



News You Can Use

Overeaters Anonymous April 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 4: Each group should be autonomous except in matters affecting other groups or OA as a whole.

Attendees:

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

Excused: Jeff S.

Old Business

- The March 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.
- 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.
- 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. They will present their findings to IG at the May, June or July meeting. The new survey will be distributed via the Google Group to IG reps who will then bring the survey to their meetings.
- The suggestion was made by Maryann that all Officers, Representatives, Delegates and Committee Chairs write up descriptions of how they perform their job in addition to the information provided in the Bylaws. This will serve as a guideline for future volunteers to these service positions. Outlines of these descriptions are due to Eliane W upon their completion by the May or June meeting. Such descriptions already exist for the positions of Chair and Treasurer and Recording Secretary (NYCU) as a function of their job.

Corresponding Secretary, Region 7 Rep and Delegate to WS would be expected to submit further information. A vote was taken and passed on this project.

- Please remember to share your opinions regarding the proposals and amendments that will be on the WSBC agenda with Kathy S-G before May 2026.

New Business

- Joann announced that she does not need any more volunteers to man our table at the National Social Workers Convention in Atlantic City at the Hard Rock Hotel on April 27th. She and a member from PAGE will take the first shift and Will and Doris will take the second one. No volunteers are needed from South Jersey IG at the Integrated Mental Health Conference on May 27th in Asbury Park. North and Central IGs will cover that event.
- John D. attended the Region 7 BA on March 14th and his report is attached to the April agenda.
- A Nomination Committee was formed with Elaine W. as the Chair and Joann and Will as members. Many positions will be rotating out and need to be filled for the next two-year period of service. Elaine will provide a chart of these positions. Elections will take place in September.
- Clarification was made that Maryann will automatically post the current NYCU to the SJIG website every month going forward.
- Attention was called to the fact that the link to our IG meeting as provided on our website was not operational and had been taken down. Further discussion pursued and resulted in a motion being made and a vote taken and passed to list the meeting ID and passcode for the monthly IG meeting on our list of group meetings within the SJIG area. Michael O volunteered to ensure that this will be done monthly by specific date for that month.
- Next Intergroup meeting is on the second Wednesday of the month, May 13^h, 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

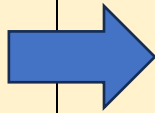
Committee Reports are attached to the agenda that is emailed to each of the Intergroup Representatives.

Next Intergroup Meeting

Wednesday, May 13 7:30 – 8:30 EST

Future IG mtg dates for 2026 – June 10, July 8, August 12, September 9

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



[OA Events & Flyers](#)