



News You Can Use

Overeaters Anonymous May 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 5: Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

Attendees:

# Meeting Reps	6	# Officers	3	# Comm Chairs	2	Reg Rep(s)	0	Total	11
Met Quorum?	Y			Majority Vote	6	2/3 Vote	8		

Excused: Jeff S.

Old Business

- The April Meeting Minutes (NYCU) were approved.
- SJIG meetings are qualified OA meetings that need 7th Tradition support.
- 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 was formed to update the 2022 Group Survey. Kathy S-G shared the committee's suggestions thus far for changes to the survey including the means for members to submit it to IG and asked for IG input. Corrections, comments and additions were offered. It was decided that a second meeting of the committee would be held to incorporate these changes and a formal vote on the survey's form would be taken at the June meeting.
- Additional descriptions of duties for Officers, Representatives, Delegates and Chairs are due to Elaine W at the June meeting. Most have been received. They will be presented at the meeting.
- Nominations will be taking place this coming September. Elaine W presented an updated grid from the Nomination Committee showing each position as it currently stands. Chair, Vice Chair, Recording Secretary, Region 7 Representative (one year remaining in two-year term), Young Adults Committee Chair, PIPO Committee Chair, and Registrar remain open. There are nominees for Corresponding Secretary, Treasurer, World Service Delegate, 12th

Step Within Committee Chair and Website & Technology Committee Chair.
Self-nominations are welcome and the topic will be brought up again next month.

- Kathy S-G spoke to the fact that WSO was forced to take \$176,000 from its reserve funds to meet this year's budget. She pointed out the importance of increasing one's donation at meetings and the ability to create automatic recurring contributions for IG, Region 7 and WSO.

New Business

- Review of the Balance Sheet and Income Statements for the year ending in 2025 was tabled until next month.
- Next Intergroup meeting is on the second Wednesday of the month, June 10.

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

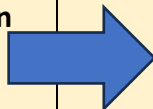
Committee Reports are attached to the agenda that is emailed to each of the Intergroup Representatives.

Next Intergroup Meeting

Wednesday, June 10 7:30 – 8:30 EST

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

Learn more about upcoming events on
our website at



[OA Events & Flyers](#)

