

OA CJI (Central Jersey Intergroup)
Monthly Meeting - August 13, 2021
MINUTES

The meeting was called to order at 7:00 p.m. by the Chair, Danielle.

Danielle opened the meeting with the Serenity Prayer.

Chair Danielle read the welcome.

Tradition 8 was also read by Danielle.

Spiritual principle - Fellowship was read by Chair Danielle.

INTRODUCTIONS

Chair Danielle introduced the attendees:

- Robin B., Mikey, Sima, Bobbi L., Ross, Lucille, Marybeth, Cindy, Bobbi M., Alex and Nick, Lee Ann and Mike M. who joined the meeting later.

REVIEW OF LAST MONTH'S MINUTES

Danielle shouted out to Robin B. for all her hard work on the OA CJI website.

Robin B. stated there are a whole bunch of typos – suggest the minutes be revised.

Mikey said you can still read it even with the typos.

Ross questioned if the Minutes were on the website and Danielle stated they were marked as Draft. Ross said he had some changes - under Officer Reports where it says that Ross reported if meeting wanted to go virtual change to online. Then go to online meetings and register there and this way if the group chooses they can remain in the CJI. That's the only way they can do it. They have to cancel their meeting ID and go to OA.org and find a meeting online and then register and there is a choice between a land based or online meeting. If you register as a virtual meeting you have no choice. Also, under 12 Steps Within it says Monday is 12 Step Within Day - I don't see Frank here but December 12th is 12 Step Within Day and Danielle confirmed.

Danielle stated that the word Motion is plural under Treasury.

Robin B. pointed out Recording Secretar was missing a Y and Treasure is missing an R.

Ross said under Officer Reports it says that Jersey Shore will disbanding and that is not true yet and also I would change it to some meetings. And it's a small number. They are not merging with us they are just joining us. Not every meeting will join us. Some meetings will go to SJI.

Danielle said the word event needs a T.

Bobbi commented that under Anniversaries Monday night meeting in Princeton as of last month did not exist. Also on top of each page it says the meeting was adjourned. Also stated she thinks Frank meant on the 12th of each month we used to celebrate 12 Steps Within Day. Robin B. said she thinks that is correct.

Cindy made a motion to approve the minutes with corrections – Sima 2nd the motion. The minutes were unanimously passed.

PAMPHLET PROJECT

Ross explained the pamphlet he chose is called Members in Relapse, which he received about 3-4 years ago when first serving at the 12 Step Within Committee at World Service. What he learned is this pamphlet has been replaced by Welcome Back, suggestions for those in relapse by those who care. Basically, there are subjects in bold print with up to 3 member quotes and is broken down into two parts – how to work with those still suffering and suggestions for those still suffering. Ross selected several excerpts from the pamphlet and expanded on them based on his experience and also read some suggestions.

Intergroup Principles and Strategic Goals were read by Robin B.

OFFICER REPORTS

Chair Danielle reported that Brenda is no longer able to serve as Recording Secretary effective immediately. Brenda has done a lot of service for CJI and we wish her the best. We are looking for a volunteer for this position. Nick added that as per the by-laws you must have 6 months of abstinence and 6 months of service. The abstinence has to be back to back but the service to CJI does not have to be back to back. Lucille asked exactly what would be entailed in this position and Danielle explained that since no one objected to the meeting being recorded the minutes could be completed using the Zoom recording but would have to be completed prior to the next meeting so Danielle could submit them with her report. Lucille volunteered to do the job as best she could. Ross interjected that Lucille does not have 6 months of service with CJI so it would have to be an Interim position and then she could get elected once the service requirement has been met. Nick confirmed this is correct. Danielle also shouted out to Bobbi L. for all her hard work explaining she did the meeting list, she called all those people, she did the anniversary list and thanked her for everything and also Robin B. for keeping the website up. Robin B. wanted to make sure that everyone understands we are now using a consolidated meeting list both virtual and live. Danielle said if you are going to a live group maybe take a copy of the list to share with others.

