



News You Can Use

Overeaters Anonymous March 2nd, 2024

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	9	# Officers	4	# Comm Chairs	4	Reg Rep(s)		Total	17
Met Quorum? *	Y			Majority Vote	11	2/3 Vote	9		

- 17 total members were represented at the intergroup meeting on March 2, 2024

- **Old Business**

- February 2024 meetings were approved.

- **New Business**

- **Our Secretary Meta L.**

- Our Secretary Meta L. is official! We swore in Meta as our official secretary!!

- **Have You Heard? – February Health Expo at the Cherry Hill Mall was a Door Burster**

- **"Do you need a referral to go to an OA meeting?"** was a common question at the health fair. This a great example of how the outreach we provide is essential to people's recovery Social Worker & Physical Therapist often stopped by our table and gathered meeting information flyer and brochures.
- **"OA Saved My LIFE!"** was another comment made by one of our visitors. We are on a mission of recovery for all.
- **"A Very Impressive Table"** stated a local Newspaper. Between our special crafts give aways and the spinning wheel our table was one of the stars at the fair
- Our table attracted a great deal of attention. We depleted pens and brochures- a great measure of success.
- Thank you to all who gave their time, talents and participation on passing the message of hope!

- **Young Peoples Ad Hoc Committee**

- Jill T., our leader for this committee gave us a flyer for an up-and-coming young people's zoom retreat on April 13th and 14th (please see attached flyer). The zoom information to be posted at <https://oayoungpeople.org/>.
- Young People OA also has a WhatsApp and GroupMe groups to find out more about up-and-coming events.
- Up and Coming Projects: BCC/Rowan Health Fair for students March 28th, 2024 more information to follow

- **Nominations Committee**

- Maryann and Elaine volunteered for the Nominations Committee. The committee will be looking for members to fill open Board and Chair positions. Rotation of service is important within OA. Interested? We would love to have you serve with us. Please reach out to Michael.

- **60 Seconds with Sam**

- Sam, our treasurer was spotlighted this month. Did you know Sam is a black belt in Taekwondo? Sam says it is a wonderful way to keep her mind, body and spirit in shape. As a young person, Sam found serenity and connected to her HP by using the skills she learned at her Taekwondo classes. Thank you, Sam for keeping our finances in order!

Next Intergroup Meeting

2024 Intergroup Meeting Dates

All Meetings Are conducted from 10:00 AM – 12:00 PM EST
Meeting logistics and agenda are sent the Thursday before the meeting.

Hope to see all of you at the next SJIG meeting!



January 6, 2024	April 6, 2024	July 13, 2024	October 5, 2024
February 3, 2024	May 11, 2024	August 3, 2024	November 9, 2024
March 2, 2024	June 8, 2024	September 7, 2024	December 7, 2024

Committee Reports

- **The Outreach Committee:** Our next meeting will be Tuesday, March 11, 2024. We will be discussing our Agenda for the R7 Spring Assembly on April 12-13, 2024.
- **The Young People's Committee:**
 - March 28th, 2024 Rowan Health Fair Glassboro for students-project tabled pending more information.
 - OA posters have been made and are terrific (much thanks to Becky and Joann!) Need to set up distribution, hopefully easiest course to reach out to see if large meeting will take on as a group project.
 - Requesting BCC/ROWAN for dates week of April 15th- We will suggest dates of April 16th, 17th and 18th so they will have a choice of dates. Service is to put the display table at the student center during classes and man the table to answer questions and provide literature and meeting lists.
- **12th Step Within Committee:**
 - On February 27, 2024, the 12th Step Within Committee met to discuss and plan its next activity.
 - After much discussion the Committee decided on holding a hybrid workshop on May 4, 2024 on the topic of "Fulfilling the OA Promise Through Fellowship and Meetings." The group decided on three speakers, two veteran OAers and one newcomer, to talk about the value and benefits of in person meetings v. Zoom Meetings. Although unsaid, there will be FREE craft items to all who attend this event..

OA Trivia!



Today's Question: Who said, "Keep it simple"?

From our last issue: Who told Rozanne that she could start an organization for compulsive overeaters? Answer Jim W, founder of Gamblers Anonymous, in 1959 (also a member of AA).

Newcomers Welcome!

Please join us for a Newcomers Meeting!
Learn about OA and the miracle of recovery!

- **Time:** 7:00 p.m. – 7:30 p.m.
- **When:** First Wednesday of Every Month
- **Questions?** Call Ken at 301-613-2023
- **Next:** Join us for our regular meeting at 7:30 p.m. in the same Zoom meeting room (Hosted by: Wednesday Night OA, Columbia, Maryland)
- **Where:** Join Zoom Meeting by clicking on this link:

<https://us02web.zoom.us/j/7310889762?pwd=QklrWFFPZmhCdUM1bTB4SjZ5bnk5dz09>

On your mobile phone: +13017158592,7310889762#

Or go to the Zoom.us website, click on 'Join a Meeting' and enter the following information: Meeting ID: 731 088 9762

Password: BeAbstn8

RECOVERING SANITY AROUND EATING

FOR COMPULSIVE/DISORDERED EATERS
UNDER 35



ZOOM INFO PENDING

<https://oayoungpeople.org/>



PRESENTED BY: The Philadelphia Area Intergroup of Overeaters Anonymous



On the OA road to happy destiny, we may experience the desire for excuses, denials, and loopholes which we think will justify our not going to any length for recovery. These are the “lions, tigers, and bears” that lurk in the shadows of compulsive eating. They seek to divert us from our HP’s plan. They whisper convincing “sweet” nothings in our ears, catch us unaware, and convince us it’s okay, “just this once.” After all, we have but a daily reprieve contingent upon our spiritual condition.

