

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

JUL-AUG 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

SPONSORSHIP DAY

AUGUST 18, 2018

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

CONGRATULATIONS - MEETING ANNIVERSARIES

Monday - Shrewsbury - 7/09/2010 - 8 yrs.;

Tuesday - Metuchen - 07/14/2014 - 4 yrs.;

Monday - Princeton - 07/22/1988 - 30 yrs.;

Saturday - Old Bridge - 7/24/1977 - 41 yrs.;

Monday - Matawan/Aberdeen - 07/19/1978 - 40 yrs.;

Tuesday - Matawan - 7/29/1986 - 32 yrs.;

Saturday - Red Bank - 08/01/1979 - 39 yrs.;

Thursday - Red Bank - 08/08/1986 - 32 yrs.;

Thursday - Highland park - 08/16/2007 - 11 yrs.;

Tuesday Metuchen - 08/26/1988 - 30 yrs.;

Thursday - Freehold - 08/27/1996 - 22 yrs.

THE OTHER SERENITY PRAYER

God, grant me the serenity to stop beating myself up
for not doing things perfectly,

The courage to forgive myself because I'm working
on doing better,

And the wisdom to know that you already love me
just the way I am.

Chair's Message

Hi Friends,

The May and June meetings were conducted since our last Today newsletter and I'd love to give you some highlights. The May meeting was nicely attended with 13 reps, including 2 new meeting reps plus myself. Region 7 Spring assembly reports were given by Brenda S. and Sima M. Our World Service Business Conference delegates, Christina H. and Brenda S. gave their reports on the 2018 WSBC. Mike M, our CJI vice chair had his term extended 1 year to be in compliance with our CJI by laws.

The June meeting had slightly higher attendance at 14 reps plus myself. The last Region 7 Spring Assembly report was given by Mike J; all Region 7 and WSBC reports are posted on our web site. New business included 2 motions, to have a conference call option during the CJI intergroup meetings and an earlier start to the meeting. After discussion, both measures were defeated. Once this was completed a rep asked to consider a different day and starting time and that will be added to new business next month.

Lastly, many things are being planned including anniversary meetings and helpful information from our 12th Step Within committee, look for the flyers at your local meetings. Please continue to check our CJI web site for the most updated information about events and meetings around the CJI area.

One thing I'd like to mention, the June meeting marked the 1-year anniversary of me being elected chair of this great intergroup. It is my pleasure to work with such dedicated people and look forward to the next year.

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
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	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): **JULY 13 & August 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

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%: 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: gpsolly@comcast.net

Ross: teveenutt@yahoo.com

Janice: the654club@yahoo.com

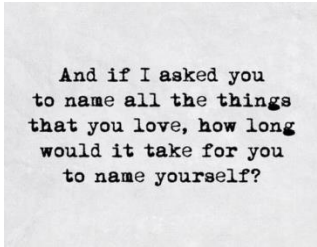
Lee Ann: smileleeann@gmail.com

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.

Tradition 8 – Overeaters Anonymous should remain forever nonprofessional, but our service center may employ special workers.

Step 9 – Made direct amends to such people whenever possible, except when to do so would injure them or others.

JUST FOR TODAY I will have a program, I may not follow it exactly, but I will have it. I will save myself from two pests: hurry & indecision.



And if I asked you
to name all the things
that you love, how long
would it take for you
to name yourself?

we talk alot about food, and recovery, and addiction, and compulsions, and recovery. . . .Because we need to. but sometimes it's good to think not just outside the box, but underneath it.

the 12 steps are vital to our program. they give us very concrete things to do to recover from our addiction. but fundamentally, underneath it all, the steps bring us to a place where we are invited to look at ourselves, with honesty and compassion, and make some important changes.

if i work the steps, use the tools, do everything "right" program wise, it doesn't necessarily mean we'll get the recovery we truly want.

see, addiction begins when we start looking outside ourselves for things to make us feel better. our life is a mess. we're anxious, angry, fearful, lonely, depressed, etc. and the disease leads us to believe that food will make it all better.

even when we acknowledge the disease and all it's cunning and baffling effects on our life, even when we work the steps and stick with a healthy plan of eating, if we're not careful, the underlying addictive behavior will merely resurface somewhere else. as so many of us know.

the 12 step program is all about recovery from an addiction. but the next level is all about getting a life back. having serenity, and freedom, being happy, having fun. . .

we can recover from our compulsive eating using those precious and well worn steps. and then, for those with true heart, we can use those same 12 steps to come to a place where it's not the numbers on the scale that matter. to get to a place where we get up in the morning, look in the mirror, and see who we are - truly, inside and out - and profess that we love ourselves. for all we have been and all we have gone through, and for who we are today, and for all the possibilities and dreams we still have ahead of us.

use the tools to keep that compulsive eating at bay today, my friends. but hear that call to use the tools to see how amazing and brilliant and wonderful you are. learn to eat healthy and to love yourself too.

blessings
jacqueline

George Santayana: *The profoundest affinity are those most readily felt.*

Wherever I am when I walk into an OA meeting, I know I am at home. Clearly, the affinity I feel for the people there are more readily felt than what I feel in any other organization of which I am a member.

