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

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



# The Solution is Spiritual

## UPCOMING EVENTS

### JANUARY 2022

**NJIOA Intergroup Mtg** Thurs. Jan 13, 7:30pm  
**Star Lake Annual Retreat-“ZOOM INTO ACTION”**  
Sat & Sun Jan 22-23, 2022

### FEBRUARY 2022

**NJIOA Intergroup Mtg** Thurs. Feb 10, 7:30pm  
**Saturday Workshop** Feb 12, 12:30-3:30pm:  
“The Finding God Chapters in the Big Book”

### MARCH 2022

**NJIOA Intergroup Mtg** Thurs. Mar 10, 7:30pm  
**Sunday Workshop** Mar 20, 2:00-4:00pm:  
“Measuring Out Life: How I work my life around my program.”

All events are virtual and held on ZOOM  
All times shown are Eastern Time ET  
See our website for event details and ZOOM links.  
**www.NJIOA.ORG**

**W**hen I first came into program 35 years ago, I was heavier than I had ever been. My sponsor told me to find a God or some Higher Power — that the relief of compulsive overeating was achieved through a spiritual recovery. Today, I know I have go to my Higher Power to help me do what I could never do alone. I know God will help me with the things I cannot do — and that means compulsive overeating! Gratefully, I have found a way to depend on God, a way to let go and do the next right thing. This works for me, for today. All I have is today, and I’m so very grateful. Thank You, God. — **Audrey C.**



“Well, that’s exactly what this book is about. Its main objective is to enable you to find a Power greater than yourself which will solve your problem. That means we have written a book which we believe to be spiritual as well as moral. And it means, of course, that we are going to talk about God.”

## Food Used To Be My God

**F**ood used to be my God. When I was happy, sad, angry, lonely, tired, when I was feeling anything that is part of the human condition, I turned to food for solace and for joy. I did that for 37 years. And to be honest, the first bite always worked — it gave me a moment of intense relief. That first bite was the quickest fix to an intense emotional craving. BUT, the havoc that I wreaked on myself and my life following that first bite, was unfathomable.

So why and how did I come to rely on God to relieve me of the obsession that wracked my body and my mind? My “bottoms” have trap doors: I NEVER hit a bottom!! Every time I relapse, I sink lower and lower and LOWER! This disease is progressive, overtime it gets stronger, deeper, and more pervasive. Every time I thought I had bottomed out, I had not. There was ALWAYS a deeper, wider, and more painful relapse. I would call program peeps, crying and crawling, wanting to be abstinent — wanting to be rescued from my living nightmare. I felt so debilitated and defeated, both physically and emotionally. Don’t ask me why it took 37 years, but one day I got to the point where I didn’t want to die but I didn’t want to live. At that moment, God finally got through and I surrendered my will and my life. I knew beyond a shred of doubt, I had received the Gift Of Desperation (GOD).

What does my life look like in recovery? On a daily basis, I must stay connected to God and seek His will for me in all of my affairs. I came to understand that my ego rebuilds when I open my eyes each morning so I must work the tools and steps—my ego-deflating mechanisms. The first thing I do each morning is pray: help me Lord, guide me. Then I read pages 83-88 in the Big Book, which I call my textbook. The Big Book gives me clear-cut directions on how to walk through my day and stay close to God. I am sponsored and I sponsor. I take responsibility for my life and my actions, I follow my food plan as it is written and do not eat uncommitted food, no matter who what when and where. If I truly recognize that this is a disease, then I will recognize what my medicine is, my food plan. I work our 12 steps throughout my day so I can live life on its terms without using food to medicate myself. Let me end with this note of hope. Having been in and out of relapse for 37 years, if I can do it — trust me on this one — YOU CAN DO IT!!! Call me and I will put my hand in yours and together we will walk the journey of recovery. It is beyond your wildest dreams!

— Gwen G.P.

*There are many paths to God.*

## Where God Needs Me To Be

**S**ometimes, I ask myself: “Where am I?” I am on Earth. I am in the United States. I am in my home, or at work or in my car. Maybe I’m taking a walk, or at the beach. Maybe on vacation or maybe I’m sleeping. But where am I, really? Well, I think I am exactly where I am supposed to be: I am in OA, working hard with everything I’ve got, towards a recovering life, one day at a time.



