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# OAsis

Winter 2024-25

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

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

## God and Me, Perfect Together



### UPCOMING EVENTS

Full event details and all event flyers are posted here: [www.NJIOA.ORG](http://www.NJIOA.ORG)

#### JANUARY 2025

**Thursday Jan 9 — NJIOA Intergroup Zoom meeting 7:30pm**

**Sunday January 26— 2:00-4:00pm Zoom Workshop**  
“Comfortable In My Own Skin 2025: A Body Image Workshop”  
3 Inspiring Speakers, Open Sharing, Q&A, Freedom, Hope, Joy.

#### FEBRUARY 2025

**Thursday Feb 13 — NJIOA Intergroup Zoom meeting 7:30pm**

**Sun Feb 26 — 2:00-4:00pm on Zoom UNITY DAY — An all-Jersey Event**

#### MARCH 2025

**Thursday Mar 13 — NJIOA Intergroup Zoom meeting 7:30pm**

#### **NJIOA WINTER RETREAT — March 1**

**All Day Retreat on Zoom — 9am-5pm, Sunday March 1**

Our much loved Annual Winter Retreat returns for its 24<sup>th</sup> Year!

12 Steps. Big Book. Topics. 2 Keynote speakers.

Incredible Presentations planned. Inspiring Panelists. Many speakers joining us from out of town. Q&A, Open Sharing. Fellowship. Serenity.

Registration is OPEN on our website, or click this link:

<https://www.njioa.org/retreat/>

### God And Me, A Perfect Match

Usually old fear feelings come up which prevent me from doing anything. I thank God for unblocking me giving the feeling of “Yes I Can” and acting on it! Fear has held me back in life. As a result of low self esteem, and unexpressed anger/resentments I never wanted to rock the boat. I wanted to be invisible, but also a people pleaser, a yes man (woman). Today, I don’t have to hide or yes people to death bc God has my back. I don’t have the burden of life on my shoulders. I have a trusting and loving God who will guide me through life. I have learned to sit and pause when thinking about troubling decisions and wait for direction from my HP. Knowing that I am not in control of my life has lifted my burden of self harm and destruction. My trusting and loving God, who loves me unconditionally is in my corner for life and we are Perfect and Happy Together... Me and God. I am reminded of a song called Happy Together by the Turtles. I just kept getting the feeling of God and me, being Happy Together and being my Perfect Match.

—Maida C



# God And Me, Perfect Together

**W**hat a great title! As a human & COE I had tried to navigate the many questions of life by myself by depending on many other people & pleading with God for answers!

The Big Book tells us that the purpose of the book is to help us find a Higher Power. Even though I have had a strong faith from an early age, I can honestly say that my relationship with God has grown incredibly since I began my food recovery journey & specifically in reading & applying the principles in the Big Book over the years! God has been at work for many years with my eating disorder. I clearly recall saying at a church group for weight reduction that I had joined decades ago (always looking for a solution), that I was glad that I had this problem, because it brought me closer to God! It definitely kept me humble & relying on God to help me to (temporarily) stop overeating. I remember for most of my life, actually praying to

God to please help me to be thin & be able to stop eating what I now call my "trigger" foods. Before I found OA, I had been praying for relief. In our local newspaper, there was an ad for "FAA" (Food Addicts Anonymous). I called the number & I remember the woman on the line said that they abstain from eating sugar, wheat & flour. Even tho' I am a nurse & I know food groups, I asked, "What's left??" (I was serious!) She said, "welcome home". I did not run to the meeting, but I did try to stop eating sugar on my own. It worked for a couple of months until it was my birthday, then I just "had" to have the sweet thing. That continued for months until I found the courage to go to a meeting. When they ended the meeting with The Serenity Prayer, I knew that God had put me there to begin my journey of recovery. That was in 1997 & I stayed until 2001. I began overeating on foods that did not have the 3 substances that we were to abstain from but did not know I was a compulsive overeater...yet. God was at work again, & I believe put me in the school where I was a school nurse to specifically meet one of my colleagues who I believe was God's messenger. She told me about OA & in 2002 I attended my first meeting. I have had 2 relapses & subsequent recoveries & as of this past July 1, have had 13 years of abstinence, by the Grace of God! As I have heard in the rooms, "I came for the vanity & stayed for the sanity"...that was very

