



Minutes of Previous Meeting as received – With correction noted  
Motion to Accept – ToniAnn Second- Fran

### Committee Reports

- **TREASURY: Janet** – At the end of November Janet will be summarizing May-October report. The report was attached to the agenda.
- **OASIS: Mary Ann**- Winter issue will be out on December 21, 2020. Have gotten some blurbs already, the theme is relapse. All fall events please email your blurb to Mary Ann. New events between Dec. 21 and March 21<sup>st</sup>, please let Mary Ann know and she can add them. She still needs the flyers and blurbs for New Year's Day and Unity Day.
- **INFO LINE: Susan S**- It is a phone number that people can call to get information. Still doing well with receiving 15-20 calls per week.
- **EVENTS: Bonnie** – Encouraged everyone to announce events at the meetings you attend.
- **WEBSITE: Bonnie** – Winter Retreat (Star Lake) is up on the website on the front page, can register and pay by PayPal.
- **PUBLIC INFORMATION: Susan** – Announced Maria is the new Public Info Chair. Have approximately 10 people on the committee.
- **INREACH/12 STEP WITHIN COMMITTEE: Ann Marie** – The committee has planned a Relapse/Recovery Meeting, which will be a marathon with 3 speakers, on December 12<sup>th</sup> starting at 2:00. Focus is on getting people back in the rooms who have been struggling with relapse. Huge thank you to Terri P and Terri W. In addition, please ask your local Zoom meetings to create a We Care List
- **FUNDRAISING:** Lorraine wasn't available however contact her with any ideas.

**OA Research Report – Maria - [OA.ORG](http://OA.ORG) UPDATES** The Fourth Quarter of OA's Newsletter "A Step Ahead" is now available to print or download at [OA.org](http://OA.org). The Seventh Tradition pamphlet is available to download with the new suggested contribution amount at meetings of \$5. New Welcome Back Pamphlet revised and expanded for members coming back from relapse is available to purchase for \$1 from the [OA.org](http://OA.org) bookstore. Lifeline Magazine is ending-All subscriptions will end on December 31, 2020. No new subscriptions or renewals will be processed starting January 1, 2020. OA is working on new ways for members to share their stories online. 2021 World Service Business Conference. April 21-24 2021, Albuquerque, New Mexico, Theme: "Looking to the Future: One Day at a Time. 2021 World Service Convention August 26-28, 2021, Orlando, FL, Theme: "Walking in the Sunlight: One Day at a Time"  
**REGION 7 UPDATES** The Region 7 Convention was held via Zoom this past weekend (November 6, 7, 8) The final total number of participants signed up was 334. The Region 7 2021 Convention plans are right now to be held in person will take place in Ocean City Maryland November 5,6,7 2021. SPRING 2021 Region Assembly is still TBD

**Donations: Susan** – Everyone should have gotten an email with a flyer showing you how you can send a tribute in honor of someone’s birthday, celebration, sympathy, etc. It will also be put on the website.

### **NJIOA Event Reports**

- **Firelight Meeting:** Bonnie – 10-12 people were on the meeting. They had a speaker, talked about resentments, everyone had their own way of lighting, it was fabulous.
- **Region 7 Assembly (Business of the Region):** For Delegates’ reports, please see pgs. 5-8
- **Region 7 Convention (Fellowship and Recovery):** Maria
- **Idea Day – November 22 – sponsored by NJIOA** – Bonnie – there will be 3 speakers from out of state sharing their stories, what it is to stay abstinent through the holidays.
- **Welcome Home: Moving from Relapse to Recovery** via zoom...December 12, 2020, 2PM-4PM <http://njioa.org/images/WelcomeHomeflyer.pdf> - flyer is on the website.
- **Acceptance is the Answer: A New Year’s Day Workshop** via zoom...Friday January 1, 2021, 2PM – 4PM...details to follow - **Susan L.** Tuesday/Thursday meeting in Montclair organizing event. The flyer is on the website. This is the third year, they will have a keynote speaker, writing, meditation, feedback...dry run on December 2<sup>nd</sup>.
- **Star Lake Lodge Retreat** via zoom...Saturday January 23, 2021 and Sunday, January 24, 2021...**Bonnie** – 22 speakers from all over (no one from NJ), will share and then open up to a topic and will talk to Toni Ann about recording it. **Mary Ann** – As mentioned previously the flyer is on the front page of the website with a hyperlink to click to register. Just fill it in, can use PayPal, credit card or debit card (asking \$20-\$30), then you will get a confirmation email. OR you can print the flyer and tear off the bottom, fill it out, mail a check and then will get a confirmation email once Mary Ann receives it. The day before the event any registered will get all the Zoom information on how to get no the meetings. Can email Mary Ann or call Bonnie with any questions. Also you can sign up to help out.
- **Unity Day via Zoom**...Sunday, February 28, 2021...ToniAnn – 12:00PM – 2:30PM all 5 intergroups of NJ, with the Jersey Shore intergroup hosting. There will be 5 speakers.
- **World Service Business Conference:** April 21-24, 2021, Albuquerque, NM
- **Zoom Around the World Contest: Ronni** - Zoom around the world contest, the website has all the directions, attend one meeting in each region from all over the world, enter into a raffle to win a prize. Deadline is January 2, 2021

