

## **CJI AGENDA – December 9, 2022, 7 PM via Zoom**

### **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 12:** "Anonymity is the spiritual foundation of all these traditions, reminding us to place principles before personalities."

- We welcome all who wish to stop eating compulsively to our meetings no matter what we think of them. Even heathens who hang toilet paper under the roll rather than correctly (over).
- If a Nobel Peace Prize winning astronaut movie star becomes a member of Overeaters Anonymous, when they enter our rooms they are a compulsive overeater. Just like everyone else, no greater and no less.
- Treating particular members or speakers of OA like celebrities is misleading to the newcomer and unfair to the person being treated like a celebrity.
- OA meetings are like Vegas: what happens here stays here, be it the nature of an individual's shares or whether an individual was even present.
- Gossip goes against the spiritual principle of this tradition.
- We can tell friends from outside of the program that we know someone who we met in the program but we don't tell them WHERE we know them from out of respect for the anonymity of another.
- It is acceptable for an individual to disclose to a non fellow that they are a member of OA so long as they are not disclosing this on social media or other forms of broadcast communication (on the news, etc).
- Point of confusion: It is NOT a violation of the 12th Tradition to tell someone in the fellowship your last name. (However, you are not required to do so either.) If a person uses their last name in a meeting we avoided having it recorded either on audio or in any transcribed notes that may be published.
- Spiritual Principle: Spirituality

### **4. Introduction of attendees**

### **5. Review of last month's minutes**

### **6. Service Spotlight: Virtual Treasurers with Annmarie T from Region 7.**

### **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, 2<sup>nd</sup> 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

- CJI in person Thanksgiving Meeting was great! Siobhan, Heidi and I are considering doing it again on Christmas or NYD but no decision has been made yet. Anyone interested please let me know.
- Holiday Updates Needed for December:
  - Christmas Eve & New Year's Eve Unknown (Saturday): Flemington, Manahawkin, Red Bank, Cranford, Old Bridge Online, Princeton, Whiting
  - Christmas Eve & New Year's Eve Known: Metuchen (WILL be meeting on CE and NYE), Whiting will NOT meet on CE but WILL meet on NYE.
  - Christmas Day & New Year's Day (Sunday): Scotch Plains, Laurence Harbor, Edison
- PNC Sign - ???
- WSO Elections
- Corresponding Secretary Nominations
- Recording Secretary Nominations
- Archive Review - All is well. Thanks, Robin!

Vice Chair - Nick

Treasurer - Barbara

- Account Books review (To be conducted in January)

Recording Secretary - Lucille

Corresponding Secretary - Bobbi

### **9. Committee Reports**

- Web-Site- Robin B
- CJI Outreach- Mikey J.
- 12 Step Within- Ross, Lusk, Marty
- News from Region- Lee Ann
- News from World Service - Mikey, Ross, Leeann
- Bylaws: Nick, Sima, Bobbi, Ross
- Insurance: Mikey J.
- Nominating - Mikey, Sima
- Fundraising - Lucille & Danielle (On hold until January)

### **OA Holidays:**

OA Birthday: 1/19/1960: Robin and Danielle

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

- d. 12 Step Within Day (12/12) - Ross, Lusk

### **Retreats and Events**

- a. TWCR Bobbi, Leeann, Nick, Elaine, Sima
- b. Winter Dreams- Nick (CANCELED)

### **10. Old Business**

- Social Media/Lucille (on hold until January)
- Survey/Marty

### **11. New Business**

### **12. News from Groups/Announcements:**

**13. Concept 11:** "Trustee administration of the world service office should always be assisted by the best standing committees, executives, staff and consultants."

- Our service work may require people outside OA with professional skills not available within OA.(i.e. The OA comptroller is a finance professional.)
- Spiritual Principle: Humility

**Events:**

- **12/12/22 at 7:30 PM - 12 Step Within Day Hosted by the Virtual Former Freehold Meeting**
- **12/13/22 from 7-9 PM: R7 Virtual Workshop - Surviving the Holidays: Relapse Prevention**

- **2/17-2/19/2023: Region 8 Assembly (Bon Secours in Marriottville, GA)**

**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](mailto:bobbilink@aol.com).

**15. Adjourn with the Serenity Prayer**

**Our next Meeting is January 13, 2023 at 7 PM on Zoom.**