CJIOA MINUTES - October 13, 2026 Meeting:

1. Open with Serenity Prayer - Ross
2. Welcome Reading - Ross
3. Tradition 10 - Frank
   Concept of the Month - Alex C.

Total Meetings: 31
15% of Registered meetings - 5 Reps and 1 Officer constitutes a Quorum
11 Attendees plus 1 officer - Quorum - yes

4. Introduction of Attendees: Ross - Chair; Alex C. - Co-Chair; Arline - Sat. Whiting; Marybeth - Corres. Secy- IG, Outreach, Sat. Red Bank-BB; Joan - Recording Secy - IG, Outreach, Monday Manahawkin; Barbara - Treasurer - IG, 3 mtgs Metuchen, Saturday, Sunday, Wednesday, Alex H. - Sat.am Manahawkin; Lusk - Thurs. Pine Beach, 12 Step Within; Lucille - Monday night Asbury Park, Co-Chair Outreach, Reg.7 Rep, Alt. WS Delegate; May - Monday night Matawan Steps & Traditions; Sima - Mon.am phone mtg, By-Laws, Nom. Committee; Frank - Thurs. Red Bank online lit.

5. Review of last month's minutes - correction "NJ Psych Exhibit was on the 2nd Day not 3rd Day", Motion to Accept-Arline, Second - Lusk - Unanimous

6. Intergroup Principles - Joan

7. Strategic Goals - Ross

8. Pamphlet Project/ 5 min qualification - Arline:
   Arline came to OA accidentally in 1974. She weighed 240 lbs at 5'2". At a bus stop someone asked her if she'd like to lose weight. The woman took her to an OA meeting. It was the first time she had any hope that she could possibly do something about her weight. At that time her life was a wreck. Her husband had lost his job, she had to get a job, but feared not being able to. At the time there was only "Gray Sheet" for a food plan, she felt hope this time while losing weight because before that she had always promised herself she'd start a diet on Monday. She didn't have many friends, but in OA that changed. She still has long-lasting OA friendships today. Sadly many of them have passed away now, too.
While losing weight she didn't know what to do about clothes' shopping. Old clothes were falling off her, and she considered that a blessing. Weight loss was the first thing that brought her here, service was the second. She never said no, she asked to be our Intergroup Rep, and had to learn how to Zoom which was a learning curve, which she uses all the time now.
Summing up: Arline was very involved in the program by being IG Rep, Region rep and WS rep. She moved from Staten Island to Brooklyn then to Long Island where she lost her connections. After 6 years in Long Island and gaining back some weight, she moved to NJ and had to find another meeting. The biggest gifts she has are having a sponsor and the 12 Steps.
Thank you, Arline, for sharing your story!

Next Month Lusk has volunteered to give a Pamphlet talk on a pamphlet of his choice.

9. Reports:
Chair - Ross: Copyright violation notice - Inadvertently CJIOA used a "Little Red Mailbox" along with an OA title on one of our flyers for an upcoming event. "Copytrack AI" searches through everything and picked up the usage of the little red mailbox which belongs legally to someone else. CJIOA was fined $1,000.00 because of that. Needless to say we will be more discerning when creating our flyers and titles.

Bob Law being a Trustee now instead of Region 7 Rep tried to help:
DD Moss publication is the manager
He suggested contacting Panther Publishing out of Berlin - their full Legal Name
The Fine could be $1,000.00
Copytrack is authorized to act
What options do we have?
We can afford to pay, but why?
Red Mailbox was on our website.
Alex said there is nothing further - she will send it.

Co-Chair - Alex: Nothing at this time.

Treasurer - Barbara M: Condolences from all of us from Ross in the death of your father;
Treasury did better this month of Sept. $812.00 from groups
She put $1,100.00 back into the treasury, Barbara didn't get charged for the Website - Alex will check
Any questions:
Lucille said we want to spend the remaining balance in our Outreach fund. If we are in the negative we can make a motion to add extra money as it will still come out from this budget. (See last page of this report)
Ross said the budget will be a month late because of the lateness of the Ways & Means Meeting
Motion to accept minutes: Barbara, Second - Marybeth. Unanimous

Recording Secy - Joan: Nothing at this time

Corresponding Secy - Marybeth: Nothing at this time. Email and phone is in the Chat as usual, text first if you are sending an email.

