

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

HAPPY New Year

Jan/Feb 2021

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

CHAIR'S MESSAGE

Hi Friends,

The November and December 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 November Intergroup meeting had 12 members including myself. We continued the nominating process for the World Service Business Conference (WSBC) delegate positions. LeeAnn S. was nominated for her first term and myself nominated for a second term. We also clarified criteria for posting events on our CJJ web site.

The December Intergroup was well attended with 13 members including myself. Elections for both WSBC delegate positions were held. LeeAnn S. was elected to her full first term and myself to a second term. Nominations begun for both secretary positions (corresponding & recording) and will continue next month with the election in February. I was happy to announce the 2021 WSBC will again be considering new literature proposals including two submissions by CJJ; a welcome pamphlet for those who had or are considering weight loss surgery and a 12 Tradition workbook.

We voted and adapted a new time for our monthly intergroup meeting, changing from 7:30 PM to 7:00 PM, effective in January.

There are some wonderful OA celebrations coming up in the New Year, OA's 61st birthday during the 3rd weekend in January and Unity Day on February 28th. Please check our website www.oa-centraljersey.org for more information on these and other events within and outside our Intergroup and Region.

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

Ross

*STEP 1 – We admitted we were powerless over food – that our lives had become unmanageable.

*STEP 2 – Came to believe that a Power greater than ourselves could restore us to sanity.

♣TRADITION 1 – Our common welfare should come first; recovery depends upon OA unity.

♣TRADITION 2 – For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

...I now trust God to do for me what I have never been able to do for myself. I am powerless over food and the rest of my life. By God's grace, I am able to stay abstinent and live in His will "one day at a time"! – *Voices of Recovery* page 6

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Keep coming back till the miracle happens



| 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 |
| 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.

NEW TIME

Upcoming meetings (2nd Friday at 7:00 pm): **JANUARY 8TH & FEBRUARY 12TH**. Due to the current COVID-19 situation, the January & February Intergroup meetings will be held as Zoom meetings. Please contact Ross for further information.

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

JANUARY

- Sunday Neptune – 2002 – 19 years
- Friday Scotch Plains – 2002 – 19 years

FEBRUARY

- Saturday Princeton – 1983 – 38 years
- Friday Brielle - 1987 - 34 years
- Tuesday Clark - 1987 - 34 years
- Sunday Scotch Plains - 2000 - 21 years
- Monday Freehold - 2013 - 8 years
- Wednesday Jackson - 2013 - 8 years



Announcements

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

CJI VOICES

“For Today: Good and bad times come and go, but the only real and lasting happiness is feeling good about myself. The first requirement for this condition is abstinence.”
- OA daily reader *FOR TODAY*, 11/21.

Before OA it was impossible to be positive, and totally impossible to feel good about myself. Then I came into the rooms, got a sponsor, learned the tools, and began to use them daily. She started to work the steps with me, and WOW they have not just changed my life, and the way I feel about myself, but they have kept me abstinent and changed my reaction to others!

I’m a much kinder person since OA. I do a lot of PAUSING before speaking, and really think things through before acting. I now have a long day today, and again of Thursday. I resigned my position in activities on Thursday, and know it was the right thing to do. I added Sunday second shift as concierge, to keep my hours close to what they were. Instead of 30 hours it will be 26. I can totally live with that.

It’s funny, after I gave my notice to my director, and then the new manager I went back to work. In my folder I found a letter to our residents from the new manager of activities. It introduced the new department. I was not included. I’m writing this because that stung. I’ve never been treated like part of the department, really just a “grunt” if you will. I guess you can say this was another confirmation that I made the right decision.

Today I feel good about myself, and I know that abstinence is the first requirement. The program rocks!

Ginny

My life changed when I found OA. OA connected what I was doing with food with my spirituality. I learned about having an allergy to certain foods. I learned about avoiding the first bite. I was given, in the 12 steps, a plan of action to deal with causes and conditions of my addiction.

Robin B