true for me. The "sanity" for me is my emotional sobriety that has been gifted by God through my willingness to work the steps with two sponsors over the years. The Big Book continually points me to God for direction (Good Orderly Direction). As God spoke through our forefathers & mothers in AA decades ago, I believe He has used the programs to save hundreds of thousands of lives of individuals & their families. I have learned so much in our program. My emotional sobriety is evidenced by having learned: "to pause when agitated or doubtful", to ask "how important is it, really?", that "acceptance is the answer to all of my problems" & that "I can have no serenity unless I can accept that every person, place thing or situation is exactly as it is supposed to be at this

time...that nothing, absolutely nothing happens in God's world by mistake". I have learned that I am NOT in charge, that God is & when I surrender, I win! (The paradoxes of program amaze me!) Thank you for letting me share.

—Robin I.

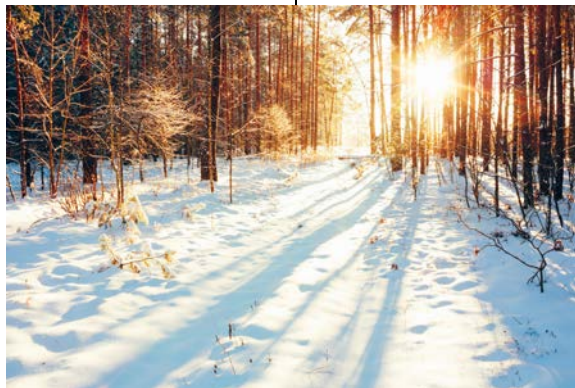


*"What seemed at first a flimsy reed, has proved to be the loving and powerful hand of God."*

Big Book, "There Is A Solution," p. 28

*"But there is One who has all power — that One is God."*

Big Book, "How It Works," p. 59



*"When we saw others solve their problems by a simple reliance upon the Spirit of the Universe, we had to stop doubting the power of God."*

Big Book, "We Agnostics," p. 52

DON'T WORRY  
..... about .....  
= ANYTHING =  
PRAY  
>>> about <<<<  
EVERYTHING

## THIRD STEP PRAYER

"God, I offer myself to Thee — to build with me and to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life.

May I do Thy will always."

Big Book, "How It Works," p. 63

## God And Me, Perfect Together

I have struggled long and hard with the concept of a Higher Power and have finally after 34 years come to peace with how I see myself in relationship to a Higher Power. Early in my recovery I used the group and then each sponsor as my Higher Power. I wanted to please my sponsors and saw them as some sort of authority figure to whom I did not want to appear as less than perfect. That led to turning over my perfect food plan but when I swayed from that by adding something else or a little extra I kept it to myself. Subsequently, recovery was not forthcoming since I was still a liar. I did not sponsor for many years although my weight was stable, I worked the steps, went to meetings, made phone calls and did service. Everything but prayer and meditation. I continued to report that I could not find a relationship with a Higher Power. It has only been in the last few years when a

dear friend suggested that I start doing a 10 step on a daily basis and I was asked What would Gd have you be or do that I even began to consider that prayer was what was missing in my program. Even though I did not know who or what Gd was I began to answer that question after reviewing my resentments, fears or disappointments of the day. Finding that I was to be accepting, loving, understanding

and of service rather than seeking comfort I began on a daily basis to read a series of 12 prayers that were given to me along with the review of the 10th and 11th steps - upon awakening, During the day and finally at night. I came to trust that inner voice which told me the right thing to do and found that it was becoming clearer and clearer as I continued to pray and meditate. I continued to put my foot in my mouth and at times offend others but quickly reviewed my behavior with another member and again turning to my Higher Power was able to make amends where necessary. While not perfect, life has become more peaceful and I do not engage in self doubt, recrimination and guilt at the same level as was typical in my early recovery. Yes, it has taken seemingly, forever to get here but I am aware that Gd is working by allowing me to continue to grow and to never get complacent. Most days I do the next right thing and that is Gd within.

