

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
April 12, 2022
em/sh/jh

Location: Via Zoom

Opening: Vice Chair Scarlett opened and called the meeting to order at 7:00PM by reciting the Serenity Prayer. Nancy Mc read all the 12th Concept Guidelines and Principles of OA Service.

Roll Call: See participant list below. Quorum met.

Previous Minutes: The March 2022 meeting minutes were reviewed.

- Phil K moved to approve March minutes; Judy L seconded. Motion approved.

Treasurer's Report:

- Joel presented the monthly treasurer's report.
 - Web hosting has gone up.
 - Have applied the down payment and credit for the 2022 retreat.
 - Sent the split to World Service and R2 in March
 - Started reimbursing delegate costs for the World Service Business Conference.
 - Total revenue for March was \$5,450.00
 - Total expenses for March were \$14,821.67 (Retreat deposit and distribution WSO & R2)
 - Checking account balance as of March 31, 2022 was \$20,260.95 (includes \$11,449.87 in collected retreat registration fees)
- Brenda B moved and Nancy Mc Seconded to approve the report as presented. Motion approved.

Information Sharing:

- There are a few vacant positions in IG. Please take these back to your groups to ask for support:
 - ~~Speaker List Coordinator~~ (**Dee volunteered**)
 - Special Population Support
 - Public Outreach Coordinator
- We need a group to volunteer to host a day in OA or event. Text or email Sandra S if a meeting would like to host or get help with hosting.
 - Judy L reminded us to ***go back to our groups to encourage your fellows to give service and host an event. We have no events planned right now and it is up to all of us to keep that going.***
- Chandra S let us know that there are new instructions on the meeting list on www.sacvalleyoa.org for dial-in only, for those that don't use Zoom.

Group News or Announcements:

- Cara was introduced for the new Monday 10:00 AM Stockton in-person meeting. Hi Cara!!
- Sutter 9 AM Saturday meeting is currently doing research to find a new place to meet as it considers returning to an in-person meeting.
- Raven reports that Yuba City is no longer using a personal Zoom account and have switched to the Sac Valley account for its Monday and Fri meetings.
- Judy L reports that Saturday Rocklin is hybrid and it is going well. Reach out for guidance if you would like it.
- Scarlett reported that Thursday West Sacramento evening meeting voted to stay on Zoom.
- Katherine K reported that her Monday 6:00PM Modesto meeting is staying on Zoom.

- Brenda B reported that Sunday 3:30-4 is staying on Zoom until 2023 and will reevaluate at the end of the year.

Board and Committee Reports

Chair Report:

- Jan H is absent. We do not have her report.

Vice Chair Report: Scarlet, as interim Chair:

- No report

Web Host:

- Phil K had no report.

R2 Reps:

- Katherine K reported about the Spring Assembly.
- Nancy Mc provided the report from the Spring Assembly. R2 wants to promote Unity:
 - Provide a forum for an exchange of ideas;
 - Serve the needs of the members of the intergroup, groups, or members;
 - Carry the message;
 - Discussed the rotation of service and abstinence requirements, etc. There was no resolution or action items other than encouraging others to attend meetings and give service.
- Nancy also provided the following information regarding DONATIONS TO REGION 2 (<https://www.oar2.org/donate.html>)
 - Is your meeting or intergroup getting credit for its donations? Is the information current? If not, your donation may be categorized as an Unspecified Donation or Personal Donation. Has your meeting number changed? Is it a new meeting? If you registered your meeting as a Zoom/Hybrid did you know if the number changed? Pass along this information to your Treasurers so they can verify their number.
 - When sending a check, please include identifiable information for your meeting – the WSO meeting #, city and time of your meeting. You do not need to submit the R2 Donations form (see webpage) if you include this information with your check or money order. Don't forget to add your signature! If you want a receipt, please include a stamped, self-addressed envelope, OR add a note to send confirmation to an email address.
 - When making online donation for a meeting/group, choose your intergroup # AND type in your meeting number in the "What is your meeting number?" field. You can find your meeting number in one of two ways. Find it on the R2 Group Donations Summary, or find your meeting on the WSO website, <https://oa.org/>. Find your meeting and click "More Info" to see the meeting #
 - Do NOT send cash through the mail.
 - If you or your Treasurer have questions, contact Nancy Mc.
- The Region 2 Convention is at the Hyatt Regency, San Francisco Airport - Burlingame, CA on July 8-10, 2022
- Fall Assembly will be in-person. Curt welcomed others to the assembly.

World Service Delegates:

- Barbara M: and Les F. absent – no report

- Judy L: They are getting ready for the Zoom conference, which is spread out over nine days to accommodate different time zones. Judy is excited to be on the literature committee. Les and Barbara are on the public outreach and public information committee.

Bylaws: Scarlet

- No report. We will be looking for volunteers for reviewing Bylaws in June.

