetings are held at Raritan Bay Medical Center, Bldg. #3 LL, Old Bridge NJ. Upcoming meetings (2nd Friday at 7:30 pm): **Jan 9, Feb 13.** Come join us!

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 January/February issue must be submitted by the 15th of the month.)

Meeting list: Send meeting list changes to cjisecretary@yahoo.com. 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., **7th tradition donations to region 7 are to be sent electronically. See their web site for instructions—www.oaregion7.org.**

60% CJI
30% SO
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

--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



**Want to share your meeting date celebrations?
please email bspzielinger@optonline.net**



Monday Bridgewater – 1/15 – 13 years; Friday Robert Wood Johnson – 1/15 – 13 years; Sunday Neptune Meeting – 1/16 – 13 years; Friday Brielle Meeting – 2/3 – 28 years; Monday Freehold Meeting – 2/7 – 2 years; Wednesday Jackson Meeting – 2/7 – 2 years; Wednesday Matawan Meeting – 2/16 – 37 years; Sunday Robert Wood Johnson Meeting – 2/23 – 15 years; Saturday Princeton Meeting – 2/24 – 32 years; Tuesday Clark Meeting – 2/28 – 18 years.

HOP – Healthcare Outreach Project – where a participating OA member will place and maintain OA literature in a health care professionals' office.

If you are interested in hearing more or participating, please contact Mike J., Chair at manda254@comcast.net or Ross, Asst. Co-chair, teveenutt@yahoo.com

JUST FOR TODAY I WILL TRY TO LIVE THROUGH THIS DAY ONLY AND NOT TACKLE MY WHOLE LIFE'S PROBLEM AT ONCE.

JUST FOR TODAY I WILL BE UNAFRAID. I WILL ENJOY THAT WHICH IS BEAUTIFUL AND WILL BELIEVE THAT AS I GIVE TO THE WORLD, SO THE WORLD WILL GIVE TO ME.

CJI would like to gratefully acknowledge the financial support of the our meetings during 2014. We could not continue to provide the services our intergroup has developed over the last 4 decades without this support. Your dollars support our Hot Line, website, newsletter, 12 Step Within Committee and Professional Outreach efforts etc.

It has been our custom to print the contributions to acknowledge and thank our CJI meetings for this financial support. Some of our groups are larger than others and are able to donate more financially than the smaller meetings which send what they can after they pay their rent and have a prudent reserve. All our meetings are vital to CJI and we are grateful that each group does what it can.

While a financial donation is very important, it is only a part of the spirit of the 7th Tradition to be self supporting. The heart of OA is the connection we have with each other. Whether your meeting is large or small we invite every meeting to send a representative to Intergroup the second Friday of each month to help us decide how this money will be spent and how we can work together to keep OA strong and growing in our area. We look forward to seeing you at Intergroup. Thanks again for your support.

Location	Meeting Day	Group Number	Total
Shrewsbury	Monday	51161	\$ 600.00
Princeton	Monday	23658	\$ 470.00
Freehold	Monday	52750	\$ 240.00
Matawan	Monday	02619	\$ 127.20
Rocky Hill	Tuesday	31108	\$ 220.74
Eatontown	Tuesday	00581	\$ 162.00
Metuchen	Tuesday	18182	\$ 42.00
Jackson	Wednesday	52740	\$ 335.00
Laurence Harbor	Wednesday	46774	\$ 180.00
Wayside/Ocean	Wednesday	52274	\$ 90.00
Hillsborough	Thursday	47678	\$ 86.00
Freehold (formerly Howell)	Thursday	37949	\$ 60.00
Red Bank	Thursday	19994	\$ 60.00
Cranbury	Thursday	00332	\$ 56.00
Highland Park	Thursday	53241	\$ 74.72
Berkeley Heights	Friday	22395	\$ 150.00
Brielle	Friday	20848	\$ 142.80
Jackson	Friday	53388	\$ 120.00
East Brunswick	Friday	03249	\$ 5.00
Flemington	Saturday	45567	\$ 840.00
Red Bank	Saturday	06772	\$ 270.00
Cranford	Saturday	10966	\$ 240.00
Old Bridge	Saturday	39823	\$ 10.00
Edison	Sunday	19592	\$ 663.04
Rahway	Sunday	41107	\$ 300.00
Neptune	Sunday	46167	\$ 219.11

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Subscribe to **"TODAY"**

If you would like to subscribe to the Central Jersey Intergroup's publication, **TODAY**, and receive the bi-monthly newsletter through the mail for either yourself or your group, please complete the form below.

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(Please provide a member's address and not the address of a meeting place if ordering for a group.)

