

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®**

JUL/AUG 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

TWC – TOGETHER WE CAN RETREAT

Aug. 23-25, 2019

St. Francis Retreat House
Easton, PA

For More Information Contact:

Charissa 908-601-8347, Charissakeavey@gmail.com,
Rebecca 856-498-0862, Rebecca.j.amy@gmail.com,
Lee Ann 908-337-0656, smileleann@gmail.com

BACK TO BASICS WORKSHOPS

Sept 7-Oct 12

United Methodist Church of Red Bank
247 Broad St., Red Bank, NJ

For More Info: Dana at dcartin27@live.com, or Jill at
jwiegand3@gmail.com

STEP 7 – Humbly asked Him to remove our shortcomings.

TRADITION 7 – Every OA group ought to be fully self-supporting, declining outside contributions.

**FOR TODAY – I show respect for myself and others by accepting our mistakes as proof of our humanness. –
For Today, p. 172**

Chair's Message

Hi Friends,

The May and June intergroup meetings were conducted since our last Today newsletter and I'd love to give you some highlights on both meetings.

The May meeting was chaired by our vice chair, Mike M since I was serving CJI as a delegate to the 2019 World Service Business Conference in New Mexico. Nominations for CJI chair and vice chair continued. Various committee reports were given including a discussion on the possibility of scholarships for the upcoming Together We Can Recover Retreat in August. Our Region 7 reps, Brenda S, Lee Ann and Mike J also gave their 2019 Spring Assembly reports.

The June meeting had 10 members in attendance including myself. A busy meeting was held, beginning with the election of CJI vice chair and chair. Mike M and I were elected respectively for a second two-year term. The Together We Can Recover committee stated their scholarship program and funding for this program was granted by the body. I gave my report on the 2019 WSBC and will now give some highlights.

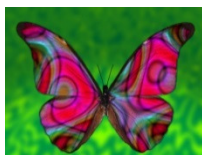
Next year the conference will be shortened by eliminating the Monday and Tuesday workshops in the hopes that this conference will become more affordable and more service bodies will be able to send delegates. Sadly, due to poor support the *Lifeline* magazine will cease publication after next year. There is a plan in place to have members share their stories as they now do in our magazine. It was also announced that our World Service web site, Oa.org now employs Google search, a definite upgrade. You can see my 2019 WSBC report on our web site and also read the 2019 WSBC Wrap report on OA.org for further information.

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.

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.



<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): **JULY 12TH & AUGUST 9TH - 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/June, 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

Ross: teveenutt@yahoo.com

Janice: the654club@yahoo.com

Lee Ann: smileleann@gmail.com

Happy Meeting Anniversary

JULY

Saturday Old Bridge – 1977 – 42 years

Monday Matawan (Aberdeen) – 1978 – 41 years

Tuesday Matawan – 1986 – 33years

Monday Princeton – 1988 – 31 years

Monday Shrewsbury – 2010 – 9 years

Tuesday Metuchen PM – 2014 – 5 years

AUGUST

Saturday Red Bank – 1979 – 42 years

Thursday Red Bank – 1986 – 33 years

Tuesday Metuchen AM – 1988 – 31 years

Thursday Freehold – 1996 – 23 years

Thursday Highland Part – 2007 – 12 years



CJI VOICES

When I feel the RIDS, I need to look inside and figure out what is bothering me. Before, I would immediately go to the food to soothe me in order to not feel so uncomfortable. Now, I have a program of recovery that has taught me to deal with issues when they arise. I am truly grateful for this program and super glad that I kept coming back.

Yesterday, I went to the biggest event of my life. My friend and I were invited to sit in Red Square for Victory Day (the most important day for all Russians). I used things that I learned in the program. I truly enjoyed the moment, took deep breaths, observed everything around me (even when taking videos and pictures), and let go of things out of my control. What an amazing experience. And what a wonderful recovery program we have!

Blessings, Tammy S.
Teacher at the Anglo-American School in Moscow High

I'm Ginny, abstinent compulsive overeater. I'm reading from the Overeaters Anonymous daily reader, FOR TODAY May 15. The first quote is one I use often: "Pray to God, but continue to row to shore." The follow up on that is: "For today: God does for me what I cannot do for myself, not what I can do."

