

# Overeaters Anonymous of Sacramento, Inc.

## Business Meeting Minutes

### Tuesday, March 12, 2019

*Final nm 4/09/19*

**Location** Christ Temple Apostolic Church, 9001 La Riviera Dr. Sacramento, CA

**Opening** Chair opened the meeting with the serenity prayer at 7:00 p.m. **Rick** read the 12 Traditions.

**Call to order** Call to order. Voting members in attendance: 7 board + 4 committee chairs + 12 meeting reps. = **24** Guests: 1

**Previous Minutes** March 2019 meeting minutes were reviewed. Motion to approve as amended made by **Judy** and seconded by **Jan**. 18 approved; 6 abstained. Motion passed.

#### **Board Reports**

Chair	Nancy Mc	<p>There will be a new group from Modesto joining our IG. Group is held on Mondays at 6pm; Focus: Literature &amp; Occasional Speaker. The group has disavowed themselves from the San Joaquin Valley Intergroup and officially affiliated themselves on the WSO website with SVIOA Intergroup. (I have checked WSO ByLaws to ensure that this was possible.) Bill (IG Rep) will be on speaker phone during our monthly meetings as they will be unable to drive down to Sacramento.</p> <p><b>Reports:</b> please submit your reports to myself and Stephanie 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.</p> <p><b>Group Concerns:</b> SVIOA is here for you, we would love for you all to use this platform to express group news, issues, concerns and announcements.</p>
Vice Chair	Jan H	<p>1.SVIOA received four (4) event flyers from other Intergroups. They include the following:</p> <ul style="list-style-type: none"> <li>✓ The Sonoma County OA Intergroup is having a Recovery Retreat called Smashing the Delusion. It will be held at the Santa Sabina Center in San Rafael on May 31-June 2, 2019.</li> <li>✓ Big Book By The Beach will take place in Santa Cruz August 9-11th, hosted by the Southern Alameda County Intergroup.</li> </ul>

		<ul style="list-style-type: none"> <li>✓ A Women's Retreat will held at the Enchanted Hills Camp in the hills above Napa on October 4-6th. This event is brought to us by the Marin County Intergroup.</li> <li>✓ Men's Retreat later in October (October 25-27) sponsored by the Bay Area OA and HOW Intergroups. The retreat will be at the Villa Maria del Mar in Santa Cruz</li> </ul> <p>(I've provided a copy of each to our webmaster to post on our website, and to our Meeting News &amp; Publicity co-chair to reference as space allows in the Valley Voice. There are also copies of each for Intergroup Reps to take back to their meetings.)</p> <p>2. We also received correspondence from the Sacramento area chapter of Sexaholics Anonymous. There are reaching out to the local recovery and therapy communities to let us know they're here and available. Their website is <a href="http://www.SASacramento.org">www.SASacramento.org</a>, and their phone number is (916) 287-0809. I'll give the letter and pamphlet to our secretary to put in the secretary binder.</p>
Secretary	Stephanee	No report.
Treasurer	Grace	Passed out Financial report, which was approved with 24 in favor
Region 2	Chandra S & Luanne	<p>C- The Region 2 Convention was cancelled due to lack of service volunteers. Because of this we will be \$18,000.00 short. We need to be aware of this shortfall and do our best to support Region 2 by sending in our donations. The board is currently looking for ways to reduce or eliminate expenses.</p> <p>Region 2 is currently without a treasurer and is looking for one. Several of our Board members are timing out and new board members will be voted in at the Fall Assembly, which will be in Oakland at the Airport Hilton Hotel.</p> <p>Region 2 is reminding all Intergroups to update their Bylaws. Bylaws must be approved by both WSBC, Intergroup and all individual groups. After completing the update please send a copy of the updated Bylaws by email to the Region 2 Trustee at <a href="mailto:trustee@oar2.org">trustee@oar2.org</a>. Keep Bylaws short and simple. The Policies and Procedures are where the details should be. It is suggested that we move the details out of the Bylaws and put them in the P &amp; P's.</p> <p>Our secretary did a presentation on the Traditions that was very enlightening and helpful. He will put this up on the R2 website.</p> <p>Twelve Step Committee:  The TSW committee is keeping a speakers list of all the current speakers who are willing to share their experience, strength and hope regarding relapse and recovery. Please let Chandra know if you want to be on this list.  The TSW committee wants to remind Intergroups, groups and individuals of the suggestions in the TSW Handbook.  There is a 20-minute video on oa.org called "Breaking out of Relapse" that could be used at a meeting or A Day In OA. Remember that relapse is not a failure.</p>

