



Oasis

FALL 2020

www.njioa.org
OAanswerman@aol.com

Infoline:
973.746.8787

IMPORTANT MESSAGE:

Due to the CoronaVirus, all facilities are still closed for our face-to-face meetings. Please try to stay connected with other types of meeting formats.

Please cut and paste this link into a web browser:

<https://oa.org/find-a-meeting/?type=2>

What OA Has Done for Me...

My story in OA began 40 years ago when I attended my first meeting and was blown away by hearing people saying that they did the crazy things with food that I did. I had been fighting this (disease, not yet known to me that it is a *disease*) as far back in life as I can remember, having been a chubby little girl and growing into a totally obese adult. I learned at that first meeting that indeed, this is a disease, that I was not a bad person trying to be good, but a sick person trying to be well. That took such a weight (excuse the unintended pun) off my shoulders. I finally had hope that this awful monster which lived within me was beatable. The question here is WHAT HAS OA DONE FOR YOU. I often say that it "only" changed and saved my life. The way I was going I probably would (if I were still alive; I'm 77 now) have all kinds of obesity related diseases and be on all kinds of medications. While my health is not what it was as a youngster, everything "wrong" with me has nothing to do with food consumption.

OA gave me a blueprint by which to live. It gave me a belief in a Power higher than myself Which would guide and give me willingness. It is to this Power that I pray daily. By the grace of this Power I have, at this point, over 20 years of back to back abstinence and have the pleasure of living in a body of normal weight. I am no longer ashamed to announce that I am hungry. I, too, am entitled to be hungry because these days it is for legitimate reasons.

I don't USE food anymore to solve my problems. I use writing, talking, praying, taking an action of some sort to deal with life rather than life dealing with me.

I do everything in my power to keep that disease in jail so that I can walk freely. If the disease is released then I am in the worst prison imaginable.

OA has given me a way of life, many friends and a healthy body. My gratitude can't even be put into words. It just IS.

Myrna G, Fair Lawn

Beyond My Wildest Dreams

What OA has done for me is given me a life beyond my wildest dreams. I do not have to worry about overeating for today as long as I work program. I do not have to think about trying to get my fix and binge. I eat healthy food and do not have to fear what overeating is doing to my health. I am comfortable with my body. I can wear the same size clothes year after year. I am also comfortable with myself. I work a 10th step every day and look at my defects. I watch my actions and make amends when I need to. I used to live with my defects and did not want to face them so I would eat to forget. Now I face them, work through them and then turn them over to my Higher Power, whom I call God.

I stop, pause, pray and wait for my Higher Power to guide and direct me. I don't have to worry about anything because I know that I am not in control. Today I have a program to show me how to live, a fellowship that I can turn to, a sponsor to guide me, and most importantly God.

- Shari, Saddle Brook

PROGRAM GEMS TO PONDER:

- F.I.N.E. -
- (I'm) Frustrated, Insecure, Neurotic, Emotional
- F.E.A.R. -
- Face Everything And Recover
- (F everything and run), (Future events appearing Real)
- N.U.T.S. -
- Not Using The Steps
- E.G.O. -
- Edging God Out.
- D.E.N.I.A.L. -
- Don't Even Notice I Am Lying.
- H.A.L.T. -
- (Don't Get too) Hungry, Angry, Lonely, Tired.
- H.O.P.E -
- Happy Our Program Exists
- H.O.W. -
- Honesty, Open-mindedness, Willingness
- S.P.O.N.S.O.R. -
- Sober Person Offering Newcomers Suggestions On Recovery
- G.O.D. -
- Good Orderly Direction
- B.I.G.B.O.O.K. -
- Believing In God Beats Our Old Knowledge.
- S.L.I.P. -
- Sobriety Losing Its Priority
- A.C.T.I.O.N. -
- Any Change To Improve Our Nature.
- P.R.O.G.R.A.M. -
- People Relying On God Relaying A Message.
- S.T.E.P.S. -
- Solutions To Every Problem Sober.
- K.I.S.S. -
- Keep It Simple, Sweetheart