### **Old Business**

- **OA Tributes have started**

### **New Business:**

- Nominations for 2021 NJIOA Service Board – We nominated tonight and next month will be voting.
  - Chair – Bonnie nominates Susan – Maria 2<sup>nd</sup>
  - Vice Chair – MaryAnn nominates Judy – Bonnie 2<sup>nd</sup>

- Treasurer
  - Intergroup NJIOA Secretary – Ronni nominates Bonnie – Susan 2<sup>nd</sup>
  - Corresponding Secretary – Bonnie nominates Ronni – Theresa 2<sup>nd</sup>
  - Recording Secretary – Steve S nominates ToniAnn – Susan 2<sup>nd</sup>
  - Region 7 delegates – Judy nominates Bonnie – Ronni 2<sup>nd</sup>
  - World Service Delegate – Ronni nominates Bonnie – ToniAnn 2<sup>nd</sup>
- Trial run for Zoom counting for next month’s elections – tonight ToniAnn tried it with us when we voted on the donation (next item) ...much easier way to get voting done and more time effective.
  - Donation to Region for our attendance at the Region 7 Business Assembly – Ronni – Motion to contribute \$75.00 to Region 7 in honor of the 3 delegates from intergroup who went – Susan, Ronni and Barbara. Theresa – first Fran – seconded the motion...Janet will send the money.

**Closing: The OA Promise - Jacqueline**

**Closing** 8:42 pm

**Motion to close:** Marcy

**Second:** Fran

Newcomers joined in the Newcomer’s Chat after the meeting.

**Next Meeting: December 10, 2020 7:30 p.m. Zoom**

**IMPORTANT REMINDERS FOR YOU...**

- Insurance Waiver call Susan 201-960-1995
- For sales tax exemption number, for Office Depot, contact Mary Ann 973-568-2761
- Go to **NJIOA.org** for bylaws, calendar, minutes, treasurer’s report etc., Region 7.org and OA.org for additional info
- Call 5-Keep Them Alive (every 12<sup>th</sup> of the month)
- Remember Zelle ([njioapay@gmail.com](mailto:njioapay@gmail.com)) and VenMo ([njioapay@gmail.com](mailto:njioapay@gmail.com)) or mail a check to NJIOA, P.O. Box 827, Fair Lawn, NJ 07410-0827

If you want an item brought up at the Intergroup meeting, please email Susan ([papersusan@aol.com](mailto:papersusan@aol.com)) 2 weeks ahead of the meeting.

**For Region 7 Assembly reports, please see the following pages (pgs. 5-8).**

# **Region 7 Assembly Reports- October 16<sup>th</sup>-17<sup>th</sup>, 2020**

From Susan S.

## **Public Information Meeting (Morning Meeting)**

- Update webpage on Public Display Boards adding new language and photos including the Professional and General OA Display Banners and the smaller display board.
- Discuss results of the Virtual Outreach Events Survey created and sent by Arianna to Intergroups and Regions.
- The Committee decided to research, promote and provide resources to Intergroup outreach committees so they can better undertake virtual events for professional and the public . The resources to consider obtaining and providing to the Intergroups would include: web listings (links) to useful materials, pamphlets and programs; a possible slide presentation for virtual events for health care and newcomer events; and information on the use of Facebook/Google advertising to promote outreach events. Some of the above-noted work can be done in conjunction with the Intergroup Renewal Committee.
- Create a message to be sent to all Intergroup Outreach Chairs to promote Region 7 outreach funding and resources for outreach banners, tablecloths, and events.

## **1 pm to 4 pm General Meeting on Minutes, Rules**

- Motions made, agenda and consent of agenda.
- Region 7 made report
- No unfinished business
- Adopted a budget
- Motion to give \$20K to World Service
- Two vacancies on the board did not get filled
- Committee reports from the morning session which included \$ for operations
- Celebrations of delegates for new and old service

## **Reg 7 Delegate Report: Fall 2020 Assembly Fri., October 16<sup>th</sup> – Sat. Oct. 17<sup>th</sup>**

From Barbara M.

