

Intergroup Minutes for Friday, August 14th, 2026

1. Serenity Prayer - All
2. Welcome - Alex
3. Tradition and Concept of the month - Barb M

Quorum: 15% of registered meetings - yes

Total CJI Meetings - 32

15% - 5 Intergroup Reps

5 Intergroup Reps + 1 officer = Quorum

4. Eleven Attendees (Shortened form tonight):

Alex C. - Vice-Chair, Barb M.-Treasurer, Carole C.- Manahawkin, Fri, Alex H, Manahawkin, Sat., May-Matawan, Sue-Metuchen Sat., MaryBeth-Corres.Secy, Frank-Red Bank Thurs, Mikey-Monday Freehold, Joan-Recording Secy., Jayne, Lakehurst-Tuesday

5. Minutes from July 10th, 2026 - No changes or corrections. Motion made to accept - May, Barb M - seconded, Unanimous

6. Intergroup Principles - Joan

7. Strategic Goals - Mikey

8. Pamphlet Project - No one scheduled, Alex asked for a volunteer for Sept., Sue volunteered for tonight, and MaryBeth will speak in September.

Sue shared for 5 minutes: Sue had problems with alcohol, drugs, tobacco, and food. She dealt with all of them except food which was the hardest for her. Her weight kept rising and rising, and she came to OA for one year before becoming abstinent. Her food plan kept her from having cravings, she had three and a half years of abstinence before a relapse of two and a half years where she regained all the weight she had lost. AA friends helped her with the Big Book, and in desperation she worked the steps, and her 5th Step was most impactful. Sue had sixteen and a half years of abstinence at this time, and she did lots of service. During this time life got harder: her parents, her kids, having Covid and her brother's death were contributing factors. She was diagnosed with cancer, and two years ago started again. She is committed to doing service as much as possible which keeps her active in the program on all levels. Thank you so much, Sue, stepping up to share.

9. Reports:

Chair: Ross - not here

Vice-Chair: Alex C. - nothing new

Treasurer: Barbara M. - Donations totaled \$732.00 - which was a good month as the average is \$500.00 per month in summer. \$435.00 - Professional reimbursement for Outreach, and had to pay back social workers. There were the usual website and zoom fees, August payments to Region 7 and World Service donations. Treasurer report accepted after a motion by MaryBeth, Seconded by May - Unanimous

Recording Secy: Joan - Nothing new

Corres. Secy: MaryBeth - Not much except she made changes for Carole C and Alex H, MaryBeth still has to do some OA work online for changes in meetings, and Nick got the new meeting list out.

Website: Nick - not present

CJI Outreach: Lucille not present - Joan reported that she sent a check for the last of her Outreach budget of \$100.00 to the Pine Barrens Tribune for OA advertisement blurb for Sept., Oct. and Nov. of 2026. Mikey is planning an OA presentation for Medical students in March of 2027, second round of the program, more details to follow.

12 Step Within: Lusk, Marty - not present

News from Region: - Sue said Obesity Week is coming up in Washington, D.C. in November sponsored by Region 7. There will be medical professionals, and drug companies all involved in the obesity field, and Lucille and Josephine are intimately involved in this project. We are one of the few Intergroups that have insurance, and Region 7 is providing insurance for other Intergroups who do not. There was a question about how to get the money to Region 7 for this event. You may use any method of payment except cash. Clearly label it for Obesity Week in November.

News from World Service: Lucille - Not present

Bylaws: Alex C - no chance to do anything yet

Insurance: Mikey: Everything is fine and the same

Nominating: Sima - Not present

OA Holidays:

Unity Day (last weekend Feb., Sat.even, Sun.odd yrs) - Alex C.

Sponsorship Day (3rd full weekend in August) - Alex C.- Virtual event - flyer is on Website, Nick has speakers lined up.

IDEA Day (3rd weekend in November, the 21st this year). We will give a deposit soon even though they don't require it. Mikey questioned whether or not there would be an IDEA Day committee. Alex C will spearhead it, and Mikey will be on the committee, as well.

12 Step Within Day (12/12) Ross, Lusk, Marty, Jill - none present

10. Old Business: None

11. New Business: None

12. New from Groups or Announcements: MaryBeth said Red Bank Saturday morning meeting needs support.

13. General note: Please remember to send all changes for group meeting times, locations, formats, contact persons, new meetings or cancelled meetings to MaryBeth.

There was a newcomer to Red Bank who heard about the meeting from a text.

Barbara asked Sue regarding our donation to Region 7 - are we sending \$500.00 to Region 7, and we are uncertain how much of expenses will be covered by what other Intergroups or Region 7. Mikey wanted to know which Intergroups are sending people that are participating and working there. Sue advised everyone of the following: Parking is \$50.00 a day, Hotels are \$400.00 a night, so Sue said it is so expensive we will only send \$500.00 to Region 7. Barbara said we have to be prudent. Sue said we don't even know who is going yet, but we will know in a few weeks.

Meeting was adjourned at 7:35pm, followed by the Serenity Prayer.

Respectfully submitted:

Joan T, Recording Secretary

On a personal note, Tom and I will be moving to PA (Allentown-Macungie area) on Sept. 10th. I will be unable to attend our Sept. 11th Intergroup meeting because won't have Internet yet. However, I will be back in October as your Recording Secretary until my term expires January, 2027. I will miss CJIOA deeply. I will now be a part of the Penn-Jersey Intergroup. ❤️
Fondly in friendship and service,
Joan