

## What Does Our Intergroup Do?

Central Jersey Intergroup (CJI) provides support to Overeaters Anonymous meetings and the Fellowship in the following New Jersey counties: Union, Middlesex, Somerset, Hunterdon, Mercer (Princeton area), and Monmouth. We are a group of representatives from the various meetings in these counties who meet the second Friday of each month in order to conduct the business of OA in our area. We determine what needs are to be met, how best to meet them, and then work together to put a plan into action. We decide how to spend the money to best serve the fellowship and to reach the still suffering compulsive overeater.

Each group elects a representative to attend a monthly Intergroup meeting and to bring the informed group conscience of their group to the CJI body. This includes voting on how you want your donations used, what services CJI should provide and, even, how those services should be provided. All groups are encouraged to elect representatives and have their voices heard in the decision-making process.

Intergroup provides 12th Step work through a variety of services and functions. We fund the Hot Line (908-253-3464) to provide information about meetings as well as contact numbers. We also provide a Heartline in our newsletter, for people reaching out for help and contact. In addition to these services, we pay for the inclusion of the Hotline number in the white pages of phone books around the counties so that newcomers can find us when they are ready.

Other 12<sup>th</sup> Step work is done through the retreats, workshops, and marathons hosted by Intergroup during the year. Not only are these events available to the Fellowship, but also to those new to OA. The end of summer retreat became a favorite for over thirty years to people from the tri-state area. The location has been moved to Easton, PA. and North Jersey Intergroup has joined us in presenting the ***Together We Can Retreat***. Our January ***Winter Dreams Retreat*** in South Mantoloking is a great way to recommit to recovery after the holidays. In addition to Recovery after Relapse marathons, we have hosted Sponsorship Workshops, We Care Meetings, Family Nights and have been the hosting intergroup for the annual February ***New Jersey Unity Day Marathon*** since 1999.

The Intergroup is a conduit for information by both word of mouth and printed matter. We disseminate information at the Intergroup meeting for the representatives to take back and share with their meetings. We provide a forum for new ideas as well as a place to solve problems being experienced by groups. We print the TODAY Newsletter with upcoming events in and around our area, news, announcements, and articles from our fellow compulsive overeaters. We provide a website ([www.oa-centraljersey.org](http://www.oa-centraljersey.org)) with information specific to our area.

We handle the money given to us from the individual groups. We raise money for the World Service Office through some of our special events. We provide literature at no cost to promote the understanding of compulsive overeating and the solution that is available to compulsive overeaters.

Intergroup works behind the scenes to reach out to everyone who needs the recovery offered by Overeaters Anonymous. While you may not see us, we are supporting you and your recovery in

every way we can. If you see a need that isn't being met, if you have a suggestion for improvement, or if you would like to be a part of Central Jersey Intergroup, write or call us today. We need you.