*“If when you honestly want to, you find you cannot quit entirely, or if when drinking you have little or no control over the amount you take, you are probably alcoholic. If that be the case, you may be suffering from an illness which only a spiritual experience will conquer.”*

Big Book, We Agnostics, page 44

I am exactly where I am supposed to be: I am a food addict who is surrendering, on a daily basis to the care of my Higher Power. I am exactly where I am supposed to be: I am at a point where I am vigorously working the 12 Steps to find the patterns and defects in my life that drive me back to the food.

I am exactly where I am supposed to be: I am looking deep within myself, with my Higher Powers help, to do the next right thing, to be the best I can be. To live my best life. I am exactly where I am supposed to be: I am praying for acceptance of people, places, things, and situations in my life. To know I have

no control over them. That I need to surrender and give it all to my Higher Power. I am exactly where I am supposed to be: I am surrounding myself with people who care about me, who support me, who guide me. Who keep me afloat when I feel like I’m drowning — who love me unconditionally. Just like my



*“The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life.”*

Big Book, There Is A Solution, page 25

Higher Power does. I am exactly where I am supposed to be: I am understanding that life isn’t always what we expect it to be. Believing that God has plans for me. That I don’t necessarily have to like His plans at the time, but to know that there is a reason behind them. Trusting Him — that He will catch me, protect me, teach me.

I am exactly where I am supposed to be: I am praying. I am meditating. I am reflecting. I am working my tools and the Steps. I am abstinent. I am grateful. I am working on improving my relationship with God. I am working on improving my relationship with ME. I am taking action. So, when I ask myself where am I... I answer: I am exactly where I am supposed to be.

— Pam T.



I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always! **3rd Step Prayer, Big Book p63.**

A photograph of a forest in autumn. The trees are tall and thin, with some leaves still clinging to the branches, showing vibrant colors of orange, yellow, and red. The ground is covered in a thick layer of fallen leaves in similar colors. Sunlight filters through the canopy, creating a bright, hazy glow and long, soft shadows. The sky is a clear, deep blue.

GOD, GRANT ME THE SERENITY  
TO ACCEPT THE THINGS I  
CANNOT CHANGE, COURAGE  
TO CHANGE THE THINGS I CAN,  
AND WISDOM TO KNOW THE  
DIFFERENCE

## I Prayed for My Recovery

I am a 55 year old man who hit 300 lbs in college. I have spent almost the entire time since then obese or morbidly obese. I even spent a period of time weighing over 400 lbs. Except for a couple of years of abstinence both in my 20's and in my 40's (plus, the first year and a half after getting a gastric lap band in my 30's), I binged every single day of my adult life, without exception. In the spring of 2020, I was consuming over 4300 calories a day which kept me at a weight of 350 lbs. I felt dead physically, emotionally and spiritually. I almost died of Covid in March, 2020 (due to being morbidly obese), but after getting better, still could not stop overeating. My life felt over. I was twice divorced, living in a small basement apartment, furloughed from my job. New Jersey was in a lockdown and there was no place to go (other than supermarkets). I had never left the OA rooms, but I wasn't working the program either. Half measures availed me nothing. During the winter of 2020, I asked a man, whose recovery I wanted, to sponsor me and he agreed. However, I went for days without calling him because I felt too ashamed since I was still overeating. Other times I didn't call because I wanted to continue overeating. But there were enough times I did talk to my sponsor that I realized my way of working OA didn't work while his way was successful. He had years of abstinence and I had none. It also dawned on me that the only way I could get the recovery he got was by doing the things he did. On June 3, 2020, I hit bottom. I was sick and tired of being sick and tired. I genuinely prayed from the bottom of my heart, with my whole being, to G-d to lift my



*“Abandon yourself to God as you understand God.  
Admit your faults to Him and to your fellows.  
Clear away the wreckage of your past.  
Give freely of what you find and join us.  
We shall be with you  
in the Fellowship of the Spirit,  
and you will surely meet some of us  
as you trudge the Road of Happy Destiny.  
May God bless you and keep you until then.”*

