1. Open with the Serenity Prayer

- **2. Welcome** As we extend the heart and hand of fellowship to those who still suffer, let us be mindful of OA's Unity with Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting.
 - -We strive for consensus, fairness, and an informed group conscience within the spirit of the Traditions and Concepts, loosely following Robert's Rules. Majority rule is not the same as group conscience.
 - -Please turn off all cell phones and texting devices at this time so that we can devote our full attention to working together for a positive and productive meeting.
 - -Please raise your hand to be recognized. No crosstalk.
- **3. Tradition 10:** "Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy."
 - We don't have an opinion on whether or not soda should be taxed.
 - We have no opinion on weight loss surgery.
 - We don't endorse diets, food plans, cookbooks, rehabilitation programs, other recovery groups or methods, dieticians you name it.
 - We don't care who you voted for (or want you to tell us about it in a meeting).
 - Spiritual Principle: Neutrality

4. Introduction of attendees

- 5. Review of last month's minutes
- **6. Service Pamphlet Project -** (In lieu of this we have a MYSTERY guest!)

7. Intergroup Principles

A. OA has no power structure, only a service structure. B.

Intergroup has "...no power to enforce rules on OA groups or individual members." (OA 12 & 12, p 119; p 100, 2nd ed.) C. Disagreement does not equal personal rejection.

- D. Diversity can be our strength.
- E. If we all agreed on everything, we wouldn't all be necessary. F. Keep our discussions within the spirit of "I love you, but I disagree with you."
- G. When the group conscience is reached, let there be unity.

Strategic Goals

- 1. Help members strengthen their recovery.
- 2. Increase the number of sponsors.
- 3. Increase the number of newcomers.
- 4. Increase the retention of newcomers.
- 5. Help those in relapse.
- 6. Continue our Outreach to the Public and healthcare professionals.
- 7. Inspire people to give more service.

8. Officer Reports

Chair - Danielle

- Third request: Bring a friend to Intergroup. Where are your friends?
- Ways and Means update: we are in the red. Please please go back to your group and encourage the 7th tradition.
- Donations needed: raffle basket for the Region 7 convention. Deadline: Oct 15
- New: 12/12 audio book!
- CJI in person Thanksgiving Meeting
- Holiday Updates next month: Need updates from the following meetings Highland Park, Lakewood, Manahawkin, Red

Bank in Person, Red Bank Online, Pine Beach, Hillsborough, Freehold. Holla atcha girl.

Vice Chair - Nick Treasurer - Barbara Recording Secretary - Lucille Corresponding Secretary - Bobbi

9. Committee Reports

- -Web-Site- Robin B
- -CJI Outreach- Mikey J.
- -12 Step Within- Ross
- -News from Region- Lee Ann
- -News from World Service Mikey, Ross, Leeann
- -Bylaws: Nick, Sima, Bobbi, Ross
- -Insurance: Mikey J.
- -Literature Disbursal Action Team: Ross, Mikey
 - Additional events still needed?
- -Nominating Mikey, Sima
- -Fundraising Need volunteers

OA Holidays:

OA Birthday: 1/19/1960: NEED A COMMITTEE

- a. Unity Day (last wknd Feb.-Sat even/Sun odd.) Mike M., Nick
- b. Sponsorship Day (3rd full weekend in Aug.) Nick, Alex, Events: Joan
- c. IDEA DAY (third weekend in Nov.)- Mike M., Nick,
- d. 12 Step Within Day (12/12) Frank, Ross

Retreats and Events

- a. TWCR Bobbi, Leeann, Nick, Elaine, Sima
- b. Winter Dreams- Nick, Bobbi L.

10.Old Business

- Podcast
- Social Media
- Survey/Marty: Pushed to November meeting

11. New Business

12. News from Groups/Announcements:

- 13. Concept 10: "Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
 - Everybody has a job.
 - Every service role is outlined in our Bylaws.
 - Real CJI Example: Another intergroup attempted to have its trustee weigh in on a CJI business. CJI has a trustee: currently, Karen B. She is the trustee assigned to Region 7.
 - Spiritual Principle: Clarity

November 4-6: Region 7 Convention

November 19: IDEA Day - In Person from 10-3 at Debow's Methodist Church in Jackson

November 24: CJI In Person Thanksgiving meeting (10 AM)

14. General Note: -Please remember to send all changes for group meeting times, locations, formats, contact persons, new meetings or canceled meetings to bobbilink@aol.com.

15. Adjourn with the Serenity Prayer

Our next Meeting is Nov 11, 2022 at 7 PM on Zoom.