

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**



MAR/APR 2017

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.  
Continues its OA Step Study Cycle  
Fridays -10 am to 11:15 am  
DeBows United Methodist Church • 509 Monmouth Rd, Jackson, NJ 08527  
For Info: Ross - 732-239-7209

**COME JOIN US**  
Has your program & recovery been slipping & sliding?  
Starting Wednesday January 4, 2017  
Community Covenant Church,  
22 Lawrence Parkway, Lawrence Harbor  
Bring your OA 12&12 and OA Brown Book, 3<sup>rd</sup> edition

**A VISION FOR YOU**  
OA Big Book Meeting (Starting March 7<sup>th</sup>, 2016)  
Monday Evenings from 7:00 to 8:00 pm  
Morristown Medical Center for Family Medicine  
435 South Street, 3<sup>rd</sup> floor conference room  
Morristown, NJ 07960  
Contact: Christine T. 973-960-1564

**REGION 7 Assembly**  
March 17-19, 2017 • Inn At Reading  
1040 Park Road • Wyomissing, PA 19610

**MADE A DECISION - 3<sup>RD</sup> STEP**  
**One day retreat sponsored by Edison Sun Night OA meeting**  
Saturday, April 22, 2017 - 9:30-4:00 pm  
Registration starts at 9:00 am • Price: \$15.00  
Upper Room • 3455 West Bangs Ave. • Neptune, NJ 07753  
Mail checks to: Jim Hoitela, 704 Cheryl Drive, Iselin, NJ 08830

**WSBC BUSINESS CONFERENCE**  
**ALBUQUERQUE, NM (May 1-7, 2017)**

**TOGETHER WE CAN RETREAT**  
**AUGUST 25-27, 2017**  
**St. Francis Retreat House • Easton, PA**  
**Please see flyer on website for registration information**

### **Help Wanted:**

**Volunteers for CJI Outreach Program. 30 days abstinence required. Please contact Mike J. at [manda254@comcast.net](mailto:manda254@comcast.net)**  
**You can now follow the link on the CJI website**

## **CHAIR'S MESSAGE**

Hi All, It's hard to believe our Winter Dreams retreat was a month ago. While it was cold and snowy outside, the retreat was a warm friendly opportunity to take a closer look at the principles of our program and how those principles can enhance our lives. The workshop leaders did a great job and there were no strangers by the end of the retreat.

Also in January our Neptune meeting hosted the intergroup workshop "The Key to Recovery is working all the Steps". There was a good turnout on that frigid morning and our presenters met some new friends at that meeting. This workshop is available to any group that would like to host it in place of their regular one hour format.

Our Outreach Committee continues to find new ways of carrying the message of our beautiful program. This week they did an information meeting with the Psychiatric Residents at RWJ Medical School. Our team was very well received. Next month they will make their annual presentation to the 2<sup>nd</sup> year Medical Students at RWJ Medical School. For some of these young doctors in training this will be the first time they have heard about our program. Our Outreach team also coordinates manning tables at wellness fairs in our communities and the pamphlet project for doctor's offices. Mike J. leads this team and they are doing valuable in important work with their efforts.

In April 22 our Edison meeting is hosting their annual one day retreat at the Upper Room in Neptune. The theme this year is Step 3. This is a great opportunity to take a break and reconnect with your program.

Today it looks like Spring is approaching fast and I hope to see all of you at Unity Day tomorrow. This will be my last Unity Day as Chair and I look forward to the strength and fellowship we find with each other on that day.

Best Regards,  
Christina H., CJI Chair

### **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	Kim J	908-868-2246

**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): **Mar 10 and Apr 14, 2017.** 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](mailto:todaynewsletter@gmail.com) (Articles for the May/June issue must be submitted by the 15<sup>th</sup> of the month.)

