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



## How Prayer Changes Things

### UPCOMING EVENTS

#### JANUARY 2023

Jan 12 — NJIOA Intergroup Meeting 7:30pm

#### FEBRUARY 2023

**Saturday Feb 4 — The NJIOA WINTER RETREAT  
STAR LAKE LODGE**

A one-day all-virtual retreat on Zoom  
Saturday February 4, 9:00am-5:00pm  
Register on our website [www.njioa.org](http://www.njioa.org)

Feb 9 — NJIOA Intergroup Meeting 7:30pm

**Weekend February 17-19 Region 7 SPRING ASSEMBLY**  
Bon Secours Retreat and Conference Center  
Marriottsville, MD. Registrations Due: February 3, 2023

Feb 25 — UNITY DAY details TBD

#### MARCH 2023

Mar 9 — NJIOA Intergroup Meeting 7:30pm

All event flyers and further info will be posted on our website: [www.njioa.org](http://www.njioa.org)

### No Prayer is Ever Wasted

**P**rayer changes things. I am very clear about that. In my former life as a desperate, insane food addict, I used my brain well, but I was a spiritual agnostic. I just didn't believe in anything. And then, at my sponsor's suggestions, I started saying "good morning" to God every day, just to see what happened. The result was extraordinary. God came toward me when I came toward God. He took hold of my empty soul and filled it with His presence. Talking to God every day is now part of my life — I simply can't live without it. I see prayer as an exercise of the soul, just as though it is an exercise of the brain. I have to deal with my life now through both my brain and my soul. And just as no thought is ever useless or wasted, neither is a single prayer. Prayer changes things. And when I don't like the changes, I can at least be sure that they have come from God.

— *For Today*, December 4, pg. 339





# Thoughts on The Serenity Prayer

One of my favorite program prayers is the Serenity Prayer. It's easy to take it for granted. Since we say it so often, it can lose its specialness and feel rote and ordinary. But, the actual ideas in the Serenity Prayer are pretty profound. Imagine being able to actually accept all the things I can not change?! What if I was graced with the peace of mind that allows me to stop struggling with the people, places and things that I don't like? That would be incredible! Living life on life's terms can be one of the hardest parts of recovery. It's a natural instinct to want to edit life so that circumstances go my way. But, that's not reality. So, learning to live in recovery involves learning to live with the parts of life that rub me the wrong way. It doesn't mean I don't get to disagree or disapprove. It just means that I learn to accept that my way isn't the only way. The second part of the Serenity Prayer is also an eye-opener. Praying for the courage to change the things I can means I first need to discover "my part". That's one of the biggest benefits of doing step work. I get to stop focusing



*"I earnestly advise every alcoholic to read this book through, and though perhaps he came to scoff, he may remain to pray."*

Last line of the the Doctor's Opinion. BB Page xxxii



on the actions of others and turn my attention to the things that I am empowered to change. This starts with an attitude adjustment. I had to stop seeing myself as a victim and seeing others as villains in my life story. I can't stop people from doing harmful things. That is an unfortunate reality of life. But,

I do not have to remain a prisoner of others' deeds, nor do I have to be imprisoned by my character defects. The steps, tools and principles of the program help me gain the courage and awareness to stop ruminating on my woes and approach challenges with integrity, maturity, and accountability.

Lastly, there's the wisdom to know the difference. Discernment is such a beautiful byproduct of working the program. I get to see that everything isn't a crisis or a calamity. Program helps me to "right size" my reactions to life, even when it involves managing hard things. I don't always get it right and I believe I will always be a "work in progress". But, the wise words of the Serenity Prayer are a gift. Saying the words is a start. Leaning into them is where I get the most value. This prayer teaches me to strive for a life where I aspire to do the next right thing, one day at a time.

— Karen C.

