

***OA CJI (Central Jersey Intergroup)***  
**Monthly Meeting – September 10, 2021**  
**MINUTES**

The meeting was called to order at 7:02 p.m. by the Chair, Danielle.

Unity with diversity and other principles were read by Chair Danielle.

Tradition 9 was read by Ross.

**INTRODUCTIONS**

Chair Danielle introduced the attendees:

- Cindy, Mikey, Frank, Sima, Lee Ann, Lucille, Marybeth, Nick, Robin B., Ross, Alex, Brenda, Donna and Elizabeth from former Jersey Shore Intergroup.

**REVIEW OF LAST MONTH'S MINUTES**

Mikey joked that the August meeting minutes reminded him of War and Peace because they were so long.

Nick stated on page 4 it says people are looking for meetings and “even” so there should be a “t” at the end. In next paragraph he said it states “he thought there would be more people” but didn’t know who “he” was – Lucille and others confirmed it was Mikey and it will be re-worded. Nick also said in the next paragraph it states, “Alex advised that she ended up with two boxes of stuff” and believes that should say “Unity Day” instead – several others agreed and it will be updated.

Ross said on Page 4 under World Service the person’s name was incorrect and he spelled it out as De De DeMoss. Danielle advised last names should not be included by Ross explained she is an employee so it’s okay.

Ross made a motion to accept the minutes with changes – the minutes were unanimously passed.

Mikey asked who did the last minutes and Danielle explained that it was Lucille’s first attempt. He stated they were phenomenal and it’s important for people to read them before the meeting and thanked Lucille for a great job.

**PAMPHLET PROJECT**

Mikey explained he could not find the pamphlet Maintaining a Healthy Body Weight but would like to do it next month because it is important. Instead he wanted to talk about more than one pamphlet – something different he wanted to discuss. Mikey began discussing pamphlets that could be forwarded to physicians of any kind - medical, psychiatric, dental, etc., anyone who deals with people who may suffer from this illness. He has so many of them and has decided to put

together some packages and give them to any OA member who is willing to provide it to their own doctor. Some of the material is just a card and he showed examples such as Many Symptoms, One Solution and said it is also available in Spanish. It addresses not only the physical symptoms of overeating but also the emotional part, which is great for psychiatry. For pastors and/or churches there is a pamphlet called Introducing OA to the Clergy and If God Spoke to OA, which talk about the spiritual part of the program and explains it is not religious but spiritual. Other pamphlets such as About OA, To the Family of a Compulsive Overeater, OA for Adolescents/Teens, and OA Members Come in All Sizes, many are also available in Spanish. The pamphlet Where Do I Start is not really for professionals but they can give it to an individual who is really interested in OA. Also for physicians, there is the famous pamphlet When Should I Refer Someone to Overeaters Anonymous? Please email your home address to Mikey and he will send you some pamphlets, based on who you are going to give it to, and will also include some OA flashlights, etc. Let's get this stuff out to all the professionals where it can do some good. Mikey's email is on the website. Cindy also has some literature to get an individual started in OA, so contact her if you know of someone who is interested. Cindy had some questions about what Mikey was proposing regarding sending pamphlets to physicians and Danielle asked her to discuss it with him offline since we were running short on time.

Intergroup Principles and Strategic Goals were read by Danielle.

#### OFFICER REPORTS

Chair Danielle officially welcomed the new CJI members who have come from the former Jersey Shore Intergroup and said Ross would be reporting more on that during his segment. Danielle shared a document that Ross sent her from World Service regarding screen-sharing OA material which states that over the past 18 months many groups have needed to meet virtually due to the global pandemic using Zoom and other web-based platforms. At the World Service business conference questions arose regarding the use of OA owned material protected by copyright law. Any reproduction or sharing of said protected material without OA authorization is considered copyright infringement. Materials downloaded for free from an OA website are authorized to be screen-shared during a registered OA meeting. This includes the OA Steps, Traditions, Concepts, Pre-Amble, Our Invitation to You, 15 Questions, Tools of Recovery, Welcome Home, OA Promise and Responsibility Pledge. However, when screen-sharing please include language indicating the material is copyrighted by Overeaters Anonymous, all rights reserved, and place on each page being shared. OA material cannot be photocopied, retyped into a new document, reproduced on social media, apps, or recorded. This is important in order to protect OA information or else it will wind up in every diet book eventually.

