

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, Maria G.

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: Shirley

12 Steps: Sarah

12 Traditions: Sarah

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

Sarah, Tuesday night newcomers meeting

Terry P., 12 Step within

Barbara, 12 Step within, website

Nancy, Montclair Saturday morning 12&12

Mary Ann C., OAsis editor, Starlake committee

ToniAnn, recording secretary

Steven S., Zoom committee

Shirley, Thursday morning 12&12 meeting

Andrea P., Treasurer

Carl, Parliamentarian

Lorianne, Wednesday Hillsdale meeting

Vanessa, Monday Livingston

Alison L., visitor

Bonnie, Secretary, events committee, Region 7, World Service, StarLake

Fran U. Monday Lifeline, Public Relations

Laura W., Friday night Nutley meeting, Public Indo

Robin, Berkeley Heights

Jennifer, Incoming Monday morning meeting

Mark H., West Jersey chair

Approval of December Meeting Minutes.

Motion: Sarah

Second: Marcy

Standing Committee Reports:

Treasury: Andrea asked that a description be added to all 7th Tradition donations as she will be itemizing all incoming receipts. See attached treasury report.

OAsis: As per MaryAnn, the OAsis will be ready for publishing on June 21, 2021. Please download a copy to be distributed to your group from NJIOA.org.

Info Line: Susan reported we have received 2 to 4 calls per month.

Events: Bonnie reported the OA hike and picnic will be on June 13th. On June 27, there will be a workshop entitled, "Know Your Triggers." From 2:00 p.m. to 4:00 p.m. On July 18, NJIOA will be sponsoring "Am I Worth It. Know your It."

Website: Bonnie reported the website is doing great. The new meetings have been added. The Tuesday/Thursday Bridge meeting will be up as soon as World Service gives the okay. She asked that attention be played to the bottom of the first page of the website as there is a description of job functions and contacts there. If something needs to be posted on the website, please contact Bonnie.

ToniAnn reported in 2021 for the website in the month of May there were 1383 hits, 2022 in April, 2234 in March, 2071 in February. and 1926 in January. There were 4823 visits to the website in May, 6217 in April, 7047 in March, 5283 in February, and 5496 in January.

Judy added a "hit" refers to the number of files downloaded, whereas a "visit" represents simply a webpage being loaded. See attached report, Usage Statistics for NJIOA website.

Public Information: Maria was really excited to see the article published on May 23rd, in the Staten Island Advance. It can be accessed by doing a Google search for Staten Island Advance and OA. The author will be seeking publication in the Star Ledger and is actively pursuing other newspapers for print. Laura stated she was interviewed for an article with OA. She is actively pursuing working with other newspapers and thanked everyone for giving her the opportunity to be of service.

In-Reach/12 Step within Committee: Terry says said the committee is doing very well. After 3 months they revised the format and went from 15 to 25. They are hoping to continue the upward trend. There is one event planned in December. She will be putting a group of volunteers together to work on the 12th Step Within Day, December 12th.

Fundraising: Lorraine said as of now nothing is going on. It may be easier to distribute materials once the meetings are back in person. She will leave her contact information.

Ad Hoc Committee Reports:

Tributes: Sam stated since last intergroup she has received and sent out 7 tributes. This is down a bit from the past months, but something will be put in the OAsis regarding the tributes. Sam asked if everyone can post the flyer in their meeting chats she is hoping to spread the word.

OA Research: Maria reported coming out the World Service business conference they have a revised version of the pamphlet “The Tools of Recovery.” Also a new pamphlet is out called, “A New Plan of Eating, a Physical, Emotional and Spiritual Journey,” which will replace a Dignity of Choice” and “A Plan of Eating.” There is going to be a second edition of the daily reader, “Voices of Recovery.” There will be more updates once the reports from all committees are posted. The World Service Convention is in person in Orlando, Florida on August 26 through 28. Early bird registration ends June 11. Region 7 Fall Assembly will be October 1 through 3 held in Maryland.

Newcomer Welcome: No report available.

NJIOA Event Reports:**Outdoor Summer Series**

Yoga: ToniAnn reported there were 7 members at the yoga event including one newcomer for which it was her first in-person meeting. Afterwards a meeting was held during which members shared what they were taking away. ToniAnn shared the instructor had put them in “fetal position” and explained that coming out of this position marks a new beginning and we can practice these new beginnings at any time in our life.

Hike/Mountaintop Meeting: Hike will take place on Sunday. The hike is a great introduction for those who have never tried hiking. An in-person meeting will be held and there will be fellowship in the picnic area for those who do not wish to hike the mountain. Please bring your own lunch and chair.

Know Your Triggers: Fran reported the workshop is June 27th from 2 to 4 p.m. Part of the time the workshop will be talking about external triggers, things in our environment that trigger us to eat, such as dining out, people in our lives, going on vacation, or holidays. The external time will be divided between a speaker and an opportunity to write a management plan. It will be about identifying and managing which external triggers are important for you. The second half will be dealing with internal triggers, such as your irrational thoughts about food, feelings of anger, grief, happiness, stressors, our senses. There will be another speaker and a different management plan. There will be open sharing. Please attend and pass on the flyer.

Am I Worth It? What is your It? Workshop will be on July 18 from 2 to 4 p.m. There will be three speakers who will share what their “it” is, after which there will be an opportunity to write out what your “it” is and to take that it and make it into a mantra or affirmation to be used during the day and the open sharing.

Old Business:

Andrea made a motion to continue the Intergroup meetings virtually through December 2021, seconded by ToniAnn. A discussion was had. MaryAnn asked if anyone has looked into whether the previous location would welcome us back. Susan replied a decision hasn't been made by the Kessler as of yet. Marcy added it cuts down on paper.

The motion was passed to remain on Zoom by unanimous vote.

Susan asked all attending members to be sure to bring the information shared back to their home groups.

The following back-up positions are in need of being filled: recording secretary, tribute emailer, public information committee, and the in-reach committee.

New Business:

Region 7 Subcommittee Meeting: Terry reported she attended the Region 7 subcommittee meeting. Her subcommittee finalizing a format for Unity Day. The format should be presenting for approved in spring 2022. A pamphlet for returning members is completed. It will be brought to the fall conference for distribution. There is a list of available speakers on the Region 7 website from all around the country. The conference will be October 1 through 3. See attached report.

Hotline: Susan reported the hotline is a phone line provided for people to call up and learn about what OA is about. Years ago at its inception it listed all the meetings. If someone leaves a message their call will be returned. The number of people calling the hotline has fallen off greatly. The cost is approximately \$600 a year. A committee will be formed to research ways to cut down the cost of the hotline while retaining the same value.

Members interested in the committee are: Carl, Marcy, Robin, and Lorraine.

Facebook Ad: ToniAnn explained that West Jersey had been running a Facebook ad, which was very successful. She suggested North Jersey continue the ad, which would direct people to our website. A lengthy discussion was held with pro and cons. More information is needed. Susan tabled the Facebook ad discussion until next month.

Susan was happy to announce that the West Jersey intergroup will be combining with North Jersey. She introduced and welcomed Mark, who is the outgoing West Jersey chair. Bonnie shared that several years ago Region 7 felt that there were too many meetings in North Jersey and suggested the split. We are all grateful to be together again.

Susan thanked everyone for their service.

Meeting closed: Steven

Motion to close: Jon

Second by: Robin

Respectfully submitted,
ToniAnn A.