

SUMMER 2021

www.njioa.org
OAanswerman@aol.com

Infoline:
973.746.8787



Oasis

IMPORTANT MESSAGE:

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

A SPECTATOR NO MORE

My whole life I have enjoyed watching sports. As a kid I remember watching New York Islanders hockey games listening to Jiggs MacDonald and Eddie Westphal. Then as a teenager, I recall going to my friend's house every Sunday to watch the New York Giants together with his dad. This has continued throughout my life. These days you can find me watching Premier League soccer on Saturday's and Sunday's. I even tried to watch Cricket but cannot figure it out!

I was also a spectator on what was going on in my life. I was the person who just settled on the status quo. Making a change in my career or anything else was wrought with fear of what might happen. Watching other people take control of where their lives were going was a spectator sport to me. I could live vicariously through them and be "satisfied". Also, whenever bad things were happening in my life, it was easy for me to blame others and not see my role in it.

This was also true with my eating. I lived in denial that I had any issues with food or any behaviors that could be considered compulsive or addictive. Again, I just went along for the ride and turned a blind eye to what was going on. Until I came into the rooms, I wasn't aware of what my life with food was like.

When I entered program, I remember my therapist telling me that I need to make the Steps my own. My sponsor wasn't or couldn't do this for me. Instead of being a spectator, I needed to become a participant. What did this mean? Doing what was asked of me by my sponsor. Taking the actions that we learn about. Using the tools that have been developed by those before us. So, how has that gone?

As I went through the Steps and developed an intimate connection to my Higher Power, I have learned that in order to keep what I have gotten, I needed to stay active in my Program. Complacency is the enemy to my recovery.

By speaking at meetings, assuming service positions and becoming a sponsor, I am not a spectator in Overeaters Anonymous. I have received so many gifts from playing an active role in my recovery. To me, there have been many victories.

These victories bring me back to my days of playing sports as a kid and adult. I recall the exhilaration of overcoming obstacles to snatch a win from the jaws of defeat. The greatest satisfaction was that I did not do it alone. As part of team, we encouraged each other to find the inner strength to rally. Program has given me that feeling again. Being part of a team, with my fellows, sponsor and Higher Power, I have been able to overcome those compulsive foods and behaviors that have plagued me my entire life.

I encourage anyone who is thinking about working the Program to be an active participant. Please do not stay on the outside and be a spectator. It is truly worth it. - Jon K. - Woodland Park

Passages from the Big Book - Chapter 11

Compare these two passages both found in Chapter 11 of the Big Book.

"Down the lobby a door opened into an attractive bar. He could see the *gay crowd inside*. In there he would find companionship and release"

"Many a man, yet dazed from his hospital experience, has stepped over the threshold of that home into freedom. Many an alcoholic who entered there came away with an answer. He succumbed to that *gay crowd inside*, who laughed at their own misfortunes and understood his."

They both refer to the *gay crowd inside* -- an allusion to what I am truly seeking -- lightness, laughter, love, release. I can either look for that release in my substance alone or in the humor of a shared experience. My true release is found by laughing at myself and my troubles.

I think my sense of humor about my life is directly proportional to how recovered I am at that moment. We all know the story of the newcomer, who comes into his first meeting, and sees people laughing and wonders what they could possibly be laughing about. After some time in recovery, they are laughing right along with their fellows. What was once humiliating now becomes hysterical.

Look at this example I found in a book of quotes aimed at finding humor in recovery: My husband ran away with my sponsor -- I miss her.

Did you laugh or cry?

Here are some more to ponder:

Happiness is opening the refrigerator door and seeing your sponsor's face on the side of a milk carton.

I worry all the time about being obsessive compulsive.

I used to drink and drug to make other people more interesting.

Every year my sponsor sends me a get-well card.

I've suffered a great many catastrophes in my life. Most of them never happened.

Humor puts my illness and insane thinking into perspective. It also allows me the healthy release for the ironies of life. If you didn't laugh at some of these quotes then either I am not funny or you are not recovering!

"We are like passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness, and democracy pervade the vessel from steerage to Captain's table."

-Aliza, Clifton

This revised Abstinence and Recovery Policy was adopted at World Service Business Conference 2021:

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of working and living the Overeaters Anonymous Twelve Step program on a daily basis.



How I Found God

On May 2, NJIOA and the Los Angeles Intergroup of OA (LAIOA) co-sponsored a Zoom workshop titled "How I Found God." The 3-hour long workshop was attended by over 450 people. It featured writing prompts and time for reflection on potential blocks to God as well as 6 speakers from the east coast, the west coast and Canada. The goal was to have a workshop that emphasized God as conceived of by each individual as the solution to the problem of compulsive eating. The speakers were a diverse crew, covering a variety of races, age ranges and experiences. That was intentional -- to bear witness that, as the Big Book says, "God does not make too hard terms with those who seek Him." - Janet, Montvale

Inspiration Day

3/21/2021- There were 84 people in attendance at one point. There were 4 speakers who referenced various books from OA and AA. Ore and Luis were from CA. Janet from NJ and Kira from NY. They spoke about what inspires them to keep coming back. There were people from Canada, Ireland, Colorado, Michigan, California, NJ, CT, NY, NC and more! - Lorraine, Ramsey and ToniAnn, Montclair

My young daughter is interested in women's sports at the moment and everything sort of gets filtered through that lens. I came back into program recently, and at first I couldn't remember to call my sponsor on time. So I set a reminder alarm on my phone to ring every day, 10 minutes before my morning call. On one recent morning my daughter heard the phone alarm ringing and grabbed my phone. She read the words flashing on the screen "CALL SPONSOR!" and got very excited.

