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contact: oasis@njioa.org
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OAsis

Winter 2023-24

OA Infoline:
(201) 528-3398
www.njioa.org

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



Honesty in Our Program

UPCOMING NJIOA EVENTS

All NJIOA event details and information posted here: www.NJIOA.ORG

JANUARY 2024

Jan 7 — “Welcome Back” Sunday 12-Step Workshop — all-virtual, 2:00pm-4:15pm — Excellent speakers, Q&A, Open sharing. All 12 Steps in one day!

Jan 11 — NJIOA Intergroup Zoom meeting 7:30pm

Jan 12-14 — OA Birthday Party - Weekend retreat, in person, in Los Angeles. Register: <https://www.oalaig.org>

FEBRUARY 2024

Feb 8 — NJIOA Intergroup Zoom meeting 7:30pm

Feb 10 — Annual Winter Retreat All-Day Virtual Event 9:00am-5:00pm — Fabulous Speakers, Big Book, Steps, Topics, Sharing, Miracles. NJIOA’s Biggest Event!

MARCH 2024

Mar 14 — NJIOA Intergroup Zoom Meeting 7:30pm

REGION 7 EVENTS

Jan 5 — Region 7 Winter Assembly — Virtual

Apr 12-13 — Region 7 Spring Assembly — Virtual

Nov 1-3, 2024 — Region 7 Convention — In-Person, Ocean City MD
All Region 7 event information posted here: www.OAREGION7.ORG

Honesty is the enemy of my disease. My disease lied to me for too many years, telling me over and over that life would be great once I lost weight, that I’d never gain the weight back, that the next diet would be different. My disease also taught me to lie: out of fear, embarrassment, shame or anger. At my first meeting, I heard the honesty in the qualification and shares. There was no shame, embarrassment, judgement or criticism. I felt safe. Feeling safe allows me to be honest with my sponsor, with fellows in the rooms and even with myself. As my honesty “muscle” is used, it gets stronger and so does my recovery. Being honest about my feelings, my reactions, and my difficulties, allows me to deal with it and move forward. No more food. No more lies.

—Fran S.



Honesty In My Program

The first page of "How It Works" is my favorite page in the Big Book. It talks about honesty and walking down a different road to find peace and serenity and to be the best version of ourselves. I truly do feel that working The Steps has been like peeling layers of an onion-the more I can be honest with myself and understand the nature of my character defects and how they manifest in all of my relationships, the closer I get to being that best version of me. This allows me to be of greatest service to others and to my Higher Power. It also allows me to accept and love myself and others more, and find more peace and serenity in this life, which is a gift. —Beth A.



Honesty Is The Key

When I am honest my program is good. When I am not honest things go downhill very fast. OA and abstinence are a gift to me from my Higher Power. The only way to keep this gift is to work a clean honest program each and every day. And to keep coming back. —Agnes

"Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves."

How It Works, BB page 58

Honesty Eliminates Guilt

Honesty allows me to have a clear conscience and eliminate the guilt and shame that comes with all the lies and deception to others and myself. I'm so grateful to have a place where being honest is accepted without judgement. I love my OA tribe. —Marlise M.

Honesty Is Essential

"Honesty is mostly what I need from you." (Billy Joel)

According to the dictionary, honesty means we are truthful in what we say and do. People can rely on us because we have integrity. Developing honesty is like building up muscles. The more you use it the more honest you become. Honesty is essential to:

- Self-awareness so we can acknowledge the reality of our situation and the impact it has had on us and those around us. Without honesty we may not grasp the severity of our condition and the necessity of changing.
- Personal accountability which helps us take responsibility for our actions and our role in our addiction.
- Trust in the recovery process and the OA community so we can share experiences, thoughts and emotions. With trust we form meaningful relationships with sponsors and peers.
- Self-reflection so we can identify triggers and behavioral patterns that may lead to relapse and develop coping mechanisms and strategies to avoid potential pitfalls.
- Making amends where we honestly acknowledge past wrongs and a genuine effort to make things right is necessary for personal growth and healing.