Overeaters Anonymous has taught me to do what I can. Working with my sponsor I learned so much about myself in the Steps and Traditions. Now I continue to live this program by practicing these principles in all my affairs. It is not always easy, but oh my goodness it is a very simple program. I am a complex, sometimes rebellious and stubborn person who has learned to let go of those defects, and put my trust in God...most days.

What can I do? I can practice these principles to the best of my ability, and ask for help from my sponsor when needed. I can accept the things I cannot change, and change the things I can. I can let others be who they are, and not gossip about them, or try to change them. By taking my 10-11 Steps each evening, I remember the importance of becoming God centered. I do that by asking God for forgiveness where I have been resentful, selfish, dishonest or afraid. I ask HP to show me where I owe an apology and help me to make it. I ask for help in being kind and loving to all people, and that worry and remorse or morbid reflections be removed so that I may be of usefulness to others.

In the morning I ask my HP to direct my thinking, that it be divorced of self-pity, dishonesty, self-will, self-seeking and fear. I ask God to inspire my thinking, decisions and intuitions. I ask that He help me to relax and take it easy. Free me from doubt and indecision, and guide me through this day, showing me the next right step. I ask God to give me what I need to take care of any problems so I may be of maximum service to HP and my fellow man. These are the things I can do.

Yours in recovery and service, Ginny

Just For Today:

"I do not have to plan the rest of my life this morning. All I have is today. I do not need to worry about what I will have for dinner tomorrow night. All I need to be concerned about today is today's food plan.

By accepting the fact that I cannot eat spontaneously - whatever and whenever I feel like it - I have freed myself to live more spontaneously. I make plans for the things that need to be done, but I find time left over to use as the Spirit moves. I will not decide today what I will do with the free time tomorrow. Tomorrow will bring new possibilities and promptings.

Just for today, I am living my program. I will not worry about how hard it will be to work it tomorrow. Tomorrow I will have new strength and fresh insight. Just for today, I will remember to stop and listen to the inner voice and follow where it leads. When I follow it, there is adventure in the day and joy in my heart".

Let that Abstinence stuff Begin again, at least just for today! Guy (for today, maybe tomorrow too).

There's a lot about this program that I find so empowering. And, ironically, a lot of it has to do with what I used to call "giving up" or being helpless.

At the meeting last night the topic was the First Step. It made me reflect how hard it was at first to admit i was powerless. I grew up having my vulnerability and weakness taken advantage of. I, like many other addicts, was horribly abused by people who should have been protecting me. Once out of that situation, I was steeled against ever being weak and powerless again.

But i am in the process of discovering that *choosing* to turn my life over and choosing to admit my powerlessness actually plants me right on top of a place of strength. Once I realize I can't, I stand on a mountain of people that can and will help me. What I can't do alone, I do with my HP and the fellowship that is the core of our program.

It's the same with "walking away". It was drilled into me that being a quitter was the 8th deadly sin. I could never quit anything. Once I chose a course I HAD to complete it to the end, no matter what. Once I started something, even if I realized it wasn't the right thing or situation for me, I had to play it to the end. If nothing else it would be a learning experience/punishment.

but now, with the help of this program, I'm learning that I can make choices based on the information I have, and then i can actually change my mind and my choices at any point, if I deem the situation not good for me.

I can choose to go out to dinner with friends, realize their choice of restaurant isn't supportive to my food plan, and STILL have tons of options. I can suggest another place to eat. I can eat a healthy meal before going then choose healthy sides that fit my meal plan (of course that mean I have to look up the menu online before going, which I usually do these days). I can also choose to take a rain check on dinner, but join my friends for a healthy dessert (fruit or just coffee). I can also choose to take a total rain check and meet them another time at a restaurant more in line with my food plan.

I'm an adult now. And part of adulting is that I really do get to make choices; choices about the people places and things in my life. I can unfriend someone on FB if I find their posts offense to my sensibilities. I can end a relationship if I start feeling uncomfortable, for *whatever reason*. I can stop going to that diner if they don't have healthy options on their menu.

What are the things in your life that used to be good for you, but aren't anymore? It's part of that inventory thing we do, and it's essential to our recovery. Nothing changes if nothing changes.

blessing my friends, jacqueline