

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
June 13 2023
Approved Minutes

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 took roll by noting attendees in Zoom room.

- Quorum met. (See participant list below – X indicates service person present.)

Previous Minutes: May 9, 2023 Minutes were presented for approval.

- Motion to accept by Jan H, seconded by Michael L, motion approved.

Treasurer's Report: Barbara presented the May SVIOA, Inc. Income & Expense Report (shared on screen) and stated the only unusual item was a negative expense for Zoom (a lawsuit against Zoom and we were awarded funds.)

- Dee motioned to approve the report; Noreen seconded; motion approved.

Information Sharing:

- Vacant SVIOA Positions:
 - The Vice Chair position is still vacant (needs to be filled until end of year.)
 - Please let all members know, anyone with questions and those interested should be directed to Scarlet.
 - A World Service Delegate is needed for the current vacancy, and two will be needed next year.
 - Everyone is encouraged to take this information to their meetings, tell sponsees, sponsors, etc.
 - IGR Special Population Focus Chair is still vacant
- Sac Valley Upcoming within 30-60 days
 - Day In OA – Emotional Sobriety – The Next Frontier, Saturday, June 17, 2023, 11:00am to 1:30pm
 - Zoom only hosted by Tuesday Noon Sac Meeting – info on flyer on our website.
- Region 2 Future Events
 - Region 2 Convention, July 7 – 9, 2023, hybrid (in person & zoom), Orange County, CA.
 - Theme: - Recovery – Putting the Pieces Together, Frank P is the Convention Chair.
 - Lynnette shared that the convention still has some service positions open. She also showed how to find out more information by accessing the event link on the Overeaters Region 2 website which lists all of the details.
 - Friday night is free to everyone.
 - Scholarship funds are available.

Group News:

- Raven shared that the Chico Tuesday meeting currently does not have an Intergroup Representative.
- Marian said that the Monday 5:30 Sacramento Commuter meeting needs support. They only have a core group of 5, and want to keep this virtual meeting open as it has lots of attendees.
 - Please consider attending and volunteering for open positions as needed.

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- Nancy Mc would like a discussion put on the July agenda addressing the need for more in person meetings. She stated that this is a disease of isolation and for some people (herself included), in person meetings are needed as only Zoom meetings do not fulfill their needs.
- Janet M shared that there is an upcoming event on Saturday, July 22,2023 between 11:00am and 12:30pm, on Zoom with the theme of Sponsorship. The event is hosted by Sacramento Tuesday Noon meeting. A flyer was shown on screen, and can be found on the SacValleyOA.org webpage.
- Chandra reported that she has been receiving phone calls regarding an in-person meeting that use to be held in Nevada City, and was still listed as active, which it was not, and that the meeting information has finally been removed. Still people would very much like to reestablish an in-person meeting; some people have not attended any OA meeting since before Covid and Zoom meetings. There is one possible obstacle in that the location that was used for the in-person meeting before is now twice as much rent as it was, and it is unknown if it would be financially supported.
- Barbara relayed for Suzanne who was having laptop problems. Suzanne texted that there will be NO meeting this week in Shingle Springs because Vacation Bible School is using the space.
- Judy Lynch announced that the annual Day in OA event hosted by Saturday 9:00am Rocklin/Roseville meeting will be held on September 9, 2023. They will work with Janet to get the details available. Judy says it likely will be a hybrid event.

Board and Committee Reports

- Chair Report, Scarlet: No Report
- Vice-Chair Vacant: Vacant No Report
- Treasurer, Barbara E: No Report
- Secretary, Raven Y: No Report
- Webmaster, Phil K: Please get any information (such as an event) that is to be posted to our website, to Phil as soon as possible, because he only has one opportunity per week to post to the website.
- R2 Reps
 - Curt: Reported he is excited to attend and be of service the upcoming Region 2 Convention.
 - He is on the OAR2 Public Information Professional Outreach Committee which supports all of the PI Committees at Intergroup level. He encourages anyone to attend their monthly meeting isheld the third Tuesday of each month at 6 pm. Specific information can be found on the OAR2 website under the committee's link.
 - The next big event after the convention will be the Fall Assembly, and he invited people to volunteer for service; it is fun.
 - Cary: Reported that her R2 Rep committee assignment from the R2 Chair, Jeremiah, is to serve on the Bylaws Committee and will actively start when the other committee member contacts her.
- World Service Delegates:
 - Judy L: Reported she did receive one call with questions about her WSO report and was asked to talk about T and U's, which she did. She said she continues to be available to answer any questions.