The Positive Energy OA

It would take an entire book to try to explain what OA has done for me. I've been an active member of OA for many years and abstinent for most of them. Besides being a normal body weight, besides treating my children like little human beings that they were, I have become someone that people want to be around. I have become someone that people come to for advice or want to hang out with. The positive energy that has come as a result of working the 12 steps and 12 traditions of OA is something that cannot be found anywhere else on this earth. I say the traditions as well, because I practice not only the steps but the traditions in all of my life. I wouldn't do something outside of the fellowship that I would not do inside the OA fellowship. The same thing with the tools, I practice service outside the rooms as well as inside. I practice anonymity outside the rooms as well as inside. I make phone calls three a day to OA people, as well to people I haven't heard from in a while that are not in program. I know from experience, when I was not in the rooms for a year and a half due to surgeries (thank G-d for zoom) people were praying for me and constantly calling for updates, and for that I am Eternally grateful. I never would've learned one day at a time if I hadn't stayed in the rooms. When people ask me if I'll ever walk again my answer is always, we will see one day at a time what Gods plan is. I don't know the answers to these things only God does. I just have to do the footwork. What brought me into the rooms of OA is not what keeps me here 47 years later. What keeps me here is knowing that OA stands for the Only Answer. I no longer have to look for an answer to anything because it's in the steps, it's in the traditions and it's in the tools. It's in my sponsor's wisdom, it's in my food plan and it's in my sponsees. There is not enough that I can say about program so I will stop here and I will thank you for allowing me to take up this space in the Oasis. Please stay for the miracle. – Bonnie, Boca Raton, FL

Meal-Time Prayer

Dear God,
Please come between me and my food before my
food comes between me and You.
Amen

For Strength

Thanks be to God for food to choose and for the
courage to refuse;
Show me that I'm the one I defeat
when I give in and overeat.

Upcoming Events

NJIOA Intergroup Mtg Thurs. 9/10 7:30pm – Zoom – see NJIOA.org
"Power of Surrender" – Sunday, 9/13, Zoom – 2:00pm-4:30pm EST – Details on NJIOA.org Contact – Fran U. - 973-975-5607
NJIOA Intergroup Mtg Thurs. 10/8 7:30pm – Zoom – see NJIOA.org
Region 7 Business Assembly – 10/16-18- Frederick, MD - Virtual
Firelight Meeting – Saturday, 10/17 - Virtual
Region 7 Convention – 11/6-8 – Ocean City, MD - Virtual
NJIOA Intergroup Mtg Thurs. 11/12 7:30pm – Zoom – see NJIOA.org
IDEA Day – 11/21 OR 11/22 – TBD
NJIOA Intergroup Mtg Thurs. 12/10 7:30pm – Zoom – see NJIOA.org
Twelfth Step Within Day - TBD

**A LOT OF EXCITING ZOOM WORKSHOPS ARE BEING CREATED AND
CHECK NJIOA.ORG FOR FUTURE DETAILS!**

Check www.njioa.org for other events & flyers

Fatality Loaf

- 1 c. arrogance
- 2 c. "Yes, but..."
- 2 Tbsp. fault finding
- 1 tsp. Irritability
- 2 Tbsp. negativity
- 1c. self-will

Mix all of the above ingredients. Set and let fester for a
necessary amount and serve hot.

What Has OA Done for Me?

The simple answer is OA gave me "a life". The deeper answer is it's given me the tools for living a healthy, purposeful life. My life before finding OA in August 2008 was directed by food: where is it, when can I get it, how much can I get, and will it be enough? I had a good job, family and a few close friends nearby, a roof over my head and \$ in the bank. But that wasn't enough. I was empty inside and the food filled me up - or so I thought. "If only..." thinking kept me on the merry-go-round of dieting we've all experienced. Weight gain & loss was my focus. I felt good and proud when I lost it - horrible and ashamed when I gained it back.

At my first meeting, I discovered I have a disease, an addiction. I am NOT a number on the scale. I am not lazy, weak or lack will power. My value comes from within. The steps and the tools pulled back the current of fear, embarrassment and anger to show me what I am, and can be, without the food directing my actions.

Twelve years later: the job situation has changed, my parents have passed away, and family is no longer close by. Life on life's terms. Every day I remain abstinent is a gift; a chance to live the best life my Higher Power is offering me. In return for working this program, I receive clarity of mind, freedom from the obsession, and hope - one day at a time.

