



# News You Can Use

Overeaters Anonymous April 6, 2024

SJIG [oa-southjersey.org](http://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](http://oa-southjersey.org)

Tradition # 4: Each group should be autonomous except in matters affecting other groups or OA as a whole.

## Attendees:

# Meeting Reps	10	# Officers	3	# Comm Chairs	1	Reg Rep(s)	1	Total	15
Met Quorum? *	Y			Majority Vote	8	2/3 Vote	10		

- o 16 total members were represented at the intergroup meeting on March 2, 2024

## Old Business

- o March 2024 meetings were approved.

## New Business

### Welcome Sandy M.

Sandy M. will be starting a new meeting in Rio Grande. More information is included on the flyer.

### 12<sup>th</sup> Step Within Committee

Motion was approved to add the 12<sup>th</sup> Step Within Committee to the SJIG Bylaws

### Nominations Committee Update

The Nominations Committee includes Elaine W., Lesley M., Maryann D. and Michael O.

The following Positions are open for 2024-2025:

**Chair (description on page 13 of SJIG By Laws)**

**Secretary (description on pages 14-15 of SJIG By Laws)**

**Web Site Chair (description on page 22 of SJIG By Laws)**

12<sup>th</sup> Step Within Chair

**World Service Delegate (description on page 16 SJIG By Laws)**

To learn more about each position, access [OA South Jersey](http://OA South Jersey) , and click on the By Laws which are located on the first page.

**Reach out to Elaine (856-905-6327) or Lesley (856-816-8851) for additional information or with any questions.**

### Sponsor Workshop

South Jersey Intergroup will be partnering with North Jersey Intergroup for a Sponsor Workshop. Details about the Workshop are included separately in this issue. Volunteers needed!

• **New Business (continued)**

**World Service Business Conference**

Elaine W. is our World Service Delegate and will be attending the conference from 5/7-5/11. Elaine will be forwarding additional information via email to all.

**Young People’s Committee i**

See the Announcements Page to learn of the Young People’s Retreat (April 13-14) and Young People’s Outreach at Rowan College at Burlington County.

Jill also discussed SIGN UP GENIUS which is an automated tool which allows volunteers to register electronically. Additional discussions are planned around this tool.

**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**

Committee Reports are attached to the Agenda that are sent to each of the Intergroup Representatives.

<p>Visit The South Jersey Intergroup Events Listing for information about the events listed below:</p>	<p><a href="#">South Jersey Intergroup Events Listing</a></p>
<p>Young People’s Retreat</p>	<p>April 13-14 Pending additional information</p>
<p>Excuses Denials and Loopholes <i>OH MY!!!</i> Zoom Workshop by Philadelphia Area IG</p>	<p>April 14 2:00 – 3:30 EST Information on Website</p>
<p>Young People’s Outreach Rowan College at Burlington County</p>	<p>April 16 Information On Website</p>
<p>Finding the Power Within the Steps Retreat Ocean City, MD</p>	<p>April 26-28 Pending additional information</p>
<p>Fulfilling The OA Promise Through Fellowship and Meetings</p>	<p>Saturday, May 4 10:00 AM -12:00 PM SJIG HYBRID Workshop Information On Website</p>
<p>Total Turf Health Fair 614 Lambs Road Pittman, NJ</p>	<p>May 8 9:00 AM - 2:00 PM</p>
<p>National Senior Health and Fitness Day VOLUNTEERS NEEDED</p>	<p>Wednesday, May 29 Set-up: 8:00-9:00 Event: 9:00-12:00 Break down: 12:00-1:00 Riverwinds Community Center 1000 Riverwinds Drive West Deptford, NJ 08086</p>

Upcoming Sponsor Workshop.....

North Jersey Intergroup and South Jersey Intergroup are planning on conducting a joint Zoom Workshop.

Date:

Sunday, August 18

9:30 AM – 11:30 AM

Theme:

Dr. Bob's passage, page 182, why he works with others:

"I spend a great deal of time passing on what I learned to others who want and need it badly I do it for four reasons:

1. Sense of Duty
2. It is a pleasure
3. Because in so doing I am paying my debt to the man who took time to pass it on to me.
4. Because every time I do it I take out a little more insurance for myself against a possible slip."

There will be four speakers. Two have been obtained.

Moderator, 2 additional speakers and script creation are still needed.

A flyer will be created once all details have been finalized.



