

To receive the OAsis by MAIL,  
contact: [oasis@njioa.org](mailto:oasis@njioa.org)  
To receive the OAsis by E-MAIL,  
contact: [secretary@njioa.org](mailto:secretary@njioa.org)

# OAsis

Summer 2024

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

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



## Laughter & Joy

### UPCOMING EVENTS

All NJIOA event details and more information posted here: [www.NJIOA.ORG](http://www.NJIOA.ORG)

#### JULY 2024

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

**July 14** — “The Psychic Change.” In person Workshop  
**10:00am-12:00pm, Kessler, 300 Market St. Saddle Brook**  
Open Sharing, Q&A, Big Book 12 Steps, Fellowship & Connection.

#### AUGUST 2024

**Aug 8**— NJIOA Intergroup Zoom meeting 7:30pm  
*Everyone is welcome to attend.*

**Aug 18 — Sponsorship Day — On Zoom — 9:30am-11:30am**  
4 recovered OA Speakers will share their own “reasons” for  
Sponsoring and Carrying the Message of Hope and Recovery. Based  
on Dr Bob’s “Four Reasons” on BB p181. Q&A, Big Book topics.  
All all-New Jersey Event. See Website flyer for details.

#### SEPTEMBER 2024

**Sept 12**— NJIOA Intergroup Zoom meeting 7:30pm  
*Everyone is welcome to attend.*

#### REGION 7 EVENTS

**Nov 1-3, 2024** — Region 7 Convention — In-Person, Ocean City MD  
Flyer and Details on website [www.region7.org](http://www.region7.org)

Hello, summer!

### Laughter Heals My Soul

I am closer to God when I laugh  
I am closer to God when I feel Joy  
I am closer to God when I love.  
Laughter, Joy, and Love are  
Heaven’s highest expression,  
God’s gift to us  
After all,  
God did create humor  
and encourages us to laugh.  
Laughter is the best medicine  
Laughter heals the soul — **Nicole A.**

“We think cheerfulness and laughter make  
for usefulness.”

Big Book, “The Family Afterward,” p.132

## Laughter is The Best Medicine

**T**his is a tribute to my dear friend “C.” who is no longer here with us but was a major factor in my recovery and who brought laughter and joy to every day. I think of her and will relate two

stories that she told repeatedly in the rooms. We went to a Saturday morning meeting for several years and C. was a member with strong recovery and with a great sense of humor. She stood 4’10” but was a giant of a personality. She was talented in many ways, creative and a smart business woman but also was able to acknowledge that she could be “bossy”. That ability to laugh at herself was her greatest gift. On a business trip for her company, she requested a refrigerator in her room and several other accommodations (her food was squeaky clean and she took it with her wherever she went). On this one trip she had several requests and upon leaving the concierge or whoever was in charge, asked her not to return again. We all got a good laugh about this as C. related her vain attempts to be more humble and less controlling but it was she who laughed the loudest. She also related seeing herself on a video at some party or event, picking up her plate and licking it – she was always sure to get every bit she was entitled to! While initially acknowledging the humiliation, she obviously changed her ways but again laughed heartily in telling the story. We also laughed about our poor driving, the need to always have an opinion about everything and each of our personal character defects. On her deathbed she had a party for her birthday and looking out the window at her beautiful garden sang for all the people attending. To the end there was laughter and joy. She lived every day and was grateful for this program and all it had given her. As I age I remember her with gratitude and take nothing for granted. She chose to laugh at life and death.

— Susan A. L.

## Laughter is Progressive

**I** was working at my first official job when I decided that every lunch should end with dessert. Lunch dessert began to show on my body, and with it came paranoia. Because of my self-centered focus, I

imagined every laugh I heard was about me and my bigger body. While there were times of actual ridicule, mostly it was the mocking laugh of the committee in my head. After my kids and my relapse, I was at my highest weight. No worries, though. I would preempt the rejection. After all, aren’t fat people jolly? My joking was always self-deprecating. In between apologizing for my existence, I would insult myself for laughs. Now, in my abstinence, there is laughter again. This time, it signals that the group has heard me, really heard me, and knows exactly what I mean. The resounding laughs in the room assure me that my fellows have been there emotionally and have done similar things with food, relationships and defects. Laughter is the music of the fellowship, the sound that signals we are here, we are alive, we are enough, we have each other, we get each other, and, most of all, we are miracles.

