

To receive the OAsis by MAIL,
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OAsis

Spring 2024

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

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



Gratitude

UPCOMING EVENTS

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

APRIL 2024

April 11 — NJIOA Intergroup Zoom meeting 7:30pm
Everyone is welcome to attend.

April 14 — 2:00-4:00PM — Live in Person in Montclair, NJ.
“Body Positive: A Body Image Workshop.” Speakers, discussion panel,
Open Sharing, Q&A, Big Book 12 Steps, Fellowship & Connection.

MAY 2024

May 5 — 2:00-5:00PM — On Zoom — 2 Recovered speakers will
talk on some of our favorite topics: Body Image, Relapse,
Powerlessness, The Spiritual Experience, Top Tips for Newcomers.

May 9 — NJIOA Intergroup Zoom meeting 7:30pm
Everyone is welcome to attend.

JUNE 2024

June 8 — A Day Trip to Stepping Stones, Katonah NY

June 13 — NJIOA Intergroup Zoom Meeting 7:30pm

June 23 — 2:00-4:00pm — Zoom Workshop —
“Preventing Relapse” How to keep your program in tip-top shape.

REGION 7 EVENTS

Apr 12-13 — Region 7 Spring Assembly — Virtual

Nov 1-3, 2024 — Region 7 Convention — In-Person, Ocean City MD

A Grateful Heart

A grateful heart doesn't overeat. I have heard this since I came to OA. It's only now that I realize how important gratitude is to my abstinence and more importantly to my connection to my HP. When I am in a negative space and I write a list of gratuudes, I am lifted from the self pity and the feeling of not enough. Whenever I am open and grateful, even in hard times and sadness, I am lifted up and connected to HP. I replace calamity with serenity.

—Ann Marie H.

Gratitude for HP

I am grateful for the chance to choose recovery every day but especially today. I'm grateful for the Higher Power greater than myself that changes my mindset and thinking today. Today, I feel it shift from self-pity, self-hate, and despair to hope and willingness to put the food down and choose abstinence. May I remember this gratitude.

—Jennifer

Gratitude Is A Learned Skill

Self-Pity will flush me down the toilet so fast! Living in the darkness of fear and resentment, the glass half empty and getting emptier and emptier, the mindset of scarcity is a banquet for the INSATIABLE monster living in the bottomless pit of NEED I experience in my disease. It is impossible to rescue myself from the downward spiral of my addict thinking by my own power alone, and for me it will inevitably end in relapse to compulsive eating. The simple cure for this is GRATITUDE. Gratitude is not natural for me as an addict — it is a learned skill, a choice I can make at each fork in the road. As my Sponsor and Recovered Fellows throw me lifesaving suggestions to practice Gratitude, I can choose to remain stuck in the gravitational pull of Self-Pity, or I can grab hold and do as I'm told. The Big Book is the source of all of these suggestions for Gratitude training and I recall them with ease when my sponsee or another fellow are in trouble, but I am unable to bring them to mind when I am stuck myself. A sick mind cannot heal a sick mind. My fellows remind me to practice morning meditation to begin each day in gratitude. A 10th Step call with HP and another fellow brings awareness of when I am in gratitude deficit and access to guidance reorienting me on gratitude. An 11th Step Daily Review with another recovered fellow ends my day reinforcing my choice to recognize and thank my HP for the many blessings and miracles I have witnessed and received, a life of sane and happy usefulness beyond my wildest dreams!

—Christine W.



“An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek.”

AA 12&12, Step 10, pg 95

Today, I Am Grateful

I am reading “Bill's Story” and what I realize is that he has a big opinion of himself in the beginning of his story. He feels that he has the world at his feet. He is coming back from war, and everything should be opening up for him. There is no being humble, no humility, no gratefulness. Isn't that how we all feel at one time before we realize we have this addiction? We can lose weight if we want to do it, or we have this grandiose idea that everything will be perfect, if we only lose weight. It's only after we understand the malady of the disease and our Higher Power that we truly become humble and grateful. It is then that we can find contentment within ourselves. I feel that God gives us these situations in life to bring us to where we need to be. Today, I'm grateful.

