

SPRING 2021

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Infoline:  
973.746.8787



# Oasis

## IMPORTANT MESSAGE:

Due to the CoronaVirus, all facilities are still closed for our face-to-face meetings.



## HAPPY SPRING!!!

### New Year's Day Event 1/1/2021

On Friday, January 1st, 76 people attended the Tuesday/Thursday 7 a.m. Upper Montclair meeting's 4<sup>th</sup> annual New Year's Day Workshop entitled "Acceptance is the Answer." After an introduction and definitions (did you know that "accept" means: "to endure without protest or reaction; to receive something willingly; to regard as usual, true or right, to take to oneself"?) we read through the powerful last four pages of the Big Book story, "Acceptance Was the Answer." We heard a wonderful share from our speaker, Jill W. and learned about and experienced meditation as beautifully taught by, Anne S. Happily, even those among us who don't like meditation, got a lot out of that experience. Participants then wrote an action plan identifying what in their lives they were having difficulty accepting and actions they could take to move towards acceptance. Attendees then had an opportunity to share about their action plans or something they had learned during the workshop. Feedback about the workshop was very positive and, on behalf of the committee and the Tuesday/Thursday 7 a.m. meeting, thank you to the many of you who attended and for allowing us to be of service. - Beni, Montclair

### How I work the program and how it works for me?

When I first entered program in June of 2020 my life was, as the Big Book states, unmanageable. I was bingeing every single day, my mental health was in shambles, and I was sure I was going to eat my way to 300lbs and a slew of health issues.

I had finally moved out of a toxic home environment in November 2019 where being the adult child of an alcoholic consumed my emotional and mental bandwidth (which I of course used food to cope with). Moving out finally gave me the space to hear my Higher Powers voice, the one telling me "hey, you need to ask for help, you can't diet your way out of this eating problem."

So that's what I did. I went to therapy which is how I was put on to OA. My therapist told me that she could help with some tangible coping skills, but I need to heal my soul and that is something program can help me with (read: the spiritual solution).

It took some time for me to fully feel the effects of the program. I was stuck on step 3 for so long wondering why I was still bingeing even though I had admitted 200 times that I was powerless and needed to turn my will over to God. But my sponsor said we needed to get through the steps so I could focus on the service and living in recovery and that is what truly got me connected to my HP.

This isn't to say that I don't have bad days, but it wasn't until steps 10-12 that I fully felt the impact of step 3. Service, prayer, and meditation - THAT is how I work my program.

I had so many resentments going into program that were keeping me reliant on the food to feel better. But as they say, the food isn't the issue, it is our minds that need spiritual healing. I know it works because of what happens when I DONT lean into program. So many times when I have found myself going into the food, I text my sponsor and get the same reply, "Sounds like you missed a 10th step."

Program needs to be practiced every day in order for it to work. I don't follow any particular food plan as restriction triggers my desire for bingeing...but when I pray, do service, and meditate then I don't want to binge anymore. My energy has gone into something greater than myself and I no longer need to spend my days trying to manage everything in my life including my food; that's in the hands of my higher power now.

Kristina C. – Chicago, IL

### StarLake report - 1/23/2021-1/24/2021

Our 26<sup>th</sup> Annual StarLake retreat went off without a hitch this year. Although it was our first virtual retreat, we had a good number of registrants who attended. 114 to be exact!

We also had our first "register" via website function which proved to be extremely beneficial & user friendly.

Bonnie worked on getting tremendous speakers from different areas of the country which proved to be very interesting & inspiring. ToniAnn & her team did an awesome job behind the scenes with the Zoom technology. Carl F. did amazing behind the scenes magic also. All in all, it was an extremely successful event!

