

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

JAN/FEB 2018

WWW.OA-CENTRALJERSEY.ORG

Working & Living the Program Events

JACKSON OA STEP/TRADITION STUDY MEETING

Jackson Step/Traditions Study Meeting Continues its OA Tradition
Cycle Fridays – 10am to 11:15 am
DeBows United Methodist Church
509 Monmouth Road, Jackson, NJ 08527
For Info: contact Ross – 732-239-7209

WINTER DREAMS RETREAT

January 12-14, 2018
St Mary's Abbey Retreat Center
Morristown, NJ
For info: contact Bobbi – 848-459-4255
PLEASE SEE CJI WEBSITE FOR FLYER

UNITY DAY

Saturday, February 24, 2018
St. Luke's Church
Metuchen, NJ
For info: contact Mike M – 732-939-2472

CONGRATULATIONS – MEETING ANNIVERSARIES

Monday Bridgewater – 1/15/2002 – 15 yrs.; Sunday
Neptune – 1/16/2002 – 15 yrs.; Friday Scotch Plains –
1/15/2002 – 15 yrs.; Wednesday Matawan/Aberdeen –
2/16/1978 – 39 yrs.; Sunday Scotch Plains – 2/23/2000 – 17
yrs.; Saturday Princeton – 2/24/1983 – 34 yrs.; Tuesday
Clark – 2/28/1987 – 30 yrs.; Friday Brielle – 2/03/1987 - 30
yrs.; Monday Freehold – 2/4/2013 – 4 yrs.; Wednesday
Jackson – 2/6/2013 – 4 yrs.



Chair's Message

Hi Friends,

The December Intergroup meeting marked my 6th Intergroup meeting as CJI chair. I am beginning to feel more comfortable in this position and continue to appreciate the support and service of all the CJI reps making this position simpler to comprehend and complete. This past meeting, we elected three Region 7 representatives, Brenda S for a second term and 2 new representatives, Sima and Mike J. All 3 serve multiples roles at CJI and we appreciate their service.

Additionally, we announced that a CJI sponsored business motion has been accepted by World Service to be considered for the 2018 World Service Business Conference Agenda. The motion consists of a statement on Weight Loss Surgery, simply welcoming into the Fellowship of OA those who have had the surgery or are considering it.

Unity Day on Saturday, Feb. 24 is fast approaching and will be held at St. Luke's in Metuchen and is one of our World Service sponsored Days, celebrated worldwide. Please see flyers for more information.

Winter Dreams Retreat will be held on January 12-14 and flyers have been distributed. By the time you read this the WDR retreat will almost be here; but contact them if you want to go, to see if there are any openings left.

Lastly, more exciting meeting news, since September CJI has added 4 new meetings and has recently opened a 5th, Sunday Princeton Area/Skillman Meeting. For the latest meeting information go to our website and click on meeting list.

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

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

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.

<i>CJI - List of Officers</i>		
Chair	Ross	732-239-7209
Vice-Chair	Mike M.	732-939-2472
Treasurer	Alex	732618-1542
Recording Sec'y	Sima	908-499-3993
Corresponding 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): **Jan. 12 & Feb. 10, 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 (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 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 (to look up the # go to www.oa.org, 'Find a face-to-face meeting')

60%: CJIOA, PO Box 7234, Freehold, NJ 07728

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

--OA E-MAIL ADDRESS EXCHANGE

Lauren: laurenraderman@yahoo.com

Ginny: gpspolly@comcast.net

Ross: teveenutt@yahoo.com

Janice: the654club@yahoo.com

Lee Ann: smileleann@gmail.com



JUST FOR TODAY- I WILL TRY TO ADJUST MYSELF TO WHAT IS & NOT TRY TO ADJUST EVERYTHING ELSE TO MY DESIRES. I WILL TAKE MY "LUCK" AS IT COMES & FIT MYSELF INTO IT.

CJI would like to gratefully acknowledge the financial support of our meetings during 2016-2017. We could not continue to provide the services our intergroup has developed over the last 4 decades without this support. Your dollars support our Hot Line, Website, Newsletter, 12 Step Within Committee, Professional Outreach efforts and much more.

