

OAsis: Marianne SPRING Oasis will be out March 21 we have many different articles on GRATITUDE. The next edition will be out June 21 and the topic is LAUGHTER. Jon mentioned great way to share your story, do some service, great way to share. Would be wonderful to get more submissions. You can go to website and submit or send directly to Marianne via email.

Public Information: Teri shifted focus. Was trying to make presentation to group of nutritionists and professional with the Summit Medical Center- that seems to be delayed due to no response from the contact person. Health Fairs- few and far between. New Idea Summer Farmers Market. We have a contact with Ridgewood Chamber of Commerce. (need certificate of insurance) We will need volunteers. This Farmers Market is open on Sundays from 8:30a-4:30p. We will set up booth with literature and hand out water bottles. Joyce looking into Montclair Farmers Market. If you live in a town and like your Farmers Market let Terri P know. Our campaign to spread the word through the posters See One Help One has been very well supported by Joyce and Gail S. Toni Anne has contact for Montclair Farmer Market. How do we help? More Information to follow for volunteer info. Maybe a link on website to sign up?

Info Line/Telephone Committee: Mark -2 calls one a test call. Not a lot of calls this month.

In-reach/12-Step Within Committee: Robin- full committee keeping up campaign of Each one Call one make at least one phone call a week if not more- especially to newcomers. Reach out to someone you have not seen in a while.

Scholarships: Susan S- no books sent out this month at all. Tell you groups if you need a BB or Step book to contact Susan and she will send them out. Info available on our website.

Sponsorship: Polly HB In February we had 8 potential matches. In March we had 5 one person has not contacted a sponsor yet. If you are sharing at virtual meetings about this service- take into account time differences. Thanks for the system working so well! Will need help in May for about 10 days.

Website: Jon- we still don't have a chair so he is handling for now if anyone wants to be Chair please contact him. Sending changes to Patrick he has been handling the website. chair@njioa.org and Jon will work with Patrick to get it done. TA can handle while John is away. Most of the recordings from the Retreat are up on the website. Please take a listen!

Zoom Committee: Steve is handling for now. Hosting the event on the 24th running the Zoom portion of the event. He is still checking the email regularly. We did have a Zoom bomber incident- Steve worked with that meeting to make sure it was ok and gave tips and tricks. He is here to help! Jon mentioned we were going to discuss in New Business but since we covered it now we are OK.

World Service Report: Maria

OA WORLD

World Service Business Conference May 7-11 Albuquerque New Mexico

The A Step Ahead newsletter is now **A Step Ahead news blog**. Find all world service news here. You need to sign up for this Blog by going to OA.org click on the Whats Happening at OA section and on that page there is a link that you can click called email newsletter enter your email address and you will get a notification to your email inbox to verify that you are signing up

PUBLIC INFORMATION

OA recently released new Public Service Announcement (PSA) videos online for groups and service bodies to use to carry the message. Recently, both the new videos and a few older PSAs were enhanced with subtitles in sixteen addl languages

You can find all OA PSA videos on the Public Information and Professional Outreach web page and at OA's video channels at vimeo.com/overeatersanonymous and youtube.com/@overeatersanonymousofficial

OA's Public Information and Professional Outreach (PIPO) Committee has just released a new letter template, **titled Assisting Medical and Health Care Students and Professionals**. This letter, intended for OA service bodies to use when speaking about OA to doctors, nurses, counselors, and other health care

professionals.

In addition to the letter template, the document includes suggestions and links to such important outreach tools as our Public Information and Professional Outreach Service Manual and Guidelines for Professional Outreach Committees.

You can find all of this information in the Document Library under categories "Carrying the Message" and "Professional Outreach."

Issue 3 of the Professional Community Courier is now available. The Courier is written by health professionals, for health professionals and aims to educate about the benefits the Overeaters Anonymous program to patients and clients. This issue includes moving testimonials from both a doctor who joined OA and found relief from binge eating and a patient whose amazing recovery in OA shocked her health care providers.

You can Find Issue III of the Courier in the Document Library under the "Professional Outreach" category. You can print and distribute it to health care providers in your area!

Region 7:

R7 Spring Assembly Friday April 12-Saturday April 13 Virtual (on Zoom) Registration is open now **Registrations Due: March 31, 2024** 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 (not posted yet) It is important that you register so NJIOA can be fully represented and that you hopefully get on the committee that you selected

Region 7 Round Table March Edition When: Thursday March 19 2024, at 7 pm –ET

NEW TO OA?

MEETING ID: 827 6593 7764 PASSCODE: 543001

SAVE THE DATE 2024 Region 7 Convention November 1, 2024 November 3, 2024 Ocean City Maryland

EVENTS COMMITTEE REMINDER

Make sure that you submit all of our upcoming events on OAreion7.org and the OA.org calendars

Questions

Robin- email online Portal it is for donations starting a portal to do that.

Mark will go to R7 as well! (Mark/Maria/TA/Vanessa/Joyce)

NJIOA Events:

Eileen not present-Susan gave report.

Past Events:

Unity Day February 24

Don't have exact Unity Day totals. We have not gotten in a lot of donations we helped out Central Jersey paying for their Zoom. We had a great time working with South and Central Jersey. Felt love and kindness throughout the whole event.

UPCOMING EVENTS:

An Incredible Story of Transformation March 24 2p-5p Incredible stories incredible transformations. We are recording!

Body Positive: LIVE EVENT Sunday April 14 2p-4p In Person Event Montclair

Hot Topics Sunday May 5 2p-5p Virtual/Phone

A Day Trip to Stepping Stones June 8 Group of people visit historic home of Bill and Lois. Great day to spend all details on flyer

Relapse Prevention Keeping you Recovery in Tip-Top Shape June 23 2p-4p Virtual/Phone People coming in from around the world to lead us in this workshop.

The Psychic Change Sunday July 14 10a-noon Virtual/Phone

Thanks Alison for the artwork and Steve for all his Zoom help.

Thanks Susan and Eileen for the year of programming!

Old Business: None

New Business:

Does anyone have anything else to bring up.

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: Robin **Second:** Joyce

Meeting adjourned at 8:17 PM. Respectfully submitted, Maria G.

See you April 11th