

SPRING 2019

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Oasis

Hello, I am your disease

I Hate meetings...I Hate higher powers...I Hate anyone who has a program. To all who come in contact with me, I wish you death and I wish you suffering. Allow me to introduce myself...I am the disease of addiction. I am cunning, baffling, and powerful. That's Me. I have killed millions and I am pleased.

I love to catch you with the element of surprise. I love pretending I am your friend and lover. I have given you comfort, haven't I? Wasn't I there when you were lonely? When you wanted to die, didn't you call on me? I was there, I love to make you hurt. I love to make you cry. Better yet, I Love to make you so numb you can neither hurt nor cry. When you can't feel anything at all. This is true gratification. And all that I ask from you is long term suffering. I've been there for you always.

When things were going right in your life, you invited me. You said you didn't deserve these good things, and I was the only one who would agree with you. Together we were able to destroy all the good things in your life. People don't take me seriously. They take strokes seriously. Heart attacks, even diabetes, they take seriously. Fools. Without my help these things would not be possible. I am such a hated disease, and yet I do not come uninvited. You choose to have me. So many have chosen me over reality and peace. More than you hate me I hate all of you who have a 12 step program. Your program, Your meeting, Your Higher Power. All of these things weaken me, and I can't function in the manner I am accustomed to. Now I must lie here quietly. You don't see me but I am growing bigger than ever. When you only exist, I may live. When you live I may only exist. But I am here...

And until we meet again, If we meet again, I wish you death and suffering.

- Bonnie, Fair Lawn

NJIOA Intergroup Meeting

Kessler Institute for Rehab Center

300 Market Street, Saddlebrook, NJ

Meets at 7:30pm 2nd Thursday each month

We need your service -Step 12 - help us spread the word! ALL ARE WELCOME!

We need more members to help get the word out-please join our Public Information committee to contact all forms of media to spread the word.

Program Gems to Ponder...
Action: You have to act right in order to feel right (not the other way around).



MEET YOUR NJIOA CHAIRPERSON...

Hello! I am Christine W. grateful recovering compulsive eater and your NJIOA Chairperson for 2019. I have been a member of OA since February 28, 1999 (West Jersey) and I am maintaining an 80 pound weight loss. I have regularly attended NJIOA area meetings since July 2013. When my sponsor became NJIOA Chair she "suggested" I attend Intergroup meetings and in 2018 I served as NJIOA Recording Secretary. Each month, I create the Agenda and distribute it via email to Board Members and regularly attending Meeting Representatives in order to encourage Committees to stay on track and prepare reports in time for the Intergroup meeting. I preside over the meeting to organize and coordinate activities. I structure and guide meetings to respect our timeframe of 7:30pm - 8:30pm every 2nd Thursday of the month to ensure every perspective is heard and business tasks are accomplished. As the NJIOA Region 7 Delegate, I plan to participate in Region 7 activities and submit a written report to the Secretary and present it at the meeting following all assemblies. OA saves my life, one day at a time, and I am grateful to have the opportunity to serve as Chairperson. Plan to attend at least ONE NJIOA Intergroup meeting this year. Only YOU can share your unique suggestions and perspectives to ensure that NJIOA best represents the diversity of its members! I'll see you there – Hugz, Christine W.



Powerless over Food?

I desperately tried to disprove who I am,. After two years and countless attempts, I finally accepted what I already knew - that I am powerless over food.

"Only through being beaten down by my own misery would I ever have accepted the term 'alcoholic' as applied to myself. Now, however, I accepted it fully. I knew from my general reading that alcoholism was IRREVERSIBLE and FATAL. And I knew that somewhere along the line I'd lost the power to stop drinking" (Big Book of Alcoholics Anonymous, page 386).

I could've written this. But for me, real acceptance of this fact would take longer than just a simple realization; self-knowledge availed me nothing. I knew I had a problem with food my entire life, I felt it in my heart that I found my home the first time I walked into the rooms of OA and I thank God I never left on my quest to disprove the obvious.

It was only after I was beaten down by my own misery that I could accept the term *critical level food addict* as applied to myself. It took two years but eventually I accepted it fully. I heard it was an incurable disease, that would lead to a slow painful death, but I didn't fully believe it for myself. As a mathematician, by trade, I tried desperately to find ONE counterexample to the claim that I am a food addict - that is all you need to disprove a claim in mathematics - just one counter example. One time that I could eat addictive substances like a 'normal' person and carry on with my life was all I needed to contradict the claim that I was a critical level food addict. For two years, I struggled to refute the obvious; the very statement that I already knew was true, but couldn't accept with every fiber of my being, until all the evidence was clear. It was the FACT that "somewhere along the line I had lost the power to stop (eating compulsively)".