—Anonymous

Winter Wonderland

Honesty in program is important
Honesty helps us stay on track
Honesty in program is important
So we don't go back

Back to eating foods
not on our plan
Remaining abstinent
helps us stand

Standing up for our fellows
Showing up for fellow man
Showing up
for our Higher Power

So we can serve
With abstinence
We are free
Working program with honesty.

—Nicole A.



Honesty In My Program

I was I was reading a part of the Big Book for doing my daily writing. This was the story of a person with a history of drinking so severe he had been committed to an asylum. He was an intelligent person, had given military service, had a successful career, a wife, and a family he loved. He learned about Alcoholics Anonymous, gained much knowledge about himself as an alcoholic, and finally became sober and was in recovery. Within a short time, he was in relapse several times and knew he could find himself back in the asylum. When asked by other AA people what happened, he told the story that he stopped for a sandwich for lunch and, "Suddenly the thought crossed my mind that if I were to put an ounce of whiskey in my milk it couldn't hurt me on a full stomach." And then another, and another, etc. Big Book continues, "You may think this an extreme case.

To us it is not far-fetched, for this kind of thinking has been characteristic of every single one of us. Our sound reasoning failed to hold us in check. The insane idea won out. Next day we would ask ourselves, in all earnestness and sincerity, how it could have happened." I am a recovering compulsive overeater and this story can be completely applied to my history of compulsive eating. And just as it states in the AA Big Book, I am amazed that this is a familiar story with every compulsive overeater trying to stop eating compulsively. Big Book says if we want to get help and arrest this disease, we just need to initially be willing and honest. Ok, I was so desperate for help when I came back that I was willing to do anything that working the program required and that my sponsor recommended. Choose a food plan, check; call my sponsor, check; do a reading and writing, check; use all the tools, check. And now for the honesty part. First, as a newcomer, there is the application of honesty in my food plan. As I heard a seasoned

OA member state,

"Say what you

can't eat, say what you can eat, say what you are going to eat, eat what you say." I was very honest about my daily food plan because having been in program decades ago, I knew that abstinence is a must for me if I am going to practice anything else in the program. I knew being abstinent would allow me to think very clearly. So, what would I find out with all this clear

thinking? I had fear of the unknown that was about to happen. Take away my relationship with food and now what? In this

recovery I completely accept that this is a disease, a disorder of some type. In AA it says the thought that an alcoholic will ever be able to drink like a normal person has to be smashed. These are strong words. Today I am completely honest with myself that I am a compulsive overeater and I will always have the

disease, the tendency to be a compulsive overeater. After losing and gaining weight several times over the years, I reached a critical level of overweight because the disease is progressive. So, how many times in my life did I need to try to prove to myself that I am not normal regarding food? Looking back there was so much dishonesty all related to food, to weight, to dieting. I was not fooling anyone except being dishonest with myself. I started working through the Steps as they are written and I maintained my honesty with my sponsor. Of course, daily life goes on, and it was daily life without the extra food. In addition, I had a few major events during my first 6 months of



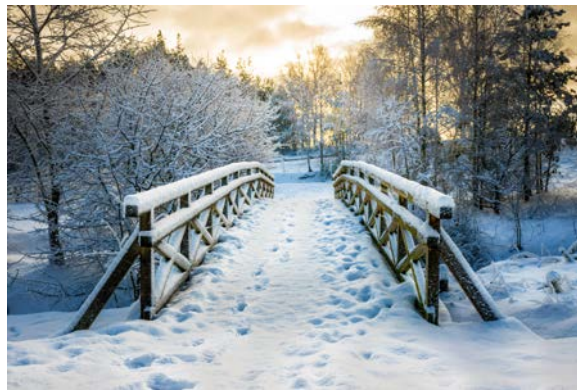
"We never thought of making honesty, tolerance, and true love of man and God the daily basis of living."

AA 12&12 Step Seven, p.72

abstinence. I experienced feelings on a deeper level than I had ever before. It was revealed to me that while I was compulsively overeating, I was not working through whatever feelings and



learning from them. My sponsor was invaluable for understanding how the Steps apply to daily life. I have learned soon as I am feeling some type of emotional turbulence, it needs to be addressed, not ever suppressed. Today I face things head on and for me that is being honest about what is going on. I do not go to food as a first response. I stop, I pray, I evaluate the situation, and use whatever tools such as writing, sharing with a sponsor or somebody in program. I am so grateful today to be abstinent and building my spiritual life. I was also encouraged to share more at meetings. Saying at a meeting that I have an issue and I am feeling upset takes a measure of honesty for me. I am also grateful to learn about character defects or



"Belief in the power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were the essential requirements."

