

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



SEPT/OCT 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

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 CJJ WEBSITE

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

OA FOR ALL SEASONS
Tuesday Sept. 20th 2016 - 10am-12:30 pm
St. James Memorial Church • 69 Broad Street, Eatontown, NJ
\$50 donation
For info: Janice 732-204-2373 or Carol 732-222-1205

UNDER SPIRITUAL SUPERVISION
(How to take the 12 steps as outlines in the BB)
Saturday, October 1, 2016 - 9 am-5pm
Hope Lutheran Church, 211 Elton-Adelphia Rd, Freehold
Cost - \$25 For registration: call Mike M 732-939-2472 or
Barb A 973-463-1998

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

*If you want to stand out, don't be different;
be outstanding*

CJJ VOICES

STEP 2 - SPIRITUALITY

Judy P. Monroe Twp.

When I was a child I had to beg my parents to allow me to enroll in religious school as I wanted to learn about my religion, about G-d and about praying. With my new found childhood faith, I found something to go to when I was hurting. As an adult, the something I found was not enough. Religious services no longer fulfilled me; something was missing. My character defects and food had taken over my existence, sucking the life out of me. Through OA I learned about a Higher Power, a Power greater than myself, and developed a phenomenally deep and complete relationship with Him. I asked Him for His guidance when I was troubled, turned problems over to Him, and asked Him to be an active partner in my life. I worked my steps and I was in a good place. Then I met a man, used my will to make a choice, chose him, dropped out of OA and dropped my connection with my HP. During those years of relapse, I tried returning to religious services, but it was empty. I did everything by rote and felt no spirituality so I stopped going. I knew in my heart that the spirituality I sought was connected to OA.

It has been three years since my OA homecoming. I knew from the first day I returned that my absence from OA had thrown me off kilter while I was gone. There was so much I had learned the first time that had become an integral part of my life and at some level was part of my life during my hiatus and there were other parts of me that had to be awakened when I returned. Twenty five years ago I had many more difficulties in my life and I needed a tremendous amount of help. I am not that needy person anymore so my requirements are different. The big, "BUT" is that I had to fulfill my responsibilities. I had to find the willingness to surrender my will to Him. It took me over a year to find the willingness to turn my life over to the care and love of HP. He is always there for me and as long as I turn to Him for His will and guidance, He will never abandon me. I am grateful for trusting the message I received about returning to OA, the way I have been embraced by the fellowship, and my newfound spiritual awakenings. Today my life is filled with serenity and love as I work my program, one day at a time, with my HP watching over me.

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):
Sept 9, Oct 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 November/December 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**

Wednesday Lawrence Harbor - 9/20 – 13years; Wednesday Watchung – 9/30 – 27 years; Thursday Hillsborough – 10/6 – 12 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

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.

JUST FOR TODAY I will exercise my should in three ways; I will do somebody a good turn and not get found out, if anybody knows of it, it will not count; I will do at least two things I don't want to do, just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

CJI VOICES

Hillsborough OAers,

Okay - honesty.

I've woken up in the middle of the night, restless, unable to get back to sleep, unable to quiet my mind.

I started eating. Not a binge, but grazing. And certainly not part of my food plan.

Had a pretty good week with regard to sticking with my food plan and avoiding compulsive food behaviors,

So I started asking myself, what am I doing and why. Immediate answer to why - you are a compulsive eater - powerless over food.

Then thoughts about to any extent possible and "coming to believe that a power greater than myself could restore me to sanity"

And then I remembered I needed to write his e-mail - so.. my plan is to write ... and then try to get back and get more rest.

Because I need rest to properly work the program and to have the conscious contact with my Higher Power.

From the Vision of Recovery, chapter 8 of the big book: there is a story where the person is drawn to a party with drinking and instead decides to just go home and go to sleep:

"Well, buddy [referring to his Higher Power], I guess there's just you and me. Believe it or not, it worked; those simple words worked. Something happened. A little peace came over me, anxiety left, and then I lay down and fell asleep. I slept well that night, the first good sleep in a long time. That feeble request to God worked. I was honest and really wanted God's help. From that day on, I knew that I had found a Higher Power and that He would help me."

My wish for all of you is that you reach out to your HP through out the day and especially at night when you are restless as I am right now. Ask for strength to do the next right thing. And at night - how to get your mind settled - and get to sleep so you are ready to face the next day.

With that said, going back to sleep.

Marty



When the roots are deep, there is no reason to fear the wind"

Embarrassingly, when i went to my first OA meeting, my plan was to pick up literature, get the gist of how things worked (which might take 2 or three meetings tops) and then work the program in the privacy and comfort of my own home. i'm not a very social person, and the hillsborough meeting is a 40 minute drive, and. . .and. . .and. . .

part of my compulsive eating is *impulsiveness*. it is one of my many demons. i want what i want and i want it NOW. but the problem with just grabbing what i want and going, is that there's never any real maturity that gets to develop. and it is maturity that is the source of real strength.

as i drive to the meeting, i pass a christmas tree farm. and in the front rows are these little baby trees, newly planted. well, i'm sure no one will be cutting them down for this coming Christmas - they're too little. but they are darned cute. and they look so fragile, so tiny, so vulnerable. like flowers almost - things you could just grab a hold of and tug out of the ground and put in a vase.

the baby trees haven't gotten their roots deep enough yet. in a few years, as they grow - upwards and downwards - you'll not be able to get them out of the ground at all. they'll need to be sawed off at the trunk.

two years after my first meeting, i can feel my roots just beginning to strengthen. i have more resistance, though i still shake and tremble when a good strong storm comes around. but i know if i can hold my ground, get through this particular storm, and continue my growth in the program, my roots will continue to deepen. i'll grow up *and* down. and soon, the storms won't scare me or unsettle me at all. cause i know where my roots are. in the fellowship of OA

remember: the greatest oak was once a little nut that held its ground ;-)

blessings!

jacqueline

* * * * *

USEFULNESS PRAYER

God, help me today to find balance
Between my character defects and the
Principles of our Program
So as, to be useful
To myself, all others, and You,
The God of my understanding.



Meeting Directory as of Sept./Nov. 2016 - Central Jersey Intergroup OA

Email meeting changes to: cjisecretary@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*	Centrstate 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 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
Friday	7:00-8:00pm	Red Bank	1st Baptist Church, 84 Maple&Oakland Sts, Main bldg., go up ranpat side, tu	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
	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
Saturday	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
	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-CJI meeting, listed as courtesy