

# APRIL - JUNE 2026 ISSUE

*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

### Step One

Using the First Step – Every Day

In my recovery from compulsive eating in Overeaters Anonymous I find that Step One, for me, is something that I must remember each day, one day at a time. Powerlessness can become dangerous when I pretend that I am fine and then keep it all inside. I have to admit powerlessness every day if I'm to recover. With this admission, I am taken directly to my Higher Power who I know loves me and wants the best for me. I pray each day in the morning because I know that I cannot face the day without surrendering my eating to my Higher Power. I cannot change myself, I cannot "fix it" by myself. During the day I take the next right action—calling someone, reading OA literature, attending a meeting.

I know that my life has been unmanageable. I follow a plan that is based on surrender. I am no longer fighting alone. Keeping it all inside never worked for me over the years before finding OA. I fooled myself for a long time. The first step keeps me honest and humble, and it allows me to live in truth one day at a time. The peace, clarity and the freedom that result are without price.

Lusk R.

### Message from CJIOA Chair

Hello Friends,

At this month's May intergroup meeting we had 10 reps and myself.

Our delegate, Lucille P gave a wonderful report on the recent 2026 World Service Business Conference in Albuquerque. Motion results were not discussed in detail as we are waiting for World Service to issue a detailed report on business conducted including voting results and this will be discussed at the June intergroup meeting.

I read reports from Sue K, our Region 7 rep. on an exciting outreach opportunity with Region 7 during Obesity Week in November. One report was the background of the event and the second report was the minutes of the recent Region 7 meeting on this subject.

Since I am writing this report in May, our 5th Tradition emphasizes our primary purpose and send this reminder to all our meetings to ask first time newcomers how did they find us, very important to know this in getting our message out and attracting new members.

Yours in Service and Recovery, Ross

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## CJI OUTREACH COMMITTEE

The CJI Outreach Committee participated in the NJ National Association of Social Workers (NASW) Annual Conference in Atlantic City, and it was a tremendous success! We were again fortunate to have our booth in a prime location between the lunch tables and beverage stations which generated a lot of foot traffic. We found it easy to attract the traffic closer to our table by offering free raffle tickets to anyone passing by. The prize, a garden flowerpot with bulbs and soil, was appealing to the Social Workers and each day we raffled a new pot. We found it easy to connect with most Social Workers as they were filling out their raffle ticket info. At times, there were visitors 3 people deep around our table listening to our speeches about OA and asking if they knew about our free 12-Step program. The giveaways were also very effective with the phone holder being a favorite! Of all the literature, we found the most popular to be the small OA new prospect business cards that listed all 4 of the participating intergroups and their contact information. We believe this should be a regular annual event for the CJI Outreach Committee. It was wonderful getting the financial and manpower support from North Jersey, South Jersey and Philadelphia intergroups. We are fortunate to have a great working relationship with them and together we are helping to spread the message of hope and recovery in OA.

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!**

50% - 40% - 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 -**