

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



NOV/DEC 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

NAVIGATING THROUGH RECOVERY **REGION 7 CONVENTION**

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

Come join the conversation with our presenters on the
journey of working the 12 Steps of Overeaters Anonymous
Hosted by Cranford Saturday Morning OA Group
108 Eastman Street, Cranford, NJ (entrance up the ramp)
Saturday, November 12, 2016 - 10:30-11:30am
Questions? Call Lee Ann, 908.337.0656

We are going to know a new freedom and a new happiness.
(Alcoholics Anonymous p.83) Presenting a New Workshop
The Key to Recovery is Working all the Steps

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

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

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

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

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.



CHAIR'S MESSAGE



Happy Fall! Our meetings have sponsored some great events lately as we welcome the Harvest Season. Eatontown hosted a wonderful morning of fun, laughter and recovery in September. Freehold hosted a one day step study which gave us some new ideas about working the steps. Edison hosted a workshop on Coping with Holiday Pressures.

We are looking forward to IDEA Day. A beautiful day of sharing and recovery is planned by the committee and at the end of the day they will have the popular raffle. Tradition One talks about Unity and how the power of living that principle can really encourage personal recovery and help groups to stay strong. Come out and spend this special day with us as the holiday season begins. Better yet, bring a friend and give them the opportunity to strengthen their recovery too!

Also, it's time to sign up for our Winter Dreams Retreat, January 13-15, 2017. This is a wonderful small retreat to start off each year. The theme this year is "A Heart Full of Song... the Lyrics of the Principles." Join us and give your recovery a boost with fun, fellowship and good messages as winter begins.

Regards,
Christina H.
CJI Chair

**Life is ten percent what happens to you and
ninety percent how you respond to it**

**CHANGE IS DIFFICULT BUT OFTEN
ESSENTIAL TO SURVIVAL**

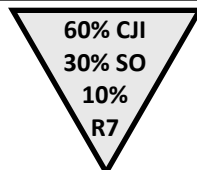
*Just for Today: I will be unafraid. I will enjoy that
which is beautiful and will believe that as I give to
the world, so the world will give to me*

CJI—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		

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):
Nov 11, Dec 9. 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.**



♥ 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** 
 Thursday Cranbury, 11/19 - 8 years; Saturday Carteret, 11/22 – 1 year; Tuesday Cranford, 12/11 – 24 years;
 Thursday Highland Park PM, 12/11 – 2 years; Friday New Providence, 12/14 – 28 years; Thursday Freehold, 12/22 - 14 years; Monday Bradley Beach, 12/30 – 38 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

{ Exciting News!!! Central Jersey Intergroup has a new fundraiser. CJI now has a beautiful sapphire colored Gildan short sleeve tee shirt with the slogan "Happy, Joyous & Free" available. We will be bringing them to OA events including IDEA Day on November 19. Many sizes available, you'll love them when you see them. }



CENTRAL JERSEY VOICES OF RECOVERY



Good morning,

I just got off the 6:45 AM Sunrise phone meeting. I'm going to write about 3 things. Step 9, Step 10, and Voices of Recovery.

Step 9 – pg 83-84 in the Big Book – ends with “Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. The will always materialize if we work for them” I was stuck by the always ... and if we work for them. The always is very clear. And the if is very clear. But we have to work for them. And as a fellowship we have to help others and the fellowship and our own recovery then becomes stronger.

Step 10 – pg 84-85 in the Big Book – ends with – “That is how we react as long as we keep in fit spiritual condition.” That is – the promises of the program come true, but ultimately, only if we keep in fit spiritual condition. When I started on the call, I didn't feel in too good of a spiritual condition. But I did some service, listened carefully to the shares and readings, and I feel my spirituality coming into a better place. But I needed to work on it this morning. It takes time and effort.

Voice of Recovery – all about writing. I totally related to this writing. I have highlighted: “It is convenient, tells no lies, and speaks clearly. I enjoy writing and find that it often benefits me more than any therapist or sponsor I have had since my OA recovery.” .. Further along ...” I find the writing tool indispensable to my recovery, my life and my relationships.

And a 10th step helps me as part of this. Truth be told, I don't do a 10th step each day. But I do notice the difference in whether I am making amends or not. I'm much more likely to make the amends and change my behavior today, if I do a 10th step from the day before.

Okay – that's it. Hope to see you at the meeting tonight. And thanks Annette for sharing the responsibility with me!
Marty

* * * * *

“Success can corrupt; Usefulness can only exalt”

Dimitri Metropoulos

In terms of usefulness to this Program, attendance at meetings is very important. It benefits all its members and perpetuates this Program. Attending meetings has been intrinsic to my Recovery. Now, there are several different ways to do this which covers the bases for all concerned.

I also looked at this quote and reading in regards to how my desire to be healthily useful to members and to those who are near and dear help me not only with my recovery but my self esteem and how I can contribute to another human being, even a stranger.

My HP presents situations every day in my life to allow me to get out of myself and be useful. Abstinence offers me this ability because I am not caught up in getting my next “fix”. It is in the simple act of kindness, consideration, patience and tolerance that I put out that help to keep me out of the food and into spiritual and emotional growth that are so important at this stage in my Recovery.

I am grateful and humbled once again to this Program and what it offers me in all my affairs.
Peace and Abstinence, Lauren

* * * * *

"Optimist: someone who figures that taking a step backward after taking a step forward is not a disaster, it's more like a cha-cha" i know in program we call those step backwards "relapses". that word kind of scares me. it has the stink of "failure" to me. most of this, if not all of it, is in my own head, i know, but maybe there's another person out there thinking along the same lines.

we've had so many failures in our lives. some of those failures probably helped created the fertile ground for this disease to grow. and then there are all the diet failures, and exercise failures, and weigh in failures, etc.

when i first walked down the stairs into my first meeting, i heard so many pieces of my own story, i was shocked. and i started to feel like i was in the right place. and after a short time, i felt at home, and like you all had become my new family.

there were struggles and celebrations, laughter, tears and encouragement, but never even a whisper of judgement or blame.

maybe seeing a step back as part of a dance seems too frivolous for some. i guess there is some risk in it. we can't take this disease to lightly or it'll sneak up on us and ruin our lives all over again. but there's got to be something between killing ourselves with guilt and judgement, and not taking this disease seriously enough.

for me, this morning, it's dancing the cha-cha. i just need to remember that the steps forward and back are just the steps, not the dance. and i'm dancing till the music stops. i'm taking all the steps that eventually move me forward and bring me joy.

i admit i'm powerless, cha-cha-cha, and i surrender to my higher power cha-cha-cha. . .

blessings!
jacqueline

Meeting Directory as of Nov./Dec. 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	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: 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
	7:30-8:45 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	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
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 Filwshp 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, 84 Maple&Oakland Sts, Main bldg., go up ranpat side, to	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
	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
	11:00-noon	Berkeley Hts	United Methodist Church, 105 Diamond Hill Rd		Judith 973-600-4341	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-CJ meeting, listed as courtesy