— Angie B.

**LIVE**  
**LOVE**  
**LAUGH**



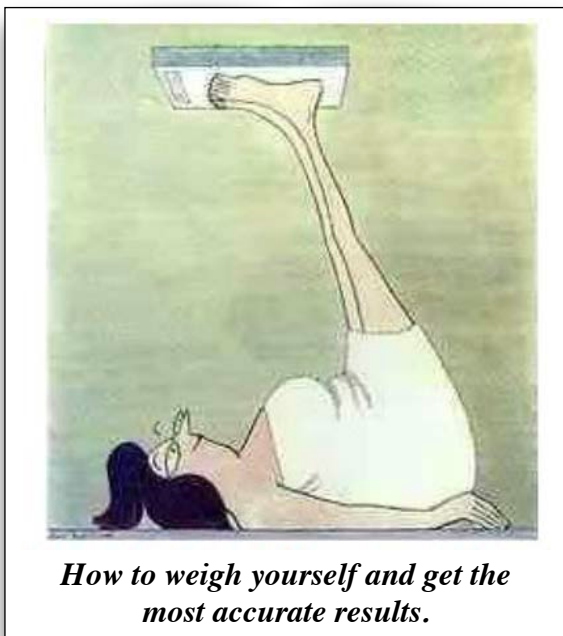
*“The joy of living we really have, even under pressure and difficulty.”*

Big Book, “Bill’s Story,” p.15



*“Joy at our release from a lifetime of frustration knew no bounds.”*

Big Book, “The Family Afterward,” p.128



*How to weigh yourself and get the most accurate results.*





## Laughter & Joy

**R**ecovery can bring laughter and joy into people's lives as it has into mine. Following the Twelve Steps has helped me to focus on not just a physical recovery but also an emotional and spiritual one. Here's how laughter and joy has played a significant role in my recovery: Being part of a group where members share similar struggles has created a sense of belonging and understanding, which often leads to shared moments of humor and joy. I have been relieved from isolation. For so many years I felt alone and isolated even in a crowd. Even though I don't see my "peeps" face-to-face I have been able to connect, share our stories, and find comfort in knowing that I am not alone. I look at the glass as half full and try to take a positive outlook. I have been taught to find humor in challenging situations and that can be a powerful tool in recovery. I rarely laughed when I was eating compulsively. Initially, it felt strange to smile and laugh, but by practicing it I have found that laughter can alleviate stress and make the process more enjoyable. OA encourages members to recognize and celebrate their achievements, both big and small. These moments of celebration can bring immense joy and satisfaction. For me that involves living in the solution not ruminating in the problem. Sharing experiences and emotions in a safe space can lead to emotional healing and for me that has lightened my emotional burdens and opened the door to joy and laughter which was always slammed shut. If someone would have told me that this journey could be filled with positive experiences, including laughter and joy I would have thought otherwise. Try it you may like it too.

— Estelle S.



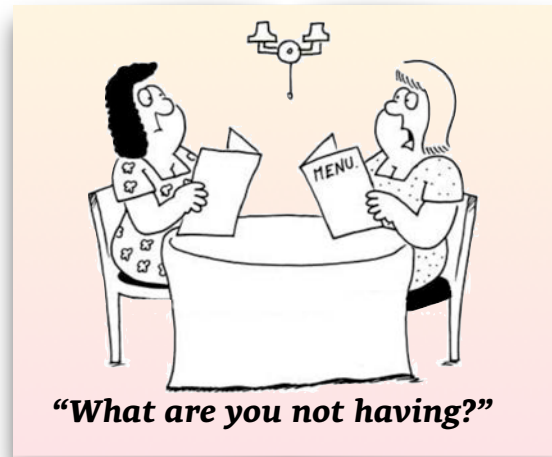
*"If his mood is light, tell him humorous stories of your escapades."*