-Fran, Teaneck (aka Hackensack)

O.A. INFORMATION TO KEEP HANDY!

OUR NEW WEBSITE- EASY TO USE - CHECK IT OUT!!

www.njioa.org

DID YOU KNOW THAT OUR **NEW** WEBSITE INCLUDES:

*Speakers to listen to from the Boston World Service Convention, the recent "Vision for You" Convention in Newark & the Belleville speaker series.

*Public Information flyers ready to download & put up in grocery stores, libraries, your house of worship or the ladies/mens room. Just put the name and location of your local meeting at the bottom & add our phone number for other meetings: 973-746-8787

*ALL event flyers including the current & past OAsis available for download and **printing extra copies for your meeting.**

Information for the Men's phone meeting.

Frequently asked questions.

An OA video to show friends what it's like to be a Compulsive Overeater.

Visit the site, YOU WON'T BE SORRY...We rock!!!! Cause Service is slimming.

	Your Trusted Servants	
Susan S - Chair	papersusan@aol.com	201-960-1995
Judy L. - Vice Chair	gratefuljudy@yahoo.com	201-615-4955
Paul O - IG Secy.	opanikao@aol.com	973-800-4760
Bonnie - Corres. Secy.	B4oi8n8@gmail.com	201-657-3916
Theresa S - Rec. Secy.	mtsasso@me.com	201-663-2979
Janet B - Treasurer	Buckles.janet@gmail.com	201-248-8001
Ursula - InfoLine	redrascal19@yahoo.com	201-527-5203
Mary M. - Webmaster	printersplace@optonline.net	973-838-9521
Barbara M	drmiltonlcs@gmail.com	201-780-5837
Sam - Media Cord.	samanthatartaro@gmail.com	908-489-4577
Mary Ann - Oasis Editor	maryanncluney@gmail.com	973-568-2761
Sam & Christine W. - Public Info	Cwestra@yahoo.com	908-489-4577

Recovery from Relapse Mentor Program TWELFTH STEP WITHIN

Are you aware that we have a Recovery from Relapse mentor program available? We can provide you with someone who is familiar with relapse. They are willing to share their experience, strength, and hope. Contact Terry P. - 862-812-4467 terrypolatchek@hotmail.com if you need a mentor, or if you want to work on the local Intergroup committee.

The Twelfth Step Within Committee was created to reach out to those in the fellowship who still suffer and to address the relapse and recovery of our members. The Committee's purpose is to strengthen Overeaters Anonymous by sharing information and ideas that generate recovery within the fellowship.

"In keeping with Tradition Ten, Overeaters Anonymous has no opinion on bariatric (weight-loss) surgery. In the spirit of Tradition Ten, Overeaters Anonymous welcomes **anyone with a desire to stop eating compulsively**, including those who have had the surgery or are contemplating it."

CARRY THE MESSAGE!!

Might you know someone who could use our program- Remember Bill & Dr Bob said the only way to stay clean is to work with OTHERS! NJIOA has numerous public information events throughout the year & we need YOU!

Please join our Public Information committee for more information about the different forms of media we use, and how YOU can help us carry the message!

Come and join us at the monthly NJIOA Intergroup Meeting OR Email cwestra@yahoo.com and let us know about local health or street fairs in your town, or find out how you can help. **NJIOA Intergroup is held 7:30pm on the Second Thursday of every month at Kessler Rehabilitation Center (300 Market St, Saddle Brook, NJ 07663)**

Donation Information

Please note that in order for Intergroup to continue with the upcoming events, health fairs, seminars, workshops---We need your contributions.

Donations can be made through Venmo or Zelle by using NJIOAPAY@gmail.com. OR

Please send your entire meeting donation to:
NJIOA PO Box 827 Fairlawn, NJ 07410

Donations can be made individually as well as through your meeting group.

We will divide between Intergroup, WSO, Region 7 & mail your donation to the appropriate service body. Please include your meeting day, time, location & if known your WSO number.

**Any amount is appreciated

**Remember we are self-supporting

IT'S OK TO SLIP AND FALL...



...THE SIN IS IN NOT GETTING UP!

DUE TO THE CORONAVIRUS THERE ARE MANY CLOSURES TO THE MEETINGS LISTED BELOW.