—Susan, Passaic

## Me And My Higher Power

In all my years in OA I had always retained some connection to my Higher Power. Once I accepted that He is " a loving God, as I understand Him", it became easier to trust the idea that I indeed, do have a Higher Power. In 2016, when my husband passed away, I lost that trust. My husband's last day was so difficult. I just couldn't understand how HP could have allowed that to happen. I was angry and disconnected for a time. How could we have been abandoned like that. After 20+ years in relapse, I returned to OA meetings. I didn't know where else to turn with my grief. I didn't know how I would manage my life going forward. I had very little resources. Gradually, I found abstinence again but still struggled with my spiritual life At

Abandon yourself to God as you understand God."

Big Book, "A Vision For You," p. 164

every crossroad, somehow a solution appeared. In every difficult situation an opportunity suddenly presented itself. Finally, just before the Covid quarantine began, I accepted my son's very unexpected offer to live with him and his family. I wondered if it was the right decision. A few weeks later, the quarantine began. Instead of being isolated in the Senior housing complex where I was headed, i was with loving family who cared for me, kept me safe and offered much distraction from the crises outside. A true blessing. A coincidence that the opportunity arose to live together? Perhaps not. I believe my Higher Power was at work despite my feelings. I may have moved away from my God but He never moved away from me. My belief was strengthened. My way of honoring HP is to work my program to the best of my ability and to be grateful for all I have. OA offered me a path back to my Higher Power and a better life. I am grateful.

—Terry P.

### SEVENTH STEP PRAYER

My Creator,

I am now willing that you should have all of me, good and bad.

I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.

Grant me strength, as I go out from here, to do your bidding.

Amen.

Big Book, "Into Action," p. 76



"In a few seconds he was overwhelmed by a conviction of the Presence of God."

Big Book, "We Agnostics," p. 56



"He said, 'Why don't you choose your own conception of God?'"

Big Book, "Bill's Story," p.12

## God, Me & You, Perfect Together

**L**ike many others, I believed in God when very young, then discarded my belief as a teenager, Then a series of circumstances caused me to believe again - but recovery came much later with other spiritual experiences. When I was 4 years or so old, I remember being awestruck by the beauty of violets and buttercups growing in the grass, so I picked a tiny bouquet and ran them into my mother to share. This was a memory of God, thoughts which needed no words at the time - it was simply the joy of living. Then, as I grew, self-centered fears and later on judgements would crowd out the thoughts I had that were aligned with God's - yet, as I look back., God was still there, I just couldn't (or wouldn't) recognize it. Over the years, life became increasing difficult to the point of homelessness and I landed in the Salvation Army - food was not my only problem. Yet despite my resistance to going there, a wonderful thing happened which I can't describe, except to say that I became suddenly aware of the gift of the Spirit, and experienced a joy which had no compare. All my fears were completely, though temporarily removed. Partially restored to sanity, I became employable and was no longer homeless, although my practice of Program was in fact deficient. I sought for comfort in food to solve problems which it wasn't designed to do. Someone had given me a number of another gentleman in this program who gave me a simple plan of action for my food, and I again reviewed the steps of our program with another person so that I could then re-experience the joy of living (which to me is God), despite the twists and turn that life on this planet entails. So God had created circumstances in my life that enabled me to align my thoughts with His whenever I became ready to seek His assistance thru those of you who carry the Message. And I often think of that day when I was four any many more since then, trying to help another human receive the gifts I have, so that I may keep them in my memory.

—Mark H.

### STEP ELEVEN

*“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”*

## God And Me, Perfect Together

**I** heard once at a fellowship meeting that God is in the pause. This means several things to me-one, that I need to keep working my Step 11 with prayer and meditation to improve my conscious contact with my Higher Power. I also believe that slowing down and pausing more as I go about my day brings me closer to my Higher Power. And I feel that pausing before I speak or act helps me to be more in alignment with my greater purpose in this world and be a clearer channel for God.

—Beth A.



*“But he had found God  
— and in finding God had found himself.”*

Big Book, “A Vision For You,” p.158



*ABANDON yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.”*

Big Book, “A Vision For You,” p.164



*“Relieved of the alcohol obsession, their lives unaccountably transformed, they came to believe in a Higher Power, and most of them began to talk of God.”*

AA 12&12, Step Two, p.28



### ELEVENTH STEP PRAYER

Lord, make me an instrument of thy peace

Where there is hatred, let me sow love;  
where there is injury, pardon

Where there is doubt, faith; where there is despair, hope

Where there is darkness, light; where there is sadness, joy

Lord, grant that I may seek rather to comfort, than to be comforted.  
To Understand, than to be understood. To love, than to be loved

For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. Amen

## The Apple Orchard

As a child, I lived  
in an apple orchard  
A field of  
delightful  
sour dreams  
against  
a domesticity  
of sour grapes  
and grapes of wrath

The brotherhood  
of sour Macintosh  
became my family

Angry words,  
rejection, pain?  
Crisp, delicious fruit!

