

*Every recovery from compulsive overeating began with one abstinent hour.*

**T O D A Y**

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

OA INFO LINE  
732-637-9420

## CJI VOICES

### Recovery after Relapse

Relapse is a setback, not a failure.

I relapsed for various reasons. SELF, my thinking about myself versus others (SELFISH). I GAVE UP my sponsor and recovery, in essence, took my will back. I was ALONE & LONELY, reliving the past, fearful of the present and somewhere living in the future. The CRAVINGS & DISCOMFORT awakened due to stress, loneliness, boredom and memories. Recovery after Relapse is ABSTINENCE, REPAIR and GROWTH.

My brain and body are rebalancing; I'm embracing recovery through GOD and discipline. The silver lining of my addiction forced me to reevaluate my life and make lifestyle changes.

Yours in service and love,

*Barbara Jean*

What if I struggle?

The good news? No one fails in OA. As long as you're willing to keep seeking help from others and work your program, recovery is possible.

To get ahead of relapse, here are some common symptoms leading to one:

- |                |                            |            |
|----------------|----------------------------|------------|
| -Argumentative | -Exhaustion                | -Self-Pity |
| -Complacency   | -Forgetting gratitude      |            |
| -Defiance      | -Frustration               |            |
| -Denial        | -Grief                     |            |
| -Depression    | -Impatience                |            |
| -Dishonest     | -Letting up on disciplines |            |

We are in recovery together and live it through abstinence and working the twelve steps.

*(Twelve Step-Within Handbook. p. 22)*

### Message from CJIOA Chair

Hi Friends,

I am so happy we are re-launching our Today Newsletter with our editor-in-chief, Robin M.

On January 9, we held our monthly intergroup meeting which was well attended with 14 reps and myself. Elections were held for Region 7 reps and happy to report Lucille P and Sue K were elected. The 2026 World Service Business Conference (WSBC) will be held in Albuquerque in April. Our current delegates were unfortunately not able to attend the conference. Lucille P agreed to be a WSBC delegate alternate and will represent us at the conference. We appreciate the dedication and service for all who give us their time and recovery.

In February, we will be discussing WSBC motions. This vote is for what we believe belongs in the business agenda. To appear on the agenda, a motion must receive a 50% yes vote to be included from the responding service bodies and intergroups. In April, once we know what the agenda is, we will vote for or against the motions before us. Our delegate will represent us and according to our bylaws delegates are not bound by the wishes of CJI but should not vote against these wishes unless situations arise that make it necessary for the best interests of OA as a whole. Please visit [oa.org](http://oa.org) for more information on the motions.

Wishing OA a happy 66th birthday celebrated on January 19th of this year. OA celebrates Unity Day on the last Saturday in February in even years and on Sunday in odd years. This year it is celebrated on Saturday, Feb. 28th. Please visit our website for information on all events and current meeting information.

**DISCLAIMER - The Today is published quarterly 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.**



## ANNOUNCEMENTS

OA Central Jersey Intergroup's Outreach Committee is a vibrant and ambitious group of OA members who are committing to spreading the OA message in Central Jersey and beyond.

**We're looking for a few more hands and feet to help from time to time with small but meaningful tasks, such as:**

- Creating flyers or simple graphics
- Sitting at the OA information table at events
- Writing short articles
- Attending an Outreach Committee meeting
- Making a phone call
- Contacting media outlets
- Transporting outreach materials, when needed

**No amount of service is too small**

Attendance at the monthly Outreach Committee meeting is not mandatory. We simply want to make use of your gifts and talents in service to others by helping us reach those who still suffer.

Interested or want more information?

Please reach out to:

Lucille P. (908-419-5536)

Josephine S. (732-221-6400)

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

### **Contact Us & Helpful Links**

 CJI OA Hotline: 732-637-9420

 **TODAY Newsletter:** – Send your articles, events, and announcements to [rlmm3029@yahoo.com](mailto:rlmm3029@yahoo.com)  
The TODAY Newsletter is published 4 times a year (Jan/Apr/July/Oct)

 **Meeting list:** Send meeting list changes to [maryb20260@aol.com](mailto:maryb20260@aol.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.

### **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'*

**50%: CJIOA, 402 Main St., Unit 100-255, Metuchen, NJ 08840**

Intergroup has  for contributions. Information is found on the homepage of our CJI website.

**40%: 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 -**