

Overeaters Anonymous of Sacramento, Inc.

Business Meeting Minutes

Tuesday, August 13, 2019

Approved September 10, 2019

Location Christ Temple Apostolic Church, 9001 La Riviera Dr. Sacramento, CA

Opening Chair opened the meeting with the serenity prayer at 7:00 p.m. Connie read the 12 Traditions.

Call to order Call to order. Voting members in attendance: 6 board + 6 committee chairs + 12 Intergroup Reps. = 24 Guests: 0

Previous Minutes July 2019 meeting minutes were reviewed. Motion to approve with one change on page 3 (Special Population Focus section) made by Rick and seconded by Laurie. 19 approved; 5 abstained. Motion passed.

Board Reports

Chair	Nancy Mc	SVIOA Retreat - Aug 2-4, What a fun, fabulous and fantastic time. I was raffle chair, and had a blast and learned a lot! Group Concerns: SVIOA is here for you. We would love for you all to use this platform to express group news, issues, concerns, and announcements. Reports: Please submit your Board or Committee reports to myself and Stephanie if you are going to miss the Intergroup meeting. For all those present or absent and submitting reports, an email version is always helpful to the secretary so she doesn't have to re-write it in the minutes.
Vice Chair	Jan H	I e-mailed the MISSION: POSSIBLE event flyer to R2 Intergroups. Thanks to Judy L. for providing me an electronic copy. And, thanks to Rene' for posting the newly approved Bylaws and Policy and Procedures doc on our website. I'm excited to get the ball rolling for our 2020 Board elections. I'll discuss the timeline and process later in the meeting.
Secretary	Stephanee	Absent
Treasurer	Grace	Handed out the monthly Treasurers reports. Reports reflect payment of most of the Retreat expenses. Should have final numbers on next month's report. Grace reported that the mid-year audit results were positive. Grace reminded IGRs to check their group's contribution amounts shown on the back page of the Valley Voice and let her know if there are discrepancies. Gail pointed out that groups and individuals can donate and make to WSO on line. Motion to approve report made by Louann and seconded by Susan. Unanimously approved.

Region 2	Chandra S & Luanne	Both the R2 2019 Fall Assembly and the 2020 R2 Convention will be at the Hilton Oakland Airport.
Region 2	Vacant	
WSBC	Barbara	Absent
WSBC	Vacant	
Webmaster	Rene'	Please allow 3 days for requests to be fulfilled. Rene' reminded folks to send PDFs of meeting events/flyers.

Committee Reports

Meeting News & Publicity	Cindy (Laura absent)	Newsletter done, working on Answer Phones. No Arnold group any more. Solano & Calaveras referenced in VV per their request (so travelers can find Sac-area meetings). 12 Step Within will be back on front page. Laura will add short stories from OA literature if room allows.
Events	Judy L & Verna	We are pleased to report there is a monthly event now until December hosted by various groups in Sac Valley. See "Save the Dates" flyer. 2019 Co-Chair projects included: 1) converting all files to digital format; 2) creating shared cloud drive for files; 3) creating a "How to Host a Meeting" flyer for IGRs to take back to their groups to share and to encourage on-going monthly events; 4) creating an Event Financial Report, and 5) creating sample formats for groups hosting events. Also, in the future, Events committee will serve coffee at the discretion of the hosting group. Intergroup can reimburse for coffee expenses purchased and sold at the event. Thank-a-Thon location has changed and flyer now has two sides. Rather than just putting flyers in binders, talk them up! Coordinate car-pools, bring sponsees, have fun!
Group Support/Speaker List	Susan	Susan was able to get five new names on the list at the Retreat! Revised list distributed with reminder not to put in Announcement binder (keep in Secretary binder, as it's confidential.)
Public Outreach	Shonquinta	Gave brief description of duties and activities. Provided Chair & Secretary written report (too long to include in minutes, but available for review upon request.) Shonquinta also handed out a Public Outreach Service flyer to solicit volunteers. IGRs are encouraged to share it as their meetings.
Retreat	Rick	Rick reported that the retreat was a great success. While the theme was, "Pathway to

		Spiritual Awakening," because of the wonderful retreat committee chairs, volunteers, and past committee members, it was more like, "Together We Can." The raffle raised \$466, which allowed all scholarships to be paid in full.
Special Population Focus	Mary S. & Lori	On July 20, Stockton OA hosted a 12 Step Within speaker meeting. The meeting began timely, the room was prepared and cold refreshments were offered. The guest speaker travelled for two hours and enthusiastically shared her personal experience, strength, and hope both in and out of the rooms. This was a great event with an experienced speaker. Attendees by local and out of town OA members also participated in sharing. Lori and Mary are looking at ways to address our committee's needs. More to come. One (great) idea is for groups to encourage members to make 12 step calls the twelfth of each month to those who have haven't been at meetings in a while, to welcome them back and remind them they're not alone!
Sponsorship	Vacant	

Group Concerns and Announcements

None

Continuing Business

None

Misc - Nancy received a call from a member in Auburn about starting a new group. She will follow up.

New Business

1. Upcoming Elections

Jan shared timeline and nomination forms. It was pointed out that there will be openings for one R2 rep, and one World Service Rep (not two each as shown on the forms.)

Nominations were made from the floor that Jan will include when preparing the ballots.

Adjournment

Meeting adjourned at 8:10 p.m. Closed by joining hands and reciting the OA promise.

Respectfully Submitted,

Jan H. on behalf of

SVIOA Secretary