



News You Can Use

Overeaters Anonymous | August 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 8: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Attendees:

# Meeting Reps	7	# Officers	2	# Comm Chairs	1	Reg Rep(s)	1	Total	11
Met Quorum?	Y			Majority Vote	6	2/3 Vote		8	

Excused: Jeff S., Elaine W., Michael O.

Old Business

- The July Meeting Minutes (NYCU) were approved.
- SJIG meetings are qualified OA meetings that need 7th Tradition support.
- 2026 Survey Committee Updates:
 - It was suggested that meetings held online might post the website link to the survey in their chat to encourage participation.
 - It was also shared that Elaine made paper copies of the survey, brought them to her face-to-face meeting and had members fill them out there. She then later entered the information into the online survey herself on their behalf.
 - Please discuss the importance of completing these surveys with your groups.
 - Kathy S-G clarified that she receives the results of all the surveys, both online and by mail.
 - The deadline for completing the survey will be moved to September 30 as the response in July was light. Results will be presented in October.
- Open positions for the board and committee chairs remain as below.
Abstinence and attendance requirements were shared, and it was pointed out that a description of duties can be found in the bylaws on our website and additional information is available about the various jobs to be filled.
 - Chair
 - Vice Chair
 - Recording Secretary
 - Young Adult Committee Chair

- PIPO Committee Chair
- Registrar
- Region 7 Representative (1)

New Business

- Joann M. reported that after speaking with Bob L. about applying for the available funding to send a delegate to WSBC, it was decided not to go forward with the process. We do not currently have a delegate, the upcoming convention will be virtual, so costs are minimal and the paperwork was extensive. The process can be reviewed for next year.
- Joann M. also reported that there will be an outreach event on October 16, 2026, in Asbury Park from 8:30am to 4:30pm at the Berkeley Hotel. It is the NJ Psychology Convention. Central and North Jersey will probably cover it, but it wouldn't hurt for us to have a representative if someone would like to volunteer.
- There is a retreat in Malvern PA September 25-27, 2026, at a cost of \$295. Check the Philadelphia OA website for details.
- Region 7 is sponsoring an "Obesity Week", November 14-17, 2026. It is Tuesday through Thursday and will be held in person in Washington, DC.
- Our very own Jeff S. has volunteered to present a "Craft Workshop" in the Fall. He will arrange for a meeting place and bring his many crafts for display and for purchase (all proceeds for SJIG) and in addition he will offer instructions on craft making!
- Next Intergroup meeting is on the second Wednesday of the month, September 9, 2026. Elections will be held at this meeting.

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.*

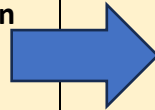
Committee Reports

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

September 9, 2026 7:30 – 8:30 EST

**Future IG mtg dates for 2026 – October 14, November 11,
December 9**

Learn more about upcoming events on
our website at



[OA Events & Flyers](#)