It has been our custom to print the contributions to acknowledge and thank our CJI meetings for this financial support. Some of our groups are larger than others and are able to donate more financially than the smaller meetings which send what they can after they pay their rent and have a prudent reserve. All our meetings are vital to CJI and we are grateful that each group does what it can.

While a financial contribution is very important, it is only a part of the spirit of the 7th Tradition to be self- supporting. The heart of OA is the connection we have with each other. Whether your meeting is large or small we invite every meeting to send a representative to Intergroup the second Friday of each month to help us decide how this money will be spent and how we can work together to keep OA strong and growing in our area. We look forward to seeing you at Intergroup.

Thanks again for your support.

Central Jersey Intergroup

Location	Meeting Day	Group Number	Meeting Totals
Princeton	Monday	23658	\$688.00
Flemington	Saturday	45567	\$646.00
Shrewsbury	Monday	51161	\$606.00
Princeton	Saturday	14022	\$378.00
Old Bridge	Saturday	39823	\$360.30
Freehold	Monday	52750	\$360.00
Freehold	Thursday	37949	\$335.10
Jackson	Wednesday	52740	\$332.50
Clark	Tuesday	38456	\$300.00
Cranford	Saturday	10966	\$268.00
Red Bank	Saturday	06772	\$240.00
Scotch Plains	Sunday	41107	\$226.59
Jackson	Friday	53388	\$182.50
Brick	Tuesday	54194	\$180.00
Eatontown	Tuesday	00581	\$180.00
Metuchen	Tuesday	53584	\$169.00
Neptune	Sunday	46167	\$168.00
Hillsborough	Thursday	47678	\$145.00
Edison	Sunday	19592	\$144.42
Matawan	Monday	02619	\$144.00
Lambertville	Wednesday	50869	\$140.00
Watchung	Wednesday	23995	\$121.26
Flemington	Wednesday	54013	\$120.00
Red Bank	Thursday	19994	\$120.00
East Brunswick	Friday	03249	\$103.20
Brielle	Friday	20848	\$90.00
Laurence Harbor	Wednesday	46774	\$90.00
Cranford	Tuesday	31283	\$60.00
Matawan	Tuesday	37901	\$60.00
Brielle	Saturday		\$45.00
Matawan	Wednesday	03617	\$36.00
Berkeley Heights	Friday	22395	\$34.13
Bridgewater	Monday	46148	\$32.00
Metuchen	Saturday	54583	\$25.00
Bradley Beach	Monday	04398	\$15.00
Total			\$7,145.00



What's new at Outreach:

Your CJJ Outreach Committee has 3 new ways to reach out to those who are still suffering from this disease but are not familiar with the OA Program of Recovery.

- We have a poster, with tear off tags, that can be placed in an appropriate area in a retail establishment, bus station, post office, or anywhere that people congregate. (By the way, this was the winning poster in the "Poster Challenge" last year).
- We have new packets to be distributed to Medical Professionals, Librarians, and Clergy who are not familiar with OA but might be interested in hearing more about the program.
- And lastly, not only are we continuing our "HOP" (Healthcare Outreach Project) Program but we have expanded it to include Librarians and Clergy.

Some of the special events we are presently working on for 2018 are:

- Our annual presentation to the medical students at RWJMS.
- The Staten Island Health and Wellness Expo (in the fall of 2018 with Region 6)
- The Meadowlands Health Fair on June 23 & 24 at the MetLife Stadium (with NJI)
- Planning a joint OA event/presentation for September of 2018 ("Recovery Month")

We continue to make presentations at the Medical Schools, Health Fairs (College, Corporate and Government), Addiction Facilities and special events.

If you are interested in participating in any of the above activities please contact your meeting Intergroup Rep or attend the monthly Intergroup meeting at 7:30pm on the 2nd Friday of every month at the Old Bridge Hospital. If you would like to do service and still need additional information and/or help please feel free to contact me directly. Thank you so much for considering to do service to help those who are suffering from this disease and are not familiar with our Program of Recovery.

Sincerely,
Mike Jacobs
CJIOC Chair
Manda254@comcast.net
201 519 2816



CJJ VOICES OF RECOVERY

When we start to pay attention to the details, that's where the magic is truly found. Dr. Bob realized that the grace and healing he was seeking came when Bill W. reached out to others, giving away whatever he had gained from this spiritual approach. It is ironic that healing oneself happens only in reaching out to heal others.