Big Book, "Working With Others," p.91



*"But why shouldn't we laugh? We have recovered, and have been given the power to help others."*

Big Book, "The Family Afterward," p.132



*"What are you not having?"*

**D**id you know that there is a lot of science behind the benefits of laughter? Cortisol is our primary stress hormone. Laughing brings down that cortisol level and increases our levels of dopamine, oxytocin and endorphins.. That's a good thing, because those are our "happy" hormones. Oxytocin creates feelings of connection, bonding and relatedness. Endorphins help us feel pleasure. Dopamine helps us feel motivated. Laughing can help get you out of "fight or flight" reactions by decreasing your heart rate and blood pressure, and relaxing the muscles. Just a moment of laughter is scientifically understood to help us feel more connected and think more clearly. So laugh. A lot. As often as you can.

— Shirley S.

## Laughter

I think laughter may very well be the perfect medicine for you and me. Laughing is talked about quite a bit in scholarly works considered legit. In fact the experts all seem to say laughing is better than an apple a day. When I laugh, I strengthen my immunity. When I laugh, I feel more a part of community. When I laugh, I shoo away fear and dread. When I laugh, I get stuff out of my head. When I laugh, I decrease cortisol and stress. When I laugh, my systems take the time to rest

— Lori H.

## The Neuroscience of Laughter

## Laughter Is A Superpower

**L**aughter and Joy show up for me in all areas of my program day. Laughter is like a secret superpower in my journey to recovery from food addiction. When I laugh on the phone, with my sponsor or with my sponsees, it's like my body throws a happy party, and that makes me feel on top of the world. I love laughing with those ladies more than anything. In my OA meetings and groups, when someone shares a funny story or describes a habit from the past days of overeating, like a quirky behavior many of us share, or a story that has everyone chuckling along and nodding their heads — in that moment, I feel I'm exactly in the right place. I feel I really belong. Which is such a great feeling. The smile on my face releases the endorphins that increase a personal sense of wellbeing. I feel a real part of the group. I certainly feel less isolated, more connected — and more deeply rooted in my own story too. It's miraculous. Laughing with program friends is by far the most fun I can think of. And it's not just about the giggles—the laughing is a powerful tool that helps me heal, helps keep me coming back, keep moving forward, one powerful smile at a time.

— Alison L

## We Are Not A Glum Lot

**O**ne of my favorite passages in the Big Book is on page 132, in the Chapter 9 called "The Family Afterward." *"But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life. We try not to indulge in cynicism over the state of the nations, nor do we carry the world's troubles on our shoulders. ... So we think cheerfulness and laughter make for usefulness."* In meetings with fellows, I love laughing at my old insane behavior and at my experience as an addict. I love finding the humor in my situation. It helps me feel much better about myself. It makes me more relaxed in program. — Anonymous

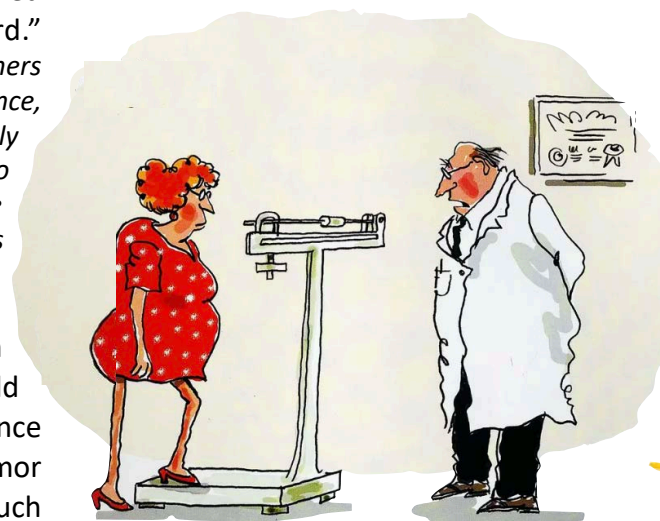


*"Practically every A.A. member declares that no satisfaction has been deeper and no joy greater than in a Twelfth Step job well done."*

AA 12&12 Step Twelve, p.110

**"We are  
sure God  
wants us  
to be  
happy,  
joyous,  
and free."**

Big Book, p.133



**"The other foot too, Mrs. Zipsky."**

## Food For Thought About Thoughts For Food

I had a problem that was eating away at me. Much of my focus was on food. It took up too much space in my stomach, in my clothes, and in my mind.

