



IMPORTANT MESSAGE:

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

Please cut and paste this link into a web browser:

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

SURVIVING & WORKING PROGRAM DURING THE PANDEMIC

I recently attended on Zoom (Thank You pandemic!) the Wednesday morning HOW meeting. I was struck by how many members talked about how program had prepared them for the pandemic and how in a way their years of working it had "brought" them to this moment.

I would agree. I attended my first OA meeting during college in the early 70s, so I've been exposed to the concepts and ideas for a long time. Notions like "In God's time," "First things first," "Live and let live" are coping strategies I use every day, especially the days we've experienced so far in 2020.

Program doesn't make anything easier, but at least it's tolerable and so much better than it could be without program that the gains/gifts are finally incalculable.

The greatest gift of all of course is not being in the food. You want to talk about hard? Being in the food during a crisis is hard, a crisis in itself. My experience is that when things are really bad the damn food doesn't even work! So glad not to have that millstone around my neck today.

It's funny, every one of us has already experienced our own little crisis in our own lives: the food and everything that goes with it. We're seasoned vets so when an "outside" emergency comes along (and I guess it always will,) we're - well, if not "ready" - at least accepting. And that's saying a lot!

- Christina, Montvale

Recovery is Portable

Recovery is portable they say. I think I have relearned this since we have been dealing with the repercussions of the pandemic. We have a day at a time, nothing is promised. Sometimes I think the only thing we can count on is change. The way we have lived prior has changed. We are fortunate that technology allows us to have virtual meetings. It is always helpful to remain teachable - especially in times like we have been going through recently, I am grateful to have the opportunity to grow and learn.

- Anonymous

LOW HANGING FRUIT

There's a phrase that I've often heard in business which describes the easiest idea or action that can be taken without having to stretch. It's called the "Low Hanging Fruit".

Before abstinence, my low hanging fruit was the drive-thru. Despite the fact that I was ruining my life with it, fast food was my quick, easy and mood-altering go-to substance of choice. It was a miracle to discover that I could eventually "reach" beyond these old behaviors and find contentment and peace eating abstinely.

Now, in abstinence, I'm discovering that this "reach" applies not only to what I eat, but to how I live. One day at a time, I need to "reach" for a plan of action not just to manage my food; but to manage life, especially during times like these!

The world has changed rapidly and drastically, and I admit that my character defects are very easily triggered. At the drop of a hat, I can become self-righteous, self-pitying, envious and judgmental. Those are just a few of my emotional low hanging fruits.

But the good news is that, there is a solution! Just like my food plan gives me physical relief from this disease, the tools, steps, principles and fellowship of OA bring me peace of mind, especially nowadays.

Isolation and inaction might sometimes seem like the easiest route to take right now. But speaking with my sponsor, sponsees and OA friends, reading my literature, doing writings, showing up for meetings and "pressing in" to my program are so much sweeter than any of my low hanging fruits ever were.

Karen, South Orange

PROGRAM GEMS TO PONDER:

Trying is what got me sick; doing is what keeps me abstinent.

Trust G-d and Clean House

Covid 19 has served as a wakeup call, providing me the opportunity to slow down to the speed of life. It helps me to be grateful for what I can experience: food (why of course!), running water, electricity, sunny days with puffy clouds, green grass, the fragrance of flowers and the laughter of children. There are loving, caring, funny, bright, holy, fun people that are in my life. I have tried to use the time to let go of possessions that I do not need, use or want. This is parallel to the spiritual level as well. I do not need, (and cannot afford) to have animosity towards anyone. I am trying to see my part, look deeper, show understanding, love, and tolerance. Sending love is the perfect remedy and it gives me the freedom of the bondage of self.

