

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.



NOV-DEC 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

9:30am – 3:30 pm

Brown Bag Lunch

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

### **UNITY DAY**

**FEBRUARY 23, 2019**

**ST. LUKES CHURCH, METUCHEN**

**MORE INFO TBA**

### **CONGRATULATIONS – MEETING ANNIVERSARIES**

Sunday Skillman – 11/05/2017 – 1 yr.; Monday Bradley Beach – 12/30/1977 – 41 yrs.; Friday New Providence – 12/14/1987 – 31 yrs., Wednesday Lambertville – 12/20/2009 – 9 yrs.; Tuesday Cranford – 12/11/1991 – 27 yrs.

## **Chair's Message**

Hi, Friends,

The September intergroup meeting was conducted since our last Today newsletter and I'd love to give you some highlights. Normally I give the highlights of the last 2 intergroup meetings but was asked by our Today newsletter editor to have this article submitted earlier than usual. The September meeting was nicely attended with 14 reps, including 1 new meeting rep plus myself. I reported on the status of the 2 planned CJJ literature proposals to the 2019 World Service Business Conference. One proposal, a 12 Tradition workbook written by the Friday Jackson Step and Tradition meeting has already been submitted and accepted by World Service to be considered by the 2019 WSBC Literature Committee. The other, a resubmission of the pamphlet welcoming those who have had or are contemplating weight loss surgery into OA, is still being worked on but should be submitted in the next couple of months.

We discussed the Today newsletter and are wondering if our members have access to it. Actually, all CJJ members have access to the newsletter as all issues including the current issue are available on our web site, oa-centraljersey.org. It was suggested when we went totally digital that a new meeting position be created, designated downloader and would be responsible to print the issues and bring them to the meeting. If your meeting does not have this service position or you are not seeing the newsletter at your meetings, please consider making this a topic for your next business meeting.

In August we had a very successful Together We Can retreat in Easton, Penn. Attendance was low, but the workshops and speakers were outstanding. We are looking forward to next year's retreat as we invited South Jersey Intergroup to co-host with us and just was informed SJIOA has voted to accept our invitation.

There is a lot more information from intergroup and I will encourage you to read the current "What's New in Intergroup" available on our web site and sent in the "Friends of CJJ" e mail blast every month. It is very simple to join this e mail loop all you have to do is request it on our web site or e mail me at [teveenutt@yahoo.com](mailto:teveenutt@yahoo.com).

Lastly, World Service celebrates International Day Experiencing Abstinence (IDEA Day) on the 3<sup>rd</sup> weekend in November. This year it is on Saturday, November 17 at Raritan Bay Medical Center in Old Bridge, please join us. Additionally, World Service celebrates 12 Step Within Day on December 12, perhaps you can carry the message to one or more who are still suffering.

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>		
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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): **NOV.9 & DEC. 14. 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%:** 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 web-site 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)  
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## STEP TWELVE

**“Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters, and to practice these principles in all our affairs.”**

**JUST FOR TODAY I will try to strengthen my mind. I will study; I will learn something useful; I will not be a mental loafer; I will read something that requires effort, thought and concentration.**

## CJI VOICES

"Overeaters Anonymous Central Jersey Intergroup's Best-Kept Secret....

The OA Central Jersey Intergroup's recent week-end retreat, held August 23-August 25 at the St. Francis Retreat House in Easton, Pennsylvania, may very well qualify as one of OA Central Jersey's best kept secrets! I just came back from what has come to be known as the "Together We Can Recover" Retreat, and could hardly wait to sit down at the computer to prepare my review.

The theme of this year's Retreat was "There Is A Solution." The dedicated and tireless Retreat Committee members, with God's Grace and Guidance, compiled and presented a series of workshops, which were spread throughout the weekend. The workshops focused upon various aspects of Recovery, delivering a message of both depth and weight.

The topics were presented in the context of Steps One, Two, and Three. Recovery Issues were also addressed through the Physical, Emotional, and Spiritual, perspectives. Individual attendees were also invited to become personally engaged in conscious contact with their own respective Higher Power(s) through the practice of Meditation (Step 11), Inventory (Step 10), and specific writing exercises.