Big Book, A Vision For You, page 164

food addiction. I can't explain it in words but my addiction felt lifted. I knew that if I didn't change, I would be overeating again in a day or two. I DID NOT want to die. So, I worked the OA program as if my life depended on it. I decided to work the program the way my sponsor recommended doing. I became willing to do whatever it takes. I practiced the tools the way my sponsor does them and work the steps the way he works them. Having been graced with abstinence since June 3, 2020, I have all this to be grateful for:

- 125 lb weight loss and a normal looking body
- Energy to work (got called back)
- Feeling happy joyous and free - Self-loathing is gone
- Ability to take an hour-long walk
- Buying clothes at regular stores and no longer settling for what fits at the Big & Tall men's store
- Better health (I got taken off blood pressure and depression meds and am no longer pre diabetic).
- Spiritual and religious growth
- A new self-confidence, a new dating life, renewed friendships, better relationship with my son.
- Giving service & finding Serenity.

To my shock, the promises in the Big Book have come true in my life. If it can happen to me, it can happen to anyone in Overeaters Anonymous.

Oh, I almost forgot to mention — I work full time in a bakery.

—Steven L.

*What is this but a miracle of healing?  
Yet its elements are simple.*

Big Book, We Agnostics, page 57

## Willingness After Relapse

By the grace of God I was granted the willingness to return to program 9 months ago, and I crawled back into the rooms defeated and desperate. This time I listened with different ears and learned the vital importance of finding a higher power and praying for my recovery. I remember one particular call with my sponsor. I was reading my gratitude list aloud and said "I'm grateful for my willingness." And she asked me, "Where did your willingness come from?" And I honestly didn't know. "From God," she said. That was a turning point. I realized then that I could not help myself, could not count

on myself for motivation. Even my willingness was a gift from God... and I would only keep it by working a spiritual program — which meant working the steps. The little bit of willingness I had found in relapse, got me back into the rooms; but it wasn't enough willingness to KEEP me in the rooms. My job was to find God on a daily basis and ask for guidance and help. The 12 Steps are my path to God. They are my spiritual solution.

— Alison L.

*“In this book  
you read again and again that faith  
did for us what we could not do  
for ourselves.”*

Big Book, Page 70

## Applying a Spiritual Solution

I am so grateful for the spiritual part of my program. I've learned that my real healing is in living in the steps. I pray for acceptance that people, places and things are exactly as God intends. When I may be feeling uncomfortable or resentful of people, that's the time for me to pray for the serenity to accept these people exactly the way they are... I pray for the courage to change my thinking about them and change the way I see them and I pray for their well-being and for a peaceful day for each of them. Then I can breathe!

— Marlise M.

**PRAYER**  
*Changes things*

## The Broken Bridge

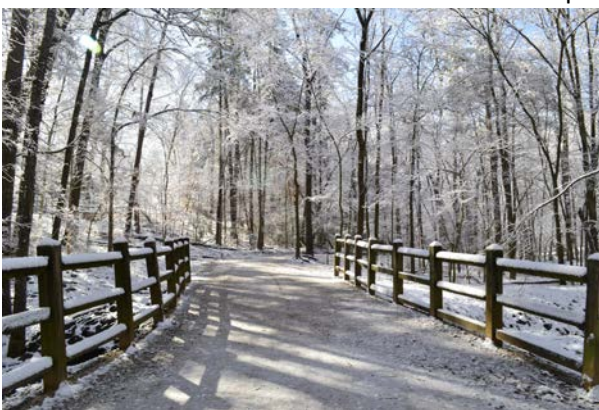
In order to take a first step, we need to understand what the “insanity” is. Normally, our defense against doing something harmful is our memory; for example, we remember that if we put our hand on a hot stove that we get burned. But if a person had a “broken” memory and kept forgetting that if he put his hand on a hot stove it would burn him, we would call that person insane. What if a person said, “Well, I had a hard day at the office so I’m entitled to put my hand on a hot stove,” or “I had a fight with my spouse or I’m mad at my mom, so I’ll just put my hand on a hot stove for a minute...” Or “This time it won’t burn me, this time will be different,” or “I’ll start refraining from touching a hot stove tomorrow?” We would say that person was insane!! But that’s how it is with a compulsive eater...for whatever reason, the mechanism that allows us to “remember” strongly enough to deter us is broken. That is the insanity.

