

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

The meeting was called to order at 7:00 p.m. by the Chair, Danielle and opened with the Serenity prayer. Unity with diversity and other principles were read by Chair Danielle. OA Tradition 12 was also read by Chair Danielle.

INTRODUCTIONS

Chair Danielle asked all attendees below to introduce themselves:

- Bobbi, Cindy, Frank, Mikey, Nick, Lucille, Marybeth, Alex, Robin B., Ross, Barbara, Brenda, Lee Ann, Marty and Donna Lee.

REVIEW OF LAST MONTH'S MINUTES

Robin B. made a motion to accept the minutes of last month's meeting. Mikey asked for clarification regarding contacting Kim G. and also about Mail Chimp and was provided answers. Marybeth requested that her name should not be two separate names. Robin B. amended her motion to accept the minutes with this change. A vote was taken and there was substantial unanimity to approve.

PAMPHLET PROJECT

Robin B. was scheduled to present a report on a pamphlet but could not find her notes and requested some additional time to locate them. Danielle explained there was a very full agenda for today's meeting so it would be better to reschedule for next month and Robin agreed.

Intergroup Principles and Strategic Goals were read by Chair Danielle.

OFFICER REPORTS

Chair Danielle stated there was a WSO bulletin dated 11/20/21 stating that OA had recently approved changes to Tools for Recovery pamphlet #160 and it is now available. Updates include the new Definition of Abstinence. There is also a new Plan of Eating pamphlet #144. The revised Plan of Eating pamphlet can be found on OA.org under Bookstore for one dollar (\$1). The abridged Tools for Recovery can be found on the OA.org website under Documents and can be downloaded for free. Danielle asked everyone to go to their group meetings and see if there was anyone who would like to be added to the Central Jersey Intergroup (CJI) mailing list just to keep everyone connected. She also discussed that OA Zoom meetings are starting to get bombs and it is very disgusting and vile. Danielle advised she will be sending out a list of tips on how to handle this issue and discussed some of them, plus she encouraged anyone who would like to discuss it in more detail to contact her directly. Danielle also informed everyone she is scheduled to have surgery on February 3, 2022, and said fortunately our Vice Chair is the best because he has already done her job so he will step in. She will probably miss the February meeting as a result but didn't want anyone to think she got fired. 😊

ANNIVERSARIES

On Tuesday the Cranford meeting is celebrating 30 years, Monday the Windsor meeting is celebrating 2 years, Monday the Bradley Beach meeting is celebrating 44 years, and Danielle congratulated all of them.

VICE CHAIR

Nick reported there were several meetings that were attacked by Zoom bombers but it was handled pretty well. He further explained it is recommended not to put your phone number on the screen. Nick discussed the Winter Dreams retreat scheduled for 1/14/22-1/16/22 that he and Bobbi L. and Bobby M. are working on and said that everything seems to be going well but no one has signed up yet. Although the venue does not have a minimum requirement, the committee decided in order to make it work at least ten (10) people would have to attend. If that does not happen by January 1, 2022, they are going to change it to a virtual retreat. In order to be counted as registered for this even the fee would have to be paid in advance. It was discussed that people may be scared to attend in person due to the new Omicron variant, even though COVID-19 protocols would be in place and attendees would have to be vaccinated. Nick also reported the Unity Day committee meeting is scheduled soon and Idea Day was a great success.

TREASURER

Alex prepared the Treasurer report for the meeting because the banking documents have not yet been completed but Barbara did review it with her. Barbara mentioned there were two corrections – one to the Zoom account as the budget amount should be \$250 and \$1,500 was to be added to the WSO Rep. Alex indicated she would send the revised version after the meeting. There was a question about Year To Date amounts versus Budget related to donations means that is what is anticipated as coming this year. Barbara added that she just started getting mail to the new address so it seems to have taken a while to be forwarded. Danielle thanked Alex for her years of service as Treasurer over the past two terms and for her assistance with the transition of Barbara and for always being faithful to the role.