#### ANNIVERSARIES

The Brick meeting would have had 6 years, but they technically changed their meeting number due to going permanently virtual and the Monday, Atlantic Highland meeting has 4 years.

## VICE CHAIR

Nick stated he did not have anything to report as Vice Chair but later he would be reporting on other areas such as Winter Dreams, Idea Day and New Business.

## TREASURER

Alex reported in August we took in \$1,091.19, split pretty evenly between Pay Pal and checks with 55% through Pay Pal and about 45% through checks. For our expenses, Mike M. purchased additional minutes on the phone we use for OA and the Website Committee, and our Zoom account had some charges as well. So, our current total working balance is \$15,049.11, without our prudent reserves.

Danielle asked if the contributions taken in include the Jersey Shore meetings now incorporated into CJJ and Alex responded not yet. Alex said she would check on Monday for the check and let Danielle know once it is received. Danielle explained that the Jersey Shore Intergroup decided to divide their funds between Central Jersey and South Jersey. The exact amount was not confirmed but it was stated by Danielle it was over \$1,000. Alex added it will be on the September report.

## RECORDING SECRETARY (Interim)

Lucille stated her first attempt at generating the minutes of last month's meeting was voluminous. She is open to suggestions on how to improve. Lucille also indicated having the meeting recorded is critical to her ability to complete the minutes. Because she is new and not familiar with a lot of things in OA, she asked everyone to speak clearly and explain what acronyms stand for and try to spell out names. Danielle reminded her not to use last names, only initials, in the minutes and thanked Lucille for her hard work. Also, it was remarked that Brenda and Sima previously did the minutes to they might have some tips.

## CORRESPONDING SECRETARY

Bobbi L. was on retreat so there was no report.

## COMMITTEE REPORTS

*Web Master* - Robin B. did not have a lot to report. She indicated that August was not as busy in terms of turnover, events, etc., Session numbers have dropped since July, but she is not concerned as these things are cyclical. She had a gentleman contact her thinking there was something wrong with the meeting list because it was not interactive. Robin B. explained it is just a PDF document that can be downloaded. It would take a lot of work to make it interactive, something you could search, but we chose not to go there because it is a lot of information. Robin B. is grateful to Bobbi L. and advised everyone if they have changes to send them to Bobbi L. and not her as she is no longer maintaining the lists. Danielle stated that last month an ad hoc Committee was set up including Nick, Lee Ann and Robin B. to review the Member Writings. They were not able to meet and may not be able to before the next meeting on 10/8 so it may not happen until November. Danielle asked Nick to send out an email to set something up.

*MCC (Meeting Coordination Committee)* - Ross reported they just had a meeting this week (possibly 3<sup>rd</sup> meeting) and there is a new addition – Joan T., and she brings a lot of information from the Jersey Shore meetings that are joining CJI. Ross confirmed with Danielle there are ten (10) Jersey Shore meetings coming to CJI as follows: Saturday/Manahawkin, Saturday/Whiting, Monday/Toms River, Monday/Manahawkin, Tuesday/ Lakehurst, Wednesday/Lakehurst, Wednesday/Pine Beach, Thursday/Manahawkin, Thursday/ Pine Beach, Friday/Brandt Beach (LBI). Bobbi L. continues to do an incredible amount of work and is in the process of contacting all these groups and corresponding with Joan T. Ross stated so far only one meeting has officially come to CJI and that is the Wednesday/Lakehurst meeting. It was mentioned about Jersey Shore Intergroup officially disbanding but at this point he does not believe it has actually been disbanded as far as World Service is concerned. Karen B., who is our Region 7 Trustee is aware of it and Joan T. said she would continue to correspond with Karen B. and would also include Terry B., who is the Region 7 Chair. The MCC will meet again in three (3) weeks. One of the subjects Ross believes should be addressed next is the meetings that have gone permanently online and the process of getting new numbers. Bobbi L. may already be working on this as she is very active in what she does. Danielle thanked Ross for clarifying as it is difficult to keep everything straight at this point.