I hid the food, I tried to exert willpower, I would trick myself, family and friends into thinking that I can eat something 'just this once'. Nothing ever worked - I am powerless! The illusion that I can one day control it has haunted me my entire life and has tremendously impacted the majority of the past two years in program. The fantasy that one day I can be a normal eater is a major pitfall in my recovery. The issue, for me, was step one, and facing that reality is something that I have to be willing to do, *every single day*: admit that I am powerless over food and that my life becomes unmanageable. Taking the steps daily is necessary for my spiritual conditioning and my abstinence is dependent on my spiritual conditioning. The alternative is pain, suffering, misery and eventually death. How much more research did I need? Look where I ended up - a two week relapse coupled with a foggy state that I descended into and complete unmanageability falling over my home and work - all because I thought I was cured and could have one slice of pizza and not tell anyone about it.

I will never be cured! I will never be a normal eater; the illusion and fantasy that one day I will be has to be smashed. This first step is critical for continued and sustained abstinence. It is a part of the foundation for the arc of freedom. *Half measures avail us nothing, some of us try to hold on to our old ideas and the result was nil.* The result continues to be nil until I honestly accept the truth and commit to and pray for the willingness to do what I need to do to ensure abstinence. For it is through abstinence that I have the chance at being a useful child of God and it through the steps and God that I have a chance of abstinence. For right now, this moment, I am grateful for the willingness to choose the righteous cycle of recovery over the destructive cycle of addiction.

The disease drove my life into destruction. God drives my life into righteousness. What I have come to realize in my quest to disprove step one is that either way I am serving a master and that I have no control over anything, especially the fact that I am a sick person. I've learned to be grateful for this sickness and to have found a loving God that has the power to love, forgive, and heal the sick. I believe this with all my heart bc I feel it and I testify to the feeling and the miracles of His work and love for me.

For two years, I couldn't ask Him for help with something that I didn't truly believe myself. I believed that eating did not make things better and I knew that I felt better when I did get abstinent. But I also believed that I was no longer sick once I felt better and that I could eat with impunity. These are the lies the disease tells me and the disease creeps around me trying to devour me with these lies, getting stronger, waiting for me to not be sober or even not to be watchful and think that I am cured. I am powerless over food, there is One who has all the power - God - He can and will relieve me of this obsession if He is sought ONE DAY AT A TIME - through honest acceptance, total dependence, willingness to do action, and service for others.

Anonymous

Upcoming Events

Region 7 Business Assembly

April 5th-7th, 2019

Clarion Inn, Frederick, Maryland

"Special Speakers Series" – Food & Spirituality

April 7th, 14th, 21st, & 28th, 2019

Clara Maass Medical Center, One Clara Maass Drive, Belleville, NJ, Greifinger Lecture Hall in the Education Center - 9am-10:30am

Region 7 2019 Beach Retreat

April 12th-14th, 2019

Holiday Inn Oceanside. Virginia Beach, VA

World Service Business Conference

May 6th-11th, 2019 – Location TBA

2019 NBC & Telemundo 47 Health & Fitness Expo -

MetLife Stadium, East Rutherford, NJ

June 22nd-23rd, 2019 - Details TBA

Sponsorship Day Weekend 2019

August 17th-18th, 2019 Details TBA

Region 7 Business Assembly

September 20th-22nd, 2019

Clarion Inn, Frederick, MD

Region 7 2019 Convention

November 1st-3rd, 2019, Holiday Inn, Ocean City, MD

IDEA Day 2019

Either November 16th or November 17th, 2019

Details TBA

Check www.njioa.org for other events & flyers

The Public Information (PI) Committee of NJIOA is encouraging local meetings to identify and select a PI Representative to work closely with the PI Committee of NJIOA on strategies to improve awareness of OA Meetings and Events in the communities where we have local meetings. Please provide the name and contact information of your PI Representative to our chair, Sam samthatartaro@gmail.com by the May 2019 Intergroup Meeting.



