

What's new in Intergroup – April 2016

Working & Living the Program Events

April 20 – Jackson Wednesday and Friday Anniversary

April 30 – Freehold - Abstinence Workshop

May 7 – One Day Retreat in Neptune (sponsored by Edison Sun Night)

May 13 – Flemington Wednesday Anniversary

- **From the Chair:** Cranford and Hillsborough hosted the “Abstinence It’s a Journey Not a Destination Workshop in March. There were about 25 people at each workshop. There was a lot of great discussion on how to get, stay and keep our abstinence.
 - Congratulations to our Brick Meeting. They were one of the winners in the Region 7 **Ice Breaker Challenge**. CJI had two entries to this contest to create a list of one liners to use for an OA call. Take a look at these lists, share them with your sponsees. They are great conversation starters.
 - Intergroup will be working on a follow up to our Sponsor Training workshops. We would like to host a **Sponsor Information/Forum** in our area once a month to make information on sponsoring tools and techniques for people considering stepping up to sponsorship or answer questions for people that are currently sponsoring others. **If your meeting would be interested in hosting this Sponsor Training/Forum, please reach back to me.**
- **Our Health Outreach Committee** On March 18 our committee made a presentation to the second year medical students at Robert Wood Johnson Medical School. We had unprecedented time with our presentation as one of the other presenters had a family emergency and did not attend this session. 90 medical students got to hear our stories and they were some very thoughtful questions from the young doctors. April 9th we attended Baby Day at Hunterdon Medical Center. Many people attending the health fair heard about Overeaters Anonymous for the first time. **Coming soon – our Outreach Committee will have an information page on our CJI website. If you would like to be part of our Outreach Committee, please contact Mike J. at manda254@comcast.net or cell 201 519 2816.**
- **Congratulations to our Meetings celebrating Group Anniversaries** - Saturday Flemington 4/26/2001 15 years, Wednesday Flemington 5/13/2015 – 1 year , Tuesday Eatontown 5/23/2008 8 years, Sunday Edison 6/05/1986 30 years, Saturday Cranford 6/11/1981 35 years, Monday Schrewsbury 7/09/2010 6 years, Tuesday Metuchen 7/14/2014 2 years, Monday Matawan 7/19/1978 38 years, Monday Princeton 7/22/1988 28 years, Saturday Old Bridge 7/24/1977 39 years, Tuesday Matawan 7/30/1996 20 years
 - a) **If your group would like to plan an Anniversary meeting, please reach out to Intergroup.** We can circulate your flyer within our intergroup and nearby intergroups. If you need suggestions for speakers, there is a CJI Speaker List that is available on request. We would be delighted to help you.
- **Today Newsletter** – Our Editor is actively looking for new content for our newsletter. Consider having your meeting adopt a topic and send the writings to TodayNewsletter@gmail.com .
- Our **Website Committee** is having a brainstorming meeting on **April 16th**. Please let us know if you have any suggestions for things you would like to see on our website. The Unity Day Speaker files have been posted. Please check our CJI Website – www.oa-centraljersey.org for meeting and event information.

Next IG Meeting: May 13, 2016 – 7:30PM Raritan Bay Medical Center – Old Bridge

Christina, CJI Chair
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