

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



JUL/AUG 2015

PRICE \$.50 EACH

WWW.OA-CENTRALJERSEY.ORG

Working & Living the Program Events

4th Annual "Together We Can" Retreat

Recovery is a Three-Legged Stool – Featuring Step Four
August 28, 29 & 30th, 2015
St Francis Retreat House
Easton, PA
Contact: Lee Ann 908-337-0656 – smileleeann@gmail.com
Bonnie 201-657-3916 – B40A182@aol.com

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

South Jersey Intergroup of OA Presents

UNDER SPIRITUAL SUPERVISION

HOW TO TAKE THE 12 STEPS AS OUTLINED IN THE BIG BOOK

Saturday, Sept. 19th, 9-5 & Sunday, Sept. 20th, noon-5pm
Hope Church
700 Cooper Rd., Voorhees, NJ 08043
Contact: Maris K. 609-332-0125

See OA website for more information

MONTHLY STEP 1 MEETING: UNDERSTANDING POWERLESSNESS

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

REGION 7 2015 CONVENTION

November 13-15, 2015
Gettysburg, PA
3 A's of Recovery – Awareness, Acceptance, Action
For info go to: convention@oaregion7.org



CHAIR'S MESSAGE

CJI was really blessed to start our summer with Don C.'s workshop "Freedom Isn't Free - Working and Living the Steps". There was a lot of fellowship in the room. 54 people attended and we were energized and excited about working the steps.

Two of our oldest meetings are planning anniversary celebrations: Aberdeen Monday night will celebrate 37 years on July 19 and Metuchen Tuesday morning will celebrate 30 years on August 18. We are so fortunate to have this kind of longevity in our Intergroup. Please come out and share the joy of the journey with them.

Our TWC Retreat is coming up at the end of the summer August 28-30. Don't miss the opportunity to welcome the fall with us in Easton, PA. There will be 15 workshops, a keynote speaker and 5 abstinent meals you don't have to prepare for yourself.

Looking forward to seeing you over the summer.

Christina,
CJI Chair



MAKING AMENDS IS OKAY, BUT CHANGING MY BEHAVIOR IS BETTER



DISCLAIMER

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CJI—List of Officers

Chair	Christina	732-636-2874
Vice-Chair		
Treasurer	Bobbi	848-459-4255
Recording Secretary		
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): **July 10, August 14.** 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 July/August issue 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., 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
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

Strategic Goals

2015 Goals

- 1.
- 2.
- 3.



- Help members strengthen their recovery
- Increase the number of sponsors
- Increase the number of newcomers
- Increase the retention of newcomers
- Help those in relapse
- Continue our Outreach to the Public and Healthcare professionals
- Inspire people to give more service.



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



Edison 6/5 – 29 years; Tuesday Metuchen 7/14 – 1 year; Tuesday Matawan 7/30 – 19 years; Monday Matawan 7/27 – 37 years; Monday Princeton 7/22 – 27 years; Monday Shrewsbury 7/9 – 5 years; Saturday Old Bridge 7/24 – 38 years.

August: Thursday Highland Park 8 years; Thursday Red Bank 29 years; Saturday Red Bank 36 years; Tuesday Metuchen 30 years.

NEEDED – WRITINGS FOR PUBLICATION IN NEWSLETTER

Please send your writings on your thoughts, recovery, steps to share with us. Please send to bspiezinger@optonline.net

* * * *

For Today: “Trust is freedom from fear, which is one of the promises of the program, To become more trusting, I can devote part of this day to writing on my experiences in this area.”

Trust, ha, just what I was talking about this morning with my sponsees, and just what I needed to hear again for me. Before this program I spent my time living in the fear of what if; they won’t like, I make a mistake; I’ll be alone, someone will find out...., anything past or future. I struggled trusting that my life would change, that things would get better, that I would stop eating, raging, isolating.....and so I was stuck.

The first thing I received from this program was hope, and that’s what started to build some trust, I heard what happened for others who shared my same story. As I continued my journey through the steps I started to see change, and then I started to see that change was ongoing. Maintained weight loss, maintained self-esteem, continuing improved relationships even behavioral changes that I thought could never disappear. That’s what helped continue to build my trust in all facets of my life. At first it was just trust that if others could do this so could I, then it was trust that as long as I followed the steps I would be abstinent, then trust that I could maintain my weight loss, little by little my trust began to build. I knew there was HP behind many things in my life, but I had not thought about trusting a HP to address my food. Well finally I have found that I trust my HP to guide all my thoughts and actions as long as I let go of the reigns and any expectations.

Today I find myself asking my HP for all kinds of guidance. Recently I found myself asking for dating advice, and trusting that he will give me what I need, so far he’s been spot on! LOL, I don’t have to know the final result, the more I focus on what it could be or wanting to know it the higher my anxiety, the second I surrender it over I feel calm, joyful and free – not matter what it is! How awesome

Love and Hugs, Lisa

* * * *

HOW CAN WE SUPPORT OUR MEMBERS IN ABSTINENCE?

How do our meetings go about supporting our members in abstinence?

- By making sure at least 2 people are there for each meeting
- By calling new members and reaching out to those we haven’t seen in awhile
- By sharing how it works for us!

* * * *

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



RECOVERY IS A BLESSED PROCESS, NOT AN EMPTY GRADUATION



Meeting Directory as of July 2015 - Central Jersey Intergroup OA

Email meeting changes to: cjisecretary@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

	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, 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	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
	1:00-2:00pm	Scotch Plains	Scotch Plns Baptist Chrch, 333 Park Av (enter from Grand St)	Y Phyllis	908-233-3848	SS, BB: last wk
	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	Prayer&Praise Fellowship, 2 Denman Ave, enter rear ramp	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
	10-11:00am	Metuchen	1st Presb Ch,Main&270 Wdbrdge Aves,Ed Bldg left,ring bell	Jill	732-572-2922	SS,OA/AA12&12
	10-11:00am	Jackson*	Debows United Methodist Church, 509 Monmouth Rd.	Marina	646-522-5608	L: For Today
Wednesday	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
	1:30-2:30pm	Cranbury	St David's Episcopal Church, 90 S Main St	Y Hattie	609-409-0903	B, S, SS
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 Fllwshp 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
	8:00-9:00pm	Highland Park	30 S Adelaide Ave in Community Room	Robin B.	732-266-7360	SS
	10:30-11:30	New Providnc	New Providence UMC, 1441 Springfield Av, enter doors in rear	Y Hillary	973-207-1400	SF: Rotate
Friday	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
	10:30-	Cranford	Calvary Lutheran Church, 108 Eastman Av, Library 2nd flr	N Nancy	732-388-9364	BB
Saturday	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-CJI meeting, listed as courtesy