

## Intergroup Notes from Friday, February 13th, 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 Two read by Ross
4. Concept of the month read by Ross
5. Introduction of Attendees called on by Ross:  
Alex C. - Vice-Chair, Monday night Freehold Virtual Meeting  
Joan T. - Rec. Secy - IG, Monday 3:00-BB, Thurs 3:30 Tool Workers, Outreach Comm  
Ross - CJIOA Chair  
Barbara M - Treas-IG, Saturday Metuchen, Sunday night Metuchen, Weds BB Metuchen  
Leann - Region 7 Chair  
Lucille - Rep. Monday night Asbury Park Beginner Mtg, Co-Chair - Outreach, Alt. Rep 12th Step Within renewal committee - Region 7  
Lusk - Rep. Thursday Pine Beach - in person only  
Mikey - Rep. Monday morning Freehold, WS Rep ending in April, Ins.Guru, Outreach Comm.  
May - Rep. Matawan Steps and Traditions - Monday night 8-9pm  
Nick - IG Webmaster, Sunday night Metuchen Meeting  
Sue - Rep. Saturday am Metuchen Meeting, Region 7 Delegate  
Arline - Welcome Newcomer - Rep. Saturday - Whiting 11am meeting  
Marybeth - Corres. Secy - IG, Outreach Comm., Rep.Red Bank Saturday am, Liason-Newsletter  
Sima - Rep. Monday Phone BB meeting, Outgoing Rep. WS, By-Laws and Nominating Committees  
Alex H. - Rep. Friday 11am LBI 12 & 12 Meeting

15 attendees so far, Ross and Leann can't vote (only in a tie)  
13 Voters  
34 meetings according to Ross, corrected to 33 by Marybeth  
Quorum is 5

6. Review of January Minutes - Corrections - WS delegates are meeting April 20-26, not May 20-26; May's name misspelled again (Joan promises to get it right); Lusk-Pine Beach meeting is no longer hybrid, only F-to-F.

Motion to accept amended minutes - Lusk  
Seconded - Lucille

7. Pamphlet Project: Barbara M. - Intergroup Treasurer - 5 minute qualification:

Barbara began with working out of a relapse, and she needed to do service. She wanted to stay strong in program, and people suggested she take the IG Treasurer position. She thought it would be easy but it wasn't. How will this help in my recovery? Barbara said committing to doing the service was very important to her recovery. She said she probably drove Alex crazy in the beginning!

She was a chubby kid in the 60s when it wasn't popular to be chubby. She struggled with food. She made a commitment to show up - good, bad, worst, best as it is a lifelong journey. Her journey to success is to keep coming back, she will do any and all service, just show up, committing yourself is being actively involved in the program. She attends 3 meetings a week, BB, Beginner and Literature. Telling your story inspires people to keep coming back. It is taking Barbara a long time to lose weight, she has lost 130 lbs and will still keep going. We all slip and slide, and there are many lifelong challenges. At this time she is down taking care of her Dad in Florida. She always has a plan even being stressed. One night was much later with dinner, and she refused to just stop for food not on her plan. She waited to eat her planned

food. She puts program first, will do whatever she has to do. It is important to have a plan when she is away, and she will not give into the easier, softer way!  
Thank you very much, Barbara!

Ross briefly explained the Pamphlet Project - anyone can share their recovery story or use any of the current OA pamphlets on our website to talk about.  
Alex C has offered to tell her story for our March meeting.

8. Tonight is the review of the motions for the WSBC agenda. We will know by April which motions made it to the agenda for discussion. Tonight we are only voting on whether or not we want the motion to be discussed and is it worthy to be on their agenda, not whether or not we want it to pass. We need 50% approval in order for it to appear for discussion at the WSBC. Ross has made it clear he cannot vote, but there are several motions, and he will speak to them once.

Marybeth wanted to know when to start, and also added she will need help in tallying each motion. Please - only 2 pros and 2 cons, and don't reiterate what someone else has already said.

Proposal A: Business Motion C, H - By-Laws#1 for Business Agenda -all in favor or all opposed:

CH I - Consent Agenda - 13 yes, 0 no. Unanimous

Ross Statement - and it is a Con: Motions are presented by Virtual Region and Anorexic Committees, and Ross said it is fundamentally changing OA and eliminating Overeaters which would make it easy to change the steps and traditions to 55%. They want to change Tradition 5 and Step 12 to erase Compulsive Overeaters. Ross doesn't believe they belong.

YES to WSBC

Proposal H: Change Vice-Chair to Chair - Remove Gender Language to Chair

Marybeth - Pro- yes, easy fix, Sue - Pro -yes, any change to gender neutral should be brought to WS.

Vote 13 - unanimous

YES - to WSBC

Proposal B: Plain Language in the BB. OA to maintain AA Literature as is in the original and used in the past.

Pro- Marybeth - Currently easy to read 164 pages, Pro- Sue - AA website endorses it

Vote - 13 - unanimous

YES - to WSBC

Skip C - part of Consent Agenda

Proposal D: Amend WSBC - Striking and inserting in Tools of Recovery - Outreach

Pro - Marybeth - makes Outreach more accessible

Con - Sue - Outreach instead of a tool sounds like specific tasks, better words could be used as communicating with fellow OAers because it sounds like Outreach Committee work instead.

