

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
May 9 2023
Approved Minutes

Location: Via Zoom

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

Roll Call: Secretary, Raven Y took roll by noting attendees in Zoom room.

- Quorum met. (See participant list below.)

Previous Minutes: April 11, 2023 Minutes were presented for approval.

- Motion to accept by Sherrie F, seconded by Noreen, motion approved

Treasurer's Report: Barbara presented the April SVIOA, Inc. Income & Expense Report (shared on screen) and showed that she had fine tuned the report regarding retreat refunds.

- Barbara also completed filing the following forms:
 - IRS 990N 12/31/2022
 - Franchise Tax Board 199 12/31/2022
 - 2 forms to Charitable Trust – Department of Justice RRF1 and CTTR1 12/31/2022
 - Prior missing years filings to Charitable Trust – Department of Justice – making all filings current.
 - 0 return for sales tax as IGR is no longer selling literature, and she closed the sales account for SacValley Intergroup
- Chandra motioned to approve the report; Michelle seconded.
 - Motion approved.

Information Sharing:

- Filled SVIOA Position (was vacated by Kathryn),
 - Cary has volunteered to be of service as an R2 Representative
- Vacant SVIOA Positions:
 - The Vice Chair position is now vacant.
 - Please let all members know, anyone with questions and those interested should be directed to Scarlet.
 - A World Service Delegate is needed immediately for the current vacancy.
 - The World Service Business Conference Delegate/alternate (whether or not a member of the Intergroup Board) shall have **at least one (1) year of current abstinence and at least two (2) years of service beyond the group level** and such qualifications as required for election to the Intergroup Board by Article IV, Section 4, of OA bylaws. Permission for an exception in qualifications for valid reasons, if deemed credible by the trustees, may be received by application to the World Service Office, except that the trustees cannot grant exceptions to those qualifications required solely for election to the Intergroup board. The new World Service Delegate has all related conference travel covered by SacValley IG
 - Everyone is encouraged to take this information to their meetings, tell sponsees, sponsors, etc.
 - IGR Special Population Focus Chair is still vacant
 - Information can be found on our website, <https://www.sacvalleyoa.org/documents.html>, in the Policy and Procedures document in Section 7 (page 21.)
- Sac Valley Upcoming within 30-60 days
 - Day In OA – Forgiveness & Amends, May 13, 2023 – Saturday, 11am to 2 pm at Faith United Methodist Church, 3600 J Street, Sacramento
 - This is an IN-Person only event, hosted by the Thursday noon Sacramento OA meeting.
- Region 2 Future Events
 - Region 2 Convention, July 7 – 9, 2023, hybrid (in person/zoom), Orange County, CA.
 - Theme : - Recovery – Putting the Pieces Together

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Group News:

- Tina from Monday/Reno stated that a couple of people from that meeting had filled out the contact form that is on the SacValley OA website to ask to be sent the Sponsor list and have not gotten any response, for quite some time.
 - Katherine is unaware of the contact form to request the sponsorship list, and asked them to be told to email her (email is on last page of newsletter), and she will quickly get the list to them.
 - Gerri will look into how the contact form works.
- Shirley from Wed/Sacramento 5:30 to 6:30 pm meeting said she has heard that people thought that meeting was no longer taking place, but it is!
 - They talk about the tools, read Voices of Recovery and have open sharing.
- Sherry from Wed/Sparks 10:30 am said that their ZOOM meeting needs support.

Board and Committee Reports

- Chair Report, Scarlet: No Report
- Vice-Chair Vacant: No Report
- Treasurer, Barbara E: No Report
- Secretary, Raven Y: No Report
- Webmaster, Phil K: No Report
- R2 Reps
 - Curt: There are two R2 Assemblies that R2 Reps attend, one in the fall and one in the spring, and then there are the two R2 Conventions.
 - At the convention, reps meet together and then break into committees and get to work.
 - Curt is in his third year in this service position (Public Outreach) and will term out this year.
 - Curt stated how much he loves this service and is willing to talk to anyone else who is at all interested in filling the next vacancy.
 - Cary: Shared how she asked Scarlet where she could be most useful and from that conversation decided to fill the R2 Rep vacancy, and step away from being the IG Vice Chair. She also consulted with a few key people and is now excited to be our new R2 Rep.
- World Service Delegates:
 - Judy L: Judy gave a report from the World Service Organization Business Conference, which she attended the last week of April 2023, along with 175 in-person WSO Delegates from around the world.
 - And indeed, there is a lot of business that takes place at the conference, and it often needs to be translated into languages other than English, because OA is not just an American Organization, it is a global organization.
 - Judy shared how they heard the Serenity Prayer offered in all of the languages of attendees, and how moving it was.
 - She also explained that it takes money to offer translators to different delegates and how electronic devices have limited capability to translate effectively.
 - For instance, a trustee typed in “compulsive overeater” into an electronic translation device and its generated translation was cannibal.”
 - She shared that since the Where Do I Start pamphlet has been offered as a free .pdf download on the WSOA website, it has been downloaded an average of 1,100 times per month, sharing the message of OA.