A good way to understand this is to think about the connection between our memory and our conscious mind. On page 24 it says that we are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink. So let’s break that down. Normally my defense against doing something dangerous is my memory. Let’s say I’m about to touch a hot stove. Well, in my memory are stored these data points telling me that touching a hot stove is dangerous, so if I’m about to touch a hot stove, my memory will send a little thought running across the bridge that connects to my conscious mind, and says “STOP! DANGER! HOT STOVES WILL BURN YOU!” And then I don’t touch the stove. Or another example is that I have a terrible cat allergy. So stored in my memory are a bunch of data points of cat induced asthma attacks, so that if I’m tempted to go into a pet store or visit a friend who has a cat,



*“We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.”*

*Big Book, There Is A Solution, page 24*



*“Faith has to work twenty-four hours a day in and through us, or we perish.”*

*Big Book, Bill’s Story, page 16*

## A Daily Spiritual Practice

For me, my spiritual solution is more of a spiritual practice. A day at a time, sometimes an hour or a minute. Each morning I write down my food, 5 things I am grateful for and a Dear God note. The note to my Higher Power is simply turning my will and life over to Him, knowing I am not in charge and to put Him before me. For too many years to mention I lived on self-will run riot. Trying to control my food, other people, situations and (sadly) my children. I thought I knew best. I’m sure my Higher Power had quite a chuckle at that. I lived so

*For we are now on a different basis;  
the basis of trusting and relying  
upon God.*

*Big Book, How It Works, p.68*

my memory sends a little thought running across the bridge that connects to my conscious mind, and says, “STOP! DANGER! CATS WILL GIVE YOU ASTHMA ATTACKS!” So again my memory keeps me away from danger. So now let’s go to food. I used to binge on these certain kind of cookies while in college. I would always say I’m going to just have 1 or 2, but would end up eating the whole box of 20, and sometimes more.

So in my memory were hundreds of data points of how I would promise myself I’d just eat 1 cookie, but I’d end up eating the whole box. So there I’d go again, about to buy a box of cookies, promising myself I’ll just have 1, and my memory will send a little thought running across the bridge to my conscious mind and says, “STOP! DANGER! YOU WON’T BE ABLE TO STOP AT 1. YOU’LL EAT THE WHOLE BOX AND THEN YOU’LL HATE YOURSELF, AND GET FATTER. DON’T DO IT.” Except when it came to food, the bridge was broken, and the thought couldn’t get across.

My memory failed to hold me in check and I had no defense against the first compulsive bite. I couldn’t keep the memory green. I couldn’t

just tell myself to stay away from certain foods. When it came to food, the bridge between my memory and my conscious mind, my will, was broken. And once broken, it could never ever be repaired. I was hopeless. Just like Bill Wilson, when he realized he was hopeless and said on page 8, “No words can tell of the loneliness and despair I found in that bitter morass of self-pity. Quicksand stretched around me in all directions. I had met my match. I had been overwhelmed. Alcohol was my master.” For me, food was my master. And I had a broken bridge.

Ok, so our bridges are broken. There is no connection between our memory and our conscious minds when it comes to food and once the bridge between our memories and our conscious minds is broken, it cannot be fixed. Self-knowledge won’t fix it. Desire won’t fix it. We are 100% hopeless without a miracle. Fortunately for us, the Age of Miracles is still with us. :)

*—Janet B.*

many years angry, depressed, hating myself and others, judging and just so broken inside. I learned through the 12 steps, and through people in program, how to get out of my own way, put the food down and live. It is a daily, sometimes hourly conscious practice. My favorite places to connect with

God are at the beach, in nature, and through my love for animals. Although not perfect, I am grateful to have the tools of Overeaters Anonymous, my Higher Power, my sponsor, meetings and the 12 steps to help me live a more rational, abstinent and saner way of life. Today I can truly say I eat to live, not live to eat.

