



# News You Can Use

Overeaters Anonymous October 2024

SJIG [oa-southjersey.org](http://oa-southjersey.org)

*This is an update from our Intergroup Meeting to share at your meeting:*

At a Zoom Meeting - Use as a Screen Share / At a Face to Face Meeting – Print It/Read It/ Also Posted on OA SJ Intergroup Website: [oa-southjersey.org](http://oa-southjersey.org)

**Tradition 10 : Overeater’s Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.**

## Attendees:

# Meeting Reps	10	# Officers	2	# Comm Chairs	3	Reg Rep(s)	1	Total	16
Met Quorum?	Yes			Majority Vote	9	2/3 Vote	11		

- o Excused:

## Old Business

- September 2024 Meeting Minutes were approved.
- Vice Chair and Public Information/ Professional Outreach (PIPO) positions are still open.

## New Business

### 2025 Budget

- The 2025 IG Budget Committee was formed, consisting of Sam S-V - Treasurer, Kathy S-G, Elaine W., Bob L., and Maryann.
- All committee budget needs must be submitted by October 14<sup>th</sup>.
- The new budget will be presented by Kathy S-G. at the November meeting (Sam will not be present for the November meeting).

### December 2024

- A motion was made and approved to cancel the December 2024 IG meeting

### New Website Update

- Lesley M. reported that the new Website design is coming along well:
  - o Will include a button for Pay Pal
  - o Will be Beta tested over the coming months
  - o Installation is planned before the December holidays.
  - o She is very pleased with all the work done so far.

### NJ Psychological Association Convention

- Joann M. reported on the status of the upcoming NJ Psychological Association convention being held in Asbury Park this month. She and Elaine will be the two volunteers from our IG, the day’s coverage is being shared with Central and North Jersey IGs.
- **Joann is looking for a new chair for the PI/PO (Public Information/Professional Outreach) Committee.**

**Region 7 Convention**

- Jeff S. and Janet J. will prepare a basket for the Region 7 Convention from November 1-3. A motion was made and approved to provide a \$50 gift card for the basket.

**Mission Statement**

- Elaine W. suggested a mission statement be added to the IG agenda but not to our website. A motion was made and approved with a vote of: 14 for, 1 against and 1 abstaining.

**Tradition 7: “We are self-supporting through our contributions.”**

**60% to Intergroup contribute** via [www.oa-southjersey.org](http://www.oa-southjersey.org) or SJIG-OA,

PO Box 766, Voorhees, NJ 08043

*Include the meeting day, time, town and number in note field.*

**10% to Region 7 contribute** via electronic options(preferred)

<https://oaregion7.org/home/contributionspage/>

*Include meeting day, time, city, state and number in note field.*

**30% to World Service Office contribute** via <https://oa.org/contribute/https://oa.org/contribute/> or

WSO, PO Box 44727, Rio Rancho, NM 87174-4727

*Include meeting day, time, town, state and number in note field.*

**EFFECTIVE 2025:** THERE WILL BE A **CHANGE IN THE SUGGESTED DONATION RATES** FOR GROUPS, IG to receive 50%, WS to receive 40% and REGION 7 to remain at 10%.

**Committee Reports**

Committee Reports are attached to the Agenda that is emailed to each of the Intergroup Representatives.

**Next Intergroup Meeting**

**Saturday, November 9, 2024**

**10:00 AM**

**Learn more about  
upcoming events at**



**[OA South Jersey Events](#)**