-- Mary Ann Durham, NC

## Oasis Newsletter

My life is a still photo from a far-off distance. I feel a strange malady an awkwardness of sorts as if I don't fit in this world. It's as if I'm looking out of the window all of the time observing others. Others who are normal eaters. When I think of my life, I see it through a kaleidoscope - a prism of many colors. When I was in the food, I was blue...down & beaten to the ground by the disease of compulsive overeating. Being in recovery I see yellow in my kaleidoscope because the sun is shining upon me & this gives me clarity. However, it's funny how what you are used to becomes commonplace whether it's good or bad. When things were bad they were very bad. I was so used to consuming so much food that I became completely complacent in my eating. I sort food as a source of comfort. At 245lbs I was morbidly obese. I found out in order to make a change I had to not only want to do it I had to take action especially when it came to my lifestyle. When I think of my life all of the years of dieting led to nothing. Even if I lost weight on a diet as soon as I tried to eat normally I would put all of the weight back on & more. Life became one trial & tribulation after another; however, I learned to adapt, keep fighting & to hope. Tactics I've learned through being in this wonderful fellowship. Sometimes when my anxiety kicks in I struggle to reach out & use the tools & the 12 Steps. By making phone calls I can get out of my own head & work with others. This has taught me to be selfless of my own needs & to be there for those who need me. Helping others has taught me to believe in a new tomorrow. A tomorrow where all can be of service to one another. I've also have found that the best medication for what ails me is prayer & meditation. Although at times I still may experience despair I know I can find comfort in surrendering to my HP. He offers me solace in my times of need & provides me with unconditional love. He accepts me & allows me to accept myself for who I am. This enables me to feel the greatest gift you can give & that is the gift of oneself along with an acceptance of others. - Laura W. Caldwell

*IT'S OK TO SLIP AND FALL...*



### **Unity Day**

Unity Day was held on Sunday, February 28, 2021, in combination with all five New Jersey Intergroups. One speaker from each part of N.J. was asked to share about unity along with fellowship, the 12 Steps, the Traditions, the Big Book and service. At 2:30 p.m. the OA Promise was recited in unison with fellows around the world. - ToniAnn, Montclair

### **Upcoming Events - See NJIOA.org for Zoom info & Flyers**

**NJIOA Intergroup Mtg** Thurs. 4/8/21 7:30pm - Zoom  
**"My Body & Me" (A Body Image Workshop)** - Sun. 4/11/21 - 2-4pm - Zoom  
**Cherry Blossom Stroll** Branch Brook Park - Cherry Blossom Center-Newark - Sun. 4/18/21 - 11am  
**World Service Business Conference** - 4/21-4/24/21- Albuquerque, NM  
**Recovery from the Sea to Shining Sea** - Sat. 5/1/21 - 1-4pm - Zoom  
**NJIOA Intergroup Mtg** Thurs. 5/13/21 7:30pm - Zoom  
**Yoga** - Brookdale Park, Montclair - Sun. 5/23/21 - 11:30am  
**NJIOA Intergroup Mtg** Thurs. 6/10/21 7:30pm - Zoom  
**Hike and Picnic** - Tourne Park - Boonton - Sun. 6/13/21 11am  
**Workshop: Triggers** - Sun. 6/27/21 - 2-4pm - Zoom  
**World Service Convention** - 8/26-8/28/21 - Orlando, FL  
Check [www.njioa.org](http://www.njioa.org) for other events & flyers, as well as ZOOM meeting info

### **How I Work the Program & How It Works for Me**

Overeaters Anonymous is my telescope in the marsh, to help me focus on just how deep my sugar swamp was. It was so unhealthy as to be stagnant--delicate butterflies, tiny toads, hermit crabs--nothing thrived there anymore.

I could have drowned or ended up in jail. My decisions were erratic, my life was unmanageable and yet I sunk deeper and deeper into the food, needing more and more sugar and carbs to get a sufficient hit.

Now, through a food plan, meetings, readings, step work, chats with friends, phone check-ins, texts and my sponsor's grace, help and wisdom, I live with a healthy perspective. I have a second chance. Day by day, I am changing what was an unmanageable life.

