

Every recovery from compulsive overeating began with one abstinent hour.

TODAY

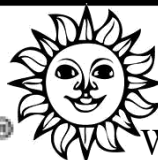
Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible.

O.A. INFOLINE



(908)

253-3464



JULY/AUGUST 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

DECONSTRUCTING THE SERENITY PRAYER
Sunday, July 31 - 6:15 pm - 7:15 pm
(the regular meeting will follow)
Presented by Sunday Night Edison Meeting
Temple Emanu-El • 100 Janes St., Edison
Info: Jim - 732-602-8267; Barbara - 732-439-0001

SMASHING THE DELUSION
THE SPIRITUAL SOLUTEION
Saturday, August 13, 2016 • 10:00 am - 11:30 am
United Methodist Church • 246 Broad St., Rm 114 • Red Bank, NJ
Info: Dana C. 908-917-9081 or email dcartin27@live.com

PLEASE MAKE NOTE: TWC RETREAT IN 2016 WILL BE CANCELLED
DUE TO THE PROXIMITY OF THE BOSTON WORLD SERVICE
CONFERENCE SEPT 1-4. LOOK FOR MORE INFORMATION IN
FUTURE NEWSLETTERS AND ON THE CJI WEBSITE

WORLD SERVICE CONVENTION 2016
BOSTON, MA • SEPTEMBER 1-4, 2016
FOR INFO: conventioninfo@ao.org

NAVIGATING THROUGH RECOVERY
REGION 7 CONVENTION
November 4-6, 2016 • Atlantic Sands Hotel
Rehoboth Beach, DE 19971
For more information contact: Convention@oaregion7.org

IDEA DAY - International Day Experiencing Abstinence
November 19, 2016 • 9:30 - 3:30 pm
Raritan Bay Medical Center • Ferry Road, Old Bridge, NJ - Bldg. 3
For info: Brenda - 732-617-8696; Judy - 732-261-9344

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 Friends,

Welcome to Summer. I hope we have some great weather ahead to enjoy.

Cranford had a beautiful Anniversary meeting in June. They had 8 speakers who spoke for about 8 minutes each about how their meeting and this program is such an anchor for their lives. There was a lot of laughter and some tender minutes. Every time I go to an Anniversary meeting I get filled up with the hope for our program. Please consider having an Anniversary for your meeting. It is a great way to promote unity in your group.

Looking forward Edison is hosting a writing meeting July 31st, 6:15pm-7:15pm before their regular meeting Saturday Red Bank is hosting a great workshop that was presented at Unity Day Saturday Aug 13 10:00 am - 11:30 am.

We also are welcoming a new beginner's meeting at St. Luke's in Metuchen Saturday morning at 11AM. This meeting started in June and will be focusing on the Big Book.

Please consider attending the World Service Convention in Boston in September. It is an incredible opportunity to hear OA members from around the world with decades of abstinence. This only happens once every 3 years so give it some thought.

Please remember to take some time to put your program in your plan of action first this summer. You'll enjoy the rest of your days much more.

Looking forward to seeing you,
Christina



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	Anita	732-580-5739

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 8, August 12. 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 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

**MEETING DATE CELEBRATIONS**

Monday Shrewsbury, 7/9 – 5 years; Tuesday Metuchen – 7/14 – 1 year; Monday Matawan – 7/19 – 37 years; Monday Princeton – 7/22 – 27 years; Saturday Old Bridge – 7/24 – 38 years; Tuesday Matawan -7/30 – 19 years; Saturday Red Bank – 8/1 – 36 years; Thursday Red Bank – 8/8 – 29 years; Thursday Highland Park AM – 8/16 – 8 years; Tuesday Metuchen – 8/25 – 30 years. CONGRATULATIONS!!

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

“Today I am becoming the person I want to spend the rest of my life with.”

CJI VOICES

For Today: "Pain often comes from non-acceptance. If I find that I can neither change nor accept a certain reality, I let it go for now, knowing that it is the first step in overcoming my misery."

The theme I am seeing for me this month from these readings is the reminder that I do not have to be at the mercy of what is happening around me. Here is another example of how this wonderful program has changed my life. I can vividly remember borrowing my brothers truck and it dying as I was ready to enter a very insane highway from a side street. OMG you would have thought I was being tortured, in a prison with the worse prognosis ever. I had to walk to make a call, I had to wait for family and AAA, I had to watch people looking at me... I remember sobbing I hate my life, I should be dead this is the worse thing ever. YIKES! Yes that was me the drama queen. Of course I was safe, the car got fixed, my family came and got me, yet I still felt it was all about me.

Today, I got up late, but got ready to go to my OA meeting, pulled from my spot and heard grinding. Yup flat tire! Parked the car, took a deep breath, called AAA, sent a text I'd be missing the meeting, opened up a pod cast. Took another breath when they told me it would be delayed by an hour and I might miss my fellowship following the meeting. Got some chores done, had the time to write this morning, and am planning on an awesome day. That's the gift I have from this program, to let go and let god, to accept things just as they unfold and know that all will be fine.

Love and Hugs, Lisa

Henry David Thoreau: *The faultfinder will find faults even in Paradise.*

"Growth in the OA program allows me to see with new eyes; feeling good about myself makes me less critical of myself and others."

I used to be a serious, self-appointed faultfinder. I'd write to newspaper editors, friends, whomever, whenever I could find something less than perfect. I'd tell other drivers, when stopped next to me at traffic lights, that they had a faulty light. I was a natural in my military job, many years ago, as occupational health and safety officer, responsible for assorted inspections on the base where I was stationed, and required to point out to everyone the risk they were taking with hazardous materials, driving military vehicles, smoking around flammables, etc.

No more!

Occasionally, I get the urge to point out some of the above errors, and I stifle it. Occasionally, I recall with humor a line I heard from a very talented and capable MBA type at a seminar on office safety: He said, You may be tempted to give out constructive criticism to others who didn't even ask for it. But, what you see as "constructive" criticism, they will likely see as simply "criticism."

The longer I am in OA, the better I learn to accept myself and others just as we are.

With love and gratitude,
Paul C.

* * * * *

RECOVERY PRAYER


Thank you for keeping me straight yesterday. Please help me stay straight today. For the next twenty-four hours, I pray for knowledge of your will for me only, and the power to carry that through. Please free my thinking of self-will, self-seeking dishonesty, and wrong motives. Send me the right thought, word, or action. Show me what my next step should be. In times of doubt and indecision, please send Your inspiration and guidance. I ask that You might help me work through all my problems, to Your glory and honor.

Meeting Directory as of June 2016 - 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, 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: 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 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	Y 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
	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 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
	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
	9-10:00 am	Flemington	Hunterdon Medical Center, Westcott Dr & Route 31	Y Diane	908-995-4741	L,S
Saturday	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-CJI meeting, listed as courtesy