

Every recovery from compulsive overeating began with one abstinent hour.

O.A. INFOLINE

TODAY



(908)

253-3464

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



**OVEREATERS
ANONYMOUS®**
CENTRAL JERSEY INTERGROUP

SEPT/OCT 2017

WWW.OA-CENTRALJERSEY.ORG

Working & Living the Program Events

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 Road, Jackson, NJ 08527

For Info: Ross - 732-239-7209

REGION 7 WORKSHOP

SUNDAY, OCTOBER 29, 2017 - 7-9 PM

Temple Emanuel

100 James Street, Edison, NJ

Contact: Bobbi 905-510-2029

STEP IT UP REGION 7 CONVENTION

NOVEMBER 3-5, 2017

Holiday Inn Oceanfront, Ocean City, MD 21842

See Region 7 website for information and flyer

IDEA DAY

November 18, 2017

Raritan Bay Medical Center - Bldg. 2 on the right side

Ferry Road, Old Bridge, NJ

Registration: 9:00 am - Brown Bag Lunch

For Infor: Brenda - 732-617-8696; Judy P - 732-261-9344

CONGRATULATIONS - MEETING ANNIVERSARIES

Wednesday Watchung mtg. - 9/30/1988; 29 yrs.; Wednesday

Westfield mtg. - 10/15/1981 - 36 yrs.; Thursday Hillsborough

mtg. - 10/6/2003 - 14 yrs.

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

Hi Friends,

Well, my first meeting as chair is now in my rear-view mirror and it was wonderful to see the support and well wishes from those who attended. This is actually my second time as chair but since it was 30 or so years ago my memory is fleeting and I cannot recall much, including length of term. I have a feeling that it will be a little different this time around and I will never forget this time as chair. I am anxious to continue the positive growth experienced under our past chair, Christina.

November is fast approaching and it has been the custom the past several years that CJI hosts the annual International Day Experiencing Abstinence (IDEA) Day. The location will be the same - Raritan Bay Medical Center at Old Bridge. This event is held on the 3rd Saturday in November and this year's date is Nov. 18. This year's format will have 6 speakers sharing their experience, strength and hope through the 9th Step Promises. Please try to attend. You should be seeing flyers soon with more information.

Also on November 3-5, our Region will be having their annual convention in Ocean City, Maryland concentrating on the Steps. The event is entitled "Step it Up". Information and registration is located on the Region 7 website, www.oaregion7.org.

Our CJI Outreach Committee is requesting help in finding Health Fairs that we can have a presence at. If you or your group know of one, please let us know. You can contact the CJI OC chair, Mike J at manda254@comcast.net.

As my predecessor concluded her messages, I say, please join us on the 2nd Friday of the month in Old Bridge as we would love to see you at the next intergroup meeting as a representative or a visitor.

Yours in Service and Recovery, Ross

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	Ross	732-239-7209
Vice-Chair	Mike M.	732-939-2472
Treasurer	Bobbi	848-459-4255
Recording Sec'y	Sima	908-499-3993
Corresp'ndg Sec'y	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): **Sept. 8 and Oct. 13.** 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@gmail.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 website 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

HOW CAN WE SUPPORT OUR MEMBERS IN ABSTINENCE?

Is there something your meeting does to help members stay abstinent?

- Pass the We Care book to share phone calls.
- Show up at meetings.
- Pass a folder with workshops, seminars, and retreats.

**just do the next right thing, one thing at a time.
that'll take you all the way home**

it's that simple.

simple. not easy.

but this is where the tools of our program fit in so well. you know how we often complain there's no road map for life? well, maybe there isn't for LIFE, but when it comes to our disease, there IS. and here are some of the rest stops in that road map:

the Big Book and other OA literature
daily meditation/prayer - time to connect without Higher Power
sponsor
daily emails
attending face to face meetings
listening to podcasts
attending workshops and conferences
dialing in to online or phone meetings
journaling
talking to other OAers

and of course, the list goes on. while Bill W. has made it clear in the BB that this is the only proven program for people tortured by this disease, i have found that doesn't mean i have to use ALL the tools all the time. some tools are more in sync with my needs. and some days i need some tools more than others. so it's kind of like a chinese menu - i do pick and choose what will work for me in any given moment, but i stay on the menu. after all, you wouldn't order a steak well done in a chinese restaurant now, would you?

spend some time this morning with your HP, review your day, check out the OA "menu" and order what you need.

stay abstinent my friends. . .

blessings
Jacqueline

Jean Jacques Rousseau: *Nature never deceives us, it is we who deceive ourselves.*

I forget what it feels like to be a "normal" eater. I have been an overeater for so long that my "normal" signals between mouth, stomach, and brain no longer work, or work in reverse.