*— Susan R.*

## Measuring My Spiritual Health

**B**efore OA, I didn't really comprehend the idea of spirituality. Maybe it was spewing pontification when I was smoking weed in college. I thought I was spiritual when I smoked clove cigarettes and listened to alternative music and saw independent films. Little did I know. In this recovery, I googled how to measure spiritual health. A part of the answer (at least the part I remember) was doing the right thing even when no one was watching. That made a lot of sense to me. It was in a similar vein to dance like nobody's watching. So, how did I obtain and eventually maintain spiritual health? It starts with the Steps. It always does, right? With taking the Steps, there is a bit of blind faith before we start trusting the process. When it worked - voila - that's when I started trusting the process. My fellows were examples of what I wanted to be like spiritually - yet I was comforted knowing my idea of a higher power - was solely my own. The proof for me is in the pudding (or in this case the lack of). I would always believe if no one was around, there would be no harm in taking or doing what I perceived was "owed" me or what I was "entitled" to. Note there are a lot of "I's" in this writing. Nothing is owed to me in this world. When I take action without expectation of return - the return is much greater than I ever imagined. Prayer and Meditation. My prayer and meditation may look very different from yours. Heck, it can look different on a Tuesday than it does on a Thursday for me. Losing the expectations of what is the proper way to connect to higher power strengthens my spiritual health. Another shift in my thinking that has enhanced my spiritual health is instead of Random Acts of Kindness, I am purposeful in my acts of kindness. These may or may not have a monetary attachment to them. It doesn't matter. If I can't recall the last time I did something for someone that had nothing to do with me - then it's time to get on it. My relationship with spirituality is ever evolving. There is no done or finish line. As we often hear: more to be revealed. Aren't we the lucky ones!

*"Either God is everything or else He is nothing. God either is, or He isn't."*

*Big Book, We Agnostics, page 53*



*"Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves."*

*Big Book, We Agnostics, page 45*



*— Anonymous*

## I Am Not In Charge

**W**hen I hear the term, "spiritual solution" immediately what comes to mind is: I am not in charge. There is very little I can control in my life. I can do the basics (brush my teeth, go to bed early, put gas in the car) but I have truly learned that I am not in charge. I give my food and writing to my sponsor every day. If something arises that needs to be taken care of, we talk about the action plan for the day. Then I turn the results over to my higher power. Life can present joys and calm periods and challenges. Today my dog became very ill. Because I am connected to program, I could quickly remember Stop Pause Pray (and breathe). So I am at the vet and praying for a good outcome. The vet says there is nothing serious. Regardless, no matter what the day brings I always have a spiritual solution. I'm reminded of this when I am into service and working with others. I believe that my higher power speaks through my sponsor, fellowship, steps and tools.

*— Nancy L.*

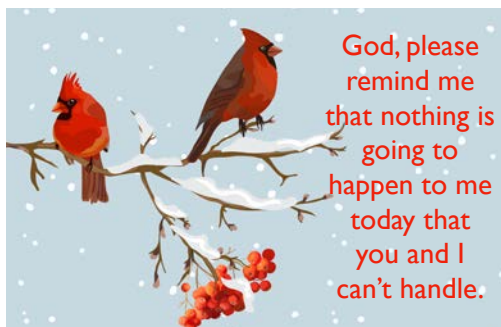
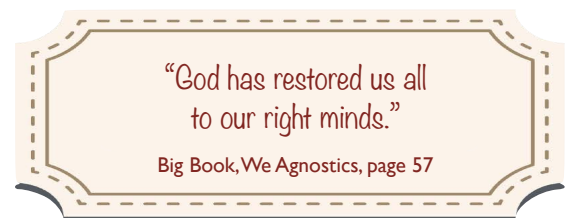
## A God of My Understanding

**I** am a slow learner. Have I always known this? Or, have I just come to that realization lately? Oh well, it just doesn't matter. I grew up a good (Catholic) girl — attending church, saying my prayers and obeying the 10 Commandments and all the rules. As I became more connected and drawn to the church in my young adult years, the question I asked myself was, what is the difference between religion and spirituality? I didn't learn the answer until I came to OA and the twelve-step programs. As many say, I found spirituality in the basement of the church. What a gift! I've learned that my Higher Power, whom I choose to call God, is not a punishing God. He is a God who loves me, unconditionally. He is a God who forgives me — no matter what. And He is the God of my understanding. And I've learned that I can admit I am powerless over food (Step 1); my Higher Power can restore me to sanity (Step 2); and I can turn my life and will over to the "care" of God without shame (Step 3). That is true spirituality for me.