We live in a world that is teetering on this seesaw of "it's all about me" and "we got to save the planet". Many would promote a middle ground, and very often a middle ground is the most sensible and appropriate. But for those of us struggling to stay abstinent, appropriate and sensible isn't what works. We cannot eat sensibly, and we cannot expect to recover sensibly. Every time we put our butts in these chairs, we are comforted to be with others who have nothing more than a desire to stop compulsively eating. And the stories we share - well we know there aren't many places we could share them because they are NOT sensible or appropriate. To harken back to an earlier image - we cannot tame the tiger with good wishes and happy thoughts. We are in a fight for our lives.

What will work for us now, what will work for us in the future, is what worked for Bill W. and Dr. Bob in the past. Don't soak up your spiritual experiences and bloat like a sponge. Don't come to meetings just to get something for yourself. GIVE IT AWAY. There is someone in front of you that needs what you have. We need to give it away if we are ever to keep what we have. We work the program for our abstinence, and we give it away as part of our continued work and gratitude,

Have a blessed day all
Jacqueline



JUST FOR TODAY - I WILL TRY TO LIVE THIS DAY ONLY & NOT TACKLE MY WHOLE LIFE'S PROBLEMS AT ONCE. I CANNOT DO SOMETHING FOR TWELVE HOURS THAT WOULD APPAL ME IF I FELT THAT I HAD TO KEEP IT UP FOR A LIFETIME.

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

I remember when I first came in I knew I was powerless, or at least I really thought I knew I was powerless over food. I had never really considered that was why my life was unmanageable. It wasn't until I started to do the step work that it all started to have a greater meaning and understanding. It took me a bit to find my "alcoholic" foods, but once I put them down my life got better, but honestly it was still unmanageable because there was more to do than just put the food down.

Putting the food down allowed me to have more clarity, to start facing feelings I'd never met before. I took steps 2 and 3 and then I got down to the work and action of the remaining steps. My abstinence has not been perfect, though I have not picked up my "alcohol." The food patterns were more challenging, but I have continued to work the steps of this program, and when I was wrong promptly admitted it :-) mostly promptly....and as a result today by the grace of my HP I am abstinent.

What I really want to share here is that for me, this is a program that I must work physically, emotionally and spiritually, not just one or two, it's a full meal so to speak :-). When my three-legged stool is balanced so is my life, and that balance includes a food plan that I follow, but I must pray for the guidance to create it and the willingness to follow it, then use all the tools at hand to help me. Thankfully this is a one day at a time and a very forgiving program, if not I'd a been gone a long time ago, it has everything I need!

Love and Hugs, Lisa

Enjoy the Journey,
Lisa

Today I am praying for the willingness to adopt an attitude of gratitude. I don't have it just yet. Do I have to wait until I find my bathrobe (where could it possibly be???) to feel gratitude? Let's see, what else is on my list of things that have to be corrected before I can feel gratitude? For sure I will not feel gratitude if I rehearse my list of complaints for this day. Maybe it's enough that I can make a list of things to straighten out. Maybe that's enough. I already ate an abstinent breakfast. Now that's something to be grateful for. Actually, I am blessed to have good food. I am blessed that, for today, I can buy safe and healthy food. I am blessed to have OA to give me guidance and reminders to choose safe and healthy food.

My dishes aren't done yet. Turn it around: I have clean, safe water, abundantly. I do not have to walk miles to a well to get water for the day. (There's a cool new thing for people who have to hike for water each day: a light-weight barrel on a hub with a handle. The ladies can push and pull the water, instead of carrying it on their heads. Easier to bring more water. I wonder if any of these ladies feels gratitude.)

Still, there are some matters I need to take care of today. "Man proposes, God disposes." I can only do my part, I can't force the outcome, as much as I want to. And I don't need to eat over the fear of acting on some of these matters. And I don't need to eat over the frustration I anticipate in dealing with certain people. What would it change to put a temporary plug of food in my mouth? You know it usually goes so much better than my fears and anticipated problems fantasize about.