**Meeting list:** Send meeting list changes to [cjisecretary@yahoo.com](mailto:cjisecretary@yahoo.com). Changes received by the 15<sup>th</sup> of the month are updated on our website (see below) [www.oa-centraljersey.org](http://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/>

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**Attention Meeting Treasurers! 60% - 30% - 10% donations:**

*Please write your meeting # on your check; look up the # at [www.oa.org](http://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](http://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](mailto:laurenraderman@yahoo.com)  
Carol : [cala2003@comcast.net](mailto:cala2003@comcast.net)  
Meryl: [meryl723@yahoo.com](mailto:meryl723@yahoo.com)  
Ginny: [gpspolly@comcast.net](mailto:gpspolly@comcast.net)  
Ross: [teveenutt@yahoo.com](mailto:teveenutt@yahoo.com)  
Janice: [the654club@yahoo.com](mailto:the654club@yahoo.com)  
Lee Ann: [smileleeann@gmail.com](mailto:smileleeann@gmail.com)

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**CONGRATULATIONS – MEETING ANNIVERSARIES**

Friday East Brunswick – 3/15/1978 – 39 years; Friday Jackson – 3/5/2014 – 3 years; Saturday Flemington – 4/26/2001 – 16 years; Monday Scotch Plains – 4/6/1988 – 29 years.

\* \* \* \* \*

**PLEASE SEE CJI WEBSITE TO REVIEW PROPOSED MOTIONS TO AMEND CJI BY LAWS**

**Charles Caleb Colton:** *To be obliged to beg our daily happiness from others bespeaks a more lamentable poverty than that of him who begs his daily bread.*

Perhaps the most profound lesson for me in OA was the one on anonymity, which taught me that I am neither higher nor lower on a scale of worth than all the other creatures in God's universe. Having learned that, and having accepted it in my heart, I no longer needed to feel inferior, nor to act superior to cover the feelings of inferiority.

For today, my self-image remains in balance, because of my continuing practice of the twelve steps in all my affairs.

With love and gratitude,  
Paul C.

\* \* \* \* \*

"Fairy tales are more than true: not because they tell us that dragons exist, but because they tell us those dragons can be beaten."  
- G.K. Chesterton

too often we want the world to be simple. black/white, up/down, right/wrong, good/evil. we're less comfortable with situations where it seems like two different things can both be true at the same time. we also are not big fans of the unexplained - the *mysterious*.

dragons exist. monsters, demons, dark creatures. we're practically obsessed these days with zombies and other walking dead things. i wonder if it's for the reasons that Mr. Chesterton about wrote so long ago. maybe it's not that we're obsessed with zombies and vampires, but that we're desperate to see and *know* that they can be beaten. that the smart and the strong survive in the end.

even us grown-up kids need those kind of fairy tales. it's why we come to meetings, and go to conferences and IDEA day. because we want to be around dragon-slayers. we want to be part of the club that hunts and beats monsters and dragons. we want to be warriors and fighters. and being around other people who have slain dragons gives us courage, not to mention passing along some good dragon-slaying tips.

compulsive overeating, obsessing about food - that's our dragon. it's real. it exists. we all know that, even if there are others who don't believe. and we come to meetings, sitting around our own "Round Table" sharing stories of valiant battles and ogres and monsters we've slain. we encourage each other to sharpen the tools of battle - to use the 12 steps, to read the literature, to journal, make phone calls, to come up with a strategy, a plan of action. . .we prepare for battle.

and we come to hear again and again that in the end the dragon is beaten by those who stayed in the battle long enough, and used their tools effectively. . .and most days we need to hear that

blessings!  
Jacqueline

\* \* \* \* \*

Seeking the Spiritual Path  
Page 99 third para

***"I've been in program for a number of years, but the number isn't important to me. Today, this very moment is most important."***

I love how no matter what is going on in my life, the reading I find for THAT day is exactly what I need.

I am very blessed to have my sponsor and friends who have done service beyond the group level. I learn from them, and talk to them about what's going on in my life. I also have had the opportunity to have worked with an amazing region board these last three years, and although many of the faces have changed this last assembly, (as it should thanks to rotation of service) it's a group of people I believe can help strengthen the abstinence in our region. My experience as a delegate from my intergroup to World Service Business Conference allowed me to see the hard work and time that people are willing to give, along with the love people have for Overeaters Anonymous.