Because of my contacts with other members, whether in person or by electronics, I never need to feel alone with my disease. I am always only moments away from another member who

knows exactly "what it took to get us here," and how to help me dig out of a jam into which I got myself by having forgotten one of the elements of my program.

For today, once again, "We can do together what we could never do alone," and that is the key to the success of our fellowship, and to the success of my recovery.

With love and gratitude,
Paul C.

What does sex have to do my problem with food?

Before I worked the steps, I couldn't understand what a sexual inventory had to do with my relationship with food. Since working the steps I have experienced healing in my relationships with food and with my relationship with sex.

I was married at 19 to a man who was strikingly handsome and unfortunately quite narcissistic. I saw the best in him. I accepted poor treatment and ignored my intuition. I saw the red flags but kept pushing through in the relationship because I was committed and was afraid of divorce/ being alone. He did not support me in my food struggles and in fact belittled me, especially when I first sought help in OA. What he did was outright wrong, but focusing on his part kept me as his prisoner. When I was ready to work the steps, I wrote my 4th step inventory and I proceeded to complete step 5 with a gentle and loving sponsor.

I learned that when I met my ex-husband, I was very vulnerable because my father was not there for me from age 12 on. He was depressed and was in an extramarital affair that was consuming his time and energy. I felt financially and emotionally insecure. These insecurities made me a prime target for my ex-husband. That was my part in it. I chose to accept attention as love and had an empty, lonely, and unfulfilling marriage.

When I was an adolescent I was molested by a family member. I kept this secret for 25 years and finally told my sponsor. I didn't know what to do with the information (I ended up getting some counseling to help with this also) but I know my boundaries were violated as an adolescent and I accepted the attention and then hated myself afterwards.

In my marriage, I accepted his reality as my own. I lost my voice because my voice became what he believed. I was dishonest because I had trouble speaking up to him and my thoughts and beliefs were not valued.

In response to abusive treatment, I shut down emotionally and sexually. I pushed him away because I began to hate how I felt in the same room with him. After my divorce, I made these wounds deeper by trying to redeem myself in a new relationship and hurt myself more. How could I love and respect myself when I felt like a horrible person?

This inventory relates to food because food was how I soothed these wounds. I didn't feel loved or appreciated so I ate. I felt lonely, so I ate. I felt worthless and I ate over that too. I wanted a fulfilling life but felt so weighed down by all the secrets, unfulfilled expectations, and my only coping mechanism was overeating.

I know that abstinence is a gift that has helped me to see my part in my sad past. Now that I see my part in this dysfunction I can apply wisdom to change me. That changing of me is called growth! Step 4 helped me grow emotionally. I don't hate my past, I respect it. I can look at it and see a little girl who was hurting. I can choose not to put food in my mouth to soothe my dysfunctional relationships but I can comfort the little girl of my past and encourage the woman I am becoming.

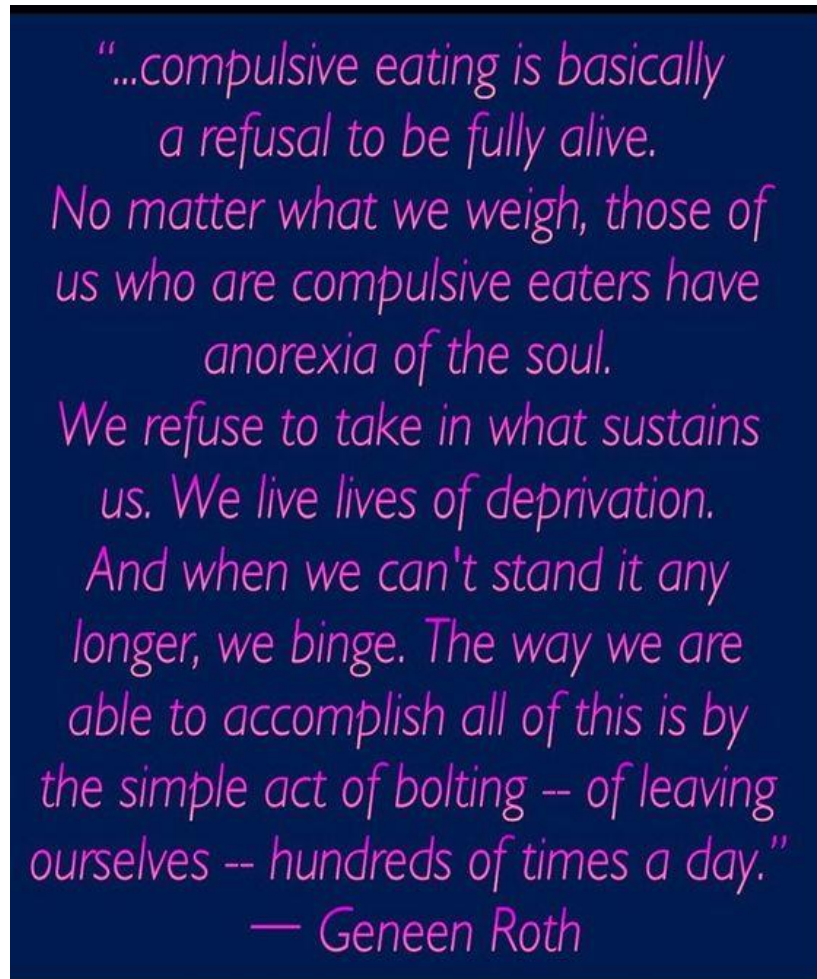
I have found peace and serenity knowing that God loves me, just the way I am. God wants me engaged emotionally and sexually (in his time). God wants me to be truly loved and not to accept attention or abusive behavior instead of or in exchange for love. God wants me to keep growing and learning in life and does not want me in lonely, unfulfilling relationships. Thank God for OA, my sponsor, and my abstinence.

