

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
July 12, 2022
draft emm/jh 7-12-2022

Location: Via Zoom

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

Roll Call: See participant list below. Quorum met. WELCOME NEW REPS: Rosalie, Sue M. and Barbara E.!!!

Previous Minutes: The June 2022 meeting minutes were reviewed.

- Scarlet moved to approve June minutes; Kathryn K seconded. Motion approved.

Treasurer's Report:

- Joel presented the monthly treasurer's report.
 - Andrea motioned and Ann seconded. The report was approved as presented.

Information Sharing:

- There are currently two vacant positions in IG.
 - Special Population Support
 - Public Outreach Coordinator
- There will be a "Freedom from Bondage" zoom workshop on July 23rd.
- The Tahoe Retreat is coming up the first weekend in August.
- Interview with Rozanne event on August 27th.
- Details for all these events can be found at our website: www.sacvalleyoa.org
- Looking for groups to host events this fall and winter. Let Sandra S know if your group would like help hosting.
- Informal 6 month fiscal review of "the books" was completed recently with no concerns. The EOY report will be more in-depth.

Group News or Announcements:

- Nancy Mc said the in-person outdoor event, hosted by the Thursday (Sac) noon meeting last month, was amazing!

Board and Committee Reports

Chair Report:

- Jan reviewed the following:
 - Elections are coming up.
 - If your group hasn't hosted an event, please do your part as an intergroup rep to engage your meeting in the event hosting process. Contact Jan H or Sandra S to get more information.

Vice Chair Report: Scarlet

- Elections are coming. The nomination period opens at the August IG meeting, and will end at the September meeting. Board members will be voted on in November and announced shortly thereafter to begin their term in January, 2023. Call Scarlet if you have questions.

Treasurer Report: Joel

- Joel shared a report of contributions by group for the first six months. Contributions attributed to each group could be coming from the individuals or meeting treasurers. The report will appear in the August Valley Voice.

Web Host: Phil K - No report

Secretary: Emily M - No report

R2 Reps:

- Nancy Mc reported that Curt B went to the convention and gave a tremendous amount of service. Kathryn sang on stage at the convention as well. They represented the Sacramento IG very well. It was a great event.
- Kathryn K was on the 12 step within committee.
- Curt B reported on the great opportunity that the Region 2 Rep position offers. He also shared about the wonderful convention.

World Service Delegates:

- Judy L is serving on the Literature Committee. They're combining two pieces of literature on sponsorship. A few years ago, WS combined lots of great information into one pamphlet "Where Do I Start?". In addition to being able to purchase it from the WS bookstore for \$1, it is now available to download free of charge! Go to: <https://oa.org/app/uploads/2022/06/where-do-i-start-everything-a-newcomer-needs-to-know.pdf> Judy suggested Intergroup Reps share this link in their meeting chats as well.
- Les reported that his committee's work is done.

Bylaws: Scarlet - No report

Events: Sandra S - No report

Group Support/Zoom: Gerri

- Zoom hosts are getting burned out from having to cover all the meetings in the region. Gerri really encouraged everyone that has a willingness to learn how to be a zoom host.
- Gerri shared the contact information for Ellen, an OA from Southern California, who willing to train how to be zoom host. Her information is available on the San Diego OA website.
- Gerri is always available for support and training. Please make sure group members know about this resource, too! Gerri's phone number is (808) 250-1212.
 - Cary H shared her experience being a zoom host and really encouraged others to consider learning how to do this.

Speaker list: Dee

- Dee has received four or five requests for the speaker list and has been able to reply to those requests usually the same or next day. She's starting a new job this week, and said she may not be quite as quick to check her e-mail, and asked Jan send a text her when a request comes in.

Answer Phone: Diane B – absent - No report.

Meeting List: Dawn S – absent – No report

Newsletter: Christina H – absent - No report

Retreat: Rick Z

- Rick reported that the Tahoe retreat has 77 confirmed bookings, and the waitlist has about 7 people on it.
- The event is August 5-7, overview packages will be sent out soon. Parking passes will be created this year.

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- Next year there will be a new Tahoe Retreat Leader. Rick thanked his support committee.
- There will be an opportunity drawing to help offset the costs of scholarships. Individuals who attend the Retreat are invited to bring a gift card to contribute to the opportunity drawing if they wish.

Special Population Focus: Vacant - No report.

Sponsorship: Cary H

- Lots of newcomers have been reaching out!
- It's an easy service, and very important. Cary has been doing this for two years and the position needs to rotate next year. Please call her to get help if you'd like to take over.

