



News You Can Use

Overeaters Anonymous March 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 3: The only requirement for OA membership is a desire to stop eating compulsively.

Attendees:

# Meeting Reps	6	# Officers	3	# Comm Chairs	1	Reg Rep(s)	2	Total	12
Met Quorum?	Y			Majority Vote	7	2/3 Vote	8		

Excused: Michael O.

Old Business

- The February Meeting Minutes (NYCU) were approved.
- SJIG meetings are qualified OA meetings that need 7th Tradition support.
- Election of a Vice Chair is still needed. Anyone who would like to serve in this position may be self-nominated.
- Joann M. qualified for and was unanimously voted into the position of PIPO Committee Chair.
- Funding is available from Region 7 to send a delegate to WSBC. This funding must be applied for by October 1, 2026/2027, for WSBC 2027/2028 respectfully. Funding is also available to help in Outreach needs. This funding can be applied for as necessary. It will be on the July agenda to be completed in August since our fiscal year begins October 1st.

New Business

- A committee has been formed to update the design of the Group Survey used by Kathy S-G during her chairmanship. The committee will be chaired by Kathy S-G and consists of Becky L, Will K and Connie B. They will present their findings to IG at the May or June meeting. The new survey will be distributed via the Google Group to IG reps who will then bring the survey to their meetings.
- 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. Volunteers from our IG will be needed to man the table in 2 shifts on April 27th. Will K volunteered to take a shift. Connie B will ask for more volunteers at her home meeting.

- The suggestion was made by Maryann D that there be some information written in addition to the job descriptions in the IG Bylaws to help future volunteers as they take over new service positions. Elaine W suggested Representatives, Delegates and Committee Chairs write up how their job is performed. These descriptions are to be ready by the May or June meeting. Such additional information already exists for the Chair, Treasurer and Secretary as a function of their job. A vote was taken and passed to proceed with this project.
- Elaine W reminded all in attendance to give Kathy S-G their opinions on the proposals and amendments that will be on the WSBC agenda before May.
- Kathy S-G gave an Ad Hoc Advertising Committee update. She stated that the committee proposed that all future recommendations for spending on outreach and/or advertising should be sent to the PIPO Committee as opposed to the IG directly. That committee would then decide when and what and how to present the ideas to the IG for any further discussion. Such a policy of sending specific issues first to the specific committees they concern for consideration, before they are presented to IG, more closely follows the spirit of Roberts Rules. This proposal was passed.
- John D. will be attending the Region 7 BA on March 14 and will report at the April meeting. We are only allowed one rep because there are presently less than 20 meetings in our IG.
- A Nomination Committee will be formed at the April meeting. Many positions will be rotating out and need to be filled for the next two-year period of service.
- It will be decided at a meeting to be held sometime this month, led by Elaine W, as to whether certain IG board or committee members will agree to have a special email address created and used only on our website. This will allow them to receive and answer queries directly from anyone accessing our website.
- Next Intergroup meeting is on the third Wednesday of the month, April 15th, due to the holiday of Passover.

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

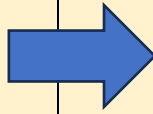
Committee Reports are attached to the agenda that is emailed to each of the Intergroup Representatives.

Next Intergroup Meeting

Wednesday, April 15 7:30 – 8:30 EST

Future IG mtg dates for 2026 - May 13, June 10

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



[OA Events & Flyers](#)