

**Overeaters Anonymous of Sacramento, Inc.**  
**Business Meeting Minutes**  
**September 12, 2023**  
*Final Draft SH/rmy*

**Location:** Via Zoom

**Opening:** Chair, Scarlet H, called the meeting to order at 7:00PM, recited the Serenity Prayer and read the 12th Concept Guidelines and Principles of OA Service.

**Roll Call:** Secretary, Raven Y will take roll by noting attendees in Zoom room. Quorum met.

**Previous Minutes:** August 8, 2023 Minutes were presented for approval.

- Motion to accept by Dee, seconded by Phil, motion approved.

**Treasurer's Report:** The Treasurer's report for August 2023 was shared on screen

- Motion to accept by Sherri F, seconded by Katy H, motion approved.

**Information Sharing**

- Scarlet shared that we still have three SVIOA vacancies to fill:
  - SVIOA Vice Chair - remaining term for 2023.
  - One World Service Delegate is needed for current vacancies and two will be needed for 2024 vacancies.
  - The IGR Special Population Focus Chair is still vacant.
- Upcoming Region 2 Updates:
  - October 27-29 Region 2 Fall Assembly
  - November 18-20 International Day Experiencing Abstinence (IDEA)
  - December 12 Twelfth Step Within Day
    - Information regarding these upcoming events can be found on <https://www.oar2.org/events.html>
- Suzanne wondered how to get an SVIOA Sponsor list and was supplied with the following information that can be used by any SVIOA fellow to request one:
  - For a list of sponsors or to add your name, call or text KATHERINE G with the Sac Valley OA Sponsorship Bank (707) 974-7649

**Board and Committee Reports**

- 2023 OA Region 2 Tahoe Retreat, Rick Z (acting chair) – Rick stated that every year there are many volunteers who make the retreat possible, from the Intergroup Chair and Intergroup Treasurer who are automatically on the retreat board. There is also a person who takes care of all of the online aspects from registration to accepting payments. Also, when people register for the retreat, they are offered the opportunity to volunteer and usually at least 15 people do so. This retreat works hard to cover the cost of each retreat as well as have some money available to offer fifty-percent discounted registration scholarships to fellows who can only attend with reduced costs.
  - Katie was the speaker at the retreat; she was great. Everything just flowed.
  - Retreat facilities are reserved for 2024, and Scarlet asked that if anyone would like to volunteer for the 2024 Tahoe Retreat Chair to get in touch with her.
  - Jan H thanked Rick for stepping in as acting chair when circumstances required her to step back, and both she and Rick thanked everyone for their help.
    - Scarlet then asked for the representatives to go back to their meetings and share that if anyone is interested in being chair to notify Events Coordinator: Lynn H., email: [events@oar2.org](mailto:events@oar2.org)
- Webmaster: Phil said that he has been contacted by other OA Groups that want to put information regarding their upcoming events on SVIOA's web page.

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- Scarlet requested that a thorough discussion on this topic take place at the October meeting, reps then go back to their meetings and get a consensus from their group and come back in November ready to vote regarding having non-SVIOA events posted on our website.
- R2 Representatives - Curt shared that R2 is busy with lots of things, they just sponsored a workshop for carrying the message through digital outreach. A major discussion was how to build a Facebook page without breaking anonymity.
  - He also announced the Fall Assembly (Details can be found on the <https://www.oar2.org/fall-assembly.html>)
- World Service Organization Delegate: Judy shared that we currently have one WSO Delegate and a vacancy that has failed to be filled for 2023 which will interfere with the preferred staggered filling of the vacancies of our allotted two delegates two-year terms.
  - In the past, what has worked best is to fill one vacancy every even year and one vacancy every odd year ensuring that there are always two delegates, one with a year experience to help the new incoming delegate. This rotation of filling the two vacancies, one per year, is a good solution.
  - Judy volunteered to run for one year term in 2024 and is willing to help a new delegate that will also be in office starting in 2024, and then in 2025 Judy will have fulfilled her one-year term and we will fill the opening for a new delegate in 2025, thus getting back on track to always have one delegate have one year of experience to help the incoming delegate become orientated to their new service duties.
    - Judy said that the new delegates hit the ground running starting in January of each year. Another option is for an exiting delegate to step down from being a delegate at the end of their term, but to continue volunteering with their committee service until the next WSO Business Conference, which WSO is on board with. That is also a possibility for retiring delegates after the end of their term.
  - Rosalie suggested that perhaps this approach is making it seem more difficult than it is. She wondered if it would be better to not seat the delegates until the date of the World Service Business conference. She also encouraged people to step up to this level of service as it is a great experience.
- Events: Janet M stated that she would like to try to get an event in October and December organized.
  - Judy shared that the event that just took place on September 9 2023 was amazing and well attended with 61 attendees (combination in person and zoom.) She volunteered that if anyone would like to put on an event in the future, the Saturday 9:am Rocklin meeting would be glad to help them.
- Meeting and Video Conferencing Support; Andrea – No report
- Speaker List: Dee reported that she contacted everyone on the speaker list and was happy that all listed agreed to continue to be listed as a possible speaker
  - Chandra said they tried to find a speaker for their Grass Valley meeting and no one contacted was willing to drive up to grass valley. She wondered if there could be a note by speakers stating if they are willing to travel and how far they would travel.
    - Dee said that on the current speaker list there are notations on if a speaker would only speak via zoom or if they would travel, the mileage they are willing to travel.
- Answer Phone: Kathy Absent
- Newsletter: Gerri – No Report
- Meeting List Coordinator: Dawn S said that when the new meeting to be established in Grass Valley is accepted by WSO, to notify her and she will get it on our meeting list. She has added the new Tuesday 7pm Sacramento in-person meeting to the list.
- Public Outreach: Nancy Mc shared that she attended the event at the California Capitol, Recovery Happens in the beginning of September 2023. She will be attending another event taking place in Placer County and setting up an information station in order to attract anyone interested in OA. She has been