Sugar's gradual climb to the throne in my world took six decades. I turned 60 in January and am grateful today to see the sticky marsh for what it was/is, keeping me mired in weeds and reeds.

I could not find my way anymore. When things got shaky, if I was anxious, if the boss, kids, husband, friends, coworkers, relatives, neighbors, other motorists, fellow commuters, bus driver or dog misbehaved, I reached for fixes. I mean several times a day--in the bus station on the way to work, from the vending machine after a cafeteria lunch, on my walk back to the bus station at a street vendor and again in my kitchen at bedtime.

I could no longer make clear decisions. I fell into needing carbs and sugar more and more to ease discomfort and buffer my life.

My sponsor tells me to be aware--to note when my emotions are out of neutral, when I am agitated, fearful, angry, resentful. I have a daily food plan and meals with clear beginnings and ends. I have safe fences--and fences can't stand in a shifting marsh.

It's a new way of living. It means I have finally grown up and can face real or imaginary villains without hiding behind the fake armor of sugar and carbs. That armor crumbles and dissolves in the storms of adversity. Now, I pause. I pray. I listen for the message from above about the next right step.

I'm no longer in the murky marsh. I can stand with dignity and walk in grace, as my sponsor says. I can realize my potential, use my gifts to good use. I can skirt the sugar, leave it behind.

I can see clearly now, thanks to OA. I stand on firm ground and am learning to stand up for myself better, too.

- Alice H (Montclair Saturday morning meeting)

# O.A. INFORMATION TO KEEP HANDY!

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

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

DID YOU KNOW THAT OUR WEBSITE INCLUDES:

\*Speakers to listen to from the Boston World Service Convention, the "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 Maria G. at [Mtg7176@gmail.com](mailto:Mtg7176@gmail.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 check NJIOA.org for Zoom info.**

**If you would like an item on the agenda, please email Susan at [papersusan@aol.com](mailto:papersusan@aol.com) at least two weeks before the next Intergroup meeting.**

### **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](mailto: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	
CHAIR-Susan S	<a href="mailto:papersusan@aol.com">papersusan@aol.com</a>	201-960-1995
VICE CHAIR-Judy L	<a href="mailto:gratefuljudy@yahoo.com">gratefuljudy@yahoo.com</a>	201-615-4955
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OASIS ED.-Mary Ann C	<a href="mailto:maryanncluney@gmail.com">maryanncluney@gmail.com</a>	973-568-2761
PUBLIC INFO-Maria G	<a href="mailto:Mtg7176@gmail.com">Mtg7176@gmail.com</a>	201-314-1350
InReach-12 STEP W/I-Terry P	<a href="mailto:terrypolatchek@hotmail.com">terrypolatchek@hotmail.com</a>	862-812-4467

### Recovery from Relapse Mentor Program InReach 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](mailto:terrypolatchek@hotmail.com) or Marcy S. – 973-832-9155 [steinmarcy@yahoo.com](mailto:steinmarcy@yahoo.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.

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"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.**

**M**

**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)  
Jill B. - 201-704-0444  
**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 Rd - 1 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 Roz 973 464 9767  
**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, 1<sup>st</sup> 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 Ave  
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**

**Face-to-face meetings on hold for now**

**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 <sup>th</sup> Step Within
W..... Writing .....	YPF..... Young persons friendl
Women Only .....	
90@Day....Specific Format	

**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 BB  
Basement of private home  
371 Brook Ave  
Enter via driveway, 2<sup>nd</sup> door on the right  
Dawn 973-865-3051 and Beni 973-202-5579  
**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 of Century Rd - 1 block west  
of 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, 2<sup>nd</sup> 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 - [maryanncluney@gmail.com](mailto:maryanncluney@gmail.com) or BONNIE – [B4OAI8n8@gmail.com](mailto:B4OAI8n8@gmail.com)**

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