## Prayer Changes Everything

The Big Book of Alcoholics Anonymous has been compared to an instruction manual, a workbook and a guide. I would add 'prayer book' to this list. "Its main object is to enable you to find a Power greater than yourself which will solve your problem". (BB, pg. 45) The Big Book contains a few specific prayers I use daily: Step 3 Prayer (pg. 63) Step 7 Prayer (pg. 76). Some prayers I use for specific challenges like stubborn resentment (pg. 552), persistent fear (pg. 68), or anger (pg. 67). Each time The Big Book suggests I "ask" my HP, I can create my own prayer or ask recovered fellows to share with me what works for them. I have created a Scale Prayer (God, let my weight today just be a number. Let it not affect how I treat



*"Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come if your own house is in order."*

Big Book page 164

myself or others.) and Affirmation for Doubt/Fear (I am exactly where HP wants me, doing exactly what HP wants me to do, exactly as HP intended me to be in this moment) and regularly use a few prayers "borrowed" from other fellows. Working these Steps by the Action of Prayer on a daily basis is true surrender for me. I no longer "figure it out" or "try harder" on my own. I give HP a chance to change me, to bless me, and bless others thru me. Sometimes I feel as if my HP gently lifts me higher up so that I can see things from a new perspective, a bigger picture. My whole attitude and outlook on life change and my response to life changes. This "recovery effect" changes everything and everyone I touch. Just for today, I choose to pray, and prepare to be amazed!

— Christine W.



## The Power of Prayer

Prayer Changes Everything  
My mood, My outlook, My Perspective  
Prayer reduces my need to change  
the situation  
And my need to change the person  
Prayer grants me the wisdom I need  
to make decisions  
And to make choices that are healthy  
and good  
Prayer clears my mind  
And allows me to choose to do  
the next right thing  
Prayer helps me see all the  
miracles throughout the day  
Prayer helps me find hope when  
I am down  
Prayer helps me find answers when  
I am lost or confused

Prayer helps me feel that G-d loves me  
And helps me love myself  
Prayer helps me see that G-d  
forgives me  
And so I can forgive myself  
G-d answers my prayers in G-d's time  
The time of the universe  
Not my time  
Through my prayers I get what I need  
Not necessarily what I want or  
what I ask for  
And I end up being grateful  
For Whatever I Get  
Prayer is a measure of my faith  
Prayer has helped me recover  
from this disease  
And has helped restore me to sanity.

— Karen S., CO

## Prayer Changes Everything

I need to have a spiritual connection every day, several times a day. Sometimes it's just the serenity prayer when something difficult or uncomfortable crops up. Almost every night ends with the third step prayer before I go to sleep. I try to share prayers with my sponsor every night. We pray together the third step prayer, the seventh step prayer, the serenity prayer, the freedom from bondage prayer inserting whoever it is applicable for at the time. Then end with the prayer of St Francis. I love this to always remind myself of the behavior I want to always reflect in my life... Prayer and program have forever changed my life and I am so grateful.

— Marlise M.

### PRAYER OF ST FRANCIS

Lord make me an instrument of your peace.  
Where there is hatred let me sow love. Where  
there is injury, pardon. Where there is doubt,  
faith. Where there is darkness, light. And where  
there is sadness, joy. O divine Master grant that I  
may not so much seek to be consoled as to  
console; to be understood as to understand; to be  
loved as to love, for it is in giving that we receive, it  
is in pardoning that we are pardoned. And it is in  
dying that we are born to eternal life.



## Prayer Transforms My Perception

Impulse,  
react,  
how could they?!

What?!!  
That's not right!  
I can't!  
They can't!

I don't deserve this!  
They should treat me better!

Have to say something,  
do something, act,  
make them listen,  
make them,  
my way...Wait.

Pause.  
Breathe.  
In, out.

Do nothing now,  
say nothing, not right now.

Pray for insight.  
God please help me.  
Help me to have your love  
in my heart,  
your thoughts  
in my mind,  
your words  
in my mouth.  
Sigh.

Breathe.  
Breathe in God,  
breathe out fear.

There is a solution.  
No need for panic, reactivity.  
Wait.

Breathe.  
Seek peace,  
seek kindness,  
seek tolerance, calm.

Wait,  
and the right thoughts,  
words, actions will come.

Let God in.

— B. F.



