

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
March 14 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.)

Previous Minutes: February 2023 meeting minutes were reviewed, and corrected.

- Sherri F motioned to approve the February minutes; Chandra seconded.
 - Motion approved.

Treasurer's Report: Barbara presented the February SVIOA, Inc. Income & Expense Report (shared on screen)

- The report showed two columns, Month to Date, and Year to Date, and the cash balance at the bottom of the report.
 - Sherri F motioned to approve the report; Nancy Mc seconded.
 - Motion approved.

Information Sharing:

- Vacant SVIOA Positions for 2023
 - A World Service Delegate is needed for the vacancy that will occur when our current WSD Les, fulfills his term at the close of the World Service Business Conference (end of March 2023. (At this point we will only have one WSD– Judy L – who still has another year to fulfill her term.)
 - The term of this WSD is 2 years, and qualifications can be found on our website, <https://www.sacvalleyoa.org/documents.html>, in the Bylaws.
 - Scarlet would like to have everyone mention this vacancy at their meetings and to sponsees, in hope someone will be moved to have their name submitted as a candidate.
 - Special Population Focus Chair
 - Information can be found on our website, <https://www.sacvalleyoa.org/documents.html>, in the Policy and Procedures document in Section 7 (page 21.)
 - Gerri shared about Special Population Chair Service - this committee typically identifies one or two areas to focus on each year. Special Population may include but aren't limited to: Members in Relapse, Young People, 100- pounders, H.O.W members, Newcomers, Atheist and Agnostics, and Anorexics and Bulimics. Support may include working with Events Committee, and/or providing groups with resources to help ALL OA members find recovery
- Sac Valley Upcoming Events within 30-60 days
 - Day In OA – Forgiveness & Amends, tentative date of May 13, 2023 – Saturday.
 - Hosted by Thursday Noon Sacramento OA meeting
 - Location – Faith United Methodist Church
 - Unknown if it is only an in person event, or a hybrid event.
- General FYI
 - R2 Spring Assembly will be held on March 24-25, 2023 (info on R2 website), and can be attended in-person or virtually.

Group News:

- Some attendees reported that they did not receive the email with attachments for this Intergroup meeting. They find it very helpful that this be emailed prior to the Monthly IG Meeting.
 - Scarlet asked people to check and see if they did not get the email, and if not, if they would again let her know the email address they wanted to use to receive OA official email.

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- The SNL Meeting reported that they have removed their password from the OA.Org meeting website resulting in fewer zoom bombers interrupting their meeting.
 - Cary added that they do still have meeting information on the Sac Valley website and they have a contact with phone number people can call to get the password.

Board and Committee Reports

- Chair Report: Scarlet shared that seventeen meetings reported their votes for the Bylaws and Business Motions and the majority of the votes recommended that each item should be discussed.
- Vice-Chair Report: No Report
- Treasurer: Barbara E, reported that she used the prescribed calculation to determine the prudent reserve of \$5,749, for Sac Valley Intergroup based on the 2022 year-end figures.
 - Money in excess of the prudent reserve was distributed as follows:
 - To Region 2, \$4,637 (25%.)
 - To WSO, \$10,882 (75%.)
 - Sac Valley Intergroup had more money than usual to disburse because our 2022 expenses were unusually low, but expenses are expected to increase in 2023.
- Secretary: Raven Y – No report, but did ask for people who are new permanent IG Representatives to put their information in the chat so that will be updated Attendance Log (last page of minutes.)
- Webmaster: Phil K – Absent
- R2 Reps
 - Curt enthusiastically talked about the upcoming R2 Spring Assembly in Burlingame.
 - It will be held both in-person and virtually.
 - The Public Information Committee that he is part of is sponsoring a digital outreach social media event that will focus on carrying the message on social media without breaking any traditions.
 - Kathryn K. is the elected Chair of the R2 12-Step-Within Committee, and attended their meetings last week.
 - She announced that there are four chairs who consistently attend and participate.
 - They are still working on their Twelfth Step Within event, and have discovered that they cannot hold it on 12/12/2023 as there is a conflict with an event in Mexico (which is part of Region 2)
 - The event will be about 1.5 hours long and most likely held on a Saturday.
 - The committee is still awaiting WSO approval for the pamphlet they wrote and hope to have published.
- World Service Delegates:
 - Judy L shared that she, along with other members of the hard-working literature subcommittee, has participated in their early morning meetings, on many Sundays at 5am, this past year.
 - They worked on combining several pieces of literature on sponsorship into one publication that was approved by the Board to go before the delegates to vote on publication for use.
 - There is no accepting part of it and rejecting part of it: a yes vote, the whole publication is accepted, if a no vote the entire publication is not accepted.
 - If it does receive a no vote, the delegates complete a full sheet document stating the reason(s) it can be improved and why it is not yet acceptable.
 - Judy reminded us that this is yet another example of how group conscience of OA works, as delegates from around the world determine (by vote in this case) how decisions are made at the World Service level.