Many multiple apples  
along with  
maternal warnings  
to cut back  
As knives-in-stomach pain  
led to pounds of excess flesh

The flesh  
from the forbidden fruit  
from the vine of the orchard

Did she realize  
they needed  
to be cut back  
on their own thorny branches

Now,  
auto-pilot stress eater  
has turned into  
auto-immune disease holder  
Sweet system overload.

—Linda L.

## Perfect Together

God loves me  
God supports me  
God protects me  
God is always  
there for me  
God listens  
when I speak to him  
God gives me  
great advice  
all of the time  
God encourages me  
to shine  
and share my light  
with others  
God is my number one guide  
God is my best friend  
God is love  
and so am I  
We are perfect together  
It is a love fest  
with God and me  
I do God's work  
and he sets me free  
from eating compulsively

— Nicole A.

“Deep down  
in every man,  
woman, and  
child, is the  
fundamental  
idea of God.”

Big Book, We Agnostics, page 55

## My HP is Dear

Filled  
with my gloom  
I entered a room  
My depressive mood  
was bound to the food.  
Aware always  
of my weight  
an object of my hate.  
In other parts of my life  
I had success  
but this particular problem  
was always a mess.  
On how to tackle  
this problem  
I hadn't a clue  
But those  
in the these rooms  
showed me what to do.  
I was amazed to see  
by listening  
how similar  
these people  
were to me.  
I related.  
I was elated.  
I found a new way  
to live through each day.  
I heard the word  
"abstain"  
from which  
there was much to gain.  
My life changed that day.  
I had a HP to pray.  
There was hope  
for this dope.  
So much to learn  
and a new life to earn.  
Faith replaced fear.  
My HP is dear.  
What more can I say?  
This was a banner day.

—Myrna G.

# God And Me, Perfect Together

People who know me from the Fellowship know that I'm a Big Book Thumper. If the Big Book tells me to do it, I do it. I take the directions seriously because I want what the Big Book promises us. But it took me many years and relapses to understand that is the road to freedom. For a long time I just went to a weekly meeting and had a food sponsor, and those years included some long relapses, where I'd disappear from the meetings, finally coming back because, as we real compulsive overeaters know, nothing else works. I took the long painful way, not realizing that following, by doing and continuing to do what the Big Book tells us to do is the short cut. Half measures availed me very little. Dishonesty certainly didn't work. I wasn't special, and it did me no good to believe that I wasn't as bad as you. But I must have asked God for help.

“May  
God  
bless  
you and  
keep  
you —  
until  
then.”

Big Book, “A Vision  
For You,” p. 164

One evening, more than ten years ago, my food sponsor at the time told me that she wouldn't sponsor me anymore. One thing I did know was that I couldn't be successful without a sponsor. I wasn't sure who to ask, yet at the end of a meeting I heard myself ask a fellow - a real fellow (a man) - if he would be my food sponsor. What I didn't realize (was it odd or was it God) was that he was also a Big Book Step Study sponsor. He spoke and lived Big Book. I thought I'd worked the steps properly with another sponsor, but didn't realize that I hadn't gotten out of it what I was supposed to, which became obvious to my new sponsor. (Also, I mistakenly thought that going through the steps - not understanding that I needed to work and live them - was a one shot deal.). But God. Seemingly by accident, I'd gotten the very sponsor I needed - a sponsor who taught me, and gave me assignments to read and reread segments of the Big Book. I began to look for directions (did you know that they are very clear?) and began looking for other directions, found them and started following them, and on the way, I fell in love with the Big Book. I realized I'd had it backwards. I'd mistakenly thought that abstinence would give me sanity. Instead, I found that conscious contact with God, plus following the directions gave me sanity and kept me abstinent. So where was God in all of this? My sponsor is pretty terrific, but he's not God. My sponsor is a busy guy, but God is

