

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
January 9, 2024
FINAL DRAFT Minutes 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, Kristen S. took roll by noting attendees in Zoom room. Quorum met.

Previous Minutes: December 12, 2023, Minutes were presented for approval.

- Motion made and seconded to accept and approve the minutes; Motion approved

Treasurer's Report: The Treasurer's report for December 2023 was shared on screen.

- Motion to accept by Nancy seconded by Debbie, motion approved.
- Barbara pointed out that individual contributions are down about \$2700 from last year. Jan pointed out that we still made 14,000. Two reps did not turn in receipts. Please turn in receipts, get reimbursed and then give the money back should you wish.

Information Sharing

- Upcoming SVOIA Event
 - OA Birthday Party: Saturday January 27, 2023 at 2391 St Marks Way, 6pm to 8pm, Program starts at 6:30. Flyer can be found on the SVIOA webpage.
 - Janet needs more volunteers for helping – please contact her if you can provide service.
 - The Birthday Party will be in person and will not be a hybrid.
- Upcoming Region 2 Events and Other World Service calendared events.
 - Event information can be found on: <https://oa.org/event-calendar/>, or <https://www.oar2.org/events.html>
 - January 19-21 OA Birthday Celebration
 - February 24 Unity Day
 - March 22-23 R2 Spring Assembly
 - May 7-12 WSO Business Conference
 - July 12-14 R2 Convention
 - Oct 25-27 R2 Fall Assembly
 - Nov 15-17 IDEA (WSO)

Group News, Announcements

None

Board and Committee Reports

- Chair – No Report
- Vice Chair – No report
- Treasurer: If anyone has anything to submit to the budget, submit asap
- Secretary: Reminded everyone to put the meeting they represent with their name

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- Webmaster: No Report
- R2 Representatives No Report
- World Service Organization Delegate: There will be a world service business conference in 2024. She will expand more in February
- Events: No report
- Meeting and Video Conferencing Support; No report
- Speaker List: None
- Answer Phone: Janet has volunteered to be answer phone person
- Newsletter: Gerri – No report but mentioned that she would love to find somebody to mentor .
- Meeting List Coordinator: No coordinator
- Public Outreach: Nancy Mc – Has a friend that will let he know when there are health fairs etc, looking into using AI for finding places where she can spread the message
- Retreat: Rick Z – Tahoe retreat is awesome, Aug 2nd 3rd and 4th. Meals and accommodations are included. The cost if you register early is \$150 down and an additional \$145 due by May 1st.
- Sponsorship -Katherine - No Report

Old Business

NONE

New Business

Scarlett requested that we waive the abstinence requirement for Steve because he is only one month shy of said requirement for R2 rep. A motion to waive was entered by Bea, seconded by Jan. Motion Approved

Scarlet closed the meeting by reciting the Unity Prayer at 7:58 pm

December 12, 2023		Attendance Log							
Board Member		Committee Chair			Meeting		City	IGRep	
Chair, Scarlet H.	X	Bylaws, Cary H		Sun	1:30pm	Stockton	Renè		
Vice Chair, Raven Y	X	Events, Janet M	X	Sun	3:30pm	Sacramento	Rosa N		X
Treasurer, Barbara E	X	Zoom, Andrea	X	Sun	4:00pm	Sacramento	Rosa N.		X
Secretary, Kristen S	X	Speaker List,		Sun	6:00pm	Chico	Danielle		X
Webmaster, Adrian		Answer Phone, Janet M		Mon	10:00am	Stockton	Cara		X
		Newsletter, Gerri H	X	Mon	12:30pm	Nevada City	Erin G		X
R2 Rep Steve H.	X	Meeting List, Dawn S	X	Mon	1:00pm	Stockton	Mary S.		X
R2 Rep, Cary H	X X	Public Outreach, Nancy Mc	X	Mon	5:30pm	Carson City	Vacant		

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		Retreat, Jan H		Mon	5:30pm	Modesto	Cathy	
WS Del., Judy L.	x	Special Pop Focus, Vacant		Mon	5:30pm	North Reno	Staci	X
WS Del., Cara D.	x	Sponsorship, Katherine G.	X	Mon	5:30pm	Sacramento	Marian R	X
				Mon	6:30pm	Rancho C.	Lisa	X
				Mon	7:00pm	Yuba City	Angie H	X
				Tues	12:00pm	Sacramento	Soliel	X
				Tues	5:30pm	Davis	Tammy	X
				Tues	6:00pm	Chico	Andrew	X
				Tues	7:00pm	Sacramento	Steve H	X
				Wed	9:00am	Stockton	Mary S.	X
				Wed	10:30am	Sparks	Sally	X
				Wed	5:30pm	Gardnerville	Dee	x
				Wed	5:30pm	Sacramento	Vacant	
				Wed	6:30pm	Sacramento	Nancy Mc.	X
				Thurs	12:00pm	Sacramento	Meanie	X
Guests				Thurs	3:00pm	Stockton	Mary S.	X
Curt B				Thurs	6:00pm	Chico	Vacant	
Jane F				Thurs	6:00pm	West Sac	Jan H	x
				Thurs	7:00pm	Shingle Springs	Janet E.	X
				Fri	12:00pm	Carson City	Vacant	
				Fri	5:30pm	Grass Valley	Chandra	X
				Fri	5:30pm	Yuba City	Vacant	
				Fri	7:00pm	Yuba City	Nici	X
				Sat	9:00am	Folsom	Jan H	X
				Sat	9:00am	Rocklin/Roseville	Bev	X
				Sat	9:00am	Sacramento	Kathy H.	X
				Sat	9:00am	Stockton	Mary S.	X
				Sat	9:30am	Sparks, NV	Denise E	X
				Sat	6:00pm	Sacramento	Debbie N	x