

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
July 11, 2023
Approved Minutes SH/rmy

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 will take roll by noting attendees in Zoom room. Quorum met.

Previous Minutes: June 13, 2023 Minutes were presented for approval.

- Motion to accept by Noreen, seconded by Dee, motion approved.

Treasurer's Report: Barbara presented the June SVIOA, Inc. Income & Expense Report (MTD/YTD combo) on screen. Phil K motioned to approve the report; Brenda B seconded; motion approved.

- Barbara then shared the Budget to Actual, which is as accurate as she could determine, and shared the 2023 Mid-Year 7th Tradition Contribution report which lists group and individual contributions.
 - By comparing the reports to 2022 reporting it appears that Zoom Meetings are not participating in the 7th Tradition as they once were.
 - Barbara shared the screen that is used for Individuals to contribute their 7th tradition, which is found at <https://www.sacvalleyoa.org/donate.html>
 - She asked that IGR's go back to their meetings and share that Zoom meeting contributions are low, and share with members how to use the website to make a contribution and assign their contribution to their specific meeting. Members can also use the website to set up a recurring monthly donation for convenience.

Old Business:

- SVIOA Hosting 2024 R2 Convention (Scarlet held this discussion at this point in the meeting because of the necessity to discuss and make decisions on this time sensitive topic
 - Scarlett clarified that there have been 3 people interested in chairing this convention if it is held in Sacramento, and stated that the chair is vetted and selected by OA Region 2.
 - Lynn from Region 2 shared more information on how selection is determined. They follow the Policies and Procedures manual for the convention – which can be found online at: <https://www.oar2.org/convention.html>
 - There is a pdf available to look at or download, and it details requirements for chairs, and all necessary subcommittees.
 - There is not an application to chair; if someone is interested, she asks that the person email her their information – very brief: include list of service above group level, and years of abstinence.
 - Once the Convention Chair is selected, the Chair chooses subcommittee chairs – most likely from available volunteers! The group will need to work closely together. The convention treasurer will work very closely with Region 2's treasurer.
 - Scarlet asked if it would be possible to have the Convention exclusively on Zoom.
 - Lynn said that it is expected and desirable to have the convention in person, hybrid and via Zoom, however, she would be willing to ask R2 if we desire to have it considered that it be all Zoom.
 - Judy H asked if it is okay to have a slimmed down convention – such as not holding a boutique.
 - Lynn answered that at the most recent convention there were no fund-raising activities; it was all taken care of in the registration process by asking for additional monetary donations. So yes, it is okay to exclude some activities and have a “slimmed down” version.
 - Scarlett then opened the floor for motion and discussion to determine if Sac Valley Intergroup wants to host and hold the convention in Sacramento.
 - Barbara made a motion that Sac Valley Intergroup host the Regional Convention in 2024 to be held in person in Sacramento, hybrid and in Zoom, Rene seconded, motion passed.

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- Scarlet then asked for the representatives to go back to their meetings and share that if anyone is interested in being chair to notify Events Coordinator: Lynn H., email: events@oar2.org

Board and Committee Reports

- Chair Report, Scarlet: Made amends to Intergroup for incorrectly putting an event on last month's agenda that was not OA sponsored (which she did not realize.)
 - She consulted with other past board members, etc., and determined that indeed OA Traditions were broken. She is going to be meeting with our Intergroup Events Chair to go over the protocol, procedures and requirements for approving events that will ensure only OA sponsored events appear on the agenda.
- Retreat: Jan H said to let people know they can still sign up to get their name on the waiting list! She knows that people are cancelling and people on the waiting list are being able to register to attend.
- Answer Phone: Scarlet received a call from Kathy K, who is continuing to handle our answer phone messages. She took two calls this month and both were people trying to find in-person meetings.

