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# OAsis

Fall 2023

OA Infoline:  
(201) 528-3398  
[www.njioa.org](http://www.njioa.org)

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



## The Spirit of Service

### UPCOMING EVENTS

#### OCTOBER 2023

**Oct 12** — NJIOA Intergroup Zoom meeting 7:30pm  
*Anyone is welcome to attend*

**Sun Oct 15** — Hike & Picnic, 11am Tourne Park, Boonton

#### NOVEMBER 2023

**Nov 3-5** — Region 7 Convention “Sail Into Recovery”  
Ocean City, MD. Event info: [www.oaRegion7.org](http://www.oaRegion7.org)

**Sat Nov 4th** — Firelight Meeting, In-person 7:00-9:00PM  
Outdoors at Lorrimer Sanctuary, Franklin Lakes NJ

**Nov 9** — NJIOA Intergroup Zoom Meeting 7:30pm  
*Anyone is welcome to attend*

**Nov 19** — IDEA Day — Live or Zoom TBD

#### DECEMBER 2023

**Dec 12** — 12<sup>th</sup> Step Within Event 7:00-8:30pm  
“Connecting With Our Fellows, One Day At A Time”

**Dec 14** — NJIOA Intergroup Zoom Meeting 7:30pm

**Annual Winter Retreat Star Lake Lodge, Jan or Feb TBD**

All event information posted on our website: [www.NJIOA.ORG](http://www.NJIOA.ORG)

**T**he spirit of service is very important to me. When I first came into overeaters anonymous, I was told get a sponsor, get a food plan, and give service. You will hear in many rooms that service is slimming. The reasoning behind this is that while I am getting out of my self and helping others, I have less and less time or desire to think about picking up. By holding a service position, I become a responsible member of Overeaters Anonymous. As a responsible member, I need to show up at the meetings where I hold positions. I may decide to be an Intergroup rep and represent my meeting, and/or I may decide to sponsor to the level of my ability. Just like the phrase “nothing tastes as good as abstinence feels,” nothing feels better than being abstinent and being able to give my program away.

—Bonnie F.



## How Much Service Can I Do?

**W**hen I came back from relapse a couple of years ago, I knew my sponsor was going to ask me to take a service position. Being still so full of “self,” I dreaded doing any work.

In those early days of getting abstinent, I was going to 2-3 zoom meetings a day. I was desperate to keep my new recovery and hang on to the program any way I could. I listened to every word in every meeting. I couldn't get enough of the recovery message. At one of the meetings I heard a speaker say, “My Sponsor tells me I must give all the service I can; so much service, that it's a little inconvenient. That's when I know I am giving enough. — when it gets in the way.” Those powerful words



stuck with me. I took my first service position soon after, and enjoyed it. Shortly after that, I took another position, this time at the Intergroup level. After that, I volunteered to help with our Annual Winter Retreat. By the time I got to my two year anniversary, I was doing so much service, that it was getting in the way of other things. That's when I finally knew I was doing enough.

—Alison L.

### A Spiritual Affirmation

I trust in God  
and the power  
of His might

He sends me soaring high  
He sends me soaring high  
With all the Angels  
in the sky

I have no fear  
My freedom is here

I trust in God  
I trust in me

Through God's love  
I am free

—Nicole A.



## Service With A Smile 😊

**T**he spirit of service refers to the principle and practice of helping others within the OA community deal with our food addiction. It's a mutually beneficial proposition because by helping others I am helping myself.



*“Helping others is the foundation stone of your recovery.”*

BB Working With Others, p.97

The spirit of service encompasses several key concepts: ✨ Helping Others to recover from their own struggles with overeating. ✨ Sponsoring Others by volunteering time and experience to assist others in their recovery journey through the Big Book and the 12 Steps. ✨ Sharing Experience, Strength and Hope during meetings including personal challenges, successes and strategies for coping with compulsive overeating. ✨ Holding Service Positions such as chairing

meetings, setting up meeting spaces, organizing events, helping with communications and pretty much anything to ensure the OA community continues to function smoothly and provides support to all members. ✨ Supporting Unity and Fellowship by fostering a sense of community and shared purpose.

—Amy S.