"It says 'call sponsor!' You have a SPONSOR??" she asked in disbelief.

"Yes," I answered.

"Who is it?" she asked. "Who sponsors you? Is it NIKE?!"

I chuckled so hard I almost choked on my weighed and measured breakfast. Lol 🍌

- Alison, Franklin Lakes

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

Workshop: Know Your Triggers - Sun. 6/27/21 - 2-4pm - Zoom

NJIOA Intergroup Mtg Thurs. 7/8/21 7:30pm - Zoom

Am I Worth "IT"? Sun. 7/18/21 2-4pm - Zoom

NJIOA Intergroup Mtg Thurs. 8/12/21 7:30pm - Zoom

World Service Convention "Walking in the Sunlight": One Day at a Time - 8/26-8/28/21 - Orlando, FL

Kayaking - Sun. 8/29/21 - 8am - Monksville Reservoir, Ringwood

NJIOA Intergroup Mtg Thurs. 9/9/21 7:30pm - Zoom

Region 7 Conference 10/1/21-10/3/21 - MD TBD

Region 7 Convention 11/5/21-11/7/21 - Ocean City, MD

Check www.njioa.org for other events & flyers

My Body & Me Body Image Workshop

My Body & Me Body Image Workshop was held on Sunday, April 11th from 2 PM to 4 PM. There were three dynamic speakers from region seven each one with a unique take on body image. As food addicts and COE we all struggle with body image from time to time. This was a perfect way for people that were struggling with body image to use some of the tools that were talked about during the workshop. The workshop was very well attended there at one point there were 97 participants!

- Maria, Hoboken

TRIBUTE PROGRAM

There are so many celebrations and life events in our friends' lives for which we would like to express our thoughtfulness.

Often, we just want to wish someone a happy OA anniversary, birthday, graduation, good luck in a new venture or send holiday wishes. We might want to support an OA friend in times of illness or loss. Why not acknowledge a milestone or sadness in a fellow's life with a donation to Intergroup?

Here are the steps for creating a tribute:

Please make your donation via VenMo or Zelle at: NJIOAPAY@gmail.com or by check mailed to: NJIOA, P.O. Box 827, Fair Lawn, NJ 07410-0827

Please make sure to write the word "Tribute" on the check or in the description on VenMo or Zelle

Please send an email to TributesNJIOA@gmail.com with:

- Your name and email
 - Your phone number
 - To whom Tribute is to be sent, their name and email
 - Occasion and card selection (please see Tribute flyer on njioa.org for card choices.)
 - Your signature exactly how you want it to appear
- Within 7-10 days, after you have sent your donation, we will send a tastefully designed email to your friend (and a copy to you), letting them know of your tribute.



O.A. INFORMATION TO KEEP HANDY!

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

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 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 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. 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	papersusan@aol.com	201-960-1995
VICE CHAIR-Judy L	gratefuljudy@yahoo.com	201-615-4955
IG SECTY-Bonnie F	B4oai8n8@gmail.com	201-657-3916
CORRES SECTY-Ronni	ronniss2020@outlook.com	201-647-3613
REC SECTY-ToniAnn A	typedforu@cs.com	973-945-0233
ACT TREASURER-Andrea P	Andiep13@optonline.net	973-985-8169
WEB CHAIR-Mary M	printersplacenorth@gmail.com	973-838-9521
OASIS ED.-Mary Ann C	maryanncluney@gmail.com	973-568-2761
PUBLIC INFO-Maria G	Mtg7176@gmail.com	201-314-1350
InReach-12 STEP W/I-Terry P	terrypolatchek@hotmail.com	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 or Marcy S. – 973-832-9155 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.

“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.

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)
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

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

Chester 7PM-8PM N-S-Tools
The Community Presbyterian Church
220 Main Street
Karen 908-239-0994

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

Secaucus 2PM-3PM
First Reform Church
51 Centre Avenue
Ellen - 201-725-0535

Upper Montclair 7:00 AM - 8:00 AM S/T
The Presbyterian Church of Upper Montclair, 53 Norwood Rd
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, 1st room on the left, A-10
Wendy L 973 263 5415

Hackettstown 7:30PM-8:30PM N-S-Tools
Drakestown Methodist Church, Friendship Hall
6 Church Road
Grace 973-970-4540/Vincent 908-397-1699

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

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 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, 2nd 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 -12PM -Big Book
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, 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 - maryanncluney@gmail.com or BONNIE - B4OAI8n8@gmail.com

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