

Intergroup Minutes - November 14th, 2025 - 7:00 PM

1. Ross opened with the Serenity Prayer
2. Welcome - read by Ross
3. Tradition and Concept of the Month - Read by Joan
4. Introduction of Attendees:

Chair - Ross; VC Alex; Mae - Monday Steps and Traditions; Frank - Thursday night online Lit.; Mikey - Monday Freehold F-to-F, Outreach, Insurance, WS Rep; Lusk - Thurs. Pine Beach Hybrid, 12 Step Within; Joan - Rec. Secy, Outreach, Rep for 4 Manahawkin mtgs; Barbara Jean - Rep. Lakehurst; Tuesday, Babs - Sat. 11am -Whiting; MaryBeth - Sat-am-Red Bank, Corres.Secy, Outreach, Newsletter; Marty - Sunday night Lit & Writing, 12 Step Within; Sue - Rep. Metuchen - Reg.7 Delegate. We still have 38 meetings, despite losing Cranford but gaining Oakhurst. We have 11 Reps, and Ross so we have a quorum.

5. Review of October Minutes: Motion to Accept - Sue; Seconded - Lusk; Unanimous
6. Intergroup Principles - Read by Frank
7. Strategic Goals - Read by Mikey
8. Pamphlet Qualification - Joan

"Thank you for allowing me to qualify. In the 5 minutes I have, I want to share that this program has saved my life. My physical abstinence start date was 11/18/81 at age 38 years old and this week is 11/14/25 - and I am 83 - the reverse of the numbers! In my family everyone was overweight by 50 lbs or so, "pleasingly plump", but I was morbidly obese. I didn't know what caused to me keep overeating and killing myself with food, but all I knew was that I was 200 lbs overweight, no relief in sight, and despite having the "suburbia" lifestyle of husband, 4 children and a home, I wanted to die. When I came in, I was HALT - hungry, angry, lonely and tired. I found a sponsor who had what I hoped for, it took me months to ask her, but she had taken off 178 lbs, and I had never seen anyone do that. She offered to sponsor me, and I did exactly as I was told because I was desperate. I took me two years to lose over 200 lbs, I worked the steps once, and I thought I had the program. That lasted 10 years until life got too hard, and I turned my back on the entire program. I was still "HALT" after all those years - not a great recovery. I came back after being told by a psychiatrist I had to go to OA again, I had regained about 80 lbs, and I had to begin with a new focus: Spirituality, Emotional Sobriety and Food abstinence, the Steps, BB and the tools. I work my program today according to the 12 Step principles - mainly honesty, integrity, humility, faith, love, commitment, perseverance and service. I have God in my life, and I never want to leave!.

9. Reports:

Chair: Ross - By-Laws are under review. They are not due for change in odd years, only the even ones. We are going to save to December the discussion about changing the policy manual to reflect odd or even years.

Ross said he owes an apology to the person he criticized who said Idea Day had been left out of the agenda. He realized he had to cut and paste, and had inadvertently left it out.

Vice-Chair: Alex - No report

Treasurer: Barbara Mu not here. We will hold questions until next month. Ross asked if the Treasury Check Report will be done soon. Nick is on the committee (also not present tonight), and it will be reported on next month.

Recording Secy: Joan - Does anyone have an issue with the minutes from previous months being as long as they are? There were many tributes to Robin last month, so is everyone okay with the length? Ross said yes - there were no other objections. Joan had a question about

the 3-way split of donations to CJIOA. Our meetings thought CJIOA does the 50-40-10 so we have been sending the entire amount to CJIOA. Ross stated the treasurer of each meeting has to do the split themselves. Many meetings said they found that difficult as they would have to send too many checks etc. I will bring it up again next month.

Corres. Secy: MaryBeth - Cranford meeting has closed, Oakhurst meeting has opened keeping number of meetings at 38. Sima will rep phone meeting from Cranford. Please send Alex and Nick any changes to make for old/new meetings. Please remember to text MaryBeth before emailing her because she finds an odd email without expecting it.

Web Site: Nick - Nick said he is "getting up to speed to fly solo"!

Outreach: Lucille (not present) sent a copy of monthly Outreach meeting to Ross from 11/2/25. Outreach members present: MaryBeth, Mikey, Joan. Joan gave a brief report from the Region 7 Outreach Zoom meeting 9/21/25 with some ideas other Intergroups throughout the country are doing at present. Brandywine in PA put clear plastic, inexpensive pamphlet holders in various doctor offices which held two important OA pamphlets. They took charge of not only distributing plastic holders, but keeping the holders filled as needed. Pittsburgh spent \$1,000.00 for 3 months of advertising on 15 of their city buses which brought in a tremendous response from those who had never heard of OA; smaller towns and budgets found it helpful to put up small OA posters at places on corners where there are traffic lights right at eye-level on the sides of the roads as people can read them as they wait for the lights to change; states that are remote like in the Northwest US have gotten OA groups onto FaceBook with anonymous sharing from OAers, etc; and finally a few states are reaching out to local colleges to attract young people over 18 who had never heard about OA. One OA group said they had gotten over 42 responses from that age group.