RECORDING SECRETARY (Interim)

Lucille reported that after reviewing the Policies & Procedures manual she realized that she has not really been doing the minutes correctly and will be changing to be more compliant, unless they are changed. It was mentioned the updated Policies & Procedures manual has not yet been approved and Lucille stated that if it is revised she will comply with any changes. She also commented that last month's meeting went overtime almost 15 minutes and felt that keeping a meeting on schedule is the responsibility of all participants, shows respect for everyone's time, and recommended being concise and to the point when speaking.

CORRESPONDING SECRETARY

Bobbi L. reported the Old Bridge Saturday meeting is going totally online and the face-to-face meeting will be deleted. She also will be reaching out to the temporarily inactive meetings to find out if they are going to be active again in the future or are going to be disbanding.

COMMITTEE REPORTS

Web Master - Robin B. asked Nick for clarification about registering for the Winter Dreams retreat using Pay Pal as she was not aware it was finalized. She had suggested using a Google form in order for the attendee to provide personal information and she has not yet received that but is willing to assist in

getting it done. Robin said she continues to work on requests in a timely manner but to keep in mind that she does work. There was a question about the meeting list automatically downloading and Robin explained it is a PDF and it has been set up that way because it is a complex spreadsheet and also flyers are PDF that will download.

Member Writing Ad Hoc Committee – Nick reported this has been completed and basically everything is being put behind the scenes on the website and saved it in case a decision is made in the future to do something with it. Robin and Lee Ann confirmed, and Danielle will take it off the agenda going forward.

CJI Outreach – Mikey reported he has been trying to contact the medical schools without success. On December 1st he sent out an email to about 20 people who expressed interest in the committee but has only heard from 8 people so far regarding ideas and future efforts. He wants to have future committee meetings via Zoom to make it more convenient. Mikey is going vacation and hopes to have more information from doctors, etc., when he returns.

12 Step Within – Frank explained the purpose of this committee in response to a previous question and stated it is about carrying the message to those who still suffer within OA (relapse, newcomer retention, etc.), which is different from the Outreach committee. Sunday, 12/12 is our big day and there is a Carry the Message workshop from 1:00-3:00 pm with 2 speakers from out of the area and they found a security guard to cover as well. Robin added that Frank sent her a good flyer on how to do security and it has been posted on the front page of the CJI website.

Fund Raiser - There was also no report from Fundraiser.

NEWS FROM REGION 7

Assembly Report – Lee Ann reported they are planning the Spring Assembly to be on-site. They will be meeting again in about a week and the virtual or in-person decision is still subject to change. Mikey reminded Danielle to remove him from this group but stated he is still part of their Outreach committee.

NEWS FROM WORLD SERVICE

Ross reported that the 12 Step Within committee at the WSO level is meeting next Saturday. The sub-committee responsible for the sponsorship survey has received the completed survey from 1,149 respondents and Ross read some of the results such as: 53% have been in OA over 10 years; 42.7% are over age 65; 0.35% under age 25; 78.6% have a sponsor; 73.3% found a sponsor at a meeting; 31.6% cannot find a sponsor; 53.7% afraid to ask for someone to sponsor them; 39.5% do not currently sponsor because they don't feel qualified; 31.5% are co-sponsors; abstinence and working the 12 Steps were voted the top 2 most important characteristics of a sponsor.

BY-LAWS

Nick reported that he submitted our current By-Laws on 11/20/21, even though there were no changes just in case there need to be changes to Karen B. and hasn't received a response so he will follow up with her.

INSURANCE

Mikey reported our insurance bill was paid and everything is fine. He requested copies of all the updated certificates of insurance as of 12/1/21. Therefore, if anyone needs a new certificate of insurance for their group, please contact Mikey and he can send it out immediately.