## A Dialogue with God

I spoke with God this morning. The conversation took me on a journey to many places. I started with my Sunrise Meeting and I drift back to sleep during the reading. I awake again on my bed and I find myself moving from the dream state into consciousness with the same fellows. I hear so many things that I want to remember and then and I pass on my own experience. I am grateful. I just spoke with a Sponsee. She is such a gift in my life. She helps me to see how I can learn from her experience and I also give her the gift of listening. I noticed that listening has become easier. This is a big awareness, to practice the art of listening. I can still be impulsive and interrupt, but I am working on the practicing the opposite. I have teachers on both sides of that issue. A fellow on a meeting I attend regularly does the same thing, but I feel a greater degree of irritation when they jump ahead to be first. I like to jump in first. This is my sense of being important, my entitlement. I feel that my information is the best. I am aware of my lack of humility and need to practice patience tolerance kindness and love. I enjoyed looking at Instagram this morning. I came across a post with a poem that spoke to me. "If I had three lives "by Sarah Russell. I guess that best describes me. It's exactly what I think I would



*"Step Eleven encourages us to practice prayer, to continue talking to our Higher Power daily, even when it seems like a senseless exercise."*

The 12 & 12 of Overeaters Anonymous, pg. 92.

## Prayer Changes Everything

Before I came into program, I did pray traditional prayers and attend church on Sundays. However, since coming to Overeaters Anonymous, I have developed a more intimate relationship with God. Before program, I thought that it was my job to solve everyone's problems, control everyone's life and that I always knew what was best for everyone around me. Well, I was not very successful in this as you can imagine. It took me many years to understand that God is in control, that God is the only one who has power to change anything. When I learned how to "give it to God" I realized how praying and relying on God can be freeing. As I have learned to relinquish the need to control and ask God to take care of things, miracles have happened in my life. My relationship with God has grown - I am able to accept life on life's terms and let God guide me instead of me taking care of everything. I pray in gratitude to God, I pray to keep connected to God and I try to work on keeping this connection. When I let Go and let God, my prayers are answered. I am so grateful for the power of prayer.

— Angela R.

long for. There is a part of me that longs to be free, to roam and sit by the water, drive up the seacoast. Part of me longs for a man on the weekend to share a dinner and some love but then be able to galavant off to anywhere I want to go. I long to meet people along the way, make new acquaintances, draw better, write better, be more courageous, more adventurous,

travel to the UK, to Greece, to Paris, to Provence, to see where the artist created their masterpieces to travel to New Zealand Australia and Canada. The third part of me works my program of recovery in all aspects of my life. I have A conscious contact with my HP, I am abstinent and doing service to help others in my program. I am fearless and physically fit. I would like to picture myself as an adventurer and still take all of my friends with me because I don't like to let anyone go. There are people I was happy to release and sometimes I

do feel guilt about that, however I knew it was a sink or swim situation. I am an optimistic person with a lot of energy. At this time I am napping more than I should. Is that a form of depression or am I tired from the monotony of caretaking and the routine of daily things? That's when I remember that I only have this 24 hours one day at a time, I am here in the spot right now and that can change in a second. I am trying to live by the principles of my program and practice them in all my affairs. This program of recovery has given me a life far better than I could've imagined. It would have been a very limited existence if I had not found this program. Giving to others, I get back so much more in return. I am humbled by the gifts of recovery and the joy that it has brought into my life. It's all good. The more often I take the time to sit quietly and invite Him in, He will reveal himself to me.

— Susan L, Fair Lawn

## Prayer Ends Resentment

One of the most important actions I rely upon in program is to pray for someone I have a resentment against. This action of prayer has been helping me since I came in to the rooms and I often pass it along to others. Page 552 of the Big Book says: "If you have resentment you want to be free of, if you will pray for the person or thing that you resent, you will be free." Free from acting out or moving towards the food! Free to be joyful and peaceful. I do write a prayer for the person I resent, hoping they will have blessings in abundance. This practice has worked for me more times than I could count.

— Nancy L.



### 3rd Step Prayer

God, 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.  
AMEN



### Set Aside Prayer

God, today help me set aside  
everything I think I know about You,  
everything I think I know about myself,  
everything I think I know about others,  
and everything I think I know  
about my own recovery  
so I may have an open mind  
and a new experience with all these things.  
Please help me see the truth.  
Amen



### Acceptance

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 fact 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 in my attitudes.

Big Book pg. 417

### Rosanne's Prayer

I put my hand in yours, and together we can do  
what we could never do alone.  
No longer is there a sense of hopelessness,  
no longer must we each depend  
upon our own unsteady willpower.  
We are all together now, reaching out our hands  
for power and strength greater than ours,  
And as we join hands, we find love and understanding  
beyond our wildest dreams.



