

Every recovery from compulsive overeating began with one abstinent hour.

TODAY

Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible.

OA INFOLINE
908-253-3464



OVEREATERS ANONYMOUS®

CENTRAL JERSEY INTERGROUP

Nov/Dec 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 11 – Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

*STEP 12 – Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

♣TRADITION 11 – Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

♣TRADITION 12 – Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

“I came to OA because I wanted to get well more than I wanted to eat. That is the steady purpose that directs my life today. I place freedom from compulsive overeating before everything else...” – For Today page 305

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CHAIR'S MESSAGE

Hi Friends,

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

The September Intergroup meeting had 12 members including myself. We confirmed that the CJI OA logo has been approved by World Service for the next two years. Mike J, our insurance liaison, confirmed that group insurance is active and new certificates will be available on request, especially important once we resume face to face meetings again. CJI also formed a Zoom committee to see the viability to have a Zoom account for CJI events.

The October Intergroup meeting again had 12 members including myself. Nominations for World Service Business Conference has begun and I will be running for a second term and current alternate, LeeAnn S will be running for her full first term; nominations will continue at the November meeting with the voting to be conducted the next month. The CJI Ways and Means Committee presented the 2020-21 budget and it was adopted unanimously. The intergroup also voted to have a CJI Zoom account for intergroup events.

I am happy to announce that the CJI Outreach Committee has begun the "Newcomer Pamphlet Program" designed to get pamphlets such as "Where Do I Start" to newcomers to Overeaters Anonymous. For further information please contact Cindy S at www.cindylsalbury@gmail.com

Please all stay well and be safe and I look forward to seeing you again. Yours in Service and Recovery,

Ross

Keep coming back till the miracle happens



<i>CJI – List of Officers</i>		
Chair	Ross	732-239-7209
Vice-Chair	Mike M.	732-939-2472
Treasurer	Alex	732-618-1542
Recording Sec'y	Sima	908-499-3993
Corresponding Secretary	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): **NOVEMBER 13 & DECEMBER 11** . 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 December 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



Intergroup now has a Paypal account for contributions.
Information is found on the homepage of our CJI website.

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: smileleeann@gmail.com



Happy Meeting Anniversary

DECEMBER

- Monday Bradley Beach– 1977 – 43 years
- Friday New Providence – 1987 – 33 years
- Tuesday Cranford – 1991 – 29 years



Announcements

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

CJI VOICES

“When we are unable to find tranquility with ourselves, it is useless to seek it elsewhere.”
OA Daily reader FOR TODAY 10/3.

When I read this today, I immediately thought of the Acceptance Prayer. In order for me to find the tranquility mentioned above, my first action is to accept things exactly as they are at this moment. For a compulsive overeater I find this to be so important. I can find myself in all kinds of trouble when I cannot find acceptance.

Seemingly a simple act, (but not easy) to accept myself, life, and others exactly as they are at this very moment, but for a control freak this was a challenge. The Steps helped with this, and I know the prayer is back on page 417 in the Fourth Edition of the AAB because the steps are the key to being able to find that tranquility with ourselves, and everything around us.

It also reminds me of the Serenity Prayer. Accepting things, I cannot change, but finding courage to change the things I can. Working the Steps has given me the wisdom to know the difference.

I am so grateful for this program, and acceptance, which brings me amazing serenity/tranquility.”

Acceptance

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place thing, or situation—some fact of my life-unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God’s world by mistake. *Page 417 AA Big Book*

Ginny

How deep is my surrender?

This is why it’s so important to trust the God of my understanding. I need to acknowledge the power of God. I am really aware of God’s presence in my life. To take it to the next level, I need to truly trust God for all the things I cannot control. This is the true test of God Consciousness.

Robin B