*“Never was I to pray for myself, except as my requests bore on my usefulness to others.”*

BB Bill's Story, p.13



### I Gave Service A Try!

**S**ervice has been a very important part of the OA program. I am very grateful for the ability to do service over the years. I will continue to do service both in OA and in my life to the best of my ability one day at a time. I plan to continue to do service to the best of my ability. Service has allowed me to grow and learn. I have done things I never dreamed I would be

comfortable doing, whether it be sharing at a meeting, leading a meeting, or holding many services positions on varied meetings and our Intergroup as well as in our region. I encourage newcomers, old-timers and anyone in this beautiful program we are involved in to do service. It is really helpful both to the person giving the service and the person or people on the receiving end of that same service. Remember that service is slimming, emotionally, spiritually and physically...enrich yourself and your OA Program, GIVE SERVICE TODAY!

—Anonymous

## Service Is Slimming

**S**ervice is slimming. I have heard that at many meetings. It is much more than a cute slogan — it is the truth. My sponsor told me that if I focus on losing weight, I will lose the program. But if I focus on the program, I will lose the weight. And that begins with the 12 Steps, but throughout is the action of being of service to the group. The meetings cannot continue if we don't all participate in some way. Sharing at a meeting, putting chairs out or away if we are in person, reaching out to a newcomer or someone we haven't seen in a while, making a phone call or speaking/leading a meeting are all ways that we can be of service. There are more positions — service is available for everyone. It helps me so much to stop thinking of my problems, to feel more a part of a meeting or OA as a whole, to know that in some small way I have added to the Traditions and helped to keep OA alive...what a great feeling.

—Nancy L.

## The Spirit of Service

**S**ervice is part of my daily action plan. Whether it is sharing in a meeting, volunteering to be a timekeeper, Making a call, being a sponsor, or writing a short article, It is the gift of service. It keeps me out of myself and allows me to be part of the fellowship of OA. I am grateful that I am able to do service in this program as I have received so many gifts in return and I have been the recipient of all the promises coming true in my life. Thank God for service.



—Susan L.

## Reasons To Give Service

**I** do service because it keeps me abstinent. I do service because I feel part of. I do service because I know it is my duty. I do service because I need to be an example to others. I do service because I know we need to keep OA going. That phrase we hear, "Service is Slimming" is so true. If I am doing service, I am abstinent. If I am abstinent, my obese weight stays off my body. Yes, there are times when I don't think I have the time to give service, I may not feel in the mood or think others can do it, but then I realize this is a slippery slope that I am dealing with & get out of that stinkin' thinkin' mindset. Yes, I wish others would do more service because it will help them but I need to keep my thoughts, my comments just about myself and not anyone else.



*"Our real purpose is to fit ourselves to be of maximum service to God and the people about us."*

BB Into Action, p.77



Yes my mind goes there for a while and I start to feel like a martyr but this again is not what program is about. My program teaches me to pass along what I have learned and as Dr. Bob states on page 181 from "Dr Bob's Nightmare", he passed along what he learned to others for four reasons:

- 1) Sense of duty
- 2) It is a pleasure
- 3) Because in doing so, he was paying his debt to the man who took time to pass it on to him
- 4) Because every time he did it, he took out a little more insurance for himself against a possible slip.

Please consider giving service. There are



numerous types of services and we can fit you with any service that will work into your schedule! Give it a try!

—Mary Ann, C., NC

**T**O WATCH the eyes of men and women open with wonder as they move from darkness into light, to see their lives quickly fill with new purpose and meaning, to see whole families reassembled, to see the alcoholic outcast received back into his community in full citizenship, and above all to watch these people awoken to the presence of a loving God in their lives — these things are the substance of what we receive as we carry A.A.'s message to the next alcoholic."

