

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
February 8, 2022
Draft emm/jh

Location: Via Zoom

Opening: Chair Jan opened and called the meeting to order at 7:02PM by reciting the Serenity Prayer. Sandra S read The 12th Concept Guidelines and Principles of OA Service.

Roll Call: See participant list below. Quorum met.

Previous Minutes: The January 2022 meeting minutes were reviewed.

- Judy L moved to approve minutes, Kathryn seconded. Motion approved.

Treasurer's Report: Joel presented monthly treasurer report.

- Barbara moved to accept the report, Brenda B seconded. Motion passed.

Information Sharing:

- Vacant positions: looking for Special Population support.
- Dawn stepped into Meeting List Coordinator! Thank-you!
- March 19th "Gratitude as a Daily Practice" Event flyer went out but the contribution information was missed, a new flyer will be provided.

Group News or Announcements:

- Holly S, IG rep for East Sac Wed 5:30 meeting announces a new ID and password for the meeting. It's on the website.

Board and Committee Reports

Chair Report: Jan

- We do have the World Service Business Conference agenda items that we will need to continue to get feedback on from groups. We've received 12 responses. If materials need to go out again, contact Jan H or Judy with questions.
- Sign up for the retreat before it sells out, which it's sure to do this year!
- Gerri is available to help with Zoom training for any and all that are interested.
- Roger is our speaker list coordinator and can help finding speakers for your meetings. Also let him know if you're willing to be a speaker.
- Go check out the sacvalleyoa.org website to see all the amazing things available.

Retreat: Rick Z

- The retreat is at 40% capacity ten days into registration. When we hit 80%, an email blast will go out. Shortly thereafter we expect the event will be full and it will be waitlist only!
- Register at sacvalleyoa.org. There is a banner.
- Please report at your meetings that it's open for registration, and you can also commit to giving service at the event using the website.
- Please don't forget to add your roommate to the registration if you already know who you'd like to room with. You can send an email after the fact, up to two weeks before the event, to add your roommate request.
- We are looking for a retreat leader. Please reach out to Rick if you have questions or want to volunteer.

Webmaster: Phil

- Phil let us know that there is a short window of time for updating the website each week. If you need the website updated, he needs it by Wednesday each week. Best practice for Monday releases is to get information to him by that day. This is a hard stop.
- This applies to website information and region wide email “blasts” that come through the website.

R2 Reps: Curt B

- A Region 2 questionnaire will be sent out by Jan H with the minutes for this meeting.
- Please complete it and send it back to Jan H at OAchair@sacvalleyoa.org.
- Curt B is not able to attend the assembly next month. This is an opportunity for someone that is interested in Region 2 to step up and learn about our region. If you are interested, please let Jan H, Curt B or Joel know, and you can attend as an alternate.

World Service Delegates: Barbara M

- The World Service Business Conference (WSBC) will be on Zoom.
- The Book “Overeaters Anonymous” is now available as an audiobook. The 12 x 12 will soon be as well.
- Please get your responses in to Jan H for the WSBC agenda item votes.

Events: Sandra S

- Saturday Sacramento 9 AM hosted an amazing OA Birthday Party in January.
- We have an event scheduled for March but need events for subsequent months. There is myriad assistance available for running events.

Public Outreach: Holly S

- We have a beautiful bookmark that Christina H designed that we will print and will need to distribute and need volunteers to help do this. Please contact Holly if you'd like to help.

Vice Chair: Scarlet

- Please be aware that she will be sending out our event fliers to other Intergroups in Region 2 and she has created a distribution list for that. Please be sure to share your group flyers with her so she can get them out to the region.

Treasurer: Joel

- Grace helped getting the QuickBooks fixed. Thank you for the fellowship!

Secretary: Emily – No report

Bylaws: Scarlet – No report

Group Support

Zoom: Gerri

- Reported that there was a Zoom glitch and a meeting got “bumped” but the issue has been resolved.

Speaker list: Roger

- Reported that the speaker list is always available and requests that you contact him if there's a change to your status on the list or if you'd like to be added to the list.

Answer Phone: No report

Meeting List: No report

Newsletter: Christina H

- If you have any questions or comments please reach out. She can make banners for the website! Let her know if your group wants to be featured on a banner.

Special Population Focus: No report

Sponsorship: Cary H

- Cary requested that available sponsors contact her to be added to the list. She's been hearing people say that they're available in meetings but several are not on the list.

Continuing Business:

- No report

New Business:

- Joel presented 2022 Budget. Barbara moved and Kathryn K seconded the motion to approve the budget. The motion carried.
- Jan H explained that the search feature on the World Service website OA.org is not accurately listing the status of meetings. Please review the spreadsheet that she sent out to confirm that your meeting is correctly notated on the spreadsheet (in person/virtual/hybrid). Please confirm whether you'd like your meeting's ID and password on the web. If your meeting needs updating, there is a form that needs completing. You may need to contact World Service for help. This is challenging but necessary.
- Jan H proposed keeping Intergroup meetings on Zoom for 2022. Donnalee moved and Brenda seconded the motion. The motion carried.

Adjourned at 8:00pm with Jan reading the OA Responsibility Pledge and the OA Promises.

Sacrame

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