

North Jersey Intergroup of Overeaters Anonymous Meeting Minutes January 14, 2021

Chair: Susan S.	Vice Chair: Judy
Treasurer: Andrea	Corr Sec: Ronni
NJIOA Sec: Bonnie	Rec Sec: ToniAnn A.
OAsis: Mary Ann C.	Web: Mary M.
Public Info/Outreach: (Acting) Maria	Media: Sam
Region 7 Delegates: Terry P., Bonnie, Carl, Susan L., Susan S., Ronni	World Service Reps: Bonnie F., Carl, Ronni, Susan S.

7:30 opening.

Serenity Prayer: Maria G	12 Steps: Laura W.	12 Traditions: Mary Ann C.
Concept of the Month: Steve	Unity with Diversity Policy: Andrea	

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, Tuesday/Thursday meeting
Angela, Saturday morning Paramus meeting
Terry P., 12 Step within
Jacqueline S. Saturday night 8:30 p.m. meeting, Zoom committee,
Bonnie, NJIOA secretary, events committee, Region 7, Starlake
Shannon, Sunday morning Belleville meeting
Marcie, Tuesday night Wayne, public info committee
Susan L., Thursday morning 7 a.m. meeting
Barbara M., website, public infor
Ronni, Region 7, World Service, corresponding secretary
Laura W., Friday night Nutley meeting
Mary Ann C., OAsis editor, Starlake committee
Steven S., Zoom committee
Andrea P., Treasurer
Judy, vice-chair
Joyce, Tuesday night newcomers meeting, alternate
Sam, tributes, flyers
Fran U., Monday morning lifeline meeting, pub info committee
Carl, parliamentarian
Vanessa C., Monday night Livingston
Brenda, Sunday morning Belleville alt., Zoom committee

Approval of December Meeting Minutes.

ToniAnn motioned to adopt as read, second by Andrea. Motion passed with all in favor.

Committee Reports:

Treasury: Andrea reported any funds contributed via Venmo in December will be shown on next month's report. There was a problem with Zelle and the bank, which has been fixed. See attached report.

OAsis: Mary Ann reported the winter issue regarding relapse was sent out by December 21, 2020, and is now on website, njioa.org. Feedback is welcomed. For the March 21st spring issue a potpourri of submissions will be accepted including stories about what disciplines you do every day and how you work your program. Please forward submissions to Mary Ann's email.

Info Line: Susan reported Ursula has been answering the phone. There are not too many calls currently, but are expected to increase.

Events: Bonnie stated Starlake is January 23 and 24, 2021. All speakers have confirmed. Mary Ann is collecting money. New event called Jamming into Recovery, March 6, 2021, 9:30 to 4:30, going over The Doctor's Opinion through How it Works.

Website: Bonnie reported PayPal is now accepted for Starlake registration through the njioa.org website. Everything is functioning, up-to-date and the website looks great.

Public Information: Maria thanked the committee as they are making progress. In the month of December informational flyers were sent to local churches, qualified health care centers, social worker associations, and dieticians in area and local newspapers. Laura W. was welcomed to the committee. There is a new PDF available for newcomer packets including the "Tools of Recovery." Please reach out to Shari for more information on the PDF.

Susan said Shari has all the newcomer packets and she requested meeting secretaries contact Shari for the information.

Inreach/12 Step within Committee: Terry was pleased to say there is a new weekly meeting on Thursdays 8 to 9 p.m., Relapse to Recovery. Zoom info is on njioa.org. The first meeting is Thursday, January 21, 2021. Speakers are lined up and meeting could use support from current strong members. It will be a warm safe place to find your way back to recovery. There are 3 people on the inreach/12 Step within committee and will be brainstorming ways to reach out within the intergroup.

Fundraising: No report at this time. Susan stated we are still looking for ways to fund raise. It is difficult during COVID. Ideas are welcomed.

Ad Hoc Committee Reports:

Tributes: Sam reported the tribute letters was launched mid-to-late October and currently 14 have been sent out. She asked that all meetings announce the tributes are happening and there is a flyer on the NJIOA website. We are hoping to grow. Susan added there has been \$70 raised so far.

OA Research: Maria reported OA.org has launched three new pamphlets as follows: 1.) "A Lifetime of Abstinence, One Day at a Time" replaces "A Commitment to Abstinence," "Before you Take that First Compulsive Bite Remember," and "Maintaining a Healthy Body Weight." It is available for \$1.00 on OA.org or downloadable on Amazon Kindle, Barnes & Noble, and Apple Books. 2.) "In OA ,Recovery is Possible: About Compulsive Eating and the OA Program of Recovery." This phases out "Questions and Answers," "A Program of Recovery," and "Compulsive Overeating, an Inside View." The cost is \$2.00 on OA.org or downloadable on Amazon Kindle, Barnes & Noble, and Apple Books. 3.) "To the Young Person" is now updated and it is being re-released exclusively as an eBook for 99 cents on the Amazon, Barnes & Noble and Apple platforms.