available all the time. Have you ever seen a picture of the Big Book without the pages that include God? It's very thin without them!!! Step 11 - it's my job to work on my conscious contact with God. Conscious contact is deliberate. Though I have a morning and nighttime 11th step practice that includes praying, the step calls for us to “improve”our conscious contact with God as we understand Him. God is with me in the car, on a plane, when I'm happy, when I'm sad, when I'm selfish, dishonest, afraid, resentful, self-seeking, jealous, frustrated, happy, mad, sad, glad, greedy, nervous, at the supermarket, in an airplane, in other countries, during the day, at night, on rainy Tuesdays, when I'm healthy, when I'm sick, when I need to pause because I'm agitated or doubtful. I can ignore Him or I can heed His direction. I've done both, and only one works. I need God when I am rationalizing,



“For we are now on a different basis;  
the basis of trusting and relying upon God.”

Big Book, “How It Works,” p. 68

justifying, villainizing, in dis-ease, and when I'm happy, mad, sad, glad, it's sunny, it's raining, when I hurt and when I don't. I wish I could say that I'm good at the God thing, but I'm not. Yet I continue. Almost every day in my morning 11th step practice, I use the 11th step like a prayer, asking God for knowledge of His will for me, and the power to carry it out. Then I go about my day, in and out of consciousness contact, yet God shows up anyway. You know the conscious contact? That's up to me. It's not religion, it's a relationship where I talk to my HP throughout my day and often when I am awake at night. What I've learned experiential is that continuing to follow the directions in the Big Book changes me, but I need God because otherwise all the symptoms of our disease come back, and then the food will be in charge again. My disease, and working (practicing) this Program, has taught me that I need God like I need oxygen. I am positive that I don't



“We will suddenly realize that God is doing for  
us what we could not do for ourselves.”

Big Book, “Into Action,” p. 84

want to change back into the Polly I used to be. And the best part is that working this Program - with God, I've been given a gift, a gift which I am to share with others, which blesses me as well. This gift, part of which is that I don't have to hide my real self, has given a language and a path to heart connection with others, where I don't have to hide my real self. WHO BUT GOD would design a program where we get help and insight and heart connection by passing on what has been given to us with another suffering compulsive overeater? God and me, perfect together? I am still very imperfect. But God still works miracles, and as long as I to work this Program as it is written in the Big Book, I'm one. With the help of God, together, WE get better. Got that? WE get better. It works, it really does! — Polly H.B.

# Feelina Groovy

## The NJIOA Winter Retreat Saturday March 1, 2025

9:00am - 5:00pm ET  
On Zoom

“We are sure God wants us to be  
happy, joyous, and free.”

— Big Book, The Family Afterwards, p155

REGISTER ONLINE HERE:

<https://www.njioa.org/winter-retreat>

Please choose a donation level that works for you: \$30, \$25, \$20

CONTACT PEOPLE:

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Registration Questions  
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**REGISTER BY MAIL:** Snip and complete this registration form and mail it with a check payable to NJIOA.  
**MAIL THIS FORM TO: Mary Ann Cluney, 11 Newbridge St., Durham NC 27703**

NAME: \_\_\_\_\_

CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PLEASE ADD MY NAME & CELL TO THE  
'WE CARE LIST' FOR THIS EVENT

I WOULD LIKE TO DO  
SERVICE AT THIS EVENT:

WORKSHOP LEADER

WORKSHOP TIMER

EVENT COMMITTEE

ZOOM SUPPORT

WORKSHOP HOST

I CAN HELP AS NEEDED

NJIOA PRESENTS

# COMFORTABLE

## In My Own Skin 2025: A Body Image Workshop

Sunday January 26  
2:00pm - 4:00pm EST

3 Inspiring Speakers,  
Open Sharing, time for Q&A  
Serenity, Fellowship, Freedom & Joy  
Invite your OA friends!

Zoom Meeting ID: 856 3940 3141

Password: 012025

Dial In: (929) 205 6099

Contact Person: **Judy 201-615-4955**

[NJIOA.ORG](http://NJIOA.ORG)



## The 12 Steps: The Path to Recovery

**O**n October 13 we were so fortunate to have a fantastic workshop on The 12 Steps: The Path to Recovery. Our speaker from out of town shared his 42 years in program with humility, grace and practicality in working the program every day. He told personal anecdotes, elaborated on his spiritual practice and how he incorporates the tools, steps, slogans, traditions and principles into a daily spiritual practice. He showed by example the absolute necessity of service in maintaining and living an abstinent life. It was a wonderful day of learning and we are so grateful to have had this terrific program!

