

Chair: Susan S.

Treasurer: Andrea

NJIOA Sec: Bonnie

OAsis: Mary Ann C.

Public Info/Outreach: (Acting) Maria

Region 7 Delegates: Terry P., Bonnie, Carl, Susan L.,  
Susan S., Ronni

Vice Chair: Judy

Corr Sec: Ronni

Rec Sec: ToniAnn A.

Web: Mary M.

Media: Sam

World Service Reps: Bonnie F., Carl,  
Susan S.

Opening 7:30 p.m.

Serenity Prayer: Shannon

12 Steps: Lorraine

12 Traditions: Joyce

Concept of the Month: Mary Ann

Unity with Diversity Policy: Rachel

**Introduction Roll Call:**

Susan S., chair

Maria G., public Info, research delegate committee

ToniAnn, recording secretary, Zoom committee

Nancy, Montclair Saturday morning 12&12

Shirley, Thursday morning Montclair meeting

Terry P., 12 Step within, Thurs night Serenity

Jacqueline S. Saturday night 8:30 p.m. meeting, Zoom and welcome committees

Bonnie, Intergroup secretary, events committee, Region 7, Starlake

Shannon, Sunday morning Belleville meeting

Marcie, Tuesday night Wayne, public info committee

Ronni, Region 7, corresponding secretary

Laura W., Friday night Nutley meeting, public info

Mary Ann C., OAsis editor, Starlake committee

Steven S., Wednesday men's group Saddlebrook, Zoom committee

Andrea P., Treasurer

Judy, vice-chair

Joyce, Tuesday night newcomers meeting, alternate

Sam, tributes, flyers

Fran U., Monday morning Bloomfield lifeline meeting, pub info committee

Carl, parliamentarian

Fran S. Friday HOW Hackensack

Jon K. Zoom committee

Jenny, Saturday Berkeley Heights meeting

Lorraine A., Wednesday night Hillside, fundraising committee

Sara S., Tuesday night newcomers meeting

Rachel, Sunday morning Big Book West Orange

Clare, OA hotline

Terry P. Thursday night meeting, Region 7 rep

Carol R., guest

**Introduction Roll Call continued:**

Lorraine, Tuesday 7a.m. Bloomfield meeting rep

Vanessa, Monday evening Livingston rep

**Approval of December Meeting Minutes:** Motion Sarah Second Bonnie

**Committee Reports:**

**Treasury:** See attached report.

There was \$80 was collected for the Jamming into Recovery event.

**OAsis:** MaryAnn reported several articles have been submitted and the spring OAsis will be available on March 21, 2021. Information on past events and updates on upcoming events will be included. Susan thanked MaryAnn and suggested sharing OAsis with one or two friends.

**Info Line:** Clare reported she returned five calls that came into the information line. The information line number is 973-746-8787. Clare also reported Google contacted the hotline to get information on OA. Bonnie said it is a sales call, ignore it.

**Events:** Bonnie said the events calendar is updated. The Jamming into Recovery went really well. She thanked the Zoom committee for opening the meeting up to more than 100 participants. Flyers are being worked on for Am I Worth It, and My Body and Me and will be in the mid-month packet. Bonnie thanked Susan for all her help and ToniAnn for running the Summer Series.

**Website:** Bonnie reported the website is running fine and going smoothly. She thanked Mary and Barbara for their hard work. Susan thanked Bonnie for all her help.

**Public Information:** Maria said Laura was helping post ads in the NJ Patch, which finally responded to our request to post information. The committee is doing what they can to reach out to nutritionists, dieticians, and social workers in the area. Kristy sent out 30 e-mails to churches. Marcy has been sending out flyers to libraries, hospitals. Maria feels traction as calls are coming into the information phone line. Flyers are available for download on the NJIOA website for local distribution. A few newcomer packets were sent out by Shari. The tools pamphlet is available as a PDF. Susan encouraged everyone to go onto the website and look at the eye-catching flyers for posting.

**In-Reach/12 Step within Committee:** Terry reported the Thursday meeting, from 8:00 to 9:00 p.m., has been going for approximately five weeks and is attracting 20 to 25 attendees. They have altered the format to be an alternating speaker/topic format. The committee is planning a December 12<sup>th</sup> marathon.

**In-Reach/12 Step within Committee continued:** Terry added the committee is looking for ways to reach out to people who are struggling and suggested a representative at each meeting who reminds people to keep in touch with people who haven't been seen for a while and reach out to people who are struggling and encourage them to attend the meeting on Thursday. More information will be available next month. If anyone has ideas on how to reach out to fellows in trouble, she said give her a call.

