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OA Infoline:
(201) 528-3398
www.njioa.org

The quarterly newsletter of NJIOA — Northern Jersey Intergroup of Overeaters Anonymous

Forgiveness

UPCOMING EVENTS

APRIL 2022

Region 7 Spring Assembly (virtual) April 1-3

Sunday Belleville Speaker Series: The 12 Principles
Sundays April 3, 10, 17, 24 — 9:00-10:15am

Cherry Blossom Walk at Branch Brook Park, Newark
Sunday April 10 — 9:00am

NJIOA Intergroup Meeting Thurs. April 14, 7:30pm

World Service Business Conference (virtual) April 22-30

Day of Inspiration : What Inspires Change?
Saturday April 23 — 1:00-3:00pm

MAY 2022

NJIOA Intergroup Meeting Thurs. May 12, 7:30pm

Relapse Prevention Workshop Saturday May 14

Comfortable In My Own Skin: A Body Image Workshop
date TBD — keep checking website.

JUNE 2022

Fun and Fellowship: OA Trivia Night
Saturday June 4 — 7:00-9:00pm

NJIOA Intergroup Meeting Thurs. June 9 — 7:30pm

Hike, Picnic & Mountaintop Meeting Sunday June 12

All events are virtual, except the Cherry Blossom Walk and the Hike & Picnic, and are held on ZOOM. All times shown are Eastern Time ET.
See our website for full event details and ZOOM links.

www.NJIOA.ORG

Forgiveness has never been easy for me. Before coming to Overeaters Anonymous I held on to every resentment and never forgave anyone. When I started working on my 4th step I saw just how many resentments I had. After working this program for many years I see how I make the same mistakes as anyone else. I am human, a child of God. When I forgive someone else I am forgiving myself. I am so grateful for this program. I do a 10th step every day and look at my defects. When a resentment comes up I look at my part. When I am having a hard time, I say a prayer wishing what I would want for myself, for who I am resentful at. Sometimes I have to say a prayer for people for years. It really works. Letting go of resentment gives me serenity.

— Shari T.



“If we were to live, we had to be free of anger.”

Big Book, How It Works, page 66

Forgiveness Heals The Forgiver

One of the most challenging things in life is to forgive someone. Forgiving someone and meaning it is a difficult task to do because the people who got hurt don't feel as if the one who hurt us deserves it. What people don't realize is that forgiveness isn't for the one who hurt us, it's for ourselves. People also forget that just because someone apologizes to us doesn't mean we have forgiven them, right? If they do apologize then we have to put aside ego and pride and practice forgiveness, letting go. Never forgiving them leaves us with the unhappy burden of carrying this hurt, nurturing this hurt and over time increasing the hurting we now feel, which is possibly worse than the original hurt. We are most fortunate to have a program of recovery to assist us in dealing with this challenge. Step 4 shows us how to put that hurt down on paper so we can think about it and observe what our part may be in the incident. We in program are so fortunate to have the great resources of the steps to work with. What do civilians do I wonder? The reason why forgiveness is so hard is that it is natural to hold grudges or resentments as we often discuss in program. With deluded thinking we think holding the grudge will either punish them, or protect us from getting hurt again in the future. Holding this resentment disrupts our ability to cope with, or resolve, our issues and keeps us stuck in the past. Forgiveness gives the feeling of freedom because we choose to separate ourselves from the negative outcome we experienced. Don't think that just



"With the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal."

Big Book, How It Works, page 66



"For when harboring [resentment] we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die."