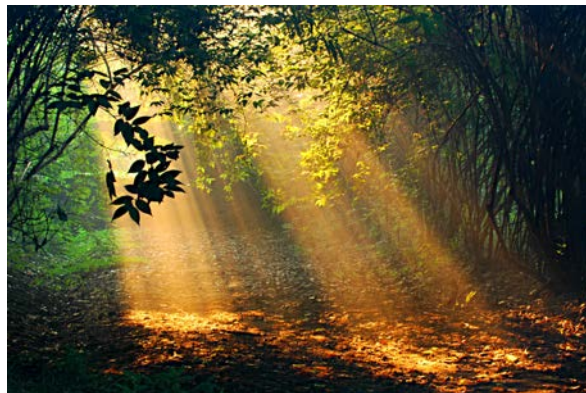
AA 12&12 —Step Twelve, p.110



## The Spirit of Service

I returned to meetings of Overeaters Anonymous about 14 months ago. I was familiar with the program because I attended OA decades ago, and remembered there were “tools” that members described at each meeting. Over the next several months my recovery was making

progress and I was using these tools daily. My initial service was being abstinent, attending meetings on time, and making phone calls. After a period of time, I fit the requirement of abstinence and was asked to do service and lead a meeting. I do not know why, but I was hesitant and fearful. I guess it was some kind of stage fright. I used paper and some notes to get by qualifying my experience, strength and hope and felt very awkward but did it anyway. The next day I received a few phone calls from members. They were all friendly and positive and it got me thinking that maybe I can get more comfortable about sharing and doing service. Soon after, someone asked me to be on a committee for OA activities and I said sure, only because I was told I need to do service in order to keep my abstinence. Early in my recovery I was just simply doing what I was told to do and what I read in the Big Book. So, at my first committee meeting I'm thinking, what am I supposed to be doing? Did I have some good idea to suggest for this project? Well, it didn't take long for me to begin to appreciate just watching other members doing various types of service. I learned it was so much more than just people tossing around ideas. I began to admire my fellow OA members for their service. They made it possible that there were events for fellow members to attend. It made me think about those who also lead meetings, or speak at meetings guarantee that I will have a meeting to go to. After a few committee meetings I got to understand the collective group effort to create something useful for fellow members was a genuine labor of love. Later the surprise benefit for me was the feeling of accomplishment and gratitude for having given service. I read in the Big Book how this is a “We” program and now I see in action how that works in many ways through giving service. It is because of my own recovery and continuous progress in my spiritual growth, that I now have the desire to want to do service. I want to do what I can to help fellow members and to keep OA going so that it is there for those who come after me. Now I know something about the behind-the-scenes service of many other compulsive overeaters who without their service, there



*“When a job still looked like a mere means of getting money rather than an opportunity for service, when the acquisition of money for financial independence looked more important than a right dependence upon God, we were still the victims of unreasonable fears.”*

AA 12&12 Step Twelve, p.121

would be no events, no meetings, no OA. This is why Service is one of the vital tools we speak of at every meeting. Not only does it maintain my personal recovery, but it is vital to the entire program of Overeaters Anonymous.

— Gail S.



## Service Keeps Me Coming Back

Why do I give service? Because someone else gave service and completely changed the course of my life. Service also keeps me coming back. Having a service position, leading a meeting, sharing your story, sponsoring, making outreach calls, showing up to a meeting, returning a call, sending a text, organizing an event, attending an event, being on a committee, writing an article for the Oasis, are all forms of service that keep our program and me going. So that when someone has the courage and willingness to show up and say, “I’m a compulsive overeater and I need help” someone is there to say “Welcome, you’re in the right place.”

We don't do service to get anything in return, but we end up getting so much. That call we make to another fellow might be very helpful to them, but it strengthens our recovery in the process. When I share my story and experience, strength, and hope with others, it keeps my memory green remembering where I come from and reminds me I only have today. No matter how long I've been in the rooms or in recovery, I only have the gift of a daily reprieve from compulsive overeating by working on all aspects of my program, service being of paramount importance.

— Kristy S.



*“The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God.”*

AA 12&12 Step Seven, p.76

AA 12&12 Step Twelve, p.121

## Firelight Meeting

★ ★ In-Person! ★ ★  
★ ★ Saturday Nov 4<sup>th</sup> ★ ★  
★ ★ 7-9pm ★ ★


Held outdoors at  
Lorrimer Sanctuary  
790 Ewing Ave  
Franklin Lakes, NJ

Please bring a flashlight, a blanket, an upright chair (no loungers), and a reading or writing to burn.