BB Bill's Story, p.13

another way to say it is, to look at myself first when something is disturbing me. So far, program has been correct about when I work a situation through the Steps, I come out learning and most importantly, I'm peaceful and abstinent. I practice daily early morning prayer, and meditation along with my reading and writing. That together with working all the Steps into my daily life, I became aware that things started to happen that I could not, and did not intentionally work on changing in myself. And so, my spiritual life began to grow and grow. Today I want to practice these principles in all my affairs is no longer like a slogan for me. It is a way of life I completely embrace. Still to this day, it takes continuous and sustained willingness and honesty.

—Gail S.



Honesty In My Program

Honesty was and is an essential aspect of my recovery from compulsive overeating. Being honest with myself was the first step in recognizing that I had a problem. For the very first time, I was able to see the behaviors, triggers, and emotional patterns that were associated with my compulsive overeating. Once I identified the triggers and underlying issues, I was able to develop an action plan to address them and find healthier ways to cope I needed support from the fellowship. I couldn't commit alone I had to be honest not only in my eating behavior, but with the way I handled life. I was able to share my experiences, my thoughts, and my feelings in an open and honest way, and got validated from those who understood what I was saying. By being honest, I found that I was accountable for my actions. I had to be honest about slip-ups, setbacks and relapses and not sugarcoat them so that I believed what I was doing to myself was okay. It wasn't until I became honest that I was able to overcome the shame, and the guilt that was associated with my disease. I stopped, feeling isolated, and the support that I got from others was healing. By embracing honesty as the core to my existence, I have been able to stay on this fulfilling recovery journey, one day at a time.



"Lose sense of isolation, receive forgiveness and give it; learn humility; gain honesty and realism about ourselves."

AA 12 & 12, Contents: Step Five, p. 6



"Willingness, honesty and open mindedness are the essentials of recovery."

BB Appendix II, Spiritual Experience, p.568

—Estelle S.

Step One

"We admitted we were powerless over alcohol that our lives had become unmanageable."

WHO cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

AA 12&12, Step One, page 21

Honesty Is Recovery

Early on in recovery, I had very little honesty. At a basic level, I wasn't honest about what or how much I was eating — I didn't want the accountability of weighing and measuring portions. From that simple defiant stand, more lies, which became second nature, and lies of omission too. It seemed that once there was little truth, it became easy to skew things one way and speak in another way so as to garner sympathy or understanding to a particular situation. I've heard the expression "you are as sick as your secrets." Well then I was very sick. I was blocked off from God and program by many impediments — resentments I didn't want to let go of, amends I didn't want to make, food issues I didn't want to talk about, and secrets I would not share. How could I expect to get and remain abstinent when my "program" was built on a very shaky foundation of untruths? When I was finally ready, surrendering meant I would have to work a program of rigorous honesty in all areas. It started with a committed weighed and measured food plan. Any

"More realism and therefore more honesty about ourselves are the great gains we make under the influence of Step Five."

12&12 Step Five, p.58

"Nothing counted but thoroughness and honesty."

How It Works, BB page 65

changes to that food plan needed to be sent prior to eating. After the food was securely down, there needed to be honesty in working the tools, the Steps, the daily inventory, leading and sharing at meetings, sponsoring when ready, and availability to do service. Being rigorously honest is an antidote to pride and ego. It allows for vulnerability and the capacity to admit wrongs. The Big Book mentions the word "honest" and "honesty" countless times. When something is important in the book, it is mentioned over and over. Honesty sure is something that sets the basics for the entire program. Where there is honesty, there is recovery.

—Ilene W.

"WHO cares to admit defeat?"