That is to say, when a normal person has "enough" of anything, their mouth and stomach signal their brain, which announces, loud and clear, "enough!" But, when I have had as much as I should of certain "alcoholic" or "trigger" foods, my brain says MORE! instead of "enough".

I need to avoid these trigger foods in ANY amount, however small, as they may set me off on a binge. I constantly discover new triggers, adding them to the list.

It's hard to explain to anyone who hasn't experienced this phenomenon, but that's just how it is with me. But, I have a program that helps me see the reality, and helps me avoid the denial that goes with addiction.

For today, I won't fool myself into thinking I can have "just a little" of foods I know I must avoid. It's not how I'd like it to be. It's just how it is.

With love and gratitude,
Paul C.

Hillsborough OAers,

Big Book: Alcoholics Anonymous: pg 417.

"And acceptance is the answer to **all** my problems today. When I am disturbed, it is because I find some person, place, thing, or situation - some fact of my life - unacceptable to me, And I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment."

That is my message for today. Accept, pray, do the next right thing, let go and let God.

And from For Today, 2/20: "If I find that I can neither change more accept a certain reality. I let it go for now, knowing that is the first step in overcoming my misery."

Simplify, trust, and let go. God has the big picture.

From the serenity Prayer: "Trusting that He will make all things right if I surrender to His Will."

Marty

Voices of Recovery daily reader: July 31st.

"Relapse is not inevitable."—A Plan of Eating page 9

"Just for today"... "one day at a time"...two really good slogans that mean so much to me We don't have to experience relapse. I think we have all failed enough on diets! I was grateful to learn the simple differences of diet vs abstinence, and then "A Plan of Eating" vs "Abstinence." The simple truth is that I can binge, or overeat on any kind of food. Overeating, or bingeing on "abstinent food is compulsive eating. Abstinence is the freedom from compulsive eating and compulsive eating behaviors while maintaining or working towards a healthy body weight while living the Twelve Steps and Twelve Traditions of this program.

I had a relapse that lasted nearly 8 years. Looking back, I saw my mistakes. I didn't make my abstinence my first priority. I was a busy mom, I had already paid my dues...it was someone else's turn. Lol...that way of thinking got me right back into the food and, in that way, I totally lost myself.

A food plan is very important to me. I understand that some foods trigger the phenomenon of cravings. Those foods (and sometimes I add to that list) are my alkie foods, foods I do not eat. That gives me an amazing freedom. I also learned in program that there is no such thing as a yellow light food (if I do the stop light list...Red, Yellow and Green). For me, if there is a food that sometimes may cause me trouble, it is really a Red-light food. I had to get over that idea and move on. By doing so, life got so much better.

So I make my plan of eating each morning, give it to my sponsor, and I'm done. Before program all I did was think about the food, my next meal, my next fix. I can tell you from experience that relapse is not inevitable, if you are willing to follow the directions this program offers us.

I worked last night and am going back in this morning for 8am. I'm feeling good, slept well last night. Someone is having a procedure about an hour from here, so I'm her transportation. I will work 8-12:30pm, which works out perfectly since my son has a 1:30pm doctor appointment, about 45 minutes away, so it will work out just as it is meant to. Have a good day!!

Yours in recovery and service,

Ginny

Philip Doddridge: *Let us live while we live.*

Beautiful reading today! And, a good reminder.

Consistent with today's reading, my wife and I just returned (yesterday) from a month long drive trip from South Florida to Central Texas and back. The primary purpose of trip was to help our adult daughter and her family to move and resettle in a new home, just a few miles from their old home. My mission: to experience the fruits of my program: "to live a life of sane and happy usefulness."

Since the moving date was uncertain, and since we're retired, we blocked out the entire month of appointments, shuttered the house in case of hurricanes, and drove off. Expectation was to spend a week or so helping "the kids" and to maximize our travel days before or after. We drove leisurely, did lots of touring, exercised almost daily, took lots of photos, visited a Presidential library, visited some beaches, and worked intensely for several days after the movers left. Lots of trips to drop off clothes and furniture at charities, a few trips to the local recycling center, and lots of unpacking and moving. Even did pick up and drop off multiple times for our granddaughter.

I got to go to meetings in places I had never been, met OAers I had never met, enjoyed endless miles of scenery, and spent some time being useful.

In the midst of it all, I flew back home for three days to attend funeral observances in memory of a dear friend of many years, who died unexpectedly while I was out of town. Thanks to my program, I was able to deal with the unexpected, experience the appropriate grief without eating over it, and be helpful to the "kids" without trying to organize them or direct the operation.

And the last miracle of the program was to return home with my weight within a half-pound of departure.

Thank you for all your Loop shares that I read along the way, and which helped me to stay connected. Unfortunately, my smart phone was too smart to allow me to write to Loop List, but I did read regularly. Happy to be home now, and back to my writing.

With love and gratitude,
Paul C.