Contact: Grace at 201-294-7445 for info

FELLOWSHIP ★ GRATITUDE ★ LETTING GO





“ I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:

1. Sense of duty.
2. It is a pleasure.
3. Because in so doing I am paying my debt to the man who took time to pass it on to me.
4. Because every time I do it I take out a little more insurance for myself against a possible slip. ”

— Dr Bob  
AA Big Book, Dr Bob's  
Nightmare, page 180-181

## Service is Slimming

**I** first joined OA in Brooklyn, New York in 1976. I was a “30 Day Wonder” and was fortunate to become abstinent and lose weight from the start. I went to meetings, called my sponsor and other members, and weighed and measured my food. My commitment to Service in those early days only extended to putting my own chair back at the end of a meeting! I met my husband in OA in Brooklyn. We soon moved to New Jersey and added to our blended family. I could not hold on to my abstinence during my pregnancy

and struggled to get back on track as a new mom. I

longed for my old home meeting and eventually went to as many New Jersey meetings as possible.

We wanted to feel part of our new OA community, so we volunteered to make coffee or bring soda (in those days, meetings were two hours long with a break for coffee, tea or diet soda. It was a time for fellowship also). The small act of bringing a bottle of diet soda and some cups to a meeting helped

us feel like we were an integral part of that little meeting. We were home again. A friend later invited me to an Intergroup Meeting. A group I had only heard about in passing. She told me I would learn a lot and find ways to be helpful. At that Intergroup Meeting, I met people who had what I wanted. They were actively

contributing to OA’s presence in North Jersey by doing all sorts of things. Intergroup members led workshops, produced a Newsletter monthly (OASIS), provided Public Information and attended Regional and World Service Conferences. All those jobs came with an abstinence requirement. If I

wanted to volunteer to be a Region Representative or a World Service Representative I had to put the food down and keep it down for a long period of time. I wanted that more than I wanted extra food.

Making a difference was more attractive than anything I could eat. I began slowly, as a Hot Line volunteer. As my abstinent days grew into months, I became editor of the OASIS (before computer generated text) physically typing, cutting and pasting. It took over my entire dining room table-no room for food LOL. I chaired a Halloween Dance – no food or alcohol – just a DJ and lots of fun. I think I had every job except treasurer. It kept me busy, involved and abstinent. Eventually, I was elected Chair of Intergroup for two terms. A long way from struggling

with excess baby weight. I met my goals in more ways than one. Every time I had a food thought, it occurred to me that I would have to give up the meaningful things I was doing. I did not pick up. Service helps keep OA going but it also helps to fill the void we thought would be filled by food. Service is slimming. I highly recommend it.

— Terry P.



*“We daily see such members render prodigies of service, and receive great joys in return.”*

12&12 Step Twelve, p.120

*Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible*

OA's Responsibility Pledge

YOU NEVER really know the true impact you have on those around you.

You never know how much someone needed that smile you gave them.

You never know how much your kindness turned someone's life around.

You never know how much someone needed that long hug or deep talk.

So don't wait to be kind.

Don't wait for someone else to be kind first.

Don't wait for circumstances, or for someone to change.

Just be kind, because you never know how much someone needs it.

Author|Nikki Banas  
— Submitted by Estelle S



# The Spirit of Service in Overeaters Anonymous

**O**vereaters Anonymous (OA) is a fellowship of individuals who share a common struggle with compulsive overeating and seek to find a solution through a twelve-step program. At the heart of this program lies the spirit of service, a fundamental principle that not only sustains the organization but also transforms the lives of its members.

Service, in the context of OA, goes beyond mere acts of volunteering or performing tasks. It is a way of life, a selfless commitment to helping others, and a cornerstone of personal growth and recovery. The spirit of service is deeply ingrained in the fellowship, guiding its members to reach out to those still suffering, to provide support and understanding, and to create an atmosphere of acceptance and compassion.

One of the primary ways in which the spirit of service manifests in OA is through sponsorship. Sponsorship is a vital component of the program, wherein experienced members guide newcomers through the twelve steps, offering encouragement, wisdom, and accountability. By sharing their own experiences and providing a listening ear, sponsors help others navigate the challenges of recovery, offering hope and guidance along the way. Through sponsorship, the spirit of service creates a powerful bond of trust and support that forms the foundation of OA's success.

