



Happy October!

The Central Jersey Intergroup met last month for their regularly scheduled September meeting. Some of the exciting things to come out of this meeting is that the intergroup is looking to add a hybrid component to intergroup events to help as many compulsive overeaters as possible. CJI is also planning a survey of the membership to see how we can be of best service to all of you. Stay tuned!

Last month we hosted two phenomenal in person events, the Together We Can Recover Retreat and our first ever Literature Sales and Speaker event. Both events were well attended. It was really nice being back in person! I know my program definitely got a shot in the arm from being around so many other compulsive overeaters and hearing such great messages of hope and recovery.

The Region 7 Assembly was also held last month in person. Robin B., Mike M., Leeann and myself attended. There was so much recovery and enthusiasm there. I was in awe. It was my favorite experience so far in OA! Region 7 has lots of great programs coming up, including the Region 7 Convention to be held November 4-6 in Ocean City. You do not have to be at region rep to attend. It's guaranteed to be a blast and very reasonably priced. See the flyer below for more information.

Other upcoming events include a Body Image Workshop hosted by the Red Bank Thursday night group, a new in person meeting in Freehold on Monday mornings and IDEA Day, which will be held in person on November 19 from 10-3 at Debow's United Methodist Church in Jackson. All flyers are attached.

CJI will also be hosting an in person Thanksgiving Day meeting at the First Baptist Church in Red Bank at 10 Am on November 24. We hope to see you there. See attached flyer.

Please remember to let CJI know if your group whether your group is or isn't going to be meeting for Thanksgiving and the upcoming holidays. If you are a member of one of the following Thursday groups please contact CJI by responding to this email: Highland Park, Lakewood, Manahawkin, Red Bank (In person), Red Bank (Online), Pine Beach, Hillsborough and Freehold.

As mentioned, the Central Jersey Intergroup will be meeting virtually for its regularly scheduled meeting Friday October 14 at 7 pm on Zoom.

If you are considering getting involved in Intergroup or are just curious about what we do there's no time like the present to attend our monthly meeting.

Links to the agenda, minutes from last month's meeting and the treasury report will be posted prior to the meeting on the [Intergroup Documents](#) page on the CJI website.

The Zoom link can be accessed [here](#):

<https://us02web.zoom.us/j/88130697166?pwd=RHlhb2lPWGUrVExwdVVaak5vV00vUT09>

Meeting ID: 881 [3069 7166](#)

Passcode: 213183

Yours in love and service,
Danielle M.