Honesty and Hitting Bottom

Sometimes, I try to imagine how I would have reacted to a 12- step program when I first tried losing weight in my 20's. There's no way I would have been interested in a program that required me to attend meetings, make phone calls, turn my food over to a sponsor, be HONEST about what I had eaten, do a reading and writing, do a 10th step, establish a relationship with my HP, and while doing all that, go through the steps. NO WAY. It was only after trying so many times to lose weight on my own, or with Weight Watchers, hypnosis, Slim-Fast, Jenny Craig, etc., and succeeding for a period of time, only to put all my weight back and more, that I was willing to try a 12-step program. I am so grateful that my brother discovered AA 3 years before he died of alcoholism. He recovered and had 3 years of sobriety and shared with me how much he loved the program. He made amends to my wife and I and to our kids; he had me meet his sponsor. I went to a few meetings with him; I heard powerful stories of recovery and witnessed the camaraderie. I came to understand what an amazing program it was but had no idea that there was a 12 step program for compulsive eating. Thank God I found Overeaters Anonymous on line when i was considering stomach stapling surgery--and I was

We Admitted

willing to go to a meeting. And thank God I didn't run when I heard the word God, though I was tempted; or when my sponsor told me that I needed to be brutally honest about my food. It is now 15 years since I walked into my first OA meeting; I have learned from painful experience that this disease is cunning and baffling; that it is progressive; that it sits on my shoulder doing push-ups waiting for a slight crack in my abstinence to come rushing back in. And when I have slipped, my disease whispers in my ear: " You don't need to tell your sponsor; It's no big deal." But of course this is NOT true. I have learned that "I am only as sick as my secrets". Over these 15 years in and out of program, I have hit bottom several times. I have been "fired" by several sponsors because I wasn't being honest about the food; because I was slipping and sliding and keeping it to myself until I finally realized that I had to come clean. Each time, after falling on my face, after looking at myself in the mirror and realizing that my lack of honesty was only hurting myself, that I became willing to look for a new sponsor and start working the program once again, from Step One. If OA has taught me only one thing, (it has taught me many) it is that I MUST be brutally honest with

my sponsor about the food and how I am working my program. I am know going through the steps for the 4th time. It is a lot of work; at times it is painful looking at my character defects AGAIN and realizing how much work I still have to do. However, I know in my heart of hearts that OA is truly the Only Answer. Honestly.

— Robert

What Does My Honesty Look Like?

In my recovery, Honesty means I am.....

being rigorous

committing my food daily to stay accountable

being a person of integrity & trust

aware of my limitations

aware honesty is sometimes challenging, but always worthwhile

able to say, "I'm sorry, I really can't do that right now"

keeping my word

setting clear boundaries

admitting 'my part' & making amends quickly

the opposite of 'people pleasing'

pausing when agitated or doubtful and asking God for the next right thought or action (ie, knowing that I don't have all of the answers, but that HP does!!)

saying what I mean and meaning what I say, without being mean

following through on commitments

able to sleep at night because I have a clean slate!

— Robin I.

“... a manner of living which demands rigorous honesty.”

How It Works, BB page 58

Honesty Brings Serenity

Dark things hide in the dark. As a child I was afraid of what might be in the dark — monsters under the bed or skeletons in a closet. As a young woman I was taught not to walk alone at night, and not to take short-cuts through dark alleys. Bad things happen in the dark. A good thing does not need the cover of darkness, or the benefit of secrecy. A good action can be taken in broad daylight, without shame, and without the cloak of secrecy. Every morning I make a decision to try to apply the principles of the 12 steps in all of my affairs. So whenever I find myself toying with the idea of keeping something secret, I have to pause and ask myself, what would be wrong with doing this in the light for all to see? What am I holding on to or trying to control, by doing it in secrecy? What part of myself grows by holding on to the secrecy? What part of myself

would grow if I were to tell my sponsor, or if I were to tell a fellow instead? If an action must be taken in secrecy, should it be taken at all? Would I be safer if I stayed in the light? Could I be happier in the light? Would I have more serenity if I stayed in the light?

—Shirley S.



“He finds himself in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable.”

12&12 Step Twelve, p.107

STEP ONE

“We admitted we were powerless over food — that our lives had become unmanageable.”

STEP FIVE

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

STEP TEN

“Continued to take personal inventory and when we were wrong promptly admitted it.”

