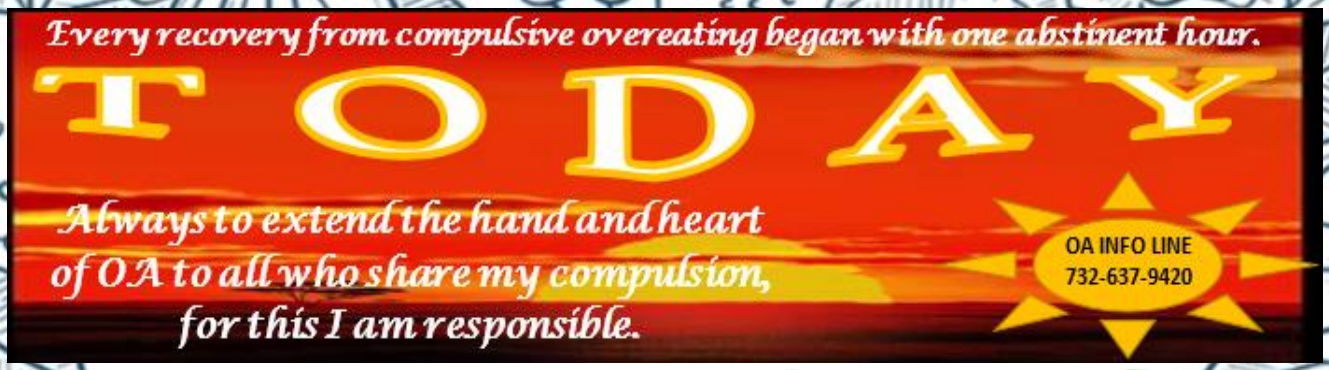
OCTOBER – DECEMBER 2026



CJI VOICES

Step Two

Step 2 of Overeaters Anonymous emphasizes the importance of recognizing a higher power to restore sanity in our lives. This step encourages individuals to accept help from a source greater than themselves, which can lead to healthier decision-making regarding food and life overall.

Insights on Step 2 Thoughts and Prayers

Understanding Step 2 can enhance recovery efforts.

- Higher Power Concept – Step 2 invites individuals to believe in a power greater than themselves, which can be God, the program, or their true selves.
- Restoration of Sanity – This step focuses on finding hope and sanity in decision-making, particularly regarding food and relationships.
- Prayers for Guidance – Specific prayers, such as the Step 2 prayer, help individuals seek strength and clarity from their higher power.
- Community Support – Engaging with others in OA can reinforce the belief in a higher power and provide shared experiences.

Message from CJIOA Chair

Hello Friends,

Since last writing my last chair message a lot has happened as we sold our home and purchased another one in Toms River. As many of you know this is a very stressful time and I stepped away in July and August and left the intergroup in the capable hands of our vice chair, Alex C., many thanks. I returned in September and we had a small turnout of 7 reps and myself due to the Jewish holiday. We did have a quorum and business was conducted. The October meeting had our normal attendance of 11 reps and me. I encourage you, for more details to read "What's New in Intergroup", If you don't receive it and wish to, please email me at teeveenutt@yahoo.com.

Since I am writing this report in November our 11th Tradition emphasizes anonymity and the importance of living a program of attraction, in other words, walking the walk and please protect your anonymity as well as others.

Yours in Service and Recovery, Ross

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CJI OUTREACH COMMITTEE

OA Step 12 – "...we tried to carry the message to compulsive overeaters..."
Looking for volunteers to help spread the message of hope and recovery in OA
You do not have to be a member of the Outreach Committee to do service

2027 Potential Events:

- Rutgers Community Youth Mental Health Summit – 4/12/27 New Brunswick, NJ
- New Jersey Prevention Network (NJPN) – annual conference 5/13-5/14/27 Atlantic City, NJ
- New Jersey Association of Mental Health & Addiction Agencies (NJAMHAA) conference – Iselin, NJ 4/27/27
- National Association of Social Workers (NASW) – annual conference April, 2027 Atlantic City, NJ
- New Jersey Integrated Mental Health (NJIMH) – conference Asbury Park, NJ 5/26/27

New Hope Rehab – Marlboro (3 volunteers)
1st Tuesday of the month (1:15-2:15 pm)
Tell your OA story and answer questions about 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 The TODAY Newsletter is published 4 times a year (Jan/Apr/July/Oct)**
- **Meeting list: Send meeting list changes to maryb20260@aol.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.

Attention Meeting Treasurers!

50% - 40% - 10% donations:

Please write your meeting # on your check; look up the # at www.oa.org, 'Find a face-to-face meeting'

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

Intergroup has PayPal 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 –