***OA CJI (Central Jersey Intergroup)***

**Monthly Meeting – January 7, 2022**

**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 policy was read by Chair Danielle. OA Tradition 1 and Spiritual Principal of Unity was also read by Chair Danielle.

INTRODUCTIONS

Chair Danielle asked all attendees below to introduce themselves:

* Ross, Brenda, Mike, Nick, Gloria, Lusk, Barbara, Donna Lee, Bobbi, Robin, Mikey, Lucille, Marybeth, Frank, Sima, and Cindy.

REVIEW OF LAST MONTH’S MINUTES

Sima made a motion to approve. Donna Lee stated she was not listed as an attendee at last month’s meeting. Mikey clarified that he continues to be on the Region 7 Outreach Committee and added that he is not looking to make any changes to the location of the monthly CJI meeting. Donna Lee asked if the monthly CJI meeting was going back to in person or staying virtual and Danielle replied there has been no vote on this matter. Sima amended her motion to accept the minutes with changes and Brenda seconded. A vote was taken and there was unanimity to approve.

PAMPHLET PROJECT

Robin B. reported on the first section of the pamphlet OA Handbook for Members, Groups, and Service Bodies: Recovery Opportunities. She stated the Definition of Terms was very interesting, especially for someone who is new to OA service. Robin read how the 12 Traditions are our guide, how to define a group, start and grow a group and felt it offered good information. She went through page 12 of the pamphlet so the next person can begin with Getting Things Done. Danielle asked for a volunteer for next month and Frank raised his hand.

Intergroup Principles and Strategic Goals were read by Chair Danielle.

OFFICER REPORTS

Danielle requested everyone go back to their groups and ask if anyone would like to be added to the CJI mailing list. It is very important to communicate changes related to COVID, weather, holidays, Zoom bombings, etc. She reminded everyone that her surgery is scheduled for February 3rd and Nick will be running next month’s meeting. Danielle thanked Bobbi for all her hard work keeping up the meeting changes and that 16% of OA meetings are hybrid - for CJI that would be Shrewsbury on Monday night and Lakewood on Wednesday. Gloria advised the hospital closed the Lakewood meeting this week due to COVID. Danielle said hybrids are probably here to stay and hopes the money promised to support them will come through. She stated that Zoom bombers have hit CJI at both Lakewood meetings and the Lawrence Harbor meeting. Some things you can do to protect against this is to enable a waiting room, don’t allow people to change their name, muting all, not giving out security settings, and hold off on Chat at the beginning of the meeting as bombers usually only stick around for about 15 minutes. Gloria thanked Bobbi for setting up their Zoom meeting in a different way which has helped eliminate the bombers. Marybeth said you can also consider locking the meeting if you are having a problem with Zoom bombers. Danielle did a Traditions reminder because an OA member (not CJI) recently contacted her about selling websites and that is a violation of one of our Traditions – we do what we do for fun and for free. She also requested getting status updates on inactive meetings that have not happened in almost two (2) years and finding out if they are planning to meet again or not, otherwise we are taking resources from Region.

ANNIVERSARIES

Friday Scotch Plains: January 15, 2002 (20 years) ● Sunday Neptune: January 16, 2002 (20 years) ● Monday Manahawkin: January 17, 1994 (28 years) ● Monday Toms River: January 21, 2010 (12 years)

VICE CHAIR

Nick reported the By-Laws were returned (even though there were no changes) because we are not protecting the Concepts. The committee will need to work on it and also look at other suggestions related to possible language changes. He also stated that due to lack of response Winter Dreams is going virtual next Sunday from 1-4 pm with a speaker and workshops. Region 7 is still up in the air about still having their conference the same time as Unity Day but both could be done virtually. Ross advised he was very surprised at the response regarding changes to the By-Laws because in 2019 the By-Laws were approved. Ross also responded to a question about the absence of Concepts in the By-Laws but Bobbi said the Concepts are in there but some changes were made and some language removed but not a big thing.

TREASURER

This report was pushed to February because Alex was not in attendance. Barbara reported she has two (2) checks for the retreat that will have to be returned. It has been difficult with COVID to get everything completed for the transfer. Checks are being held for now but they are trying to coordinate as soon as possible.

RECORDING SECRETARY (Interim)

Lucille reported the minutes for last month’s meeting were cut more than half as she tried to compromise providing details without actually doing a transcript and is open to feedback if improvements are still necessary. She reminded Nick to please record next month’s meeting as she will be on vacation and will need the recording in order to generate the minutes. Lucille also announced that as of this meeting she has completed six (6) months of service with CJI.

CORRESPONDING SECRETARY

Bobbi L. reported she had reached out to all the meetings considered temporarily “inactive” and the answer was they still don’t know what they are doing yet. No one wants to have their meeting deleted.

COMMITTEE REPORTS

*Web Master* - Robin B. spoke about the possibility of a podcast feed and explained that we have an audio site and Danielle suggested we set it up. Robin is going to find out if there is a cost involved in setting it up on different plug ins and if so she will come back with a proposed budget. A question regarding the difference between a podcast and an audio file was discussed and how a podcast is more user friendly so you can take it on the go. Also, it will pop up on a podcast feed through an app and will reach more suffering people. Nick made a motion to move forward with this project and was seconded by Brenda. A vote was taken and 14 people approved.