Honesty Through Anonymity

The safety of anonymity allows me to be completely honest in my meetings and on my program calls. I can speak my truth and admit my faults, because I know I am totally protected. Anonymity is an exquisite gift.

—Anonymous

Honesty Is The Foundation

Honesty is key to my abstinence. I wasn't certain I wanted to be in OA but I was certain I didn't want to feel as depressed and isolated and overwhelmed and anxious as I did in the food any longer. And my sponsor was asking me to be honest in my writings and daily food plan. I was taking an honest look at my disease and how it affected not just me but my family and friends, my ability to contribute to my community, my ability to work and be a part of life. This honesty was the foundation to putting the steps into my life. Honesty has evolved and the focus for me is on being rigorously honest. It starts with myself as I can easily tell myself falsehoods that could lead to picking up the food. I need to be rigorously honest with my sponsor, at work, with my family and friends, even with the clerk in the store. And if I do tell a falsehood or omit the truth I have a 10th step that enables me to admit that.

—Nancy L.

Honesty at the Mall

Honesty starts and ends with love. At the mall, I show kindness and care — OF other people, FOR other people, and TOWARDS other people. These days the mall is a busy rushing place, so I take every opportunity to practice honesty in my program and in my way of being when I'm there. Besides “cash register honesty,” and “food court and cookie kiosk honesty,” which goes without saying, it's an honesty of the soul, an honesty of the mind that I bring along. I've learned so much from Program. The Steps have taught me a new way of living -- a way of BEING — and today I live according to a new code: patience, kindness, tolerance and love. The honest thing to do is to be nice to other people in the crowd of shoppers. I smile. I say ‘thank you’ for opening the door. I say ‘thank you’ to every single salesperson. I never complain. I resist impatience with waiting lines. And at night, at the end of the day, I'm able to go to bed with a clear conscience, without needing to make amends. Love is the answer no matter what.

—Susan S.



Honesty Is Hard Work

Step One begins with honesty. We admit. But I find it takes courage to continually practice being rigorously honest — to actively practice NOT deceiving myself or anyone else. It's hard work. It's hard because my disease is rooted in delusion and dishonesty. It's a comfortable state for me to be in, as I spent so many years living in that way: lying to myself that 'I'm ok.' Deluding myself that 'I can handle this.' Telling others that 'things are good.' I enjoyed this level delusion — the "appearance" of a happy life; the "appearance" of competency. And all the while, I was utterly hopeless: wrecking havoc in most aspects of my life, compulsively overeating to hide from the nasty truth of my addiction, and being



"Only by discussing ourselves, holding back nothing, only by being willing to take advice and accept direction could we set foot on the road to straight thinking, solid honesty, and genuine humility."

AA 12 & 12, Step Five, p 59

completely powerless to stop. Who cares to admit any of that? I certainly did not. But the lessons of 12 steps are gentle --they let me take my time and come through the process organically as i gain self-awareness and acceptance. The program helps me recognize and ADMIT to the dishonesty in a safe way, in a way that is healing. The 12 steps offer me a beautiful set of spiritual tools to help me find my way to God, and teach me how to live in truth, honesty and according to a new moral code. I thank God every day for this incredible way of living. —Alison L.

Honesty With My Sponsor

I began working on Step 9 with my sponsor almost 3 years ago in January 2021. After making a few amends I had become willing to make amends to one of my Uncles. He was someone I never thought I'd be able to apologize to. But there was one issue. My sponsor wanted me to make this amends in person. However, I preferred to make this amends via telephone. When I first began this 12-step journey, I had surrendered and became willing to 'go to any length' to be relieved of this disease and recover. Yet, the thought of making this amends to my uncle in person was simply too much for me. I procrastinated for 7 months. Still, my sponsor insisted that in-person was best. I was afraid to express my alternate view on how to make this Step 9 amends. In the midst of my procrastinating, I began to have food slips. I deluded myself into thinking I could fix my food slips on my own. But they only got worse. Thankfully, I have fellows who serve as 'lifelines' for me. Through these calls, I discovered that the root of my persistent slips was my fear of having an honest conversation with my sponsor. I wanted to make my 9th



"But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story."

