

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 2019

WWW.OA-CENTRALJERSEY.ORG

Working & Living the Program Events

OA SUNDAY 12 & 12 WRITING MEETING

STARTS JANUARY 6, 2019

10:00 to 11:10 am

Jersey Shore University Medical Center

(In the Brennan Pavilion, 1st floor – room B-104)

Corlies Ave. (Rt. 33 West), Neptune, NJ

Contact: Judy from Monroe – 732-318-2531

(noon to 7 pm) – Mike 732-939-2472

OVEREATERS ANONYMOUS BIRTHDAY

January 20, 2019

CJI & SJIG & SJIG PRESENT UNITY DAY MARATHON

Saturday February 23, 2019

Doors open 9:30 am – 10 am to 3 pm

St. Luke's Episcopal Church

17 Oak Ave., Metuchen, NJ 08840

\$5 donation – brown bag lunch

CONTACT: Mike M. 732-939-2472 (CJI)

Bob L. 856-685-0019 (SJIG)

Joan T. – 732-261-0173 (JSIG)

Chair's Message

Hi, Friends,

The November and December intergroup meetings were conducted since our last Today newsletter and I'd love to give you some highlights. The November meeting was nicely attended with 13 reps, including myself. We conducted World Service Business Conference (WSBC) delegate nominations. Brenda S and Christina H are the current delegates, and each has a term of eligibility left. Brenda will run as an incumbent and at this time Christina was undecided if she would run for a second term. I again reported on the status of the 2 planned CJI literature proposals to the 2019 World Service Business Conference. Our ways and means committee met in September and the new budget was presented at this meeting. After discussion and vote, the budget for the new fiscal year was adapted.

The December meeting had a smaller turnout of 9 reps, including myself. The smaller turnout was due to inclement weather, but we had the needed number for a quorum and conducted business. We continued nominations for WSBC delegate and began nominations for one Region 7 rep. I accepted the nomination for WSBC delegate and we will have the election in December. Christina H was nominated for the region rep position and will consider it; nominations continue in December.

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 CJI" email blast every month. It is very simple to join this email loop, all you have to do is request it on our web site or email me at teveenutt@yahoo.com.

OA has two special events in January and February. The anniversary of our first meeting of Overeaters Anonymous is celebrated on the 3rd weekend in January. This year, we celebrate our 59th birthday as a 12 Step Fellowship on January 20, 2019.

World Service celebrates Unity Day on the last Saturday in February. This year it is on Saturday, February 23, 2019 at St. Luke's Church in Metuchen. This day celebrates the 1st Tradition and its spiritual principle of unity. We will be joined by other NJ intergroups and flyers will soon be available, please join us.

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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<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): **JAN. 11 & FEB. 8. 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 cjsecretary@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
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Janice: the654club@yahoo.com
Lee Ann: smileeeann@gmail.com

YEARLY ANNIVERSARIES:

Mon. Bridgetwater – 1/15/2002 – 17 yrs.; Sun. Neptune – 1/16/2002 – 17 yrs.; Fri. Scotch Plains – 1/15/2002 – 17 yrs.;

Sun. Scotch Plains – 2/23/2000 – 19 yrs.; Sat. Princeton – 2/24/1983 – 36 yrs.; Tues. Clark – 2/28/1987 – 32 yrs.; Fri. Brielle – 2/03/1987 – 32 yrs.; Mon. Freehold – 2/04/2013 – 6 yrs.; Wed. Jackson – 2/06/2013 – 6 yrs.;

STEP 1: WE ADMITTED WE WERE POWERLESS OVER FOOD - THAT OUR LIVES HAD BECOME UNMANAGABLE.

TRADITION 2: FOR OUR GROUP PURPOSE THERE IS BUT ONE ULTIMATE AUTHORITY – A LOVING GOD AS HE MAY EXPRESS HIMSELF IN OUR GROUP CONSCIENCE. OUR LEADERS ARE BUT TRUSTED SERVANTS; THEY DO NOT GOVERN.

