

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 2020

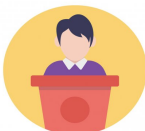
[WWW.OA-CENTRALJERSEY.ORG](http://WWW.OA-CENTRALJERSEY.ORG)

### Working & Living the Program

Below is our speaker list – these are CJI OAers that could be a speaker at your meeting or be a keynote speaker at a marathon

#### Speaker List

Mike M-----732 939 2472  
Bunnie T-----732 616 8272  
Frank M-----917 841 3585  
Ross M-----732 239 7209  
Kim J-----908 868 2246  
Brenda S-----732 617 8698



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**\*STEP 1 – We admitted we were powerless over food – that our lives had become unmanageable.**

**\*STEP 2 – Came to believe that a power greater than ourselves could restore us to sanity.**

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**✿TRADITION 1 – Our common welfare should come first; personal recovery depends upon OA unity.**

**✿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 because someone disagrees with me doesn’t mean that person doesn’t love me or want my friendship. I don’t have to take it personally.” – *Voices of Recovery* page 58**

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*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.*

### 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 on both meetings.

The November meeting had 9 members in attendance including myself. We continued the nomination process for Region 7 Rep and all four positions as region rep are open. Currently Mike J and LeeAnn S are nominees. Dispersal of surplus CJI funds was recommended by our Ways and Means Committee and the body voted to make large contributions to Region 7 and World Service. Additional funds were set aside for the hiring of professional help for our CJI web site.

The December intergroup meeting had 10 members including myself. We held the Region 7 rep election with all 4 positions open. Mike J was elected to a second term, Lee Ann S to her first term and Mike M agreed to serve as alternate. There was an update of November’s IDEA Day and approximately 70 attended, a wonderful turnout.

I would like to mention that this year’s Unity Day is on Saturday, Feb. 29<sup>th</sup> and again South Jersey and Jersey Shore intergroups will be joining us in hosting this event. Unity Day is always well planned and well attended featuring wonderful speakers and panelists, many from outside our intergroup. Please try and attend, flyers will be out soon.

I have a request concerning all our CJI meetings. Please confirm that your meeting contact number on our CJI meeting list and the World Service meeting list are active and still taking phone calls. Newcomers and people seeking meeting information do use these contact numbers. The saddest of situations results when they call and do not get a person or call back. It is most important that all who call our contact feel welcomed.

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

# Happy, Joyous & Free



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 (2<sup>nd</sup> Friday at 7:30 pm): **JANUARY 10<sup>TH</sup> & FEBRUARY 14<sup>TH</sup>** - Come join us!

### Contact Us! and Useful Links

- **CJI OA Hotline: 908-253-3464**
- **TODAY Newsletter:** – Send your articles, events, and announcements to [rlmm3029@yahoo.com](mailto:rlmm3029@yahoo.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](mailto:cjisecretary@gmail.com) Changes received by the 15th 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, PO Box 7234, Freehold, NJ 07728

**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 website for instructions – [www.oaregion7.org](http://www.oaregion7.org).

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 email address exchange\*\***

Lauren: [laurenraderman@yahoo.com](mailto:laurenraderman@yahoo.com)  
Ginny: [gpspolly@comcast.net](mailto:gpspolly@comcast.net)  
Ross: [teveenutt@yahoo.com](mailto:teveenutt@yahoo.com)  
Janice: [the654club@yahoo.com](mailto:the654club@yahoo.com)  
Lee Ann: [smileecann@gmail.com](mailto:smileecann@gmail.com)



**Happy Meeting Anniversary**

**JANUARY**

Sunday Neptune – 2002 – 18 years  
Friday Scotch Plains – 2002 – 18 years

**FEBRUARY**

Saturday Princeton – 1983 – 37 years  
Tuesday Clark – 1987 – 33 years  
Friday Brielle – 1987 – 33 years  
Sunday Scotch Plains – 20 years  
Monday Freehold – 2013 – 7 years  
Wednesday Jackson – 2013 – 7 years



***Announcements***

**UPCOMING EVENTS**

**Unity Day**

**Saturday, February 29, 2020**

**We again plan to partner with both South Jersey and Jersey Shore Intergroups.**

**We are waiting for final approval from St. Luke's in Metuchen – When available, your individual meeting will have updated information.**

**CJI Fundraiser**

**The fundraising committee unveiled the new T-shirts – they will be available at Unity Day**

**Jersey Shore Intergroup Spring Retreat**

**May 15 – 17, 2020**

**Maris Stella Retreat and Conference Center – 7201 Long Beach Blvd, Harvey Cedars, NJ**

**Weekend \$225 (incl. 4 meals) – Daytrippers for Saturday Only \$50 (incl. lunch) / \$25 (bring your own lunch) – all money must be paid in full by 4/30/20**

**For more information, please contact Joan T. at 609-978-2805; [Jemsgems@comcast.net](mailto:Jemsgems@comcast.net)**

# CJI VOICES

12<sup>th</sup> Step Within Day, celebrated every December 12<sup>th</sup>, is about reaching out to those *within* the Fellowship who still suffer - addressing relapse and recovery of our members.