New Business

- Increasing In-person meetings.
 - Nancy M had asked that this be discussed and feels strongly that it is important for there to be more In-Person meetings. This is a disease of isolation and in-person meetings are really needed by some members as well as she feels that we owe it to newcomers. There is a group in Sacramento trying to get a Wednesday meeting started in the Arden area. She wonders if anyone else has feelings about this topic.
 - Chandra shared that she is helping another fellow and they are trying to start an in-person meeting in Nevada City.
 - Brenda said their meeting has Zoom attendees from out of the area who could not attend in person.
 - Kathy H said that they have only an in-person meeting and their meeting has grown and it is great. They have a lot of newcomers attending and it does seem that there is a need for more in-person meetings.
 - Lisa shared that they are having a very hard time finding a place that is appropriate for their group to meet in person and so are still using Zoom.
 - Barbara shared that Shingle Springs has a wonderful in-person meeting Thursday nights at 7pm.
 - Dawn S. said that as far as the meetings she keeps track of for our Intergroup there are a total of 12 meetings that are in-person or hybrid meetings.
 - Mary said that she thinks we don't have to have meetings in any one modality. She hosts several ZOOM meetings in the Stockton area and they have lots of people attend from all over the globe (Brazil, Mexico, Sweden, UK.) She just hosted a zoom meeting that had five newcomers. She thinks it is important to embrace increasing all of our meetings and that we can adapt to this new normal.
 - Gerri suggested that maybe there is a need for a new position of a Transition Chair that would check with Zoom meetings and see if they need any help in transitioning back to an In-Person meeting or a hybrid meeting. The position would be similar to how the Events Chair helps with events.
 - Scarlet stated that she would add that suggestion to New Business on August's agenda.

Announcements:

- Darby shared Rocklin/Roseville is hosting an OA Day on September 9, 2023, 1pm to 3 pm at the Creekside Church in Rocklin. The theme is Hope is Here. It will be in-person and Zoom.
- Welcome new Intergroup Reps: Soleil – Tuesday Noon – Sac, Erin – Nevada City, Nici – 7 pm Friday Yuba City, Brenda – Sunday - 330 and 4pm Sacramento, Jess – Sunday 6pm Chico
- Scarlet adjourned the meeting at 8:08 PM following reciting the Unity Prayer.

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July 11 2023		Attendance Log							
Board Member		Committee Chair		Meeting	City	Rep			
Chair, Scarlet H.	X	Bylaws, Cary H	X	Sun 1:30pm	Stockton	Renè		X	
Vice Chair, Vacant.		Events, Janet M	X	Sun 3:30pm	Sacramento	Brenda B		X	
Treasurer, Barbara E	X	Zoom, Andrea		Sun 4:00pm	Sacramento	Brenda B		X	
Secretary, Raven Y	X	Speaker List, Dee	X	Sun 6:00pm	Chico	Danielle		X	
				Mon 10:00am	Stockton	Cara		X	
Webmaster, Phil K.	X	Answer Phone, Kathy K.		Mon 12:30pm	Nevada City	Erin G		X	
R2 Rep, Curt B.	X	Newsletter, Gerri H	X	Mon 1:00pm	Stockton	Mary S.		X	
R2 Rep, Cary H	X	Meeting List, Dawn S	X	Mon 5:30pm	Sacramento	Marian		X	
R2 Rep.		Public Outreach, Nancy Mc	X	Mon 5:30pm	North Reno	Diana S.		X	
	X	Retreat, Jan H	X	Mon 5:30pm	Modesto	Patricia			
WS Del., Judy L.	X	Special Pop Focus, Vacant		Mon 6:30pm	Rancho C.	Lisa		X	
WS Del., Vacant		Sponsorship, Katherine G.	X	Mon 7:00pm	Yuba City	Debbie N			
				Tues 12:00pm	Sacramento	Kathy K			
				Tues 5:30pm	Davis	Noreen		X	
				Tues 6:00pm	Chico	Jess		X	
				Wed 9:00am	Stockton	Mary S.		X	
				Wed 10:00am	Stockton	Vacant			
				Wed 10:30am	Sparks	Sherri F		X	
				Wed 5:30pm	Gardnerville	Dee		X	
Guests				Wed 5:30pm	Sacramento	Vacant			
Chandra				Wed 6:00pm	Murphys	Vacant			
Nevada City				Thurs 12:00pm	Sacramento	Kathy H		X	
Phil L				Thurs 3:00pm	Stockton	Mary S.		X	
				Thurs 6:00pm	Chico	Vacant			
Lynn H R2 Events				Thurs 6:00pm	West Sac	Dena			
Coordinator				Thurs 7:00pm	Shingle Springs	Suzanne			
				Fri 12:00pm	Carson City	Vacant			
				Fri 7:00pm	Yuba City	Nici			
				Sat 9:00am	Sacramento	Michael L		X	
				Sat 9:00am	Rocklin/Roseville	Darby		X	
				Sat 9:00am	Folsom	Jan H		X	
				Sat 9:00am	Stockton	Mary S.		X	
				Sat 9:30am	Sparks	Denise			
				Sat 6:00pm	SNL	Nancy			