

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/JUNE 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

OA ANNIVERSARY – JACKSON WED. & FRI. MEETINGS

Come Celebrate With Us

Friday, May 11, 2018 – 10 am – 12:30 pm

DeBows United Methodist Church

509 Monmouth Road, Jackson, NJ 08527

For More Info: Judy 732-890-6593 or email

judyhelfrt@yahoo.com

The Freehold Monday Night Meeting Invites You to Join Us As We “Spring Into Recovery”

Monday, May 14, 2018 – 7:30-9:00 pm

CentraState Medical Center

901 West Main Street, Freehold, NJ 07728

Fitness & Wellness Center, Conf. Room “A”

For info: Ross 732-239-7209 or email teveenutt@yahoo.com

November 2-4, 2018

Holiday Inn Oceanfront

6600 Coastal Highway, Ocean City, MD 21842

For info: Mike M at mmm07719@yahoo.com

Terri B at vice_chair@oaregion7.org

SPONSORSHIP DAY

AUGUST 18, 2018

Each meeting is urged to do something to celebrate and honor Sponsorship Day

CONGRATULATIONS – MEETING ANNIVERSARIES

Tuesday Eatontown – 5/23/2008-10 years; Sunday Edison –

6/5/1986-32 years; Saturday Cranford – 6/11/1981 – 37 years;

Saturday Metuchen – 6/10/2016 – 2 years.

Chair’s Message

Hi Friends,

The March and April meetings were conducted since our last Today newsletter and I love to give you some highlights. The March meeting was smaller than normal as four members serving as our Region 7 representatives were at the Spring Assembly, Brenda, Sima, Mike M and Mike J. Their reports are now posted on our CJI web site. Usual officer and committee reports were given, and we made a decision involving our newest universally celebrated day, Sponsorship Day on August 18th. It was decided that CJI would not sponsor this day but instead would encourage individual CJI groups to hold their own Sponsorship Day. A special committee was formed headed by Frank M, to help in support of the groups wishing to do so. More information on this committee will be forthcoming.

The April meeting was mostly devoted to discussing and voting on CJI’s opinions on every motion appearing on the 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 adapted. The CJI World Service delegates attending this year’s conference in Albuquerque will be Christina and Brenda. Christina will be presenting the CJI motion as the first pro.

Lastly, many 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. 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.

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

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CJI – List of Officers		
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 (2nd Friday at 7:30 pm): **MAY 11, & JUNE 8, 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
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 15th of the even month will appear in the upcoming issue.

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 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, '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., **7th tradition donations to Region 7 are to be sent electronically. See their web-site 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

--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

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.

HOW MUCH OF OUR TIME DO WE SPEND WORRYING?

Years ago I was a worry wart. Worry consumed my life. Then I went to "another 12-step program" and learned that worry was counter-productive, accomplished nothing and was a waste of time. When I realized that worry was not a requirement of life, I gave it up and never looked back.

How did I just give it up? When the voices in my head began, and this is what worry is, I chose not to listen to them. I told the voices to go away as they were only making trouble for me. Sometimes I had to ask my HP to take these thoughts from me or to quiet the voices in my head.

Once the layer of the onion, called "worry" was peeled away, I found that 'anxiety' and 'fear' began to be lifted too. It was then that I realized that worry, anxiety and fear are all cut from the same cloth. They are created and maintained by me, by allowing the voices in my head to be active and take over my being. When I allow these voices to fill my head, there is no room for me to receive the messages and guidance from my HP. When I chose my HP over the voices, my recovery came along for the ride.

Recovery = program + a belief in and listening to HP.

Living in worry + anxiety+ fear = listening to and believing in the voices in my head.

The more I practiced turning these defects over to my HP, the easier it became, until I finally found freedom from worry.

This was the beginning of my recovery. With the help of my HP I was so successful that I enveloped the program and went full speed ahead.

I have come to find 3 ways that a conversation can end quickly.