Moreover, service extends beyond individual sponsorship to the functioning of the organization as a whole. OA is a volunteer-driven fellowship, relying on the dedication and collective efforts of its members to ensure its continued existence and reach. Service positions within OA include chairing

meetings, organizing events and workshops, maintaining communication channels, and managing finances. By taking up these roles, members contribute their time and skills to foster an environment conducive to healing and personal transformation. The spirit of service in OA also promotes humility and self-reflection. By serving others, individuals learn to put their own needs and desires in perspective, recognizing that their recovery is intertwined with the well-being of the fellowship. Service teaches the importance of being of service to oneself as well, emphasizing boundaries, balance and self-care. It encourages individuals to take responsibility for their actions, make amends when necessary, and continually strive for personal growth.

The spirit of service in OA is not limited to

internal matters. It extends to the broader community, as members engage in outreach activities, spreading awareness

about the fellowship and its program. They share their stories of recovery, aiming to inspire and offer hope to those who may be suffering in silence. By reaching out beyond the walls of OA, members embody the principle of service, carrying the message to those who still need it.

In conclusion, the spirit of service is at the heart of OA. It permeates every aspect of the fellowship, from individual sponsorship to the collective functioning of the organization. Through service, members find purpose, connection, and healing, while also giving back to the community that supports them. The spirit of service in OA not only transforms the lives of its members but also empowers them to make a positive impact on the lives of others.

— Anonymous



*“When by devoted service to family, friends, business, or community we attract widespread affection and are sometimes singled out for posts of greater responsibility and trust, we try to be humbly grateful and exert ourselves the more in a spirit of love and service.”*

I2&I2 Step Twelve, p.124



*“Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs.”*

BB There Is A Solution, p.20

functioning of the organization. Through service, members find purpose, connection, and healing, while also giving back to the community that supports them. The spirit of service in OA not only transforms the lives of its members but also empowers them to make a positive impact on the lives of others.



It's always a good time to rediscover the OA Bookshop:

<https://bookstore.oa.org>

## The Spirit of Service

I have had the privilege and honor of serving as the Chair of Northern New Jersey Intergroup for the past 21 months, and unfortunately, my time in this role is coming to a close in December. This experience has been an incredible journey of spiritual growth for me. The qualifications required for this service were abstinence, willingness, open-mindedness and the ability to show up.

When I first began, the previous chairperson was there by my side, offering guidance and helping me acclimate to the role. Her kindness and support were instrumental in helping me gain confidence during the initial stages. While this position did require a significant time commitment, the rewards were abundant. I developed a deep sense of connection with the members of Intergroup as we collaborated on various committees and forged friendships with fellow members in recovery I hadn't known well in the past. I gained valuable insights into the inner workings of OA, including the allocation and utilization of our resources. I came to understand the 12 Concepts and 12 Traditions in a way that inspired me. I also learned how to update a website, appreciate the importance of accurate information sharing, and how our treasury works. One of the most rewarding aspects of this journey was being able to provide support to fellow members who were facing challenges, always keeping their needs in mind. Acting as chair has deepened my desire to remain abstinent and helped expand my spiritual life.

Most importantly, this experience strengthened by relationship with my Higher Power, the ultimate source of guidance and authority. The confidence I gained from chairing Intergroup has had a positive impact on my personal life as well. It has empowered me to expand my own business this year, leading to increased financial stability even during these difficult, uncertain economic times.

While the person who takes on the role of the next chairperson may encounter their fair share of challenges, they will also have the opportunity to witness the wonderful promises of recovery. Just as my predecessor supported me, I am committed to standing by their side and offering whatever assistance I can to help them excel in their new role. OA's Responsibility Pledge says: Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible. It is the upmost importance that we carry forward the altruistic work and legacy of our great founder, Rozanne.

Intergroup needs you to achieve this. Perhaps you'll find yourself attuned to the gentle guidance of your Higher Power, and when the time comes this November to accept a nomination for a position in Intergroup rather than declining with a "no, not me," you'll embrace the opportunity with a resounding, "Yes, I can, and I will!" May God bless you and keep you -- until then.

— ToniAnn A.