So, back to the reading, I don't count the days, although I know the day I got abstinent again 10 years ago, after an 8 year relapse...and if I looked at my handy dandy app someone told me about, I can see that I have 3,791 days of abstinence. But the truth is, that for me, today is all that matters.

It was on one of these email loops that I learned the expression: "whoever gets up the earliest has been abstinent the longest!" a friend from England was 6 hours ahead of me, so...there you go. What is important to me is that today, this very moment, with all that is going on in my life, and all the excitement, and even the stress, I am still abstinent. That is only by the grace of God, and all of you, my fellows from OA.

My daily routine of prayer, meditation, reading and then doing a writing share is a very big part of my recovery. This last week my schedule has been a bit off because I see a bunch of emails regarding region, when I wake up. I am slowly getting into the routine of NOT reading those emails until my morning routine is complete. It focuses me, and reminds me that I am not in charge!! \*(and thank God for that!!)

So today I feel centered, and blessed that I am willing to admit I do not know it all. Lol...before OA I would rather lie than admit such a thing. Today, I am able to learn so much more by that simple truth. How can I learn if I already know it all?

Thank you Overeaters Anonymous, thank you to the God of my understanding for my abstinence today, and my freedom from the insanity....just for today!!

Love and hugs,  
Ginny

## Meeting Directory as of March 2017/April 2017 - Central Jersey Intergroup OA

Email meeting changes to: [cjsecretary@yahoo.com](mailto:cjsecretary@yahoo.com) or call 908-868-2246 by the 15th of the month.

For the most current meeting information, always visit our website, [www.oa-centraljersey.org](http://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
<b>Sunday</b>	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
	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
<b>Monday</b>	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-Lower Level	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
	6:15-7:15pm	Princeton	Unitarian Universalist Church, 50 Cherry Hill Rd.		Melanie 609-203-2159	L
	7:30-8:30pm	Shrewsbury	Presbyterian. Ch of Shrewsbury, Church House,352 Sycamore Ave	Y	Frank 917-841-3585	B, PS
<b>Tuesday</b>	8:00-9:00pm	Aberdeen	Cross of Glory Lutheran Church, 95 Cambridge Dr	Y	May 732-679-2510	L:VoR
	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 UM Church, 201 Lincoln Ave, 2nd floor, Rm 32		Debbie 908-272-2362	B
	8:00-9:00pm	Cranford	Cranford UM Church, 201 Lincoln Ave, 2nd floor, Rm 32		Debbie 908-272-2363	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	Jane 732-804-6704	BB, W
	10-11:00am	Metuchen	1st Presbyterian, Main&270 Woodbridge Aves,Ed Bldg left, ring bell		Ann L 732-986-8622	SS,OA/AA12&12
<b>Wednesday</b>	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
	7:30-8:00pm	Lambertville	■Centenary Methodist Church 108 N. Union Ave Lambertville		Keith 609-751-8634	L
	7-8:00pm	Laurence Hbr	Comm. Covenant, 22 Laurence Pkwy,enter@side on 2nd Wed	N	Kim B 732-634-6695	L
	12:30-1:30p	Matawan	Trinity Episcopal Church, 18 Ryers Lane	Y	Sheila 732-721-8277	AA SS, W
	7:00-8:00pm	Westfield	Redeemer Lutheran, 229 Cowperthwaite, enter rear, basement	Y	Judy 908-368-3452	L
<b>Thursday</b>	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
	7:00-8:00pm	Red Bank	1st Baptist Church,Oakland Ave ,Main bldg,go up ramp turn rt rm on rt		Frank 917-841-3585	L, D
<b>Friday</b>	10:30-11:30	New Providence	New Providence UMC, 1441 Springfield Av, enter doors in rear	Y	Hillary 973-207-1400 SF:	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 C 732-859-0869	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
<b>Saturday</b>	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. Luke's 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	Janice 732-204-2371	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