—Cathy W.

A Lesson On Gratitude

What You Give To Other's, You Give To Yourself. Before retirement, I worked as a Park Maintenance/General Landscape Worker. I loved working outdoors. Early on, when I first started doing the job, one of the job duties was cleaning the bathrooms. I hated cleaning the men's urinals. Of course, I wore gloves while I cleaned but I despised those urinals. One day, I decided to have a talk with my Higher Power. I said "I hate cleaning the urinals." I heard a voice tell me to keep doing what I was doing. One day, I was cleaning the Ladies Room and a woman came into the bathroom. She remarked how clean the bathroom was. No one had ever said that. I remembered how that made me feel. I couldn't believe that someone had noticed. The lesson that I learned was "What you give to other's, you give to yourself." I made sure when I cleaned those bathrooms, not only did the chrome on the sink shine, the urinals were sparkling too.

— Allison G.



“We thank God from the bottom of our heart that we know Him better.”

Big Book, “Into Action,” p.75



Time to garden



Gratitude Is A Way Of Thinking

Gratitude for me is more than a list. It's a way of thinking about and looking at life. When I started Program I had no gratitude. I was full of anger, resentment and fear. Gradually,

very gradually, over the years, by working the Steps and working with sponsors and others, I have learned that everything (any person, place or thing) I might resent or hold a grudge against is also on my gratitude list. I have learned that any situation has "a silver lining." That means I can perceive a situation to be awful or bad or miserable, or I can see the positive side of that very same situation. Somehow this way of thinking and reacting has trickled slowly into my being. I find myself aware of negative thinking as it creeps its way into my mind and then I tell myself "Wait!" "Stop!" "You don't want to go there." And then I remember "GRATITUDE!" and turn the thinking around. Sometimes my reaction to the negative thinking is something I feel, for example, feeling tension, stress, anxiety, or even fear! Nothing positive on that list! And these are all feelings that interfere with my serenity and peacefulness. I like the feeling of serenity and feeling at peace. So, I am then again reminded it's time to turn the thoughts that are causing those feelings around. What happens when I miss the boat? Don't catch the thoughts in time? I go down into the abyss of negative thinking, misery, depression and sometimes extra food. Yikes. I clamber to get back upstream and again go with the flow of life. Wearing life like a loose garment. Huh...no pun intended but yes, my garments feel looser and better when I am abstinent and in gratitude.

—Karen S.



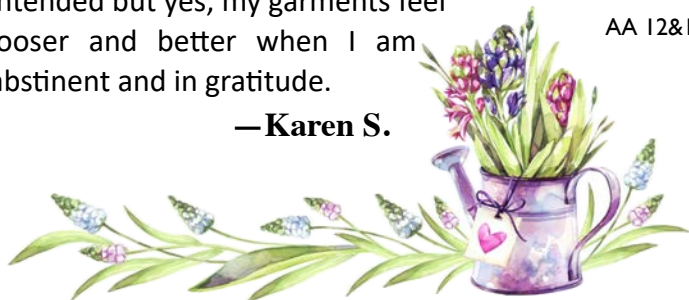
"Having so considered our day, not omitting to take due note of things well done, and having searched our hearts with neither fear nor favor, we can truly thank God for the blessings we have received and sleep in good conscience."

AA 12&12, Step Ten, p.95



"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."

