

OUTREACH COMMITTEE

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

July 5, 2026 - 7:30 pm (via Zoom)

AGENDA

- **Opening:** Serenity Prayer
- **Attendance:** Mikey – East Brunswick, Josephine – Lincroft, Joan – Manahawkin, Marybeth – Lincroft, Lucille – Brick
- **Budget Report:**
 - Lucille reported we have spent \$1,996.01 so far and have \$1,503.99 remaining in our budget through 10/31/26
- **Health Fairs/Conventions/Events/Conferences:** Upcoming events (2026 & 2027)
 - NJ Psychological Association - Fall Convention, October 15–17, 2026 (Thursday/Friday/Saturday), Asbury Hotel in Asbury Park (need volunteers)
 - Lucille will find out how many attendees and exhibitors were at the last convention and if we can exhibit for only one day (Friday, 10/16 is full day)
 - New Jersey Education Association (NJEA) – annual conference (11/5-11/6/2026 Atlantic City) upcoming – will discuss soon
 - Josephine agreed we should ask SJI and NJI to combine volunteers and funds for this event since it is state-wide
 - Need to review rules and deadline to register – maybe discount offered for early registration
 - Obesity Week – Washington, DC Region 7/World Service 11/14-11/17/26 (Josephine) Region 7 has asked CJI to help – contributed additional \$500 provided by CJI
 - Josephine explained there are many intergroups participating since this event is for all of Region 7 so may not need help from CJI
 - Also mentioned that volunteers for this even should be at healthy body weight due to image regarding obesity and other hi-profile exhibitors
 - Lucille stated they may not require the use of our banner or table cover since there seem to be several intergroups who also have these items
 - Mikey discussed the insurance aspect and felt Region 7 should provide coverage for this event and if no one from CJI attends then it is not an issue
 - New Jersey Prevention Network (NJPN) – annual conference (5/13-5/14 2027 AC) next year
 - New Jersey Association of Mental Health & Addiction Agencies (NJAMHAA) conference – maybe in 2027 if we get early lower price table fee next year
 - National Association of Social Workers (NASW) – Atlantic City, New Jersey (2027) next year
 - Region 7 provided 50% reimbursement for this event to CJI and it will be forwarded to Josephine to split with 3 other intergroups that participated
 - New Jersey Integrated Mental Health (NJIMH) – Asbury Park, NJ (2027) next year
- **Literature:**
 - OA New Prospect cards (20 packs of 30 @ \$3.00 per pack = \$60.00 plus \$12.00 shipping = \$72.00) Lucille has received reimbursement from CJI
- **Give Aways & Other Items:**
 - Give Aways – no give aways needed at this time. Will review again prior to NJ Education Association event. Spinning Wheel may be used at next event
- **Medical Schools & Hospitals:**
 - Mikey contacted 16 psychiatric residents about OA presentation in September – he is looking for younger people to attend (Josephine would like to go and he needs 2 more)
 - Mikey will follow up in August as they are not ready to commit until then
- **Rehabs/Support:**
 - New Hope (rehab)– monthly OA presentation to clients (Lucille) CJI Outreach committed to 1st Tuesday of each month at 1:15 pm (1 hour) 3 OA members
 - July 7 = Lucille, Marybeth, Joan
 - August 4 = Lucille, Kevin, Mikey
 - September 1 = Lucille, Joan, Marybeth

- **Young Adults:**
 - YA Committee (World Service) – Lucille is a member of Branding & Perspective subcommittee and they are looking for feedback from individuals in OA ages 18-30
 - Student Events – approach students about OA at colleges/universities by attending Student events –
 - Lucille and Joan have list of Central NJ colleges & universities Student Affairs dept. with script so they can call/email (August/September better time to contact)
 - Kean University – Josephine to contact them about Fall event with the Health Center (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
 - June: 2 calls - 1 wrong number; 1 woman (Kristen) looking for in-person meeting for her 14-year-old daughter and when I explained OA is for 18 years or older but if her daughter was accompanied by a parent it would probably be okay, she then admitted that she needed OA herself. Since she was in Waretown I asked Joan to contact her about meetings in that area. Best part was when I asked her how she found out about OA Kristen explained her daughter's therapist suggested it. Maybe that therapist came to one of our Outreach events and we planted a seed. Joan will follow up again.
- **Advertising:**
 - Pine Barrens Tribune ad (\$100 = 3 months) Sept, Oct, Nov advertising in the Pine Barrens Tribune - \$100
 - Coffee News ad (\$65 month) Dec 2025/Jan/June/July ads
 - Total annual advertising budget \$400 - Joan asked for an additional \$60 and it was approved by the Committee
- **Outreach Recruitment:**
 - CJI Newsletter – new one is on CJI website with article on Outreach. We should start drafting an article for the Outreach section of the next newsletter
- **Old Business:**
 - New Stand-Up OA Retractable Banner – approval granted to purchase generic banner for use at joint IG events or events outside of NJ (plus current one is falling apart)
 - County Fairs 2027 – Ocean & Monmouth County (Josephine & Lucille) discuss next year – Mikey advised he did this in the past at Middlesex and it was not successful
 - Weave Recovery Conference – this year at Bell Works on 7/9/26 – discuss next year (2027) gse.lgbt/weave (Marybeth)
- **Next Meeting:** Sunday, August 2, 2026 @ 7:30 pm