

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
February 14, 2023
Final Draft rmy/SH

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: January 2023 meeting minutes were reviewed.

- Sherri F motioned to approve January minutes as written, Phil seconded.
 - Motion approved.

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

- Sherri F motioned to approve the report, Nancy Mc seconded motion.
 - Motion approved (Andrea lost all connectivity and an oral motion approval was conducted.)

Information Sharing:

- Vacant SVIOA Positions 2023
 - Special Population Focus
 - Scarlet asked that IGRs talk about the vacancy at meetings in hopes that it can be filled.
- Filled Positions since January 10, 20203 IGR meeting.
 - Events – Janet M.
 - Zoom – Andrea
- Sac Valley Upcoming Events within 30-60 days
 - None
- General FYI
 - R2 Spring Assembly will be held on March 24-25, 2023 (info on R2 website)

Group News:

- Debbie N. shared that there is a new meeting in Yuba City, face-to-face, Friday at 5:30 pm held at the St. Andrew Presbyterian Church.
 - Chandra advised Debbie that she did not have any information on the new Yuba City meeting and Debbie stated that she would notify the person in charge of that meeting.
- Sherri F. shared that the Sparks Wednesday 10:30 am meeting is Zoom only, and that they could use support and welcomed anyone looking for a morning weekday meeting.

Board and Committee Reports

- Chair Report: No Report
- Vice-Chair Report: No Report
- Treasurer: Barbara E, report included screen sharing of the following reports after explaining that every year there is an independent reviewer (an OA fellow) who reviews the treasury's data when there is an outgoing treasurer / incoming treasurer.
 - The review showed that all data correctly tied to our Quick Books accounting records, however, there had been some clerical errors made in data entry into Excel spreadsheets.

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- The reviewer suggested that the following reports for 2022 should be refiled after the clerical errors were corrected, and Barbara did so.
 - Profit & Loss January – December 2022
 - Balance Sheet January – December 2022
 - Budget vs. Actual January - December 2022
 - Above 3 documents were shared on screen in Zoom.
- Secretary: Raven Y - No report
- Webmaster: Phil K – No report
- R2 Reps
 - Kathryn K. is the elected Chair of the R2 12-Step-Within Committee who at their last meeting continued to work on a special event to be held in December 2023.
 - They are also waiting on World Service to let them know if the pamphlet they have written (The Message is Hope) has been approved to be published. The committee would like World Service to let them know exactly where it is in the process of being approved. Any help in procuring current status information would be appreciated.
 - Nancy Mc filled in for Curt B. (R2 Chair of PIPO (Public Information Public Outreach)) which holds a meeting the third Tuesday of every month.
 - Nancy posted a flyer in the Zoom chat about a R2 Public Outreach Conference that San Diego is hosting
 - Topics include how to create a Facebook and Instagram account for the benefit of OA Newcomers, as well as other avenues of exposure to attract newcomers.
- World Service Delegates:
 - Judy L – Provided information on the upcoming 2023 World Service Business Conference where all OA business is conducted
 - It will have about 200 delegates from around the world attend.
 - In preparation for what is discussed at the conference, OA fellows have the opportunity to vote on what motions (22) and which bylaws (18) are worthy of discussion by the delegates.
 - Judy provided very detailed information to the Intergroup Representatives on exactly how to conduct the vote at their business meetings, and how to tally votes/voter number, and report the vote outcome to Scarlet. In addition to voting on the motions and bylaws, WSO wants to know how many people voted at each meeting.
 - Judy also provided grouping of the motions and bylaws by topic content to help representatives present them in their meetings.
 - Please send your voting results to Scarlet by Tuesday, Feb. 21, 2023, because she has to submit them to WSO by Wednesday, Feb. 22, 2023.
- Bylaws: Cary H– No report
- Events: Janet M – She would like to get an event scheduled for the beginning of March. If any OA group is interested, please contact her.
- Speaker List: Dee shared that she has had 8 requests for the speaker list since the last IG meeting in January.

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- Answer Phone: Kathy K. stated that the answer phone has been updated and she has received one call.
- Newsletter: Gerri reported that the March Newsletter will go out in a couple of weeks.
- Group Support/Zoom: Andrea–No report
- Meeting List: Dawn S. confirmed with Chandra that the Friday 5:30 Sacramento meeting has closed.
 - Chandra reminded her they also need to notify World Service that the meeting has closed
- Public Outreach: Nancy submitted the Public Outreach 2023 budget for \$750 to Barbara.
 - She explained money requested is for a tablecloth, supplies and for paying to have a specific demographic see Instagram and Facebook outreach pages for Sac Valley OA Intergroup.
- Retreat: Jan H sent her report to Scarlet who presented the budget for it via a shared screen on Zoom
- Special Population Focus: Vacant – No report.
- Sponsorship: Katherine G reported that she has called everyone on the sponsor list and has removed all who requested to be removed. She has not heard back from everyone she tried to contact. People who wish to be added to the list should call her.
 - She is sending a copy of the list to all people requesting it.

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:

- The Proposed 2023 Budget was presented by Barbara via a Zoom screen share.
 - She explained new line items that included Public Outreach, Retreat, Travel for World Service Delegates and Region 2 Representatives, as well as it contained items that were in last year's budget.
 - Scarlet asked if people who were planning an event had any monies budgeted for such use in the 2023 Budget and was answered yes, it is the line item for Event Rent and Supplies
 - Barbara asked all Intergroup representatives to please take a copy of this budget to their groups for any input and for approval.
- Anyone who has any concerns or questions regarding the budget can call or email her.
 - The budget will be voted on at the March 14, 2023 Intergroup meeting.
- Nancy Mc provided a file in the zoom chat for reps to print out that has a QR Code, and asked for people to post it at appropriate places, please.
- Judy suggested that the speaker list be provided each month in material attached to the email that Scarlet distributes for the Intergroup Meeting.
 - Dee questioned if that is in line with treating the list confidentially.
 - There followed a brief discussion and Scarlet is going to put it on the March Intergroup Meeting Agenda for further discussion.
- Scarlet adjourned the meeting at 7:57 PM.

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February 2023									
Board Member		Committee	Chair		Meeting	Reps			
Chair, Scarlet H.	X	Bylaws, Cary H		X	Sun 1:30pm	Stockton	Renè		X
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	Vacant		
					Mon 10:00AM	Stockton	Cara		
Webmaster, Phil K.	X	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		X
WS Del., Judy L.		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		X
					Tues 12:00pm	Sacramento	Kathy K		X
					Tues 5:30pm	Davis	Noreen		X
					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		
Carla / Stockton					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	Barb		?
					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		X
					Sat 9:00am	Rocklin/Roseville	Bonnie		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		X