Big Book, How It Works, page 66

because we forgave someone it excuses their behavior. This is why we need to understand our part in the incident. In step 4 column 3 we ask how it affects our self-esteem, pocketbook, security, ambitions, pride, personal relationships, sex relationships. Then putting out of my mind the wrong they did, we look for our own mistakes. Though a situation had not been entirely our fault, we need to disregard this person and ask ourselves, were we selfish, dishonest, self-seeking or frightened? What are the actions we took or failed to take regarding this resentment? Could we be failing to grow, to develop, and to become secure in our own person? Are we failing to spot check our tendency to provoke or create a victim situation? And what's in it for us if we remain the victim? As a victim we can push the responsibility to others? In other words, where did we put ourselves in a position to be hurt? Hopefully, our character defects will be recognizable so we know our part in the

formula. A fear inventory would be helpful here as well, so we can see if we were God reliant or self reliant. The minute we forgive we "let go" and letting go frees us up to go on with our lives, we unclutter ourselves from these time-consuming and energy-wasting resentments. Yes, forgiving is hard but not impossible. It may come naturally to us but, if not, then using the steps will get us to the truth. At times it can seem that this review is all for them. But we are the ones choosing to overcome this negative experience and moving on with our lives and growing emotionally and spiritually. Remember we are the ones who will feel something positive and that benefit is worth the effort. That's what true forgiveness is. I know this because I had to learn how to forgive others, after they hurt me.

— Patrick T.

Forgiveness Helped Me Let Go

Being able to let go was a huge gift in my life... I had been in program several years and did many 4th step inventories before I was able to let go of the huge resentment I had toward my father for not being in my life. It felt like he had to be on the inventory each time as I could not ever let go of or forgive such a huge hurt. Also, how could God allow such a thing! A situation that brought me so much sadness and pain? It was only after years of coming, listening, sharing and being open to there being a different way that I was able to be free. I came to realize that God wasn't hurting me, He was protecting me from my father who is a very sick man. By not letting go, I was only hurting myself. I wasn't

FORGIVENESS
is a state of mind

hurting him in any way. So, while when I think of the situation it will always feel sad that it turned out that way, I don't have to carry that sadness with me daily like the ball and chain I was dragging though life with me. Thank you God and thank you to all of my sponsors and fellows over the years who helped me get to a point where I was able to let go and let God.

— Kristy S.

Forgiveness and Letting Go

Sounds simple right? Some days, I find it very easy to do and other days it is compelling and tearing at me. It is that “letting go” part that always gets me. I realize that in order to work my program, it is imperative that I forgive others. Why might someone hurt me? Why might they do something that I find objectionable or offensive? I cannot control, nor do I need to control, others — but I do realize that everyone has an agenda. Whatever they may say or do has really nothing to do with how I work my program. Forgiving can be freeing to some. Letting go can be exhilarating to others. I try not to hold a grudge against someone that needs my forgiveness because holding that grudge means I have not forgiven that person. For today, with this subject of forgiveness as our *OAsis* topic, I am grateful that I am not stubborn most of the time and am willing to forgive. — **Mary Ann C.**



“Our moral inventory had persuaded us that all-round forgiveness was desirable, but it was only when we resolutely tackled Step Five that we inwardly knew we’d be able to receive forgiveness and give it, too.”

AA 12 & 12, Step 5, p. 58



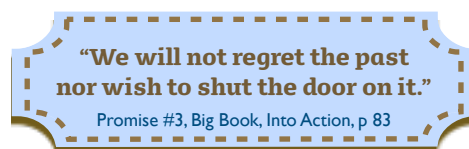
Wheelchair Man

It began as an annoying slowing of traffic on a suburban street. The construction backhoe in front of me stopped and the operator got out and crossed the road. On the opposite side, the utility vehicle slowed, parked and put on his flashers. That driver also exited and began walking toward a point closer to me. Two other men, advancing from alternate directions, converged with the construction and utility workers to the spot where the man lay on the grass, helplessly spilled from his wheelchair. He lay on his thigh, his legs together and knees drawn toward his chest. Yet, as his useless legs were tucked near to his body in pathetic repose, his head and torso were raised, lifted up in an expectant hope answered so quickly by the approaching Samaritans. Somehow, in his life, this man had learned to trust other people’s innate decency. God bless him. The men advanced stoutly; as hardy laborers to their work, loyal soldiers to their duty, the duty of lifting up their fellow human being. They moved with quiet urgency to attend to their brother’s need; to restore his dignity. His dignity was theirs; the men affirmed their own self-respect as they served that of the fallen man. It’s what happens in the rooms.... — **Bill V.**



“When we retire at night... we ask God’s forgiveness and inquire what corrective measures should be taken.”