Editorial Policy – Publication of any contribution or editorial opinions expressed herein does not imply endorsement by OA as a whole, but only by the individuals who wrote them. We reserve the right to edit and it is understood that all copy may be reprinted by other OA groups with permission. ➔

Send Updates to B4OAI8n8@gmail.com. Meeting times occasionally change. We recommend calling ahead. Phone lists for use within fellowship only.
 OA meetings are open to all people willing to abstain from compulsive overeating.

SUNDAY

Belleville 9:00 AM - 10:15 AM BB O HA
 Clara Maass Medical Center,
 One Clara Maass Drive, Education Greifinger Hall
 Mary 973 838 9521
Hoboken 6:00 PM - 7:00 PM BB/S O HA
 Hoboken University Medical Center
 (Assumption Hall) 308 Willow Ave
 Paul 201 656 2042
Morristown 3:00 PM - 4:00 PM D HA
 Rehab Center of Morristown Memorial Hospital,
 95 Mt. Kemble Ave / Rt. 202, South, Main Floor-
 Administrative Conference Room
 Joan 973 428 2957
Paramus 10:30 AM - 12 Noon BB HA (B)
 Beginners Meeting available following BB Meeting
 Dorothy B. Kraft Center, 15 Essex Road
 (off of Century Rd – 1 block west of Rt 17)
 Judy 201 615 4955
West Orange 9:30 AM - 10:30 AM BB/NN HA
 Summit Ridge Nursing & Rehab Center, 20 Summit St,
 (off Mt. Pleasant Ave, drive around to the back of the
 building, then facing the building, enter the door on the
 far left.)
 Susan 201 207 6652 Patrick 201-323-4041

MONDAY

Bloomfield 10AM – 11 AM O L HA
 Oakeside Bloomfield Cultural Center
 240 Belleville Avenue
 Deborah 973 680 4490
Livingston 7:30-8:30 PM S/BB
 Trinity Covenant Church
 343 E. Cedar Street
 Karen – 973 650 2833
Midland Park 9:30 - 10:30 AM BB
 Midland Park Methodist Church, 269 Godwin Ave.
 Side Door, Downstairs Room on Right - Child Friendly
 Pat P 201 669 6383
 Deborah 973 680 4490
Paramus 7:30 PM – 9:00 PM HOW HA
 Dorothy B Kraft Center, 15 Essex Rd.
 (Off of Century Road one block West of RT 17)
 Audrey 201 819 5575 Fran 201 220 1440
Teaneck 1:00 PM - 2:00 PM BB
 Congregation Beth Sholom, 354 Maitland Avenue
 Claire – 201 274 4924

TUESDAY

Bloomfield 7:00-8:15 PM Newcomer
 Watchung Presbyterian Church
 375 Watchung Avenue, Bloomfield, NJ (just off Garden
 State Parkway Exit 151)
 Enter from the parking lot in the back The meeting is held
 downstairs
 ToniAnn A. 973 945 0233
Saddle Brook 7:15 PM - 8:15 PM S HA
 Kessler Institute for Rehab, 300 Market Street
 First Floor Conference Room
 Ursula 201 527 5203 Shari 201 218 5801
Upper Montclair 7:00 AM - 8:00 AM S/T
 The Presbyterian Church of Upper Montclair, 53
 Norwood Road
 Beni 973 202 5579
Wayne 7:30 PM - 8:30 PM S - HA
 Our Lady of Consolation Parish,
 1799 Hamburg Tpke
 In Ministry Center, follow road behind the church
 Marci 973 694 1274 Christine 973-668-8768

WEDNESDAY

Hillsdale - 7:30-8:30 PM BB
 United Methodist Church
 349 Hillsdale Ave Parlor
 Maria – 201 666 0684
River Edge 10:45 AM – 11:45 AM HOW HA
 Temple Avodat Shalom, 385 Howland Avenue,
 Child friendly,
 Myrna 201 794 1976 Barbara 201 780 5837
Saddle Brook 7:00 PM – 7:55 PM BB/YPF
 Kessler Institute for Rehab, 300 Market Street,
 First Floor Conference Room
 Theresa 201 663 2979 Gerri 310 892 8245
Saddle Brook 8:05 PM – 9:00 PM HOW
 Kessler Institute for Rehab, 300 Market Street,
 First Floor Conference Room
 Brenda 732 325 7133 Christina 646 643 0467
Saddle Brook 8:00 PM – 9:00 PM MENS MTG
 Kessler Institute for Rehab, 300 Market Street,
 Small conference room on left before Multi-purpose
 room
 Paul 973 800 4760 Dave 201-665-0448