1. A woman is desperate. Her eating has become a serious problem. She sees that I do not eat sugar and don't eat between meals. Ah ha. I MUST have the magic answer to her problem. We talk. Cha cha cha. Cha cha cha. Then I drop the "O" bomb. I tell her about Overeaters Anonymous. Her eyes glaze over. She becomes quiet. Suddenly she remembers she has to be somewhere.

2. A woman confides in me about her husband's drinking problem. The stories abound. I hear about the 101 ways this person WILL NOT stop drinking despite her 101 pleas to do so. We talk some. Cha cha cha. Cha cha cha. Then I drop the "A" bomb - Al-anon. "Oh no. He's not THAT bad. Listen I have to get going and get to the store if I'm gonna' get dinner on the table on time - that is IF he comes home at all and doesn't spend the night in the bar again."

3. I find myself in a conversation with an acquaintance who casually tells me, "Yeah. Here and there I might drink too much. It's not really a problem. I just had a few too many that night when I got pulled over by the cops." I decide to confide that I am a recovering alcoholic. I mention AA. Silence. A pensive nod. An "Oh yeah?" Then the topic is suddenly changed to some sport cha cha cha and a "Gotta' go."

I don't say this mockingly. I spent years fighting myself and rationalizing about all my over-consuming habits. God bless every one of those people who didn't buy into my rationalizations, excuses, denial, and blank stares.

Twelve-step work can be a tricky business. The first woman who 12-stepped me told me later that she, "never EVER thought I'd go to another meeting after that night so she hit me with all the program she had." And while she sat there earnestly 12-stepping me, I sat there like a statue, and yet I knew, I somehow knew, that I WAS hearing her. I just didn't know how to let her know that. She lived in another state and it wasn't until 2 years later that I ran into her again, 2 years later and with 2 years of sobriety.

Ya never know who hears what.

Valerie M.

Dear OA Friends Good morning.

My oldest son reminded me that today is Friday the 13th - family movie night, or more specifically "something scary" movie night...regardless that he'll likely have nightmares tonight as a result.

Isn't it just like our disease though? I want to eat everything I want, as much as I want, for that "instant" gratification...let me emphasize "instant", because the "high" has significantly diminished over time...and knowing that it will be followed by the inevitable "nightmares"....that urge, the compulsion for the instant can be so powerful....yet there have also been times when it has not triumphed! Let me hold onto that later success, and not dwell on the times I've succumbed to the disease...let me hold onto that a slip does not mean that I have to stay fallen for the rest of the day, or week, or month...let me truly work the steps against this disease - no matter how small the effort, let me rejoice in that first step....no matter how many first steps there have been - remembering abstinence is possible, is attainable, and can be mine too!

Anonymous

Italian proverb: *A cloak is not made for a single shower of rain.*

I found it a little challenging today as I attempted to connect the quote with the commentary. I finally puzzled out that our commentator was trying to compare a meeting to a raincoat, in today's common parlance.

As for me, I carry a fold-up rain jacket in my car, always ready for a shower, here in South Florida, where the sky can be all bright blue and sunny, when suddenly a passing cloud drops a small deluge of rain, and then it's gone. Here in South Florida, we have a rainy season and a dry season, but my disease is not nearly so predictable.

While I need the rain jacket primarily May through October, our rainy season, I need my program (and my meetings) 24/7/365, never knowing when a silly idea will pop into my head, like, "I wonder what interesting food has popped into my fridge (or pantry) since I last looked"! Or, perhaps, "I haven't been through that fast food place for a while, and I wonder what new treat they may have added to the drive-through menu."

And not just my meetings! I need my Plan of Eating, and my pocket-sized triple fold booklets, and my Contact List so I can speed dial when some other silly (deadly) idea pops into my head. Carrying all of these, all the time, is my insurance that I won't be drowned by the occasional pop-up shower of my disease.

With love and gratitude,
Paul C.