

**Overeaters Anonymous of Sacramento, Inc.**  
**Business Meeting Minutes**  
**January 10, 2023**  
*Final Draft RMY/SH*

**Location:** Via Zoom

**Opening:** Chair, Scarlet H, called the meeting to order at 7:00PM and recited the Serenity Prayer.

- Debbie, read the 12th Concept Guidelines and Principles of OA Service.

**Roll Call:** Secretary, Raven Y took roll.

- Quorum met. (See participant list below.)

**Previous Minutes:** December 2022 meeting minutes were reviewed.

- Nancy Mc motioned to approve December minutes as written, Chandra seconded.
  - Motion approved.

**Treasurer's Report:** Joel presented December 2022 / Year End for 2022 Treasurer's report.

- Judy L. motioned to approve December treasurer's report and Nancy Mc seconded.
  - Motion approved.

**Information Sharing:**

- Vacant SVIOA Positions 2023
  - Events Chair
    - Jan H. shared concern that if the Events Chair is not filled promptly, SVOIA may miss out on events that are usually celebrated – such as how SVOIA did not have a 12<sup>th</sup> Step Within Event in 2022 (typically held every year.)
  - Meeting & Video Conferencing (Zoom) Support
  - Special Population Focus
  - R2 Representative
- Recently Filled Positions 2023
  - Kathy K volunteered via ZOOM chat (at this meeting) to fill the Answer Phones position vacancy and was immediately accepted.
- Jan H reminded people of the upcoming in person OA Birthday Party, Sat 28, doors open at 6 pm at Faith United Methodist Church located at 3600 J St, Sacramento. Please see the flyer on the SVOIA website.
- Group News:
  - Chandra: The 5:30 Fri Sacramento meeting may be closed, not because of lack of attendance, but because there are not enough service volunteers to provide necessary services.
  - Jagrati: The 3:30 and 4:00 Sunday Sacramento meeting will be exclusively held via ZOOM.

**Overeaters Anonymous of Sacramento, Inc.**

**Business Meeting Minutes**

**January 10, 2023**

*Final Draft RMY/SH*

- Mary: The Stockton meetings (Monday 1pm, Wednesday 9am, Thursday 3pm, Saturday 9am) do not have enough volunteers to consistently fill the Treasurer's position.
- Meeting attendees are invited to donate directly to SVOIA.
- Joel said that people who donate directly to SVOIA can note their meeting number at the time they donate and their contribution will be attributed to their meeting.

**Board and Committee Reports**

- Chair Report: Scarlet: No Report
- Vice-Chair Report: Cary H has started sending out flyers to R2 groups regarding our upcoming event, such as the January 2023 OA Birthday Party.
- Treasurer Report: Joel shared the 2022 Year End 7th Tradition Contribution to Intergroup report which shows group and individual contributions on behalf of meetings and individuals to SVOIA.
  - He also reported that all of the 2022 year-end treasurer's duties are ready to turn over to 2023 treasurer, Barbara. Joel will continue to help prepare all of the requested paperwork for the Department of Justice.
- Web Host: Phil K explained that he usually provides new content to the Web Content Manager once a week, and the web page is updated once a week, usually over the weekend.
- Secretary: Raven Y - No report
- R2 Reps
  - Kathryn K. is the elected Chair of the R2 12 Step Within Committee which has been creating a pamphlet. The pamphlet is not yet published and is being translated into Spanish. The pamphlet will be available on the website when completed. They are also planning a special event on 12-12-2023. Please Save the Date.
  - Curt B is the R2 Chair of PIPO (Public Information Public Outreach) which holds a meeting the third Tuesday of every month.
    - Specific information can be found on the OA Region 2 website under Public Outreach Committee, including how to attend the Zoom meeting.
    - Committee is planning a workshop on creating social media pages.
- World Service Delegates:
  - Judy L reports that she has started preparations to attend the face-to-face World Service Business Conference, April 25 – 29, 2023.
    - Judy answered Sherri F and stated the Agenda Questionnaire will soon be sent by WSO.

