

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

MAR/APR 2018

WWW.OA-CENTRALJERSEY.ORG

### Working & Living the Program Events

#### **NEW OA STEP STUDY CYCLE**

Jackson 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 Assembly**

**March 9-11, 2018**

The Inn at Reading  
Reading, PA

#### **World Service Business Conference**

April 23-28, 2018  
Embassy Suites  
Albuquerque, New Mexico

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

Friday, East Brunswick – 3/15/1987 – 40 years;  
Friday, Jackson – 3/5/2014 – 4 years;  
Saturday, Flemington – 4/21/2001 – 17 years;  
Friday, Bridgewater – 4/15/2017 – 1 year.

#### **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,

The January and February meetings marked my 7<sup>th</sup> and 8<sup>th</sup> intergroup meetings as CJI chair. I continue to marvel at the selfless service on display from our CJI reps. I do know service is not just given by our representatives but by every CJIOA member in some form or other, much appreciated and much needed. The January meeting had the usual reports by our officers as well as committee, retreats and marathon reports. We also continued to work on updating the CJI Policy and Procedure Manual.

The February meeting was mostly devoted to discussing and voting on what we as intergroup would want to appear on the final 2018 World Service Business Conference Agenda. We sincerely hope that the CJI sponsored motion consisting of a statement on Weight Loss Surgery, simply welcoming into the Fellowship of OA those who have had the surgery or are considering it, will be on the final agenda. Inter groups and Service bodies around the world will be participating and we should know by the beginning of March what motions are on the agenda.

Unity Day was held on Saturday, Feb. 24 at St. Luke's in Metuchen and is one of our World Service sponsored Days, celebrated worldwide. I am submitting this message before this event was held but have no doubt that it was a success. We were joined by Jersey Shore and South Jersey Inter groups in presenting this great day.

Lastly, more exciting things are being planned and information will be posted as soon as events are finalized. Please continue to check our CJI web site for the most updated information about events and meetings around the CJI area.

As I will now again conclude my message, 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.*

<b>CJI - List of Officers</b>		
Chair	Ross	732-239-7209
Vice-Chair	Mike M.	732-939-2472
Treasurer	Alex	732-618-1542
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 (2<sup>nd</sup> Friday at 7:30 pm): **MAR. 9 & APR. 13 2018.** 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)

The TODAY Newsletter is published 6 times a year (Jan/Feb, Mar/Apr, May/Jun, Jul/Aug, Sept/Oct, Nov/Dec).

Anything received by the 15<sup>th</sup> of the even month will appear in the upcoming issue.

**Meeting list:** Send meeting list changes to [cjisecretary@gmail.com](mailto:cjisecretary@gmail.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 7234, Freehold, NJ 07728

**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,

**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

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

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

**Step 3 – Made a decision to turn our will and our lives over to the care of God as we understand Him.**

**Tradition 3 – The only requirement for OA membership is a desire to stop eating compulsively.**

- We welcome and accept all, allowing each of us to decide whether we meet OA's only requirement, for membership. Recovery is not a requirement; struggling members need our support.

**JUST FOR TODAY** - I will be unafraid. I will enjoy that which is beautiful and will believe that as I give to the world, so the world will give to me.

### **VOICES OF RECOVERY**

Hi, I'm Ginny, abstinent compulsive overeater in recovery 11 years and maintaining a 115 pound weight loss. I'm reading from "Seeking the Spiritual Path" a collection from OA's Lifeline articles.

"Gratitude is the final aspect of faith. Without gratitude, faith means nothing. Without recognizing the wonderful accomplishments of my Higher Power, I could easily slip back into my ego and self-centeredness, believing that I accomplished all of this on my own. Thank Dear Sweet God, for allowing me to share my faith and belief in you." Pg 32-33

One of the first directions I was given from my very first sponsor, was to list 3 things daily that I am grateful for. "What? I've got this lousy disease, what do I have to be grateful for?"—I thought.

I learned a lot with that question. I learned that once I was willing to put down the food, and had faith that if I trust the God of my understanding, continue to ask for help to keep the food down...I was grateful. I learned that by not picking up and taking the steps with my sponsor...my faith truly sparked. It sparked because of the gratitude I feel for my abstinence.

My gratitude list continues daily because when I put the food down and work the steps, all kinds of miracles happen. I noticed the sun rise, and/or sunset. I noticed flowers in the beautiful path a walk. I saw the beauty and silence in the way I go to work, and wildlife all around me...I saw smiles on my son's faces because I was attentive to them, I enjoyed my family because I was no longer more concerned about the dessert table...with gratitude for my Higher Power, and all he has given me, and has accomplished in my life, gratitude.

So today I remember when I pray and meditate, to thank the God of my understanding for all he has given me. I can't do this alone. I know this because I have tried. All things are possible as long as I remember that I am not doing it alone. Ego and self-will, selfishness are no longer helpful for me, I am grateful.

Yours in recovery and service,

Ginny

732-495-3782 landline

732-500-1540 mobile (yes, I text)

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

Good Morning!

Focus. This is a letter to my dear OA friends. One of them might need inspiration today and is reading this note in hopes that it will help him or her be abstinent today.

Focus for a minute on the needy, still suffering compulsive eaters both in and out of the rooms, who need a reason to hang onto abstinence no matter what. You remember them from meetings. You know how much you care about them and wish for them to have an abstinent day today.

Focus. There are so many ways that we get set up for failure. How do we navigate the tricks and traps? It is hard to let go of the seductive lure of the cravings, especially when they take us by surprise out of the blue and stimulate the addiction.

Focus. We battle external attacks of marketers seeking to profit from the addictive foods they dangle in front of our eyes. There are even games using sweets as the play pieces, to set up a whole new generation of kids to become addicted to these non-nutritional, addictive, non-food pieces of junk.

Focus on the spirit. Deep breath. The spirit within is our life, our health, our gift, our happiness and our joy. We can deep dive into our innermost spirit and love ourselves into abstinence for today.

Let us hold each other in the comforting glow of caring for one another today.

My best wishes for an abstinent day,

Annette

*God grant me the serenity,  
to accept the things I can not change,  
the courage to change the things I can,  
and the wisdom to know the difference.*

