

OUTREACH COMMITTEE

Central Jersey Intergroup (CJI) - Overeaters Anonymous (OA)
September 7, 2025 - 7:30 pm (via Zoom)

AGENDA

- Serenity Prayer – started the meeting
- **Attendance:** Members are asked to introduce themselves and state where they are from.
 - Lucille – Brick; Mikey – East Brunswick; Joan – Manahawkin; Michael B. – Lakewood; Kevin – Allentown; Marybeth – Lincroft; Josephine - Lincroft
- **Budget Report:**
 - CJI Ways & Means committee is meeting this month to discuss 2026 budget
 - Current Outreach balance is still approximately \$700
- **Health Fairs/Conventions/Events/Conferences:**
 - NJ Psychological Assn. – Fall Conference on Friday, 10/17/25 in Livingston, NJ
 - Lucille reached out to North Jersey Intergroup for a volunteer to help at this event and is awaiting a response (they are willing to split non-profit \$250 registration fee)
 - Ask South Jersey Outreach Committee to contribute \$ since it is state-wide event
 - Michael B. volunteered to help
- **Literature:**
 - No new literature needed at this time
 - Josephine to audit literature – Lucille has OA business cards
 - Need to order: Where Do I Start (4), Family of Compulsive Eater (1), When Should I Refer Someone to OA (24), To The Newcomer (3), Many Symptoms One Solution, 15 Questions.
- **Give Aways & Other Items:**
 - PIPO (Public Information/Professional Outreach) Service Manual
 - Lucille completed reviewing the manual and found interesting information which should help our outreach efforts going forward. She will expand on this as needed.
 - Give Aways – Josephine did an inventory of remaining OA pens and jar openers
 - Josephine has a flower bulb pot left over she can give as a raffle prize for this event
 - Current give aways inventory – pens (100) approximate, jar openers (100) approximate
- **Medical Schools & Hospitals:**
 - RWJ Medical School (Piscataway) –
 - Mikey to report on OA presentation Tuesday, 9/2/25 for Physicians in Psychiatry Residency
 - OA literature, business cards, and pens were provided
 - Mikey advised he thought it was very successful. There were about 18 residents in attendance who were very receptive and asked great questions. He had sent them information prior to the 2-hour presentation. He also played a You Tube OA video about the cycle of addiction for eating disorders. Mikey, Ross, Bob L., Alex, and Leslie, told their stories of experience, strength, hope. Mikey said the residents appreciated it and hope to do it again next year. He gave out OA pens and pamphlets about referring a patient to OA. They also discussed patients who take weight loss drugs can also go to OA.
- **Rehabs/Support:**
 - New Hope – monthly OA presentation to clients (Lucille)
 - CJI Outreach committed to 1st Tuesday of month at 1:15 pm (1 hour) 3 OA fellows
 - Volunteer schedule: October – Marybeth + Kevin + Mikey (Lucille away); November – Lucille + Mikey + Marybeth; December – Lucille + Mikey + Marybeth
 - Marybeth will lead the October presentation and should bring one copy of handouts

- **Young People:**
 - Monmouth University –
 - Josephine to send email to Kimberly Hill about possible OA presentation via Zoom to students
 - Kean University –
 - Lucille left another voice message for John Grady, Director of Counseling, to discuss meeting with his staff to explain OA supporting students with eating disorders but no response. She will keep trying
 - NJ College Counseling Association –
 - Paola was able to generate a spreadsheet through AI
 - Paola and Joan will work on this project – others are welcome to help
 - Lucille will send Joan the spreadsheet
- **Newcomers:**
 - Meetings – ask newcomers how/where they heard about OA
 - CJI Phone (732-637-9420) - monthly report about calls/texts received
 - August: 3 calls received – 1 person looking for meetings list, 1 left no message and did not response to voicemail, 1 asking if a meeting was valid (phone # listed not working)
 - Joan got 3 calls about local OA face to face meetings – her # is in church bulletins
- **New Meeting:**
 - A new in-person OA meeting maybe created possibly in Bradley Beach on Thursday nights
 - Lucille explained several OA members are trying to start a new face-to-face meeting in Monmouth County (location, day/time, format to be determined). Let others know who might be interested.
- **Advertising:**
 - NJ Transit – South Jersey Intergroup realized project was too expensive
 - Billboard – Lucille stated there were some issues with the billboard that was done in June and split between the 3 NJ intergroups. North Jersey did not like the graphic, South Jersey did not think it helped them, and Central Jersey thought the location was not the best. She asked the Committee members if they would agree to the \$600 expense (one third of total cost in upcoming year) to try another billboard in 2026 with a new graphic in a different location – hopefully on the Garden State Parkway. No one opposed. Josephine suggested we set up a meeting with the Chairs of all 3 Outreach Committees to discuss the details.
 - Report on efforts last month (Joan & Mikey)
 - Joan reported restaurants/diners do not all use place mats which are expensive. Instead, she found a publication called Coffee News which is delivered to various food places and 32 ads is maximum per issue. There are two zone and furthest North is Point Pleasant – furthest South is Manahawkin and it costs \$99 per month for a 2x2 ad for one zone and there are over 120 restaurants. She also advised the Pine Barren Tribune could not put the OA ad in their Labor Day issue but it will be in next issue. Joan also advised the Manchester News ad pricing is by the word. Mikey asked if Coffee News is used as place mats and Joan explained it is in a rack but any unused ones are given to restaurants to use as place mats. Lucille asked everyone to think about these possible advertising options but wanted to make sure we reach the largest audience in Central Jersey for our money.
- **Region 7 Outreach Committee:**
 - Lucille announced there is a Workshop on Sunday, 9/21 from 2-4 pm via Zoom sponsored by the Region 7 Outreach Committee and encouraged members to attend as she is unable to and would like to hear about what was covered (flyer is on oa-centraljersey.org website under Events or Lucille can email it to anyone interested).
- **Next Meeting:** Sunday, October 5, 2025 @ 7:30 pm