

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

MAY/JUN 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

#### **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

#### **Jackson Anniversary Mini Marathon**

May 5, 2017

For info contact: Ross -

#### **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

#### **STEP IT UP REGION 7 CONVENTION**

NOVEMBER 3-5, 2017

Holiday Inn Oceanfront, Ocean City, MD 21842

#### **CONGRATULATIONS – MEETING ANNIVERSARIES**

Tuesday, Eatontown – 5/23/2008 – 9 years; Sunday Edison –

6/5/1986 – 31 years; Saturday Cranford – 6/11/1981 – 36 years.

#### **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 All,

It's a beautiful Spring day today and walking through my garden the hyacinths are in full bloom. It's hard for me to believe my term as Chair is coming to an end in June. Looking back over the last four ½ years it's been an interesting journey. I have a lot of memories of wonderful events, marathons and workshops put on by our members. I have such respect and gratitude for the interest and enthusiasm our Central Jersey members put into our special program days.

As long as we keep our Unity as a first priority, Central Jersey will do very well. The best way to do that is service for our groups and our members. When we help someone else we're paying forward the help we have been given.

In March four members of our Outreach Committee made a presentation to the Medical Students at RWJ Medical School. For some of these young doctors in training this was the first time they heard about our program. On the same day other Outreach Committee members manned our table at a health fair at Carrier. Both events were very well received. Our Outreach Committee is doing valuable and important work with their efforts.

April 21st we are welcoming a new meeting in the Bridgewater area in the North Branch Reformed Church at 7:30PM. Please spread the word about the new meeting and do your best to come out and support them.

On 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 – Making a Decision. This is a great opportunity to take a break and reconnect with your program. Even better yet offer to drive someone and have a meeting before and after the retreat.

May 5 our Jackson Meeting is having a Half Day Mini Marathon – A Hundred Years of Abstinence. It will be a great morning of stories of transformation.

August 25-27 Central Jersey will be hosting our annual retreat in Easton, PA. The theme this year is "A Weekend Walk Through the Steps." Our facilitator has over 30 years of abstinence and has given this retreat all over the US and Canada. This weekend is aimed at people who are starting the steps, restarting the steps, want to better understand the steps, or simply kick their program into a higher gear. We are already getting registrations so don't miss this opportunity.

Flyers for all these events are on our CJI website – [www.oa-centraljersey.org](http://www.oa-centraljersey.org).

I want to thank all of you for the cooperation and support you have given me and our Intergroup over the past 4 ½ years. It has always been a "we" program. My heart is very full when I think of the new friends I've made. I have learned a lot from you and I am grateful.

Please some join us at Intergroup on the second Friday of the month. Help us to keep moving forward to keep our program relevant for our members.

I'm looking forward to seeing you all over the next few weeks.

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 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 (2<sup>nd</sup> Friday at 7:30 pm): **May 12 and June 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](mailto:todaynewsletter@gmail.com) (Articles for the issue must be submitted by the 15<sup>th</sup> of the month.)

**Meeting list:** Send meeting list changes to [cjsecretary@yahoo.com](mailto:cjsecretary@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/>

### **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., **7<sup>th</sup> tradition donations to Region 7 are to be sent electronically.** See their website 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

### **MEN'S PHONE CONTACT LIST**

for details e-mail Frank M.  
[frankm@school-time.com](mailto:frankm@school-time.com)

### **OA E-MAIL ADDRESS EXCHANGE**

Lauren: [laurenraderman@yahoo.com](mailto:laurenraderman@yahoo.com)

Carol : [cala2003@comcast.net](mailto:cala2003@comcast.net)

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)

Believe more deeply. Hold your face up to the light, even though for the moment you do not see."  
- Bill Wilson

this is what faith is all about. bill W. reiterated over and over that this program was first and foremost a *spiritual* one. that surrendering our wills and our lives over to a higher power was the only way to obtain and maintain our sobriety/abstinence.

i know many people struggle with the spirituality of this program. but through the program we all come to learn that your Higher Power doesn't have to be any pre-set G-d. it's about being able to see that there's something bigger and more powerful out there. some force, some spirit that has your back. a spirit you can rely on, even if you can't see it or touch it or prove its existence in a court of law.

i've always felt so connected to my HP while taking walks. due to my deteriorating physical condition, i haven't been able to take a good walk in years. but now, because of a newly found passion for photography, i've forced myself to use the wheelchair i have to get out and shoot pictures.

and, there, looking through the lens of this battery powered piece of plastic and metal, i have been blessed to reconnect with my HP in a new and refreshing way. it may not have been a conscious choice. but i have been asking G-d to help me re-connect more deeply. i think this was how that prayer got answered.

so i'm now out in the woods, at the lakeside, looking deeply at the world. and i see the most amazing things. and i *remember* my HP has had a hand in it all. and i feel awe, and wonder, and gratitude. and when i look at the pictures i take afterwards, the way the light plays with the trees and the water, i am awed again.

maybe it's not nature that does it for you. maybe you're not a fan of long walks. but whatever helps you connect with who or whatever your HP is - makes sure it's part of your daily routine. i don't think you even have to consciously connect that time with your HP to your COE, just fill yourself, for a few minutes every day, with an awareness of your HP, and all the ways it's at work in the world, and in your world.

it makes it easier to surrender to something you trust, when that something is familiar, and when you can remember all the ways your HP fills you with awe and wonder. . .

have a blessed day my friends.

Jacqueline

**Pindar:** *Do not peer too far.*

Before OA, in my earlier years, I spent much time analyzing and reanalyzing what had preceded, and trying to plan for what might follow. Much of that activity was wasted, although, in some ways, it was helpful to review the past to see how I had arrived at where I eventually found myself; and, it was sometimes helpful to plan for the future (purchase life insurance, buy a house, study for a career, purchase airline tickets, schedule vacation time, etc.)