ANNIVERSARIES

Saturday Shrewsbury 42 years; Thursday Red Bank 35 years; Thursday Highland Park 14 years; Thursday Freehold 25 years.

VICE CHAIR

Nick reported that Winter Dreams looks like it is going to be back. He coordinated with Maris Stella and booked Martin Luther King weekend in 2022 for 20 people as of now. We will see what happens with COVID numbers. Also, Bobbi M. who has not been in CJI for 20 years, will be head of the Committee to do service. Idea Day will include both Mike M. and Mike B. Nick also apologized for not realizing the meeting started at 7:00 pm.

TREASURER

Alex reported there was \$325.18 taken in during the month of July, all through Pay Pal and the current total available working balance is \$14,112.75. She advised Nick there is a Winter Dream Committee balance of \$865.00 set aside in case a deposit is needed, etc. Danielle stated that she has decided the \$10.00 per month for Mail Chimp is not needed at this time and she will make due without it and save the expense. Also, if we send the intergroup documents to everyone it might motivate others to join the meeting.

RECORDING SECRETARY

Danielle joked this part of the meeting would be Lucille providing a report but since she just volunteered to be Interim Recording Secretary there was probably nothing to report.

CORRESPONDING SECRETARY

Bobbi L. reported the consolidated report is printable but it is not one page like it used to be due to all the information that it contains and it now 4 pages and it will get longer when we add more meetings. She also apologized to the host of Zoom meetings because she has been popping into meetings at the wrong time and wrong day, sometimes several times, trying to format the links and making sure they work. She asked everyone to please take the list to your meeting and let them know it is on our website and tell her about any corrections needed. Also, make sure OA.org has the correct and updated information.

Danielle asked if anyone would like to volunteer to do a Pamphlet project or a five (5) minute qualification at the next meeting. Cindy volunteered to do a Pamphlet project.

COMMITTEE REPORTS

Website – Robin B. asked to share her screen in order to talk about the website. She said there are a couple of things going on. She stated there have been a couple of meetings and we need a vote on whether to discontinue the newsletter. Robin said the newsletter is a wonderful and amazing thing but the format of information is evolving and we can do several other things through social media to get the same information out and more people might see it. She has reviewed analytics reports and it was not getting a lot of views. Also explained that when a page is closed it is not removed from the server only the menu. It can be made live again and we've had trouble with finding someone to edit the newsletter but that made us take a better look at it. Mikey made a motion to close the newsletter and Cindy seconded the motion. Nick did not agree but when asked to give a con stated he was actually abstaining. It was then unanimously approved. Robin further discussed under the Resources section on the website there are two things that have not been maintained during the past couple of years – one is Members' Writings and the other is Memes the Word. She had a concern whether Memes is passe and the Members' Writings has not been contributed to in a long time. Robin stated has not done anything with these two sections since she took over as the Web Master and is asking what we should do with them. Mikey explained if

you look at the report it shows there were no hits on these two areas as well as Writing Index. If anyone would like to see the analytics reports he and/or Robin would be happy to share it with them. People are looking for meeting information and event information. Mikey made a motion to eliminate these three items from the website. Mike M. said his questions were answered and it seems like this is the right time to do it so seconded the motion. It was passed unanimously. Mikey mentioned that Robin B. put a lot of work into the website and thanked her. Danielle also commented that Robin is putting stuff on the website at all times of the day and night and is amazing.

CJI Outreach – Mikey announced we really don't have any events right now. However, there was an Outreach Committee meeting and he reviewed some of the items discussed. Mikey thought there would be more people on the committee but it was only me, Mike M., Cindy, Ross, Robin and Sima. Future presentations were reviewed because Mikey has a lot of stuff he is maintaining in his house including 250 flashlights, pens, and a lot of banners and table cloths not just for CJI but also for Region. He also has a ton of literature of various kinds and he is trying to send them to Cindy when she runs out of them so we don't have to buy more. Cindy is supplying literature to newcomers because most of the meetings now are in Zoom format. Also stated the information is available on the CJI website. There is also a phenomenal PowerPoint presentation for newcomers on the Region 7 website. The committee talked about putting things in newspapers and also try to make more presentations to doctors and nursing schools and some people are lined up to handle that. Sima is going to be helping out on the committee and Mikey stated he really appreciated it. There is a great Help Wanted ad on the website but there has been no response (except Sima) so it seems no one is interested in the job.

