

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
April 13, 2021
Final Approved 5/11/2021

Location: Via Zoom

Opening: Chair opened and called the meeting to order at 7:01pm, and recited the Serenity Prayer. The 12 Traditions were read by Emily.

Roll Call: See participant list below. A WARM WELCOME TO OUR NEWEST IGR – BREE from the Thursday evening Fairfield meeting!!!

- Quorum met

Previous Minutes: The March 2021 meeting minutes were reviewed.

- Barbara moved to approve minutes; Nancy Mc seconded. Motion approved.

Treasurer's Report:

- Joel presented monthly reports. Barbara moved to approve; Emily seconded. Motion approved.

Information Sharing:

- Vacant SVIOA Positions
 - Public Outreach Coordinator
 - Special Population Focus Chair –
- Upcoming Events (w/in next 30-60 days):
 - a. RECOVERY OF THE BODY, MIND, AND SPIRIT WORKSHOP – MAY 22, 2021
1pm – 2:30pm
 - b. BREAKING THROUGH BARRIERS TO SPIRITUAL GROWTH – JUNE 19, 2021
10:30am - Noon

Group News or Announcements:

- Katherine – Fairfield
 - Asked about meetings being able to use SVIOA zoom account. Jan said that topic is on the agenda and will be discussed in a bit.

Board and Committee Reports:

Chair Report: Jan

- How can the SVIOA Board help Intergroup Reps (IRGs) share key messages from the monthly IG meetings with their group members? Jan asked for folks to e-mail her with ideas. For example, we sent last month's meeting minutes out earlier than usual. Was that helpful? See Jan's Chair Report for more examples.
- The draft revised Policy and Procedure document is on the website for review. The Bylaws Committee, along with Board members and Committee Chairs, contributed to the revisions. It's now on the website for SVIOA members to review and provide comments to oachair@sacvalleyoa.org no later than June 30, 2021. The final document will be submitted for approval at the July or August Intergroup meeting.
- Jan e-mailed the quarterly OA Service Body Bulletin produced by World Service. It's informative and addresses areas of interest that IGRs and members at large may find useful.

- Reminder to complete the R2 Diversity Survey if you are so inclined. (Jan e-mailed it 3/30/21. I can also be found by entering: <https://www.surveymonkey.com/r/diversityr2>)

Vice Chair: Grace

- Grace introduced the concept of Friends of Intergroup (FIG). FIGs are OA members who don't have an official position in Intergroup, but are willing to help out. Gerri is going to share how she has utilized this concept to help with the transition of the VV Editor when her term is up. Anyone interested in being a FIG can contact the Vice Chair at oavicechair@sacvalleyoa.org.

World Service: Barbara M. (Michelle absent)

- Barbara reported that she and Michelle are ready to attend the virtual WSBC next week. They have their printed binders and are ready to go, and will provide a report back to SVIOA about the work of the Conference at next month's meeting.

Events: Tiffany

- The The April Body Image Recovery workshop last Saturday was well attended – we had 65 people attend. Thank you to all who gave service and all who came! I am overjoyed with how this workshop turned out.
- Our next event, on Saturday, May 22, from 1-2:30. The topic is Recovery of the Body, Mind, and Spirit, sponsored by the Friday 5:30 Sacramento Meeting. Come hear three speakers share about their recovery for each different area: mind, body, and spirit. The flyer and zoom information for the May event is on the website!
- Saturday, June 19 from 10:30 – noon, the Modesto Meeting is sponsoring an event called: Breaking Through Barriers to Spiritual Growth: Enhancing our 11th Step practices. Flyer coming soon!
- We will skip July, since the Region 2 convention is that month, and our next event will be in August! Please let me know if your group is interested in hosting an event in August.

Meeting News and Publicity

Valley Voice

- Gerri reported that the Valley Voice FIG Committee now has three members, in addition to the Chair/editor. One of the members has agreed to “shadow” the current editor, get trained, and is willing to volunteer as Newsletter Chair in 2022, when the current service position times out at the end of this year.

