



News You Can Use

Overeaters Anonymous February 2026

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 2: For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Attendees:

# Meeting Reps	7	# Officers	3	# Comm Chairs	1	Reg Rep(s)	1	Total	12
Met Quorum?	Y			Majority Vote	7	2/3 Vote	8		

Excused: Kathy S-G, Jeff S, Jane G

Old Business

- The January Meeting Minutes (NYCU) were approved.
- SJIG meetings are qualified OA meetings that need 7th Tradition support.
- The Bylaws Committee met and the drafted changes were presented for review. A new position of Corresponding Secretary was added to the IG board to handle all incoming emails and address those issues of general matters while forwarding all others of specific subjects on to the appropriate board or committee chair. This and all related changes to the Bylaws were unanimously approved.

New Business

- Election of a Vice Chair is still needed. Anyone who would like to serve in this position may be self-nominated.
- It has been determined that publishing the actual meeting ID and password to the IG meeting on our website cannot be done without sacrificing security at the same time. Therefore, no such information will appear.
- Due to illness, Kathy S-G could not be present to oversee the presenting of and the voting on the World Service Business Conference Proposed Motions and Proposed Bylaw Amendments, so Elaine took her place. Each item was read and voted upon as to whether it should be included for consideration at the WSBC. The results were submitted that evening as the deadline was February 19, 2026.

- Joann announced that all three NJ Intergroups and the Philadelphia Intergroup will have a table once again at the National Social Workers Convention in Atlantic City at the Hard Rock Hotel. The dates are April 26 and 27, 2026. Volunteers will be needed to man the table in shifts. More details to come.
- Funding is available from Region 7 to send a delegate to the WSBC. This funding must be applied for by October 1st of the previous year for the WSBC in 2027 and 2028. Funding is also available for help with Outreach needs and may be applied for as necessary.

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/> or WSO, PO Box 44727, Rio Rancho, NM 87174-4727 *Include meeting day, time, town, state and number in note field.*

Committee Reports

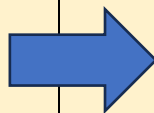
Committee Reports are attached to the agenda that is emailed to each of the Intergroup Representatives.

Next Intergroup Meeting

Wednesday, March 11 7:30 – 8:30 EST

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

**Learn more about
 upcoming events on
 our website at**



[OA Events & Flyers](#)