



# News You Can Use

Overeaters Anonymous January 2026

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 1: We admitted we were powerless over food - that our lives had become unmanageable.**

## Attendees:

# Meeting Reps	9	# Officers	3	# Comm Chairs	1	Reg Rep(s)	1	Total	14
Met Quorum?	Y			Majority Vote	8	2/3 Vote	10		

Excused: Joann M, Michael O

## Old Business

- The November Meeting Minutes (NYCU) were approved.
- 7<sup>th</sup> Tradition Sheet showing a QR code leading to our website for making contributions and delineating meeting expenses was reviewed, amended and approved. This document will be shared with all meetings, in-person and on zoom. These documents can be found below.
- Verbiage to be shared at meetings at time of the 7<sup>th</sup> Tradition was reviewed, amended and approved. This document will be shared with all meetings, in-person and on zoom. This document can be found below.
- SJIG meetings are qualified OA meetings that need 7<sup>th</sup> Tradition support.

## New Business

- Election of a Vice Chair is still needed. Anyone who would like to serve in this position may be self-nominated.
- Maryann will determine final wording about and placement for the direct link to the SJIG meetings on our website. The actual meeting ID and password will not appear on the website. She will communicate all details to Patrick, our webmaster.
- A new IG Board position was voted into existence, that of the Email Secretary. A Bylaws Revision Ad Hoc Committee was formed, chaired by Elaine, to change our bylaws to include such a position. Members are needed to join this committee.
- Michael has volunteered to access the IG website emails through October 2026. He will train his replacement on how to access and forward such emails to their appropriate recipients.
- The Advertising Ad Hoc Committee report was deferred until the February meeting.

Dear SJIG Groups:

January 14, 2026

We are requesting that you read the following at the time of your meeting's 7<sup>th</sup> Tradition for a few meetings:

South Jersey Intergroup (SJIG) has experienced a significant decrease in contributions, so SJIG felt that transparency of our expenses on your behalf would make members aware of the need when contributing. World Service suggests that individuals contribute \$5, and we give as we are able. Each group may take a group conscience at a business meeting to determine what members are suggested to contribute. We often say that contributions would be sufficient if we considered the money we used to spend on junk food. Mainly, the 7<sup>th</sup> Tradition says that groups are to be fully self-supporting, declining outside contributions. If you have any questions regarding this you may contact IG chair at [oasjig@gmail.com](mailto:oasjig@gmail.com).

### **Zoom Meetings:**

We request that zoom meetings add this slide to their meeting's 7<sup>th</sup> Tradition notice. Please see the slide attached. All meetings are to be fully self-supporting, declining outside contributions. Groups are to be responsible for the cost of their zoom use. The group treasurer and members may utilize the QR code which provides access to the SJIG website, scroll down to 'Support this Community', and click on the contribution button. It will then show links to Venmo and PayPal. We hope this will encourage contributions to support your group and SJIG. Contributions made this way should identify the giver, either individual or group.

### **In-Person Meetings:**

We request that in-person meetings add the costs of their meetings (rent, literature give aways, etc.) to the sheet attached for in-person meetings and read that sheet at the 7<sup>th</sup> Tradition pitch. We hope this will encourage the meeting members to contribute adequately when the basket is passed. The sheet can then be circulated at every meeting for the treasurer and members to contribute directly to SJIG. The QR code provides access to the SJIG website, then scroll down to Support this Community and click on the contribution button, it will link to Venmo and PayPal. Contributions made this way should identify the giver, either individual or group.

In Person Meetings:

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

50% to Intergroup contribute via [www.oa-southjersey.org](http://www.oa-southjersey.org) or SJIG-OA,

**PO Box 766, Voorhees, NJ 08043 , or via Venmo or PayPal or Check.**

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

**Your contributions can easily be made automatic each month. World Service suggested \$5 per person per meeting before Covid. Please see QR code to access SJIG website, scroll down to Support this Community and click on contribute button, it will link to Venmo and PayPal.**



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.

### **Meeting Expenses- In Person Meetings:**

- 1. \$ \_ ? \_\_\_\_\_** is the monthly rental to hold our meeting in this space.
- 2. \$1.18** (\$22.33 for PO Box Rental per month, \$268.00 per year split between 19 meetings)
- 3. \$4.21** (\$79.92 per month for Representation at World Service and Region 7 Business Conference & Business Assembly is \$959.04 per year split between 19 meetings)
- 4. \$4.05** (\$77 per month divided by 19 meetings for website costs)
- 5. \$4.40** (\$580.67 annual expense divided by 12, then by 11 in person groups for liability insurance).

**Please note the monthly expenses of this meeting and Intergroup services directly benefiting your group are (at least \$13.79) + amounts for rent, literature, etc. \$ \_\_\_\_\_.**

**Zoom Meetings:**

**Tradition 7: We are fully self-supporting through our own contributions.**

**A suggested contribution of 5.00 per person will allow us to meet our monthly meeting expenses.** It's easy to contribute:

Contributions can be set up as an automatic withdrawal each month

- Contributions can be made by accessing the South Jersey InterGroup Website using PayPal, Venmo, or to obtain addresses for mailing a check:
- ***Please see QR code to access SJIG website, scroll down to Support this Community and click on contribute button, it will link to Venmo and PayPal.***



**Your Contribution Helps Offset Our Monthly Meeting Expenses:**

36.23	Monthly cost of Zoom per group
1.13	Post Office Box Rental per group
4.21	Cost-Representative to WS/R7 per group
4.05	Cost for maintain South Jersey InterGroup
<b>45.72</b>	Monthly total (SJIG) Website per group

**50% of your contribution is maintained at the Intergroup Level**  
**10% of your contribution supports Region 7**  
**40% of your contribution supports World Service**

Continuation of Intergroup Minutes:

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## Committee Reports

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

## Next Intergroup Meeting

**Wednesday, February 11 7:30 – 8:30 EST**

**Future IG mtg dates for 2026: March 11, April 15, May 13, June 10**

**Learn more about  
upcoming events at**



**[OA Events & Flyers](#)**