

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

Sept/Oct 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 9 – Made direct amends to such people wherever possible, except when to do so would injure them or others.

*STEP 10 – Continued to take personal inventory and when we were wrong, promptly admitted it.

♣TRADITION 9 – OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

♣TRADITION 10 – Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

“Guilt is a useless, self-abasing emotion that keeps me from dealing with my problems. Just as I do not choose to immobilize myself over my mistakes, I have no wish to make others feel guilty over theirs...” – *For Today* page 172

CHAIR’S MESSAGE

Hi Friends,

The July and August 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 July Intergroup meeting had 12 members including myself and one guest and was held via Zoom. We were requested by World Service to participate as an Intergroup in a survey gauging interest in holding future World Service Business Conferences with a virtual component. The results of our discussion and vote was sent to World Service.

The August Intergroup meeting had 12 members including myself and was also held via Zoom. As required by World Service, every two years we need to request to use the Overeaters Anonymous logo for our flyers and related materials. Permission was recently granted, and the logos are available upon request.

I am happy to announce that CJI now has a PayPal account and donations can be made using this address: www.cjitreasurer@gmail.com. Additionally, the Intergroup voted to pursue obtaining a Zoom account for hosting CJI events; a Zoom committee will be formed in September to manage the account.

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. nd thth

Upcoming meetings (2 Friday at 7:30 pm): **SEPTEMBER 11 & OCTOBER 9**. Due to the current COVID-19 situation, the September Intergroup meeting will be held as a Zoom meeting. Please contact Ross for further information. The October 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: gspolly@comcast.net
Ross: teveenutt@yahoo.com
Janice: the654club@yahoo.com
Lee Ann: smileleeann@gmail.com



Happy Meeting Anniversary

SEPTEMBER

- Tuesday Brick - 2015 - 5 years
- Monday Atlantic Highlands - 2017 - 3 years

OCTOBER

- Wednesday Westfield- 1981 - 39 years
- Thursday Hillsborough - 2003 - 17 years
- Thursday Metuchen - 2017 - 3 years
- Sunday Laurence Harbor - 2017 - 3 years



Announcements

UPCOMING EVENTS

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

CJI VOICES

“For today: On my knees I pray to be “as a child” – to go back now to steps one, two and three. There is nothing out there in the wilderness of compulsive overeating that I want.” OA daily reader - FOR TODAY page 221

I am grateful that the only time I look back is to share my experience strength and hope. To remember what I was like, what happened and what I’m like now. My abstinent life gives me peace of mind, I have amazing physical wellbeing, all by working the steps and using the tools. I have willingness to trust a power greater than myself, and it seems that the willingness allows that Power to do things for me that I cannot do for myself. I see it happening in my life every day.

The fact that I’ve been working thru this pandemic. The fact that retirement to another state will be something we do in the next year...if I were still in the food I’d be even deeper in the food, and fear. I am still having some fear, but I have more of an excitement than fear. We are looking to our future and enjoying today.

I don’t look back at my bingeing and feel deprived. I feel so amazingly grateful.

Last night I received an email that my eye doctor’s office had no power, so my appointment was cancelled. I slept a little later this morning. I got up at about 7:15am, and when I went to my emails, I learned the power came back on last night, and my appointment was back on. I got ready and was able to make my appointment. That’s why I’m writing now. I had time to take my 10th-11th , but I didn’t have time to write on today’s reading.

I had a good day at work. Very busy. Families are visiting, and residents are going out. Moral is up. Yes. God continues to do for me what I could never do for myself....just for today.

Ginny

Full Acceptance

I am a food addict. That means that I have an abnormal physical reaction to certain foods. If I take sugar, flour, or caffeine into my body, it sets up cravings. Abstinence means a relatively quiet life. I still get what I call “crazy ideas” — but they are called out as crazy. The emotional and spiritual legs of the program are there to support this counter cultural choice and give back to a program that saved my life. In order to continue living happy, joyous and free, I must continually grow closer to God.

Have you accepted your identity?

Robin B