Hoping you have a safe and abstinent day, no matter what.
Annette

"Slowly at first, then with sudden clarity, Dr. Bob began to understand. Bill had been able to control his drinking problem by the very means that Dr. Bob himself had been trying to use--but there was a difference. The spiritual approach was as useless as any other if you soaked it up like a sponge and kept it all to yourself. True, Bill had been preaching his message at any drunk who would listen; he had been unsuccessful until now, but the important thing was that by giving his knowledge away, he, himself, was sober!

"There was one more short binge for Dr. Bob after that talk. On June 10, 1935, he took his last drink, remaining sober until his death on November 15, 1950."

-- November 1962 Grapevine

"Disease"? "Disorder"? There are diverse opinions on the nature of addiction, and there is value in each of the differing opinions. So, while I cannot say definitively what word most accurately applies to my addictions, I can give account as to how my drinking and eating got out of control. I can also tell you the exact moment when I knew that food, like alcohol, was a drug for me.

I had been battling with my relationship with food for a long time. Then when I got sober, I could not ignore my compulsion with food. And as with alcohol, I knew I couldn't control it on my own. But while I knew alcohol was a drug, I could not technically grasp that "food" likewise was a "drug".

It was early in OA. I was only just beginning to "work out" an abstinence. I was familiar with alcohol withdrawal, so I knew that is what I was experiencing when going off sugar. I was agitated, moody, and twitchy.

I was at a friend's house and she ran out for an appointment. There was "sugar-free" candy in a bowl (how that terminology can be used for foods with added sugar cane and other sugar additives I don't understand). I thought I was going to lose my mind from the agitation. I grabbed a handful of the candy, unwrapped it, and shoveled it in my mouth.

I couldn't stop. THANKFULLY I found it in me to call someone in OA and was able to get myself "organized" enough to get in my car to drive home. In route, I was waiting at a stop-light daydreaming. The thought came to me like a thunder bolt -- I was calm. I was no longer agitated. I was no longer moody. I was no longer twitchy. I had had a "drug". I was "mood-altered." Case closed.

No debate, regardless of terminology, can change my thinking that for me, food is a drug.

P.S. The experience is so cemented in my brain that after over 3 ½ decades, I can tell you exactly where that stop-light I was, at the corner of Suydam Street and Livingston Avenue, New Brunswick.

Valerie M



What do the 12 Traditions have to do with my personal recovery? Plenty! If the Traditions developed to address problems group members had among themselves, why wouldn't those same Traditions help me with my relationship problems?

Here are just a few of the insights I've gained or rediscovered since participating in the Friday morning Steps and Traditions Study meeting:

Tradition One: Thinking about unity and personal recovery got me in touch with the shame that kept me isolated in my disease. I explored the difference between being of service and people-pleasing and also what can help me maintain peace of mind and self-respect regardless of what other people say and do.

Tradition Two: Trusting a loving Higher Power empowers me to let go of the fear-based self-will that gets me in trouble. I already knew that impatience and judging others blocks me from listening to them with an open mind, but I was surprised to discover that sometimes I'm afraid somebody might talk me out of my opinion. That gave me a chance to figure out why I find that scary.

Tradition Three: The only requirement for OA membership is a desire to stop eating compulsively. This powerful example of not judging others based on appearance reminded me of how the unconditional acceptance I've found in OA has impacted my daily life. The respect and love I received gave me dignity in spite of my defects, started melting the rock of perfectionism deep within me, and encouraged me to treat myself lovingly. That enabled me to remove myself from harmful relationships and also to risk trying new things instead of letting fear hold me back.

Tradition Four: Looking at how my personal autonomy has been infringed on shined a light on my attempts to control others, which only creates friction. Freedom to make mistakes and learn from them is too precious a freedom to deny myself or others. I also realized that sometimes I can choose to do things someone else's way instead of mine for a greater good. Even when I do, I'm still being autonomous because it's my choice.

I can hardly wait until we start Tradition 5.

If you're wondering what the Traditions have to do with your personal life, come join us Friday mornings at 10 AM at DeBows United Methodist Church, 509 Monmouth Road, Jackson. We'd love to see you!

Barbara Jean