

Intergroup Minutes from Friday, January 9th, 2026 Meeting:

1. Meeting was called to order at 7:00pm by our CJIOA Chair - Ross
2. Ross followed with reading the Welcome, Consensus, Cell Phone Usage, Raise Hand Function and Crosstalk Explanation
3. Tradition One read by Frank
4. Concept of the Month read by Alex C.
5. Introduction of Attendees:
Emily - 11:00am Saturday, Whiting - Welcome newcomer*
Ross - Chair
Mae - Matawan Monday -Steps and Traditions
Nick - Webmaster, Weds- Metuchen
Barbara M - Intergroup Treasurer, Sunday night Metuchen
Lucille - Monday, Asbury Park, Region 7 Delegate, Co-Chair Outreach Committee, 12th-Step, Region 7
Sue - Intergroup Rep Weds Meeting, Interim Region 7 Delegate, Outreach Committee - Region 7
Frank - Thursday, 7:00pm Red Bank
Mikey - Freehold Monday, Outreach Committee, WS Rep, Insurance Guru
Carole C. - Friday 11am LBI, - Welcome Newcomer*
Alex H. - Saturday 9:30am - Manahawkin - Welcome Newcomer*
Alex C. - Vice-Chair Intergroup, Monday Zoom-Freehold, formerly WS Rep.
Sima - Monday am BB meeting, WS Rep, By-Laws, Nominating Committee
Jane - 10:00am Lakehurst - Tuesdays - Welcome Newcomer*

Ross said we now have 34 meetings instead of 38, 5 is a quorum, 13 Reps present and 1 Officer

Two latecomers - Lusk and MaryBeth, so total changed to 15 Reps and 1 Officer
Lusk - Pine Beach 7pm Hybrid, 12-Step Within Committee
Marybeth - Corres. Secy - Intergroup, Outreach Committee, Co-Chair Newsletter, IG Rep.
Saturday am Red Bank BB

5. Review of December Minutes: Barbara M had a change from \$535.00 for Website Maintenance - strike \$35.00. That's what was paid for Microsoft Word and only \$500.00 to Pressing Issues. Minutes amended, Frank made a motion to accept minutes, seconded by Nick - Unanimous.

6. Intergroup Principles - read by Nick

7. Strategic Goals - read by Alex C.

8. Pamphlet Project - Nick shared his ESH - He keeps a record of days on his App, came back from a major relapse- 2/29/2020 - Unity Day. It was his last meeting for a while until he became desperate. He reached out to a sponsor from South Jersey who gave him pertinent questions on the Drs. Opinion in the BB which began a new journey of 6 years for him. He stayed away from most binge foods, relapsed but came back and stayed in the rooms. A loving program person told him some truths about himself, and he sponsored him temporarily. He asked Nick pointed questions everyday, and Nick took it as a challenge, said "I'll show you", and stayed in the rooms. Nick finally emailed someone from Colorado and communicates by zoom.

Nick keeps on coming back, went from Vice-Chair to Webmaster, has learned despite all odds, his computer died, he “bit the bullet”, program works, he feels better, pauses and does the next right thing. Where he used to show up late, now he comes early, we help each other, he is grateful and “thank you”.

Thank you, Nick, for sharing some of your journey with us!

9. Reports:

Chair - Ross - Region 7 Reps can serve for 3 terms, not just 2. Ross will send out WSBC questionnaire for next month - Housekeeping Motions. This vote is not for yes or no from us about the motions themselves, but whether or not they should make it to the general agenda in the WSBC. Nominating Committee will have the Region 7 votes. In April we will be sent an agenda to vote for those motions that made it onto the agenda. Each item needs 50% or more votes, but it will be explained next month. Emily asked what the WSBC was, and will we each get a questionnaire. Ross explained what it meant, and no we would not be getting individual questionnaires.

Vice-Chair - Alex C. - Roseanne’s 66th Awesome Year Birthday - OA has info on OA.org, WS News Bulletin will have it, Ross included us in the flyer on CJIOA.org

Treasurer - Barbara M had to leave early so gave her end-of-year report first. \$472.00 were the donations for December, which was a good amount, and she went to the bank on 12/31/25 in order to get Professional Outreach checks out before the year’s end. The donation sheet presented is for the entire year of 2025. Old Bridge was the “winner”, most donations come from the F-to-F, donations trickle in from online meetings, Mae said she didn’t see Matawan (listed under Matawan/Aberdeen according to Barbara), Lucille questioned was this from the entire year or one month (one year), also said Asbury Park doesn’t seem to be listed (Alex found it under Shrewsbury/Asbury Park). MaryBeth and Joan would like a copy sent to them. Barbara doesn’t want it published as it may be inappropriate.

Rec. Secy - Joan T - absent

Corres. Secy - MaryBeth - Changes to contact or meetings need help from Ross because Lucille needs emails from meeting contacts and various individuals for Outreach announcements, and MaryBeth is trying to provide the contact information but some are rotating out, and others will have new contact numbers. MaryBeth will be reading the agenda for the February meeting. As always, if you need to reach MaryBeth, text first, then email her. Marybeth said she could use help with new contacts.

