

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.



March/April 2020  
WWW.OA-CENTRALJERSEY.ORG

## Working & Living the Program

Below is our speaker list – these are CJJ 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 3 – Made a decision to turn our will and our lives over to the care of God as we understood Him.

\*STEP 4 – Made a searching and fearless moral inventory of ourselves.

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✚TRADITION 3 – The only requirement for OA membership is a desire to stop eating compulsively.

✚TRADITION 4 – Each group should be autonomous except in matters affecting other groups or OA as a whole.

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“Those of us who live this program don’t simply carry the message; we are the message.”

– *Voices of Recovery* page 222

## Chair’s Message

### CHAIR’S MESSAGE

Hi Friends,

The January and February Intergroup meetings were conducted since our last Today newsletter and I’d love to give you some highlights on both meetings.

The January meeting had 9 members in attendance including myself. We began a project of updating our meeting list contacts as well as meeting contacts listed on OA.org. It is so important that newcomers as well as anyone interested in a listed meeting get a call back from the contact.

The February Intergroup meeting also had 9 members including myself. We voted on the tentative 2020 World Service Conference Business agenda, to see as an Intergroup what we would like to appear on the business agenda. All motions require a 50% yes vote from responding Intergroups and service bodies to appear. Once the final agenda is presented, our Intergroup will again vote. This time, on which motions they are in favor of or against. We also continued the updating of meeting contacts and the Intergroup reps present, volunteered to contact all of our meetings.

I have another request concerning all of our CJJ meetings. During announcements or at your next business meeting, please check that your meeting has an active Intergroup rep, willing to attend the monthly Intergroup meeting. Central Jersey Intergroup has over 35 meetings and are fortunate when we receive 1/3 representation. Intergroup is a productive place where we need you and our hope is to have at least 50% of our meetings represented. Your input is important and counts.

So, 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.

# 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): **MARCH 13<sup>TH</sup> & APRIL 10<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**

**MARCH**

Friday East Brunswick – 1978 – 42 years  
Friday Jackson – 2014 – 6 years

**APRIL**

Saturday Flemington – 2001 – 19 years



***Announcements***

**UPCOMING EVENTS**

**Are You Feeling...**

The key to maintaining a life in recovery is a combination of self-care and self-awareness

Saturday, April 18<sup>th</sup>

Program is from 9:30am – 4pm (Registration begins at 9am)

THE UPPER ROOM

3455 West Bangs Ave., Neptune

Bring your Big Book and your lunch

Space is limited to 35 people

NOTE: Location is not handicap accessible

Any questions, please contact Jim (732-397-7535) or Barbara (732-439-0001)

**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)

*Voices of Recovery November 15<sup>th</sup> – page 320*

It's not up to me to advise or suggest anything to anyone when they haven't asked for my advice or suggestions. Today's reading in *Voices of Recovery* mentions people who are walking around obese. It's tempting to want to reach out and suggest OA to someone I think might benefit. But, ultimately, if I give "helpful" advice before the other person is ready, and without being asked or given permission to do so, there's too big a risk of causing harm to them. And, I've discovered that when I give advice without being asked for it, I'm really trying to control and manipulate someone, even though it doesn't seem that way.

I've been on the receiving end of unsolicited advice more than I care to admit. And, every time, whether it's sound advice or not, I get irritated. Most often, these spontaneous advisors make suggestions based on little to no knowledge of my situation. Weight, for most of us, is a sensitive issue.

One time a productivity and life coach I was trying to connect with professionally had watched a YouTube video of me speaking. In the video, I was speaking about time management and prioritizing. He emailed me and asked if he could talk to me about something that was likely holding back my business. In the context of our conversation, I was thinking he was going to critique something I said in my speaking and that maybe he'd suggest something for improvement there. He instead said that it was my weight that was holding me back. His wife was a health coach if I wanted to hire her.

In the video, I'm wearing a red turtleneck shirt and I'm approximately 25 pounds above my ideal weight. What he didn't know is that I was in Overeaters Anonymous and working the 12-steps diligently. And, I had just lost 40 pounds. While I was gracious on the outside and thanked him for his concern (and I should've left it at that), I went on to explain to him that I have an eating disorder and I'm working a 12-step program for it. And, that I'd just lost 40 pounds. I was furious for multiple reasons on the inside. I ghosted him after that. He had lost credibility as a business and life coach in my eyes.

In hindsight, I believe I overreacted by explaining myself and subsequently ghosting this man. However, I use this example to remember to hold back my tongue and my know-it-all nature when I see someone who I might be able to "help". How do I know that they're not already helping themselves? How do I know that they aren't already working a program? How do I know that they haven't just lost 50 pounds? I don't. Especially if they're a stranger walking around on the street or someone I just met. Even if it's a family member, unless they specifically ask me to talk to them about OA (I'm very open about my 12-step participation with friends and family), I bite my tongue.

**Anonymous**

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*For Today January 12<sup>th</sup>*

"The more I accept the reality of what is, the more comfortable and serene my life becomes."

This reading is about acceptance for me. My food addiction was indeed developed early in life, as a coping mechanism. I like the two myths that are mentioned here, "first, that pain was to be avoided at all costs, and second, that eating would relieve the pain free of charge." The myths were very helpful when I was young, but today they are insanity.

I am grateful to no longer need the me numbed, anesthetized, without feelings. I've learned in this 12-Step program that feelings will not kill me, and that they have a beginning and an end, if only I allow myself to feel.

I have a contented abstinence today, because I practice these principles in all my affairs, to the best of my ability.

Yours in recovery and service,

**Ginny**

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*For Today November 25<sup>th</sup>*

Sharing helps me see what God has done for me. That's one of reasons that sharing and helping others is an essential part of this program. This project is a good example. It's meant to help others, but at the same time it helps keep this food addict sober. By blessing others, I am blessed.

**Robin B.**