

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
October 13, 2020
11/10/20 final gch/rmk

Location: Zoom meeting (virtual meeting due to coronavirus shelter-in-place guidelines)

Opening: Chair opened the meeting with the Serenity Prayer at 7pm. The 12 Steps were read by Leslie C.

Call to Order: Call to order.

Voting members in attendance:

- 6 board members
- 6 committee chairs
- 14 meeting reps
- 27 TOTAL
- 1 visitor

At the end of this draft, I've included a list of the names in the participants list.

Voting on all motions was online by show of hands through Zoom.

SAFETY IN OA!!

Phone lists, emails, and numbers placed in chat are all done for the good of the overeater who still suffers. When we offer up our contact information, and it serves as the hand of OA reaching out when anyone, anywhere needs our help. However, this personal information should never be used as a forum for jokes, racism, marketing, or inappropriate advances. Even commenting on a person's appearance can be a sensitive topic.

It is our duty as members and human beings to protect each other and the sanctity of our custom of sharing vulnerable information with each other. In the spirit of Tradition 4— Each person should be autonomous except in matters affecting other [members](#) or OA as a whole.

Previous Minutes: The September 2020 meeting minutes were reviewed.

- Corrections: No corrections
- MOTION was made to approve by Leslie C.
- Seconded by Grace.
- Motion carried.

Board Reports:

Chair: Nancy Mc

CONCEPT 10: Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

SPIRITUAL PRINCIPLE: *Clarity*

How to apply this personally? The aspect of this concept to consider is how I handle authority when OA entrusts me with it.

- We are of service by accepting responsibility for the authority God has given us and by respecting the authority God has given to others.
- Am I a responsible sponsor?
- Am I avoiding any of my duties as a friend, employee, fellow member?
- The subject of my responsibilities for the authority OA and God has given me is the correct subject for my nightly inventories: How well am I doing God's business today?

Vice-chair: Jan H

Nothing to report. (See Elections Report under Continuing Business.)

Secretary: Robyn K absent (Gail H standing in for Robyn)

Committee chairs should send reports to oasecretary@sacvalleyoa.org with a cc to oachair@sacvalleyoa.org. If you have a report, it is extremely helpful to send it in writing either before or immediately following the meeting. The full reports will not necessarily appear in the minutes, but they are saved and available to anyone who would like to see them.

Treasurer: Grace A

September financial reports (Income & Expense Budget vs. Actual and the Balance Sheet) were shared on screen. Grace highlighted the following points.

- There have been a lot of online donations. Many of the donations came from the August and September events. The line item for donations from Days in OA is 600% ahead of budget— yes, 600%!
- There is a 3-4% fee for each transaction when making an online payment. The fee is deducted from the transaction. The person making the payment/donation can choose to offset the transaction fee by adding that amount to the total.
- We are currently paying insurance for certain in-person meeting sites. The cost of the policy is about \$1,200/year. Grace will research whether it is feasible to let that policy lapse and qualify for new coverage when in-person meetings resume.
- MOTION: Chandra moved to accept the treasurer's report.
- Seconded by Judy L.
- Discussion: None
- Motion carried.

Region 2: Chandra

Nothing new to report except that the R2 Fall Assembly is coming up the weekend of October 23-25.

World Service: Michelle, Barbara M (absent)

Michelle: Nothing from World Service to report.

- Barbara has sold all the *Body Image* books (case of 25). She is willing to order another case if she can get 15 pre-orders — currently there are two people on the list. The cost per book is \$12.10. If ordered individually, the cost is around \$17. If we would like to try this, Barbara would love for it to be announced at meetings and in the Newsletter. People interested in pre-ordering — please contact Barbara at her email, bmore4hp@surewest.net.

Webmaster Liaison: Marganne

- The information on the home page of the website is being updated weekly.
- We had a Facebook page that was set up by Debbie, a previous webmaster, but it could not be transferred to another manager. That page has been closed.
- Newsletter is being e-blasted by the Webmaster each month using Mailchimp. Please encourage members to go to the website and sign up for the email blasts.