JUST FOR TODAY – I WILL TRY TO LIVE THROUGH THIS DAY ONLY AND NOT TACKLE MY WHOLE LIFE’S PROBLEMS AT ONCE. I CAN DO SOMETHING FOR TWELVE HOURS THAT WOULD APPALL ME IF I FELT THAT I HAD TO KEEP IT UP FOR A LIFETIME.

CJI VOICES

Dear fellow OAers,

Well, life is full of surprises. The Hillsborough OA meeting tonight was held in the parking lot in an SUV and a truck. We couldn’t reach the folks who have the key to enter the building, so we sat together and had our meeting in a warm and safe van. Another member chose to avoid squeezing us in and sat in his truck and listened to an OA podcast. I think we were all so grateful that this hadn’t happened on the night of our 15th Anniversary celebration!

Somehow there just wasn’t room for balloons and flowers and decorations in these vehicles. Even so, it seemed to me that we all still carried the magic of that celebration and the messages of recovery from relapse that our wonderful speakers brought to us last week.

We recited the 12 Steps of OA together. One member in the van had the Recovery daily reader on her cell phone, so we carried on as though the doors were open and all our regular literature was there to read and comment on. It was a good meeting.

So that’s my news! What’s your news? Your food plan for today? Do you have the groceries you need to create healthy and attractive meals for the day? What challenges are ahead today? What do you need to do to be abstinent today?

With people in OA, it’s the “act of refraining from compulsive eating and compulsive food behaviors” that brings in the spiritual and emotional focus beyond the food itself. Becoming conscious, being open to the Higher Power’s will

for us to be well, trusting our intuition for the right next thing. . . that makes OA so much richer than simply a "healthy eating" club. We talked about some of these concepts as we sat in the van (SUV?).

Be sure to come to our meeting next week. We'll have the doors open for you!

Have a happy and abstinent day!

Annette

it all just kind of sneaks up on you, doesn't it.

{ momentary drift off - how do you catch a unique rabbit? you neek up on it! how do you catch a tame rabbit? tame way! }

okay, now to get serious. . .

for me one of the wonders of this program is that all it asks of us is the *willingness* to stop our compulsive eating/behaviors. just the *want*. and once we want it bad enough to get our butts to a meeting, we are welcomed into a fellowship that gently, at our own pace, offers us ways to hold our disease in check that have worked for millions of people. tried and true methods. one step at a time. literally.

i am often disappointed in myself (a character flaw i'm aware of and working on softening) that i'm not the all time winner in OA. i compare myself to people with far more abstinence, and i see how far short i fall.

but then, with reminders like this, i can look back and see that i'm sooooo soooo far different from what i was when i first came down those stairs. recovery - MY recovery - takes time. the disease did not come upon me full blown out of the blue. it was a gradual progression. likewise, my recovery will be gradual as well.

take a moment today, and remember, with gratitude, how much different you are today than that first day you went to a meeting.

blessings!
jacqueline

William Blake: *You never know what is enough until you know what is more than enough.*

As phrased by our Editor today, "my ability to distinguish enough from surfeit" is continuing to improve as I continue to recover. And, also as per Editor, "prayer, meditation, and communication with other COE's" are my primary teaching tools.

I needed to look up the word "surfeit" today. I had though it meant simply "too much." But now I find surfeit means more than that: It means "an intemperate or immoderate indulgence in something such as food or drink." It also means "disgust caused by excess."

In a way, my entire program is about learning the difference between enough and too much. So many times, in the past, I was indeed disgusted with my behavior after having overindulged at social events, at buffets, or in response to assorted emotions, both celebratory or remorseful.

I have been disgusted by my behavior when served such obviously inordinate amounts of food, of which I fully intended to eat only half, but ended up eating it all.

I have been disgusted so many times after having mindlessly devoured a basket or bowl of something when my hand, arm, and shoulder went into automatic mode, from bowl to mouth, as soon as I had consumed "just one."

