

**Overeaters Anonymous of Sacramento, Inc.**  
**Business Meeting Minutes**  
**Tuesday, November 12, 2019**  
*FINAL 12/10/19*

**Location:** Christ Temple Apostolic Church, 9001 La Riviera Drive, Sacramento

**Opening:** Chair opened the meeting with the Serenity Prayer at 7pm. The 12 Traditions were read.

**Call to Order:** Call to order. Voting members in attendance: 8 board members + 8 committee chairs + 10 meeting reps = 26

**Previous Minutes:** August 2019 meeting minutes were reviewed. Motion made to approve. (16 in favor, 0 opposed, 10 abstentions) Motion passed.

**Board Reports:**

**Chair:** Nancy Mc

**CONCEPT 11:** Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs, and consultants. Spiritual Principle – humility

**Concept XI**

How We Share Leadership

While the trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

- Do we practice rotation in all our service positions? Why is rotation important? What has been your experience with rotation in your own service life?

**GROUP CONCERNS:** SVIOA is here for you, we would love for you all to use this platform to express group news, issues, concerns and announcements.

**REPORTS:** please submit your reports to myself and Robyn if you are going to miss the Intergroup meeting. For all those present or absent and submitting reports, an email version is always helpful to the secretary so she does not have to re-write it in the minutes.

**Vice-chair:** Jan H

Ballots should all be handed in. A couple of representatives will go to the side now and count ballots. Has been requested to send out emails to bcc by someone and Jan is requesting to do that with everyone. Everyone agreed.

**Secretary:** Robyn K

Committee chairs should send reports to [oasecretary@sacvalleyoa.org](mailto:oasecretary@sacvalleyoa.org) with a cc to [oachair@sacvalleyoa.org](mailto:oachair@sacvalleyoa.org). I will be working on name cards based on the list we have.

**Treasurer:** Grace A

- Financial report looks different this time.
- We got liability insurance – our broker found a cheaper place and we saved almost \$500. We need new additional insured forms for all of our meetings because it's a new insurer. Grace will be working with Nancy on this.
- We have 7 email accounts just for the board members. We pay GoDaddy for them – also our domain host. They were going to charge \$6/month per email. Grace talked to tech support and did a 5-year contract paid up front. The result is lower cost per year, with one \$800 hit up front.
- Grace is currently still working on getting together numbers for per person to go to Assembly and World Service.
- There was a suggestion to use a 3-year average to budget for the next year rather than just using 1 year. The treasurer would like to make that change and some others on how we're budgeting.
- Q. Do we use the concept of a prudent reserve? A. When we send money up to region and WSO, we use a calculation, but if we don't have enough money, we don't send it up.

Gail motioned to approve the treasurer's report and Marganne seconded. It was unanimously approved.

## **Region 2: Chandra & Luanne**

Luanne:

- Assembly was in first weekend in November.
- R2 newsletter that was passed out at this meeting will be the last one because of concerns about wasting paper. Not sure yet if it will still be online – they are still figuring out what this will look like in the future.
- Luanne has R2's budget if anyone wants to see it.
- All future assemblies will be in Burlingame rather than going back and forth between north and south. They got a great deal with a hotel in Burlingame. Conventions will still be back and forth.
- If your meeting wants a receipt for their R2 donation, they need to send a SASE.
- New Board members have been voted in – fall is elections time. Luanne is publications coordinator.
- R2 convention next year is July 10-12, 2020 at Oakland Airport. The theme is Vision of Recovery.
- R2 has a speaker list for Days in OA. Any flyer for Day in OA or anything that's not a new meeting, can go through a check from R2. Luanne said there is a bylaw or policy and procedure for R2 reviewing those materials. Barbara M asked for citation for that.