AA 12&12, Step Twelve, p.124



Grateful for OA

I have been in Overeaters Anonymous for many years. I am truly grateful for this God given program. My abstinence has had its ups and downs but I am not the 266 pound person that walked in

these rooms many years ago. I have kept off at least 100 pounds. I NEVER stopped coming. I am so grateful for all the support I have gotten no matter whether abstinent or not. Recently I broke my foot and have been unable to walk my dogs in the early morning. Who would think I could be grateful for that? But I have been going to a 7:15am meeting since I broke my foot and found 214 other people that start each day with this special meeting. So I am grateful



that things happen for a reason. OA is showing me a way of life. Who knew that is what I would get when I walked in these rooms. —June

AS BILL SEES IT, p. 37

"I believe that we in Alcoholics Anonymous are fortunate in that we are constantly reminded of the need to be grateful and of how important gratitude is to our sobriety. I am truly grateful for the sobriety God has given me through the A.A. program and am glad I can give back what was given to me freely. I am grateful not only for sobriety, but for the quality of life my sobriety has brought. God has been gracious enough to give me sober days and a life blessed with peace and contentment, as well as the ability to give and receive love, and the and the opportunity to serve others—in our Fellowship, my family and my community. For all of this, I have "a full and thankful heart."



I'm Grateful For Gratitude

In the days before making my final decision to admit I was powerless over food and that my life was unmanageable, I had several conversations with myself. I distinctly remember taking a good look at myself inwardly, as well as looking around my house, my possessions, my fortunate situation and realizing that I could not feel thankful for anything. I knew that was a very sad and dangerous place to be. Had I become depressed? Is this what depression feels like? This is so not me. What happened to me? I could not feel gratitude! Within days I learned how to use zoom and went to my first meeting and I was given a sponsor. I wiped out any preconceived thoughts I had about dieting and being obese. I did remember something about a food plan called Grey Sheet and this was a HOW sponsor so that is what I did. I just gave up and made a decision to follow what this person told me to do. Later I realized this was my surrender to the program, Steps One and Two, because I could no longer fight this eating disorder. I needed help. My compulsive overeating had put me in a state of confusion. Intellectually I knew I had things to be grateful for but I could not feel gratitude. I could only see negative in everything; the glass was always half empty!

—Gail S.

A Way of Living

GratITUDE is a way to live my life in a much happier place. To start off the morning with at least five things can change a grey day or grey mood into a day where I see and acknowledge the beauty and good things in life. In the moment of time we are currently in, it is so beneficial to live life in abundance. I am so grateful for the ability to do this today and everyday.

—Anonymous

THE MORE GRATEFUL I AM, THE MORE BEAUTY I SEE.

Gratitude Is A Gift

One of the greatest blessings a compulsive overeater can hope for is a capacity for awe: to be filled with a sense of mingled wonder, gratitude and reverence for that awesome



"I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know."

From the AA book "Daily Reflections" March 25

Power in each of us that heals us of suffering no human skill or medicine could touch, and turns around the most wretched of lives."(For Today pg. 342, December 7) Each day I wake up untreated and when left to my own devices, I am looking for what's in it for me today? I am grateful that this program has given me a blueprint for progress with the Twelve Steps of Recovery and the connection I have with the Fellowship. An attitude of gratitude helps me to start each day with a positive spin. I am usually an optimistic person, but there are days when worry or remorse can creep into my mind. A gift I share with another fellow on a daily

"We can truly thank God for the blessings we have."

AA 12 & 12 Step Ten, p.95



"Gratitude was not part of my vocabulary until I walked into an OA meeting. At times, I may have experienced gratitude or been aware of it, but I never verbalized it. Since coming to OA, I am aware of my gratitude on so many levels."

OA Lifeline Magazine, November 2018

basis is an exchange of 5 gratitudes first thing in the morning. I look forward to receiving those gratitudes as it opens my mind up to other things I would not have even thought about. It allows me to be grateful for the simplest things, such as the sound of the raindrops and the birds singing to each other to welcome Spring. I am grateful for the laughter I share with my fellows and gift of reading to my 95 year old mother each day. Rather than hold on to the guilt and remorse that I had for not always

reading to my children when they were young I now continue my living amends by reading to my mom which is a gift that comes back to me tenfold. The gift. — Susan L.