Now that I am undoubtedly in the third third of my life, and gratefully recovering in OA, it makes much more sense to work at making today, this very day, the best it can be, with the knowledge that I can't change the past, and I can't predict the future.

BUT, wife and I have tickets tonight for a concert (a monthly thing we planned in the summer with friends), preceded by dinner (for which my wife made reservations a couple days ago, lest we be late for the concert because of a dinner delay). And, of course, that required prior discussion with the friends, to select a restaurant acceptable to all, and review of the dinner menu online to make certain I am not leaving my abstinence to chance. And then, I check my calendar and my watch to confirm I have enough time for the remaining tasks of the day before showering and dressing for dinner.

All of this reminds me I am still an obsessive compulsive person. Yes, at dinner I will focus on the friends and the conversation ahead of the food; and, yes, at the concert I will focus on the music and not on tomorrow's calendar and task list. These are lessons I have learned in Twelve Step recovery, and these new behaviors are definitely signs of progress. I am recovering little by little and one day at a time, but reading and writing on this loop, and the other nine Tools of OA, are among the remaining compulsions I choose to retain.


With love and gratitude,  
Paul C.

## Meeting Directory as of May 2017/June 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
	10:00-11:15a	Neptune	Jersey Shore Med Ctr, Rt 33/Corlies Av Brennan Pav, B104	Y	Marilyn 732-759-7291	O, SS, W, FP
	11:00-noon	Scotch Plains	RWJ Fitness & Wellness Ctr, 2120 Lamberts Mill Rd, Conf Rm A	Y	Rosemarie 908-862-7078	SS:AA 12&12
<b>Monday</b>	8:00-9:00p	Aberdeen	Cross of Glory Lutheran Church, 95 Cambridge Dr	Y	May 732-679-2510	BB, SS:1st wk
	10:00-11:00a	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
	7:30-8:30p	Freehold*	Centrastate Med Ctr, 901 W Main St/Rt 537, Tobias Rm A	Y	Ross 732-863-0242	L: VOR S:Lst wk
	6:15-7:15p	Princeton	Unitarian Universalist Church, 50 Cherry Hill Rd.		Melanie 609-203-2159	L
	7:30-8:30p	Shrewsbury	Presbyterian. Ch of Shrewsbury, Church House,352 Sycamore Ave	Y	Frank 917-841-3585	B, PS
<b>Tuesday</b>	8:00-9:00p	Aberdeen	Cross of Glory Lutheran Church, 95 Cambridge Dr	Y	May 732-679-2510	L:VoR
	7:30-8:45 p	Clark	Clark Library, 303 Westfield Ave. Clark, NJ 07066	Y	Anne 732-340-0124	SF:HOW,S,B
	7:30-8:00p	Cranford	Cranford UM Church, 201 Lincoln Ave, 2nd floor, Rm 32		Debbie 908-272-2362	B
	8:00-9:00p	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
	7:00-8:00p	Metuchen	St.Luke's Episcopal Church, 17 Oak Ave	Y	Linda 732-486-3191	O,BB
	7:00-8:00p	Brick	Center for Conscious Caregiving, 1613 Route 88	N	Jane 732-804-6704	BB, W
10:00-11:00a	Metuchen	1st Presbyterian, Main&270 Woodbridge Aves,Ed Bldg left, ring bell		Ann L 732-986-8622	SS,OA/AA12&12	
<b>Wednesday</b>	10-11:00a	Jackson*	Debows United Methodist Church, 509 Monmouth Rd.		Marina 646-522-5608	L: For Today
	6:00-7:00p	Flemington	Hunterdon Medical Center, Westcott Dr & Route 31- board room	Y	Barbara 908-392-1151	W, O
	7:30-8:00p	Lambertville	■Centenary Methodist Church 108 N. Union Ave Lambertville		Keith 609-751-8634	L
	12:30-1:30p	Matawan	Trinity Episcopal Church, 18 Ryers Lane	Y	Sheila 732-721-8277	AA SS, W
	7:00-8:00p	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
	7:30-8:30p	Hillsborough	Hillsborough Filwshp Bible Ch,109 New Amwell Rd,enter Gemini	N	Mary Beth 908-295-5237	O, SF: Rotate
	7:30-8:45p	Freehold	Hope Lutheran Church, 211 Elton Adelphia Rd	N	Laurie 908-814-2389	B, D
	7:00-8:00p	Red Bank	1st Baptist Church,Oakland Ave ,Main bldg,go up ramp turn R rm on R		Frank 917-841-3585	L, D
<b>Friday</b>	10:30-11:30a	New Providence	New Providence UMC, 1441 Springfield Av, enter doors in rear	Y	Hillary 973-207-1400 SF: f	SF: Rotate
	10:00-11:00a	Jackson	DeBows United Methodist Church, 509 Monmouth Rd.		Judy 732-890-6593	SS, T, W
	10:00-11:00a	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
	7:00-8:00p	Scotch Plains	RWJ Fitness & Wellness Ctr, 2120 Lamberts Mill Rd, Conf Rm A	Y	Kathy 908-358-5154	L, LL
	7:30-8:30p	Bridgewater	North Branch Reformed Church,203 Rt 28 Bridgewater		Josie 908-217-0737	BB, SS: Rotate
<b>Saturday</b>	9:00-10:00 a	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
	11:00-noon	Old Bridge	Raritan Bay Medical Center, Ferry Rd,1 Hospital Plaza, Lower Lvl	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
	10:00-11:00a	Red Bank	Red Bank UMC, 247 Broad St, rear entrance and parking	Y	Janice 732-204-2371	BB
	6:00-7:00 p	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-CJl meeting, listed as courtesy