Chandra:

- Region's Chair report included this: has come to attention that several groups are trying to modify the steps and traditions. This is not allowed. We CANNOT change any of the words in the steps or when reading from the Big Book. Groups using a modified version of the Twelve Steps in their meetings are not in keeping with the definition of a group as defined in the OA Bylaws. These groups will be deregistered from oa.org Find A Meeting if they continue using modified versions of the Twelve Steps. Another trustee also reported that there have been several requests to change the steps. This is a break of Tradition 4. It is suggested that anyone having issues with the Steps as written should not be asked to read them aloud during the meeting. This issue has previously come up during the WSBC and has been repeatedly voted down.
- World Service convention will be August 2020 in Orlando.
- 12 Step Within Committee is urging each meeting to do an inventory to make sure there is no cross talk, no referring to other programs or religions. They are also urged to use the 12<sup>th</sup> of every month to reach out to others they haven't seen in a while or they know are still suffering. There are Slipping and Sliding worksheets available, and a Welcome Back packet has been consolidated and is available on website.

## **Webmaster: Rene**

Nothing major to report. Will work with Grace on getting emails corrected. Please send him flyers so that he can get it them on the website under events,

**World Service:** Barbara M

- New large print 12 and 12 is available. It's \$18.50 plus tax
- New WS newsletter available on the website.
- World Service Business Conference is April 20-25, 2020. Barbara and another person will be attending.
- OA has 612 virtual groups worldwide. A question to think about: why does a virtual meeting need a 7<sup>th</sup> tradition? If you're participating in a virtual meeting and there's no 7<sup>th</sup> tradition – ask them why not.
- 60<sup>th</sup> birthday party of OA will be big celebration in Orlando. August 20-22.
- Our new book, *Body Image, Relationships, and Sexuality* will be out early next year.
- WSO is translating OA literature into Zulu, Serbian, Mongolian.
- WSO has money for professional outreach – the exhibit fund. It can be used at nursing conferences, therapists' conventions, etc. for booths, banners, etc.

**Committee reports:****Meeting News and Publicity:** Laura S & Cindy

Cindy: Received notification of a new meeting in Yuba City, Monday at 7pm, St. Andrews United Presbyterian Church, 1390 Franklin Road. Contact: Angie 720-675-4054. There was a question about whether they are affiliating with us or with the Chico intergroup. Cindy will find out.

Laura: There is a new contact for the Auburn meeting as Alexis is no longer able to be secretary: Wendy 760-271-6003. The meeting is wheelchair accessible. Wendy is trying to find out about a possible \$30 literature scholarship for new meetings. Chair recommends moving this topic to New Business. This would normally fall under Group Support, but that position is vacant.

**Events:** Judy L & Verna Co-Chairs; Angela-recording

Judy L:

- Day in OA in Folsom – Abstinence Through the Holidays – was wonderful. Thanks to Rick and his team.
- The Thankathon is coming up on Thanksgiving.
- There is a worldwide 12<sup>th</sup> step outreach day. Share about this in your meetings. The 12/12 meeting is going to be amazing.

**Group Support/Speaker List:** Vacant & Susan K

No updates.

**Public Outreach:** Shonquinta

Brought copies of the fork flyer and is passing them out to PO committee members to post at a specified list of locations. They are brainstorming outreach events at which to have flyers posted. She will work with Barbara on this.

**Retreat:** Rick Z

Absent. No report.

**Special Population Focus:** Mary S & Lori Co-chairs

No report. Are doing outreach to meetings.

**Sponsorship:** Vacant

SVIOA Chair shared a flyer with vacant committee positions.

**Discussion of New Group Concerns & Announcements (not new business)**

- Literature scholarship for new Auburn meeting: Barbara moved to give \$30 for literature, Mary seconded. Unanimously approved.
- Diane announced Thursday night meeting will not be meeting on Thanksgiving.
- Cindy will ask new Yuba City group if they need literature.

**Continuing Business:**

Chair shared a flyer to introduce the December Open House and Committee Positions

**New Business**

Ballots were counted during the meeting by Gail and Derek. Everyone who was nominated was elected. The elected positions for 2020 that were on this ballot are:

Chair: Nancy

Vice chair: Jan

Secretary: Robyn

Treasurer: Grace

Webmaster: Rene

R2 representative: Laura S

World Service delegate: Michelle K

**Meeting closed at 8pm with a circle and the OA Promise.**