

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



MAY/JUNE 2015

PRICE \$.50 EACH

WWW.OA-CENTRALJERSEY.ORG

Working & Living the Program Events

RWJ SUNDAY OA STEP MEETING

15th Anniversary Celebration with Guest Speakers
May 3, 2015 – 11:00-12:00 pm
2120 Lamberts Mill Road
Scotch Plains, NJ 07076
For info call Ellen 908-862-8382

ONE DAY BIG BOOK STEP STUDY

Saturday, May 16, 2015
St. Luke's 17 Oak Avenue
Metuchen, NJ
\$25 pp before March 15, 2015
\$20 pp after March 15, 2015
Contact: Christina 732-754-9840 or Kim 732-634-6695
See web-site for flyer

Jersey Shore Intergroup Spring Retreat

May 29-31, 2015
Maris Stella Retreat & Conference Center
7201 Long Beach Blvd., Harvey Cedars, NJ 08008
Weekend \$215—includes 4 meals
Contact: Joan T. 609-978-2805 or Pat D. 732-766-0674

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

CHAIR'S MESSAGE



Happy Spring! It is so beautiful to see the trees coming back to life. It reminds me of the Hope of our Program. I saw a lot of Hope and Fellowship at the Jackson Anniversary this week. Over 30 people came to hear their speaker and panel. They had a beautiful ceremony at the end to celebrate their Fellowship and Commitment to the program. Thank you for your service!

Our focus at Intergroup over the next few months is going to be on how can we support each other in recovery? How can we help our members to stay connected? Can we be more welcoming in our meetings? Does your meeting have a group secretary that will announce upcoming events? Are your group's members on CJI's email update list so they don't miss out on the workshops and events that are coming up? (Sign up for email updates at info@oa-centraljersey.org.)

Please join our conversation at intergroup on how we can strengthen our groups and promote strong personal recovery. We meet the second Friday of the month – 7:30PM - Raritan Bay Old Bridge –Medical Arts Building (Hospital Drive off Ferry Road) – take the elevator to the Lower Level – Make a right and the 3rd conference room on the left.

Looking forward to seeing you.

Christina, CJI Chair

PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS



Honesty • Hope • Faith • Courage • Integrity
Willingness • Humility • Self-discipline • Love
Perseverance • Spiritual Awareness • Service



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 (2nd Friday at 7:30 pm): **May 8, June 12.** Come join us!



CJI - List of Officers

Chair	Christina	732 636-2874
Vice-Chair		
Treasurer	Bobbi	848 58-5154
Recording Sec'y		
Corresp'ndg Sec'y	Carol	732-222-1205

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/>

♥ 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: gspolly@comcast.net
Ross: teveenutt@yahoo.com
Janice: the654club@yahoo.com
Lee Ann: smileleeann@gmail.com

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.**

CJI VOICES

"Grief drives men into habits of serious reflection, sharpens the understanding, and softens the heart." - John Adams

Hi Friends:

Sooner or later, we all experience grief. For me, I am still going through the grieving process, and no matter how I try to divert my attention to more positive things, the more I hit an emotional bottom when I least expect it. For me, this used to be a perfect combination to look for a quick solution to a life-long problem.

How or when I began to use food as a balm to cover all wounds, I don't remember, I think I became aware of when or how I learned this behavior when I walked into the rooms of OA. It probably all started for me, when I got to the age of reasoning, probably about 8 or 9 years of age. That was the first time I noticed an "eye roll" in another human being, or heard a cruel remark about how fat I was, or a million other things that I became acutely aware of.. It was what it was.

Today, I deal with grief and grieving with God and a few close friends. Many times, I will withdraw because I don't want to bring my grief into the lives of others because perhaps they think I should be well past it, or because it makes them uncomfortable to hear me. It is what it is. Yet, it is the grief, the joy, the gladness and the sadness I must get through without injuring myself or another human being. No one, including myself caused what I am going through, it happens to all of us, and it is from seeing another going through their tough times that needs to make me more compassionate toward them, because sooner or later, it happens to all of us.

For me, friends are wonderful, however, it is the God of my understanding Who is on the clock for me 24/7, and always available for me to have Him listen to me as I pour my heart out to Him. This conscious contact with the God of my understanding, saves me from me, and all my destructive ways. Turning to Him instead of the food has become the first thing I think about instead of making the refrigerator my Higher Power. Thank God this is the way it is for today... It all happens one day at a time, and for me, I just have to keep coming back!

Love, and God bless
Helen GK xoxox

(CJI VOICES continued on next page)

CJI VOICES (cont'd)

For today: the "time of my life" is NOW!"