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- She reported that her committee's pamphlet on Sponsorship was not approved because they had chosen to remove something that ended up being a controversial omission. Their committee will meet again in the next year, add in the omitted portion and seek to get the pamphlet approved in 2024.
- Scarlet reported that the Bylaws committee will meet in July 2023.
- Events: Janet M, No Report
- Meeting & Video Conferencing Support: Andrea A, No Report
- Speaker List: Dee said she received a phone call from a person in New York who wanted to be added to our Intergroup Speaker List and she declined to do so as our Intergroup in the past decided to keep the list within Sacramento Valley Intergroup.
 - It was decided that there would be a follow up discussion at the next Intergroup meeting in July revisiting where our Speaker list should be shared, and if only our Intergroup members could be listed as speakers.
- Answer Phone: Kathy K, Absent, No Report
- Newsletter: Gerri, No Report
- Meeting List: Dawn S. Absent No Report
- Public Outreach: Nancy Mc reported that the Stop the Stigma Event was phenomenal, and she handed out lots of items – including a foam flower from the dollar store that she had printed “OA.Org.”
 - The next event she plans on attending is a Recovery Happens event in Placer County.
 - You don't have to attend an event to help, you can just post items on utility poles or any place you think would be a good place for people to see and take them. She will even supply the materials if you need.
- Retreat: Jan H said to keep letting people know to sign up to get their name on the waiting list!
 - There were 34 people on the waiting list: 17 have registered, 7 changed their mind, 7 did not respond and only 2 remain on the waiting list. It is almost a sure thing there will be more cancellations, and more people from the waiting list will be able to attend.
 - She also said if any groups have literature collecting dust and they can donate them to the retreat, all sales from them will be used to help with scholarships.
- Special Population Focus: Vacant – No report.
- Sponsorship: Katherine G, No Report

Continuing Business

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

Old Business None

New Business:

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- Jan H and Janet M relayed they tried to use the existing recording equipment to record the last Day in OA and found it was too old and basically not usable. They requested \$65 to purchase new equipment.
 - Treasurer Barbara was consulted regarding if Intergroup could afford this expenditure and she answered: “Absolutely.”
 - Judy L moved that Intergroup authorize the expenditure of up to \$65 on new recording equipment, Janet M seconded and motion passed.
- SVIOA Hosting 2024 R2 Convention. Scarlet said that Lynn H, the OAR2 Events Coordinator reached out to her to ask her if Sacramento Intergroup would be willing to host the 2024 Convention in Sacramento. Scarlet invited her to speak at our meeting and give an idea of what is involved and answer any questions we have.
 - Lynn H has found that service keeps her happy, healthy and free.
 - She is impressed by SVOIA's strong Intergroup, and also by conventions that Sacramento has hosted in the past. The other Northern California intergroups she has approached do not feel strong enough to take on this service, and that is why she is asking SVOIA to host the 2024 convention.
 - Due to Covid, since 2020, each successive year the format for the Convention has had to evolve. In 2020 it had to be totally virtual and now, this year all tracts are in person and Zoom – total hybrid as well as all of it will be translated into Spanish, live, for each event. Set up for in-person events now have to be Covid safe with adequate spacing.
 - She understands though it may seem like it is a short time to prepare for the 2024 convention, she thinks it is still be very doable. SVOAIG would not be doing it on their own, OAR2 also works very closely with the Intergroup; it is a joint venture.
 - OAR2 takes care of the audio visual, the live interpretations to spanish, and the slots.
 - OAR2 uses a company that finds hotels that will bid on hosting the event, SVOIA can submit their hotel choices to be considered.
 - The determination of the best hotel is jointly made.
 - Lynn H takes care of all of the hotel contract acceptance and signing.
 - Lynn H acts as a cheer leader and liaison to keep the whole planning process moving forward.
 - Lynn H said that the Chairman of the convention is not the person who is doing all of the work, but is the person who is the coordinating facilitator, and all of the work is done by all of the members volunteering to give service. Usually, the Chair volunteers to be considered and then is chosen by the OAR2 Committee.
 - Lynn H answered that there are abstinence requirements for some of the positions, however, reminded us that a member's abstinence is determined by the member.
 - Lynn shared that past chairs from different Intergroups would be available to mentor as needed including individual committee chairs such as decoration, registration, etc.
 - She answered a question regarding if the date had to be in July and she answered that it has been best to have it in July, anchoring it to the week after the 4th of July as it is a “dead” week for hotels, and they are far more likely to work with providing an affordable contract pricing. The Convention does have to stay within a determined budget that is determined by available funds. The date is not set in stone, it is

