

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, Maria G.

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

#### Opening

Serenity Prayer: Marcy

12 Steps: Judy

12 Traditions: Bonnie

Concept of the Month: Joyce

Unity with Diversity Policy: Steven

#### **Introduction Roll Call:**

Susan S., Chair

Judy, Vice-chair

Andrea, Treasurer

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

Carl, Parliamentarian

Carol, Sunday Belleville meeting

Clare, OA Hotline

Este, 8:30 p.m. Friday night virtual

Goldie, Friday morning Passaic

Ilene, Visitor

Lorraine B, Tuesday 7a.m. Bloomfield meeting

Jennifer, Monday 10 a.m. Bloomfield

Jon K., Worldwide Outreach

Joyce, Tuesday Newcomers

Mark H., Region 7 Delegate

Marcy, Tuesday night Wayne, public info committee. 12 Step within

Maria G., public Info, Region 7 delegate

Nancy, Montclair Saturday morning 12&12

Ronni, Region 7, World Service, corresponding secretary

Sarah S., Tuesday newcomers meeting

Steven S., Zoom committee, Wednesday night men's meeting

ToniAnn, recording secretary

Vanessa, Monday Livingston

#### **Approval of October Meeting Minutes.**

Motion: Jon K.

Second: Steven S.

**Standing Committee Reports:**

**Treasury:** See attached report.

**OAsis:** Susan reported the newly reformatted autumn edition of the OAsis is available on the njioa.org website. Look for word “OAsis” on main page. Please spread the word: Jon is sending OAsis out in an email mailing. Contact him at [jonkess6691@gmail.com](mailto:jonkess6691@gmail.com) to get a subscription for the newsletter and flyers to all upcoming events.

**Info Line:** Clare reported a great month with 11 phone inquiries received out of which she spoke to five newcomers.

**Events:** Bonnie reported all events are on the website. She asked attendees to push members to attend the Fire Light Meeting this Saturday night at 8 p.m.

**Website:** Bonnie reminded everyone to contact her with any meeting changes. Ronnie is doing a great job working on the front page of the website. All flyers have to be sized at less than 1 megabyte to comply with the website format. All information needed can be found on the website.

**Public Information:** Maria gave a special thank you to Marcy who has been sending flyers to libraries across North Jersey. The once robust public information committee is now looking for members. Please contact Maria G. if you are able to help.

**In-Reach/12 Step within Committee:** Terry is planning an event on December 12, 2021. Region 7 12<sup>th</sup> Step Committee is planning monthly workshops starting in 2022. The Thursday night relapse recovery meeting has been averaging approximately 20 members a week.

**Fundraising:** Susan asked anyone with ideas to call her. She has trinkets that can be sold to raise funds, but the shipping and logistics have not been worked out as of yet.

**Ad Hoc Committee Reports:**

**Tributes:** Susan sent out ten tributes this month. Please share tributes at your meetings. They are beautiful and can be customized.

**OA Research:** Maria reiterated any meetings screen sharing OA literature must include the copyright line “Copyright Overeaters Anonymous. All Rights Reserved.”

**OA Research (continued):** Maria displayed a copy of “The 12 Freedoms” pocket pamphlet, which is now available for 55 cents at the OA.org bookstore. And save the date April 25- 30 , 2022, for the OA World Service convention, which will be held in Albuquerque. New Mexico. Vanessa asked that the exact copyright language be share in the chat.

**OA Worldwide Outreach:** Jon is distributing the Oasis via email along with events to any OA members who would like to sign on. This is not limited to intergroup members. He is also sharing NJIOA information with other intergroups and regions. See his email listed above.

**Newcomer Welcome:** Susan welcomed Esta, who was joining intergroup for the first time.

### **NJIOA Event Reports:**

**Serenity Prayer Workshop:** Bonnie reported it was hosted by Carl and herself. Carl gave a history of the etiology of the Serenity Prayer and its use with AA. The event was well-attended and recordings of the speakers will be put up on the website when available.

Susan said we only received \$10.00 in 7<sup>th</sup> Tradition from the event and urged everyone to continue to contribute.

**Region 7 Assembly:** Susan reported the Region 7 Assembly is where all intergroups in our Region 7 geographical area get together to share information and resources. See reports under “Region 7 Assembly Reports.”