Website - Nick - Thanks again to Alex C for all her help when software went down at Freehold Monday night speaker meeting in December. Nick also needs at least a week before any event in order to get the flyer up on our Website.

CJIOA - Outreach Committee - Lucille, Joan, MaryBeth, Mikey - Lucille submitted the notes from last month’s Outreach Committee meeting, January 4, 2026. We are trying to recruit much-needed outreach help; Unity Day we will hopefully have an Outreach Table; Lucille wants to send an email blast to all meetings about Outreach help, but needs email contacts. MaryBeth will need updated info. Emily had a question - “How do we get those emails to you?” Marybeth said to send your information via email and text, maryb20260@aol.com or 732-674-5032 and tell who you are, as well.

12 Step Within - Lusk said the December Jackson event on 12/12/25 was well-attended, 3 great speakers, and a very successful event. Nothing new yet for this year.

News from Region 7 - Lucille asked for Sue's info so she can contact her, They will speak offline. Lucille is working on the 2026 Region 7 Speakers' List. Ross asked Lucille and Sue if they would like Region 7 virtual info on Social Media?
Emily asked about abstinent requirements for the Speakers' List. She's be interested - 860-563-5581.

News from World Service: - Sima - Unity and Diversity Committees have been meeting. There are some workshops on Unity Day which will address tough questions. There are no announcements yet, but LeeAnn will send it through Region 7 to notify you all.
Mikey has no report. PIPO meeting will be held on 1/10/26 at 9:30 for the entire group.

By-Laws: - Alex C - needs a time frame within the next two months or so to update or review in 2026. Last review was in 2024. Ross will call Alex after he receives policy manual.

Insurance: - Mikey had some calls from others on who to call to answer any questions. Call Mikey

Nominating Committee: Vote is tonight: - Sue - First Full Term, Lucille - Third Term, we can have Four delegates. Any interest in being a Region 7 Rep? Nick asked a question: 6 months abstinence, 6 months service to CJI? - Yes. No one interested at this time. Vote taken - Sue and Lucille both unanimous! Thank you!

World Service Nominations for Delegates:

Sima cannot attend in person this year. Mikey cannot attend in person this year either but would be appreciative if someone else would go. Right now we have no one going to the WSBC, and Ross feels no one will be representing us even though we will be voting for what's on the agenda.

Emily asked for information on where and when: Albuquerque, NM, May 2026, 1 yr current abstinence, 2 years service beyond group level such as past Region 7 Rep, not cumulative. We can have a nominee just for this year. Ross nominated Alex C. She has to check with her family and her job and will let us know.

Nick asked Frank, but Frank had to pass on that

Ross asked Lucille if she would be interested and able. She said maybe, but she can't do follow-up Committee work. She would have to do the follow-up.

Ross asked Sue, but Sue said she is still working, and the school district doesn't like anyone taking off that much personal time. Maybe in the future.

Sima told Lucille Committee work may only meet every few months, and you'd only commit to one committee. Lucille said she would think about it and get back to Ross. Ross said hopefully you and Alex will both consider it as you are both qualified, and if you go, you'd love it!

Unity Day: Alex said we need in-person support. East Brunswick is not available for 2/28. She will search for another venue, and if that's not possible, we will meet virtually. South Jersey will be holding theirs from 12-2pm, and North Jersey is having their retreat the same day from 9am to 4pm. She will let us know by the end of the week.

Emily wanted to know what the venue means. Size-50 people. She volunteered to find out about the Firehouse in Whiting. Nick said there would probably be 50-100 people, and they would need an off-road parking lot. We would need a more central location than Whiting.

In Person Events - Mikey suggested NJ Gardens Mall. Have a small booth presentation like at conventions, let people know who we are and what we are all about - kind of like an old "Dog and Pony Show". Lucille wanted to know if Jersey Gardens is appropriate. Ross said we have done that before.

Nothing new yet for Sponsorship Day, or IDEA Day 3rd full weekend in November, or 12 Step Within

Mikey said to set dates for future events now no matter what month they will be held because they are taken early by other groups. Alex will follow up with Mikey.

Old Business: MaryBeth said Robin will publish first newsletter by 2/1/26. She only received one article on Relapse and Recovery, and needed two more. Robin's phone and email was in the CHAT.

Outreach info will be in the newsletter. CJIOA contributions will have to be revised - 50-40-10 needs explanation and addresses to send money.

Hybrid Events still are not settled. Mikey, Marty and Chris F met one year ago to discuss who would hold onto Internet equipment, would they be around to go to the events, and do they have Wi-Fi, challenges that have to be addressed. Ross will take it off the agenda for the time being.

New Business: Lucille said Google phone # actually belongs to Sima. The main connection numbers should be to Lucille or Josephine for Outreach. Alex is fine with that.

Changes to meeting days and time discussion postponed because person who put it on agenda is not here.

News from Groups: Where have newcomers heard about OA?

Lucille - Asbury Park walk - flyer is up on website already.

Meet the Makers Service Bodies - anyone can attend - flyer on website

General note - all changes to MaryBeth - text then email - same as always

Meeting adjourned at 8:26pm - Serenity prayer led by Ross.

Next Intergroup meeting, Friday, Feb. 13th, 2026

Respectfully submitted,

Joan T. - Recording Secretary