Join us as we examine these creatures of habit and learn how to dispel their power by using our OA tools.

SUNDAY, APRIL 14

2:00-3:30pm EST

ZOOM:

Meeting ID: 858 0103 1176

Passcode: 786925

or [Click Here](#) to Join Zoom Meeting

(Please be prompt to minimize disruptions)

Common scenarios & disease traps

Fellowship

Open Sharing

A 7th Tradition donation is requested but not required.

Information will be posted in the Zoom chat during the workshop.

For information or to submit future workshop ideas, please contact Trish M at 215-355-8807.

NOTE: this is a landline, so please leave your phone number.

A special series of virtual quarterly workshops designed to support recovery from compulsive eating and compulsive food behaviors.



VOLUNTEERS NEEDED



Total Turf Health Fair

614 Lambs Road
Pitman, NJ 08071

May 8, 2024

9:00 AM – 2:00 PM

Volunteers:

7:30 AM - 9:00 AM	Set-up (2 Needed)	Your name belongs here!
9:00 AM - 11:00 AM	Table (2 Needed)	
11:00 AM - 1:00 PM	Table (2 Needed)	
1:00 PM - 3:00 PM	Table/Break-down (2 Needed)	

Ready to Sign-up? Questions? Please text or call Joann M. (609-240-7376).

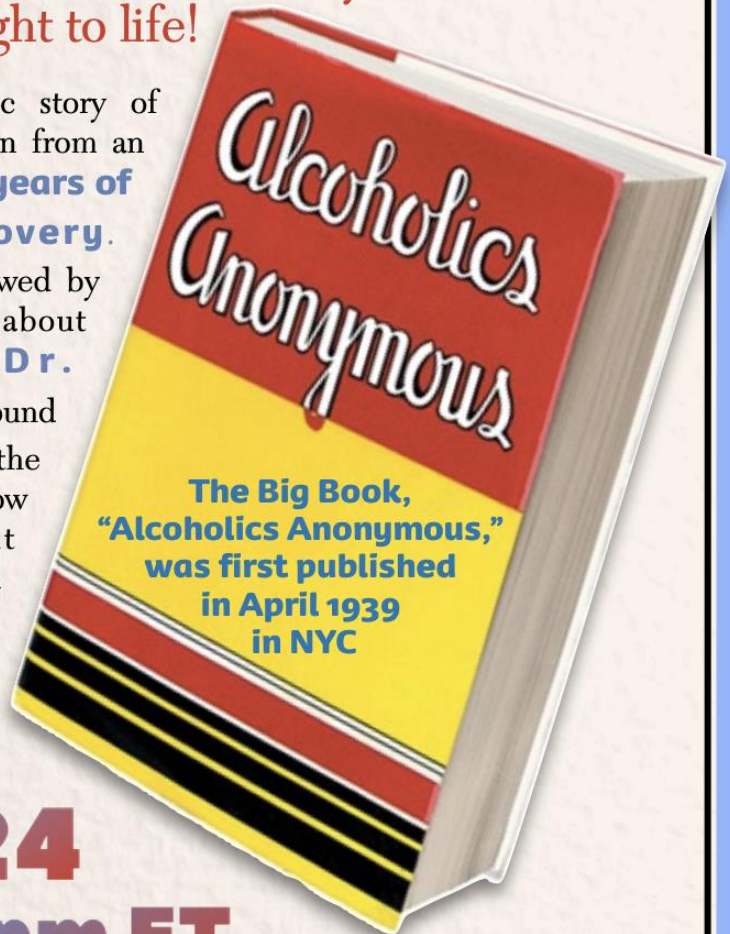
NJIOA Presents

An Incredible Story of Transformation

Plus: Early AA and OA History
brought to life!

Come hear a dramatic story of personal transformation from an OA member with **25 years of abstinence and recovery.**

Compelling qualification followed by stories and early history about **Ebby, Hank, and Dr. Silkworth** and their profound influence on Bill W., on the writing of the Big Book, and how the strong AA movement eventually led to the formation of OA by our founder, **Rozanne S.**



**Sunday
March 24
2:00– 5:00pm ET**

Zoom:

Contact:
Ilene W.
(908) 803-4846

Meeting ID **843 0207 6227**
Password **032024**
Dial-in **(929) 205 6099**



New OA in Person Meeting in Malaga, New Jersey

Discover New Freedom New Happiness and Serenity

We will be studying the Big Book and the 12 & 12

Friday Nights at 6:00pm

Location: [256 Old Dutch Mill Road](#)

[Malaga, New Jersey 08328](#)

Looking Forward to Meeting You!



Helpful Information on keeping
zoom meetings safe:

<https://www.youtube.com/@Zoom>

Tradition 7: “We are self-supporting through our contributions.”

60% 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.

30% to World Service Office contribute via <https://oa.org/contribute>/<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.