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traditional and has worked best, but if it was ideal to change the date, it could be done. There is always the consideration to maximize proceedings and minimize hotel costs.

- Lynn also assured us that she has been considering all Northern California Intergroups, even mid-California Intergroups (remember the convention is held in Southern California one year, and then moves North the next year.)
- In the end, remember this is not a convention put on only by people, but we also have our Higher Power, we are not alone. And everyone grows stronger in their program and relationship with fellows and their Higher Power when they participate in this type of service.
- Scarlet asked everyone to take this service request to their groups, take a vote, and ask how many would be willing to perform some service. If you get names, all the better. Intergroup Reps may need to refer to the convention's chair assignments and divisions by going to OAR2 on the web and referencing the Convention Policies and Procedures Manual to provide further information to their groups on the service required to host a convention (link below.)
 - <https://www.oar2.org/uploads/1/2/2/7/122756664/r2convpandp20120107.pdf>
 - **The vote to host will be held at the July Intergroup Meeting.**
- Scarlet adjourned the meeting at 8:07 PM (motion by Nancy Mc, seconded by Debbie N, motion carried) after the Unity Prayer.

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June 13 2023		Attendance Log							
Board Member		Committee Chair	Chair		Meeting	City	Rep		
Chair, Scarlet H.	X	Bylaws, Cary H		X	Sun	1:30pm	Stockton	Renè	
Vice Chair, Vacant.		Events, Janet M		X	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	
					Mon	10:00am	Stockton	Cara	
Webmaster, Phil K.		Answer Phone, Kathy K.			Mon	12:30pm	Nevada City	Chandra	
R2 Rep, Curt B.	X	Newsletter, Gerri H		X	Mon	1:00pm	Stockton	Mary S.	
R2 Rep, Cary H	X X	Meeting List, Dawn S		X	Mon	5:30pm	Sacramento	Marian	
R2 Rep, + \+ ` Vacant		Public Outreach, Nancy Mc		X	Mon	5:30pm	North Reno	Diana S.	
	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	
WS Del., Vacant		Sponsorship, Katherine G.		X	Mon	7:00pm	Yuba City	Debbie N	
					Tues	12:00pm	Sacramento	Kathy K	
					Tues	5:30pm	Davis	Noreen	
					Tues	6:00pm	Chico	Vacant	
					Wed	9:00am	Stockton	Mary S.	
					Wed	10:00am	Stockton	Vacant	
					Wed	10:30am	Sparks	Sherri F	
					Wed	5:30pm	Gardnerville	Dee	
Guests					Wed	5:30pm	Sacramento	Vacant	
								Vacant	
Katy H sub for Michelle K for					Wed	6:00pm	Murphys	Vacant	
Thurs 12pm Sac					Thurs	12:00pm	Sacramento	Michelle K _(sub)	
Lynn K R2 Convention					Thurs	3:00pm	Stockton	Mary S.	
Treasurer					Thurs	6:00pm	Chico	Vacant	
Lynn H R2 Events					Thurs	6:00pm	West Sac	Dena	
Coordinator					Thurs	7:00pm	Shingle Springs	Suzanne	

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				Fri	12:00pm	Carson City	Vacant	
				Fri	7:00pm	Yuba City	Angie H	
				Sat	9:00am	Sacramento	Michael L	
				Sat	9:00am	Rocklin/Roseville	Darby	
				Sat	9:00am	Folsom	Jan H	
				Sat	9:00am	Stockton	Mary S.	
				Sat	9:30am	Sparks	Denise	
				Sat	6:00pm	SNL	Nancy	