Big Book, Into Action, p 86




Letting Go

What does letting go mean in recovery? For me it is learning to accept what is happening in the present moment. I find myself saying the Serenity Prayer a lot lately and concentrating on the “accept the things I cannot change” part and turning it over to my HP. Once I turn it over I begin to feel lighter and I know that whatever the outcome is it and I will be fine. The *Big Book* has one of my favorite passages on page 417: “And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation — some face of my life — unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God’s world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life’s terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.” — **Maria G.**

Forgiving Myself

Forgiveness of others comes a lot easier when I remember how imperfect I am. How I can mess up, do, or say something I wish I never said or did. I forgive so I can be at peace. I want to be free, not bitter and angry. Before, the food kept me in bondage and in prison. Now that I’m free of that obsession I must not let lack of forgiveness keep me in a prison — because it can. God will do for me what I cannot do for myself and I have this beautiful fellowship and understanding members who understand how harmful lack of forgiveness can be. Forgiveness does not mean a wrong or hurt wasn’t done to me. I can do the 10th step work, in the *Big Book* on page 84, when these crop up, with a fellow member, I can say the sick man’s prayer (page 67). I can pray for them to have everything I want in life and let God do the rest. Bless them heal me. Bless them change me. — **Anonymous**





WE REALIZED that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

Big Book, How It Works, pages 66-67
The Sick Man's Prayer.

Forgiveness Changed Everything

From the time I walked through the doors of Overeaters Anonymous, I started to work on forgiveness. I lived by self propulsion, always stepping on everything around me. There was no room for others but myself. I thought I was in charge of the Universe until I began to work the Twelve Steps of Recovery and realized how powerless I was. I needed an attitude and behavior adjustment. I was able to surrender to my Higher Power, the upside down negative thinking and life by taking the decision to take action. What action? The action to surrender and dealing with the past life that brought me so much suffering and misery. What an awakening to realize that the problems were of my own making. I wanted to blame the world but failed to be honest with myself. I found that I took part in all the fears, resentments and harms. I wanted everyone to please my wishes; when they retaliated, I acted on my character flaws or coping ways. What a disaster! I ended up hurting myself and others. No wonder everyone walked away. I doubt I will make progress without making amends and restitution to those who I harmed. I was able to realize that others didn't remember and that I was the one holding onto all the poison. It was then that I had an "aha" moment and at that very moment I learned to forgive by letting go and letting my Higher Power take care of His world. Who am I not to forgive myself and others? I am not in charge. After all, what I see in the world and others is my reflection on the mirror. Others are the messengers of God that helped me work on myself. I can only change myself with the help of God, working the Twelve Steps of Recovery, the program and working with others. It is a true blessing to be forgiven after completing the amends and to continue living on the last Three Steps, especially taking daily inventory to forgive. As I always tell myself, a word not said is worth a thousand words. I am able to pause to be gentle, loving, tolerant and kind. We suffered a lot with our food addiction, the disease of the mind, body and spirit. Who am I not to forgive others who have suffered like me or worse than me in life. As our tradition reminds us not to let anyone feel unwelcome, repulsed or not accepted in my life. I need to be the message of attraction instead of the message of promotion. It is through my faith and trust in my Higher Power that I am able to forgive and wear the world as a loose garment.

—Brenda R.