Continuing Business:

- Jamie M. and Joel W. volunteered to spearhead the effort to get our literature into local libraries after the retreat is over. We need others from each meeting to help with this.

New Business: Two or Three World Service Delegates in 2023?

- Background: SVIOA has typically had two individuals serve as Delegates to the annual World Service Business Conference. In 2022, SVIOA welcomed the groups from the former Northern Nevada Sierra Intergroup (NNSI). With that welcome, SVIOA agreed to allow the NNSI World Service Business Conference Delegation, to remain in that role on behalf of SVIOA. So, in 2022, SVIOA had three WSBC Delegates. The question is: Do we want two or three WSBC Delegates? Note: The 2023 conference WILL BE IN PERSON (no virtual option). We will discuss the issue this month and make a decision at the August meeting.
 - Caroline asked what the benefit is of having more delegates. Barbara shared that the it increases representation from Intergroup at the WSO level so we have a strong voice.
 - There was discussion about the cost for an additional Delegate.
 - Rosalie added that there may be additional funding from the retreat and the funds could be available for an additional rep.
 - Judy L commented that she thinks it could be a very expensive venture because of the cost of airfare and accommodations.
 - Treasurer, Joel clarified that the Retreat Committee built the retreat to "break even" this year to save costs for the attendees and it won't be a major fundraiser this year. There are funds from savings in other areas that could be used to pay for the third rep.
 - Scarlet mentioned that it appears total group contributions are down, and wanted us to remember that if Zoom continues, our expected income may be lower in the future than it has been historically. Joel agreed that group contributions are down, but individuals are making good contributions beyond what the treasurer makes, so really, overall contributions are pretty close to budget so far this year.
 - A member asked if an individual could "pay his/her own way." Jan said no because it might discourage folks from volunteering to be of service. And, it's the responsibility of Intergroup to be self-supporting.
- Please discuss this with your home groups so we can vote on it in August.

Adjourned

Jan adjourned the meeting at 7:55PM with the reading of the OA Responsibility Pledge and the OA Promise.

July 12, 2022

Board		Committee	Chair		Meeting	Reps			
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	Rosalie	x
Treasurer, Joel W.	x	Group Support, Zoom-Gerri		x	Sun	4:00pm	Sacramento	Rosalie	x
Secretary, Emily M	x	Speaker List, Dee		x	Sun	6:00pm	Chico	Ellie	x
					Mon	10:00AM	Stockton	Kara	
Webmaster, Phil K.	x	Answer Phone, Diane B.			Mon	12:30pm	Nevada City	Anne M.	x
R2 Rep, Curt B.	x	Newsletter, Christina H.			Mon	1:00pm	Stockton	Mary S.	
R2 Rep, Kathryn K.	x	Meeting List, Dawn S			Mon	5:30pm	Sacramento	Sylvia F	
R2 Rep, Nancy Mc	x	Public Outreach, Vacant			Mon	5:30pm	North Reno	Tina H	x
WS Del., Barbara M.	x	Retreat, Rick Z.		x	Mon	6:00pm	Modesto	Sue M	x
WS De., Les F.	x	Special Pop Focus, vacant			Mon	6:30pm	Rancho C.	Lisa	x
WS Del., Judy L.	x	Sponsorship, Cary H.		x	Mon	7:00pm	Yuba City	Debbie	x
					Tues	12:00pm	Sacramento	Christina	x
					Tues	5:30pm	Davis	Kim	
					Tues	6:00pm	Chico	George	x
					Tues	7:00pm	Fairfield	Katherine	x
					Wed	9:00am	Stockton	Mary S.	
					Wed	10:00am	Stockton	Rene'	
					Wed	10:30am	Sparks	Sally	
					Wed	5:30pm	Gardnerville	Dee	x
					Wed	5:30pm	Sacramento	Caroline S	x
Guests					Wed	6:00pm	Murphys	()	
Dana L	x				Thurs	12:00pm	Sacramento	Julie S	
					Thurs	3:00pm	Stockton	Mary S.	
					Thurs	6:00pm	Chico	Laura	
					Thurs	6:00pm	West Sac	Andrea T	x
					Thurs	7:00pm	Fairfield	Katherine	x
					Fri	12:00pm	Carson City	Diane	
					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	Barbara E	x
					Sat	9:00am	Stockton	Mary S.	
					Sat	9:30am	Sparks	Cindi P	
					Sat	6:00pm	SNL	Marganne	