**Overeaters Anonymous of Sacramento, Inc.**

**Business Meeting Minutes**

**January 10, 2023**

*Final Draft RMY/SH*

- Les F shared news from the WS PIPO Committee stating that the new PIPO manual is advancing through the steps to become published.
  - The new PIPO will replace 2 manuals, the PI manual and the PO manual.
- Les shared that the WSO Medical Subcommittee is working on more revisions, which will include a finished letter designed for cold calling medical teaching facilities to educate them about Overeaters Anonymous.
- Bylaws: Cary H– No report
- Events: Vacant – No report
- Speaker list: Dee reported that she has received one call for the speaker list this year.
- Answer Phone: Kathy K stated the answer phone should be updated by this Friday.
- Newsletter: Gerri – No report
- Group Support/Zoom: Vacant–No report
- Meeting List: Dawn S put her contact information in the chat and asked to be notified of any changes in meetings including meetings that close.
- Public Outreach: Nancy Mc shared the Who, Where and When of PO
  - Who does it benefit?
    - Professionals who work with the public, those who still suffer from Compulsive Overeating
  - Where can it be of benefit?
    - Anywhere and Everywhere i.e. medical offices, schools, churches, libraries, retail shops, and many types of businesses.
  - When can you help with PO:
    - During regular daily activities, and errands. Always through attraction and not promotion.
  - Nancy will have flyers to hand out at the Birthday Party as well as other free items!
- Retreat: Jan H said that there is a 2023 Retreat planned August 4-6, 2023 at Lake Tahoe.
  - The only way to register is online, and registration will open after the Jan 28 Birthday party ends.
- Special Population Focus: Vacant – No report.
- Sponsorship: Kathrine G said she just got the list from Cary H and will verify and update list.

**Continuing Business:**

**Overeaters Anonymous of Sacramento, Inc.**

**Business Meeting Minutes**

**January 10, 2023**

*Final Draft RMY/SH*

- Chair – Scarlet asked attendees to approach and talk to people who attendees think would be good at filling in the vacancies of Events, Zoom support and Special Population Focus.
- Scarlet also mentioned the on-going research by Joel, Jamie, and Nancy regarding putting OA literature (both hard copy and digital formatted publications) into local libraries.

**New Business:** None

**Adjourned**

- Scarlet adjourned the meeting at 7:54 PM.

January 2023									
Board Member		Committee Chair	Chair		Meeting	Reps			
Chair, Scarlet H.	X	Bylaws, Cary H		X	Sun 1:30pm	Stockton	Renè		X
Vice Chair, Cary H.	X	Events, Vacant			Sun 3:30pm	Sacramento	Jagrati		X
Treasurer, Barbara E	X	Zoom, Vacant			Sun 4:00pm	Sacramento	Jagrati		X
Secretary, Raven Y	X	Speaker List, Dee		X	Sun 6:00pm	Chico			
					Mon 10:00AM	Stockton	Cara		X
Webmaster, Phil K.	X	Answer Phone, Kathy K.		X	Mon 12:30pm	Nevada City	Chandra .		X
R2 Rep, Curt B.	X	Newsletter, Gerri H		X	Mon 1:00pm	Stockton	Mary S.		X
R2 Rep, Kathryn K.	X	Meeting List, Dawn S		X	Mon 5:30pm	Sacramento	Marian		X
R2 Rep, Vacant		Public Outreach, Nancy Mc		X	Mon 5:30pm	North Reno	Diana S.		X

**Overeaters Anonymous of Sacramento, Inc.**

**Business Meeting Minutes**

**January 10, 2023**

*Final Draft RMY/SH*

WS Del., Les F.	X	Retreat, Jan H	X	Mon	5:30pm	Modesto	Patricia	X
WS Del., Judy L.		Special Pop Focus, vac		Mon	6:30pm	Rancho C.	Lisa	X
WS Del., Vacant	X	Sponsorship, Katherine G.	X	Mon	7:00pm	Yuba City	Debbie	X
				Tues	12:00pm	Sacramento	Kathy K	X
				Tues	5:30pm	Davis	Noreen	X
				Tues	6:00pm	Chico	George	
				Wed	9:00am	Stockton	Mary S.	X
				Wed	10:00am	Stockton		
				Wed	10:30am	Sparks	Sherri F	X
				Wed	5:30pm	Gardnerville	Dee	X
<b>Guests</b>				Wed	5:30pm	Sacramento	Lori	X
				Wed	6:00pm	Murphys		
Joel as past Treasurer				Thurs	12:00pm	Sacramento	Michelle	X
				Thurs	3:00pm	Stockton	Mary S.	X
				Thurs	6:00pm	Chico	Lea	
				Thurs	6:00pm	West Sac	Dena	
				Thurs	7:00PM	Shingle Springs Springs	Suzanne	X
				Thurs	7:00pm	Fairfield	Katherine	X
				Fri	12:00pm	Carson City		
				Fri	5:30pm	Sacramento	Closed?	
				Fri	7:00pm	Yuba City	Angie H	X
				Sat	9:00am	Sacramento	Michael L (for Michael L)	X
				Sat	9:00am	Rocklin	Darby	?
				Sat	9:00am	Folsom	Jan H	X
				Sat	9:00am	Stockton	Mary S.	X
				Sat	9:30am	Sparks	Cindi P	X
				Sat	6:00pm	SNL	Nancy	X