BB Into Action, p.73

step amends, but doing so in person was just too much for me. Although I was afraid, I trusted my higher power and I expressed this to my sponsor. With his customary grace, he offered a compromise. "What if," he said, "you make the amends over the phone but at the end of the phone call you offer to meet with your uncle in person to apologize once more?" I felt lighter. This was something I could do and it would satisfy all aspects of the 9th step amends process. I'm thrilled to say that I made this amends to my uncle over the phone shortly before writing this piece and it went quite well. One reason why it went well was because I didn't expect anything of him. My uncle listened to my apology and warmly accepted. There was no need for me to hear him express any culpability in the matter. At the end of our call, I offered to meet with him in person if he was willing. Again, he warmly accepted. I look forward to meeting up with him sometime soon in person. Honesty on many levels is important to my recovery and I simply can't do it alone. I need to trust and rely on my higher power. In this case, my higher power consists of a room full of overeaters — recovered overeaters!
— Ikechukwu (EK) O.



Holiday Survival Tips & Tricks

AT HOME

- Have my own food ready and prepared in advance
- Put signs/reminders in prominent places such as the refrigerator, bathroom, cabinets
- Incorporate program reminders into my décor such as "Give Thanks," "Grateful"
- If food thoughts come, change rooms, stay away from where the food is
- Create a comfortable "safe space" within my own home where I can go to connect
- Create an abstinent food plan that I feel good about for the day
- Dress up nicely, spend time on your hair and hygiene, show up as your best self
- Share a dessert that works for you such as flavored tea or baked fruit
- Use an extra spoon and/or create a place setting for your HP so you know you are not alone
- Plan ahead for which meetings you will attend, try visiting a new meeting and making new friends
- Check in with fellows
- Give away leftovers immediately or discard them.

AT A RESTAURANT

- Call ahead, get the menu, and plan your abstinent meal.
- If you can't get safe food, consider eating before you go, or bring components of your meal with you
- Be very clear when you order. Tell the waiter exactly what foods you avoid.
- Don't be shy about telling others you're following a food plan, this will create a safe bubble for you
- When your food arrives, take just your portion, put the rest on a side plate and hand it back to the waiter to box up or discard.
- Socialize, distract yourself by talking to friend. Plan ahead some easy topics to talk about, ask others about themselves and listen
- Relax and enjoy, be present in the moment – put your fork down and chat
- Step outside and make phone calls or texts
- Go to bathroom during dessert, make a call and pray, remember you can access your HP anywhere
- Picture your OA friends and fellowship around you

AT A DINNER PARTY

- Call your host and let them know you are on a food plan and ask what they are serving
- Bring your own food as a backup. At least bring components of your meal with you if you aren't sure you can get what or all you need
- Bring your own safe beverage.
- Be brave about telling others you're following a food plan, this will create a safe bubble around you
- Socialize, distract yourself by talking to others. Plan ahead some easy topics to talk about, ask others about themselves and listen
- Stay out of the kitchen, and stay away from food areas, buffets, hors d'oeuvre trays, bar snacks
- Do not offer to serve the food
- Do not clear the plates of food after the meal Avoid being alone with leftovers on plates in the kitchen. Avoid the kitchen all together if possible.
- Relax and enjoy, be present in the moment – put your fork down and chat.
- Brush your teeth when the meal is finished.
- Step outside and make phone calls or texts
- Go to bathroom during dessert and make a call or pray, remember you can access your HP anywhere
- Wear an elastic band on your wrist or switch your jewelry around to remind yourself of being in OA.

ANYWHERE

- Survive Hurricane Season with extra OA meetings –listen to OA podcasts, bring headphones for your phone
- Make extra phone calls. Call newcomers and check on those you haven't seen at meetings in a while
- Carry literature and the OAsis
- Wear something that reminds you of program (keep it green!)
- "Book-end" your event or your meal, call someone before and after with your commitment, be accountable
- Make a gratitude list, focus on what you are working towards – "We will know a new happiness"
- Try to bring your next meal along with you. Take safe food in your car as a back up.
- Remember that you are important, you are part of a fellowship
- Wiggle your fingers and toes to your Higher Power, – make conscious contact
- Take long deep breaths, keep your shoulders down, relax your face muscles, pause
- Focus on the positive, what can I "bring" to the table, what would HP have me be
- Keep doing REP's – Relax, Enjoy, Pray!