FORGIVENESS
FREES US

Forgiveness Frees Me

Forgiveness seems like a straightforward concept, but for me, it has proven to be elusive at times. I have the disease of compulsive overeating that started early in my life when I turned to food for comfort and ease, unable to cope with people and situations. Especially difficult for me are the times when I feel wronged or mishandled by another. Instead of being able to examine a difficulty dispassionately with reason and logic, I grow an enormous resentment. The Big Book cautions me that resentments "destroy more [food addicts] than anything else." This is where forgiveness comes in, for it is through forgiveness that I can rid myself of those destructive resentments. To that end, I can take several actions including praying, discussing details with a sponsor, journaling, and working the steps. There is another side to forgiveness that involves the wrongs I have done which are numerous and painful to think about. If I want to live in recovery and maintain sobriety, I must

claim the wrongs I have done and take action to right them. In so doing, I am systematically working on forgiving myself for the damage I caused which has contributed so overwhelmingly to my disease. This is a process that must not be approached nonchalantly. Thus, I do not want to live amid landmines of resentment and self-hatred, so I practice forgiveness and seek forgiveness daily.

— Jackie S.

Let Go. Let God.

Let go, and let God — a simple, beautiful concept but difficult for this compulsive overeater to accept or practice...until I came into the rooms of OA. Even then, it took a great deal of time, prayer, patience and trust and faith in my HP to let go. Simple requests, like asking for the job promotion or finding the right house at the right price, were acceptable for me — even if those requests did not come to fruition. Ironically, turning major events over to that Power came easily to me at some of the most difficult times in my life. At times of

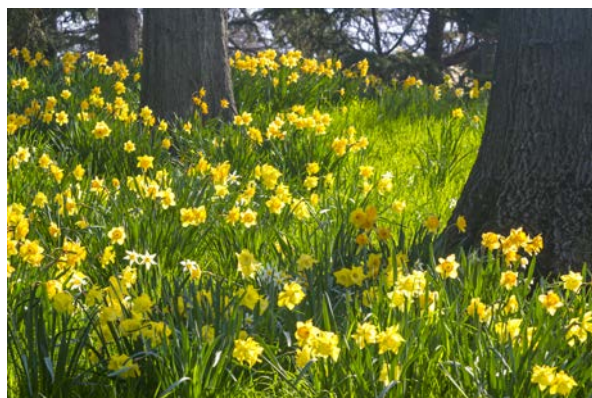
major health issues, when lives seriously hung in the balance, or when relationships in which the hurt in a person's eyes questioned God, these made me think God may have been elsewhere with something more important to deal with. I was wrong. God was always there, always listening, but it was in His time, not mine. More importantly, perhaps, I was usually praying for my plan for me, not His. Whatever challenges present themselves, faith and trust to see it through, along with strength from my HP, will always guide me. That's a given. Amen.

— Anonymous



"It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worthwhile."

Big Book, How It Works, page 66



"If we are now about to ask forgiveness for ourselves, why shouldn't we start out by forgiving them, one and all?"

AA 12&12, Step Eight, p.78

Learning to Forgive and Let Go

I have a 3-ring binder that contains my step-work inventories. Many “unsaleable goods” in these inventories escape me today. This is so because I have done the footwork to clear my plate. For today, I experience this miracle. Thank you, God, for your involvement! Thank you, step-sponsor! Though I have learned to forgive and let go, I want to continue the practice (practice = dedication toward improvement). In short, I am not finished. As an example, I provide an instance where emotional trauma inflicted upon two people. At 6 years old my father left my mother (my two siblings) and myself. When my mother read his goodbye note, her response was simply, “good!” For brevity, I will not share my mother’s story with respect to this issue. However, I do believe her initial response speaks towards acceptance of the situation. Me? I did not forgive, let go or even accept for decades to follow. It wasn’t until I came to Overeaters Anonymous that I inadvertently began my journey toward learning forgiveness. There was more to learn from my mother. She was a registered nurse by profession. I gleaned how to treat a wound and inadvertently how treat emotional trauma. Working the steps and tools aided in this process and putting it into practice. It is through the following analogy that I learned, at least one way, to forgive and let go. When a physical trauma occurs, an Emergency Room nurse will assess the injury – triage/awareness. I learned to become aware when an emotional trauma occurs (what is wrong/what needs to be fixed?). With awareness, acceptance is possible. How can a problem be addressed if it is unknown to me? My father set the ball rolling. One awareness came in the form that I perpetuated the hurt. Denial was not helpful. I bled my emotional trauma, especially when the topic of fathers arose. My history tainted conversations. This issue was also overcrowding my plate. Attempts at spiritual, emotional, and physical health were overshadowed by these



“Resentment is the ‘number one’ offender. It destroys more alcoholics than anything else. From it stems all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically.”