*"A society without organization, animated only by the spirit of service: a true fellowship."*

AA12&12 - Tradition Nine - (pp. 175)

## Serve Others and Recover

A key part of recovery in addition to working the Twelve Steps? **Service.** When you hear about performing service, you may think, "Wow. Working Twelve Steps and giving service? That's a lot!" Rest assured, the last thing we at OA want to do is to overwhelm you. Service can be as simple as you want it to be. Here are some examples:

- **Show up.** Attending a meeting is service.
- **Unlock the venue** for meetings each week. This is a seemingly simple task, but one of great importance. Without this act of service, your group can't meet to work on their recovery.
- **Set up and clean up** meetings. Putting out and returning chairs, making the books available, and passing out materials are all ways to serve.

**Participate in the meeting.** Welcome newcomers, read or share your own experience, strength and hope on the topic.

When you are ready for more:

**Moderate or lead** the meeting. The leader/moderator is just a member who follows the format to keep the meeting on topic and on time.

**Operate the dashboard.** Unique to the virtual world this position protects the meeting from disruptive participants.

**Participate in group conscience.** There are always different ways of doing things and the meeting members decide together what is best for the group.

As your recovery continues, consider being an intergroup rep, attending the meeting, and bringing back the news to your group. You have many talents and gifts you can use in OA. Event planner? Help with workshops, retreats, and assemblies. A writer? Contribute to your local newsletter, or submit to calls for stories.

Providing service opens up a world beyond you, while also giving you a way to carry our message to others.

The best part? There's a magical thing that happens when you serve others; you end up giving yourself a gift too.



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## OA Birthday Party In Person - in Los Angeles Jan 12-14, 2024

The Los Angeles Intergroup of Overeaters Anonymous is proud to announce the 64th Annual OA Birthday Party, happening January 12-14, 2024, in person, in Los Angeles, at the LAX Hilton, 5711 W Century Blvd, Los Angeles, CA.

The organizers have planned a weekend full of panels, workshops, and marathon meetings led by a diverse selection of speakers whose recovery will inspire you. There will also be plenty of fellowship opportunities, from sponsor meet-and-greets, yoga, and special interest meet-ups in the daytime, to comedy, entertainment, and dancing in the evenings.

To book your hotel room at a discounted rate, go to the website: <https://www.oalaig.org/oa-birthday-party/>. You can also register there starting October 15th. The website [oabirthday.com](http://oabirthday.com) is not yet live but will redirect to the page listed above. For any other information, please email [bdp@oalaig.org](mailto:bdp@oalaig.org).

### SERVICE NEEDED

#### Intergroup Service Board Positions

Tradition Two, as outlined in the Twelve Traditions of OA says, "For our group purpose there is but one ultimate authority - a loving God as he may express Himself in our group conscious. Our leaders are but trusted servants; they do not govern." This principle is why we have a rotation of service positions within OA. In accordance with this tradition and the bylaws of NJIOA, a member may serve a one-year term on the board and be elected one subsequent year for the same position. Exceptions are the regional reps and/or World Service delegates who shall serve a term of two years. (See link for bylaw descriptions.) <https://www.njioa.org/about-us/bylaws-policies>. On November 9, 2023, at 7:30 p.m. during its business meeting, Intergroup will be conducting nominations for its service board positions. Subsequently, elections will take place on December 14, 2023. We extend a warm invitation to all members to attend these meetings and participate in the election process. We are currently in search of dedicated candidates to assume essential positions within the board, including chairperson, vice-chairperson, secretary, recording secretary, treasurer, and other roles on various committees. Please be aware that there are specific qualifications related to abstinence and attendance required to be eligible for these board positions. If you are interested in serving in any of these capacities or wish to learn more about the qualifications, please send an email to [chair@njioa.org](mailto:chair@njioa.org). Your participation and willingness to serve are vital to the continued services provided through our Northern Jersey Intergroup. We cannot do this without you! Together, we can uphold the principles of Tradition Two and work towards our common goal of recovery and support within OA. Remember the OA responsibility pledge says: Always to extend the hand and heart of OA to all who share my compulsion, for this, I am responsible.

— Toni Ann A.

#### Lessons from the Jaywalker

On Sunday, July 30, 2023, NJIOA hosted a workshop titled "Lessons from the Jaywalker: Breaking Free from Compulsive Food Behaviors." During this event, a panel comprising three dedicated members of OA, from different regions of the country, shared their inspiring journeys of recovery from compulsive food behaviors such as overeating, bulimia, excessive exercising, and restriction. You can access their captivating stories on our website, in the podcasts section, at: <https://www.njioa.org/resources/podcasts/>. Don't miss the opportunity to hear their powerful testimonies.