Michelle L., Passaic

Upcoming Events

Affirmations, Gratuities and Inspiration

1. I am a capable, intelligent, knowledgeable and resourceful man who copes with life's challenges. I can be abstinent one day at a time, one meal at a time. For today, extra food is not an option.
2. My job today is to: love myself UNCONDITIONALLY and NOT judge myself for what I think or do. **SLOW DOWN and take a deep breath now and then.** Be present and aware of how blessed I am to be doing things I love and speaking to people who understand and inspire me.
3. When contemplating my thoughts and actions, the only criterion is if something is in my best interest.
3. God, please guide and direct me today so my thought-life will be placed on the higher plane of inspiration. **Please help me to open myself up to the love in the world and to allow it to heal my wounds and flow through me and from me to those around me.**
5. I do not need approval or attention from others. I don't have to be charming, witty or humorous. I can just be me. My self-esteem is an inside job. It is not defined by how much I accomplish or who I get to like me. I AM ENOUGH; I HAVE ENOUGH.
6. Through the power of focused attention, I become more aware of the good that is present in my life. I allow my heart to overflow with appreciation. From this centered and powerful awareness, I am able to direct my energy in positive ways and be a blessing to the world. My heart remains open with appreciation and I share my gratitude with those around me.

- Robert, Teaneck

Recovery in the Time of COVID

Before I came into OA, my favorite part of the day was evening. I would argue with my husband to keep him away, ignore my child and close myself into a room with the TV and my binge foods, eating myself into comforting numbness. Forget the despair of the next morning, we won't go there right now, but that was my routine. Day after day, despite swearing I would never do it again, I would find myself repeating this same self-destructive pattern that I was in denial about. The 2020 COVID-19 pandemic is the perfect petri dish for me to culture the reemergence of my disease. I am isolated; the familiar routine of my day has been ripped away; I can't see my friends or do many of the activities we enjoy; for a period of time I wasn't even doing my part-time work; I am with my husband and we are irritating the heck out of each other; there is food around and plenty of TV to watch. Yet, somehow, blessedly, my disease has remained at bay. My recovery has remained intact and I maintain some semblance of sane living in a scary, unpredictable and unforeseen crisis. How is that possible?

I am blessed. Blessed with 8 years of abstinence granted to me through a connection to a Higher Power that I really don't understand and a drive to do more so that I don't lose it. Much as I crave real human interaction, I am grateful for Zoom and I attend 4 to 5 meetings a week each week. At each meeting, I volunteer to do service, which has meant, for this tech-avoidant person, becoming competent in Zoom and hosting meetings as well as leading meetings. I continue to hold service positions and perform those functions even though it feels overwhelming at times. I sponsor people and am sponsored, both of which keep me honest, useful and grounded in the program. With my sponsor's generous sharing of time, I have re-read some literature, studying it page by page and gleaning new understanding and growth from it. What a gift! And when the inevitable crap hits the fan, which it does with some regularity, in the form of fear, worry, self-pity, anger or resentment, I do 10th steps. Lots of 10th steps, which help me to identify my character defects, figure out what God would have me do and, thus, formulate a plan for how to handle the troubling situation. So, that's my formula, one day at a time, slogging through and staying connected to all of you, my OA family, and to my Higher Power. As the Big Book says, "It is a design for living that works in rough going." (Alcoholics Anonymous, p.15)

Beni, Bloomfield

- NJIOA Intergroup Mtg** Thurs. 7/9 7:30pm – Zoom – see NJIOA.org
NJIOA Intergroup Mtg Thurs. 8/13 7:30pm – Zoom – see NJIOA.org
Sponsorship Day – North Jersey Intergroup is joining Central & South Jersey Intergroups for a sponsorship day. Either Saturday, 8/15 or Sunday, 8/16 – Details TBD. Check NJIOA.org for upcoming flyer.
OA Kayaking Crusades – Sunday, 8/30 -8:00am-11:00am- Monksville Reservoir, in Ringwood, NJ - \$20 deposit to save your spot. \$30 is the cost. ToniAnn - 973-945-0233
NJIOA Intergroup Mtg Thurs. 9/10 7:30pm – Zoom – see NJIOA.org
"Power of Surrender" – Sunday, 9/13, Zoom – 2:00pm-4:00pm EST Details coming on NJIOA.org Contact – Fran U. - 973-975-5607 - 2 west coast speakers will share and participants will have an opportunity to explore what they want to surrender and write and share an action plan.

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

Check www.njioa.org for other events & flyers

Hang On Pandemics End - HOPE

What a slog we are in. In quarantine time seems endless. Emotions are all over the place. I ping from gratitude to despair. Most of the news reports more and more sadness, loss and hardship for so many. I clap at 7pm for the essential workers. So far 6 degrees of separation from direct impact is holding but I know it's probable that someone within my personal orb will be felled by COVID-19. So grateful we are well today and that my mother, God rest her soul, isn't in the nursing home but in heaven. I feel such empathy for those who run the nursing homes, staff the nursing home, live in nursing homes and who can't visit their loved ones in nursing homes. I really don't think I would have coped well if that were a condition of my caregiving.

