

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

JULY/AUGUST 2017
WWW.OA-CENTRALJERSEY.ORG

Working & Living the Program Events

NEW OA TRADITIONS STUDY CYCLE

Jackson Steps and Traditions Study Mtg.
Begins an OA Traditions 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

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

Monday Schrewsbury – 7/9/2010 – 7 yrs; Tuesday Metuchen – 7/14/2014 -3 yrs; Monday Matawan – 7/19/1978 – 39 yrs; Monday Princeton – 7/22/1988 – 29 yrs; Saturday Old Bridge – 7/24/1977 – 40 yrs; Tuesday Matawan – 7/30/1996 – 21 yrs; Saturday Red Bank – 8/1/1979 – 38 yrs; Thursday Red Bank – 8/8/1986 – 31 yrs; Thursday Highland Park AM – 8/16/2007 – 10 yrs; Tuesday Metuchen – 8/26/1985 – 32 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,

I'd like to introduce myself as your new Central Jersey Intergroup Chair as I was elected for a 2 year term during our most recent Intergroup meeting. Most importantly I'd like to take this opportunity to thank our outgoing Chair, Christina for all the wonderful service she freely gave away for the past 4 1/2 years. I will do my best to follow all our principles in my position as Chair. I will need support and guidance from HP as well as the wonderful OA's I am surrounded by. There are many things in place or in the works so I have a feeling it will be a great rest of the year in recovery and in CJI.

Just a reminder, August 25-27 Central Jersey will be hosting our annual retreat in Easton, Pa. The theme is "A Weekend Walk Through the Steps". Our guide through this walk will be a long timer with over 30 years of abstinence and has conducted this retreat in many different areas. Wherever you are in the Steps, beginning, continuing or starting over, this retreat will be beneficial on your path to daily recovery.

As my predecessor concluded her messages I say, please join us on the 2nd Friday of the month in Old Bridge as we 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
Vice-Chair	Mike M.
Treasurer	Bobbi
Recording Sec'y	Sima
Corresp'ndg Sec'y	Kim J.

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): July 14; August 11 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@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 website 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

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

--OA E-MAIL ADDRESS EXCHANGE

Ralph Sockman: *Nothing is so strong as gentleness, and nothing is so gentle as real strength.*

Once I reached a point in OA when I began to understand I was not responsible for everyone else's performance and success, I was able to back off from my efforts to control others, and I began to concentrate on "cleaning up my own side of the street."

Once I came to identify my own imperfections, and to begin making changes in my own thinking and behavior, I came to realize that I needed to accept everyone else just as they were.

Most importantly, my relationships with my own adult children underwent major changes for the better, when I learned from another member in recovery that my adult children have their own Higher Power, and it is most certainly not I.

With love and gratitude,
Paul C.

Good morning everyone. Hopefully you have today off. It's raining but sometimes that nice for me, it takes the pressure off. Yesterday was an abstinent day, I got through a food challenge successfully. I joined one of those farm shares and it included an item that really can only be cooked with sugar to make it taste good so I decided I just won't be using that item.

The program teaches me that I have a choice to think through difficult food challenges and talk it over with my sponsor. I am going to a double graduation party later. I will ask God to show me what I can give to the people at the party instead of what I can get from it and instead of what I can eat. I need to be mindful of my feelings before I go **and** while I am there. Sometimes a dumb comment from one of my brothers can set me off. At that moment, I need to pray and let it go so it doesn't fester and become a desire to pick up food.

Again from my meeting in the OA book **Abstinence**

"the food was just a symptom of a deeper problem and served as a cover-up for my inner turmoil. With the food in its proper perspective, I must continually work on myself.

I have feelings. They come and go and are constantly changing. I don't need to do anything about them - I just need to allow them to be. I don't need to let them control my behavior. Being in a bad mood doesn't mean I can be crabby to others.

This is a 24 hour a day program. I need to be on guard for negative thoughts, fear, selfishness, and self-pity. I need to pray for their removal and forgive myself when I indulge in them.

Constant work on my self-esteem is the key to long-term recovery self-hatred get me in my disease. If I love myself, love others, and love God, I will be more willing to go to any lengths for freedom from the food compulsion."

Have a wonderful, abstinent day!

NANCY

Voices of recovery, p 152 May 31st

"Those who have studied them carefully have found that these Traditions can be applied effectively to all human relationships, both inside and outside OA."--The Twelve Steps and Twelve Traditions of Overeaters Anonymous p 108

I originally thought the Traditions were just for the business side of OA. But I learned quickly that the principles of the steps and of the traditions can be used in real life! My sponsor brought me through the Traditions the same way we went through the Steps.

Rather than only talking about how these actions and principles would guide me in the meetings, I learned how they can be applied in any group...my family, at work, church, any place people gather, as well as in meetings.

I wear a bracelet that says unity on it. I remember that principle in all I do. Who wouldn't want unity in their lives? It improves my relationships in all areas of my life. My relationship with my husband, my sons...at church, even at work. My interactions with others have become much better because of all the principles of the OA Traditions.

Ever remembering principles before personalities, allows me to be opened and honest.. and much more communicative than I was before OA. Prior to the Steps and Traditions I always wanted things my way...(or the highway!!) I was uncooperative and I did not pause to hear others ideas or thoughts. Everyone else was wrong...SO LISTEN TO ME. Lol...

Today I am grateful to think before I speak, and listen to others. I will be sitting down with my supervisor tomorrow to discuss my concerns. Today I know I cannot be telling her what she's doing wrong. Rather, I will ask questions, and explain how I feel about some of the things going on in our department. I have no expectations. I love my job, and hope things will get better. I will show respect, and accept whatever the outcome may be.

It's difficult to believe it is May 31st. It's been cold and rainy for most of the month. I see that today, it may climb to 72*!! We've been averaging 60*. Yesterday it went below 55* and my heat came on at home!! The weather is crazy, but I am hoping things warm up. I'm just sorry it looks like it will turn drastically, and suddenly hot. It is what it is, and I am ready for whatever the weather may be.

Yours in recovery and service,
Ginny

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