



News You Can Use

Overeaters Anonymous October 2025

SJIG 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

Tradition 10: Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.

Attendees:

# Meeting Reps	8	# Officers	3	# Comm Chairs	3	Reg Rep(s)	2	Total	16
Met Quorum?	Y			Majority Vote	8	2/3 Vote	12		

Excused: Sam S-V, Beth M, Robin R

Old Business

- September Meeting Minutes (NYCU) were approved.
- The use of Sign In links in both the chat and the agenda is being discontinued.
- OA members in IG and other Zoom meetings are not making 7th Tradition donations. They are strongly encouraged to do so as the funds are needed to support the monthly SJIG budget. Intergroup representatives are urged to add transparency to their Zoom meetings by adding a 7th Tradition slide or verbiage to their format detailing the full actual costs of that meeting. An example of transparency was given by Elaine W showing the actual monthly meeting expenses for the SJIG Zoom meeting

Monthly Meeting Expenses:

1. \$36.23 for zoom expense per month
 2. \$21.34 for PO Box Rental per month (\$256.00 per year)
 3. \$79.92 per month for Representation at WS and R7 BC & BA is \$959.04 per year.
 4. \$3.34 per month-NJ Charities Registration and Federal Form 990-\$40.00 per year.
- Total monthly expenses of Intergroup not directly benefiting the groups is \$140.83.**

- The Ad Hoc Budget Committee presented the budget prepared thus far. All committee chairs are to evaluate their needs and notify the budget committee The chair, Elaine W, prior to the November meeting so that a full budget can be presented for a vote of approval at that month's meeting. The matter of whether we make donations to World Service and Region 7 will also be decided.

New Business

- Election of a Vice Chair is still needed. Anyone who would like to serve in this position may be self-nominated.
- The Ad Hoc Advertising Committee met and its chair, Kathy S-G, submitted a written report detailing its findings. Several suggestions were put forth favoring methods of outreach and membership retention over commercial advertising.
- A vote was taken regarding the cancellation of the December meeting as currently scheduled. It was unanimously decided not to meet on December 4, 2025.

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

50% to Intergroup contribute via 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/contributions-page/>
Include meeting day, time, city, state and number in note field.

40% 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.*

Committee Reports

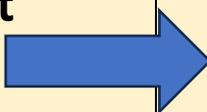
Committee Reports are attached to the agenda that is emailed to each of the Intergroup Representatives.

Next Intergroup Meeting

Wednesday November 5, 2025 7:30 – 8:30 EST

Future IG mtg dates for 2026: Jan. 8, 2026

**Learn more about
upcoming events at**



[OA Events & Flyers](#)