Website: [www.OAReg7.org](http://www.OAReg7.org)

## **What is Region 7?**

Region 7 consists of Overeaters Anonymous meetings and Intergroups from the following geographical locations: Delaware, Maryland, New Jersey, Pennsylvania, Virginia, Washington, DC and West Virginia.

Region 7 is one of the ten regions organized to serve communication between groups and Intergroups within and between each region and OA worldwide.

## **What is the Purpose of Region 7?**

Region 7's purpose is to practice and safeguard the 12 Steps, Traditions, and Concepts of Service of Overeaters Anonymous.

Region 7 also:

- Maintains direct communication with groups, Intergroups and Service Boards
- Sponsors local Conventions & Assemblies
- Publishes a newsletter (Region 7 Speaks)
- Keeps speaker lists
- Supports Officers' expenses
- Maintains reference & media libraries
- Offers support and advice to Intergroups and unaffiliated groups with difficult situations involving the 12 Traditions

## **How is Region 7 Funded?**

The funding for Region 7 comes mostly from individual OA groups, then Intergroups, then individual members who all make 7th Tradition contributions.

Prior to the Assembly I registered and reviewed the Pre- Assembly Packet.

## **Friday, 10-16-20**

I participated in a first time representative and mentors meeting where I learned about Reg 7 and met trusted servants as well as my mentor. 7pm-7:45pm

I participated in an OA meeting. 8pm-9pm

## **Saturday, 10-17-20**

51 Voting members attended

I participated in the Jumpstart Meeting at 8am.

I participated in my Committee Meeting: Intergroup Renewal Committee 9am-12 noon

## **Highlights:**

- I learned about the scope of the committee and met the trusted servants.
- Brainstormed ways to offer support to IG's in our region.
- Lots of information on the website, much of which needs to be updated.
- IG's can post events on the website
- Technical support is available to IG's
- Money may be available to IG's
- Support/Troubleshooting is available to IG's
- Training is available to IG's
- We will meet a few times before the Spring 2021 assembly

I participated in Business Meeting 1pm-4pm

**Highlights:**

- Motions made on minutes, rules, agenda and consent of agenda.
- Region 7 made report
- No unfinished business
- Adopted a budget
- -motion to give \$20K to World Service
- Two vacancies on the board did not get filled
- Committee reports from the morning session which included \$ for operations
- Celebrations of delegates for new and old service

**WORKSHOP CHALLENGE:**

Any IG that hosts a workshop with Reg7 between Fall 2020 and Spring 2021 can enter a drawing to have delegates fees waived for Spring 2021 Assembly

Meeting ended with Tradition 5 and Concept 5 (Reinforcing our Primary Purpose to Carry the Message to the Still Suffering and to affirm the Rights to appeal and Petition in order to ensure that opinions and personal grievances will be carefully considered) and The OA Promise.

After the Assembly, I reviewed the Post –Assembly Packet

**Report on Region 7 Assembly October 16<sup>th</sup> & 17<sup>th</sup>, 2020**

**Name:** Ronni S.

**Committee:** Twelve Step Within

**Date of Committee Meeting:** 10/26/20

I am grateful to have been of service not only to NJIOA but to the Region by being a Region Delegate. This is a service I take seriously and would like to continue as I am on a committee I and have work moving forward that needs to be continued between Region Assemblies.

Issues Discussed and Decisions that were made during this meeting were:

Unfinished Business:

- Reviewed Ways to Keep [& Lose] Newcomers... Trifold. Awaiting the next face-to-face R7A to distribute more at a Train-the-Trainer 10-minute workshop.
- Motion to purchase 25 new Handbooks was approved.
- Call 5 Flyer: Discussion of the need to continue regular reminding all groups of the importance of calling “missing faces”. I brought up that we have a Call 5 flyer and an initiative/committee for 12 Step within in northern New Jersey.
- Speaker list: The list was passed around at the last Region 7 Assembly and became a Google Do
- R7 Diversity page options were discussed but pending Board decision
- Began planning a Unity Day Workshop Guide – similar to the Sponsorship Workshop Guide

- We chose officers for the next assembly and made commitments to attend future committee meetings via zoom. These committee meetings are scheduled for: January 10, 2020 at 3 pm and February 21, 2020 at 3 pm

I attended the jump start meeting in the morning with the other delegates and the required afternoon Assembly meeting

I attended the Business Meeting in the afternoon with all the other delegates, including other NJIOA, NJ and 6 other Regions within Region 7. We adopted the budget and did all other necessary business work pending including a new workshop challenge. If we do the workshop we can then participate into a drawing (as usual 😊) to have our delegate fees waived for the Spring 2021 Assembly.

Respectfully submitted by Ronni S, thank you for allowing me to be of service. 11.2.2020