Life felt as if I always seemed to bite off more than I could chew, Then I heard about, Easy does it.

The end of every day left a bad taste in my mouth, Then I learned to savor one day at a time.

I had to swallow a few hard facts which seemed tasteless at first, but then as I learned to digest the principles.

Overindulgence was no longer enjoyable, I began to be nourished like never before.

Since my planned and proportioned meals, I savor what I eat to support a healthy body.

Today I go to sleep no longer craving for the something I want to fill me up. Program and my spiritual life have satiated my hunger.

Most wonderful is waking up looking forward to a delicious day of adventure.

My days are filled with all sorts of mental, physical, emotional, and spiritual tidbits sprinkled throughout the day.

Living the program and being in this fellowship, I am dining on the horn-of-plenty of life.

— Gail S



**Hello Summer**



## The Other 12 Steps

1) I admitted I was powerless over absolutely nothing — that I could manage my own life and everyone else's.



2) Came to believe that there was no power greater than myself, and the rest of the world was insane.

3) Made a decision to have everyone else turn their will and their life over to my care.

4) Made a searching and fearless inventory of everyone else and found them lacking.

5) Admitted to anyone who would listen, the exact nature of their wrongs.

6) Was entirely ready to have others make amends to me, and told them how they needed to change.

7) Demanded others straighten up and do things my way.

8) Made a list of anyone who had ever harmed me and became willing get even with them all.

9) Got direct revenge on such people whenever possible, except when to do so would injure me.

10) Continued to take inventory of others, and when they were wrong promptly told them so.

11) Sought through nagging and criticism to change the world, asking only for knowledge of how to control others and the power to carry that out.

12) Having had a spiritual breakdown as a result of these steps, I tried to blame others and get sympathy in all my affairs.

— Anonymous

## Laughter Is Good For My Recovery

In the context of my food addiction recovery, laughter plays several vital roles. Firstly, it seems to reduce the intensity of my food cravings by distracting me from my usual negative thoughts and emotions. Laughter at meetings or when program friends simply share light-hearted moments in



*"So many skeptical, suspicious newcomers have found confidence and comfort in the laughter and talk."*

AA 12&12, Step Twelve, p.110

enhancing my cardiovascular health—all of which are important during this abstinence as my body is regaining health and strength. Socially, it has improved my program communication skills, increased my willingness to make program calls, brought me closer to my sponsor, and built the kind of fellowship around me which is crucial for building

my supportive recovery "posse." Ultimately, allowing laughter into my program has significantly enhanced my mental, emotional, and physical well-being, offering a sort of "holistic approach" which supports a daily abstinence and my new fulfilling life. — Anonymous



*"The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word."*

AA 12&12, Step Twelve, p.106

by someone in program, I couldn't answer. Little by little I learned about myself and now I have a whole list of things that bring me joy, some of which are being in nature, being with my family and friends, being with animals, painting, watching TV, and reading. I find joy and happiness in the little moments of life, as well as the big ones. I treasure memories that make me smile. I am so grateful for God to have brought me into this program so I could become abstinent and work the steps so I could be present in life for all these miracles. — Anonymous

their recovery, brings me a sense of camaraderie and belonging, crucial for staying on track. I know for a fact it has improved my mood and probably (hopefully) even is helping reduce my risk of relapse by providing a kind of natural high that contrasts with the 'euphoria' I sought through overeating my binge foods. Laughter promotes my physical healing by boosting my immune system, lowering my blood pressure, and even

*"We absolutely insist on enjoying life."*

Big Book page 132

## Happiness is Serenity

I never understood happiness before coming into a 12 step program. I now relate happiness to serenity. I was always searching for that next high. Now I am happy when other people are happy. I am happy in nature. I never knew what brought me joy before program. When I was asked

by someone in program, I couldn't answer. Little by little I learned about myself and now I have a whole list of things that bring me joy, some of which are being in nature, being with my family and friends, being with animals, painting, watching TV, and reading. I find joy and happiness in the little moments of life, as well as the big ones. I treasure memories that make me smile. I am so grateful for God to have brought me into this program so I could become abstinent and work the steps so I could be present in life for all these miracles. — Anonymous

## Learning To Laugh

Reprinted from the October 2020 issue of OA's *Lifeline* magazine.