*— Agnes C.*

*"God has restored us all to our right minds."*

*Big Book, We Agnostics, page 57*



## PAST EVENTS

### IDEA Day 2021

The entire state of New Jersey joined together for a fabulous workshop on Sunday, November 21 for Idea Day. We had speakers from all over the state and great shares everyone loved. We had someone speaking on new abstinence, on abstinence after Relapse, and one long-timer. We also gave out a great handout on survival tips for the holidays. What a great way to end 2021 with the whole New Jersey fellowship.

—Susan S.

### Region 7 Convention

Region 7 Convention was held again virtually this year over the weekend of Nov 5-7. We had 2 tracks going simultaneously: a Steps track and a Workshop track with panels and different speakers. We heard 3 incredible keynote speakers over the weekend, which began with a relaxing meditation, and ended on Sunday with a reentry meditation. The convention was full of recovery, joy, and hope for people in program, for those in relapse, and for newcomers. Already looking forward to next year's convention which will be held in-person in Ocean City, MD - date TBD

— Maria G.

### Serenity Prayer Workshop

In September, NJIOA hosted a Serenity Prayer Workshop. Over 100 people attended and were treated to a history of the Serenity Prayer, and heard 3 speakers, who spoke on SERENITY, COURAGE and WISDOM. The speakers were from our own intergroup, New York, and California. They reminded us how God gives us serenity even when there is calamity in our lives, gives us courage in the midst of fear, and gives us the wisdom that we need to navigate life. One person named the speakers "The Serenity Sisters," and we are pleased to announce that The Serenity Sisters will be speaking again at the February 12th NJIOA workshop, "The Finding God Chapters."

— Janet B.

## OA Word Search

E C V Y G R H L I V M Y I J N X V M Q S M N D F I V Q U B P C H T S P Q K C Y H  
 I E J S E R E N I T Y L P I S T E P E L E V E N Y G B H X H D W F J V H S H P T  
 W L F Y I C W C D L I Q F O Y Z I Y T O G E T H E R Y I J U V A E D U C V M S Z  
 M C F J N H H F R H Q J R P W U A O F R E E D O M A B E L I E V E L F B A S N S  
 C V B N V T P A T I E N C E L E J Q P D H J M R D T P D M E U S O C O U R A G E  
 R R S N I D M O H O P E V C G J R F U Y U E O C I I S Z S P I R I T U A L S N E  
 K V C A T X L C E A T F N P Y J D L L U Y Z V F Y T V O V C E Z F G G H S L C O  
 U R F H A P P Y J B C J J V J D V M E E T I N G S U F A E D O D A R L E E T G G  
 X G H V T L C V O S P W Q I S R G S F S K N W I S D O M N Y T G H N R S O G W H  
 P I H F I V M C A T D M I Y R B Y L O Q S T E P S E E E A P X R Z G I O D H X O  
 J W L G O C O M M I T M E N T D O D I L J P K L Y V R C W G P R O G R A M L E N  
 Q V M I N V L Y G N Y I Z A S A M C W H U P B X W R J P I U Y R H K V Y W I E E  
 O V Q L I K I T Z E B W V B D K N Q G K O T I Q U W S U P S P S E M J Z T L A S  
 X I Q G R E I Z Y N M T O L E R A N C E M G I S L J K B R R I T Q B S M M H T T  
 Z P T Z M N G N A C C E P T A N C E J Y J J Q O G K X H O G A O C G K Y I K E Y  
 Q G O D F P O K D E I T S B Y H T U D A I L Y N N V O M M Y N Y N O K Y R Q J J  
 N T A W V H J Z R N B F T S R M Y S E P Y P W Y S W H R I Q K F E V J A A C T W  
 C E P K U S J J V R E Z J O Y O U S Z A M K U D U F M R S L P K Z R L F C A J Y  
 B I W I L L I N G N E S S F A F N P T L Q C Y U Y Y N Q E W R Y S W W Z L U C N  
 K X Y T Y V Z S T H K L S O V K E S T U S V Y D R K Z W S E E K F R P L E I U U