To those who are not yet familiar with the accommodations at the St. Francis of Assisi Retreat House, (located at 3918 Chipman Road, Easton, Pa. 18045), you are in for a lovely surprise! The variety of available accommodations, central air conditioned, warmly furnished, and spacious lay-out, are all part of Central Jersey OA's well-kept secret about this retreat!

There are individual rooms, some with a private bathroom, a stand-up handicapped shower, or even a queen-sized bed! There are single rooms, adjoined through a shared bathroom. There are also double rooms with a dorm set-up, using community shared bath and shower rooms.

There are other unadvertised features which make the accommodations at St. Francis Retreat House particularly inviting: the beds are very comfortable, furnished with thick quilts and fluffy pillows. Most rooms include an upholstered reclining chair, accompanied by St. Francis Retreat House's very own personal shawls, for you to use to snuggle with during a nap.

All of these options are available to retreat participants, contingent upon their availability, and priced

accordingly. For those seeking a specific accommodation, it is strongly suggested that future retreat participants make their reservations well in advance. In fact, it would be best to submit full payment as soon as registration opens, (date as yet unknown) since the availability of certain options are very limited and will be assigned on a first come, first paid, basis.

I also would be remiss if I did not mention the absolutely-delicious food (with special recipes, which are sugar, wheat, and flour-free), in addition to providing bread and other options, for those who include this on their food plan. Also, the Retreat House is situated on 22 acres of beautiful grounds; the hosts, including Brother Ed, and others, are beyond kind and accommodating, not to mention their unique, beautiful Chapel, which is available for personal reflection,

Next year's "Together We Can Recover" Retreat, has already been scheduled for August 23 -25, 2019. So, mark your calendars now, and save the dates!

In loving service, Cindy S, Edison, NJ"

Dear fellow OAers,

We have some wonderful literature in OA. I like the Lifeline magazine. Lots of good thoughts shared by other people who know this disease. I was looking at an article about what Abstinence is. First there was the standard OA definition, but then the members had their say.

Abstinence is

"*Ability* – when I'm able to control anger and settle differences without resorting to food for comfort. I can make a commitment and stand by it despite heavy opposition or discouraging setbacks."

[Reminds me of the *Ability* to lift weights. It takes practice and with that practice you gain even greater strength and ability. (Dudes, I can dead lift 15 pounds. Awesome, no?)  
"despite heavy opposition or discouraging setbacks" . . .whoever wrote that has walked in my shoes.]

Members also said abstinence is

"*Capacity* – when I face unpleasantness, discomfort, or frustration without complaint or collapse. I can keep my word and come through in a crisis." Wow! What maturity! Will I ever have this CAPACITY?

"*Willingness* – when I pass up immediate pleasure in favor of my long-term goals" That makes sense.

And the last one: Abstinence is "the art of living in peace with anything I cannot change, using courage to change what I can, and praying for the wisdom to know the difference."

My wish for you is that today, Sunday, will be an easy day, without the challenges that make us strong. Sometimes it's nice to just be relaxed, content, at peace and easy with the day.

Opportunities for strength come along all too soon.

Blessings,

Annette

just in case you were running a little low on hope today.

sometimes, when i listen to other people's stories, i hear journeys that cover years, decades, lifetimes. people trace their compulsive food behaviors back to childhood. one of my first clear memories is of sneaking food. and not only do i remember that first compulsive bite, but i also remember all the trauma that led to it, and all the dysfunction that continued to fuel the behavior for decades.

i just turned 60 last week. i have now lived on this planet longer than i ever thought i would. and i cannot begin to tell you the wonders i've seen. i've stood in 30 below 0 weather, white out conditions, watching the northern lights in the sky. i've seen kittens born, butterflies burst their cocoons, and seeds turn into beefsteak tomatoes that tasted amazing on a sandwich,

i've also seen horrors. i won't list them, but you know what they are.

i never ceased to be amazed that the world can hold all that beauty, and all that ugliness in the same place without imploding. but it does.

i've lived 60 years. and i know that today i am not the same child who snuck food, and ate everything i could get my hands on and was nicknamed "garbage pail" by my family (because i would eat anything and everything)

i am no diamond. no pearl, nor monarch butterfly. but i am, each and every day, becoming more and more who i started out to be. i am recovering my life from the ravages of this disease. i am grateful and i am blessed.

thank you all for being part of the fellowship that has given me hope. i only hope that my service is part of what gives you hope as well.

one day at a time.

blessings  
jacqueline