### 11th Step Prayer

Lord,  
Make me an instrument of your peace:  
where there is hatred,  
let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.  
O divine Master, grant  
that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.  
For it is in giving that we receive,  
it is in pardoning that we are  
pardoned,  
and it is in dying  
that we are born to eternal life.  
Amen



### 7th Step Prayer

My Creator,  
I am now willing  
that you should have  
all of me — good and bad.  
I pray that you  
now remove from me  
every single defect of  
character which stands  
in the way  
of my usefulness  
to you and my fellows.  
Grant me strength,  
as I go out from here,  
to do your bidding.  
Amen





## EVENING

Where have I been...

RESENTFUL:

SELFISH:

DISHONEST:

AFRAID:

Do I owe an apology?

Have I kept something to myself which should be discussed with another person at once?

Was I kind and loving toward all?

What could I have done better?

Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life?

After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

*GOD,  
Forgive me.  
Show me what  
corrective measures  
I should take.*

Big Book, Into Action, Page 86

On awakening,  
let us think about the twenty-four hours ahead.

## MORNING

We ask God to direct our thinking.

Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

*GOD,  
I pray that You direct my thinking today.  
I especially ask that my thinking be  
divorced from selfish, self-seeking  
or dishonest motives.*

We consider our plans for the day.

In thinking about our day we may face indecision.

We may not be able to determine which course to take.

Here we ask God for inspiration, an intuitive thought or a decision.

We relax and take it easy. We don't struggle.

We are often surprised how the right answers come after we have tried this for a while.

Big Book, Into Action, Page 86

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.

## Throughout The Day

We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems.

*GOD,  
Show me what my next  
step should be.*

We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends.

*GOD,  
Free me from self-will and  
self-seeking. Guide me to be  
of service for others.*

Big Book, Into Action, Page 87

# The Serenity Prayer and Twelve Step Recovery

## FINDING THE BALANCE BETWEEN ACCEPTANCE AND CHANGE

Article By Hazelden Betty Ford Foundation. Published Oct 14, 2018

The Serenity prayer perfectly expresses the central problem of addiction and prescribes a timeless solution.

### The AA Serenity Prayer

These simple words ring clear through the hearts and minds of Alcoholics Anonymous members across the world: *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.* This often-used AA prayer is an excerpt from a longer prayer commonly attributed to Reinhold Niebuhr. Although its origins are a bit unclear, its impacts are not. The Serenity Prayer serves as a focal point for the very spirit of AA, anchoring its members to its quintessential teachings about surrender and acceptance. Below, we provide the full Serenity Prayer along with an examination of its history, meaning and importance so that we all might carry its lessons closely and transform common hardships into a calming surrender.

### AA, the Twelve Steps and the Serenity Prayer

Members of Alcoholics Anonymous have enthusiastically embraced this prayer—known as the Serenity Prayer—almost from the moment they discovered it. In fact, these 25 words are heard in most every AA meeting and widely taken as a succinct statement of a path to sanity and sobriety. The Serenity Prayer meshes perfectly with the spirituality of AA's Twelve Steps. And, although the origin is thought to be Christian, the Serenity Prayer is applicable to your daily life regardless of religion or spiritual belief system. There are several versions of the Serenity Prayer, each with slightly different wording that support groups have adopted. The full Serenity Prayer text has stronger religious overtones. Also there are conflicting accounts of the prayer's origin. The Serenity Prayer has been variously attributed to an ancient Sanskrit text, Aristotle, St. Augustine, St. Francis of Assisi and others. Many AA members were first exposed to the prayer in 1948, when it was quoted in the Grapevine, an AA periodical. There it was credited to American theologian Reinhold Niebuhr (1892-1971). The



### The Full Serenity Prayer

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.  
Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace;  
Taking, as He did, this sinful world  
As it is, not as I would have it;  
Trusting that He will make things right  
If I surrender to His Will;  
So that I may be reasonably happy in this life  
And supremely happy with Him  
Forever and ever in the next.  
Amen.

Serenity Prayer spread both through Niebuhr's sermons and church groups in the 1930s and 1940s, and was later adopted and popularized by Alcoholics Anonymous and other Twelve Step programs.