Big Book, How It Works, page 64

resentments, harms, and fears. As the 6-year-old child (patient in this analogy) I wish I could have asked for help (including professional help). I was not able to see the issue from all perspectives. Instead, when he died, I said, “I’m glad he’s in a place where he can finally understand the harm he did to me.” After reporting vitals to the doctor, the nurse returns to the patient with a different perspective. I experienced character defects on a higher level when I was scheduled to become a Foster Father as if through my father’s eyes. But I learned that prayer and compassion have an effect like medical treatment. Through compassion (and an open mind), I have been able to understand different perspectives. I couldn’t do so otherwise. It was huge for me to see the villain as a victim himself (i.e., his father deserted him as a child as well). The wound is then cleaned. In OA, my “wound cleaning” came via speaking about it with my sponsor, through listening and sharing at meetings, with telephone calls, literature, and writings. I cannot overlook step-work as therapeutic tool. I shared my 4th step with my sponsor. I also shared the most salient harms, resentments, and fears with my therapist. She taught me about Compassion Mediation. Once the

wound was cleaned, a bandage is applied. The bandage protects the wound so it can heal. The metaphorical ball is still in my grasp at this point. Now, I need to let it go and drop the ball. I held a tight grasp of the ball that I took from my father for far too long. OA is a program of action, but this is where the action that needs to be taken is not the same for everyone. It was not until working the steps a few times, worked the tools of OA and prayed that I was finally able to arrive at my current destination. Now, I must practice forgiveness because even more forgiveness is possible. Finally, the doctor, a/k/a, my Higher Power in this analogy, sweeps in at the last moment to heal the injury. Spiritually my Higher Power was involved the whole time. H.P. was guiding the nurse and the patient. He even answered the prayers of my father who had been asking for forgiveness.

— Vincent

When we forgive,
we heal.
When we let go,
we grow.

Gratitude healing TRUTH
tenderness attitude freedom
Serenity release LOVE KINDNESS
forgive tolerance CHANGE
Let Go HEALING steps wisdom
courage strength one day at a time

Three Stages of Forgiveness

In the Big Book, Bill Wilson says that forgiveness is necessary for sobriety. He calls it “letting go of resentments” rather than forgiveness. It’s not done to please others, but for oneself. When resentments are held onto, it shuts us off from the “sunlight of the spirit.” I had to let go of a resentment because I was carrying it around with me and the accumulation of a real wrong (and it was not imagined) was making me unhappy. I did not want to spend the rest of my life with this pain that I felt I didn’t deserve in the first place. I wanted to be rid of it and healed and free from it so I could go on and live a full and joyful life. What was I going to do with this resentment? I read about 3 stages of forgiveness. Stage 1 is when we rediscover the humanity of the person who hurt us. Stage 2 is when we surrender our right to get even. Stage 3 is when we revise our feelings towards the person we forgive. Real forgiveness is hard but it is a path to healing and serenity. I learned that I didn’t have to forgive and forget but that I could forgive and live.

— *Estelle S.*

Practicing Forgiveness

After completing Step Five, I felt inclined to begin a daily forgiveness practice. It looks like this: I write out a list of people who have irritated or annoyed me — anyone who I list on my daily 10th Step. I ask God to soften my heart. I then pray the sick man’s prayer, asking God to bless these people and heal me. I pray to shift my heart more quickly from finding fault to finding forgiveness. Almost immediately, I feel relief. As with other daily prayer practices in this program, this forgiveness practice has begun to change me. I notice a quiet shift within. I notice that I respond more sanely and more appropriately to setbacks and irritating people. I notice that love and tolerance is a code I can live by. It has really been a miracle. Thank you, God. Here is a favorite affirmation of mine:

Help me to bless, not blame.
 Help me to heal, not hurt.
 Help me to forgive where I used to find fault.
 Help me to be small, so God can be BIG.