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- Les shared that the PIPO committee had met but because of confusion around the change to Daylight Savings on March 12, there were too few members in attendance to be able to vote on their two publications: the PIPO Manual and the official letter for OA to send to medical students and to colleges and universities to help them become aware of how OA helps people with eating disorders.
- Les also shared that Mikey from NJ, another member of the PIPO committee, is looking for people with eating disorders such as anorexia and bulimia, to help present at a special program he is having on March 30, 2023 at Rutgers University.
 - If someone is interested they should contact Les by email.
 - Scarlet said Intergroup Board and Intergroup Committees emails are posted in the monthly Intergroup Newspaper posted on Sac Valley Intergroup Webpage.
- Bylaws: Cary, and Scarlet who shared that she is in conversation with a couple of OA fellows who are interested in helping with the bylaws, will report again next month.
- Events: Janet M shared that she just saw in the agenda that the Day in OA is being hosted by the Sacramento OA Thursday meeting and she reached out in chat to Kathy H who is their IGR, to let her know she would help in any way she could.
 - Scarlet said that if they needed any further help, they could reach out to her for contacts, such as having someone design the flyer.
- Meeting & Video Conferencing Support: Andrea A reported that there is new information presented to SacValley Intergroup regarding new threats to Zoom meetings, and what step to take to avoid them.
 - There has been a recent uptick in Zoom and phone meeting disruptions. In Zoom meetings, intruders use artificial intelligence, coupled with video, audio, and/or profile pictures, to imitate a member of the group. With this technology, the current host can be conned into transferring the host or cohost role to another participant who they think is a known fellow. Once the intruder has the host/cohost role, the intruder can take over hosting the meeting and sabotage it.
 - Please be sure and only share the host key when you are certain the person is an OA member. Make them turn their camera on so you can see their face in real time.
 - One of the best practices is to have anyone who wants to be a valid host or cohost at Zoom meetings, attend trainings
 - The Virtual Region will be hosting a Security Forum training to discuss how to protect and secure our meetings, best practices, and applications of the Traditions on Sunday March 19
 - Link: <https://oavirtualregion.org/zoom-security-2023/>
- Speaker List: Dee No report
- Answer Phone: Kathy K, Absent
- Newsletter: Gerri, No report
- Meeting List: Dawn S. No report
- Public Outreach: Nancy No report
- Retreat: Jan H shared that the retreat is sold out – at the earliest date ever, but if you did not sign up yet and want to go, please sign up on the wait list as there is a strong chance that people on the wait list will be able to attend based on cancellations.
- Special Population Focus: Vacant – No report.
- Sponsorship: Katherine G reported that she has received calls for the sponsor list and after vetting the caller she sent the list out.

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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.

New Business:

- Distribution of OA Speaker List. Judy 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;
 - Dee questioned if that is in line with treating the list confidentially.
 - Nancy Mc said that once something goes out via an email, it is “out there” and may be used in ways not intended.
 - Jan motioned to table further discussion till April after IGRs have had a chance to go to their groups and discuss it with members for their ideas and concerns.
 - Scarlet asked if anyone opposed tabling this till April: none opposed.
- Jeremiah, the Chair of Region 2 introduced himself and talked about his role as Chair
 - This is the 17th meeting that Jeremiah has attended since becoming the R2 Chair, and he hopes to be able to visit this meeting again in the future when it is on his rotation of meetings.
 - He extended himself to be a resource for us if needed. He is here as a guide, a mediator, to ask questions, and to take notes of what is happening with our IG Meeting. He hopes to gain ideas that can be suggested to other IG meetings if the need arises. He put his contact in the chat and welcomed people to call him if they needed his service.
- Scarlet adjourned the meeting at 7:58 PM after a group recitation of the Unity Prayer

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March 2023		Attendance Log						
Board Member		Committee	Chair		Meeting	City	Rep	
Chair, Scarlet H.	X	Bylaws, Cary H	X	Sun	1:30pm	Stockton	Renè	
Vice Chair, Cary H.	X	Events, Janet M	X	Sun	3:30pm	Sacramento	Jagrati	X
Treasurer, Barbara E	X	Zoom, Andrea	X	Sun	4:00pm	Sacramento	Jagrati	X
Secretary, Raven Y	X	Speaker List, Dee	X	Sun	6:00pm	Chico	Danielle	X
				Mon	10:00AM	Stockton	Cara	
Webmaster, Phil K.		Answer Phone, Kathy K.	X	Mon	12:30pm	Nevada City	Chandra	X
R2 Rep, Curt B.	X	Newsletter, Gerri H	X	Mon	1:00pm	Stockton	Mary S.	
R2 Rep, Kathryn K.	X	Meeting List, Dawn S	X	Mon	5:30pm	Sacramento	Marian	X
R2 Rep, Vacant		Public Outreach, Nancy Mc	X	Mon	5:30pm	North Reno	Diana S.	X
WS Del., Les F.	X	Retreat, Jan H	X	Mon	5:30pm	Modesto	Patricia	
WS Del., Judy L.	X	Special Pop Focus, vac		Mon	6:30pm	Rancho C.	Lisa	X
WS Del., Vacant	X	Sponsorship, Katherine G.	X	Mon	7:00pm	Yuba City	Debbie	
				Tues	12:00pm	Sacramento	Kathy K	
				Tues	5:30pm	Davis	Noreen	
				Tues	6:00pm	Chico	George	X
				Wed	9:00am	Stockton	Mary S.	
				Wed	10:00am	Stockton	Vacant	
				Wed	10:30am	Sparks	Sherri F	X
				Wed	5:30pm	Gardnerville	Dee	X
Guests				Wed	5:30pm	Sacramento	Vacant	
Jeremiah/R2 Chair				Wed	6:00pm	Murphys	Vacant	
				Thur	12:00pm	Sacramento	Michelle	
				Thur	3:00pm	Stockton	Mary S.	
				Thur	6:00pm	Chico	Vacant	
				Thur	6:00pm	West Sac	Dena	X
				Thur	7:00PM	Shingle Springs	Suzanne	X
				Thur	7:00pm	Fairfield	Katherine	X
				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	X
				Sat	9:00am	Folsom	Jan H	X
				Sat	9:00am	Stockton	Mary S.	
				Sat	9:30am	Sparks	Cindi P	
				Sat	6:00pm	SNL	Nancy	