### Living the Serenity Prayer in Recovery from Alcohol or Drug Addiction

For many, the first verse of the Serenity Prayer serves as a daily touchstone, reminding us that to achieve serenity, we must approach each moment with wisdom and courage. The Serenity Prayer accurately expresses a central problem of addiction and prescribes a timeless solution. The prayer's message about acceptance echoes insights from Bill W., cofounder of AA. In the book *Alcoholics Anonymous* (published by AA World Services), Bill described the core trait of alcoholics as self-centeredness—something he called "self-will run riot." He further described the alcoholic as "an actor who wants to run the whole show; is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way." Bill's solution: "First of all, we had to quit playing God."

What blocks some alcoholics and addicts from achieving serenity is their intense desire to achieve a sense of absolute control—one that is simply not possible for human beings. This need for control has two aspects. First is an attempt to control

the behavior of others, a strategy that addicts cling to despite its repeated failure. Second is the attempt to control feelings by medicating them with mood-altering chemicals. This strategy, too, is doomed to failure.

An alcoholic's quest for absolute control can lead to misery, which may contribute to substance abuse problems. Ironically, the need to control may also be a response to the unmanageability caused by their out-of-control use of drugs. And the vicious cycle continues until the addict accepts that there will always be external circumstances that we cannot change. The prayer instead points us to examine our inner

life: We cannot directly control our feelings. However, we can influence our feelings through what we can control—our thinking and our actions. By focusing on those two factors, we can attain the final quality promised by the Serenity Prayer: courage.

The Serenity Prayer is a wide door, one that's open to people of all faiths and backgrounds. It speaks wisdom to addicts and non-addicts alike. People who live this prayer discover how to strike a dynamic balance between acceptance and change. This gift is precious, and it's one that we can enjoy for a lifetime of serenity.



## PAST EVENTS

### Body Image Workshop

On Sunday, October 2nd, NJIOA held its 2nd Body Image Zoom Workshop, titled “Do You See What I See?” and over 30 fellows attended. Three North Jersey speakers shared their continuing struggle with body image, even after long-term abstinence. We heard about the power of using kind language when speaking about or thinking about our body, and we were reminded that Service was a way out of all the self-focus and self-concern that clouds our thinking. We were encouraged to think about what we can do with our bodies, as they are, and find ways to be of service — being kind, helpful, open and loving.

— Judy L

### IDEA Day

Saturday, November 19, 2022 was the first time since the pandemic started that NJIOA held a live event: I.D.E.A. Day, the International Day of Experiencing Abstinence. One speaker, someone newly abstinent, told her story for the first time, another speaker spoke about trigger food behaviors, while a third gave tips for staying abstinent during the holidays and while traveling. The qualifications were followed by a writing exercise taken from the OA “Strong Abstinence Checklist and Writing Exercise” pamphlet. There were many passionate shares around the room. We ended the day with a meditation and the mantra “We don’t struggle,” from Step 11 in the Big Book. Seeing long-time and new friends in person was truly a pleasure. A circle was made as we recited the OA promise. Together we can do what we can never do alone — get and stay abstinent during the holidays!



— Toni Ann A.

### Firelight Meeting

Our Firelight Meeting was held this past October under the moonlight and by Zoom firelight. Our speaker was awe-inspiring and truly gave everyone hope for future recovery. Together we shared our thoughts of the upcoming winter and new year while burning away all our resentment and discouraging feelings from the past. Thank you to all who joined us for a magical night. We hope to see you again next year!

— Grace VH.

### Region 7 Convention

On November 4-6th 155 Compulsive Overeaters gathered at The Princess Royale Hotel in Ocean City Maryland for Region 7’s 2022 Convention “Swimming The Seas of Recovery.” It was wonderful to be at the beach and to attend an OA event live and in person! Don’t forget to Save The Date for next year’s 2023 Region 7 Convention which will be held again in Ocean City Maryland over the weekend of November 3-5, 2023.

— Maria G.



## PAST EVENTS

### Thanksgiving Gratitude Meeting

The Monday night Livingston OA meeting hosted its annual Thanksgiving Day Gratitude meeting, virtually this year. Since Thanksgiving is historically centered around food and overeating, it can be a very difficult day for many compulsive overeaters. This gratitude meeting allowed fellows by focusing on gratitude rather than food. There were tons of shares expressing gratitude and thankfulness for family, friends, life, and program. Also, lots of acknowledgement that it’s just another Thursday. Gratitude and thankfulness all around!



— Vanessa C.