*CJI Outreach* – Mikey stated there is nothing new on the agenda, but they have a couple more people at their next meeting which should be in 3-4 weeks. He reminded everyone, as discussed in the previous pamphlet section, Mikey intends to send out packages with pamphlets and giveaways to anyone who requests them.

*12th STEP Within* - Frank reported this year 12 Step Within Day (12/12) conveniently falls on a Sunday, which is great for workshops. We have tentatively selected a format for a workshop Intergroup-wide, probably sometime Sunday afternoon. There will be a committee meeting will be scheduled next week and it will be tightened up. Also, Frank wanted to remind everyone that 9/12 is a mini-12 Step Within Day and it would be a great day to call someone that you haven't seen in a while at a meeting.

*Fund Raiser* - There was also no report from Fundraiser.

## NEWS FROM REGION 7

Lee Ann reported there is a Board meeting this coming Sunday and they need to confirm some things for the upcoming Assembly and start to plan ahead for next year's Spring Assembly. They also need to make the call as to whether it will be in person. As of this time, the Region 7 convention is scheduled to be in person in November and she expects there will be a discussion about that also. The conference committee has been in active talks with the facility to see what our options are but from a financial perspective we have to take into consideration the amount of money that is obligated based on the contract. Lee Ann was happy to report that despite the fact World Service had to cancel the in person worldwide OA convention at the end of August, they were able to negotiate pretty fair terms with the facility for a future convention to be held there, in return for not losing a large amount of cash, which was a really huge concern. We have a lot of trusted servants in OA, and they are prudent stewards of its finances that are collectively ours and Lee Ann commented she thinks they are doing a great job and the Trustees are doing a great job.

She is happy to report some good outcomes and should have more news on Sunday and will let Danielle know if anything is groundbreaking.

### NEWS FROM WORLD SERVICE

Ross reported that in 2019 we thought the convention was going to be face-to-face. He is not including Lee Ann but talking about the airline tickets that were purchased, because she did hers separately and he did it with Ginny who was going at the time. They were reimbursed by CJI and Ginny got the tickets, so he called her this week and unfortunately you had to use the tickets within two (2) years and that expired in April, 2021. Sadly, CJI will lose that money as far as what was reimbursed to Ross. As far as going, he looks forward to an in-person event in the Spring of 2022 and usually the reservations are made in November, but he thinks it would be best to wait until January, 2022 to see where we are as far as COVID-19. We have an advantage, not only Lee Ann who is on the Region Board, but also Bob L. who is a general service Trustee and Ross will be checking with them and hopefully he will be going next year. Lee Ann stated that World Service has shifted back to April so it should be April 24 or 25 for five (5) days and that is part of the impact for when we do the Regional Spring Assembly because of the availability of the retreat facility as they are only available the last week of February.

### BY-LAWS

Nick shared his screen and said that Mike J. brought up a good topic because since we are getting Jersey Shore members coming in and we would like them to be able to do service we are going to need them to have service at our Intergroup level, according to our By-Laws. Therefore, it was suggested we take out CJI from the By-Laws and replace it with “above the group level” instead. This way anyone in OA from anywhere can do service in our Intergroup and we would not be excluding anyone, especially since we have 10 meetings from Jersey Shore Intergroup coming in to our Intergroup. Nick stated that he, Sima and Bobbi L., found the change was pretty straightforward and we did it via email. Therefore, they recommend to CJI that it be voted for approval and once we approve it then it should be sent to Karen B. as a By-Law change. Ross confirmed that was the proper procedure but questioned if Karen B. was previously contacted about this change. Ultimately, Karen B. is the one who has to accept it and then there are a series of things that have to happen, possibly posting it for three (3) months on our website. Ross was concerned this change might not be okay and it might be better to contact Karen B. first before we re-write it and take a vote. Nick stated that Karen B. is not yet aware of the proposed change but wanted to know why Ross thought it would not pass. Ross stated he believes the actual Intergroup has to be named in the By-Laws, but he could be wrong. Nick requested Ross to send him Karen’s email and he will contact her and table it for now and bring up the matter at next month’s meeting.