Alex advised that she ended up with two big boxes of stuff from Unity Day in February of 2020, including the buckets for raffle tickets plus decorations and stuff, so if anyone needs anything she is the one who has it.

Sima wanted to talk about the Newsletter and wanted to thank Robin for all of her hard work on it and keeping it going all these years. Ross stated he would let Robin know.

12th STEP WITHIN

Frank was not present to report. There was also no report from Fundraiser.

NEWS FROM REGION 7

Mikey reported no changes and Region 7 Assembly will be live as far as he knows, October 1-3 and he is planning to bring some fundraising stuff. He asked Lee Ann if some of the fundraising stuff could be used at Region 7.

NEWS FROM WORLD SERVICE

Ross reported that he received a flyer from De De DeMoss, the publication manager for World Service, a result of the Literature Committee and what we had proposed for a pamphlet for those who are considering weight loss surgery. Unfortunately, that will be part of a bigger pamphlet and

called A Common Solution to Diversity and Recovery and expanding the representation of OA diverse membership. They are seeking stories of experience, strength and hope especially if you identify with one of these under-represented groups: Race (various minority races included), non-binary, transgender, LGBTQ, atheist, agnostic, Jewish, Muslim, Buddhist, or other religion, young (under 30), nationality outside North America, English not first language, compulsive food behaviors or surgical methods of weight control (anorexia, bulimia, gastric surgery), disability or other health conditions. On the back of the flyer it explains how to submit a story and there is actually a release form that would also need to be submitted. If you know of anyone who falls into any of these categories and would like to submit a story please contact Ross and he will send you the flyer and he will also send to Danielle.

Danielle asked Lee Ann if she had anything to add to the Region 7 or World Service report. She apologized due to having a bad connection having to rejoin the meeting. Lee Ann commented the Region 7 Assembly was going ahead mostly but not 100% in person the first weekend in October and everyone is excited about hopefully being able to gather in person. It is being held in a center that is run by nuns who also use part of the facility for retired nuns so they are very concerned and are doing all the right things health protocol wise. Also confirmed that sad update the convention in Orlando has been cancelled due to the resurgence of COVID-19 in Florida. She did not want to share any personal opinion on these matters. Lee Ann advised she had missed some of the earlier information so if anyone has any questions to please contact her. Marybeth asked if there might be a virtual equivalent of the convention and Lee Ann responded that she had not heard anything and she thinks it may be difficult to set that up. Ross stated that according to Bob L., who is our general service Trustee, it is too late to go virtual at this time so I think it's just cancelled. He also added there was a great deal of money that was going to be lost and therefore they signed another contract for he believes 2025 at the same hotel in order to mitigate the loss.

MARATHONS

- IDEA Day

Mike M. – reported he just took over last month and has been meaning to call Brenda on this but has been a little hesitant to do so because she has some personal issues going on right now. He stated it is probably going to be a virtual event because it just makes sense at this point to go in the direction. Mike M. is looking for committee members at this point. He is hoping to do three (3) speakers for 2 hours – each speaker talks for 20 minutes followed by 10 minutes of open conversation followed by 30 minutes at the end of open sharing. If anyone would like to join this committee please contact Mike M. He will try to have a flyer for next month.

- Unity Day

Mike M. had no report.

- Sponsorship Day

Sima asked about the Sponsorship workshop and Danielle stated she was going to bring it up with all the announcements. It is the day after the Together We Can Recover retreat so it's a good weekend. The 21st of August is the retreat and the 22nd is Sponsorship day. We have some great speakers and are doing it with North and South Jersey.