POLICIES & PROCEDURES

Bobbi reported on making revisions to the Policies & Procedures manual and asked if anyone sees a password or typo in the document to let her know. There was a discussion about the Recording Secretary section regarding leaving first names in the minutes, changing the deadline for minutes completion to one week in advance of the next meeting, deleting some duties and moving some duties to Corresponding Secretary. It was also stated that a transcript of the meeting was never required and the minutes should only include a summary of the discussions and outcome of any voting. A question regarding the difference between Representative and Delegate was discussed and it was agreed they are called Delegates at the WSO level, otherwise they are Reps. Robin B. made a motion to send out a final version to be reviewed at next month's meeting and Bobbi seconded it. A vote was taken and there were 3 people against out of 16 voting, so the majority approved.

Holidays

Danielle stated that January 19, 1960 is the birthday of Overeaters Anonymous (OA) if we ever wanted to do an event that date.

MARATHONS

- *Unity Day* - previously discussed by Nick.
- *Sponsorship Day* – no report.
- 12 Step Within Day – Frank previously reported on this event.

RETREATS & EVENTS

Together We Can Recover – no report at this time.

Winter Dreams – Nick previously reported on this event.

12 Freedoms Workshop – Donna reported on the committee meeting and explained we are planning to have six (6) speakers from the Central Jersey Intergroup and the workshop will be via Zoom. Danielle explained Region 7 has requested that we do a workshop on the 12 Freedoms, from page 205 in *Voices of Recovery*. It will be held on Sunday, January 30, 2022 from 1:00-3:00 pm virtually.

OLD BUSINESS

Mikey discussed again about the many boxes of OA material he has in his home and stated if CJL ever gets a new home that would be a great place to keep these items, as renting a storage unit would be expensive. Nick brought up the impact of the pandemic on face-to-face meetings, which reduced this option. Cindy mentioned she is moving to Alabama and offered to keep it but that idea did not seem to be the most efficient. A discussion regarding possible sale of the materials at OA events or perhaps use them as prizes for contests were considered. Everyone was encouraged to come up with additional ideas.

NEW BUSINESS

Danielle stated the nominees for Region 7 Representative election were: Robin B., Mike M., Lucille and herself. Bobbi L. was asked to run the election since Danielle was an interested party. She asked if there were any other nominations or if anyone wanted to self-nominate with no response. Marybeth made a motion to accept all four (4) nominees and it was seconded by Brenda. Motion was approved with 15 in favor and 2 abstaining.

Danielle next nominated Mike M. and Mikey for the position of WSO Delegates and both accepted. A discussion was held regarding only one(1) position being open due to two (2) other Delegates being still active. Mike M. offered to remove his name from the running if Mikey wanted to go. An election was held and Mikey J. received the majority 9 votes and Mike M. received 3 votes, with 3 people abstaining.

Danielle discussed the next monthly CJI meeting conflicts with the Winter Dreams event on January 14-16, 2022. Cindy made a motion to change the date and a vote was taken with 7 people voted for, 6 against, 3 abstained, so the date was changed to Friday, January 7, 2022.

Danielle asked Mikey if he wants to bring up the possibility of changing the location of the CJI meeting in the future to let her know and it will be added as New Business. Mikey stated he is not looking to change the location of the CJI meeting at this time.

NEWS FROM GROUPS OR ANNOUNCEMENTS

Alex announced that effective 1/6/22, the Thursday night Freehold meeting at 7:30 pm will be back to in-person, located at the Hope Lutheran Church. Ross explained how to go on the OA.org website and edit the meeting information to advise it is going to be face-to-face as of a certain date.

CONCEPT – 12 Spiritual Concept of Service was read by Danielle.

Upcoming Events: December 12th from 1:00–3:00 pm is Carry the Message - 12 Step Within workshop (virtual); January 14-16, 2022 is Winter Dreams in-person; January 30, 2022 will be the 12 Freedoms workshop (virtual) and a flyer will be out shortly.

General Note - please remember to send all changes and any holiday changes for group meetings (new, cancelled, changed times, locations, contacts, etc.) to BobbiLink@aol.com.

The next meeting will be on Friday, January 7, 2022 at 7:00 pm.

Danielle adjourned the meeting at 8:36 pm after the Serenity prayer.