— *Alison L.*

Forgive
Everything



Forgotten
 is
 Forgiven



“We avoid retaliation or argument. We wouldn’t treat sick people that way. If we do, we destroy our chance of being helpful. We cannot be helpful to all people, but at least God will show us how to take a kindly and tolerant view of each and every one.”

Big Book, How It Works, page 67

“It is by forgiving
 that one
 is forgiven.”

AA 12&12, Step Eleven, p.99



I Forgive Myself

I forgive myself
 for the hell of relapsing;
 this disease progresses

I forgive myself
 for not getting abstinent
 ‘til I surrendered

I forgive myself
 for being afraid to live
 one day at a time

I forgive myself
 for resisting fellows’ hands;
 together we can

I forgive myself
 for doubting Higher Power
 and looking elsewhere

I forgive myself
 for my lack of willingness
 self-will run riot

I forgive myself
 for thinking I know better
 I learned I was wrong

Surrender to H.E.L.P.P.*
 Cross bridge of reason with faith
 All is forgiven

*H.E.L.P.P. =
 Higher Energy Love Pause Power

by *Jennifer D.P., NJ*



PAST EVENTS

Unity Day

Personal recovery depends on OA Unity. On Saturday, February 26, all of NJ together celebrated Unity Day. There was an inspirational qualification by a fellow from our own area, followed by an exercise that hasn't been attempted since face-to-face events have gone virtual. At the conclusion of the shares each attendant took time to unmute and say to another fellow "I put my hand in yours and together we can." Once we all "hooked in," we recited the OA Promise in unison. There was that energetic feeling of standing in a circle of unity knowing we no longer have to face this disease alone. Welcome to OA, welcome home!

Star Lake Lodge Retreat

Our 27th Annual Winter Retreat "Star Lake Lodge" took place over the weekend of January 22 & 23, 2022. It was by all accounts a huge success. We had approximately 120 registered attendees and the rooms were full of that January fresh-start energy. We hosted workshops and panels on a variety of exciting topics, with participants zooming in from all over the country. The speakers were strong and they carried a clear message of recovery to our group. It was a really fun weekend and a great learning experience for all involved in the planning and hosting of a dynamic virtual retreat. As you all know, it takes a village to have a successful retreat like this, and we want to thank the many volunteers who gave time and effort and expertise, and whose incredible service made this event a true success. We look forward to our next retreat in January 2023.

— *Star Lake Retreat Committee*

The 'Finding God Chapters' Workshop

On February 12, NJIOA hosted an exciting workshop titled, "The 'Finding God Chapters' of the *Big Book*." Three dynamic speakers from New York, California, and the NJIOA Intergroup each spoke on different sections of the Big Book, describing in a compelling way how this extraordinary and instructional text can help anyone find and develop a relationship with God. The Second Appendix, Chapters 4 and 5, along with some of the stories in the back of the book were powerfully brought to life and interwoven with the speakers' own personal stories of exactly how they found God and experienced the miracles of this program. Over 150 people from all over the world attended this workshop. Recordings of it are posted on the NJIOA website here: www.njioa.org/more/recordings.

September 13

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To err is human; to forgive divine.
Alexander Pope

If I am unable to accept the fact that people make mistakes, am I not rejecting them as human beings? Even more to the point: does my inability to accept my own failings cause me to see myself as not measuring up?

For my own peace of mind, I need to forgive even the most damaging transgressions; but forgiveness of others can only come when I have learned to forgive myself.

For today: I pray for a forgiving heart and the willingness to let go bitterness.