This year our Intergroup tried something new by suggesting that groups replace their regular meeting format during the week of 12/12, with the 12th Step Within Meeting created by Virginia's Tidewater Intergroup. Our Intergroup's 12<sup>th</sup> Step Within Meetings were run in Scotch Plains, Shrewsbury, Freehold, Jackson, Metuchen, and two Red Bank locations.

Having run three of the meetings, I can tell you that it was a positive experience for our members in several ways: First, it gave us a good reason to dig into the We Care Books, personal phone contact lists and emails, and reach out to faces we hadn't seen in a while to invite them to this special meeting. Many members made a sincere effort, and as a result we had considerable (and even record-breaking) attendance at our meetings. Secondly, the meeting format is packed with OA-approved readings and share topics, designed to maintain recovery and prevent relapse. As a result, the shares from members who have relapsed and returned, were powerful and full of inspiration and hope for all of us. And lastly, the strength of a room full of OA folks experiencing a new approach to 12<sup>th</sup> Step Within, created a lot of good spiritual energy. The feedback I've received has been positive and enthusiastic. And, the format easily fits into the one-hour configuration of most meetings. Remember that every 12<sup>th</sup> of the month is a day of outreach, so please consider running this meeting at your location any week of the year that falls near the 12<sup>th</sup> of the month. I have all the materials you need to run this meeting and would be happy to walk you through it. Just contact me at... Yours In Service,  
**Frank M**  
12<sup>th</sup> Step Within Chair

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"Many of us had asked God to help us control our weight and the prayer hadn't worked."  
*The Twelve Steps and Twelve Traditions of Overeaters Anonymous Page 15*

*Voices of Recovery November 13<sup>th</sup> – page 318*

When I was compulsively overeating and obsessively dieting which I've done for the better part of the last 35 years, I don't believe I ever turned to God to help me with my weight. I think that concept would've been an upgrade. Instead, I was ignoring and forgetting about God. I wasn't paying attention at all.

I would spend the time beating up on myself for not being thin enough or having the "right" body shape. And, I'd berate myself for not being able to stick to a diet or exercise plan. At the insistence of a therapist, I walked into Overeaters Anonymous and the 12 steps in 2008. Although it would take a little more than another 10 years (most of those years were spent in sporadic attendance) to fully discover and become willing to let go of all my trigger foods and ingredients, during these years I started to develop a helpful conception of God.

I did realize early in the 12-step program that I can release control over my weight because how much I weigh is and has always been in God's hands, not mine. I learned over time to connect with God to guide me into healthy actions regarding food and exercise every day. I believe that one of the ways God tells me if I'm on the right track is with the results He provides on the scale. I no longer weigh myself daily because, for one, that's not how I'd get the most objective reading of the results. Plus, I'd then be paying more attention to the scale than to God Himself. Instead, I weigh myself monthly.

I'm grateful for these past 6 months of entire abstinence and for spiritual growth. Physically, God has removed 30 pounds of weight off my body. I still have more to go to get to a healthy body weight according to medical charts. However, for today I'm content to follow God's word on what and how much to eat, and on how much to exercise.

**Anonymous**

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### Dealing with Other People (For Today, 11/18)

I think the most important gift that program has given me, in terms of dealing with other people, is compassion. Compassion begins with humility. I am very conscious of my own faults. That means that I am learning not to judge other people. (Imperfect but progressing.). Because I know that I am flawed, it becomes easier to accept others just the way they are.

### Acceptance (For Today, 12/9)

The essence of my recovery is to not only accept my life the way it is, but to accept each person I meet as a beloved child of God. That means that I am learning to treat each person with gentleness and kindness. This is not always easy. It's what I call the work of a lifetime.

It also means that I need to treat myself with gentleness and kindness. I accept myself as being exactly as I am supposed to be at this time. This is also a work in progress.

**Robin B**

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OA 12 Steps and 12 Traditions 2<sup>nd</sup> edition, page 12-13

Greetings, it's **Ginny** abstinent compulsive overeater. In the OA 12 Steps and 12 Traditions 2<sup>nd</sup> edition, page 12-13 I read: "Ours is a spiritual program, not a religious one...How have we who were not believers in God come to believe in a Higher Power?"

"It usually started as we sat in an OA meeting and experienced the camaraderie of our fellow compulsive overeaters. Here were people who understood us and cared about us. We could be totally honest about ourselves, and they still accepted us unconditionally...It was not too great a leap of faith to believe that this shared love was a Power greater than ourselves that could help lead us to sanity. The love of the group, then, became our Higher Power."

This reading clearly explains to me that we need not be religious, but spirituality of some kind is important. Step 2 helped me to understand that I could make my Higher Power anything I need to, in order to find recovery. I just needed to let go of the idea that I was in control. Neither I, or the food were a power that was working, so taking the Steps was truly vital to my recovery!

The spiritual principle of Step 2 is HOPE. I was willing to believe because I saw the joy in people who had found the Power greater than themselves who was restoring them to sanity. I had great hope that I could too.