

Minutes from June 12th, 2026 Intergroup Meeting:

Meeting called to order by Ross, who also opened with the Serenity Prayer, and Welcome.

Tradition 6 and Concept of the Month read by Barbara M.

Introduction of Attendees called on by Ross:

May- (apologies for not proofreading closer last month! I remembered this time)- (Matawan Monday Zoom), Barbara M.- (IG Treas, Sat.,Sun,Weds Metuchen) Lucille - (Asbury Park,Reg.7 12 Step Within, Intergroup Renewal Committee, WS Delegate,Outreach Co-Chair), MaryBeth (Sat. Am Red Bank, Outreach Comm., Corres. Secy Intergroup, Newsletter Liason), Susan (Rep. Sat.am Metuchen, Region 7 Delegate), Mikey (Monday am, Freehold, Outreach Comm., Ins.Guru), Alex H. (Manahawkin Sat.am), Sima (Monday am phone meeting, ByLaws and Nom. Comm), Arline (Sat. 11am Whiting), Lusk (Pine Beach -Thurs. Evening,12 Step Within), Alex C (arrived later - (CJIOA - Co-Chair, Monday-Freehold),Ross (Chair - CJIOA) - 11 Reps and Ross - Quorum

Intergroup Principles - Read by Mikey

Review of last month's minutes: Correction - May's name misspelled again, and May represents Matawan not Freehold. Motion made by Lucille to accept with corrections, Seconded by Sima.

Strategic Goals: Read by Ross

Pamphlet Project - beautifully detailed by MaryBeth. A discussion of the new pamphlet "A New Plan of Eating" replacing the Dignity of Choice pamphlet is comprehensive and discusses this disease on all three levels - Physical, Emotional and Spiritual. It gives suggestions on how to get involved, how to stop eating compulsively, lists 4 individual plans of eating and suggests creating a personal food plan along with consulting a professional consultant if necessary. It discusses trigger foods, comfort foods, quantities, serving sizes, measurements, classifications of foods such as fats, carbs, proteins, fruits, veggies, dairy, etc, special occasions when you need to eat out, long hours at work etc, clarity of thinking and the gift of following a food plan. Thank you, MaryBeth. It was a welcome change with addressing the addiction and compulsive behaviors!

Chair: Ross began with "one of the most stressful situations is selling your home and buying another". What seems like a simple buy and sell is not! There is so much paperwork and moving to be done, so Ross will be taking the months of July and August to get all of that done, and will delegate Alex C. As acting Chair for those two months. We will miss you, Ross, and all the best with this new move! Ross also discussed meeting lists online and how to find what you are looking for. There are 4 home pages - Find a meeting, but no location. Ross spoke to Bob L. Who said "when you need a meeting, scroll down Face-to-Face, then put in the location you want. It will pop up in one or two minutes.

Lucille had a question on our meetings lists which list our Face-to-Face meetings as "Live" instead of in person. Marybeth said she inherited that from Bobbi L so she still uses live. What do the others think? Sima said "in person" is better than live since we are all live even on Zoom. Lusk agreed, most everyone nodded yes, so MaryBeth will change it from "live" to "in-person". Thanks, Lucille and MaryBeth.

Co-Chair: Alex C. - No report at this time

Treasurer - Barbara M. - \$320.00 taken in, down a bit, but typical summer months. Barbara received \$500.00 reimbursement from Region 7 for the National Association of Social Workers, Reimbursement WSBC - Lucille, usual website and zoom expenses, 3 checks still to be paid to

Outreach. They have to be signed by Barbara and Alex. Checkbook review results - committee will meet in two weeks to review the books.

Recording Secy - Joan (Away) no report

Corres. Secy - MaryBeth - There are now 32 meetings in our Intergroup. Former Brick Tues.night (Mike M) has folded. The people who are listed as meeting reps will have to contact OA.org for any changes to meeting info, schedules, etc. An example is the Manahawkin meeting which has moved from LBI to Manahawkin on Friday 10am, and old info needs to be updated on the Saturday 9:30 am, as well. Alex H said there is a discrepancy with one of our meetings, and MaryBeth will contact him about that.

Web-Site - Nick (not here) but texted that all documents and latest newsletter are posted on our website.

CJI - Outreach - Lucille - Outreach notes are posted on our Website. Kevin and MaryBeth attended an event in Asbury Park. Lucille thanked them for their service. Monthly service at New Hope Rehabilitation Facility in Holmdel takes place the first Tuesday of each month. June 2nd, - Lucille, MaryBeth and Lusk; July 7th, Lucille, MaryBeth and Joan, August 4th, Lucille, Mikey, and Kevin. Feedback was: Lusk thoroughly enjoyed the experience. The residents appreciated the stories, asked questions, and it was a real participatory event. Mikey asked Lucille about the Obesity Event coming, but Lucille said she would discuss it at News from Region.

