

Minutes from September 11th Meeting: - Amended in Lucille's Outreach report - 10/9/26

1. Open with Serenity Prayer - Ross
2. Welcome Reading - Ross
3. Tradition 9 and Concept of the Month - Alex C

Total Meetings - 31

15% of Registered meetings = 5 Reps and 1 Officer

7 attendees tonight - Quorum - yes

4. Attendees: ROSS - Chair; ALEX C. - Co-Chair; BARBARA M. - IG Treasurer; Sat, am Met. Weds Met. pm-BB, Sunday pm - Beginner Metuchen; ARLINE - Sat. Whiting; LUCILLE- Asbury P. Mon. pm, Reg. 7 Rep, WS Delegate, Co-chair Outreach; LUSK, Pine Beach. Thurs, pm, filling in tonight for Lakehurst, Tues am., 12 Step Within; MARYBETH - IG Corres. Secy, Sat. am Red Bank, BB, Outreach Comm.

5. Minutes from August 14th, 2026, Motion made by Lucille to Accept, Seconded by Arline, Accepted Unanimously

6. Intergroup Principles - Ross

7. Strategic Goals - Barb M.

8. Pamphlet Project - Marybeth qualified for 5 minutes briefly telling her OA story. Her compulsive overeating started at age 7 or 8 when she overate, got violently ill and threw up. She thought it was wonderful, while her mother asked "what's wrong with you"? From then she tried all diets, going up and down for years. When she came into AA with her primary addiction, she was worried about her weight, afraid of death and not being able to fit into a casket. At that time her weight had gone up to over 200 lbs. She did go to the Weigh and Pay programs, they worked for those who only had a few pounds to lose, but not for her. Sobriety in AA didn't matter for her weight, but she knew she had to do something. Her AA sponsor's husband was in OA, so in 1988 she tried, but was in and out. She used OA as a diet. For years she had serious diverticulitis, and when she went to the gastro doctor in 2020, she was met by an intake nurse who was very offensive in her demeanor by telling Marybeth if you just lost some weight you would probably be a lot better and not setting off this diverticulitis. Marybeth felt shamed by the disgust she heard in the woman's voice and saw in her face, and knew she had to do something about her food. She is maintaining a 52 lb weight loss as of present day, her food abstinence is not letter perfect, but she is a work in progress and needs to be accountable. She maintains two sponsors - one in each of her 12 step programs and wants her recovery to cover it all. She does get nervous being the Corresponding Secretary of our Intergroup, but works hard at learning new things which takes courage. She loves Intergroup, OA and is happy to be here. Thank you so much, Marybeth. Ross asked for a volunteer for the October 11th, Intergroup meeting, and Arline volunteered to tell her story. Thank you, Arline.

9. Reports:

Chair - Ross: Thank you, infinity, Alex, for taking over July and August. Ross at first wanted June and July and to return in August, but Alex had other plans for June, so Ross took his hiatus in July and August. There are no coincidences as the June meeting would've been effortless, but August would've been tough. God came along and made it work with Ross having to move during the summer months.

Also, Ross has been working on the Logo Renewal which happens every 2 years. We hadn't heard for a long while, but then it came the next day, and we do have our Logo. Tying our Logo into the flyers is important, and although there are parameters for flyers, the Logo isn't

one of them. The Sponsoring Group is required, but not the Logo. Ross is encouraging all of us to use the Logo on flyers. Alex has both, and Ross will send them to anyone who needs it.

Vice-Chair - Alex: No report this month other than thank you everyone and welcome back, Ross.

Treasurer - Barbara M.: - Ross asked if the Treasury Checkbook had been reviewed. Barb found 2 volunteers who will have it done by the October Intergroup Meeting. The Ways and Means Committee meeting has a lot to discuss so we will do it on Zoom. There are no free weekday nights, but Barb will send out notes for a Sunday afternoon. Alex brought up the budget on Zoom for all of us to see:

According to Barbara, the IG income is the lowest it has ever been. Sponsorship Workshop donated \$13.72, only two meetings sent regular donations, we only cleared \$124.00 this month when it normally should average \$500.00. We have had lots of expenses which is frightening. We gave \$1,000.00 to Region 7 and \$1030.00 to World Service (\$30.00 PayPal fee). Outreach cost \$873.00, N Filing was due in October, \$33.00 electronic file for non-profit, \$102.00 ink and stamps, Domain Monger annual fee for Registering CJ.org, and we spent \$3,000.00 this month because there is a lot going on. Lucille questioned why we have a deficit of minus \$64.00 when we actually have \$300.00 or \$400.00 left in our annual budget until the end of November. Barb will double check. Lucille will remind North and South Jersey Intergroups they owe us money. When you take out the prudent reserve of \$4,000.00 it looks difficult, but there are no travel expenses for World Service this year as it is virtual, so when all is tallied up, we will be fine.

Recording Secy - Joan: - Moved to PA on 9/10 - no Internet connection yet, was unable to attend. Ross announced Joan would stay on to complete her term of office in January 2027, thanked her for all her service, and will surely be an active member of Penn-Jersey Intergroup after that. Thank you, Ross. I will miss CJIOA very much!

Corres. Secy - Marybeth: - Flemington online meeting has been cancelled. Nick will help Marybeth with online information.

Website: Nick: - Nick thanked Alex for teaching him and helping him when he had issues. It is easier to do everything because of that help.