Gratitude as a Spiritual Practice

About a year into this new abstinence, I wished to develop a deeper spiritual surrender and someone I know in program suggested I try increasing and deepening my gratitude practice. So, I began to write out 50 gratitudes a day. I'd take a blank piece of paper and a nice pen, and I just started rapidly listing everything that came into my mind that I was grateful for. All the blessings. All the lessons. All the small parts of my life that I often overlooked. After a few days, I noticed a shift and I loved it so much. I saw deeper shifts in my spirituality. Something changed in the way I connected to my program. And fairly rapidly something shifted in the way I thought about God during the day — in the frequency I thought about God. I began to feel totally connected, all the time — without even trying, I began thinking of God in the very first moments of waking, and in the very last moments before sleep. And I carried this conscious contact with me through the day. My sponsor noticed a change in my daily program writings too. It was thrilling and meaningful on every level. I kept it up for a few weeks and then gradually it slowed down. But making those lists changed me. These days, I turn back to that powerful gratitude practice whenever I need a rescue tool for difficult days or when I'm in a program slump. I rely on it completely and it always lifts me spiritually.

—Alison L.

*Cultivate
an Attitude
of Gratitude*



"We of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all."

BB Appendix I, "The A.A. Tradition," p.565-566
AA Traditions, Tradition 12, Long Form

I used to think that "grace" was HP's love for me. Now I know that it is HP's love in me. I believe that it is HP's... God's... Universe's... True Self... Light in me. For this grace I am so grateful, because it is

everything that has been in my life and that is in my life today. I read or heard somewhere that gratitude is "a gladdening in the heart." Gratitude, for me, is like recharging a battery. When I am in gratitude, my heart is open and feels light and glad. Today, for me, one of the gifts of recovery is this feeling of gladness... a gratitude that keeps me aware of God's grace. I am now aware of the grace that was ALWAYS there, even when I resisted it and struggled against my powerlessness with this disease of compulsive overeating/binging, and destructive attitudes. I am grateful for ACCEPTANCE of those years of struggle and

pain (and actually for the acceptance of all of the pain and challenges in my life such as family



addiction, cancer, deaths, loss, grieving, multiple character defects, mistakes, etc.). All of those things were necessary to bring me to recognize HP's grace in me which has given me recovery ODAAT. "When I am grateful, I find my grace." The promises of the AA program, found on page 84 of the Big Book (promises that are available to EVERYONE who follows this simple... not always easy... program of acceptance and letting go) are in my life today. I am grateful for God's grace. Namaste.

—Nancy A.



Gratitude: A Necessary Ingredient for Freedom

Did you know that scientists have discovered that the part of our brain we get anxiety from is the same part that has gratitude? So we cannot be grateful and anxious at the same time. So you can see why gratitude is a necessary ingredient for freedom. Did you know that the word "gratitude" doesn't appear in the first 164 pages of the Big Book? But there is a story entitled "Gratitude In Action," by Dave B., (BB p193) one of the founders of AA in Canada. If you think about it, there is tremendous gratitude expressed by the authors of each one of the stories.

I am a proud Big Book "thumper." One of my sponsees suggested that I call myself a Big Book "Lover" instead, since that doesn't conjure up the idea of the "thumper" beating others over their heads with a hardcover copy of the book. And it is true, I do love the Big Book because it has changed and is continuing to change my life. Until I began to read and re-read it every day I completely misunderstood what Program was and is (I thought the Fellowship was the Program) and didn't realize that I was working it backwards. You see, I wrongly thought that Abstinence was the solution to my physical "allergy" to certain foods and ingredients, and that the promises would come with abstinence. They didn't. Years of relapse after relapse were the inevitable result. What I did not know before experiencing it, was that by working the steps with a Big Book sponsor, and continuing, continuing, continuing, I would learn what to do when my emotions began taking over. You see, when my emotions took over, they ran the show.