		<p>Other suggestions: A sign stating that specific foods not be mentioned in shares; the twelfth of every month reach out to newcomers and those who are struggling in the program; the importance of rotation of service positions; using the Strong Meeting Checklist.</p> <p>The Sydney, Australia Intergroup has developed a worksheet called the First Twelve Days in OA to be used for newcomers and a temporary sponsor to get newcomers going on the steps right away. This is being updated and sent to WSBC. According to Hannah, our Trustee, we can use this individually, but not put it out on the literature table as it is not approved by WSBC.</p> <p>L- I enjoyed my first experience attending R2 Assembly. I gained an greater understanding the importance of service in our locals meetings all the way down to world service.</p> <p>The ByLaw committee put in a motion to update a portion of the P&amp;P. In the P&amp;P, R2 will provide financial support to send R2 reps the Assembly. (Applications are available on <a href="http://oar2.org">oar2.org</a>).</p> <p>Reimbursement occurs at the end of the last day of assembly. The portion that was amended was that it is no longer required to have a slip signed proving the rep attended. All is needed that they pick up the check at the end of assembly. If the check is not picked up, then the money goes back to the general funds. Checks are not mailed to the intergroup.</p>
Webmaster	Rene	Handout for updating meeting information passed out. Please give this to the individual responsible for updating changes in the groups.
WSBC	Barbara	Registered and getting ready for WSO! She has a mentor and is very excited. She will be back by the next SVIOA meeting and have a report.

### **Committee Reports**

Meeting News & Publicity	Laura / Cindy	L- called small meetings for any updates C- updated Valley Voice and Website meeting times. Receiving updated information via text which is working swell!
Events	Angela	<i>Mary volunteered to be Special focus co-chair</i>
Group Support ( <i>Speaker List only</i> )	Susan K.	Speaker list will be put in a flyer and sent to meetings to get new speaker volunteers (flyers to be brought next meeting) There are guidelines to follow if people want to volunteer to be speakers in meetings and they have to fill out forms. "Special focus" will be added to form so individuals can also choose to speak on various subjects. Gale—Lifeline donations may be sent to individual groups if desired. They contain OA contact information on a sticker placed on the

		back of the booklets. Lifeline subscription is \$30/year. Newcomer pamphlets are \$1
Public Outreach	Debbie	Absent; no report
Retreat	Rick	Tahoe Retreat is completely booked! Woohoo! Please share with your groups that people are still able to waitlist and have a high likelihood they will be able to attend as some people drop out due to life occurrences. Everyone going to the retreat will also receive one (1) free 50/50 raffle ticket. Money raised for raffle will be used to provide 3-5 scholarships.  Also, please ask groups if they would like to give donations (extra change) for gift cards that can be raffled out at the retreat. We want to make it more fun and give more people a chance to win something.
Special Population Focus	Mary / Lori	<i>New co-chairs</i>
Sponsorship	<b>Vacant</b>	

**Group Concerns and Announcements-** N/A

**Continuing Business-** N/A

**New Business**

Sponsorship Guideline Manual

- There is a shortage of sponsors in Sacramento Valley, not because there isn't a lot of people but because people are afraid to sponsor. A pamphlet is being created as a "how to sponsor" guide and we need input. List will be passed around in meeting for people to jot down their names and emails if they would like to share their feedback.

**Adjournment**

Meeting adjourned at 8:03p.m. Closed by joining hands and reciting the OA promise.

Respectfully Submitted,

Stephanee G.  
SVIOA Intergroup Secretary