RETREATS & EVENTS

Sima reported the Committee met prior to this meeting and everything has been finalized. There will be a special 15-minute meditation to begin with and then another 5-minute meditation at the end. There will be time for questions and comments with the three (3) speakers – one is from England, one is from Florida and she did not know where the third speaker was from. There will be a lot of different perspectives and she is excited. The speaker from Florida asked if it was okay to spread the word and Sima is hoping there will be many people from out of town attending. She was told there is space for 500 so no one will get shut out due to lack of room.

WINTER DREAMS

Nick reported he is in the beginning stages of this and he needs to contact Maris Stellas as they were supposed to email him but did not. He will be working with Bobbi and misses having some kind of winter retreat.

MCC REPORT

Ross reported they just had a meeting last Thursday and covered three (3) topics. One topic was brought up by Robin B. and has to do with meetings staying online and some have already gone permanently online as to how the 7th Tradition will be met. It was suggested we start looking into starting a Venmo account where people could directly contribute to CJI and also possibly make contributions to Region 7 and World Service. Bobbi addressed the meeting list, which was already discussed tonight. Ross again commended Bobbi for the incredible amount of work done organizing the list and making it interactive, which is not easy. Also, discussed transitioning some of the Jersey Shore Intergroup meetings into Central Jersey Intergroup. He found out the Lakehurst and Whiting meetings called World Service and were told you could do it via email but it can be done easily on OA.org. Ross spoke to Bunny and asked if they could wait until after August 18th. It's a simple thing – you just change the Intergroup number (CJI is 09031) and once OA.org confirms the change send the information to Danielle and Ross. Basically, they need a meeting number, a description of the meeting and the contact information so it can be added to the CJI meeting list and welcome you to CJI. Ross thinks we may add 10+ meetings or more. Lee Ann added she received a request at the Region 7 Board Meeting last week if anyone is in touch with the Jersey Shore folks and can de-register that Intergroup because they are trying to make sure that we keep an eye on the structure of the region and the member service bodies. It is especially important as we move into Assembly sign up and World Service convention. Just really a reality realignment more than anything else. Danielle indicated she could reach out to Joan Troyano and

Ross stated he thought Karen and Teddy were already informed formally about them disbanding. Lee Ann said to clarify it is the formal de-registration she was talking about.

OLD BUSINESS

None

NEW BUSINESS

Danielle stated at last month's meeting she wanted to explore whether Friday night a barrier to people being involved in Intergroup service. Attendance does dip in the summer on a Friday night. We don't have any meetings on a Wednesday night and asked if anyone had any thoughts. Nick stated that since the meeting is virtual now as it was difficult commuting to the hospital in person, but now attending from the comfort of home it is not a problem. There can be an excuse not to attend a meeting on any day of the week. Ross reminded everyone there has been no vote for the meeting to be permanently online so there is a chance it could go back to the hospital location. The reason why Friday night was chosen was because it ended the work week because having it on a night during the work week made it difficult to be at a meeting late and travel for it and have to go to work the next day. Unless we vote to go permanently online he would be open to another night like Wednesday but thinks we need to keep that open at this point. Robin B. made a motion for the meeting to become a virtual meeting and Mike M. seconded the motion. Danielle asked for a vote but was reminded by Ross and Nick you need to have three (3) pros and three (3) cons. Bobbi made the first pro for keeping it on Zoom because we have groups like Flemington that haven't been seen in a long time and if we take on more groups from Jersey Shore which are down in Manahawkin they will not come up to the meeting. It would be nice to have people from further away to become active in Intergroup and she doesn't think they will if the meeting goes live. Ross spoke con and said that meeting in person does have its benefits plus he thinks it is too early at this point to have this vote. He feels we should wait a couple of months to see if we can get back into the hospital because there are advantages. Mikey spoke pro and stated he thinks the most important thing about an Intergroup meeting is to get a representative from each group and that should be the key thing to get a feeling of representation. We have about 40 meetings and when it was live there would be maybe 13 people attending. This gives us an easier type of avenue to get more reps. It is really important to get as many reps as possible participating. He agreed it may be premature but feels the end result should be a virtual meeting. Nick spoke con and asked since there were 13 people on the Zoom for this meeting so do you think we will really get more people by going virtual? People don't like doing service and it is hard to get people to do service. His opinion is that you are going to get the same type of turnout regardless. He will go with the group conscious but was playing devil's advocate. Sima spoke pro and said that having gone to the in-person meetings she sees people on the Zoom meeting that were unable to come when it was an in-person meeting. These are people who give a lot of service and she knows for sure two (2) people would not be able to come. She personally prefers to stay home because she only has to give an hour and half instead of five (5) hours when commuting to the in-person meeting. She feels less resentment at doing service from home. Lee Ann spoke a con and stated that during the summer her schedule is different on a personal level. She stated this vote seems weird because we are on Zoom and never really adopted it but in the rest of the pandemic everything is a day at a time. So we can say we are on Zoom but then change it. It feels like we are admitting defeat. But