So firstly, I am grateful for my HP, who answered my prayer for help in the late 1970's. His answer was Overeaters Anonymous. I am equally grateful for Dr. Silkworth, Roxanne S., the Big Book, Bill Wilson, and the early members who edited it, especially for the clear cut directions, and more specifically pages 84-88. I disagree with those in OA who say that if we are willing, anyone could sponsor us and we would do well. In my experience, my sponsor, who himself had worked the steps with a Big Book Step Study sponsor, made all the difference. So I am extremely grateful for my sponsor. I am also very, very grateful for the New Providence Saturday morning hybrid Big Book meeting and all of the people who make the www.vision4you.info meetings possible. Gratitude is key. I am even grateful now when something difficult happens and I learn from it. The



psychologist, William James, calls that "a spiritual awakening of the educational variety," (Big Book Appendices II, 'Spiritual Experience' p. 567). Besides my #1 and #2 favorite books that I'm grateful for — the Big Book and the AA 12 & 12 — the book, "Dr. Bob And The Good Old Timers" mentions other books that the Akron AA group read before the AA Big Book was written. Those books were of great interest to me because alcoholics got sober in that early group and I wanted to know how they did it. One of the books that they read in those early days is a very small book called "The Greatest Thing In The

World," by Henry Drummond. It is a book that talks about how to love. Though this book only has 63 pages, and I am not finished studying it for the first time, it has become another favorite. I am grateful for both "Dr. Bob And The Good Old Timers" and Henry Drummond's book that teaches the opposites of self-centeredness.

But what about my Higher Power? Yes, I am extremely grateful to my HP for leading me on this path and

bringing me back to it when I stray onto the slippery slope of self-centered thinking. (I'm also grateful for someone in my home group who shares that she has a THINKING problem. I do too!) I can think my way into clinical depression which is a very tough-to-get-out-of emotional relapse. Emotional relapses are the precursors to physical relapse. It is in working — following the directions of the Program written in the Big Book, together with my HP — that gives me the hand-holds to freedom. Gratitude. If I stay grateful and connected to my HP, it will keep me from emotional relapse. Emotional sobriety keeps me from physical relapse.

So what am I grateful for besides being grateful for being grateful? I am grateful that I became a compulsive overeater and restricter and have to continue, continue, continue, continue to WORK Program so that I stay abstinent and sane. I am grateful that my HP led me to this Program that has given me the instructions for living. I am grateful that this program has taught me how I have been contributing to most of the misery and drama in my life - that I have had a part.

And I am grateful for YOU - each and every OA member who works this same Program seriously and on a daily basis. So thank YOU. Thank you for showing up. Thank you for not giving up. Thank you for sharing what led to your relapse, what you did or are doing to climb out of it, for sharing what your daily practices are, for your strength, and your example, and all of the ways you give service. For all of this, I am grateful. — Polly H.B.

I'm Grateful, God,

I'm grateful You are opening my cloudy eyes
 Helping me take off of my disguise.
 I'm grateful for the food I now eat
 It keeps me alert, not falling asleep.
 I'm grateful for dreaded health conditions
 That point me to the steps and traditions.
 I'm grateful for my problem with overeating
 It got me to an OA meeting.
 God, I'm grateful for the tap You now give
 When I am making decisions on how to live.
 I'm grateful that I find easy rest
 At the end of a day of giving my best
 I'm grateful for finally becoming ME
 The woman I believe I was created to be.
 With gratitude I sit and smile now
 I'm so grateful God, for OA HOW.

—Lori H.