### Twelfth Step Within Workshop: Finding our Way Back

NJIOA hosted their Annual 12th Step Within Workshop on Monday, December 12 from 7-9pm. This year’s theme was Finding Our Way Back, highlighting how members found their way to an abstinent and serene way of life. 3 guest speakers shared the journey from bingeing and unmanageability to abstinence and serenity. The emphasis of this workshop, as well as our weekly **Relapse to Recovery meeting** on Thursday evenings, is on hope and faith — that by using all the tools and working the 12 Steps of the program, “we will be restored to sanity.” These meetings are a safe place to share honestly how it’s going, no matter where you are in your program. For some, the journey back is longer and bumpier than others. As in all meetings, this is most certainly a no-judgement zone. It’s a place for honesty, fellowship, and support. Join us every Thursday night from 8-9pm. Zoom Meeting ID 811 5317 7746; Password Recovery12. And know that miracles do happen.

— Terry P.

## REMINDERS



- It’s easy or order a digital tribute at NJIOA. Find the Tribute informational flyer on our website or place your order by email at [tributes@njioa.org](mailto:tributes@njioa.org).

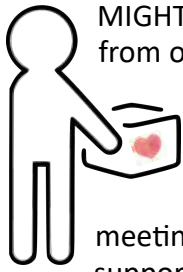
A reminder to check out OA’s **Lifeline** magazine if you haven’t read it lately. Everything is online and easy to access. They have a huge number of wonderful articles written by OA members and organized by topics such as Steps, Tools, HP, Abstinence, Relapse, Fellowship and Gratitude. Lifeline is a bimonthly OA publication created for members to share their program stories and individual recovery. Find their latest issue on their website here:

[www.OALifeline.org](http://www.OALifeline.org)





## 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 in 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](http://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 [chair@njioa.org](mailto:chair@njioa.org).



## YOUR TRUSTED SERVANTS

Effective January 1, 2023

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<b>TERRY P</b> Public Information	<a href="mailto:publicinfo@njioa.org">publicinfo@njioa.org</a> 862-812-4467
<b>ANDREA P</b> Parliamentarian	<a href="mailto:parliamentarian@njioa.org">parliamentarian@njioa.org</a> 973-985-8169
<b>BRENDA W</b> Telephone Hot Line	<a href="mailto:info@njioa.org">info@njioa.org</a> 973-704-5082

## 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 below 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.
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**  
Donations help our meetings, our Group, our Region and OA World Service.

**Venmo or Zelle:**  
[njioaPAY@gmail.com](mailto:njioaPAY@gmail.com)  
or By Mail: **NJIOA, PO Box 827**  
**Fairlawn, NJ 07410**



## EDITORIAL NOTE

The **OASis** is the quarterly newsletter of NJIOA (Northern Jersey Intergroup of Overeaters Anonymous). The opinions expressed here are those of the authors and do not necessarily represent those of OA as a whole. The theme for the next issue is: **"Acceptance is the Answer."** Deadline for copy is March 1, 2022. Please email articles, poems or photography submissions to the OASis Editors, at: [oasis@njioa.org](mailto:oasis@njioa.org).





THE NJIOA  
**Winter Retreat**  
STAR LAKE LODGE

**SATURDAY, FEBRUARY 4, 2023**

**9:00 AM to 5:00 PM ET**

**An all-virtual OA event on Zoom**

**Passport to Recovery**

**"... and you will surely meet some of us  
as you trudge the Road of Happy Destiny."**

**Register Online here:**

<https://www.njioa.org/star-lake-details>

Feel free to choose a donation level that works for you: \$20, \$25, or \$30.

**Early Bird Incentive:** The first 100 people to register will be automatically entered into our RAFFLE to win \$50 in OA literature of the winner's choice!

**Contact  
People:**

Fran U.  
(973) 975-5607  
starlake@njioa.org

Susan S.  
(201) 960-1995  
starlake@njioa.org

Mary Ann C., Registration  
(973) 568-2761  
starlake@njioa.org

**Register by Mail:** Snip & complete this form and mail it out with a check, payable to NJIOA.

Mail this registration to: Mary Ann Cluney, 11 Newbridge St., Durham NC 27703

NAME: \_\_\_\_\_ CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_  Please add my name & cell to the We Care List for this event.

I would like to do service at this event:  Workshop leader or timer  Zoom committee  I can help as needed