



# News You Can Use

Overeaters Anonymous November 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 11 : Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication**

## 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		

- Excused: Beth M. and Sam S.-V.

## Old Business

- October 2024 Meeting Minutes were approved.
- **Vice Chair and Public Information/ Professional Outreach (PIPO) positions are still open.**
- Federal Form 990 was completed and filed by John D., Sam S.-V. will file in 2025
- Joann M. reported the day spent at the NJ Psychology Convention in Asbury Park, NY was very successful. Over 50 people stopped by the table and OA was well received by the organization.

## New Business

### 2025 Budget

- The 2025 IG was presented by Kathy S.-G. Several amendments were proposed and passed. Donation to World Service was increased from \$1500 to \$1600 and donation to Region 7 was decreased from \$500 to \$400, both to be more in line with the suggested guidelines for 2025. The line item for PI/PO was increased from \$2800 to \$3500, the difference to be taken out of the funds balance, to better cover proposed upcoming costs for the year ahead.
- It was clarified that the Young People’s Committee may become a separate entity from PI/PO and so has its own line item in the 2025 budget.

### New Website Update

- Lesley M. reported that the latest additions to the new Website design include:
  - A dedicated Young People’s button and page
  - A “Where Do I Start” feature
  - A vastly improved Meeting List
  - A method whereby users may contact SJIG officers and chairs through our Gmail address
  - And installation is still planned before the December holidays with beta testing coming soon

- Becky L offered various new books and journals left from two former in-person meetings which went virtual. Several attendees at the IG meeting offered to contact her on behalf of meetings that might take the items.
- The Thursday 10AM Virtual ZOOM meeting will be held on Thanksgiving Day.
- It was determined that the SJIG email account is being overseen by Joan N. currently and that Lesley M. will do so in the future.
- Joann is looking for a new chair for the PI/PO (Public Information/Professional Outreach) Committee.

**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, January 11, 2025 (No meeting in December 2024) 10:00 AM – 12:00 PM EST**

**Learn more about  
upcoming events at**



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