Grateful For Another Chance

After four years of abstinence, on September 25, 2022, I took an unplanned trip into food hell that lasted until Nov 2, 2023. Most of you who have visited that place might be thinking, she's lucky that it only lasted that long! But here is why it might as well have been years in that abyss of emotional torment and physical destruction! This disease is progressive (trust me on that one!) and while I was bathing in the gift and blessing of recovery, the disease of food addiction was doing push-ups in the recesses of my mind. So that particular day in September, with little warning (that was my perception at the time), the disease of food addiction took me down swiftly and violently! The binges were immediate and horrific! In the split of a second, I was living a nightmare that I had never experienced in the 41 years I sat in our HOW rooms! The muscles in my legs would contort from the massive amounts of sugar I ingested, and many a day I was a nanometer away from calling 911 because I could only walk on my knees. Do you think that stopped me from binging? Not at all!! Nothing on the face of this earth could have stopped me!! When I was asked to contribute to the



OASIS on the topic of gratitude, I said it would be my honor. Why an honor? Because, by telling you why I live EVERY precious minute of EVERY day in ABUNDANT gratitude that God grabbed me by the nape of my neck and rescued me from the depths of food hell, I am giving service to my fellows and paying homage to the God of my understanding for saving me from myself. Only an act of providence could have done that for me!! Me, myself, and I are powerless over this disease of addiction. No matter what else I am blessed with the ability to do in this world of ours, controlling this behemoth (food addiction) is not one of them!! All of you in this loving and compassionate fellowship kept reaching out to check on me, to offer your time your experience your strength and your hope, to offer the knowledge that keeps you on the path of recovery. You carved out the time to speak with me each day in hopes that I would stay in these rooms long enough to receive the Gift Of Desperation. So in addition to living in gratitude for God's gifts and blessings, my breathing waking moments are spent in gratitude to my sponsor who never gave up on me and to all of you who took the time to keep my head above water long enough to receive God's Grace, the gift of abstinence.



—Gwen G.P.



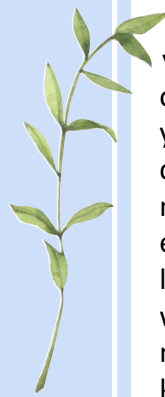
"His sanity returned and he thanked God."

BB, "A Vision For You," p.154

Thank You, God,

Thank you God for all you do
 Thank you God, Your love is true
 We could not be of service
 to each other without you
 I open my eyes and my heart
 You help me feel
 You help me see
 All the love you have for us
 The love you have for me
 Thank you God for setting us free.

—Nicole S.



A GRATEFUL HEART DOESN'T OVEREAT.

THERE IS A SOLUTION

Attitude Lessons Blessings Allow Path Footsteps

Spiritual Wisdom Meditate SPIRITUAL SOLUTION

Strength Awakening Trust BELIEVE Joyous Transformation

HIGHER POWER Gift Happy Free Journey Honesty

Miracles Promises FAITH Courage Peace Decision Prayer

Intention Program Surrender Grace LOVE Psychic Change

Trust Pray SERENITY Awareness God Consciousness

Freedom Joy
Big Book GRATITUDE Love

12 STEPS Abstinence RECOVERY Patience HOPE

Bill's Story Identify Message of Depth and weight Grateful Recovery

Attraction 164 Pages DAILY REPRIEVE Healing Compassion

Instructions Simplicity Doctor's Opinion Tolerance Anonymity

Principles Change Sobriety Humility FELLOWSHIP Tools

Integrity A VISION FOR YOU Qualification Podcasts

Let Go Bill W Pioneers Traditions Commitment Spiritual Tool Kit

Let God Dr Bob How It Works SERVICE Reset Sponsees

Old Timers Newcomers Trusted Servants Readings & Writings

Remember Kindness Sponsorship Coins & Tokens Phone Calls

Joyous Speakers Meetings Nightly Review Forgiveness

It works if you work it Plan of Eating Clean House Action Plan

CARRY THE MESSAGE

Rozanne I Put My Hand in Yours Together We Can

Love and Understanding Beyond Our Wildest Dreams

A GOD OF YOUR UNDERSTANDING

May You Find Him Now



GOD is GOOD

BODY Positive

NJIOA presents a body image workshop

Sunday April 14

2:00pm - 4:00pm

In-Person Event

Inspiring Speakers, Discussion Panel,
Open sharing, Q&A, Big Book, 12 Steps,
Fellowship, Recovery, and Connection

LOCATION

Fellowship Hall
The Salvation Army
13 Trinity Place
Montclair, NJ 07044

Use the side entrance (side parking lot is available)
or the entrance below, in parking garage.