#### Sponsorship Day

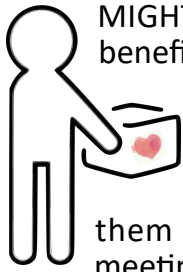
Sunday August 20th, 2023, OA groups all across the world celebrated Sponsorship Day, a day set aside to acknowledge the importance of sponsoring in our Fellowship. Here in North Jersey, a Zoom event was held in which 3 sponsors shared the mechanics of how they sponsor, how they sponsor people in different phases of Recovery, and how sponsoring helps their own Program. This was followed by open sharing. Tips for sponsoring from the World Service website were screen shared so that everyone could read along as they were read aloud. Then it was the turn of the sponsees, 3 of them, to describe how they found their sponsor(s), what is expected of them as a sponsee, and how being sponsored has helped their Program. The event concluded with more open sharing and closed with the beautiful OA Promise: "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 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."

### SERVICE NEEDED

#### Star Lake Lodge Winter Retreat

For the past 28 years, NJIOA has hosted its annual Star Lake retreat. The first 25 of these years brought us together in person, fostering a sense of camaraderie and healing. However, the recent three years forced us to adapt to the challenges posed by COVID-19, leading us to conduct the retreat virtually. Even through these changes, the retreat remained a much anticipated event, providing countless individuals with an opportunity for fellowship and personal recovery. Perhaps you can still recall the nuggets of wisdom shared during workshops, the lighthearted jokes cracked by our MC during the talent show, or the profound moments when you stepped up to the microphone to share what you were taking away and leaving behind. For those of us who have been part of this journey for some time, these memories hold a special place in our hearts. However, it's crucial to acknowledge that there are many who have not yet experienced the warmth and transformative power of the Star Lake retreat. It would be a significant loss if we were unable to carry on this cherished tradition. This is where your support becomes essential. We cannot continue this tradition without you. Whether we decide to hold the retreat in person or virtually in the future, Intergroup is actively seeking volunteers to join the Star Lake committee. Your participation can make a significant difference in ensuring the success and continuity of this vital event. If you're willing to lend a hand and be part of something meaningful, please reach out to us at [events@njioa.org](mailto:events@njioa.org) to sign up. Your dedication and involvement will help preserve the spirit of the Star Lake retreat for years to come. Let's keep the spirit of service alive!

## 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 2nd 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 Intergroup Chair, ToniAnn A., at: [chair@njioa.org](mailto:chair@njioa.org)



## YOUR TRUSTED SERVANTS

<b>TONIANN A</b> Intergroup Chair	<a href="mailto:chair@njioa.org">chair@njioa.org</a> 973-945-0233
<b>MARIA G</b> Intergroup Vice Chair	<a href="mailto:vicechair@njioa.org">vicechair@njioa.org</a> 201-314-1350
<b>NANCY A</b> Corresponding Secretary	<a href="mailto:secretary@njioa.org">secretary@njioa.org</a> 908-510-5090
<b>JON K</b> Recording Secretary	<a href="mailto:recordingsecretary@njioa.org">recordingsecretary@njioa.org</a> 973-652-1335
<b>MARK H</b> Intergroup Treasurer	<a href="mailto:treasury@njioa.org">treasury@njioa.org</a> 201-320-3025
<b>JUDY L</b> Events Chair	<a href="mailto:events@njioa.org">events@njioa.org</a> 201-615-4955
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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 these 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 consider a monthly donation**

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

**By Mail: To NJIOA**  
551 Valley Rd, PMB 206  
Upper Montclair, NJ 07043

**Venmo or Zelle:**  
[treasury@njioa.org](mailto:treasury@njioa.org)



## 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, unaltered and in their own words, and do not necessarily represent those of OA as a whole. The theme for the Winter issue is: **The Importance of Honesty in Recovery**. Deadline for copy is Dec 1, 2023. Please email articles, prose, poems or photography submissions to the OASis Editors, at this email address: [oasis@njioa.org](mailto:oasis@njioa.org). Or upload electronically to the website [www.NJIOA.org](http://www.NJIOA.org)

