

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

May/June 2020

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

*STEP 5 (Integrity) – Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

*STEP 6 (Willingness)– Were entirely ready to have God remove all these defects of character.

✿TRADITION 5 – Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

✿TRADITION 6 – An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

“The years of insomnia and nightmares are over because abstinence gives me the courage to be a person I respect and like...”

– *Voices of Recovery* page 118

CHAIR’S MESSAGE

Hi Friends,

The May and June Intergroup meetings were conducted since our last Today newsletter and due to the coronavirus safeguards in place, the meetings were held virtually. I’d like to give you some highlights on both meetings.

The March conference call meeting had 13 members present including myself. I am happy to announce Alex C was elected as treasurer so as to complete her second term. We continued to discuss the current project updating our meeting contacts. We were sad to learn that the Region 7 Assembly was canceled due to the virus. At this time all face to face meetings were canceled and some replaced by virtual meetings and posted on our website.

The April Intergroup meeting had 12 members including myself and was held via Zoom. It was wonderful to see faces again and this option will be used until we are able to meet in person again. It was announced that the in-person 2020 World Service Business Conference was canceled and replaced by WSBC Plan B which is a virtual replacement via emails and began on April 10 and will conclude on April 29. Business was relegated to Trustee elections and the consideration of 4 literature proposals. The body decided to contact meetings not listed virtually and see why and if CJI can help. Volunteers will begin contacting these meetings.

It has been brought to my attention that some meetings are inquiring if rents should be paid to meeting places even if we are not meeting presently. Our Region 7 trustee and Region 7 chair were contacted and felt the meetings were not obligated. I suggest groups can discuss this subject at the meeting’s business meeting and decide by group conscience what to do. As we all know, our Traditions state that groups are autonomous unless it would affect other groups or OA as a whole.

Please all stay well and be safe and I look forward to seeing you again.

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 usually held at Raritan Bay Medical Center, Bldg. #3 LL, Old Bridge NJ.

Upcoming meetings (2nd Friday at 7:30 pm): **MAY 8th & JUNE 12th**. Due to the current COVID-19 situation, the May Intergroup meeting will be held as a Zoom meeting. Please contact Ross for further information. The June meeting is to be announced.

Contact Us! and Useful Links

- **CJI OA Hotline: 908-253-3464**
- **TODAY Newsletter: – Send your articles, events, and announcements to 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 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, 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.

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
Ginny: gpspolly@comcast.net
Ross: teveenutt@yahoo.com
Janice: the654club@yahoo.com
Lee Ann: smileecann@gmail.com



Happy Meeting Anniversary

MAY

Tuesday Eatontown – 2008 – 12 years

Friday Jackson – 2014 – 6 years

JUNE

Saturday Cranford – 1981 – 39 years

Sunday Edison – 1986 – 34 years

Saturday Metuchen – 2016 – 4 years



Announcements

UPCOMING EVENTS

For special events, please check the CJI website – especially the new Virtual Event section

CJI VOICES

“The purpose of Step Ten is to identify and remove from our path today’s stumbling blocks, those manifestations of pride, fear, anger, self-pity, greed and other emotions which are bringing pain into our lives and keeping us from growing today”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous p 84, from the Twelve Step Workshop and Study Guide of Overeaters Anonymous.

As I go over my daily 10th Step Inventory I check to see what character defects trigger my reactions. How was I hurt or threatened? What did I do or fail to do? Did I do harm? What aspect of self am I seeking to protect or benefit? Identify and admit my part. Remembering that I am only as sick as my secrets.

The steps have changed my life. I PAUSE often in my life instead of diving in without thought. That give me time to check my feelings, and sometimes it directs me not to speak at all.

Yours in recovery and service,

Ginny

Recovery requires power to put down the food, and to believe that the first bite is a disaster. Where does this power come from? Ultimately, of course, the power comes from the God of my understanding. It is, however, reinforced by a very practical program of action. I have often said that doing these writings has kept me sober. Attending a meeting is a source of power. Building and sustaining relationships within the rooms is a source of power.

The current situation does not hinder my taking these steps. In fact, it’s a blessing to have the time to make new meetings and focus on building relationships.

Robin B.
