

SPRING 2020

www.njioa.org
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Infoline:
973.746.8787



IMPORTANT MESSAGE:

Due to the CoronaVirus, many facilities have closed for our 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>

Unity Day - 2020

We are grateful to Our Lady of Consolation in Wayne for allowing us to host another Unity Day celebration this year on Saturday, February 29th. We were blessed by a diverse and inspiring group of 6 speakers and 20 members in attendance. We all came away with a new perspective and understanding of OA, our fellows and ourselves.

Christine W. from Wayne

Egoism isn't necessarily thinking a lot of yourself-just thinking of yourself a lot."

Newcomer Marathon 2020

It was a beautiful Spring-like day that found fellows, returnees and newcomers gathered at Kessler Rehabilitation Center in Saddle Brook on Saturday, January 11th, 2020 for North Jersey Intergroup's annual Newcomer Marathon. Thirty-two attended the event, including speakers and co-chairs. It was a day filled with wonderful shares, qualifications, information about the tools and steps, tips, and answered questions, along with much experience, strength and hope. The day offered a great introduction to program for newcomers while it provided a reinforcement to both returnees and long-time fellows. The suggested donation for attendance was \$6, but no one would be turned away if they couldn't pay. We earned \$158 and donated \$50 to Kessler for which we received two glowing letters of thanks.

- Judy, Dumont

New Year's Day Workshop "Abstinence...Just for Today" - 1/1/2020

"I'll start on Monday." "I'll start tomorrow." "I'll start on New Year's." These were the promises I made to myself all the time before recovery in OA. Especially I'll start on New Year's, the day noted for resolutions. This year, on January 1st, instead of making resolutions, 60+ people participated in a 2-hour workshop in Bloomfield entitled "Abstinence...Just for Today" led by members of the Tuesday/Thursday 7 a.m., Upper Montclair OA meeting. The workshop began with attendees choosing one of three quotes posted with messages of hope, acceptance and abstinence, and discussing the meaningfulness of that particular quote to them. After that, several readings were read and members had the opportunity to share. Each person participated in short writing activities, on their own, to reflect on what they could do to strengthen their abstinence and identify behaviors that might be contributing to possible relapse. Feedback from participants was very positive with most people commenting that the workshop was a perfect way to start off the new year. Several shared that they had identified specific actions they could take to bolster their abstinence. This is the 3rd year that the Tuesday/Thursday, 7 a.m. meeting has hosted an event on New Year's Day. If we're able, we'll do it again in 2021. Hope to see you there!

B. F., Bloomfield

If you have to control your eating, it must be out of control.

Star Lake 2020

What a tremendous success Star Lake 2020 was. Around 75 participants enjoyed spirituality, fellowship, crafts and a snow free weekend!

Thank you to Susan and Bonnie for their endless hours and commitment to this annual event. In fear of leaving anyone off of this list, thank you for all those who led and participated on every level.

The beauty of a retreat is being able to get what we need as individuals while supporting each other in recovery. For those who were unable to join us, think about it for next year.

The dates are January 22 – 24, 2021!

Jill B., Norwood

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., Dumont

9th Step OA Promises Workshop

On Presidents Day, February 17, 2020, the Monday Morning Bloomfield Lifeline Meeting sponsored their annual workshop. The theme of this year's workshop was *The 9th Step OA Promises*. The three-hour event took place at the Unitarian Universalist Congregation in Montclair and there were 28 participants.

The program was interesting and varied. The afternoon began with twelve OA members sharing their experience, strength and hope about one of the 9th Step promises. Attendees then experienced a meditation exercise and learned new ways of dealing with stress.

Next, participants wrote a three-part action plan by choosing one of the promises that resonated with them and that they were willing to work on. They considered what would change if they had this Promise fulfilled. What would their lives look like? Everyone decided on the actions they were willing to take to attain this promise and shared with a small group.

The afternoon closed with a ceremony in which participants reflected with a word or phrase about their workshop experiences as they passed a candle from person to person. Comments included that the workshop was very informative and a wonderful experience.

Hope to see you there next year!

Fran, West Orange

**“Good judgment comes from experience;
experience comes from bad judgment.”**

Upcoming Events

Bowling Night - Fri 3/27 - 6pm SHARP

Eagle Rock Lanes, 424 Eagle Rock Ave, West Orange

REGISTRATION CLOSING: MARCH 14th - \$20 entry

Brenda: 973-704-5082 brendaOANJ@gmail.com

Region 7 Assembly - 4/3-4/5 - Frederick, MD

NJIOA Intergroup Mtg -Thurs. 4/9 7:30pm – LOCATION: TBD

“What’s Eating You?”: Workshop – Saturday, 4/18 – 11:00am-3:30pm

Watchung Presbyterian Church, 375 Watchung Ave, Bloomfield- In the Basement - Shevawn F. - 520-449-9246

World Service Business meeting - 4/20-4/25 - Rio Rancho, NM

Rio Rancho, New Mexico

Region 7 - Spring Retreat - May 1-3, 2020, Ocean City MD

Finding the Power Within the Steps

NJIOA Intergroup Mtg - Thurs. 5/14 7:30pm – LOCATION: TBD

“What Does OA Recovery Look Like?”- Sat 5/30 –10am-3pm - LOCATION: TBD

NJIOA Intergroup Mtg Thurs. 6/11 7:30pm - LOCATION: TBD

Sponsorship Day - Either 8/17 or 8/18 - Details TBD

OA World Convention: Sunshine of the Spirit: 60 Years Around the Sun! -

Thurs. 8/20/20- Sat. 8/22/20 – Renaissance Orlando @ Sea World - Orlando, Florida

Check www.njioa.org for other events & flyers

Program Gems to Ponder...

~ If you want to feel better right away, ask God to help you be of service. If you want to keep feeling how you are feeling, keep doing what you are doing.

~ For me a bottom is a blessing from God because at a bottom I have the chance to change my destiny.

~ Hope: When one door closes, another door opens. It's being in the hallway that's hell.

Take Away Quote...

“We are enrolled in a full time, informal school called, “Life.” Each day of this school, we have the opportunity to learn lessons. We may like the lessons or hate them, but they are part of the curriculum. The greatest lessons we learn are about love and fear, that every action is either an expression of love, or a call for love. And the great blessing is that every lesson repeats itself until we learn it.” - Mary Manin Morrissey

Kerri, Rutherford

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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, "Vision for You" Convention, & the Belleville speaker series.
***Public Information flyers ready to download & put up in grocery stores, libraries, your house of worship or public restrooms. Just put the name and location of your local meeting at the bottom & add our phone number for other meetings: 973-746-8787
***Have you run out of flyers or Oasis copies for your meetings-Print them from this site.

FIND-----

Information for the Men's phone meeting-- Frequently asked questions
Upcoming events-Tools of the program—Info on other Intergrups

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 at Kessler Rehabilitation Center (300 Market St, Saddle Brook, NJ 07663) CLOSED UNTIL FURTHER NOTICE!!**

Donation Information

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

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

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
Frank C - Vice Chair	Wingman1260@gmail.com	862-251-9676
Paul O - IG Secy.	opanikao@aol.com	973-800-4760
Bonnie - Corres. Secy.	B4oi8n8@gmail.com	201-657-3916
Theresa S - Rec. Secy.	mtsasso@me.com	201-663-2979
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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."



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

We recommend calling ahead. Phone lists for use within fellowship only. Check NJIOA.org for closures.

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. .