## Flyer Page

# 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=QklrWFFFPZmhCdUM1bTB4SjZ5bnk5dz09>

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



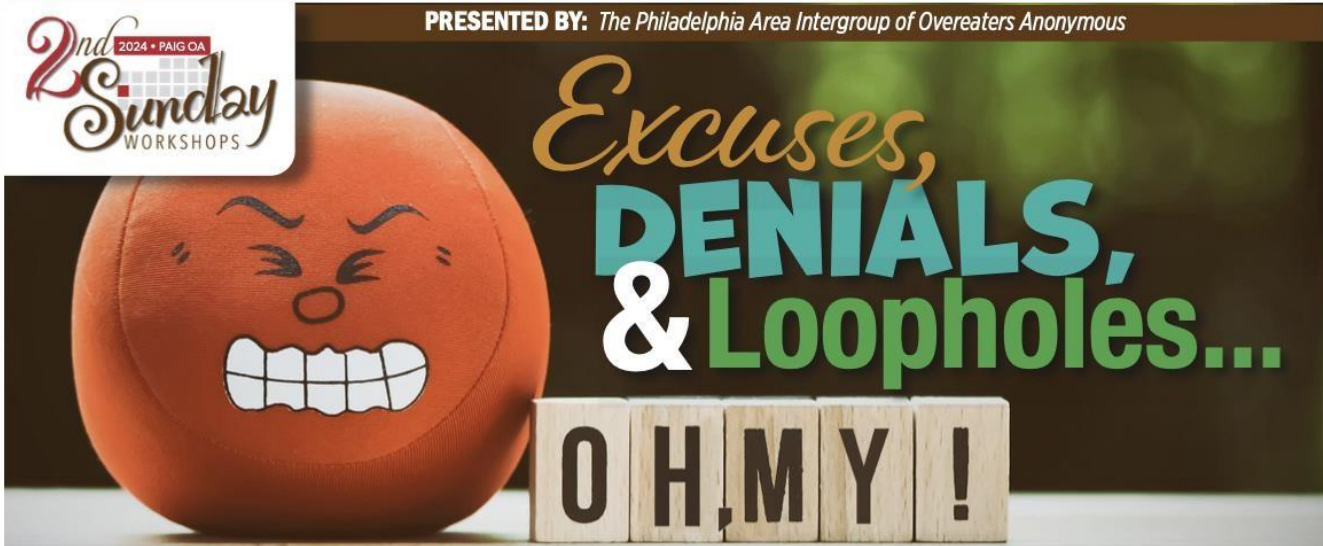
## Young People's Virtual Intergroup 2024 Zoom Retreat

Saturday April 13 & Sunday April 14, 2024 via Zoom 4pm-10pm EST Saturday

10am-4pm EST Sunday

TO REGISTER GO TO:

<https://oaypretreat.ticketspice.com/2024-overeaters-anonymous-young-peoples-retreat>



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.**



OVEREATERS  
ANONYMOUS®

South Jersey Intergroup  
Young People's Ad Hoc Committee



OA South Jersey

## Rowan College at Burlington County Young People's Outreach



Jill T.



Contact

Please review the available slots below and click on the button to sign up. Thank you!

 **Date** 04/16/2024 (Tue.)

 **Time** 8:00AM - 4:00PM EDT

 **Location**

Student Success Center, Rowan College at Burlington County 900  
College Circle Mount Laurel, New Jersey 08054

**SIGN UP FOR SERVICE HERE:**

[https://www.signupgenius.com/go/10C084DAFAC2CA1F5C61\\_-48884982-rowan](https://www.signupgenius.com/go/10C084DAFAC2CA1F5C61_-48884982-rowan)

**ACCESS CODE: HOPE**





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!

# NEW OA MEETING



**Friday, 3:00 PM -4:00 PM EST Literature Meeting**

**Regional Recovery Center 1304 Route 47 Unit WL Rio Grande, NJ 08242**

**Additional Information: Sandy (609)-551-8528**

# SPECIAL HYBRID OA WORKSHOP

**"Fulfilling The OA Promise Through Fellowship And Meetings**

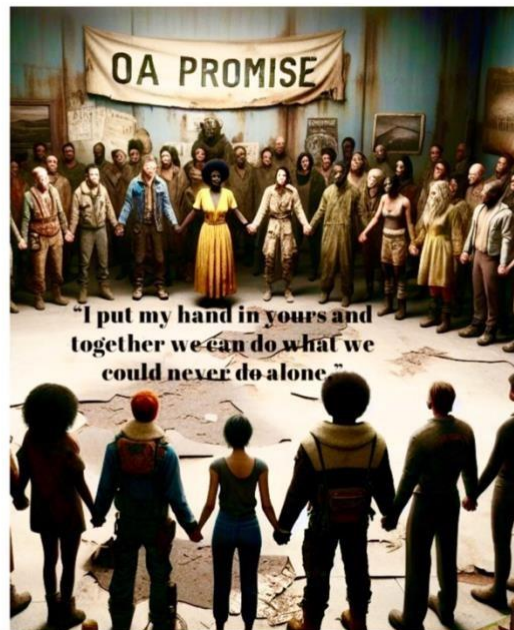
**SATURDAY, MAY 4, 2024, 10AM TO NOON**  
**Sponsored By The South Jersey Intergroup**

**Hope Church, 700 Cooper Road, Voorhees, NJ 08043**

**Zoom: ID: 228 467 1262 and Passcode: recovery**

**FREE RECOVERY CRAFTS & FELLOWSHIP AFTERWARDS AT A LOCAL RESTUARANT**

**SUGGESTED 7TH TRADITION DONATION: \$5**





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](http://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.*