Before OA I lived in a fantasy world. "When I lose weight...(this would happen)." "When I lose weight....(I'll do that)" I was never happy with just now, with just ME. OA changed that. You loved me until I could love myself. I was shown how to dress becoming, NOW how I looked at this minute, and feel good about ME.

Today I live each moment to its fullest. Right now my youngest son is trying to talk me into cancelling his teacher this morning. I have to be the bad guy today. He just got a new game yesterday that he downloaded on the computer, and I know he wants to play. He played for 2 hours yesterday!! He can wait until after 11am and play some more. Times like these are just moments in time. He still does not get that I can tell when he has a migraine, or a bad headache...this isn't the case this morning.

I'll be leaving this morning before the teacher arrives. My oldest son is an adult, and has volunteered to be here on his day off, for his brother, while the teacher is here. I am heading to Jackson, New Jersey. Two meetings there are celebrating anniversaries, and are having a combined anniversary meeting/workshop today. I was asked to be part of it, and living the principles of the steps is the main topic...."living these principles in all our affairs" so I'm looking forward to a great day...but NOW for this minute, I have prayed and meditated, I have had my breakfast, read today's reading, and have shared on it here. I will get ready for my day shortly. It's cooler than I thought it was going to be today, so pants may be the clothes for the day, rather than the planned dress. Living in the NOW, and enjoying it, allows me to make changes without freaking out, and missing the reason for what I'm doing. I am so grateful for this program.

Love,
Ginny



A Spiritual Awakening

My husband has been unemployed for 4 years and the stress has been intense, especially since we have two children to take care of. It has had me paralyzed with fear. At the same time, I have been in relapse for about 6 years, after having had a 175 pound weight loss. Abstaining from compulsive overeating has seemed absolutely impossible to me for the past many years, as I could not imagine coping with a single day without using food to manage it. I've been in excruciating pain, physically, emotionally, and spiritually, and could not stop eating. Sometime in March, I told my therapist that I would stop eating (compulsively) on Monday, April 13th, 2015, which was after my children returned to school after their Spring Break and after the holidays were over. As April 13th began to approach, I felt that there was no way that I'd be able to stop using food to cope with the days. In sheer desperation, I said to God (with whom I have very shaky faith), "If you help my husband get a job, I will STOP EATING!" On Monday, April 13th, after four years of looking, my husband got a GREAT job! On the exact day I had told my therapist, weeks before, that I would stop eating. These two major events collided in a miraculous way! I thought, "Oh my gosh, I'd better stop eating!" I don't believe God is punishing, but I do believe in keeping my end of an agreement. I don't know if there is a God or if God makes deals, but I am extremely invigorated about keeping my end of the bargain. Some power, HP, is pushing me to go to a meeting every day with pleasure, WANT to make phone calls, to read and write, and to abstain from compulsive overeating. I mystically got a sponsor within only 2 days, a woman with whom I adore and had been afraid to ask to sponsor me in the past. Besides all of that, I am hearing and internalizing things that I've heard in OA for years, but were not able to put to use. For example, One day at a time has become one minute at a time for me, and that has helped me with fearful thoughts and projections. All I can say is, WOW!!!

Lauren



"Patience does not come easy to the obsessive compulsive person."

This is a timely message. I'm sitting here this morning with an electric stim machine on my foot. I have a stress fracture and the healing is very slow. Over and over it says in our literature we need to develop patience, persistence and perseverance. What I know about patience I learned in this program.

As a kid I was a nervous eater. Any time I felt challenged I ate to calm my nerves. I was a round kid, an obese teenager and young woman. I lost myself in books and food. I had no history with myself for finishing tasks. Like it says in our Step 1 - I procrastinated, I hid and I ate. This does not lead to personal success or any kind of confidence.

This has changed over my time in program. I followed simple directions, came to meetings, worked the steps and my life changed. When I am nervous I don't eat, I use the tools. I have a sense of a Higher Power today who has my back. I have a strong fellowship of people walking this path with me. I am at home in this tribe. I have acquired patience by looking back and seeing how many ways my life has improved by divine synchronicity and my efforts - One Step at a Time, One Day at a Time.

I'm grateful for every day I've been here - even the hard days - because the program has given me a foundation to live through those times.

Have a good day.
Christina

Meeting Directory as of May 2015 - 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

	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	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
	7:30-8:45pm	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
	10:30-11:30a	Highland Park	Dutch Reformed Church, 19-21 S 2nd Av & Raritan	N Jill	732-572-2922	L: VoR, CF
Thursday	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 Adelpia 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-CJ meeting, listed as courtesy