

Every recovery from compulsive overeating began with one abstinent hour.

O.A. INFOLINE

TODAY

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



**(908)
253-3464**

OVEREATERS ANONYMOUS® CENTRAL JERSEY INTERGROUP

SEP OCT 2018

WWW.OA-CENTRALJERSEY.ORG

Working & Living the Program Events

IDEA DAY

November 17, 2018
Raritan Medical Center – Bldg. 3
Rt. 18 and Ferry Road
Old Bridge, NJ
For more Info: Brenda – 732-617-8696 or Judy P. at 732-261-9344

BASKETS ARE NEEDED

REGION 7 ASSEMBLY

September 28-30, 2018
Fredericksburg, MD

REGION 7 CONVENTION

November 2-4, 2018
Ocean City, MD
To register go to Region 7.org and download flyer

CONGRATULATIONS – MEETING ANNIVERSARIES

Monday Atlantic Highlands – 9/4/2017 – 1 year;
Tuesday Brick – 9/24/2015 - 3 yrs.;
Wednesday Westfield – 10/15/1981 – 37 yrs.;
Thursday Hillsborough – 10/6/2003 – 15 yrs.;
Friday Ocean Grove – 10/20/2017 – 1 yr.;
Thursday Metuchen – 10/12/2017 – 1 yr.;
Sunday Hazlet – 10/29/2017 – 1 yr.

Presentation to Physicians Doing a Residency in Psychiatry at RWJMS

On Thursday, August 9, 2018, we made a presentation to 17 residents. The presentation consisted of an 8-minute uTube video, a 10-minute share from each of our OA members and a 3- minute Q & A period. We were very well received and the questions asked were very appropriate since these doctors will have patients with eating disorders in the near future. Our presentation of stories was also geared for these physicians to recognize certain behavior characteristics of those with eating disorders but not necessarily want to share it with their Psychiatrist. Doctors' pamphlets, Membership surveys, copies of the Courier, contact information and a case study from the New Zealand Medical journal were handed out at the end of the meeting. We expect to be invited back next year. Mikey J.

Chair's Message

Hi Friends,

I am going to do something a little different and share on a particular subject. Before I do that, I'd like to ask you to please read, 'What's New in Intergroup" which comes out a few days after the last intergroup meeting and will keep you informed of the doings of CJI. Copies are available on our web site and on "the "Friends of CJI" e mail blast. Please contact me at teveenutt@yahoo.com and I would happy to add you to the list.

In the last 2 months Central Jersey Intergroup has had 2 meetings close and that saddens me very much. As some of you may know I walked into the rooms in 1980 and the meetings were large, my home meeting averaged 50 members and was 2 hours long. CJI back then had many more meetings to choose from. Retreats and marathons had much larger attendance than we do now and were held on multiple dates. I worry about the future of Overeaters Anonymous because I love it so much. I do believe that we are not alone and many intergroups are shrinking in numbers also. I need to see you, look into your eyes and tell you I'm here for you. I do realize there are many more options available to us now than just face to face meetings, but we can't keep letting our meetings get smaller and smaller and eventually close. Please consider this and remember in the words of our founder Rozanne S, "...and together we can do what we never could do alone!" Thank you so much for taking the time to read this.

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
mando254@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	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): **Sept 14 & Oct 12, 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: gpspolly@comcast.net
Ross: teveenutt@yahoo.com
Janice: the654club@yahoo.com
Lee Ann: smileleeann@gmail.com

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

Tradition 10 – Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy. Spiritual Principle: Neutrality

JUST FOR TODAY I will be happy. This assumes to be true what Abraham Lincoln said, that “Most folks are as happy as they make up their minds to be.”

THOUGHT FOR THE DAY:

The 11th century Jewish Philosopher Solomon ibn Gabirol wrote:

“At the head of all understanding is realizing what is and what cannot be, and the consoling of what is not in our power to change.”

CJI VOICES

Dear fellow OAers,

What fun! Tonight I get to go to our meeting and see everybody. You guys are so special.

Uh oh, I don't want to look at #3 on the Recovery Checklist.

3. Am I rationalizing or justifying the eating of foods and / or quantities that were once questionable? Am I having frequent slips?

OK, so I bought a questionable food yesterday. Not a red-light food, but questionable. In 5 more days it will be gone. I can't just throw it out!!! Tonight I have my meeting, so I will learn how to understand and how to handle this dilemma. We have talked about free foods at the meeting. I know that you understand the “free food syndrome.” Is there some kind of an underlying cheapness and neediness that surrounds food and eating habits for some of us? Is that what's going on for me? Is it all about WANT? Have I been deprived?

Huh, that does sort of make me remember about my childhood when my mother suddenly went on a diet after her heart attack. I was 11 years old. Suddenly she wasn't baking those wonderful treats anymore. Also, I wasn't allowed to have them. When the summertime “truck o' treats” came jingling its bells in the neighborhood, the other kids all lined up. I wasn't allowed.

The little girl across the street had dishes of sweets on the coffee table in front of their tv. She drank the popular soft drink. Not allowed. Brainwashed about the dire consequences of

these foods. Never ending talk about the evils of these foods that everybody else got to eat. That I wanted so desperately. They would make me "normal" if not outright cool.

Can you relate in any way to my history? Maybe not. Some of us grew up having food forced on us constantly. So different. Wasn't that heaven?

Hope there is some issue troubling you that the OA members can help you deal with. They're great. They will help.

