

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

NOV/DEC 2017

WWW.OA-CENTRALJERSEY.ORG



Send your 7th Tradition contributions and other correspondence to our new Freehold address.

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.

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Working & Living the Program Events

Jackson Steps and Traditions Study Mtg.

Traditions Study Cycle

Fridays - 10 am to 11:15 am

For Info: Ross – 732-239-7209

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. 3 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

THANKSGIVING DAY MEETING

November 23, 2017 – 10-11 a.m.

Temple Emanuel

100 James Street, Edison, NJ

Contact: Jim 732-602-8267; Barbara 732-459-0001; Bobbi 908-510-2029

12 Step Within Day

December 12, 2017

PLEASE SEE CJI WEBSITE FOR INFORMATION

Winter Dreams Retreat

January 12-14, 2018

PLEASE SEE CJI WEBSITE FOR FLYER

UNITY Day

Saturday, February 24, 2018

Time and Venue TBA

CONGRATULATIONS – MEETING ANNIVERSARIES

Thursday Cranbury 11/19/2007 – 10 years; Tuesday Cranford 12/11/1991 – 26 years; Thursday Highland Park PM 12/11/2013 – 4 years; Friday New Providence 12/14/1987 – 30 years; Thursday Freehold 12/22/2001 – 16 years; Monday Bradley Beach 12/30/1977 – 40 years.

Chair's Message

Hi Friends,

I cannot believe it but October marked my 4th Intergroup meeting as CJI chair. This is still a learning process but the support and service of all the CJI reps. has made my transition much easier. This past meeting, we elected Alex C. as our new treasurer and passed the 2017-2018 fiscal budget. Additionally, due to our group's generous contributions we were able to expand the budget of the website committee and will soon have a major overhaul which will make a great web site even better by adding features such as making the site become mobile phone user friendly.

IDEA Day on Nov. 18 is fast approaching as customary, International Day Experiencing Abstinence will be held at Raritan Bay Medical Center at Old Bridge. Please see the flyers for additional information. Winter Dreams Retreat will be held in January as usual and flyers have been distributed. All flyers for coming events are available at your meeting or the CJI web site.

Lastly the most exciting news, since September, CJI has added 4 new meetings! They are located in Atlantic Highlands, Ocean Grove, Metuchen and Hazlet. New meeting flyers are available and will also be posted on the web site.

As I will now conclude my 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

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

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CJI - List of Officers		
Chair	Ross	732-239-7209
Vice-Chair	Mike M.	732-939-2472
Treasurer	Alex	732618-1542
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): **Nov. 10 and Dec. 8.** 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

STRATEGIC GOALS

1. Help members strengthen their recovery
2. Increase the number of sponsors
3. Increase the number of newcomers
4. Increase the retention of newcomers
5. Help those in relapse
6. Continue our Outreach to the Public and healthcare professionals
7. Inspire people to give more service

--OA E-MAIL ADDRESS EXCHANGE

Lauren: laurenraderman@yahoo.com

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Meryl: meryl723@yahoo.com

Ginny: gpspolly@comcast.net

Ross: teveenutt@yahoo.com

Janice: the654club@yahoo.com

Lee Ann: smileleeann@gmail.com

VOICES OF RECOVERY

HUMBLY

Humbly asked Him to remove our shortcomings.

C.S. Lewis says this about humility: "Humility is not thinking less of yourself, it's thinking of yourself less"

there's a lovely irony and balance we need to have here. to realize that we're NOT all that, but that we're important enough to have an HP who loves us and will remove our shortcomings if we just ask. that feels pretty special.

we have a disease. we have a program of recovery. we even have an HP. but none of that means we will get what we want simply because we ask. what we receive from working this program is by *grace*, not because of entitlement.

right now it seems that it's not in the asking that we receive such grace, but in *how* we ask for it. there are 6 steps before this one, each involving tons of work, sometimes painful introspection and a serious taking on of responsibility and remorse. only then can we hope to have the kind of humility that allows us to approach our HP honestly, with integrity and humility, and *ask* that our shortcomings be removed.

today, may we have the strength and courage to work our program, so that we may humbly ask our HP to remove our shortcomings, and receive that grace and serenity and pass it on.

thanks for listening this week, my friends, you've been a great audience!!

blessings
jacqueline



Helen Keller: *When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.*

This may be my favorite reading in our little book of daily wisdom! It reminds me how many times in my life I was distraught over an actual or anticipated loss, but eventually found that, somehow, I was better off after the loss than I had been before it.

I remind myself that my lifelong dieting and my very best thinking got me to 300 pounds, while the OA program, which I joined with great trepidation ended up saving my life.

There was a business partnership that was driving me crazy, but which I was afraid to give up. There was a graduate school that didn't accept my application, a car I didn't buy, a house I left when I downsized, my kids growing up and moving away. In one way or another, relationships were better or my life was otherwise happier, following the events that I had thought would bring me disappointment or devastation.

Because of changes in my thinking and attitude brought about by The Twelve Steps, horrible grief at having lost my Dad when I was 16 years old was ultimately replaced by gratitude over having had him in my life at all, given his multiple medical ailments that could well have taken him from me even sooner.