## PAST EVENTS

### Region 7 Assembly

The Fall Region Assembly took place October 1-3, virtually on Zoom, with 18 of the 21 intergroups represented. Friday night started with different Intergroups sharing their news, happenings and events. Saturday started bright and early with committee meetings taking up most of the morning. Sunday was the business meeting, and a new vice chair was elected — Rob L from PAIG. The spring assembly 2022 is TBD.

—Maria G.

## INTERGROUP NEWS

### NJIOA thanks the Outgoing Board

Many thanks to the outgoing NJIOA Board. You all served NJIOA through some of its toughest months and did a terrific job in difficult circumstances: you kept us going during the pandemic, lifted the Group onto a virtual meeting platform, hosted monthly virtual workshops, organized Star Lake Lodge, our annual weekend retreat, and raised funds with new ideas like the NJIOA Tribute program. We eagerly welcome the new Service Board and thank them for their service, and we bid farewell to Susan S, Judy L, and all the 2019-21 Board members with a grateful heart, and thank them for all they have done for NJIOA!



"Deep down in every man, woman, and child, is the fundamental idea of God."

Big Book, We Agnostics, p.55

Abstinence	Miracle
Acceptance	Patience
Believe	Powerless
Commitment	Prayer
Courage	Program
Daily	Progress
Decision	Promises
Faith	Seek
Freedom	Serenity
God	Solution
Gratitude	Spiritual
Happy	Stay
	Step Eleven
Honesty	Steps
Hope	Surrender
Invitation	Together
Joyous	Tolerance
Kindness	Willingness
Meetings	Wisdom

## 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 can 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.



*"Each day my friend's simple talk in our kitchen multiplies itself in a widening circle of peace on earth and good will to men."*

Big Book, Last line of Bill's Story, page 16

## OUR 7th TRADITION

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

Venmo or Zelle:  
**njioaPAY@gmail.com**

By Mail:  
**NJIOA, PO Box 827  
Fairlawn, NJ 07410**



## 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 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
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
MARCY E	973-694-1274	
JANET B	201-248-8001	Until 9PM



## YOUR TRUSTED SERVANTS

Newly Elected Service Board, Effective January 1, 2022

<b>TONIANN A</b> Chair	typedforu@cs.com 973-945-0233
<b>MARIA G</b> Vice Chair	mtg7176@gmail.com 201-314-1350
<b>RONNI S</b> Secretary	ronnis.2020@outlook.com 201-647-3613
<b>NANCY A</b> Corresponding Secretary	ambroses28@hotmail.com 908-510-5090
<b>JON K</b> Recording Secretary	jonkess6691@gmail.com 973-652-1335
<b>ANDREA P</b> Treasurer	andreapascale13@gmail.com 973-985-8169
<b>JUDY L</b> Events Chair	gratefuljudy@yahoo.com 201-615-4955
<b>SUSAN S</b> OAsis Committee Chair	papersusan@aol.com 201-960-1995
<b>BONNIE F</b> Web Chair	b4oai8n8@gmail.com 201-657-3916
<b>TERRY P</b> InReach, 12th Step Within	terrypolatchek@hotmail.com 862-812-4467
<b>MARK H</b> Public Information	markdhenze@msn.com 201-320-3025
<b>BRENDA W</b> Telephone Hot Line	BrendaOANJ@gmail.com 973-704-5082



## INTERGROUP MEETINGS

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

## EDITORIAL NOTE

The Oasis is the quarterly newsletter of NJIOA — Northern Jersey Intergroup of Overeaters Anonymous. The next deadline for copy is March 1, 2022 for the Spring issue. The theme is: FORGIVENESS. The opinions expressed are those of the writers, not those of NJIOA or OA as a whole. Please email your submissions to the Oasis Editors, at: [maryanncluney@gmail.com](mailto:maryanncluney@gmail.com)

*"There is One who has all power — that One is God. May you find Him now!"*

Big Book, How It Works, p.59