Events: Sandra S absent

- No report

Group Support/Zoom: Gerri

- Gerri reported on a recent “Zoom Bombing” occurrence and reminded everyone to remain calm and to take appropriate action.
- Keeping meeting codes and passwords on OA.org is a group level choice, but if your group decides to do this, you should *be prepared to deal with Zoom bombers*. If you decide to remove the passcode, meetings typically add a contact person's first name and phone number on the OA.org website who can be contacted to get the password.
- Sylvia F Reported having a hard time getting callbacks from the contact person listed on meetings without passwords published on OA.org.
- Joel recommends putting “call don’t text” on the contact info to dissuade bombers from reaching out.

Speaker list: Dee volunteered to take this position this evening. Yay! Thanks Dee!!

Answer Phone: Diane B - absent

- No report.

Meeting List: Dawn S

- No report.

Newsletter: Christina H - absent

- No report

Retreat: Rick Z

- If you’re thinking of coming to the Retreat, register immediately, as the email blast is coming, which is anticipated to “fully book” the event. A “wait list” will be automatically initiated once the event is at capacity.

Special Population Focus: Vacant

- No report.

Sponsorship: Cary H

- No report, but Cary explained that she sends the entire list, and doesn’t do any “sponsor matching”.
- Rene asked that we add a gender to the names of those that are ambiguous (on a voluntary basis) so that people aren’t calling looking for a male or female and getting the opposite. **Jan will discuss this with the Sponsorship Chair and may or may not act on this suggestion.**

Continuing Business:

- Scarlet mentioned the copyright guidelines for OA. Please review them and take them back to your groups. Gerri added the document to the chat for download. **Jan will discuss this in more detail next month and will include some specific items that meetings need to pay attention to to comply with WSO's guidelines.**

New Business:

- None.

Adjourned

- Nancy Mc moved and Holly S seconded to adjourn at 7:58 pm with Scarlett reading Serenity Prayer.

Sacramento Valley Intergroup Attendance March 8, 2022

Board Member	Committee Chair		Meetings				Meeting Rep	
Chair, Jan H.	Bylaws, Scarlet H.	x	Sun	1:30pm	Stockton	Renè	x	
Vice Chair, Scarlet H.	Events, Sandra S.		Sun	3:30pm	Sacramento	Brenda B	x	
Treasurer, Joel W.	Group Support, Zoom-Gerri	x	Sun	4:00pm	Sacramento	Brenda B	x	
Secretary, Emily M	Speaker List, Vacant		Sun	6:00pm	Chico	Ellie	x	
Webmaster, Phil K.	Answer Phone, Diane B.		Mon	12:30pm	Nevada City	Anne M.	x	
R2 Rep, Curt B.	Newsletter, Christina H.		Mon	1:00pm	Stockton	Mary S.		
R2 Rep, Kathryn K.	Meeting List, Dawn S	x	Mon	5:30pm	Sacramento	Sylvia F	x	
R2 Rep, Nancy Mc	Public Outreach, Vacant		Mon	5:30pm	North Reno	Tina H	x	
WS Del., Barbara M.	Retreat, Rick Z.	x	Mon	6:00pm	Modesto	Cary	x	
WS De., Les F.	Special Pop Focus, vacant		Mon	6:30pm	Rancho C.	Robin		
WS Del., Judy L.	Sponsorship, Cary H.	x	Mon	7:00pm	Yuba City	Raven	x	
			Tues	12:00pm	Sacramento	Donalee	x	
			Tues	5:30pm	Davis	Kim	x	
			Tues	6:00pm	Chico	George	x	
			Tues	7:00pm	Folsom	Caryn		
			Tues	7:00pm	Fairfield	Katherine	x	
			Wed	9:00am	Stockton	Mary S.		
			Wed	10:00am	Stockton	Rene'	x	
			Wed	10:30am	Sparks	Sally	x	
			Wed	5:30pm	Gardnerville	Dee	x	
			Wed	5:30pm	Sacramento	Holly S	x	
Guests			Wed	6:00pm	Murphys	()		
			Thurs	12:00pm	Sacramento	Julie S		
			Thurs	3:00pm	Stockton	Mary S.		
			Thurs	6:00pm	Chico	Raven	x	
			Thurs	6:00pm	West Sac	Andrea T	x	
			Thurs	7:00pm	Fairfield	Katherine	x	
			Fri	12:00pm	Carson City	Diane	x	
			Fri	5:30pm	Sacramento	Chandra S	x	
			Fri	7:00pm	Yuba City	Raven	x	
			Sat	9:00am	Sacramento	Michael L	x	
			Sat	9:00am	Rocklin	Jamie M.		
			Sat	9:00am	Folsom	Dorothy E	x	
			Sat	9:00am	Stockton	Mary S.		
			Sat	9:30am	Sparks	Cindi P	x	
			Sat	6:00pm	SNL	Marganne	x	