For today, I am learning to accept what life brings me, with full faith that everything always works out for the best, ultimately, even if it doesn't initially look like it will.

With love and gratitude,
Paul C.



POWERLESS

We admitted we were powerless over food — that our lives had become unmanageable.

it may be one of the hardest things to admit, especially in this day and age where we are under the delusion that we can understand and control everything if we try hard enough.

unlike many other addictions, we cannot swear off food. we can't promise to never eat another bite of food again, never go to a restaurant or party or supermarket. we can't turn our back on food, vowing to never let another bite pass through our lips.

so we make a kind of peace with this disease. we acknowledge its power, and accept our powerlessness. AND THEN WE MOVE FORWARD. we cannot become mired in this place of powerlessness because it so easily turns into helplessness. and that's not what Bill W. intended.

we are powerless over the disease, but we have the tools of the program to provide us with ways to live a new and empowered life. we can choose to swear off eating certain foods because we find they upset our body's healthy balance. we can choose to reclaim our power over portions and frequency. we have to eat, but we can choose what and how and how much.

there's an old buddhist story about making friends with your demons. i'm not sure i want to befriend this disease, but it's important for me to maintain a healthy and realistic balance. i have no power over the disease that wants me to eat compulsively. i ABSOLUTELY DO have the power to say no to compulsive eating and choose ways of eating that are healthy and that will lead me to a spiritual, peaceful life of serenity.

blessings!
Jacqueline



"The promise of recovery kept me here until the miracle happened."

Yup that is why I show up every day, to follow the program to the best of my ability. I so related to this writer, they talk about having changed on the inside, and still staying for the miracle of the outside. Honestly as I write this, I believe that has been my HP's goal for me all along. Get comfortable and love who you are then we can address the outside, because outside of being more healthy it really doesn't matter.

When I came in it took me about three months to get on a food plan that worked and I went about the losing of weight and the reframing of my insides. While I managed to keep the gift of inner change, I found myself falling back into old habits, not picking up my alcohol but picking up volume. One very ingrained habit. That's been a bit of a rockier journey, and I know in my heart and head there are no mistakes, so what can I learn.

I learned the importance of this program because while I gained a bit of my weight I did not gain it all, I am constantly showing up daily to work at the steps of this program. I have learned to lighten up on myself, that being a compulsive eater is just a disease I have, and that it is not a reflection of me as a person. It's not a pass or fail, though I still struggle with that, feeling like I am letting people down when I don't follow a strict food plan, or I have a slip. That being said I realize that I am completely loved and accepted regardless, and my recovery still shines through in the new person that I have become.

Can I stand to lose some more weight? Yup, can I clean up my food a bit more, yup, but I am no longer living a life of chaos. I have steps and tools to fall back on to help me get up dust myself off and move forward! Thank you all for being part of my journey

Love and Hugs, Lisa



I am a multi-addicted person. And I indulged in my chemicals with a frenzied, ferocious, and forceful intent. I was on drugs and fearful of further legal consequences I *switched* to alcohol (which may have saved my life), and then when I got sober I took up the food with a vengeance. I never drank coffee or gambled, not even buying a lottery tix - thank heavens for small favors!

I forever remember the day I was driving to an AA mtg. in my camouflage green Dodge Dart with its slant-6 engine (I never had so many guys try to *pick me up* in parking lots but for reasons of wanting to buy that car). I was shifting the car, working the clutch, chewing a piece of gum, had a can of soda in whatever hand was free, munching on (oops-won't mention the food), and had a cigarette going in the ashtray. All parts in play simultaneously.

So I make it to AA and began sobriety. What a relief. And the fellowship. I couldn't pass a corner in New Brunswick without getting a wave or "How are ya" from one *friend of Bill W's* or another. But the eating... and doing it sober... and with my new understanding about addictions - whoa, it truly was my deepest, darkest secret.

This was 37 yrs ago and w/o the media we have today I don't remember hearing much about compulsive eating or OA. Then I had a VERY unexpected moment when at an AA mtg sitting next to a young CA *Valley girl* (for those who - like - remember them) I blurted out to her about my eating and she - like - mentioned OA to me. Thnx heavens for Valley girls!

So I go to my first OA mtg. and who (whom?) do I see? - six women I knew from AA. Now, I believed I *knew* these women REALLY well from the countless AA mtgs I shared with them. But when they started sharing about food, it was like I hardly knew them. All I can say about one's relation with food, is that it is such a deeply primal experience. I NEVER, EVER would have imagined sitting around a table with other people and openly sharing about the food, the eating, the shame, the humiliation, and the hopelessness.

There is no way to end this but to shout out the most heartfelt praise and gratitude for the fellowship of Overeaters Anonymous. In essence the *group* is my Higher Power as that is where I get my spirit. I

take all and everyone I have met in the rooms with me as I go about living each day in the intention of being abstinent. I mean, like really, how many places in life can one, like really, talk about the insanity of one's relationship with food. As I said before, only I am responsible if I cock that elbow and overeat, but I get the hope, help, and power to not do so from being part of a *WE* program. Thank you all.

Anonymous