

OUTREACH COMMITTEE

Central Jersey Intergroup (CJI) - Overeaters Anonymous (OA)

March 1, 2026 - 7:30 pm (via Zoom)

AGENDA

- **Opening:** Serenity Prayer
- **Attendance:** Lucille, Josephine, Kevin, Mikey, Joan, Marybeth
- **Budget Report:**
 - Current remaining balance \$2,494.43 but more expenses will be deducted for literature and event registrations (total annual budget \$3,300)
- **Health Fairs/Conventions/Events/Conferences:**
 - Potential future events (2026):
 - Rutgers 4th Annual Community Youth Mental Health Summit – Monday, 4/13/26 (Lucille & Josephine to attend – no cost)
 - New Jersey Association of Mental Health & Addiction Agencies (NJAMHAA) 4/15-4/15/2026 Spring conference (Iselin)
 - Lucille contacted them and the cost may be prohibitive and attendance not very high – need to confirm on Monday
 - National Association of Social Workers (NASW) – New Jersey (4/26-4/27/2026 AC – Sunday & Monday)
 - Josephine paid \$1,000 early registration – NJI/CJI/SJI/Philly intergroup to reimburse \$250 each
 - Sunday 4/26 Paola and Josephine will attend – looking for volunteers for Monday 4/27 (NJI, SJI & Philly may have someone)
 - Monday 4/27 from 7:30 am start through 7:30 pm which means we may need more than 2 volunteers that day
 - Lucille to request reimbursement from Region 7 and WSO for all 4 intergroups that are participating
 - New Jersey Integrated Mental Health (NJIMH) – 5/27/2026 Asbury Park (OA volunteers are permitted to attend one session AM/PM)
 - Terry from North Jersey Intergroup may have a volunteer for this event – Joann from South Jersey Intergroup will also check
 - New Jersey Education Association (NJEA) – annual conference (11/5-11/6/2026 AC)
 - New Jersey Prevention Network (NJPN) – annual conference (5/13-5/14 2027 AC)
- **Literature:**
 - All literature needed for joint events was ordered through the OA Reduced Cost Program and split between NJI, CJI, SJI & Philly (1/4 each = \$368.44)
 - Lucille has received literature for NASW event in April (500 of each) = Many Symptoms/One Solution, 15 Questions, When to Refer Someone to OA
- **Give Aways & Other Items:**
 - Give Aways + Spinning Wheel – no give aways needed at this time. Spinning Wheel is being set-up for first outreach event scheduled in April
- **Medical Schools & Hospitals:**
 - Mikey contacted 16 psychiatric residents OA presentation in September (4 people hopefully younger and Josephine would like to attend)
- **Rehabs/Support:**
 - New Hope (rehab)– monthly OA presentation to clients (Lucille)
 - CJI Outreach committed to 1st Tuesday of month at 1:15 pm (1 hour) 3 OA fellows
Volunteers: Feb 3, 2026 = Marybeth, Joan (Lucille sick) Joan brought volunteer and just observed and all went well
March 3, 2026 Lucille, Marybeth (Mikey cannot make it)
April 7 = Lucille, Marybeth, Kevin but need volunteers for May 5 = Lucille, Joan, Marybeth
 - Discovery – Josephine contacted them about OA presenting once a month on the same day as New Hope (afterwards) but need more details
 - Kevin advised it is no longer a long-term program and it is co-ed. Josephine will call or email to confirm.
- **Young People:**
 - NJ College Counseling Association – Paola and Joan will follow up after holiday break (list separate)
 - Student Events – approach students about OA at colleges/universities by attending Student Events
 - Paola & Joan to reach out to Student Affairs @ colleges/universities in CJI area after winter break
 - Kean University – Josephine contacted them about Fall event with the Health Center on Kean Day

- **Newcomers:**
 - Meetings – remember to ask newcomers how/where they heard about OA
 - CJI Phone (732-637-9420) - monthly report about calls/texts received
 - February – 1 call but left no message (Lucille returned called and left message but no return call)
- **Advertising:**
 - Pine Barrens ad (\$100 = 3 months) – Joan has paid \$100 for February/March/April
 - Joan stated newspaper not delivered for March today – she will do September/October/November
 - Coffee News (\$65 month) – Joan paid \$130 for December/January but not yet paid for June/July
 - Total annual advertising budget \$400 – Joan to determine how to best spend this amount (pending Committee approval)
- **Outreach Recruitment:**
 - CJI Newsletter – Marybeth to confirm with Robin deadline for content to be submitted – need to make some small changes to Outreach information in next quarterly CJI newsletter
 - Also the Outreach section of the newsletter should not be called “Announcements” and should reflect “OA Outreach” or “Outreach Committee”
 - **Unity Day:** Mikey stated there was a map on the website from start to finish and information on WSO website are available to use. Also, there was an interview with Rosanne. At 2:30 pm there was a moment of silence with OA around the world. Alex was the moderator and Nick C. was the speaker. Everyone said it was a great event.
- **Next Meeting:** Sunday, April 12, 2026 @ 7:30 pm (normally scheduled for 4/5 which is Easter so changed to following Sunday)