WELCOME BACK

Join us for the 12 Steps
of Recovery
— all in one day.



Sunday Workshop

January 7, 2024

2:00pm - 4:15pm ET

Speakers on all 12 steps
Open Sharing Q&A

We will discuss concepts from the Big Book,
the AA 12+12 and the OA 12+12.

PRESENTED BY NJIOA

Zoom Meeting ID
883 1125 1736

Passcode: 2024

Dial in by phone
+1-301-715-8592

Contact Person
Ilene (NJ)
(908) 803-4846
events@njioa.org

SAVE THE DATE

OUR 29TH ANNUAL WINTER RETREAT

Saturday
February 10
9:00am - 5:00pm
All Virtual
PRESENTED BY NJIOA

"It's Time To Recover"

Big Book, Steps, Topics,
Speakers, Sharing, Q&A,
Fellowship, Miracles

SAVE THE DATE

Ways You Can Help

Carry
Our
Message



Once a Week

Call or text: friends you haven't
seen in a while, someone who shared
at a meeting, someone who was
quiet, and always call newcomers!



Once a Month

Take a Stop Sign Poster from one of your meetings
and post it in a doctor's office, school, gym, hair salon,
hospital, house of worship, coffee shop, or in any super-
market. Privacy note: when possible, post in an inconspicuous
place like a public restroom, so those seeking help are not
embarrassed when taking a contact tab.



Once a Year

Share an OA Information Packet with a
professional who is in a position to help a
newcomer find OA. Ideal for an annual visit to a
PCR, CSW, Cardiologist, Bariatric MD, OB/GYN,
Dentist, Counselor, Nutritionist, or PT.



NORTH JERSEY
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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 is not yet live but will redirect to the page listed above. For any other information, please email bdp@oalaig.org.

TO THE NEWCOMER

Overeaters Anonymous is a fellowship of men and women from all walks of life who meet in order to help solve a common problem — compulsive overeating, which includes obesity, anorexia and bulimia. The only requirement for membership is a desire to stop eating compulsively.

Please read "[Our Invitation to You](#)", check out our website www.njioa.org; and attend a meeting. Here's a link to our [meeting list](#). Whatever your problem with food, OA welcomes you.

If you have any further questions, call our hotline at **(201) 528-3398**.

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer. www.oa.org.

WAYS YOU CAN HELP

Please Carry The Message

Each one of us can be an OA Ambassador and carry the message to those who still suffer. Below are three easy ways each one of us can carry the message of recovery to compulsive eaters still struggling with this terrible disease.

- Calling someone you haven't seen in a while just to say a friendly "hello and how are you" may remind them there is a program out there and help is available.
- Informing your Medical professionals about OA may offer them another means of support for their patients.
- Take an OA "Stop Sign" Poster to a medical professional's office, local library, or supermarket bulletin board. Posters are free of charge, and may be obtained by emailing publicinfo@njioa.org and requesting posters to be mailed directly to you. Include your name and mailing address and number of posters requested.

These are just a few ways to help carry the great message of hope and recovery to other compulsive overeaters. We Thank You.

— NJIOA's Public Information Committee

PAST EVENTS

Firelight Meeting

The Firelight Meeting was successfully held in person this year under a bright November moonlight and a warm crackling campfire. Our wonderful speaker, Kristy S, shared her story of recovery which inspired everyone's program to get a little bit stronger. Afterwards we shared our thoughts about our individual recovery as well as our strategies toward the upcoming season, all while burning away our resentments in the luminous flames. Thank you to all who joined us - it was a magical night. We hope to see you in person again next year!

—Grace V.