12 Step Within - No Report

News from Region - Sue reported the Spring Assembly was successful. The next one will be held in Winchester, VA in October in person. More than 100 people attended the OA Convention in November. Outreach for Region 7 is working on a Social Media Pilot with professional help sought from the Outreach Committee members. Obesity Week - Held in the D.C. area, but this event does move around the country. The Region 7 Subcommittee is willing to work on this project. There are 6 or 7 Intergroups willing to participate, as well. CJIOA is taking the lead for the Obesity Workshop as there are 4,400 attendees expected to attend. Lucille said it is a huge event, and the subcommittee in D.C. is playing a big role. World Service is asking Region 7 to contribute, so how do we do that? Ross said with our budget we could afford \$500.00 for Obesity Week without touching the Outreach budget.

The dates of Obesity Week at November 4th through 7th, Saturday night, Sunday, Monday and Tuesday. A long discussion followed with Sue saying Lucille shouldn't have to pay for her own hotel to attend, WSB should provide travel money for attendees. Sue said before any of that is discussed we need to remember there is no budget yet for how many days we will be there, how many people will be needed to man the booths, and how long do we need to be there. Sue suggested not giving more than \$500.00 at this point until we know if World Service will help us. The prices are very high such as the Booth - \$1100.00, Table and Floor Coverings - \$800.00, how many of us will be going, etc. Ross said we needed to make a motion to allot the \$500.00 to get started. Barbara M said she would like to transfer the \$500.00 to the Outreach Budget account so she doesn't have to start a new category, and the money will be there to use as needed for this event. Sue made a motion to allocate the additional \$500.00 to the Outreach Committee, and it was unanimous - yes.

News from World Service: Lucille said the official summary of voting and outcomes will be available in September, she had already given the preliminary report in May, so it wasn't necessary to review it again tonight.

Ross added a few things: Our Preamble removed the word "Over" from Overeaters to just say "Eaters" which we should all do in our meetings (just cross out the word "over" as it was enacted in plain language), the "Special Focus" Jewish meeting - failed. Side note: All people who were "cons" were Jewish. Ending meetings with a prayer added "Serenity Statement" about seeking serenity, leaving out the word God, and beginning with "Grant me the Serenity...", and plain language being accepted as literature. There were two motions to change Steps and Traditions - no change, and no changes to ByLaws motion being accepted.

Mikey addressed some questions about Insurance Coverage for the Obesity Week. We are one of the only groups, according to Sue, who carry any insurance at all. Sue also mentioned there is a possibility we won't have a rep everyday, so does it make a difference with insurance if we don't sign up as CJIOA. Mikey will check and verify that insurance needs are met. Mikey will ask our agent if other Intergroups have insurance.

Nominating Committee - Sima is on the Steering Committee. Would anyone like to join? Ross will send Sima an officer list.

Holidays - Alex C - Unity Day - Nothing as it is next February, Sponsorship Day is August 15th and 16th, it will be virtual, and Alex needs a committee before the end of June. She has asked if Nick and Barbara M will help with a theme and whatever else.

IDEA Day - Mikey has already secured Aldersgate Church for 11/21/26. They will hold it for us without a deposit. Mikey now needs a committee to help him.

12 Step Within Day - Ross and Lusk - Lusk said we need some input at meeting level of the 12 Step Within Process. Find out from attendees why some people come and don't return, why some long-timers just disappear, etc. Sue suggested that it would be nice to put together a 12-step challenge or commitment. Sue said she would be on the 12 Step Committee. She suggested calling 3 people each to invite them to a meeting, and Ross said - call 5 and keep them alive.

Old Business - None

New Business - None

News from Groups:

Mikey said Monday morning Freehold meeting has a great venue, it is a Beginner/Discussion meeting, spread the word that it needs help because it may disappear by the end of the summer.

Mikey also asked Sue to find out which Intergroups have insurance and the names of the companies for Obesity Week.

Marybeth - Saturday morning, BB, Red Bank 10am needs support. Formerly the First Baptist Church of Red Bank is now Riverside Church, 84 Maple Ave., Red Bank. NJ.

Lucille said Asbury Park meeting hosts a walk in summer which will be on the CJI Website.

Send all information on any changes to MaryBeth, text first, then email, as per each month.

Meeting adjourned at 8:07pm with Serenity Prayer led by Ross. He will see us in September.

Good luck Ross and Robin ❤️