Web-Site - Nick: Absent

CJI Outreach - Lucille, Joan, Mikey, MaryBeth (CJI phone): Notes are posted from last meeting, next Friday, 10/16 - Asbury Park Psych Assoc. event, Mikey will give us a date in November for 2027 RWJ Physicians' meeting, we need volunteers for the New Hope Rehab in Holmdel for the first Tuesday of each month, 1:00 - 2:30 - 10 minute qualification of your OA history, you do not need to be a member of the Outreach Committee, help is needed for upcoming exhibits in AC and more.

12 Step Within - Lusk, Marty: Information later in this meeting

News from Region 7 - Sue, Lucille: 48 hours before the Region 7 Fall Assembly, Lucille came down with vertigo, and she couldn't drive there. She went onto ZOOM but was unable to vote and unfortunately the only rep from CJIOA. Lucille also added that the Chair of the Outreach Committee for Region 7 went out of his way to thank CJIOA for not only the monetary contributions, but also for the support from all of us.

News from World Service - Lucille 2026 alternate delegate - No report

Bylaws: Alex, Sima - Nothing to report, but a question to be clarified. How many OA members are needed to appoint a member of the By-Law Committee. Ross felt is was a non-issue as long as the volunteer has the necessary qualifications, they can just volunteer and the vote would likely be unanimous.

Insurance - Mikey J: policy review - Nothing to report

Nominating - Sima: WSBC Delegate Nomination (1 year of current abstinence and 2 years of service beyond the group level). We can have 3 delegates, but now we have no delegates. We can nominate at the meeting. One person declined, the other is out of the country. An alternate is one year at a time. It will be virtual in 2027 - no travel involved. Sima will bring it up again at the meeting next month. However, we can have a rep on a year-to-year basis if no one wants to sign up for the full term. We will resubmit it to Bob Law.

OA Holidays: Unity Day (last weekend in Feb. - Saturday in even years, Sunday in odd years). Alex - too early yet
Sponsorship Day (3rd full weekend in August) Alex - too early yet
IDEA Day (3rd weekend in November) this year 11/21/26 - Flyer is up, agenda will be worked on, Speaker needed - no one has offered yet
12 Step Within Day (12/12/26) Saturday, location yet to be determined, Lusk needs help planning. His phone and email are in Chat. Please consider doing service. Two places mentioned were Whiting or Red Bank - nothing decided yet.

10. Old Business: Newsletter update - Robin and Marybeth - from Robin: Oct 31st is the next newsletter, Lucille will do her best to put something together about Outreach, Sima suggested putting in the newsletter that we need volunteers for World Service. They must be members of our Intergroup, have experience on the group level, and Region 7 beyond the group level. Ross will also put this in What's New in Intergroup.

11. New Business: Sima needs volunteers for World Service as discussed in previous paragraph.
Ross - CJI phone - Who will answer the phone? Ross got several calls from a gentleman referred from the Outreach Committee ages 18-30. He came in at age 21. He kept texting Lucille. We need to be able to text. To be discussed at a future meeting.

12. News from Groups/Announcements: Please continue to ask newcomers where they heard about OA.

13. General Note: Please remember to send all changes for group meeting times, locations, formats, contact persons, new meetings or cancelled meetings to Marybeth. Barbara Jean's sister passed away, Mike B fell and is in the hospital, Lusk got a call from Elizabeth Crockett's daughter. Elizabeth lived in Whiting, was instrumental in the Tuesday morning Lakehurst meeting, then moved to MO, and is currently in ICU. The news from her daughter was not good. We will keep undated on that. * Barbara M (Treasurer) gave Lucille $735.40 which she was owed, for Outreach.

14. Adjourned with the Serenity Prayer at 7:50 pm led by Frank.

15. Next IG Meeting is Friday, 11/13/26 at 7:00pm Zoom.

Respectfully submitted - Joan T. Recording Secy.