**Fundraising:** Terry said some people have come up with ideas, but logistics are difficult. She welcomes fundraising ideas. Susan encouraged anyone with ideas to speak to the committee chairs.

#### **Ad Hoc Committee Reports:**

**Tributes:** Sam reported since February, 14 tributes have been sent to 9 members. Last month 15 were sent out. The program is going well and she asked all secretaries to announce the program at their meetings. There is a PDF on the website.

**OA Research:** Maria said on OA.org there are 5 great new podcasts for young members created by the young persons committee. Each are 40 minutes and can be found on the podcast page. OA.org has a Facebook page where local events could be posted through messenger. The OA. Org Facebook page is looking for artists to contribute to their cover page. The image they would like to convey is no matter what your body looks like or your challenge with food, you are welcome here. Submissions can be sent to OA.org. For 2021 there is a literature catalog order form, which can be downloaded for order placing.

**Region 7 Spring 2021 Assembly:** Maria reported registration for the March 19th to 21st Spring Region 7 Assembly is closing on March 15th. Region 7 has a calendar where NJIOA events can be posted. Bonnie said Region 7 runs very similar to North Jersey Intergroup. It consists of a bunch of states that run from New Jersey down through Maryland, Virginia, Washington D.C., West Virginia and Pennsylvania. Each Intergroup sends a certain number of delegates based on the number of meetings in that intergroup. Delegates are assigned to committees. The information filters up, not down. Susan said the four representatives will attend the assembly and work all year on the committees with which they are involved.

**Newcomer Welcomer:** Jacqueline said she calls the intergroup attendee newcomers after the meeting and sends out a survey to newcomers.

#### **NJIOA Event Reports:**

**Unity Day: Together We Can Get Better:** ToniAnn reported 114 attended Unity Day. There was one speaker from each of the five New Jersey intergroups.

**Unity Day: Together We Can Get Better continued:** South Jersey hosted the event so all 7<sup>th</sup> tradition funds were sent to them. Whatever money they made over their expenses will be sent to World Service. It was a great event.

**Inspiration Day:** Lorraine said Inspiration Day is scheduled for next Sunday, 1:00 p.m. to 3:00 p.m. The topic is what inspires you to keep coming back. There are going to be four speakers from North America. There is a \$5.00 suggested donation. The flyer is on the website. She suggested taking a screen shot of the flyer to send to friends. She thanked whoever is working on the wonderful website.

**My Body and Me Body Image Workshop:** Maria said the workshop is April 11 from 2:00 to 4:00 p.m. There are three dynamic speakers who will share on body image. Please spread the word for this great event.

**Summer Series:** ToniAnn reported she went to Branch Brook Park with Nancy and another fellow today. The meeting spot is the Cherry Blossom Welcome Center, which is accessible via Google Maps and Waze. There is adequate parking and restrooms available. Various length paths are mapped out for people with different capabilities. There might be a scavenger hunt along the path and there are plenty of photo opportunities. The yoga event for May will be led by one of our members. She realized that everyone is at different levels. You don't have to be skilled at yoga to attend, even just sitting and doing the breathing is helpful.

**Recovery from Sea to Shining Sea:** Susan said this event, which is May 1<sup>st</sup>, 1:00 to 4:00 p.m., is being organized with people from our intergroup along with a California intergroup. The flyer is on NJIOA.

**World Business Conference:** Ronnie reported all different regions will be attending the five-day business conference to discuss how OA does its business. Normally it is held in Arizona. Bonnie said votes are taken on things brought up from individual intergroups or regions. A lot of great stuff came out of the World Service Conference, including all the literature. For example, this is how the pamphlet "To Our Bariatric Patients," and the paragraph on Unity Through Diversity came about. Carl added this is how the virtual region came into existence. Bonnie said the virtual region was set up even before COVID.

**Old Business:** No old business to be discussed.

**New Business:** ToniAnn thanked Carl for all his work on StarLake. She said Carl is very understated as he is always available and does a tremendous amount of work for this intergroup.

**New Business continued:** Susan thanked everyone for their help. You are saving the life of yourself as well as other people, she said. Please take all the messages here back to your groups. She invited newcomers to stay after the meeting.

Maria read the OA Promise.

Motion to close by Lorraine  
Meeting concluded 8:25 p.m.

Second by Judy

Respectfully submitted,  
ToniAnn A.