CONTACT

Jonathan S.
(973) 897-4541

NJIOA Presents

HOT TOPICS

Sunday May 5

2:00pm - 5:00pm ET

Two recovered speakers will share on
some of our favorite topics:

Top Tips for Newcomers

Relapse

Powerlessness

Body Image

The Spiritual Experience

Plenty of time for Q&A and open sharing

CONTACT

Ilene W.
(908) 803 4846
NJIOA.ORG

ZOOM INFO

Meeting ID: 839 6420 8304
Password: 052024
Dial in: (929) 205 6099

A DAY TRIP TO Stepping Stones

Historic Home of Bill & Lois Wilson, in Katonah NY

Saturday, June 8

NJIOA is excited to offer a semi-private tour of Stepping Stones, the historic home of Bill and Lois Wilson, in Katonah NY. On Saturday June 8, 2024, from 12:00pm to 5:00pm, please join us for a guided house tour, with Q&A, plenty of fellowship, a picnic lunch in the lovely garden, and an outdoor OA meeting. We'll have a chance to stroll Lois's beautiful garden and browse the bookshop for gifts and mementos. You'll find that the house is filled with program wonders. Take a photograph beside the famous kitchen table where Ebby first sat with Bill to share the message of recovery. Marvel at the countless manuscripts, handwritten notebooks, memorabilia and personal writings by Bill and by Lois. Visit Bill's legendary office, "Wit's End," where he sat at the large oak desk and wrote more than 100 Grapevine articles that evolved into the AA Twelve Steps and Twelve Traditions. You will be filled with nostalgia and delight. Group size limited to 23 people. Rain or Shine.

Contact Person: Leslie R.

Text or call cell: (917) 826-7367

Email for info: LRS10962@gmail.com

GETTING THERE

Stepping Stones Address: 62 Oak Road, Katonah NY 10536. Drive time is about an hour from North Jersey. If you want to carpool, reach out to the contact person and we will try to coordinate rides.

ITINERARY

11:45-12:45pm: Assemble in the parking lot at 11:45am, for lunch and a mini OA meeting. Please bring a folding chair and your own lunch, as no food is sold on the premises.

12:45pm: Gather in the visitor center lobby.

1:00pm-2:30pm: tour starts promptly at 1:00pm and lasts 90 minutes. Q&A with docent while on the tour.

2:30pm on: free time — gift shop and garden stroll, until closing at 5:00pm. Wear sneakers for the trails.

HOW TO REGISTER

Registration by email is required for this event as size of the tour group is limited to 23 participants.

The first 23 email registrations we receive will get a place on the tour and will be confirmed by email.

1) Send your registration email to:

LRS10962@gmail.com

Include your first & last name, and cell number.

2) Send \$10 registration payment to NJIOA

DONATION \$10

www.NJIOA.ORG/DONATE

Donations of \$10 can be mailed to NJIOA or paid electronically. Go to the NJIOA website for more information. Please mention "Stepping Stones" in the payment note.

NJIOA
PRESENTS

Relapse Prevention

Keeping Your
Recovery in
Tip-Top Shape
Sunday June 23
2:00-4:00 pm ET

Two experienced OA speakers bring this popular workshop to NJIOA for the very first time! Informative slide presentation, interactive writing activities, Q&A, open sharing. Get ready for an engaging and inspiring afternoon.

ZOOM Meeting ID 888 888 8888
Password 888888
Dial in (929) 205 6099

Contact Ilene W: (908) 803-4846

NJIOA.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 North Jersey [meeting list](#). Whatever your problem with food, OA welcomes you.

If you have any further questions, just call our Info-line:
(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.

- Call 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.
- Inform 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.

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

May gratitude be the pillow upon which we kneel to say our nightly prayer.