Region 7 Spring 2021 Assembly. Susan reported it is being held virtually March 19 to 21, 2021. Recordings and materials from the Region 7 convention which was in November are available free on the OA.org website.

Region 7 Rep Report: Ronni reported she attended the 12 Step within committee meeting. There is a trifold booklet that is being updated and they are hoping to get that out. She may have another report for next month.

NJIOA Event Reports:

Welcome Home: Moving from Relapse to Recovery, December 12, 2020. Bonnie reported on behalf of AnnMarie . The event went very well. There were three speakers; one speaking regarding sponsoring someone in relapse, the other two were people who came out of relapse. The workshop went very well.

Acceptance is the Answer: A New Year's Day Workshop, January 1, 2021. ToniAnn reported the event was attended by upwards of 75 people. There was a fabulous speaker, a meditation and a writing exercise. It was one of the better workshops she has attended. There was a technical problem in the beginning, but everyone worked around it and it turned out fine. A lot of work went into it and it showed.

Starlake Lodge Retreat: January 23, 2021, 9:30 a.m. to 5:45 p.m., and January 24, 2021, 9:30 a.m. to 3:45 p.m. Susan said lots and lot of people are working on this. She suggested everyone on the line tonight text five of their friends regarding coming to the retreat.

Mary Ann reported there were 80 people currently registered.

Registration can be done through NJIOA.org. The deadline is January 15, 2021, but may be extended. Please contact Mary Ann if registering by check. Registrants do not need their own PayPal account. Agendas and Zoom information will be sent out the day before the retreat and will include a list of meeting rooms, Zoom etiquette, information on the scavenger hunt. Any questions or problems with registration, contact Mary Ann. There were not enough variety show contestants so that was taken out.

Bonnie thanked Mary Ann for all her help and reported all sessions will be recorded and posted within a month. Bonnie needs an e-mail to receive the scavenger hunt submissions. There is going to be two panels: a 100-pounder panel and a longtimers panel. This is the one and only fundraiser for NJIOA. Bonnie thanked ToniAnn for her help with Zoom.

ToniAnn added there are volunteer spaces to fill. Each volunteer will be asked to do two jobs, a timer and a moderator. The moderator will introduce the speaker and make sure everyone is on mute. If you signed up to volunteer you will be receiving your script and your schedule.

Unity Day: February 28, 2021, 12:30 to 2:30. ToniAnn reported the committee met last week. The flyer is out. All of New Jersey will be working together. The theme is "Together We Get Better." Each intergroup in New Jersey is going to be presenting a speaker on a specific topic and at 2:30 in unison with fellows from around the world, we will be reciting the OA Promise. Susan said the flyer is posted on the website.

March Workshop Jamming into Recovery. The Doctor's Opinion to How it Works. Saturday, March 6, 2021, 9:30 to 4:30 with a one-hour lunch. The flyer will be out shortly.

Inspiration Day: Mary 21, 2021. Susan reported for Lorraine. There are going to be three to four speakers planned. Susan was unsure of the start time. There are great speakers (no one local) who will share from the literature what inspires them.

World Service Business Conference: Susan reported the reps will be attending. It is unclear whether the conference will be virtual or in-person.

Zoom Around the World Contest: Ronni reported the contest has been very quiet and there is not much happening.

Old Business:

Share, Share, Share: Susan asked that we all share all messages and everything we hear in intergroup, including Starlake and the new meeting, Relapse to Recovery.

The calendar gives a rough view of the year's happenings. If you would like to run an event, please contact Bonnie to check the calendar for scheduling.

The service list only goes to people on the board. It does not go out for general mailing. Please keep those for future contact information.

New Business:

Outdoor Summer Series: ToniAnn reported currently included in the series are three events. As the title says, they are going to be outdoors. The first one is going to be a cherry blossom stroll through Branch Brooke Park, in April most likely the 18th or 19th. The second event in June is going to be a hike at the Tourne Park in Boonton. There will be a hike to a mountaintop meeting followed by a picnic. The third event is a kayaking trip, which will be in August. The idea is to promote activity, not just fellowship but physical activity. ToniAnn believes this may help attract younger members. If anyone else has ideas to add to the series, please contact ToniAnn. A flyer will be out shortly. Volunteers are also needed.

Susan welcomed the newcomers, Shirley and Shannon, and invited them to stay after the meeting for fellowship.

Meeting closed with the OA Promise led by Maria.

Motion to close made by Jacqueline, seconded by Marcy.