**L**ike many, I experienced bafflement at my first OA meeting. Others in the room were full of joy and laughter, while I brooded quietly in my disease. I couldn't step outside of myself, and I could barely meet their eyes. At the time, I thought admitting powerlessness over food was humiliating, and the notion of attending meetings for the rest of my life made me feel constricted. I did not yet understand that my disease was what was keeping me enchained. I didn't know the freedom that I would one day feel in recovery.

I am still exploring the role of laughter in my recovery because joy is something I must actively choose. It is difficult to laugh at myself about my present day concerns, but I am finding laughter in recounting my most insane moments in the food or imagining what I would do if I were in the food today.

Early in my program, I stood fuming at a guest services counter in a store, thinking how dare this employee not accept my return, for which I had no receipt, no box, and no memory of how I paid for the item! (I have since made living amends with those in customer service positions.) Because of her (surely not because I had overbooked my schedule), I was late to meet a friend for brunch.

As I stormed out of the store, it dawned on me that a few months prior, I would have stopped on my way out to buy a candy bar. I would have been irate about anyone in line in front of me and the time it took for the cashier to count my change. Then, I would have stuffed the candy bar in my face while seething at every traffic light, frustrated that now—due to absolutely no fault of my own!—I was really late. This would last as long as the candy bar did, after which I'd spend the rest of the time checking my lips and teeth for any evidence, fearing the shame of being found out that I had eaten a candy bar before what would surely be a full brunch.

In that moment, when I pictured this very real scenario, it made me laugh. I couldn't believe that sequence of events or those thoughts had ever seemed logical.

Today, not only do those moments amuse me in times of stress, but they also allow me to see how far I've come. I am by no means perfect and must still remind myself daily that I am no longer running the show. But every moment I find myself following my God's will (when beforehand, I would have done otherwise) is a miracle and deserves to be celebrated—perhaps with a bit of laughter.

— Elizabeth

[www.oalifeline.org](http://www.oalifeline.org)

## There Is Joy In Abstinence

**W**hy did the chicken cross the road? According to Google, 'humor' means: fun, laughter, amusement, entertaining, hilarious, playful, pleasant and whimsical. Before program, I was anything but playful, pleasant or whimsical. I was serious, angry, resentful,

and mostly sad at the lack of quality in my life and my inability to figure out how to stop eating compulsively. Any humor I did exhibit was sarcastic, mocking or insulting even self-deprecating. Everything changed when I dedicated myself to the OA program.

The program tells me "We aren't a glum lot." If newcomers could see no joy or fun in our existence, they wouldn't want it. "We absolutely insist on enjoying life." "So we think cheerfulness and laughter make for use-

fulness." "Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn't we laugh? We have recovered, and have been given the power to help others." (All quotes from the *Big Book*, Chapter 9, "The Family Afterward," Page 132)

There is joy in abstinence. I am living my best life, for today, and it includes humor. One day at a time my tears of laughter are making up for my tears of sadness.

— Anonymous



*"Then he asked for the grace to bring love, forgiveness, harmony, truth, faith, hope, light, and joy to every human being he could."*

AA 12&12, Step Eleven, p.101



*"I printed out your diet with a large font to make the portions look bigger."*



NJIOA PRESENTS

# Relapse Prevention

## Keeping Your Recovery in Tip-Top Shape

**Sunday June 23**  
**2:00-4:00 pm ET**

Two recovered OA speakers bring this popular workshop to NJIOA for the very first time! Together, we'll discover the pitfalls, red flags, and potential triggers to watch out for. Informative slide presentation, interactive writing activities, Q&A, open sharing. Get ready for an engaging and inspiring afternoon.