Most meetings are on Zoom - Check NJIOA.org. Phone lists for use within fellowship only.

SUNDAY

Belleville 9:00 AM - 10:15 AM BB O HA
Clara Maass Medical Center,
One Clara Maass Drive, Education Greifinger Hall
Mary 973 838 9521
Hoboken 6:00 PM - 7:00 PM BB/S O HA
Hoboken University Medical Center
(Assumption Hall) 308 Willow Ave
Paul 201 656 2042
Morris Plains 3:00 PM - 4:00 PM D HA
St Paul's Episcopal Church, 29 Hillview Avenue
Joan 973 428 2957
Paramus 10:30 AM - 12 Noon BB HA (B)
Beginners Meeting available following BB Meeting
Dorothy B. Kraft Center, 15 Essex Road
(off of Century Rd - 1 block west of Rt 17)
Jill B. - 201-704-0444
West Orange 9:30 AM - 10:30 AM BB/NN HA
Summit Ridge Nursing & Rehab Center, 20 Summit St, (off
Mt. Pleasant Ave, drive around to the back of the building,
then facing the building, enter the door on the far left.)
Susan 201 207 6652 Patrick 201-323-4041

MONDAY

Bloomfield 10AM - 11 AM O L HA
Oakeside Bloomfield Cultural Center
240 Belleville Avenue
Deborah 973 680 4490
Livingston 7:30-8:30 PM S/BB
Trinity Covenant Church
343 E. Cedar Street
Karen - 973 650 2833
Midland Park 9:30 - 10:30 AM BB
Midland Park Methodist Church, 269 Godwin Ave.
Side Door, Downstairs Room on Right - Child Friendly
Roz P 973-464 9767
Paramus 7:30 PM - 9:00 PM HOW HA
Dorothy B Kraft Center, 15 Essex Rd.
(Off of Century Road one block West of RT 17)
Audrey 201 819 5575 Fran 201 220 1440
Secaucus 12PM-1PM S
First Reform Church
51 Centre Ave
Ellen-201-725-0535
BIG BOOK phone meeting - 6pm-6:30pm
Call 605-468-8860 Access number -541987#

TUESDAY

Bloomfield 7:00-8:15 PM Newcomer
Watchung Presbyterian Church
375 Watchung Avenue, Bloomfield, NJ (just off Garden State
Parkway Exit 151)
Enter from the parking lot in the back The meeting is held
downstairs
ToniAnn A. 973 945 0233
Saddle Brook 7:15 PM - 8:15 PM S HA
Kessler Institute for Rehab, 300 Market Street
First Floor Conference Room
Ursula 201 527 5203 Shari 201 218 5801
Upper Montclair 7:00 AM - 8:00 AM S/T
The Presbyterian Church of Upper Montclair, 53 Norwood
Road
Beni 973 202 5579
Wayne 7:30 PM - 8:30 PM S - HA
Our Lady of Consolation Parish,
1799 Hamburg Tpke
In Ministry Center, follow road behind the church
Marcy 973 694 1274 Christine 973-668-8768

WEDNESDAY

Hillsdale - 7:30-8:30 PM BB
United Methodist Church
349 Hillsdale Ave Parlor Maria - 201 666 0684
River Edge 10:45 AM - 11:45 AM HOW HA
Temple Avodat Shalom, 385 Howland Avenue,
Child friendly,
Myrna 201 794 1976 Barbara 201 780 5837
Saddle Brook 7:00 PM - 7:55 PM BB/YPF
Kessler Institute for Rehab, 300 Market Street,
First Floor Conference Room
Theresa 201 663 2979 Tania 917-363-5280
Saddle Brook 8:05 PM - 9:00 PM HOW
Kessler Institute for Rehab, 300 Market Street,
First Floor Conference Room
Brenda 732 325 7133 Claire - 201-274-4924
Saddle Brook 8:00 PM - 9:00 PM MENS MTG
Kessler Institute for Rehab, 300 Market Street,
Small conference room on left before Multi-purpose
room
Tim W 201-519-6898
BIG BOOK phone meeting - 6pm-6:30pm
Call 605-468-8860 Access number - 541987#