If you haven't worked the steps, I encourage you to get a sponsor, write it out, and experience freedom from food.

JM

“Our Program (Tools, Steps, Fellowship) is not an emergency first aid kit that is opened only when we have a crisis. Our Program is more of an insurance policy – if premium payments are made daily, problems can be dealt with before they become crises.”

Thanks - Frank



*“...compulsive eating is basically
a refusal to be fully alive.
No matter what we weigh, those of
us who are compulsive eaters have
anorexia of the soul.
We refuse to take in what sustains
us. We live lives of deprivation.
And when we can't stand it any
longer, we binge. The way we are
able to accomplish all of this is by
the simple act of bolting -- of leaving
ourselves -- hundreds of times a day.”
— Geneen Roth*

Wow! just wow!

not that this is a new idea, really, but it's just so eloquently put. anorexia of the soul - who'd have thought! but so true. i think sometimes the bigger our bodies get, the more weight we put on, the smaller our inside spirit gets. every bite we put in our mouths is a bite *out* of our own potentially amazing lives.

and every time i binge, i do space out. i have to. i turn off all the bells and whistles that warn me about how emotionally and physically unhealthy it is. i stop thinking about anything - my brain goes numb. all i want to do is compulsively, mindlessly shove food in my mouth. and for a brief moment, i have managed to turn off the anxiety, the terror, the chaos, all the scary and bad things in the world and in my life.

and that zoned out, spaced out, leaving my body and the world moment, passes and i am left with the same world i tried to escape. PLUS all the guilt and shame of empty food containers and added poundage.

staying *here*, in this moment, in my body, isn't easy. sometimes it's the scariest thing i do all day. and i need to rinse and repeat all day long. i am surrounded by food - billboards, commercials on TV, places to stop and eat everywhere i go. and the chaos of the world - the politics, the disasters, the cries and screams of the needy - it all gets overwhelming.

thank G-d - or whatever HP you have - that this program exists. walking into meetings, i can feed my soul. i can open my eyes and feel safe, surrounded by a fellowship that sees me, supports me, understands me. a fellowship of people that struggle with the same things i do. a place where i can get hope and give hope all in the same hour.

sometimes i think before we stop compulsively overfeeding the body we may need to start over feeding our inner lives - our souls and spirits that have for too long been deprived, shamed, and defeated. this is a spiritual program, at it's base and it's best.

feed your souls today first my friends, and carefully, wisely, gently nourish your body.

blessings
jacqueline

--



STEP 12 on the 12th



What will **YOU** do on the 12th of each month to
Carry the Message of Recovery?

1. Make “**12**” calls/texts/e-mail messages to members who no longer attend meetings
(See the Ice Breaker’s at the CJIOA website under 12th Step Within Committee for some great ideas)
2. Invite another group or past member(s) to lunch, dinner or coffee
3. Offer to babysit for someone so that they may attend a meeting
4. Send “**12**” miss you’ cards to absentee members
5. Call “**12**” newcomers from the “We Care” book
6. Write an article for your newsletter or Lifeline
7. Conduct ‘in-home’ meetings for someone who is incapacitated or hospitalized
8. Place Lifeline or information from our Outreach Committee in public places, physicians’ offices etc.
9. Circulate flyers/posters such as “Is Food a Problem for You?” With tear off hotline numbers
10. Offer to drive someone to a meeting
11. Plan a reunion meeting for past and present members: e.g. Marathon, speaker, ask-it-panel, games etc
12. What do YOU do to help carry the message of recovery? We would love to hear from our members and share your ideas on our website

Please send your ideas or stories with the **Subject: Step 12** to: cjisecretary@gmail.com

