

*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 INFO LINE  
908-253-3464



## OVEREATERS ANONYMOUS®

CENTRAL JERSEY INTERGROUP

May/June 2021

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 – Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

\*STEP 6 – 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.

\*\*\*\*\*

Each day that we live well, we are well...

*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 106*

### CHAIR'S MESSAGE

Hi Friends,

The March and April 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 March Intergroup meeting was held at our new starting time at 7:00 PM and attended by 9 members including me. We welcomed Brenda S. as our newly elected recording secretary and Bobbi L. as our new corresponding secretary. It was reported that CJI's literature proposals, a pamphlet welcoming those who had or were considering weight loss surgery to OA and the second proposal, a Twelve Tradition workbook was also being considered. Results will be announced after the 2021 WSBC meets in April.

The April Intergroup was very well attended with 16 members including our newest rep., Robin F., one visitor and me. Our nominating committee nominated Danielle M. for chair and Nick C. for vice chair; both accepted. The nominating process will continue in May with the election in June.

Motions under consideration for the 2021 World Business Conference were discussed and voted on as to guide our delegates, LeeAnn S. and myself, during April's conference.

In May we will begin using the CJI Zoom account for our monthly intergroup meetings.

This is my farewell message as chair. After 4 years as CJI chair, my second term is ending in June and under our by-laws, I must rotate out so to give others a chance to do this worthwhile service. It has been a pleasure to serve as chair and I was indeed privileged to work with our wonderful intergroup reps.

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.

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	Brenda	908-692-9055
Corresponding Secretary	Bobbi L.	848-459-4255



### 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): **MAY 14<sup>TH</sup> & JUNE 11<sup>TH</sup>**. Due to the current COVID-19 situation, the May & June 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](mailto: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](mailto:cjisecretary@gmail.com) Changes received by the 15th of the month are updated on our website (see below) [www.oa-centraljersey.org](http://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](http://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](http://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](mailto:laurenraderman@yahoo.com)  
 Ginny: [gpspolly@comcast.net](mailto:gpspolly@comcast.net)  
 Ross: [teveenutt@yahoo.com](mailto:teveenutt@yahoo.com)  
 Janice: [the654club@yahoo.com](mailto:the654club@yahoo.com)  
 Lee Ann: [smileleeann@gmail.com](mailto:smileleeann@gmail.com)



## Happy Meeting Anniversary

### MAY

- Tuesday Eatontown – 2008 – 13 years

### June

- Saturday Cranford - 1981 - 40 years
- Sunday Edison - 1986 - 35 years
- Saturday Metuchen - 2016 - 5 years



## *Announcements*

It is a great pleasure to announce the new incoming secretaries who will be doing service for our Intergroup. Welcome!

We also wish to thank our outgoing secretaries, Sima and Kim J, for their service!

Position	Name	Telephone#	Email Address
Recording Secretary	Brenda	908-692-9055	bspiezinger@optonline.net
Corresponding Secretary	Bobb L	848-459-4255	bobbilink@aol.com

### Message from the Editor

I am looking for some input on future newsletters. Please send me an email (rlmm3029@yahoo.com) with anything you'd like to see in the newsletter, as well as anything that is currently in the newsletter that needs changes. I would love to receive suggestions by June 1st. *Thank you, Robin*

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

# CJI VOICES

\*\*\*\*\*

“As we understood Him...” OA Daily reader, VOICES OF RECOVERY. Step Eleven. March 4.

This reading expresses my feelings. I am not burdened by my or anyone else's preconception about a Higher Power. Working this program, learning and using the tools, working the steps with my sponsor, I found a power greater than myself, and greater than the food that completely and totally works for me. It is through prayer and meditation that I continue to be in conscious contact with that HP, and have found recovery.

Today's reading and this program, remind me that if getting into the food would make things easier, my sponsor would tell me to go for it. HOWEVER, that is not the case. I've learned that getting into the food only gives me a new, and horrendous problem that will make my original situation seem more unbearable, and difficult to deal with. So, this morning I continue to pray and meditate, keeping his surgical staff in my prayers...and put my trust in that loving guiding Spirit who keeps me abstinence, and sane. Today I will trust in God and accept the things I cannot change.

**Ginny**

\*\*\*\*\*

How do we show our commitment?

It has been said that we show that we have taken step three by doing the rest of the steps. I continue to show my commitment to a spiritual pathway by working the program. Daily sharing and extending myself to helping others is an outward sign of my submission to God. It's a remarkable way to live.

**Robin B**

\*\*\*\*\*