THURSDAY

Chatham 7:00 PM - 8:00 PM S HA
Presbyterian Church Chatham
240 Southern Blvd.
Enter in the back of the church, through the glass doors
and downstairs, 1st room on the left, A-10
Wendy L 973 263 5415
Midland Park 9:30 - 10:30 AM S
Midland Park Methodist Church, 269 Godwin Av
Side Door, Downstairs Room on Right -
Child Friendly
Joyce 201 280 9000 Shari 201 218 5801
Morristown 10:30am-11:30am Step Writing
Morristown United Methodist Church on the Green - 50
S. Park Place - Madeline - 973-285-7507
Ridgewood 7:00 PM - 8:00 PM S & B 1st Thurs T
Christ Church, Franklin Avenue & Cottage Place
Susan L 201-981-0861 Pat S. - 201 652 6882
Upper Montclair 7:00 AM - 8:00 AM S/T
The Presbyterian Church of Upper Montclair, 53
Norwood Road Beni 973 202 5579
BIG BOOK ONLINE MEETING 7:30pm-8:30pm
Download the Zoom app for free
Click join a meeting - Meeting ID-869878263
Available on Desktop, laptop or phone

Face-to-face meetings on hold for now

MEETING KEY

ABC format..... Anorexic, Bulimic & Compulsive Disorder	B..... Beginners
BB..... Big Book	HA..... Handicap Accessible
D..... Discussion	L..... Lifeline
HOW... Specific Format	NN..... No nonsense/Newcomer
N..... Newcomer's	O..... Open
MP..... Meditation & Prayer	S..... 12 Steps
Q..... Qualification (Speaker)	V..... Varies
T..... Tradition	WB..... Welcome Back Meeting 12 th Step Within
W..... Writing	YPF... Young persons friendly
Women Only	
90 Day....Specific Format	

Telephone & Online Meetings are listed at <https://oa.org/find-a-meeting/?type=2>

FRIDAY

Hackensack 7:30 PM - 9 PM HOW HA
John Theurer Cancer Center, 92 Second Street, Lobby
Conference Room
Audrey 201 819 5575 Fran 201 220-1440
Nutley 7:30 PM - 8:30 PM D
Grace Episcopal Church, 200 Highfield Lane
(House on side of Church)
Denise 973 868 9585 Kelly 973 661 2231
Passaic 9:30 AM - 10:30 AM Women Only
Basement of private home
371 Brook Ave
Enter via driveway, 2nd door on the right
Iris 973 249 1470 Dawn 973 779 8891
Wayne 7 PM- 8 PM varies HA
Our Lady of Consolation Ministry Center,
1799 Hamburg Tpke
Follow the driveway down hill past the church
Christine 973 668 8768

SATURDAY

Berkeley Heights 11AM - Noon BB/S
Speaker 2nd Sat of the month
United Methodist Church, 105 Diamond Hill Road
Marc 908-578-9598 Judith 973 600 4341
Little Falls 7:30 PM - 8:30 PM WB
Second Reformed Church, 6 Walnut Street
Dave - 201 665 0448 Agnes 973-942-7167
Paramus 10:30 AM - 12 Noon - BB/S & MP
1st & 2nd Weeks BB - 3rd & 4th S
Dorothy B. Kraft Center, 15 West Essex Road,
Conference Room 1, 2 (off Century Rd, one block from
RT 17)
Angela 201 321 2010 Linda 201 845 6372
Celeste 201 838-0236
Ridgewood 10:00am-11:15am BB
Unitarian Society, 113 Cottage Place - Follow path to
building in the back, building is NEXT to 113 Cottage
Place, brown building with rainbow flag, Room H3 (3
doors down to the left of the old meeting)
Cindy 201-394-0186
Upper Montclair 9:30 AM - 10:45 AM S
Presbyterian Church of Upper Montclair, 53 Norwood
Avenue, between Park Street and Valley Road, 2nd floor,
park on circular drive side of church, enter at stairs to
right of circular drive
Karen 973-704-8047

ANY CHANGES PLEASE NOTIFY US ASAP—

EMAIL: MARY ANN - maryanncluney@gmail.com or BONNIE – B4OAI8n8@gmail.com

OA meetings are open to all people willing to abstain from compulsive overeating and compulsive food behaviors. .