### IDEA DAY

#### A Is For Abstinence

**N**ovember 17<sup>th</sup> brought IDEA Day and presentations from two terrific speakers from NJIOA, on the topic “A Is For Abstinence.” They shared their paths to abstinence with humility, honesty and vulnerability. They wound a tale of what it was like, what happened, and what they do today to remain entirely abstinent. Their miraculous transformations as a result of working the Steps were clearly evident. Their lives were dramatically changed. We are so appreciative to them both for showing us that recovery is available to all who work it.

#### DEEP DIVE INTO STEP 4 and Tips to remaining Abstinent for the holidays

**O**n November 23, we heard an incredible presentation by 2 long-recovered speakers who shared their journeys, experience, strength and hope with us. We took a deep dive into Step 4 and were shown the importance of discovering roles in resentments and fears. Once we recognize our roles and character defects, we can go forward with the Steps. Being blocked is about being blocked from God. If we are blocked from God, we can't recover. Getting unblocked is our only solution. We also learned some important and practical tips to staying abstinent during the upcoming holidays. There are so many resources available that no one has to go through difficult times alone. The key is to take advantage of what is available and always have a plan to manage difficult days. It was a wonderful afternoon of recovery.

### NJIOA PODCASTS

Find recordings of Past Events on our website:

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

**O**n 12/12, our intergroup celebrated OA's International Twelfth Step Within Day by inviting our fellowship & others to our weekly “Relapse to Recovery” meeting. “The purpose is to encourage OA service bodies, meetings & individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors. “ (OA.org website). At this meeting, which was started several years ago by our then Twelfth step Within Chair, there is such acceptance & understanding. This meeting is for those who are in relapse, are a relapse survivor, recovered, on any part of their recovery journey. There is a very open format & multiple shares on topics that are selected by the leader. On this night, over 40 fellows participated! The 2 topics on 12/12 were: #1- “How has the obsession with food affected you physically, mentally, emotionally, spiritually?”

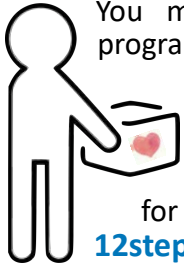
Topic #2 was - “How do you comfort yourself without food when upset, anxious or fearful?” There were so many greatshares on both topics. On topic #1, fellows shared about weight as the primary physical effect from food obsession, then how the mind is unfocused, distracted, disconnected. Emotionally we are fearful, angry, sad, anxious, uncertain & spiritually, again, disconnected from our Higher Power.

On topic #2, shares about non-food comforts included: praying, making calls, writing, reading literature, meditating, saying a mantra to connect w/God such as “God, heal my fear-based thoughts”; also playing music & singing loudly, connecting with a beloved doll or stuffed animal, helping others by calling those who are sad, even doing a rapid 10th step. What I love about this meeting is that every one is welcome to share or ask questions on any topic during & after the meeting. Specific foods may be mentioned & struggles & joys are shared. If you need a new or another meeting in your week, I would heartily recommend you give this meeting a try...& invite a fellow to join you!

— Robin I.

God, grant me the serenity  
to accept the things  
I cannot change  
the courage to change  
the things I can  
and the wisdom to know  
the difference.

## 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 Vice Chair, Susan S. at [susan@papersusan.com](mailto:susan@papersusan.com)

## OUR TRUSTED SERVANTS

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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

**Thank you for your steady donations.**

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



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## EDITORIAL NOTE

*The Oasis* is the newsletter of NJIOA (Northern Jersey Intergroup of Overeaters Anonymous) published three times a year. We publish the wonderful submissions received from our NJIOA 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 or NJIOA as a whole. The theme of the Spring/Summer issue is: **"The Doctor's Opinion."** Deadline for submissions is May 1, 2025. Email articles to the OASis Editors here: [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).