And, it hasn't been just food. Sometimes it was work. Sometimes email. Sometimes it could be a video game that I played compulsively until the wee hours of the morning. Or even binge movie watching. And after each and every episode, there was disgust.

At first, upon joining OA, it was disgust at myself, personally, over the inability to stop. But, as I began to live the Steps and to recover, it became disgust at the behaviors instead of at myself. And, finally, in continuing to recover, the behaviors gradually changed, until eventually there was rarely anything to be disgusted about.

For today, for the most part, I have a better handle on what is enough. And, when I occasionally slip, there is no longer any disgust, but just an observation, and a resolution to do better tomorrow.

With love and gratitude,
Paul C.

How the beautiful gift of Abstinence has changed my life.

A – Abstinence has blessed me with a new way of living that is beyond my wildest dreams. I can be happy, joyous and experience freedom from the obsession of food.

B – Blessings from God are all around me. Being abstinent opens the door for me to see all of the good there is. It might have always been there, but the food fog and self-loathing kept me blind to it. Now I see clearly and the view is mighty beautiful.

S – Serenity and Spirituality fill my day. The food is not calling, but God is and I can hear Him now.

T – Talking to God with what is on my heart. He is my constant companion, always leading and guiding me on the right path, the recovery path.

I – Into the 4th dimension of living. Imagining the new possibilities before me and improving my life every day.

N – No longer a slave to food and Compulsive Overeating Behaviors. No more empty promises to have to stick to my diet or seek the latest diet craze. No more guilt, remorse and shame before I go to sleep at night of what I ate that day.

E – Energy fills my day. My thoughts are not draining me as they once did.

N – Nice, loving, kind, tolerant, and patient with others. Abstinence allows me to live by these principles with those around me, in and out of the rooms.

C – Caring for myself in a way I never had before. Abstinence is the greatest form of self-care, self-respect and self-love I can give myself.

E – Ever present, everlasting and an ever loving God in my life. Thank You God and OA for the gift of abstinence.

To my fellow OA'ers -

I've been in OA for a number of years - The times when my abstinence is the best is when I use the tools on a daily basis.

The tool that helps me most - besides meetings and phone calls - is WRITING. I do what I call a "free -flowing writing." If something is bothering me I put the title on a piece of paper and I just start writing. I don't worry about reading it to anybody - it's for me.

Recently I've been having a lot of trouble w/my abstinence. On Friday morning, 10-11 in Jackson, there's a step-writing meeting. We do writings on the steps from the new step book and workbook. I didn't know why, all of a sudden, I was

having so much trouble with my abstinence..

In the writing, I found out - I lost 25 lbs. I thought I looked really good; so I started playing around with my abstinence...I gained nine pounds in 2-3 weeks! This awareness was very important to me.

Over the years when I get very upset, I write about the particular item. Most of the time, it illuminates the problem - and I don't want or have to eat over the item. So - my fellow OAers - I'm pitching the "tool of writing."

You don't have to be good at it - you don't have to read it to anybody. TRY IT
YOU MAY LIKE IT!

Steffy - from Monroe, NJ

Recovery is in the pause.

It's not in the number on the scale.

Or the smaller dress size.

Or abstinent day count.

Or how many fellows I speak to.

It's not in numbers.

It's in the pause.

The pause that never was there before. The pause before and after actions. The pause after having a food thought. The pause before saying something negative out loud about another person. The pause before making a big purchase.

The pause is new for me.

It's a God moment. A moment where I have an awareness of what I am about to do, what I am reaching for and whether it's what I'm actually yearning for in my heart.

The pause is about being, not doing. It's about feeling connected to a source of clarity, intuition, and honesty. The pause doesn't cost money. There's no wait-list, no exclusivity. It's accessible to everyone.

Life is filled with forks in the road. Instead of picking up the fork and eating, I look at the divergent paths in front of me and know that I am not alone in making choices. And that if I get quiet and lean into surrender, the answer will emerge.

Recovery is in the pause.

By Rachel