Committee reports:**Meeting News and Publicity:** Gerri (Newsletter), Judy B**Newsletter:** Gerri

Nothing to report

- Our September 12th interactive workshop on 12 Stepping a Problem was a big success—yes, in the numbers of people who registered and attended. The biggest success was in personal recovery — because each person attending got to dig deeper into their own program.
- October 31st the Folsom Fellowship is hosting Abstinence Through the Holidays from 10:30-Noon with 3 speakers. The flier is on the web. They have the Zoom capacity for up to 1,000 participants.
- Thankathon on Thanksgiving Day is being hosted by the Tuesday Noon Meeting in Sacramento. This could attract OA members from across the US and world because people will be looking for sanity before facing family and food the rest of the day. 9:00-Noon with speakers at 9:00, 10:00 and 11:00
- We are looking for meetings to host future events. Contact Judy or Tiffany and we will help with format, flyers, speakers etc.
- 12-12 (December 12th) Worldwide 12 Step Within Day
- January — OA 60th Birthday. Sacramento Downtown will host on a Saturday. The date is yet to be determined, but it won't conflict with the annual L.A. Birthday weekend conference.

- February 27th Worldwide Unity Day

Group Support/Speaker List: Dawn

Report: The speaker list has been updated. Copies available from Dawn. Valley Voice has a blurb that seeks speakers.

Zoom Host: Phil

- Two new meetings are using the SVIOA Zoom account: Cordelia/Fairfield and Murphys.
- As Zoom host, Phil is supporting events using the account.
- Phil will put together information to help clarify how to log into the Intergroup meeting. Since a number of members host meetings using the SVIOA Zoom account, it is important that we all understand how to log in as a participant rather than as host.

Public Outreach: Sue M

- Please look into ways to share the OA message through social media and report back.
- Please announce at your meeting:
 - You can join OA without breaking your anonymity!!
 - It is not a breach of anonymity to “like” on Twitter
 - Facebook: search Overeaters Anonymous YP (Young People)
 - Twitter: @Overeaters_OA
 - Instagram: overeaters_anonymous

Retreat: Rick Z (Absent)

Still no decision whether we will be able to have an in-person Tahoe retreat in 2021.

Special Population Focus: Mary S (absent)

No report

Sponsorship Committee: Gerri and Cary

Gerri

- Starting in October, Cary H took over the SPONSORSHIP BANK and is handling calls from sponsees and adding new available sponsors
- Gerri is in the process of gathering resources on Sponsorship to be uploaded to the SVIOA website

Cary

- text/email Cary or Gerri to get the list. People have been contacting them. Fill out the contact form on the website and it will get forwarded to them.

ByLaws: Jan H

Nothing new to report

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

None

Continuing Business:

Elections: Jan H

Jan showed the Ballot on Shared Screen for a review and explanation of how the balloting will work at meetings and at the November Intergroup meeting. Each person attending Intergroup only has one vote. Anyone who represents more than one meeting should try to get someone to attend for each meeting.

- 2021 SVIOA Board Nominations are officially closed. We're pleased to announce that we received nominations for each available position. There are no positions that received more than one nomination, so Intergroup Reps received the ballot via e-mail along with this Intergroup Meeting's Agenda, Chair's Report, and last month's draft meeting minutes.
- The ballots include the names of those nominated to the various positions, and has space under each position for write-in candidates.
- **Intergroup Reps are asked to reach out to their group members to determine if the majority of members wish to vote for the nominees as shown on the ballot, or add any name(s) to position(s) as write-in candidates, and provide the group conscience at the November 10 Intergroup meeting.**
- If you attend a meeting that doesn't have an Intergroup Representative, now might be the perfect time to volunteer or seek a volunteer to begin serving right away! The most important qualification to be an Intergroup Rep is a *willingness to serve*. Please send an e-mail to the current OA Vice Chair (oavicechair@sacvalleyoa.org) to get a ballot to share with the group, and plan to attend the November 10th Intergroup meeting and share your group's opinion to accept the ballot as is, or submit any write-in candidates.

Region 2 Assembly, October 23-25:

- Nancy Mc will be attending as an alternate delegate.
- Gail gave details of the Sunday Sunrise meeting that the Davis Fellowship will be hosting on Sunday, October 25 from 7:30-8:30 a.m. She posted information including the Zoom invitation in the chat.

New Business:

None

Meeting closed at 7:58 p.m. with OA Promise.

Intergroup Attendance 10/13/20

Board	Committee Chairs	Reps	Meeting	Visitors
Nancy Mc	Phil K	Kathryn K	Modesto	Gail
Jan H	Sue M	Diane B		
Grace	Judy L	Leslie C		
Chandra	Dawn S	Margaret N		
Marganne	Cary	Curt B		
Michelle K	Gerri	Emily M		
Gail H, acting secretary		Raven Y Chico	Yuba City	
		Noreen		
		Joel		
		Katherine		
		Tricia G		
		Laura S		
		Beth M	Davis	
		George		