looking at it now it is not a terrible thing and especially with the Jersey Shore groups joining us. Ross stated as a point of information that in the beginning the online intergroup meetings up until now there was not a great deal of difference in the amount of reps attending. Robin B. would like to table the motion and said it has been an interesting conversation to have but perhaps it is too early to make a decision. She is one of the people who will not be attending if the meeting goes back to face-to-face as she has no way to get there and like Zoom meetings. Cindy asked if Zoom meetings are referred to online instead of virtual? Ross said he calls it online because if you look at the online meeting list, like the Brick meeting, who really were in the forefront and were listed as the first permanent online CJI meeting it is called online. Lucille mentioned in Shrewsbury they do a hybrid meeting and would a hybrid meeting ever be considered for CJI? Mikey said it would be very expensive and difficult to do a hybrid meeting. Marybeth said it is important to call them online meetings and not Zoom meetings because OA does not want to be affiliated with any outside entity and she would probably not be able to go up to Edison either. A hybrid meeting might be something to consider in the future. Danielle confirmed that Robin B. wanted to table the motion and asked if there was any length of time and Robin B. responded with three (3) months. Ross seconded and Danielle noted there were two (2) no votes and it was tabled until November. Robin B. asked everyone to go back to their meetings and ask everyone how to better participate in the 7th Tradition. Everyone should pay for the expenses of each meeting. She attended a meeting in New York and paid via PayPal. Especially meetings that are not meeting face-to-face and it can be done on an individual meeting basis. People who have attended other meetings have asked for a Venmo account in order to contribute. You can contribute to CJI and World Service on a rotating basis. It's up to each individual but let's start thinking about it. Alex figured out how to get a PayPal up on our website. Sima stated that all of the meeting she attends bring up how to donate to the meeting. For all the CJI meetings she donates directly on a monthly basis. Most of the individual meetings don't have a lot of expenses right now because they are not in person and don't have rent. She is lazy so it is set up to come out of her account on a monthly basis. Bobbi asked to have something added to the agenda under New Business next month to have some sort of incentive for our groups to get Intergroup reps to attend CJI meetings. She said it used to be when a new group was formed she thinks \$35 was paid to reimburse for newcomer packets or any other items that were purchased if they came to the meeting with a receipt. Maybe a new kind of incentive could be offered like paying for Zoom in order to get more reps to come to meetings.

NEWS FROM GROUPS OR ANNOUNCEMENTS

Danielle asked if anyone had any news or announcements from their groups. Ross stated that the Jackson Wednesday and Friday meetings are back to in person with COVID protocols being observed. We have a box of masks and hand sanitizer and even vaccinated members are encouraged to wear a mask. At the first in-person meeting we had four (4) people but unfortunately I didn't have the church key and the second meeting two (2) people showed up. So he hopes to have more attend in the future as people become more comfortable and confident.

Danielle stated the Region 7 Assembly will be at the Bon Secours Retreat and the Region 7 Convention will be in person in November.

CONCEPT - 8

Delegation – Danielle read the Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service office.

Please remember to send all changes for group meeting times, locations, format, contact person, new meetings or cancelled meetings to Bobbi.

The next meeting will be on Friday, September 10th at 7:00 pm.

Danielle adjourned the meeting after the Serenity prayer at 8:31 pm.