**ZOOM Meeting ID** 881 6296 5898  
**Password** 062024  
**Dial in** (929) 205 6099  
**Contact Ilene W:** (908) 803-4846  
**NJIOA.ORG**

NJIOA presents

# The Psychic Change

*Personal transformation & spiritual awakening through the 12 Steps.*

**Sunday July 14**  
**10:00am-12:00pm**

Doors open at 9:30am for connection & fellowship

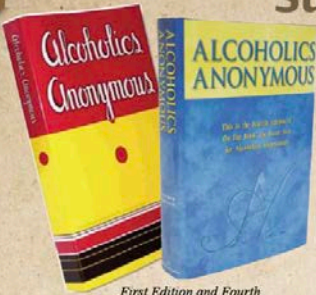
**Live In Person Big Book Workshop**  
**Recovered Guest Speakers,**  
**Panel Discussion, Open Sharing, Q&A**

**Location:** Kessler Institute for Rehabilitation  
300 Market Street, Saddle Brook, NJ  
In the multi-purpose room  
**Contact Person:** Ilene W. (908) 803-4846

An all-New Jersey Event!

## Sponsorship Day

**Sunday August 18**  
**9:30-11:30am ET**



First Edition and Fourth Edition Big Books of Alcoholics Anonymous

**Join Us for an exciting workshop!**

**As we celebrate OA Sponsorship Day!**

Four recovered OA Speakers will share their own "Reasons" for Sponsoring and Carrying the Message of Hope and Recovery

Open Sharing, Q&A Big Book topics



The two co-founders of Alcoholics Anonymous, Dr. Bob, and Bill W. circa 1935

### Dr Bob's Four Reasons

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

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

— Dr Bob

Big Book pg 180-181, "Doctor Bob's Nightmare"

### ZOOM info:

**Meeting ID:** 896 9924 0927  
**Password:** 202408  
**Dial In:** (305) 224-1968  
**Passcode:** 202408

**Contact Person:**  
**Michael O.**  
**(856) 275-9070**

NJIOA PRESENTS

# A Journey Through the 12 Steps: The Path to Recovery

**Sunday October 13**  
**2pm - 5pm ET**

### Workshop Schedule:

Steps 1-3 Presentation  
Q&A and Sharing, followed by a short break  
Steps 4-9 Presentation  
Q&A and Sharing, followed by a short break  
Steps 10-12 Presentation  
Q&A and Open Sharing

**ZOOM MEETING ID**  
813 4728 9091

**PASSWORD**  
202410

**DIAL IN**  
+1-929-205-6099

**Contact Person:**  
**ILENE W.** (908) 803-4846



- 01 Honesty
- 02 Hope
- 03 Faith
- 04 Courage
- 05 Integrity
- 06 Willingness
- 07 Humility
- 08 Self-Discipline and Forgiveness
- 09 Love and Tolerance
- 10 Perseverance
- 11 Spiritual Awareness
- 12 Service



## PAST EVENTS

### Incredible Story of Transformation

What a great workshop this was! On March 24, an impressive out-of-town speaker, and dedicated student of the Big Book, Zoomed in to lead this virtual workshop for NJIOA, and in the process lifted us all with his powerful message of recovery through the 12 Steps. He told us the story of his remarkable journey out of food addiction and into long term 25 years of abstinence, his extraordinary weight loss, and how he thoughtfully works his program today. Then we heard some fascinating early AA and OA history, and behind-the-scenes tidbits and stories of founders and pioneers. We understood a little better how we owe our own program of recovery to the efforts of those early members and it was wonderful to learn more about them. This was a truly special presentation. Look for the recording on our website in the Podcast section:

[www.njioa.org/resources/podcasts](http://www.njioa.org/resources/podcasts)

### Body Image Workshop

On April 14, we had a great turnout for our first in-person workshop — a Body Image Workshop. Three fabulous speakers shared wonderfully on their experience, strength and hope, and on what body image meant to them. We heard how the speakers were seeing shifts in their own perceived or imaginary issues with their physical appearance. And we heard how working the 12 Steps and being dedicated to our program does ease the body image issues many of us struggle with as it helps us heal emotionally, physically and spiritually, one day at a time. There was a lively Q & A and sharing that followed the presentation. And afterward, everyone was so very happy to get those in-person OA hugs!