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asked to have a game for people to play, and there will be music and fun at this community type event. If you are available to attend or help, please get in touch with her.

**New Business**

- New in-person Tuesday 7pm Sacramento meeting was represented by Katy H. The meeting is requesting financial help for getting foundational literature available to attendees. Katy H made a motion asking for money to make a literature order for \$312.80, seconded by Noreen.
  - After discussion a vote was taken and the motion did not carry.
- A new amended motion was made by Angie, seconded by Noreen – A fixed amount of \$200 can be made available to new face-to-face meetings upon request and the money to purchase literature does not need to be paid back. Motion carried.
  - Barbara will get in touch with Katy to provide the \$200.

**Announcements:**

- 2024 Convention Chair has been selected; it is Barbara M. There are many volunteers needed, please let your meetings know that they can get in touch with Barbara by emailing her at [bmore4hp@surewest.net](mailto:bmore4hp@surewest.net).
  - Sharon E is the convention treasurer and she needs an assistant. Please email her at [s\\_earl@comcast.net](mailto:s_earl@comcast.net) to volunteer your service.
- The 2023 Thank-a-thon is being hosted by the Sacramento Tuesday Noon Meeting and will be in person only and with meetings at 9am, 10am, 11am and noon. If you can help, please contact [Sarainrecovery@gmail.com](mailto:Sarainrecovery@gmail.com).
- 2024 Tahoe Retreat Leader is need – please let people know. If they are interested, they can get in touch with Scarlet
- The SVIO Chair (Scarlet) is unavailable September 16 – 30, 2023 with the exception of text messages only if necessary.
- Scarlet adjourned the meeting at 8:10 pm following the reciting of the Unity Prayer

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Sept 12, 2023		Attendance Log						
Board Member		Committee Chair		Meeting	City	Rep		
Chair, Scarlet H.	X	Bylaws, Cary H		Sun	1:30pm	Stockton	Renè	X
Vice Chair, Vacant.		Events, Janet M	X	Sun	3:30pm	Sacramento	Rosalie - Sub	X
Treasurer, Barbara E	X	Zoom, Andrea	X	Sun	4:00pm	Sacramento	Rosalie - Sub	X
Secretary, Raven Y	X	Speaker List, Dee	X	Sun	6:00pm	Chico	Danielle	X
				Mon	10:00am	Stockton	Cara	X
Webmaster, Phil K.	X	Answer Phone, Kathy K.		Mon	12:30pm	Nevada City	Erin G	X
R2 Rep, Curt B.	X	Newsletter, Gerri H	X	Mon	1:00pm	Stockton	Mary S.	X
R2 Rep, Cary H		Meeting List, Dawn S	X	Mon	5:30pm	Sacramento	Marian	
R2 Rep,		Public Outreach, Nancy Mc	X	Mon	5:30pm	North Reno	Diana S.	X
	X	Retreat, Jan H	X	Mon	5:30pm	Modesto	Patricia	
WS Del., Judy L.	X	Special Pop Focus, Vacant		Mon	6:30pm	Rancho C.	Lisa	X
WS Del., Vacant		Sponsorship, Katherine G.	X	Mon	7:00pm	Yuba City	Angie H	X
				Tues	12:00pm	Sacramento	Soliel	X
				Tues	5:30pm	Davis	Noreen	X
				Tues	6:00pm	Chico	Vacant	
				Tues	7:00pm	Sacramento	Katy H	
				Wed	9:00am	Stockton	Mary S.	X
				Wed	10:00am	Stockton	Vacant	
				Wed	10:30am	Sparks	Sherri F	X
				Wed	5:30pm	Gardnerville	Dee	X
<b>Guests</b>				Wed	5:30pm	Sacramento	Vacant	
Chandra				Wed	6:00pm	Murphys	Vacant	
Nevada City				Thurs	12:00pm	Sacramento	Kathy H	X
Phoebe				Thurs	3:00pm	Stockton	Mary S.	X
Rick Z Acting Tahoe Chair				Thurs	6:00pm	Chico	Vacant	
				Thurs	6:00pm	West Sac	Kristen	X
				Thurs	7:00pm	Shingle Springs	Suzanne	X
				Fri	12:00pm	Carson City	Vacant	
				Fri	7:00pm	Yuba City	Nici	
				Sat	9:00am	Sacramento	Michael L	X
				Sat	9:00am	Rocklin/Roseville	Darby	X
				Sat	9:00am	Folsom	Jan H	X
				Sat	9:00am	Stockton	Mary S.	X
				Sat	9:30am	Sparks	Denise	X
				Sat	6:00pm	SNL	Nancy	