### INSURANCE

Mikey reported we should be realizing a discount in our insurance based on what our broker told him due to circumstances right now. We still maintain insurance for all the meetings and it doesn’t matter if our meetings increase or decrease and won’t affect our insurance rate. In November we should get the renewal and he can get information in October, but the actual policy will not be distributed until November or December. It’s an automatic renewal and we should not feel any

kind of monetary problem with it because of the meeting changes. Ross made a comment about insurance and the Jersey Shore meetings stating that Joan had asked about it and he told her once they are officially included into CJI they are immediately covered under our policy and if their meetings need individual certificates for their meeting places that Mikey is the one who handles that and gives them out. Mikey clarified that the insurance company has no idea who CJI or JSI or NJI is and go by the location of the meeting itself and as long as it is in New Jersey we are fine. The insurance certificate specifically says the address of the meeting and that is who is being indemnified so whether it is in another Intergroup it really doesn't matter as long as we identify that particular meeting.

## MARATHONS

- Idea Day

Nick reported it is Sunday, November 21, from 10:00 am to 12:00 noon and is International Day of Experiencing Abstinence and will be virtual. There will be three (3) speakers, one newcomer who is struggling, one with a little bit of abstinence, and one long timer with decades of abstinence. We are doing this for the first time with three (3) Intergroups – North, South and Central. Our next committee meeting is this coming Monday so we will be working out more information on it. The flyer should be out by the next meeting.

- Unity Day

Nick spoke to Mike M. (he was unable to make this meeting) and they will be working with the three (3) Intergroups on this event as well. Since they are focusing on Idea Day right now they probably won't start planning Unity Day until after Halloween. They don't know what the numbers will be regarding the pandemic so it is not known yet if it will be in person or not.

Robin commented that Sunday events are normally held in the afternoon because many people will not attend in the morning due to other things they are doing and although they might be in the minority, she just wanted to mention it. Nick confirmed the group did take this into consideration but they voted to go ahead with a Sunday morning timeframe.

Lee Ann asked if there are three (3) Intergroups involved the positioning and location of any event is important because you want it to be centrally located so that people can get there. If a decision is made not to have the event virtual you could have some interesting site location challenges. There are some places that have been used in our region because we are central and just wanted to bring it up because it will be something to consider. Nick said he would bring it up at the next committee meeting.

## RETREATS & EVENTS

*Together We Can Recover* - Sima reported and Danielle confirmed it was an awesome event and the speakers blew it out of the water and participation was great – over 100 people attended at one

point. The topic was well received and the meditations that were done were also well received. People got a lot out of it. Financially Sima was not sure how we did but it was very successful.

*Winter Dreams* - Nick reported he has a lot of things going on right now but will make sure he contacts Bobbi M. and contacts Maris Stellas. His plan is to have some type of retreat this year whether face-to-face or virtual so we will see what happens.

### OLD BUSINESS

Last month we left off asking for feedback on how we can drum up more enthusiasm for our Intergroup and if Friday nights are potentially a barrier. Lucille asked if the time of the meeting recently changed. Danielle explained it was changed from 7:30 pm to 7:00 pm but couldn't remember why. Nick stated it was so the meeting ended earlier and people could get out earlier. Lee Ann added that it was decided since people didn't have to travel down/up the parkway an earlier start would mean an earlier finish. Danielle encouraged everyone to ask their meeting members, especially any Jersey Shore ones, if they are interested in being on the Central Jersey Intergroup mailing list. Please provide her with their email address.