*“Okay, but each pound counts as a separate wish.”*

## PAST EVENTS

### HOT TOPICS Workshop

On May 5, we had a huge turnout for our Hot Topics Workshop on Zoom. Two amazing recovered speakers shared on some of our most favorite OA topics: **Powerlessness, Relapse, Body Image, Top Tips for newcomers, and The Spiritual Experience.**

The presentation was exceptional and the lucky audience was engaged and enthusiastic. Many people shared and asked wonderful questions and the whole experience was lively and inspiring. Look for the recording on our website in the Podcast section, here's the link:

[www.njioa.org/resources/podcasts](http://www.njioa.org/resources/podcasts)



### Day Trip To Stepping Stones

June 8 was a beautiful early summer day to experience the beauty and spirituality of Stepping Stones. The group met and had lunch outside on the picnic tables in the beautiful grounds, and then held a mini OA meeting before the tour began. The history of Lois and Bill W's home and its artifacts was incredible to learn about — and it was so inspiring to see the familiar names of fellows we actually read about in the Big Book, who had visited the estate over the years and had signed the guest book. History really came to life! The house is filled with program wonders — like the famous kitchen table where Ebby first sat with Bill to share the message of recovery; there are countless manuscripts, handwritten notebooks, memorabilia and personal writings by Bill and by Lois. A highlight was Bill's legendary office, “Wit's End,” where he sat at the large oak desk and wrote over 100 *Grapevine* articles that eventually evolved into his much-loved book, “*AA Twelve Steps and Twelve Traditions.*” The day was thrilling.

LAUGHTER IS

THE BEST

MEDICINE



# You Can Start Today!

**O**vereaters 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. Whatever your problem with food, OA welcomes you. The only requirement for membership is a desire to stop eating compulsively.

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](http://www.oa.org).

## GET STARTED HERE

**Y**ou can start your recovery right now! Please read "Our Invitation to You," check out our website [www.njioa.org](http://www.njioa.org); attend an OA meeting, and find a sponsor to get you started.

## FIND A MEETING HERE

Link to a list of NJIOA meetings:

<https://www.njioa.org//meetings-events/meetinglist/>

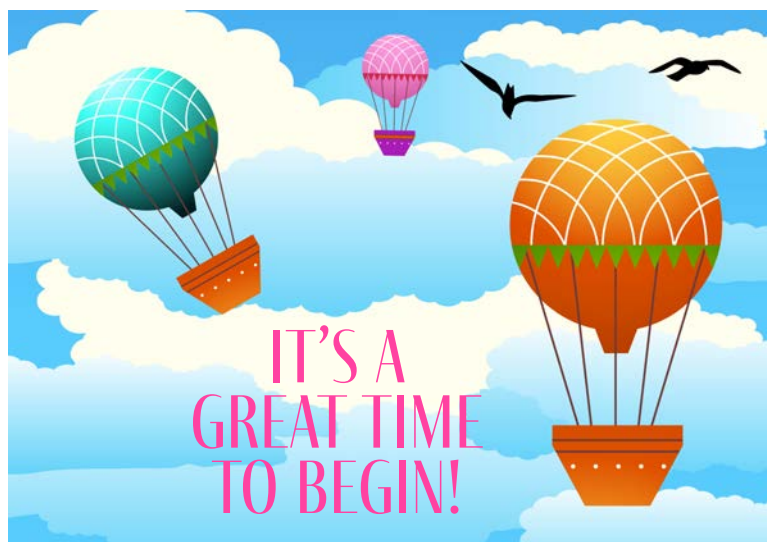
Link to the full list of nationwide OA meetings:

[www.oa.org/find-a-meeting](http://www.oa.org/find-a-meeting)

## FIND A SPONSOR HERE

If you are ready to begin and would like to be matched with a sponsor, just go to our website and fill out the Find-A-Sponsor form linked here:

[www.njioa.org/sponsorship/find-a-sponsor/](http://www.njioa.org/sponsorship/find-a-sponsor/)



## “OUR INVITATION TO YOU”

**W**e of Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health, and self-confidence, which some of us had once possessed, were no defense against it.