Outreach: Lucille: - Ross has included Lucille's Outreach notes from 9/6/26. The NJ Psych Convention is being held for 3 days in Asbury Park. CJIOA is exhibiting on the 2nd day - Friday - for a full day. CJI got a \$450.00 discount for two people because it usually would be higher. North Jersey cancelled so Lucille found a new volunteer, her sister, Christine, also a member of OA. Lucille stressed again that it is not necessary to be an official member of the Outreach Committee in order to do Outreach service. The New Hope Rehab monthly visits from CJIOA need volunteers to share their stories for 10 minutes each. Joan shared on Sept. 1st along with Lucille and Marybeth, who is always there, as well. Mikey offered for October if he can make it, and Kevin will do November also with Lucille and Marybeth. Anyone who would like to come to New Hope in Holmdel to tell your recovery story in OA would be appreciated. It is always the first Tuesday of each month from approximately 1:00 pm to 2:30 pm. Lucille will gladly meet anyone at the Judy Blume rest stop, Exit 100, on the GSP, to drive them there. Again, you don't have to be a member of the Outreach Committee because money is sparse, but Outreach is critical for advertising and more. Lusk commented that we need to talk about it and generate interest. Ross will mention it in his monthly notes from Intergroup. Barbara also explained to Lucille why the Outreach Budget did not match the outflow and income. It's because they come in at different times and may not make it onto that month's budget report.

News from Region 7 - Lucille: The Fall Assembly is in person. Arline is participating in the Intergroup Renewal Committee on Zoom on Sunday, the last day of the Assembly. There will be 5 speakers from each generation on Zoom.

News from World Service - Lucille: The 2027 WSBC will be virtual from New Mexico

By-Laws Committee- - Alex C and Sima: Sima was not present, but Alex highlighted passages to go over. Nominating a new Treasurer should've been done in August, Officers can hold offices for 2 years. #7 Statement on the By-Laws: Vacancies of Officers - who is Intergroup Membership exactly? Who votes? Whatever changes need to be made Alex will write up and submit to Ross.

There is an issue for a 6-year term - example used - Christina. Christina filled a vacancy just under 2 years and was re-elected for 2 more terms, making her term of office nearly 6 years. This can happen, and anyone who wants to can take a year off and run again. Region 7 Reps shall rotate service every 6 years confirming yes on three-2 yr positions. Lucille could keep running and running. Delegates elected for 2 years shall rotate out after 6 years. Alex will write up all these regulations and read them at the October meeting.

Insurance - Mikey: Not present

Nominating Committee - Sima - Not present. Ross had some things to add: Any WSBC Delegate needs 1 yr of abstinence and 2 yrs of cumulative but not consecutive service above the group level. We are allowed one Rep per 15 groups or any part of that group, so we are entitled to three reps for 31 meetings.

We need to begin nominations now for 2 year terms: Is anyone presently interested? No, not at this time. Ross will bring it up again next month in October. The 2028 Conference will be in person in New Mexico, so if you accept now for 2027 and are voted in and are not able to attend physically in 2028, you can still work on the committee and new business.

In addition to the WSBC, we will add Recording Secretary in December, 2026, (Joan took over for Lucille) to be voted on in January and begin duties in February 2027, as well as Corresponding Secretary, Marybeth, who has already completed 2 terms, nominations in December, 2026, voted on in January 2027, and begin duties in February 2027, as well. Vice-Chair needs to be nominated in April, voted on in May, and duties assumed in June, 2027 for July Intergroup. The Treasurer is also up for nomination in August, voted on in Sept. 2027 and duties assumed in October, 2027. When it was mentioned that we have to ask Barbara, Lucille nominated Barbara, seconded by Alex, and Barbara accepted happily! Thank you, Barbara!

OA Holidays - Alex C: UNITY DAY, nothing on Calendar as yet, SPONSORSHIP DAY, held August 21st, 2026, Nick says thank you to all who helped put it together. There were 24 attendees, three amazing speakers and 3 panelists who answered various questions. Ross said it was great. IDEA Day is coming up, Saturday, November 21st, 2026, 9:30am to 3:30 pm, Alex is scheduling a committee meeting, help is needed setting up at Aldersgate Methodist Church in East Brunswick the morning of the 21st, Ross and Barbara volunteered. 12 STEP WITHIN DAY: Ross needs help. Every other year alternates between virtual and in-person. This year is in-person. Lusk put his email and phone # in Chat so they could start the process ASAP. No one will get the minutes until 10/8 Intergroup meeting. Ross will put it in the What's new in Intergroup blurb. 12/12/26 is a Saturday, so it could be held in Whiting or Red Bank. What does Arline think? Marybeth offered Red Bank, too. Lucille said Whiting is far, but Ross said it is a huge meeting every Saturday, so we can talk about it.

Newsletter Program - Robin/Marybeth: - Robin still wants to work on the Newsletter but has been busy with moving and getting settled.

New Business: - None

News from Groups: - Monday Evening 7:30 to 8:30 Online (Zoom) Freehold meeting has a speaker every other week. Requirement - 1 month current abstinence, they need speakers. Please contact Mikey.

Please send all changes (times, contacts, status) to meeting lists to Marybeth, as per each month.

At 7:58 pm Ross thanked everyone who was able to be here tonight and asked Alex to lead us in the Serenity Prayer. Our next meeting is Friday, 10/9/26 at 7:00pm

Respectfully submitted, Joan T - Recording Secretary