

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

July / Aug 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 7 – Humbly asked Him to remove our shortcomings.

❖STEP 8 – Make a list of all persons we had harmed, and became willing to make amends to them all.

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

❖TRADITION 8 – Overeater Anonymous should remain forever non-professional, but our service centers may employ special workers.

“When I begin to worry and fret about how to make things turn out exactly as I want them to, I stop. The relief of letting go, of turning over the responsibility for tomorrow’s outcome is unfailing.”

– For Today page 182

CHAIR’S MESSAGE

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 again held virtually. I’d like to give you some highlights on both meetings.

The May Intergroup meeting had 15 members including myself and was held via Zoom. We discussed the results of the 2020 World Service Business Conference that was held virtually through emails. The conference resulted in the election of three Region Trustees and two General Service Trustees and the passing of four literature proposals. Our Intergroup voted to continue Region 7 and World Service contributions even though all groups still meeting were meeting virtually.

The June Intergroup meeting had 12 members including myself and was also held via Zoom. A nominating committee was formed as both me and our vice chair, Mike M are in our last year of serving and in accordance with our Bylaws, must rotate out. This is a great opportunity for meaningful service beyond the group level and hopefully we will have multiple nominees. Additionally, we voted to join South Jersey and North Jersey Intergroups in hosting a Sponsorship Day held during the third weekend in August.

I again would like to bring to everybody’s attention, our wonderful website, oa-centraljersey.org. Since my last message in addition to our virtual replacement meeting page, we added a virtual event page featuring workshops and events within our Intergroup as well as outside of Central Jersey Intergroup. At this time, we all need to stay connected to each other virtually until we are permitted to again meet face to face.

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 (2 Friday at 7:30 pm): **JULY 10 & AUGUST 14.** Due to the current COVID-19 situation, the July Intergroup meeting will be held as a Zoom meeting. Please contact Ross for further information. The August 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/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 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

July

Saturday Old Bridge – 1977 – 43 years

Monday Matawan (Aberdeen) – 1978 – 42 years

Tuesday Matawan – 1986 – 34 years

Monday Princeton – 1988 – 32 years

Monday Shrewsbury – 2010 – 10 years

Tuesday Metuchen – 2014 – 6 years



August

Saturday Red Bank– 1979 – 41 years

Thursday Red Bank – 1986 – 34 years

Tuesday Metuchen – 1988 – 32 years

Thursday Freehold – 1996 – 24 years

Thursday Highland Park – 2007 – 13 years

Announcements

UPCOMING EVENTS

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

CJI VOICES

Here's something a sponsee's challenges inspired me to think about:

The worst-case scenario in the Physical piece of our program is the Binge & Relapse. We avoid it by not taking the first bite, and we avoid that first bite by using the Tools of our program (maybe call an OA friend, read and write on OA literature, listen to a podcast, etc...). In this way, the short-term craving for food passes.

The worst case-scenario in the Emotional piece of our program is the Harm we cause another. We avoid it by not reacting to the perceived harm we imagine has been done to us, until we take Step 10. We determine our part in this perceived harm, which of our character defects came into play, we pray for their removal and act in this situation as if we possessed the character asset. In this way we resolve the situation before it becomes a Harm by creating space for the anger or frustration we felt to be examined. Often these negative feelings will be resolved and pass; replaced by a calm and a better understanding of ourselves.

I'm not saying we should stuff down our feelings (this only leads to stuffing ourselves with food). I am talking about using the Steps to resolve our emotional issues, just as we use the Tools to resolve our physical issues. And the Steps are ultimately the cure to our long-term issue of food obsession.

Makes sense?

Frank M

"I may fool myself and others by my talk, but my illness cannot be fooled." FOR TODAY page 164.

I dieted and failed continuously before OA, and even for a short time during my relapse. Thin is not always healthy. The simplest way to see that is in my life. Am I leaving a trail of wreckage in my wake, or am I practicing the program principles in all my affairs?

For the newcomer it can be difficult to tell if someone is in recovery. Seeing how they act with family, and in general with others is a good way to tell the difference. Thin is a wonderful side effect of working the 12-steps but if I'm not practicing these principles in all my affairs, I'm really just dieting. For me, my past showed me clearly that dieting does not work well for me, but the 12-steps have what I need to change and live a stable, sane life. *"I may fool myself and others by my talk, but my illness cannot be fooled." FOR TODAY page 164.*

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Ginny

Can't keep what I have.

Unless I give it away. The 12th step is not optional. That's one of the founding principles behind this project. I need to remember to listen carefully for God's promptings in meetings, because I need to share. There's a balance, because it's not about me. It's a necessary part of my recovery.

Robin B