Have a super day,

Annette

My relationship with FOOD and the progressive nature of that relationship

I am one of 6 children. I had a normal childhood and was a normal weight. I got married and had a couple of kids. It was around that time that I began a relationship with someone who goes by a first name only – his name is FOOD. At first he was a fun friend to be around. We hung out and watched a lot of TV together. Eventually, he called more often and wanted to spend more time with me. I was happy about that. We were great together.

We enjoyed each other's company. Eventually we fell in love. Of course, no one else knew about our relationship. It was our secret. He helped break my boredom, to calm my fears, to hide my anger, to enjoy being with him more than anyone else. He helped me to solve my problems. When I wasn't with him I thought about him. As the relationship progressed, he became my lover and we had passion and excitement. He called more and more, devouring large portions of every day. I rarely went anywhere without him. He didn't seem to mind that my body was changing drastically, that my mind was dull and lazy and my spirituality was flat. In fact he liked the fact that those things contributed to my low self-esteem. It made it easier for him to exert his control. He wanted to be with me at all times. He began calling at all hours of the day and night wanting to consume every minute of my time.

It was impossible to stay away from him. I began to sense that this was a dysfunctional relationship. I began to feel smothered and controlled by him. He followed me wherever I went. I tried to break it off with him on numerous occasions, only to be lured by him again. At those times I labeled myself stupid. The relationship had become one-sided. He wanted me to love only him but he was unfaithful to me. He cheated on me with everyone in this room. Don't try to deny it. I have heard your stories. I do not blame you. He is very charming and powerful. He is also cunning and baffling. I was desperate. His power of seduction and destruction was overwhelming. Where once he helped me solve my problems, now he was my biggest problem. Where once he helped me with my fears, my fears began to grow when I realized how much he wanted to hurt me physically, emotionally, and spiritually. He was stalking me day and night and I knew I had to get away.

A friend told me about a place where I could get help. I listened because she had a similar story. The only thing that saved me from his destruction was going to a safe place where others understood and I could say exactly what my problem with FOOD was. Developing relationships with God and other people helped me heal from the inside out and gives me the ability to resist FOOD when he comes calling. There are steps that I can take in the right direction. I have the ability to say, "No" to him and mean it. I become stronger each time I turn away from him. When he comes calling with his charm and his sweet self I will know that he is a liar and wants to destroy me. One day at a time I am recovering from my dysfunctional relationship with FOOD. For today I can say FOOD is no option and I will kick him to the curb where he belongs.

Nancy from Clark, NJ

all too often, i have a tendency to whine about my past, to blame my past for the troubles of today, and to have more than a little resentment towards what has already happened.

and when it comes to the future, anxiety tends to rule the day. anxiety, an anal retentive need for control, insecurity, and a host of "what ifs". i'm a disaster planner.

but since acknowledging my compulsions around food, and admitting i have a disease, i've also realized how important my thoughts are. what i think is the lead into what i do. the program calls it "stinking thinking" when those clever and devious thoughts of the disease come rushing into our heads.

i've come to understand that there is no cure for this disease, but there is a healthy way to manage it. in a strange way, it kind of means embracing the disease. turning it from an enemy to a pathetic little demon, that's run off its path and needs better guidance.

instead of resenting my past, i can see it more clearly when i'm not in the middle of compulsively over eating. i can see what happened, let go of trying to figure out why, and even better, remind myself that what happened in the past does not determine what i do now. i can embrace the lessons of the past without having to learn them over and over again. touching a hot stove once was enough for me. why do i have to go back and keep touching those painful memories?

and, damn it, i AM ready for tomorrow. not because i *am* powerful, but because i *have* super powers. i have all the tools of this program, i have the steps. i have the fellowship. i have a great and amazing home group. i am not a super hero, but i have a phone booth i can get to that will give me all the super powers i need for whatever lies ahead.

and, most of all. biggest and best of all, i have a Higher Power. no matter what lies ahead, my HP has more than enough grace to guide me through it. the phone booth helps, but it's my HP that put it in my life in the first place. and its my HP that stocks that phone booth, giving me what i need for today. everything, just for today.

thank you for "listening" to my shares this week. i have been honored to serve the program in this small way. hope to see you all tonight.

blessings!
jacqueline

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

This is a great reading. Step One. It reminds me that now and forever, I am powerless...finding a new diet, adding a problem food to a meal. That was me, trying to control my food. I am also reminded of my powerlessness in Step 7, when it comes to my defects. I am powerless to remove them. Steps 5-6-7 are the directions there, and nowhere does it say: "Remove your shortcomings." Listing them, admitting them and trusting that once I humbly ask, the God of my understanding will remove them when it's time...what an amazing relief. I am not in control, but God has got my back as long as I am willing to do the foot work.

I found that the removal of those defects all came with a lesson. I learned that I was part of the shouting in family gatherings. I incited my sister, because I would not be still, or quiet. When I changed in those situations, my sister also changed. She no longer had anyone to argue with. Amazing! When I stopped telling people how to do things, how to run their own lives...amazingly, they made their own mistakes and learned from them. All without my interference.

So many things in my past had caused problems, and they all lead me back to the food, the only solutions I knew. Overeaters Anonymous is a Twelve Step Program, and in the Steps I have identified things that have given me freedom. My powerless over people places and things...not just food, has allowed me to change and grow, once I was able to trust in a Power greater than myself, and greater than the food. "It works, it really does!!"

Yours in recovery and service,

Ginny

Yes, I use food to avoid my feelings. It was way too painful to feel when my mother died at a young age and I did not know what else to do. In program, I have learned to deal with ALL feelings when they arise and use the steps to get through them without my addiction kicking in. Now, when food pops into my mind, I acknowledge it and try to figure out what are the feelings going on behind them. This is God doing for me what I am unable to do for myself.

Truly grateful,
Tammy S.