*CJI Outreach* – Mikey stated there was nothing really to report except he normally meets with future medical doctors in March and the psychiatrists in the summer but was notified they have changed the curriculum. He should know by the end of the month if there will still be a meeting with the 1st and 2nd year students in the medical school. Mikey also advised we don’t have enough people to get involved in the Outreach committee right now and he will reach out again in a few months.

*12 Step Within* – Frank reported the workshop happened Sunday, 12/12 on how to carry the message, there were 35 attendees and two speakers. Also learned a lot on how to prevent Zoom bombers but they did not have any issues. He thanked to the committee, everyone who attended, and all who help to spread the word.

NEWS FROM REGION 7

*Assembly Report* – Danielle reported in Lee Ann’s absence the Spring Assembly is still scheduled to be in-person but they are having a vote next week to decide whether to change it.

NEWS FROM WORLD SERVICE ORGANIZATION (WSO)

Ross reminded everyone that next month when we do the questionnaire it is only to vote on what we want to appear on the agenda, not if we are for or against it. The deadline for the consent agenda is February 24th so we have enough time for CJI to vote. The question as to whether the WSO event will be in-person is still in question (it may be a hybrid meeting). Also, if/when you book with Southwest make sure you get the fare that is a little more money, but you get a full refund if cancelled. Ross also stated he is on the WSO 12th Step Within committee and put together a presentation for the still struggling but was notified OA does not have permission to share AA quotes, only page numbers in the Big Book.

INSURANCE

Mikey reminded everyone if anyone needs a new certificate of insurance for their group, he has a copy on his computer so please contact him directly.

POLICIES & PROCEDURES

Bobbi reported the final version, including revisions discussed last month, to the Policies & Procedures manual were completed and it is on the website. A question regarding why one of the links is not blue was addressed but Bobbi stated it should work anyway. Ross made a motion to accept the revised Policies & Procedures manual and Brenda seconded. A vote was taken and there was unanimity for approval. Ross stated he is so proud of this intergroup and thanked everyone involved for getting this done.

Holidays

Danielle reminded everyone that January 19th is the 62nd birthday of Overeaters Anonymous (OA).

MARATHONS

* *Unity Day (last weekend February)* – Danielle asked to be provided an update when there is one.
* *Sponsorship Day (third weekend in August)* – no report.
* *Idea Day (third weekend in November) –* no report.
* *12 Step Within Day (12/12)* – Frank previously reported on this event.

RETREATS & EVENTS

*Together We Can Recover* – Sima no report at this time.

*Winter Dreams* – Nick previously reported on this event.

*12 Freedoms Workshop* – Donna reported we have six (6) speakers lined up and a great outline of how it will work, and it is to be held on Sunday, January 30th from 1:00-3:00 pm via Zoom.

OLD BUSINESS

Gloria brought up a question regarding reimbursement for Zoom costs and Danielle explained that Region 7 is going to be voting on whether or not to provide funds for technology related to hybrid meetings but it’s not approved yet. Also, CJI does not pay for group’s Zoom because it would be like paying for each group’s rent and we are supposed to be self-sufficient. The individual group Treasurer should provide part of monies obtained through Tradition 7 towards Zoom expenses. The standard breakdown of group donations is: 60% goes to CJI, 30% to WSO and 10% to Region. Gloria commented that because there are almost no in-person meetings there is no money being collected to pay for Zoom costs. Danielle responded OA members need to be encouraged to submit contributions online, via Venmo or other cash app, or mail a check.

NEW BUSINESS

Danielle officially offered Lucille the position of CJI Recording Secretary now that she fully meets all the requirements and she accepted. A vote was taken to approve and it was unanimous.

NEWS FROM GROUPS OR ANNOUNCEMENTS

Ross stated in about two months the Friday Jackson meeting will again be a writing meeting using the OA 12 & 12 workbook. He also said to look for a flyer regarding Unity Day featuring Unity with Diversity in Richmond, Australia and it will be on Sunday, 2/27 at 7:30 pm US EST. Bobbi mentioned that Highland Park is a struggling group on Thursday at 10:30 am so if anyone is available to hop onto the Zoom meeting. Nick advised he has a new sponsee out of Kansas and knows another person in CT who did not know what Unity Day was and we are blessed to have all these events and thanked CJI for supporting these events. Lucille asked if the Thursday night meeting in Freehold at Hope Lutheran Church that was supposed to go back to in-person as of 1/6 actually happened because she knows a lot of people who would be interested. Ross responded the first in-person meeting will be next Thursday, 1/13.

CONCEPT – 1 (Spiritual Principle of Unity) was read by Danielle.

*Upcoming Events*: January 16, 2022 is Winter Dreams (virtual); January 30, 2022 is the 12 Freedoms workshop (virtual) and a flyer is on the website.

*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, February 11, 2022 at 7:00 pm via Zoom.

Danielle adjourned the meeting 15 minutes early at 8:15 pm after the Serenity prayer. Happy New Year!