

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 2017

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

COME JOIN US

Has your program & recovery been slipping & sliding?
Starting Wednesday January 4, 2017
Community Covenant Church,
22 Lawrence Parkway, Lawrence Harbor
Bring your OA 12&12 and OA Brown Book, 3rd edition

WINTER DREAMS RETREAT 2017

Jan. 13 - Jan. 15, 2017
St. Mary's Abbey Retreat Center
230 Mendham Rd., Morristown, NJ
To hold your room, full deposits must be received by Nov. 15, 2016
Contracts: Kim B. 732-634-6695 and Bobbi L. 848-459-4255

UNITY DAY

February 25, 2017
St. Lukes Church, Metuchen **(BROWN BAG LUNCH)**
11:00 to 3:00
Registration: 10:30 am • Donation: \$7
Contact: Christina 732-636-2874; Mike J. 732-939-2472
For more info go to CJI website for flyer

A VISION FOR YOU

OA Big Book Meeting
Starting March 7th, 2016
Monday Evenings from 7:00 to 8:00 pm
Morristown Medical Center for Family Medicine
435 South Street, 3rd floor conference room
Morristown, NJ 07960
Contact: Christine T. 973-960-1564

Help Wanted:

Volunteers for CJI Outreach Program. 30 days abstinence required. Please contact Mike J. at manda254@comcast.net
You can now follow the link on the CJI website

CHAIR'S MESSAGE

Dear Fellow OAers,

Happy, Happy New Year! Each December our Intergroup takes a look back and we remember our activities during the year and our hearts are grateful for all the times we have shared. This year we had 7 Intergroup sponsored one hour workshops that were brought to our meetings, 2 Anniversaries, 2 Mini Marathons, the Winter Dreams Retreat, a one-day retreat in Neptune, a one day Step Workshop, Unity Day and Idea Day. We sent representatives to 2 Region Assemblies and the World Service Business Conference. I was at most of these events and they were wonderful opportunities for us to connect with each other and rejuvenate our enthusiasm for our program.

Our Outreach Committee is active force in carrying our message of recovery to Health Care professionals at doctors offices with the pamphlet project, at our annual appearance at the RWJ Medical School, Carrier clinic and to prospective members at health and wellness fairs in our community. Every time I participate in one of these events I feel terrific because we've had the chance to extend the program to someone who may need it.

Thank you all for keeping our program alive and vibrant in Central Jersey! Please continue to keep our meetings strong - going to meetings, making those "hello" calls, sending texts, participating in the meeting email loops, forwarding our CJI events emails to those who don't get them. We really do love each other "in a very special way". It is in our connection that we find our strength to be our best selves. Hope to see you soon.

Best Wishes as we "Trudge the Road to Happy Destiny" in 2017.

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	Mike M.	732-939-2472
Treasurer	Bobbi	848-459-4255
Recording Secretary	Sima	908-499-3993
Corresponding Secretary	Kim J	908-868-2246

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 13 and Feb 10, 2017. 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 March/April 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/>

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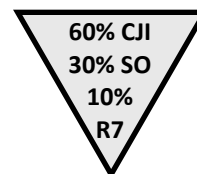
Attention Meeting Treasurers! 60% - 30% - 10% donations:

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.**



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♥ 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

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ANNIVERSARIES: Monday Bridgewater Mtg. – 1/15 - 15 yrs.; Friday Robert Wood Johnson Hospital Mtg. – 1/15 - 15 yrs.; Sunday Neptune Mtg. – 1/16 15 yrs.; Wednesday Matawan Mtg. – 2/16 – 39 yrs., Sunday Robert Wood Johnson Mtg. – 2/23 – 17 yrs.; Saturday Princeton Mtg. – 2/24 – 34 yrs.; Tuesday Clark Mtg. – 2/28 – 20 yrs.; Friday Brielle Mtg. – 2/3 – 30 yrs.; Monday Freehold Mtg. – 2/7 – 4 yrs.; Wednesday Jackson Mtg. – 2/7 – 4 yrs.

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PLEASE SEE CJI WEBSITE TO REVIEW PROPOSED MOTIONS TO AMEND CJI BY LAWS

CJI would like to gratefully acknowledge the financial support of our meetings during 2016. 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.

Thanks for your service.