IDEA Day

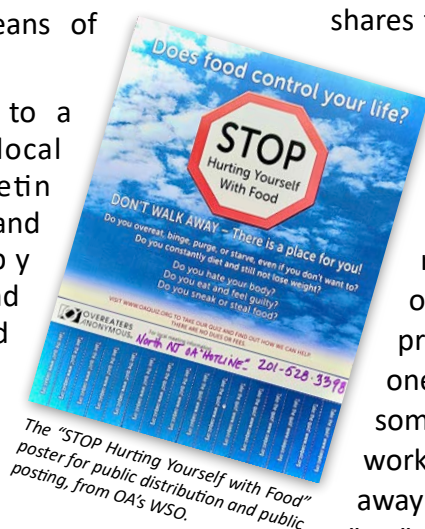
On Saturday November 18th, 2023, twenty-nine fellows gathered on Zoom for North Jersey's I.D.E.A. Day (International Day of Experiencing Abstinence) event. I.D.E.A. Day is celebrated by OA groups throughout the world. Three wonderful speakers spoke about abstinence- how they got it, how they keep it, and what it means to them. Tips were shared for surviving the holiday season with our abstinence intact. It was a terrific event filled with practical and meaningful information.

—Judy L.

Twelfth Step Within Day

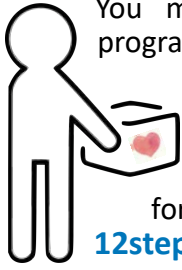
On 12/12/23, NJIOA celebrated Twelfth Step Within Day with a Zoom program called "Connecting with Care." 40 fellows first heard shares from two speakers on the Big Book (selections about the importance of connecting with each other in order to ensure recovery & the growth of the fellowship. We heard about "the conversation at the kitchen table" & also the importance of using the 12 steps to recover. We then had 7 different fellows share on how the tool of phone calls impacted their program, with personal stories about how "that one call" affected their recovery and brought some fellows back into the rooms. Our HP was at work speaking through all of our shares. A big take away was the message "you are not alone", this is a "we" program, and we need to keep the phone "light" by 'reaching out & touching someone'. Thank you for all of the helpers, speakers & fellows who attended!

—Robin I.



The "STOP Hurting Yourself with Food" poster for public distribution and public posting, from OA's WSO.

CARRY THE MESSAGE



You might wish to tell someone about our program. Maybe send them a newcomer packet. Invite them to a meeting. We have beginner meetings and meetings to support members coming back from relapse. Contact the 12th Step Within Committee for more 12th Step information and ideas: 12stepwithin@njioa.org

INTERGROUP MEETINGS

THE NJIOA INTERGROUP BOARD

meets virtually, once a month, at 7:30pm, on the 2nd Thursday of the month. Find the link on our website 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, Jon K. at: chair@njioa.org



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	Texts only please
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 TRUSTED SERVANTS

JON K Intergroup Chair	chair@njioa.org 973-652-1335
SUSAN S Intergroup Vice Chair	vicechair@njioa.org 201-960-1995
GAIL S Corresponding Secretary	secretary@njioa.org 201-446-4519
MARIA G Recording Secretary	recordingsecretary@njioa.org 201-314-1350
TONIANN A Intergroup Treasurer	treasury@njioa.org 973-945-0233
ILENE W Events Chair	events@njioa.org 908-803-4846
MARY ANN C OASis Editor	oasis@njioa.org 973-568-2761
SAM T Website Chair	website@njioa.org 908-489-4577
ROBIN I InReach, 12th Step Within	12stepwithin@njioa.org 908-472-3735
TERRY P Public Information	publicinfo@njioa.org 862-812-4467
MARIA G World Service Delegate	201-314-1350
MARK H Telephone Hot Line	info@njioa.org 201-320-3025
MARIA G REGION 7 REP	201-314-1350
SUSAN L SPONSORSHIP COORDINATOR	973-704-6345

7th TRADITION

Please consider a monthly donation

Donations help our meetings, our Intergroup, 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

EDITORIAL NOTE

The OASIS is the quarterly newsletter of NJIOA (Northern Jersey Intergroup of Overeaters Anonymous). The opinions expressed are those of the authors, unaltered and in their own words, and do not represent those of OA as a whole. The theme for the Spring issue is: **GRATITUDE**. Deadline for copy is March 1, 2024. Please email articles to the OASIS Editors, at this email address: OASIS@NJIOA.org. Or upload electronically to the website www.NJIOA.org