### NEW BUSINESS

Danielle stated we are tabling the By-Law change discussion and we have Treasurer nominations, and it cannot be Alex and reminded everyone about Concept 9 regarding rotation of service. She asked if anyone could make a nomination and said this was supposed to be done last month and thanked Ross for pointing it out. Mikey since we are not coming up with anyone and asked Alex if she might consider hanging in there a little longer until someone can be found. Mikey further stated we might have more people we can consider if the By-Law changes are approved. He said everyone he has approached has not been interested and it seems very intimidating because our current Treasurer does such a great job and she very rarely makes a mistake. Alex joked that she will try and screw up next month. Lucille asked how the process works and could she go to her meeting and announce the opening to see if anyone is interested. Danielle stated she would love it if Lucille did that. Nick reminded everyone of the requirements for 6 months of back-to-back abstinence and 6 months of service at Intergroup level explaining it doesn't have to be current. Someone could have been in the program years ago and meet the requirements. Lucille asked if they could be considered to be Interim Treasurer and then once they meet the requirements become Treasurer. Nick said yes and they would have to vote on it but it is possible. Ross then nominated Mike M. Danielle and Ross both mentioned that Mike M. was not at the meeting and could not respond or defend himself. Ross further stated the elections are next month but he is nominating him. Nick asked if Ross knows something we don't, and Ross stated he knows Mike M. could do it and Nick agreed. Ross said maybe Mike M. would possibly think about it if he was nominated. Both Ross and Mikey said they have discussed it with Mike M. and others as well. Ross asked if he should withdraw the nomination but Danielle said he has the right to turn it down and is not forced to become the Treasurer if he doesn't want to. Danielle further commented this is a tough position to fill because it sounds like you need to be an expert, but Alex explained it to her and she feels that even she, who crumples money in her wallet, could do it. She does not want anyone to feel intimidated and Danielle thought about doing it but was told not to since she is a new Chair and is already over-committed and this is all new to her and so she is not going to do it. Danielle

just wants everyone to know this is a very accessible form of service. Alex previously stated it was about four (4) hours a month on a good month and that was probably a big over-estimate according to Danielle. You will not be sitting with piles of books under a lamp or whatever you are picturing. Please think about it and ask people about it. Also, Danielle asked Mikey and Sima about the lady from Eatontown (Janice) who did Intergroup service previously and might be interested in doing it again. Mikey said he would contact Janice

#### NEWS FROM GROUPS OR ANNOUNCEMENTS

Danielle asked if anyone had any news or announcements from their groups. Marybeth stated since Lawrence Harbor does not have a Representative she might as well Rep. them for now. They are continuing their series on body image using the book *Body Image Relationships and Sexuality*. She stated they were only supposed to have it until August 15<sup>th</sup> but are continuing it for another two (2) months. They read from it and some people have questions and/or make comments and it is a very interesting but intense and makes for a very good meeting. They ended up with only 4-5 people because some people don't want to talk about their body image. Marybeth stated if anyone is interested in this topic or are at a place in their recovery where they are dealing with it as she is, it's a great meeting on Sundays at 5:30 pm (Lawrence Harbor) they could use some support.

Ross said he would appreciate if it was announced at all meetings that that the Jackson meetings on Wednesday and Friday meetings are both at 10:00 am and need attendance. It is fluctuating but this week each meeting only had two (2) members in person. Ross commended he knows there is interest in face-to-face meetings, and they take the COVID-19 precautions very seriously. Ross again asked to announce this at each of the individual meetings and it would be very much appreciated.

#### CONCEPT - 9

*Ability* – Danielle read able trusted servants together with sound and appropriate methods of choosing them are indispensable for effective functioning at all service levels, which speaks to the spiritual principle of ability. Danielle further stated this is why we would love to have you as a Treasurer because everyone on this meeting is an able and trusted servant and she just wanted to put it out into the universe.

*OA Walk* – Danielle announced the Monday night Shrewsbury meeting was sponsoring a walk in Dorbrook Park in Colts Neck on Saturday, 9/18 at 2:00 pm.

*Region 7 Assembly* – Danielle reminded everyone that as Lee Ann had mentioned the Region 7 Fall Assembly October 1-3 is virtual although the convention November 5-7 is still slated to be in-person.

*General Note* - please remember to send all changes for meetings (new, cancelled, times, etc.), contacts, etc., to [BobbiLink@aol.com](mailto:BobbiLink@aol.com). Robin B. reminded Danielle there is no longer a Newsletter so it should just be sent to Bobbi.



Danielle adjourned the meeting a little early after the Serenity prayer at 8:16 pm.

Cindy mentioned there was no volunteer to do the Pamphlet project for next month and Danielle asked her if she would do it and Cindy agreed because she thought it was supposed to be done this month.

Ross asked about introducing the new Representative from Jersey Shore (Donna Lee). Donna spoke and said it was her first time at the CJI meeting for the Flemington meeting at 9:00 am on Saturday morning and asked what exactly is she supposed to be doing. Members explained to her the responsibilities.

The next meeting will be on Friday, October 8<sup>th</sup> at 7:00 pm.