Regards,
Christina

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CJI Events for 2016

Status	Location	Meeting Day	Group Number	Meeting Totals
A	Bradley Beach	Monday	04398	\$37.20
A	Brick	Tuesday	54194	\$145.00
A	Brielle	Friday	20848	\$118.80
A	Carteret	Saturday	53800	\$140.00
A	Clark	Tuesday	38456	\$135.00
A	Cranford	Saturday	10966	\$81.60
A	East Brunswick	Friday	03249	\$154.70
A	Eatontown	Tuesday	00581	\$30.00
A	Edison	Sunday	19592	\$353.49
A	Flemington	Wednesday	54013	\$240.00
A	Flemington	Saturday	45567	\$654.00
A	Freehold	Monday	52750	\$513.00
AC	Highland Park	Thursday	53241	\$62.70
A	Hillsborough	Thursday	47678	\$317.00
A	Freehold	Thursday	37949	\$270.00
A	Jackson	Wednesday	52740	\$255.00
A	Jackson	Friday	53388	\$60.00
A	Laurence Harbor	Wednesday	46774	\$180.00
A	Matawan	Monday	02619	\$60.00
A	Matawan	Wednesday	03617	\$30.00
A	Neptune	Sunday	46167	\$313.80
A	Old Bridge	Saturday	39823	\$350.00
A	Princeton	Monday	23658	\$505.00
A	Scotch Plains	Sunday	41107	\$294.00
A	Red Bank	Thursday	19994	\$60.00
A	Red Bank	Saturday	06772	\$300.00
A	Shrewsbury	Monday	51161	\$570.00
A	Watchung	Wednesday	23995	\$30.00
AC	Wayside/Ocean	Wednesday	52274	\$40.00

January 9 –Abstinence Workshop Flemington
January 16 –Winter Dreams Retreat
February 27 – Unity Day
March 12 – Cranford - Abstinence Workshop –
March 31 – Hillsborough – Abstinence Workshop
April 8-10, 2016 – R7 Assembly, Gettysburg, PA
April 20 – Jackson Mini Marathon
April 30 – Freehold - Abstinence Workshop
May 2-7 – World Service Business Conference – NM
May 7 – One Day Retreat in Neptune (sponsored by Edison Sun Night)
May 11 – Wednesday Freehold 1 year Anniversary
June 11 – Saturday Cranford Anniversary – 35 years
July 31 – Edison Writing Workshop before reg. meeting
Aug 13 – Redbank Workshop - Smashing The Delusion
Sept 1-4 – World Service Convention , Boston, MA
Sept 20 – Eatontown Mini Marathon
Oct 1 - Freehold Step Study Workshop
Oct 14-16, 2016: R 7 Assembly, Ellicott City, MD
Oct 27 – Hillsborough Intergroup Step Workshop
Nov 4-6 – Region 7 Convention, Rehoboth Beach, DE
November 12 – Cranford Intergroup Step Workshop
November 19— IDEA: International Day Experiencing Abstinence
November 23 – Westfield Attitude of Gratitude Meeting
November 24 – Thanksgiving Day AM meeting - Edison

Meeting Directory as of Jan/Feb 2017 - Central Jersey Intergroup OA

Email meeting changes to: cjsecretary@yahoo.com or call 732-580-5739 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 O	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 O	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: VOR S:Lst wk
	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	Frank 917-841-3585	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
	7:30-8:45 pm	Clark	Clark Library, 303 Westfield Ave. Clark, NJ 07066	Y	Anne 732-340-0124	SF:HOW,S,B
	7:30-8:00pm	Cranford	Cranford UMChurch, 201 Lincoln Ave, 2nd fl, Rm 32		Debbie 908-272-2362	B
	8:00-9:00pm	Cranford	Cranford UMChurch, 201 Lincoln Ave, 2nd fl, Rm 32		Debbie 908-272-2363	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	Y	Barbara 908-392-1151	W, O
	7:30-8:00pm	Lambertville	■Centenary Methodist Church 108 N. Union Ave Lambertville		Keith 609-751-8634	L
	7-8:00pm	Laurence Hbr	Comm. Covenant, 22 Laurence Pkwy, enter @side on 2nd Wed	N		L
	12:30-1:30p	Matawan	Trinity Episcopal Church, 18 Ryers Lane	Y	Sheila 732-721-8277	AA SS, W
	7:00-8:00pm	Westfield	Redeemer Lutheran, 229 Cowperthwaite, enter rear, basemt	Y	Judy 908-368-3452	L
Thursday	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	Laurie 908-814-2389	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, Oakland Ave ,Main bldg, go up ramp turn rt rm on rt		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 SF	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 C 732-859-0869	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
	11:00-12:00	Metuchen	St. Lukes Episcopal Church, 17 Oak Ave.		Sue 908-967-9041	NC,sp/dis
	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
	6-7 pm	Brielle	The Church in Brielle, 821 Riverview Dr & Rankin		Debbie D 848-333-5561	For Today Med.

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-CJI meeting, listed as courtesy