PAST EVENTS

2024 Winter Retreat

Our 29th Annual Winter Retreat (and NJIOA's biggest fundraiser) was held on Zoom again this year, all day from 9:00am-5:00pm on Saturday February 10. The theme was "Time To Recover," and the event was sensational.

Over 110 people attended this wonderful day. We had 6 recovered Big Book speakers who took us through all 12 Steps, with inspiring experience strength and hope and stories of miraculous transformations. We heard other recovered speakers sharing on, and leading discussion on, some of our most favorite topics, including Body Image, Starting Over, Sponsorship, Action Plan, 100 pounders, and Spiritual Growth. There was an inspiring keynote speaker over lunch, and so much sharing and wonderful audience participation — it was very moving. Don't fret if you missed it: All the speakers were recorded and the podcasts are available to listen to, for free, on our website here: www.njioa.org/resources/podcasts/

Unity Day 2024

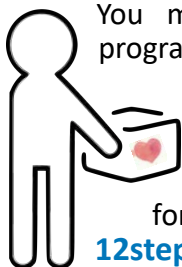
On February 24, we celebrated Worldwide OA Unity Day. This year, our Unity Day special event was an all-New Jersey program with all 3 New Jersey Intergroups teaming up and working together to host the day. More than 88 people joined us on Zoom to hear 2 dynamic speakers share on what unity means to them and a terrific panel of 3 speakers, one from each intergroup, share on Unity in their lives. This perfectly showcased how we are stronger together than we could ever be alone! Unity Day is a once-a-year day when we celebrate the connection of all members and groups of OA to one another. It occurs the last Saturday in February in even years and the last Sunday in February in odd years, at 11:30 am local time. It is encouraged that all members of OA take a moment of silence to express their gratitude for the OA Program. Which we did. It was awesome!

'Welcome Back' Step Workshop

January 7 was the "Welcome Back" Step Workshop — All 12 Steps in one day! It was such an amazing way to start off the new year! We had over 150 participants join us to hear 4 incredible speakers share on the 12 Steps, and 3 speakers share on how working the Steps has changed their lives! It was quite the empowering workshop to either get us started on the recovery journey, or to breathe new life and vigor into our programs. What an amazing way to spend a snowy New Jersey winter day! The 2024 NJIOA event season certainly got off to an incredible start!



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 our 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 people 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
TONIANN A	973-945-0233	Before 11PM

OUR TRUSTED SERVANTS

JON K Intergroup Chair	chair@njioa.org 973-652-1335
SUSAN S Intergroup Vice Chair	201-960-1995
GAIL S Corresponding Secretary	secretary@njioa.org 201-446-4519
MARIA G Recording Secretary	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
TONIANN A Website Chair	website@njioa.org 973-945-0233
ROBIN I InReach, 12th Step Within	12stepwithin@njioa.org 908-472-3735
TERRY P Public Information	publicinfo@njioa.org 862-812-4467
MARK H Telephone Hot Line	info@njioa.org 201-320-3025
ANDREA P PAARLIAMENTARIAN	973-985-8169
POLLY H B SPONSORSHIP COORDINATOR	908-658-3390 TEXTS ONLY PLEASE

7th TRADITION

We are grateful for all your donations

Donations help our meetings, our Intergroup, our Region, and OA World Service. Email us here: treasury@njioa.org



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

Venmo or Zelle:
 Search for [@NJIOA—Pay](https://www.venmo.com/NJIOA-Pay)

Paypal:
 Go to www.NJIOA.org/donate

EDITORIAL NOTE

The OASIS is the quarterly newsletter of NJIOA (Northern Jersey Intergroup of Overeaters Anonymous). We are grateful for your wonderful submissions month after month. The opinions expressed in this publication 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 Summer issue is: **LAUGHTER & JOY**. Deadline for submissions is June 1, 2024. Please email articles to the OASis Editors, at this address: OASIS@NJIOA.org. Or you may upload articles electronically to the website here: www.NJIOA.org/submit-to-oasis