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- Judy talked about the six-page document: Final Report on World Service Business that will be sent via email with the draft minutes of this meeting to all IGR members.
 - She explained the different resolution statement in the Final Vote Column, in particular the “PASSED ON CONSENT AGENDA.”
 - All of the items that are not controversial and mainly just procedural are put on a Consent Agenda vs. being voted on singly.
 - Then the Consent Agenda if voted on allows passage of each item, however, any one delegate can ask it to be removed from the consent agenda, and it will then be handled singly.
 - Also, any item to be voted on that has three amendments added to it during the voting process, is then given to a special Reference Committee that will rework or reword it and submit it to be presented for vote.
 - She reported they ran out of time and some items were not voted on during this conference.
 - Judy said that the reports can be shared with groups and if there are any questions, she would be happy to talk to the person with questions, or the group with questions (at a group business meeting) or she would be happy to stay after the Intergroup Meeting in June to answer questions
- Scarlet reported that the Bylaws committee still consists of Cary, Katherine K and herself as Cary has agreed to stay on that committee regardless of changing positions.
- Events: Janet M, Absent, No Report
- Meeting & Video Conferencing Support: Andrea A, No Report
- Speaker List: Dee, Absent, No Report
- Answer Phone: Kathy K, Absent, No Report
- Newsletter: Gerri, No Report
- Meeting List: Dawn S. Absent No Report
- Public Outreach: Nancy Mc: reported that she will be hosting an OA table at an event titled Stop the Stigma. While the event is not an OA event, her table will be all about OA and she will have material to hand out. She still needs to order a tablecloth. Anyone who wants to come help with hosting can!
 - Saturday, May 27, 12 - 4pm PDT at Mack Road Valley Hi Community Center 7833 Center Parkway Sacramento
- Retreat: Jan H shared that though the Lake Tahoe retreat is full, people who wish to sign up should do so regardless that they would only be signing up on the waitlist as chances exist that they will be able to attend due to cancellations.
- Special Population Focus: Vacant – No report.
- Sponsorship: Katherine G shared she is sending out the sponsor list in response to requests that reach her

Continuing Business

- Scarlet mentioned the on-going research by Joel, Jamie, and Nancy to put OA literature (both hard copy and digital publications) into local libraries.

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Old Business

- Distribution of OA Speaker List. In March 2023 Judy H made a motion that the speaker list be provided each month in the material attached to the email that Scarlet distributes for the Intergroup Meeting, Jan seconded the motion, and discussion followed.
 - This was tabled for vote until tonight due to absences, etc.
 - After a discussion the motion was again on the floor and put to a vote and overwhelmingly passed and may now be implemented.
 - Some IGRs did share this motion with their groups and obtained their group consensus which dictated their vote, other IGRs voted with due diligence after listening to the group discussions.
 - Dee will send an updated speaker list each month to Scarlet.

New Business:

None

- Scarlet adjourned the meeting at 7:46 PM (motion by Nancy Mc, Seconded by Debbie N) after the Unity Prayer.

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May 2023		Attendance Log						
Board Member		Committee Chair			Meeting	City	Rep	
Chair, Scarlet H.	X	Bylaws, Cary H	X	Sun	1:30pm	Stockton	Renè	X
Vice Chair, Vacant.	X	Events, Janet M		Sun	3:30pm	Sacramento	Jagrati	
Treasurer, Barbara E	X	Zoom, Andrea	X	Sun	4:00pm	Sacramento	Jagrati	
Secretary, Raven Y	X	Speaker List, Dee	X	Sun	6:00pm	Chico	Danielle	X
				Mon	10:00AM	Stockton	Cara	X
Webmaster, Phil K.		Answer Phone, Kathy K.		Mon	12:30pm	Nevada City	Chandra	X
R2 Rep, Curt B.	X	Newsletter, Gerri H	X	Mon	1:00pm	Stockton	Mary S.	
R2 Rep, Cary H		Meeting List, Dawn S		Mon	5:30pm	Sacramento	Marian	X
R2 Rep,		Public Outreach, Nancy Mc	X	Mon	5:30pm	North Reno	Diana S.(sub)	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	Debbie N	X
				Tues	12:00pm	Sacramento	Kathy K	
				Tues	5:30pm	Davis	Noreen	X
				Tues	6:00pm	Chico	George	X
				Wed	9:00am	Stockton	Mary S.	X
				Wed	10:00am	Stockton	Vacant	
				Wed	10:30am	Sparks	Sherri F	
				Wed	5:30pm	Gardnerville	Dee	X
Guests				Wed	5:30pm	Sacramento	Shirley G	X
Katherine				Wed	6:00pm	Murphys	Vacant	
Tina sub – Reno Mon				Thur	12:00pm	Sacramento	Michelle K	X
				Thur	3:00pm	Stockton	Mary S.	
				Thur	6:00pm	Chico	Vacant	
				Thur	6:00pm	West Sac	Dena	
				Thur	7:00PM	Shingle Springs	Suzanne	X
				Fri	12:00pm	Carson City	Vacant	
				Fri	7:00pm	Yuba City	Angie H	
				Sat	9:00am	Sacramento	Michael L re	X
				Sat	9:00am	Rocklin/Roseville	Darby	X
				Sat	9:00am	Folsom	Jan H	X
				Sat	9:00am	Stockton	Mary S.	
				Sat	9:30am	Sparks	Denise	
				Sat	6:00pm	SNL	Nancy	