Name: _____

Address: _____

Telephone: _____

E-mail Address: _____

Meeting you are ordering for: _____

PLEASE NOTE OUR MAILING ADDRESS HAS CHANGED

Mail your subscription to: Central Jersey Intergroup
P.O. Box 90
Manasquan, NJ 08736-0090

Please enclose your check or money order (no cash, please) made payable to:
Central Jersey Intergroup

rev. 7/12/2010 (new PO Box)

Meeting Directory as of Jan 2016 - Central Jersey Intergroup OA

Email meeting changes to: cjsecretary@yahoo.com or call 732-222-1205 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 -- a desire to stop eating compulsively -- and those who think they may have a problem with food.

	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	732-636-2867	B, SF:Q&A
	7:45-9:00p	Edison	Temple Emanu-El, 100 James St, across from JFK Hospital	Y Bobbi	732-636-2867	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	C 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	8:00-9:00pm	Aberdeen	Cross of Glory Lutheran Church, 95 Cambridge Dr	Y May	732-679-2510	BB, SS:1st wk
	10-11:00am	Bradley Beach	Bradley Beach Library, 511 4th Ave, Reading Rm-LowerLvl	N Marilyn	732-759-7291	C BB
	11:00-noon	Bridgewater	Friends Conference Center, Arbor Glen, 100 Monroe St	Y Howard	908-722-1892	SF:Rotate
	7:30-8:30pm	Freehold*	Centrastate Med Ctr, 901 W Main St/Rt 537, Tobias Rm A	Y Ross	732-863-0242	L: OA Brown Bk
	7:30-8:30pm	Hamilton Sq	■St Mark United Methodist, 465 Paxson Ave & Edinburg Rd	Karen	609-577-3346	O, SS
	6:15-7:15pm	Princeton	Unitarian Universalist Church, 50 Cherry Hill Rd.	Melanie	609-203-2159	L
	7:30-8:30pm	Shrewsbury	Presbyt. Ch of Shrewsbury, Church House, 352 Sycamore Ave	Y Carol	732-222-1205	B, PS
Tuesday	8:00-9:00pm	Aberdeen	Cross of Glory Lutheran Church, 95 Cambridge Dr	Y May	732-679-2510	L:VoR
	7:45-8:45pm	Basking Ridge	■Covenant Chapel, 127 W Oak St, enter red side door-lwrlvl	N Nancy	908-696-1924	BB
	7:30-9:00pm	Clark	Alliance Community Church, 2 Denman Ave-enter via ramp door	Y Lee Ann	908-337-0656	SF:HOW,S,B
	7:30-8:00pm	Cranford	Cranford UMChurch, 201 Lincoln Ave, 2nd fl, Rm 32	Debbie	908-272-2362	O, B
	8:00-9:00pm	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
	7:00-8:00pm	Metuchen	St.Luke's Episcopal Church, 17 Oak Ave	Y Linda	732-486-3191	O, BB
	7:00-8:00pm	Brick	Center for Conscious Caregiving, 1613 Route 88	N Rosemary	732-299-4640	BB, W
	10-11:00am	Metuchen	1st Presb Ch, Main&270 Wdbrdge Aves, Ed Bldg left, ring bell	Jill	732-572-2922	SS,OA/AA12&12
Wednesday	10-11:00am	Jackson*	Debows United Methodist Church, 509 Monmouth Rd.	Marina	646-522-5608	L: For Today
	6-7:00pm	Flemington	Hunterdon Medical Center, Westcott Dr & Route 31- board room	Barbara	908-392-1151	W, O
	7-8:00pm	Lambertville	■Fisherman's Mark Bldg, 89 Main St, 3rd flr (elevator bldg) PAIG	Nina	609-462-5685	L
	7-8:00pm	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	AA SS, W
	7:00-8:00pm	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	1:30-2:30pm	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
	7:30-8:30pm	Hillsborough	Hillsborough Flwshp Bible Ch, 109 New Amwell Rd, enter Gemini	N Mary Beth	908-295-5237	O, SF: Rotate
	7:30-8:45pm	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
Friday	10:30-11:30	New Providnc	New Providence UMC, 1441 Springfield Av, enter doors in rear	Y Hillary	973-207-1400	S SF: Rotate
	10-11:00am	Jackson	DeBows United Methodist Church, 509 Monmouth Rd.	Judy	732-890-6593	SS, T, W
	10-11:00 am	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
	7:00-8:00pm	Scotch Plains	RWJ Fitness & Wellness Ctr, 2120 Lamberts Mill Rd, Conf Rm A	Y Kathy	908-358-5154	L, LL
Saturday	9-10:00 am	Flemington	Hunterdon Medical Center, Westcott Dr & Route 31	Y Diane	908-995-4741	L,S
	10:30-11:30	Cranford	Calvary Lutheran Church, 108 Eastman Ave, Library 2nd floor	N Nancy	732-388-9364	BB
	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-CJ meeting, listed as courtesy