We have learned that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: There is a proven, workable method by which we can arrest our illness. The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, the Twelve Step program of recovery works as well for compulsive overeaters as it does for alcoholics.

Can we guarantee you this recovery? The answer is up to you. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover. To remedy the emotional, physical, and spiritual illness of compulsive eating, we offer several suggestions, but keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps.

We are not a “diet” club. We do not endorse any particular plan of eating. In OA, abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and in many cases leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it—in essence, a new way of living.

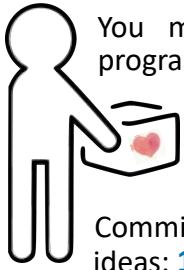
From this vantage point, we begin the Twelve Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience. As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviors are removed on a daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession.


“But I’m too weak. I’ll never make it!” Don’t worry; we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, that binds us to each other and to a higher power and somehow gives us an ability to do what we cannot do alone.

If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone any more. Welcome to Overeaters Anonymous. Welcome home!

[www.njioa.org](http://www.njioa.org)

## PLEASE 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 12<sup>th</sup> Step Within Committee for more 12<sup>th</sup> Step information and ideas: [12stepwithin@njioa.org](mailto:12stepwithin@njioa.org) 

## INTERGROUP MEETINGS

**THE NJIOA INTERGROUP BOARD** meets virtually, once a month, at 7:30pm, on the 2nd Thursday of the month. Anyone is welcome to attend these meetings — and we love first timers! The Board meets to discuss any NJIOA topics, Board business and finances are reviewed, and of course all our amazing workshops, retreats and events are planned at these meetings. To attend the next business meeting, just find the link on our website [www.njioa.org](http://www.njioa.org) on the Thursday Meetings page. If anyone would like to get a topic for discussion onto the agenda for the next Board meeting, please email our current Intergroup Chair, Jon K. at: [chair@njioa.org](mailto:chair@njioa.org)


## OUR TRUSTED SERVANTS

JON K Intergroup Chair	<a href="mailto:chair@njioa.org">chair@njioa.org</a> 973-652-1335
SUSAN S Intergroup Vice Chair	201-960-1995
GAIL S Corresponding Secretary	<a href="mailto:secretary@njioa.org">secretary@njioa.org</a> 201-446-4519
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TONIANN A Intergroup Treasurer	<a href="mailto:treasury@njioa.org">treasury@njioa.org</a> 973-945-0233
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ROBIN I InReach, 12th Step Within	<a href="mailto:12stepwithin@njioa.org">12stepwithin@njioa.org</a> 908-472-3735
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MARK H Telephone Hot Line	<a href="mailto:info@njioa.org">info@njioa.org</a> 201-320-3025
ANDREA P PAARLIAMENTARIAN	973-985-8169
POLLY H B SPONSORSHIP COORDINATOR	908-658-3390 TEXTS ONLY PLEASE

## 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

## 7th TRADITION

**We are grateful for your steady donations**

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



**Donate By Mail:** To NJIOA  
551 Valley Rd, PMB 206  
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**Donate on our Website:**  
[www.NJIOA.org/donate](http://www.NJIOA.org/donate)

## EDITORIAL NOTE

*The Oasis* is the quarterly newsletter of NJIOA (Northern Jersey Intergroup of Overeaters Anonymous) published on our website. We are always so grateful for the wonderful submissions month after month from our fellows. 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 Fall issue is: **Surviving Hurricane Season**. Deadline for submissions is September 1, 2024. Please email articles to the Oasis Editors, at this address: [OASIS@NJIOA.org](mailto:OASIS@NJIOA.org). Or upload your articles electronically to the website here: [www.NJIOA.org/submit-to-oasis](http://www.NJIOA.org/submit-to-oasis).