

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,  
Ronni, Susan S.

7:30 Opening

Serenity Prayer: MaryAnn                      12 Steps: Andrea                      12 Traditions: Andrea  
Concept of the Month: Jon K.                      Unity with Diversity Policy: Jon K.

**Introduction Roll Call:**

Susan S., Chair  
Judy, Vice-chair  
Marcy, Tuesday night Wayne, public info committee  
Maria G., public Info, research delegate committee  
Jon K., Zoom Committee  
Ronni, Region 7, World Service, corresponding secretary  
Sam, tributes, flyers  
Terry P., 12 Step within  
Nancy, Montclair Saturday morning 12&12  
Laura W., Friday night Nutley meeting  
Mary Ann C., OAsis editor, Starlake committee  
ToniAnn, recording secretary  
Steven S., Zoom committee  
Shirley, Tuesday/Thursday meeting  
Andrea P., Treasurer  
Fran U. Monday Lifeline, Public Relations  
Alison L., visitor  
Shirley, Thursday OA 12&12  
Joyce, Tuesday Newcomers  
Rachel, visitor  
Robin, Berkeley Heights  
Lorraine B., Tues/Thurs morning  
Vanessa, visitor

## **Approval of December Meeting Minutes.**

Motion: Joyce      Second: Sam

## **Standing Committee Reports:**

**Treasury:** Andrea thanked everyone for the Seventh Tradition funds that have come in via checks, Zelle, Venmo. She asked if contributors could add a blurb identifying their donation. See attached report.

**OAsis:** MaryAnn reported the March 2021 Spring OAsis is posted on NJIOA.org. For the summer issue, she suggested a topic of “How do you use a sense of humor in recovery?” She requested an writing for all workshops be submitted for the summer issue.

**Info Line:** Susan reported all calls are being answered.

**Events:** Report not available.

**Website:** Report not available.

**Public Information:** Maria reported in February 2018 The Star Ledger ran an article about OA. Laura W. was able to make contact with the author and gave an interview regarding OA during the pandemic. The article may run in the Staten Island Advance, most likely next week. We are hoping it gets picked up by the Star Ledger, as they are part of the same group. MaryAnn and Maria helped prep Laura for the interview.

Maria reported newcomer packets are available to be mailed out by intergroup by contacting Shari at [sharitelfer0626@aol.com](mailto:sharitelfer0626@aol.com).

Maria found a PDF created by the Northern Virginia Intergroup entitled, “My Patient has a Food Problem.” She has been sending it out to doctors’ offices. Also there are 60-minute workshops available to introduce OA to healthcare professionals called, “Get to Know OA.” The committee is actively recruiting additional members.

**In-Reach/12 Step within Committee:** Terry says said the committee is working on developing the Thursday night Relapse Recovery Meeting. There have been 13 to 15 participants weekly. They are requesting available sponsors to attend and all members for support. A business meeting will be held next Thursday to discuss the format.

**Fundraising:** Report not available.

## **Ad Hoc Committee Reports:**

**Tributes:** Sam stated since the last intergroup meeting 12 tributes have been sent out. People who have received tributes in the past are now sending them out. Susan added all the information is on njioa.org.

**OA Research:** Maria reported World Service has revised the Unity with Diversity Policy and the Abstinence and Recovery statement. There is a new pamphlet for 2021 called, "Walking in the Sunlight One Day at a Time." The World Service conference will be live in Orlando, Florida August 26 through 28.

**Newcomer Welcome:** No report available.

**NJIOA Event Reports:**

**My Body and Me (A Body Image Workshop):** Maria reported there were three amazing speakers and 97 people in attendance.

**Outdoor Summer Series**

**Cherry Blossom Stroll:** ToniAnn reported 17 people enjoyed the stroll and outdoor meeting. All wore masks and socially distanced.

**Yoga:** Yoga in Brookdale Park will be May 23<sup>rd</sup> at 11:30 a.m. Meet near the indoor bathrooms adjacent to the playground and track.

**Hike/Mountaintop Meeting:** Hike will take place on June 13. The hike is acceptable for beginner hikers. There will be a meeting at the mountain peak followed by a picnic below. Please bring your lunch and a chair.

**Recovery from Sea to Shining Sea:** Carl There were 140 people in attendance for this fantastic workshop.

**Know Your Triggers:** Workshop is June 27<sup>th</sup> from 2 to 4 p.m. There will be two out-of-the-area speakers who will discuss, one, external triggers such as holidays, restaurants, smells, sounds, and, two, internal triggers such as stress, anger, depression, and negative thoughts.

**Old Business:**

Susan reported we have many July activities coming up. She asked that we share, share, share what we hear at Intergroup with our meetings.

**New Business:**

Five new meetings have joined NJIOA. There are two "Bridge" meetings, which are geared towards members who are in multiple fellowships and three meetings who joined us from another intergroup. Those meetings are Sunday, 9 a.m. Hackettstown, Tuesday 7 p.m. Chester, and Thursday, 7:30 Mount Olive (Drakestown.) The Tuesday and Thursday meetings will be live.

**New Business: (Continued.)**

Maria will move up from alternate to Region 7 rep due to the additional meetings. MaryAnn requested contact names and numbers for all the new meetings.

Meeting closed: Judy

Motion to close: ToniAnn

Second by: Marcy

Respectfully submitted,  
ToniAnn A.