



News You Can Use

Overeaters Anonymous July 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 7: “ We are self-supporting through our own contributions.”

Attendees:

# Meeting Reps	11	# Officers	1	# Comm Chairs	3	Reg Rep(s)	1	Total	16
Met Quorum?	Y			Majority Vote	9	2/3 Vote		11	

Old Business

- The June 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 is a good idea to complete this before the new fiscal year starts. Joann M. will reach out to Bob L. for forms.
- 2026 Survey Committee Updates:
 - The survey has been completed.
 - It may be completed on the OA Website(oa-southjersey.org) once it is on our website.
 - Please note that a link to the survey will be sent out separately.*
 - Paper version will also be available.
 - Please discuss the importance of completing these surveys with your groups.
 - Results of the survey will most likely be presented in October.
- The Nomination Committee reviewed the open positions:
 - Chair
 - Vice Chair
 - Recording Secretary
 - Young Adult Committee Chair (There was interest in this position by one of the IG Reps)
 - PIPO Committee Chair
 - Registrar
 - Region 7 Representative (1)

New Business

- South Jersey Intergroup will require an acting Chair as we go into our next year; if a permanent Chair is not elected.
- A Region 7 *Special* Assembly meeting will be conducted virtually on July 15 from 6:00-7:00pm
 - Region 7 Board Member and Representatives will need to be in attendance to ensure there is a quorum. Registration will be on the Region 7 Website's Assemblies Page. Registration closes on July 10.
 - Region 7 Board members and Reps will be voting on a proposed bylaws motion that will allow candidates for Region Board service to virtually attend an in-person assembly meeting. Current Bylaws require that a person be present in order to be elected. Thus the bylaw change is needed,
- Region 7 Assembly Meeting is October 3-October 4.
- Kathy S.G has volunteered to discuss the structure of Intergroup with any of our new representatives. Please feel free to reach out to her via text (856-278-4141)
- Next Intergroup meeting is on the second Wednesday of the month, August 12, 2026. There will be no summer break taken this year due to the need to monitor the survey.

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

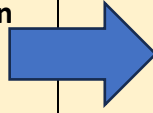
Committee Reports are attached to the agenda that is emailed to each of the Intergroup Representatives.

Next Intergroup Meeting

Wednesday, July 8 7:30 – 8:30 EST

Future IG mtg dates for 2026 – September 9, October 14

Learn more about upcoming events on
our website at



[OA Events & Flyers](#)