MaryBeth shared the she, Lucille and Joan had attended the New Hope Rehab November 4th, and had wonderful responses to what they heard. Clients asked a lot of questions on gastric surgery, family members who were food addicted and those who expressed fear about leaving the rehab to get back to "normal" life. Mikey commented there are a lot of new beginnings for service and to please consider joining the committee to do service. Mikey kindly gave credit to all of us on the committee, and to please help to match up with North and South Jersey Intergroups for events if possible. Mikey had called for volunteers to do service at IDEA Day. Joan shared all that Mikey does and thanked him for all his service. Paola and Joan contacted counseling services for 10 colleges that Paola researched with all the addresses, people in counseling services and any pertinent information they would need. We will wait to hear back now. Joan got a call back from the publisher of CoffeeNews and got the go-ahead from the Outreach Committee to send a check for \$130.00 for 2 months to get our blurb in the CoffeeNews. That is a free publication for restaurants and establishments for local advertising where any leftover copies are donated to local restaurants to use as placements. We are hoping for good results.

12 Step Within: Lusk reported all is going well and in place for 12/12/25 -10am to 11:30am, DeBows Church, Face to Face in Jackson, 2 speakers and good things planned.

New from Region:

Lucille is not present, but Sue said much of what Joan reported on Outreach from the other states has been accepted by Region 7 which has money available to go with these suggestions. Sue also noted that World Service has Clip Art ads to use wherever we could use them. We have to be "social media" focused 😊.

Mikey reported on Professional Exhibits for Doctors. He is working on the committee that began with 20 or more members and is down to 10 or 12. He was the only one to show up at

the last meeting, and has called for anyone interested to help on the World Service Committee level.

Mikey reported that he has negotiated a less expensive Insurance package than was offered. He forced the agent to talk to the Underwriter which had set a higher price. We now have the same price, it is all set to go, signed and done. December 2nd is our new policy - all ok.

Thank you, Mikey.

By-Laws: Ross will follow up with Alex on what has been previously discussed today.

Nominating Committee: Sima is not here tonight. We are permitted to have three W.S. Business Conference reps, and we only have two - Sima and Mikey. The conference is in person in 2026, but we don't know if we can afford to send three delegates.

WSBC delegates can serve 3 terms - Regular and World.

Mikey shared he is scheduled to attend the 2026 Conference but some medical conditions have arisen in his family so he may not be able to go. He stressed that Sima would be all alone, so could someone else please offer? He suggested Frank, but Frank declined at this time. Ross nominated Lusk who also declined at this time. If there are no nominees they will continue to ask month to month.

Requirements are: World Service: One year abstinence, two years above group level, not necessarily current. Region 7 Service, six months abstinence, six months above group level, we can have four reps, and there are presently three openings.

Ross asked Sue who is an alternate if she would accept the nomination for Region 7 Rep, she accepted. She and Lucille are the only two so far. We have one more month of nominations for two more reps and will vote in January.

OA Holidays: Unity Day - Nothing yet. Alex asked when should we start planning - in December or January? Alex would prefer to have an in-person event at the last venue before Covid. Sue said NJIOA was planning their Unity Day the week before the final end of February because they have their winter retreat on 2/28/26. She asked if we wanted to do it with them. Ross has promised us a wonderful surprise, has already gotten some speakers and panelists. As far as IDEA Day, Sue talked up our IDEA Day because they did not advertise ours. Their price was \$40.00, ours was \$5.00

12 Step Within Day: Lusk said we are all set for 12/12/25 with two speakers, one who had met Rozanne, our founder, personally years ago, and another who will share on her Relapse and Recovery. The Flyers are up on our Website.

Sue mentioned she is speaking at NJIOA's 12/12/25 meeting that evening, and Ross also reminded us our Intergroup meeting is the night of 12/12/25 at 7:00 pm, as well.

Newsletter: MaryBeth is liaison with Robin M. Robin would like to hear from our own members about Recovery after Relapse. Ross will find out to whom to send the articles - Robin or MaryBeth.

Ross asked if MaryBeth could provide meeting numbers for all 38 of our meetings to send to World Service to find out what our anniversary start dates are for each meeting. Bob Law provided a name for the contact person at World Service to find out.

News from Groups: Jackson meeting had a newcomer who found out about OA from a Recovery Unit he's been in.

Marty said the Friday am BB meeting is closing and being replaced by a noon meeting. They are working on the format.

Joan said two new people showed interest in OA. One was a young man who came in person to the LBI Friday morning meeting, and the second was a woman who called because of the blurb in the church bulletin.

Mae said a lady reached out to her, but said the Outpatient Eating Disorders rehab she had just come from did not endorse OA because they said it would be “triggering”. Mae also said she can’t open the agendas from Ross, so could he send it PDF? He said he could.
Alex said on the Meetings Message Page - you can put up a message there, advertise your meeting or make your own flyer and post it there.

Our next meeting will be Friday, December 12, 2025 at 7:00pm

Serenity prayer led by Joan
Meeting adjourned at 8:03pm

Respectfully submitted,
Joan T. - Recording Secy.