

Chair: Jon K.	Oasis: Mary Ann C., Alison L.
Vice Chair: Susan L.	Parliamentarian: Andrea P.
Treasurer: Toni Ann A.	Event Chair: Ilene
Recording Sec.: Maria G.	Public Information: Terry P.
Corresponding Sec.: Gail Robin	12 Step Within Chair:
Region 7 Delegates: Joyce, Toni Ann A., Susan L	Sponsorship: Polly HB. and .
Maria G., Vanessa C.	Zoom Chair: Open
Scholarship: Susan S.	Website Chair: Open

Opening – Meeting called to order at 7:30 PM by Jon K

OA Responsibility Pledge: Jon K/ Serenity Prayer: All/ 12 Steps: Robin /12 Traditions:
Judy /Concept of the Month: Gail /Unity with Diversity Policy: Jon

Introduction Roll Call:

Steve S Zoom Committee, Wed 8p Mens MTG

Judy Zoom Committee

Susan S Vice Chair, Scholarship Committee, Literature requests BB or 12/12

Rebecca Visitor Sunday 9a Virtual BB Study

Gail Corres Secretary, Thurs Relapse to Recovery Mtg, Event Committee

MaryAnn Co-Editor Oasis

Maria G Recording Secretary, R7 Representative, World Service Rep

Toni Ann Treasurer, Zoom Committee

Robin 12th Step Within Chair, Saturday New Providence

June 9a Sunday Virtual BB Meeting

Shirley Friday night Hackensack HOW

Vanessa Monday night Livingston, R7 Rep

Renee Saturday 9:15a Virtual Step Meeting

Andrea Parliamentarian

Loraine Tues/Thurs 7a Montclair Step Mtg

Polly HB Sponsorship Coordinator

Leslie Friday 7p Nutley Mtg

Mark Saturday AM Cedar Knolls, Hot Line

Jon K Chair

Approval of January 2024 Meeting Minutes:

Motion to Accept: Robin Second: Susan (Minutes approved)

No questions or comments on January meeting minutes.

Standing Committee Reports:

Treasury: Report is pretty straight forward. We are collecting money for retreat. TA + Jon need take care banking stuff name change etc...

OAsis: Marianne SPRING Oasis will be out March 21 and the topic is GRATITUDE. Submissions are needed by March 1. Would be wonderful to get more submissions. You can go to website and submit or send directly to Maryanne via email.

Public Information: Teri is not here. Robin- said PI has been quiet this month, but we are going to get back on track.

In-reach/12-Step Within Committee: Robin- is helping with Retreat Planning

Info Line/Telephone Committee: Mark -said there was one phone call asking about donations to treasury.

Scholarships: Susan S- no books sent out this month. She encourages everyone to tell their meetings and have their friends tell their meetings we have BB and Step books and we will mail them out.

Sponsorship: Polly For February we have 4 sponsors and 3 that are not matched. We have a total of 8 sponsors for 2024 to date one available sponsor from Paris might be hard to match. Sponsees for February- 3 sponsees matched and we have a total of 4. The one that is not matched wants a male sponsor we have 3 unmatched sponsors that are woman. If someone needs someone and we don't have anyone Polly suggests to join the WhatsApp Sponsorship group. Or listen to 2nd hour of Vision for you for sponsors. Jon suggested he and Steve reach out at men's meetings to see who is available.

Website: we still do not have a website chair so Jon is being the intermediary between the requests that come in and contacting Patrick. Some hiccups website down, but everything is fine now and for the time being for any changes etc send to chair@njioa.org and Jon will work with Patrick to get it done.

Zoom Committee: Steven S met with the Winter Retreat Committee, updated the Zoom account to 500 people that is all set for next 30 days. A couple events need links for March and April that he will send out this week.

World Service Report: Maria

OA WORLD

World Service Business Conference May 7-11 Alburquee New Mexico

OA has added a new statement to the WELCOME section of certain suggested meeting formats:

The New Welcome reads as follows

"Welcome to Overeaters Anonymous; we are a growing, evolving Fellowship with in-person and virtual meetings around the world. In OA, there are opportunities for recovery and to give service at local and virtual group, intergroup/service board, region, and world service levels. We strive to provide literature and support in every language, worldwide, to meet still-suffering compulsive eaters wherever they are."

The new paragraph was developed in recent strategic planning meetings held by OA board trustees and region chairs, and is now included in the opening remarks of four of our meeting formats: THESE four formats are available to download free as a PDF

Suggested Meeting Format

Suggested Telephone Meeting Format

Suggested Online Meeting Format

Suggested Step-Study Meeting Format

2024 Literature Catalog and Order form now available for meetings

The Literature Catalog gives helpful descriptions of every OA-approved and Board-approved item sold by the World Service Office, and the Order Form can be used to reference prices and item numbers when placing an order by telephone or by mail. Download and Share at your meetings found ALL THIS INFO can be found on OA.org on the home page Look for the whats happening at OA Section and click on SEE MORE

Region 7:

R7 Spring Assembly Friday April 12-Saturday April 13 Virtual (on Zoom)

Registration is open now If you are a rep please register- go to OAreion7.org and click on the upcoming

events tab on the right hand side

The Agenda and pre-assembly packet will be posted in March

Region 7 Round Table January Edition

When: February 20, 2024, at 7 pm –ET

A Discussion About Preparation for Participating in a Health Fair.

Organized by the R7 Outreach Committee Our Committee is Public Information

MEETING ID: 827 6593 7764 PASSCODE: 543001

NJIOA Events:

Past Events: Susan gave
report

Saturday is our big event

TA will tell us about it

later the speakers are

fabulous the set up is

great spread the word!

February 24 Worldwide

Unity Day at 11:30a

across the country we all

hold hands our Unity

Day is on Zoom the

whole state worked

together Our Events

program is set for the

rest of the year.

“Time To Recover” Event Saturday February 10

ToniAnn gave report We have 85 people that are registered please register. Tremendous speakers and fellowship it will be recorded.

All based on “Time” TA ran though the ROS. Please talk it up! Gail doing great job sending our reminders. Call your friends sponsors, sponsees. As of 3p today all registrants have received the packet. Jon thanked Committee for all of their hard word and again asked to spread the word.

Old Business:

None

New Business:

Jon we need a Web Chair in talks with someone but if you are interested contact Jon

Event at Stepping Stone

Leslie not present so will table until next month

Gail asked what Stepping Stone was- it is a retreat center we are planning a workshop there.

Susan gave some information about :60 drive Bill lived there for a while in a cabin where he wrote 12 steps Leslie secured 23 places. Date in June. Leader take groups around to see it- its very moving, saw desk where Bill wrote the 12 steps. Need to work out details still.

Maryann talked more about the packets for Winter Retreat "Time to Recover" and receiving the packets.

TA will send out speaker information.

Jon Big Push for registration for the Winter Retreat!

O.A. Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

Motion to Close: Maryann **Second:** Robin

Meeting adjourned at 8:40 PM.

Respectfully submitted, Maria G.