For Today by Overeaters Anonymous, Inc.

INTERGROUP NEWS

Letter from Our Intergroup Chair

My name is ToniAnn, I am a recovered compulsive overeater and bulimic, and I have the privilege of being the 2022 Chair of the North Jersey Intergroup of Overeaters Anonymous. I came into OA in October 2000. My current abstinence is from October 2014. I am gratefully and humbly maintaining a normal, healthy body weight one day at a time with the help of my Higher Power, the 12 Steps, good sponsorship, and the fellowship.

I have learned that there is one word that is synonymous with leadership. Can you guess it? That word is "servant." To lead, is to serve. Our leaders are but trusted servants, they do not govern. The principle of our 12th Step is culminated in service. For me, it is the essence of recovery.

It is an honor to walk this journey beside you and be of service. My goal as intergroup chair is to support, motivate and energize my fellows by creating a safe place to recover and to facilitate achievable goals that promote recovery. Please join us every second Thursday of the month, at our Intergroup meeting. Come see what the excitement is all about. We are here for you and also need you.

I look forward to together experiencing the bright future of OA, our intergroup, and to seek out all that God would have us be. Together we can do what we could never do alone! "May God bless you and keep you -- until then."

— *ToniAnn A.*

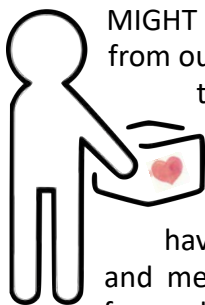


Available Sponsor List

Looking for a sponsor? Looking for sponsees? NJIOA now has a Sponsor Coordinator who will help bring together available sponsors and sponsees. Interested sponsors and sponsees can email the Sponsor Coordinator at NJIOASponsorCoord@gmail.com to receive a brief questionnaire to complete. Sponsors' names and information will then be added to an available sponsor list. Sponsees looking for a sponsor will also be given a brief questionnaire to complete and then, will be given the names of an available sponsor or two from our list to contact. Reach out today to use the vital recovery tool of sponsorship! Email our Sponsor Coordinator today: NJIOASponsorCoord@gmail.com

New!

Carry The Message



MIGHT YOU KNOW someone who could benefit from our program? Bill & Dr Bob said the only way to stay clean is to work with others. You could tell others about our program. Maybe send someone a newcomer packet. Invite them to a meeting. We have beginner meetings, newcomer meetings and meetings to support members coming back from relapse.

INTERGROUP MEETINGS

THE NJIOA INTERGROUP BOARD meets on Zoom, once a month, at 7:30pm, on the second Thursday of the month. Find the link on our website www.njioa.org. Everyone is welcome to attend these meetings, where NJIOA topics are presented for discussion, Board business and finances are discussed, and events are planned. If you would like to get a topic on the next meeting's agenda, please email our Intergroup Chair, ToniAnn, at typedforu@cs.com.



RECOVERY HELP LINE

Are you struggling and need to speak to someone? Do you live in a remote location and need contact? Please call our friendly volunteers to remind you that you are not alone!

PLEASE try all the numbers until someone answers your call

NAME	PHONE	AVAIL TIMES (ET)
ANDREA P	973-985-8169	4PM-6PM weekdays
ANDREA P	973-985-8169	8AM-6PM weekends
AUDREY C	201-819-5575	Please text first.
GERRI W	310-892-8245	After 9PM
JANET B	201-248-8001	Until 9PM
MARCY E	973-694-1274	ANYTIME
SUSAN L	973-704-6345	4PM-6PM weekdays
SUSAN S	201-960-1995	11AM-7PM
TERRY P	862-812-4467	9AM-11PM
TONI ANN A	973-945-0233	Before 11PM



OUR 7th TRADITION

Please make a donation.

When we put money in the 'basket,' we help our meeting, our Group, our Region and OA World Service.

Venmo or Zelle:

njioaPAY@gmail.com

By Mail:

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Fairlawn, NJ 07410



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EDITORIAL NOTE

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