THURSDAY

Chatham 7:00 PM - 8:00 PM S HA
 Presbyterian Church Chatham
 240 Southern Blvd.
 Enter in the back of the church, through the glass
 doors and downstairs, 1st room on the left, A-10
 Wendy L 973 263 5415
Midland Park 9:30 - 10:30 AM S
 Midland Park Methodist Church, 269 Godwin Av
 Side Door, Downstairs Room on Right -
 Child Friendly
 Joyce 201 280 9000 Shari 201 218 5801
Montclair 6:30-7:30 PM BB & Bariatric Support - **ON**
HIATUS-DO NOT ATTEND FROM JAN 2019 TO JUNE
2019.
 Mountainside Hospital, 1 Bay Avenue, First Floor
 Conference Room #2
 Kersy 973-690-5865
Ridgewood 7:00 PM - 8:00 PM S & B 1st Thurs T
 Christ Church, Franklin Avenue & Cottage Place
 Susan L 201-981-0861 Pat S. – 201 652 6882
Upper Montclair 7:00 AM - 8:00 AM S/T
 The Presbyterian Church of Upper Montclair, 53
 Norwood Road
 Beni 973 202 5579

FRIDAY

Hackensack 7:30 PM - 9 PM HOW HA
 John Theurer Cancer Center, 92 Second Street, Lobby
 Conference Room
 Audrey 201 819 5575 Fran 201 220-1440
Nutley 7:30 PM - 8:30 PM D
 Grace Episcopal Church, 200 Highfield Lane
 (House on side of Church)
 Denise 973 868 9585 Kelly 973 661 2231
Passaic 9:30 AM - 10:30 AM Women Only
 Basement of private home
 371 Brook Ave
 Enter via driveway, 2nd door on the right
 Iris 973 249 1470 Dawn 973 779 8891
Wayne 7 PM- 8 PM varies HA
 Our Lady of Consolation Ministry Center,
 1799 Hamburg Tpke
 Follow the driveway down hill past the church
 Christine 973 668 8768

SATURDAY

Berkeley Heights 11AM - Noon BB/S
 Speaker 2nd Sat of the month
 United Methodist Church, 105 Diamond Hill Road
 Marc 908-578-9598 Judith 973 600 4341
Little Falls 7:30 PM - 8:30 PM WB
 Second Reformed Church, 6 Walnut Street
 Dave – 201 665 0448 Agnes 973-942-7167
Morristown 11:00 AM - Noon S HA
 Mt. Kemble Div - Morristown Memorial Hospital
 95 Mt. Kemble Ave, Rt. 202 South of the Green,
 Ground Floor Conference Room
 Abby 973 285 1580 Charlotte 973 361 5035
Paramus 10:30 AM - 12 Noon - BB/S & MP
 1st & 2nd Weeks BB - 3rd & 4th S
 15 West Essex Road, Conference Room 1, 2
 (off Century Rd, one block from RT 17)
 Angela 201 321 2010 Linda 201 845 6372
 Celeste 201 838-0236
Ridgewood 10:00 AM - 11:15 AM BB
 10:30 AM Beginners Mtg. B
 Christ Church, Franklin Ave & Cottage Place
 Cindy 201-394-0186
Upper Montclair 9:30 AM – 10:45 AM S
 Presbyterian Church of Upper Montclair, 53 Norwood
 Avenue, between Park Street and Valley Road, 2nd
 floor, park on circular drive side of church, enter at
 stairs to right of circular drive
 Karen 973-704-8047

**ANY CHANGES PLEASE
 NOTIFY US ASAP.
 EMAIL: BONNIE**

B4OAI8n8@gmail.com

MEETING KEY

ABC format..... Anorexic, Bulimic & Compulsive Disorder
 BB..... Big Book
 D..... Discussion
 HOW... Specific Format
 N..... Newcomer's
 MP..... Meditation & Prayer
 Q..... Qualification (Speaker)
 T..... Tradition
 W..... Writing
 Women Only
 90@Day....Specific Format
 B..... Beginners
 HA..... Handicap Accessible
 L..... Lifeline
 NN..... No nonsense/Newcomer
 O..... Open
 S..... 12 Steps
 V..... Varies
 WB..... Welcome Back Meeting 12th Step Within
 YPF... Young persons friendly

Telephone Meetings are listed at www.oa.org/pdfs/phone_mtgs.pdf