Pro - 8,

Con- 4

Abstention -1

YES - to be brought to WSBC

Proposal E - Amend 1984 - Recommended Preamble

Intent: To welcome all eating disorders, change wording to Compulsive Eating Disorders

Pro: Joan - Yes, OA covers many disorders

Con: Nick - Not appropriate because OA stands for Compulsive Overeaters

Two votes taken as raised hands were mixed:

Pro- 6

Con-6

Abs-1

Second vote with more attentiveness to raised virtual hands:

Pro - 5

Con -8

Abs - 0

NO - to WSBC

Proposal F - 2010E - Provide at least one email address with permission to use with other delegates:

Pro - Sue - Having digital contact instead of just a phone number is preferable

Pro - Nick - Anonymous email won't be shared with anyone else.

Pro-12

Con-0

Abs-1

YES - to WSBC

Proposal G - Amend WSBC 1979E - WSBC - First names, last initials emailed to Delegates (personal anonymity) will make it easier to collaborate during conferences

Pro - Nick - yes to be brought to Conference because they are telling you to include your name and info for the conference list only, not regular attendees.

Cons - None

Pro - 13

Con - 0

YES - WSBC

Proposal H. - Consent Agenda Issue

Proposal I - Close with a Secular Option for Meeting and Events: Suggestions - Serenity Prayer, Third Step Prayer, Serenity Statement, 7th Step Prayer or Rozanne's Promise.

Ross made a clarification that Prayers have to be Spiritual in nature

Pro - May said yes to non-religious

Pro - Alex C explained the Serenity Statement begins with "I seek the strength to...."

Con - Marybeth - We don't need to add anything extra, Rozanne's Prayer is about one another, and we are all there for each other.

Sue questioned are these suggestions or are these the only options?

Nick thinks it is for the business conference but is it for all groups?

Marybeth said it is for all OA meetings to expand options. Marybeth thanked Alex for clarifying the Serenity Statement

Pro - 11

Con - 1

Abs - 1

YES - WSBC

Proposal J - Cultural Beliefs

Pro - None

Con - Marybeth said she knows this is endless

Nick questioned whether any other religions are mentioned in various groups. It needs clarification only

Con - Alex C - This is an outside issue and Mikey agrees

May added "Ethnically Jewish is not about being in the Jewish religion". No ethnicity is mentioned.

Pro - 0  
Con - 12  
Abs - 1  
NO - WSBC

Proposal K - 1940B - Create a Virtual Retreat every two years by creating a gathering for people from all countries

Pro- Marybeth - yes, inclusive and wonderful idea

Con - Alex C - World Service already has too much work to do, and what time zones would be involved?

Pro - 5  
Con -8  
NO - WSBC

Proposal M - Unity, honor our Traditions of OA Conference Literature

Pro - Marybeth to those who don't understand the BB - plain language approval for BB

Vote - Pro - 12

Abs. - 1  
YES - WSBC

Proposal N - Individual Meetings can change wording of literature in their meetings

Pro - Sima

Con - Nick - Newcomers to meetings won't understand

Con - Sue - Doesn't like the idea of changing. Certain things you don't mess with.

Vote- Pro - 2

Con - 11  
NO - WSBC

Proposal #3 B - Article 2

Anorexic, Bulimic - All who suffer from our disease

Pro - 0  
Con - Ross

Vote:

Pro - 0  
Con - 12  
Abst. - 1  
NO - WSBC

Proposal #4 - Step 12 Amend: ..."carry this message to Compulsive Eaters"... changed to "Compulsive Overeaters"

Pro - 0

Con - Marybeth - this is messing with the Steps

Con - Mikey - we can't be everything to everybody

Vote - Pro - 0

Con 13 - Unanimous  
NO - WSBC

Proposal B - Change to "50% of all Intergroups responding prior to 60 day period"

Pro - 0

Con - Ross covered this in his original Con - no changing of Steps or Traditions

Vote - Pro 0

Con - 13  
NO - WSBC

Proposal 6 - Subcommittee - up to 2 Delegates from each Region, names sent to WS office 45 days before meeting. Rename as Reference Committee.

Mikey questioned "What are they talking about?" Is it just taking everything away from one committee and putting it on another?

Marybeth - this needs to be discussed

Sue clarified - The Intent is to eliminate the By-Laws Committee and rename it the Reference Committee. The By-Law Committee has a subset committee. They are separating the By-Laws and Reference Committees.

Vote: Pro - 11

Con - 0

Abs. 2

YES - WSBC

Last One - Subpart Part B

Pro - Marybeth said it makes perfect sense to send a sub if the regular rep can't attend.

Cons - 0

Vote - Pro - 12

Con - 0

Abs - 0

(Lusk had left shortly before final vote on this one so there are 12 instead of 13 voters.

YES - WSBC

Marybeth thanked everyone for all the help and for being here, and will send it in right away. Thank you to Marybeth from all of us for your excellent work on all of this!

Ross said: Are there any emergency reports that have to be given now? None

Marybeth told Ross we officially have 33 meetings and 11 of them are online.

Marybeth would appreciate if Alex H and Arline could send her their info online, but please text first to say you are sending her an email. Text: 732-674-5032, email: [maryb2020@aol.com](mailto:maryb2020@aol.com)

Thanks to Nick for all things up on the Website

Marybeth thanked Joan for having people text before emailing

Ross asked Alex C about upcoming Unity Day 2/28/26 -Saturday - Alex said the theme is "The Road of Happy Destiny" and promised it would be really good!

Leann offered Info on upcoming Region 7 Business Conf. - Call to reserve for 3/14/26 Agenda. CJIOA allows us up to 4 Reps. There is a speaker at 12:30 and a workshop at 1:15

What's new in groups? - Frank said Thursday Red Bank had a newcomer who found It on CJIOA.

Ross thanks and appreciates us. We appreciate you, Ross, as well!

Ross closed the meeting at 8:45pm, and Alex C led us in the Serenity Prayer.

Respectfully submitted:  
Joan T - Recording Secy