I owe my improving emotional sanity and spiritual strength to this program. I am so grateful I put the food down over 700 days ago. Now, I have a fighting chance at coping with this new normal. Our tools, the 12 steps and connection to Higher Power are just what I need to have a chance at living and thriving during this time, of feeling serenity and happiness in the midst of a pandemic.

I feel hope because I am a fellow and am connected this vast fellowship. I feel hope because I am living in Steps 10, 11, and 12 one day at a time. I feel hope because I know Higher Power is in charge, not me. I feel hope because I am a witness that HP has sparked genius in people on many occasions throughout history to combat global public health threats and it will happen again. I feel hope because I see many neighbors doing the right thing by wearing masks and socially distancing. I feel hope because I am abstinent and in right relationship with my wife and others. I feel hope because I have a connection to a power greater than myself. I feel hope because there are lots of opportunities to be useful and do service. I feel hope because I know this too shall pass. My only prayer is that when the threat of this extraordinary event has been mitigated that we will be better members of the human race as a result of it. For today, Hang On Pandemics End.

- Barbara M, Secaucus

Editorial Policy – Publication of any contribution or editorial opinions expressed herein does not imply endorsement by OA as a whole, but only by the individuals who wrote them. We reserve the right to edit and it is understood that all copy may be reprinted by other OA groups with permission.

O.A. INFORMATION TO KEEP HANDY!

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

www.njioa.org

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

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

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

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

Information for the Men's phone meeting.

Frequently asked questions.

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

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

CARRY THE MESSAGE!!

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

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

Come and join us at the monthly NJIOA Intergroup Meeting OR Email cwestra@yahoo.com and let us know about local health or street fairs in your town, or find out how you can help. **NJIOA Intergroup is held 7:30pm on the Second Thursday of every month - On Zoom please see NJIOA.org for information.**

Donation Information

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

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

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

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

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

**Any amount is appreciated

**Remember we are self-supporting

	Your Trusted Servants	
Susan S - Chair	papersusan@aol.com	201-960-1995
Judy L.- Vice Chair	gratefuljudy@yahoo.com	201-615-4955
Paul O - IG Secy.	opanikao@aol.com	973-800-4760
Bonnie - Corres. Secy.	B4oai8n8@gmail.com	201-657-3916
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Mary Ann- Oasis Editor	marec@optonline.net	973-568-2761
Sam & Christine W. - Public Info	Cwestra@yahoo.com	908-489-4577

Recovery from Relapse Mentor Program TWELFTH STEP WITHIN

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

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

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

IT'S OK TO SLIP AND FALL...



...THE SIN IS IN NOT GETTING UP!



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

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

SUNDAY

Belleville 9:00 AM - 10:15 AM BB O HA
Clara Maass Medical Center,
One Clara Maass Drive, Education Greifinger Hall
Mary 973 838 9521
Hoboken 6:00 PM - 7:00 PM BB/S O HA
Hoboken University Medical Center
(Assumption Hall) 308 Willow Ave
Paul 201 656 2042
Morris Plains 3:00 PM - 4:00 PM D HA
St Paul's Episcopal Church, 29 Hillview Avenue
Joan 973 428 2957
Paramus 10:30 AM - 12 Noon BB HA (B)
Beginners Meeting available following BB Meeting
Dorothy B. Kraft Center, 15 Essex Road
(off of Century Rd - 1 block west of Rt 17)
Judy 201 615 4955
West Orange 9:30 AM - 10:30 AM BB/NN HA
Summit Ridge Nursing & Rehab Center, 20 Summit St, (off
Mt. Pleasant Ave, drive around to the back of the building,
then facing the building, enter the door on the far left.)
Susan 201 207 6652 Patrick 201-323-4041

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

PLEASE CALL AHEAD!!!!!!

MEETING KEY

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

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

FRIDAY

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

SATURDAY

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

ANY CHANGES PLEASE NOTIFY US ASAP—

EMAIL: MARY ANN - marec@optonline.net or BONNIE – B4OAI8n8@gmail.com

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