**Firelight Meeting:** The firelight meeting is Saturday night, October 16, 2021. Grace puts a lot of work into it and it will be a great event. The flyer was displayed via screen share as well as distributed with the agenda materials.

**Region 7 Convention:** Maria said the convention is November 5, 2021, to November 7, 2021, and will be virtual again this year because of COVID concerns. Last year there were 300 attendees. There will be keynote speakers, workshops and entertainment. Please register on the Region 7 website. The flyer was displayed via screen share as well as sent with the agenda.

**IDEA Day:** ToniAnn reported the event will be with all New Jersey intergroups. There will be three speakers covering members who are newly abstinent, abstinent after relapse and long-term abstinence. Again, the flyer was displayed via screen share as well as sent with the agenda.

Marcy added that Region 7 is hosting a 100-pounder event on November 7<sup>th</sup>.

**Recovery and You:** Terry said the event will be on 12/12/2021 and will include three speakers who will speak on finding the road back from relapse, holding on to recovery, and tips for getting through the holidays.

**Starlake Retreat:** Jon reported the retreat “Zoom into Action and Recovery” will be held on January 21 and January 22, 2021, virtually. There will be keynote speakers and workshops. The committee is looking for volunteers. More details to follow.

**Old Business:**

No old business at this time.

**New Business:**

Susan reminded everyone to please consider contributing to the 7<sup>th</sup> Tradition even for the intergroup meeting. The suggested donation is \$5.00.

**Region 7 Assembly Reports:**

Bonnie’s committee for intergroup renewal meets once a month. She said there is a tab on the Region 7 website for intergroup renewal, which contains information on everything an intergroup needs to function, such as sample workshop formats and sample bylaws. With approximately 47 meetings in North Jersey, we are the second largest intergroup in the region second to NOVA, the North Virginia intergroup. Because Region 7 was virtual last year it was able to donate a large amount of money from last year’s travel budget to World Service. Region 7 would like to present a workshop to our intergroup about service and the Traditions.

Maria reported there is a new “Service Resource” tab on OAreion7.org. Maria is on the convention committee, which, again, will be virtual due to COVID and will have many speakers and workshops. The committee had elections and is still looking for a chair. Maria was elected vice-chair. She urged all fellows to come to the convention.

Mark is on the outreach committee, who is considering using billboards and electronic ads to carry the message. OA World Service is working on new outreach ads, as well. Region 7 is looking to do outreach to the medical profession, which may prove to be very fruitful.

Ronnie is also on the outreach committee and added there is a resource tab on the Region 7 website, which is a PowerPoint presentation discussing billboards and electronic ads. Region 7 can support struggling region intergroups with a \$250 grant.

**Region 7 Assembly Reports (Continued.):**

Terry is on the 12 Step within committee, which is working on suggested templates for various events including IDEA Day. There will be formats for two-, three-, and four-hour workshops including details. This is especially helpful for smaller intergroups. Region 7 will begin hosting Relapse to Recovery workshops monthly starting in 2022. Ronnie was excited about an update to the Unity & Diversity Policy as it will now include diversity in food plans explaining there is no one required food plan for membership.

**Upcoming elections for the NJIOA Board:** Susan reminded all that nominations for board positions will be made next month. Susan and Judy will be leaving their positions as chairperson and vice-chairperson, respectively. Some people will keep their positions, others will not. Please contact her if you are interested or would like to nominate someone.

**Google phone hotline number:** Mark is working on setting up a Google phone line that will be replacing our current hotline. Fellows will be able to monitor the inquiries live and/or return messages, which will be sent as emails. A dedicated email will need to be created to be attached to the account. More information will follow.

**Susan S. and Service:** Susan asked members to send out a call for volunteers who are able to join our committees, such as the public information and Zoom committees. Please consider these important service positions. Susan said OA.org has great resources to motivate everyone to service. At this time, Judy, shared her screen, which showed a fun, catchy parody video of the song 'Macarena' with a message about doing service. Susan asked that all reps and members come to next month's meeting for the service position nominations.

Maria read the OA promise.

Motion to close: ToniAnn

Second by: Bonnie

Meeting adjourned at 8:27 p.m.

Respectfully submitted,  
ToniAnn A.