Answer Phone

- Jan said that Diane has updated the recording to direct callers to the website. We will no longer record the zoom information for every meeting. In addition to directing callers to the website, the recording gives the caller two names and phone numbers to call with questions. One of the names is Rene' for our Spanish speaking fellows.

Speaker List: Dawn

- Has been updated and is available for anyone who wants it. Will be updated again in October.

Sponsorship: Cary

- Lots of new people coming in and looking for sponsors. Lots of matchmaking happening.

Region 2: Curt B., Kathryn K., and Nancy Mc.

- Kathryn reported that the Twelfth Step Committee has regrouped and will be recommending several revisions to the document.
- Nancy reported that the R2 March Assembly was held last month. The agenda included officer reports, a speaker, ask-it-basket, and Bylaws motions. She said the committees had lots of time to conduct work! The Public Information committee (which she chairs) has two new members and it's a lively group. Nancy reminded SVIOA folks of the monthly R2 Public Information meeting the first Tuesday of each month.
- Nancy shared about Silicon Valley Intergroup's new focus for NEWCOMERS (folks who have never attended an OA meeting) and the PROFESSIONAL COMMUNITY (i.e. healthcare professionals, clergy, educators, Human Resources/EPA specialists, etc.) A flyer for three upcoming meetings was included in the materials Jan sent out for this SVIOA meeting. The first meeting is April 29, 2021. To register to attend the Newcomer Night(s), go to: <https://bit.ly/2021NewcomerNights>. Reach out to Nancy if you have more questions.

Continuing Business:

- As discussed in the last two IG meetings, there are groups that cannot currently be accommodated to use the SVIOA zoom account due to scheduling conflicts with other groups who utilize the account. Currently 8 groups use it, and there are 4 additional groups who would like to.

Motion: Enter into a one year contract for a second account at a (discounted) rate of \$160.83. Moved by Barbara, seconded by Scarlet. After discussion, motion was approved.

- (For discussion only) Should Intergroup Meetings remain on zoom?

Comments were almost exclusively positive to remain on zoom for ease of attendees, particularly for those who live far away. Another comment came from an educator who indicates that the hybrid concept is very technically challenging and not very efficient. One suggestion was made to hold an in-person meeting at least once a year to have the opportunity to meet face-to-face.

New Business:

- Joel shared a paper (which was also included with the meeting materials Jan e-mailed) discussing a recommendation to cease paying for printed directory advertising.
 - Research and discussions with professionals revealed that printed directories (i.e. Yellow Pages) are becoming obsolete; are not being delivered to all households; only 11% of households who receive the printed directory use them – mostly households with older occupants in rural areas.

Joel made a motion to stop renewing SVIOA advertising in printed directories, and was seconded by Tiffany. After discussion, all of which supported the recommendation, the motion was passed by majority vote.

Adjourned at 8:01pm with Curt reading the OA Promise and Responsibility Pledge.

INTERGROUP ATTENDANCE 04/13/2021

Board	Committee Chairs	Reps	Meeting	Visitors
Chair: Jan H	Phil K	Cary	Monday: Modesto	Christina M
Vice Chair: Grace	Cary		Monday: East Sac	Chandra
Treasurer: Joel	Dawn		Monday: Roseville	Nancy S
Secretary: Robyn	Gerri	Laura	Monday: Rancho	Jane F
Webmaster: Marganne		Donily	Monday: Nevada City	Gail
WS Delegates: Barbara M		Beth	Tuesday: Davis	
R2 Reps: Curt, Kathryn, Nancy		George	Tuesday: Chico	
		Caryn	Tuesday: Folsom	
		Leslie C	Tuesday: Sac noon	
		Katherine	Tuesday: Fairfield	
		Holly	Wednesday: Sac 5:30	
		Ann W	Thursday: Sac noon	
		Raven	Thursday: Chico	
		Scarlet	Thursday: West Sac	
		Bree	Thursday: Fairfield	
		Christina H	Friday: Sac 5:30	
		Emily	Saturday: Sutter	
		Bonnie	Saturday: Rocklin	
		Glenda	Saturday: Folsom	
			Sunday: Chico	
			Sunday: Sutter	
			Stockton (all mtgs)	
			Stockton Spanish	