

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
December 13, 2022
Approved: emm/jh

Location: Via Zoom

Opening: Chair Jan H opened and called the meeting to order at 7:00PM by reciting the Serenity Prayer. Chandra read all the 12th Concept Guidelines and Principles of OA Service.

Roll Call: See participant list below. Quorum met.

Previous Minutes: November 2022 meeting minutes were reviewed.

- Nancy Mc moved to approve November minutes. Chandra seconded. Motion approved.

Treasurer's Report: Joel Absent

- Jan H presented the monthly treasurer's report.
 - Caroline motioned and Dee seconded. The report was approved as presented.

Information Sharing:

- There are a few board member openings for our IG.
 - One Region 2 Rep
 - Two World Service Delegates
- There are other committee chair and service positions coming available in 2023.
- The Sacramento OA birthday party will be an in-person event early in 2023. The Saturday 9:00AM group will host the event. More will be revealed!

Group News or Announcements:

- Suzanne, our guest from **Shingle Springs**, announced that there is a **new in-person meeting Thursdays in Shingle Springs at 7PM**. Information will be available on the most recent meeting list on the website very soon.
- Sally reported that the 10:30 AM meeting in Sparks needs support. This is a virtual meeting.
- Leah, who represented the Thursday Chico meeting, was a temporary representative, so George announced that the meeting is back to virtual only. The meeting has no rep currently.
- Chandra announced that there has been a lot of zoom bombing in the Sacramento Friday 5:30PM meeting.
- Nancy Mc said that the Monday 5:30PM commuter meeting was bombed as well.
- Additional service opportunities (Committee Chair/Member positions) will be available in January 2023. Jan asked Intergroup Reps to share the document she sent with the meeting materials that included brief descriptions of the committees' purpose and tasks. Anyone interested is encouraged to reach out to the newly-elected Chair, Scarlet at oachair@sacvalleyoa.org

Board and Committee Reports

Chair Report: Jan – No report

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Vice Chair Report: Scarlett -No report

Treasurer Report: Joel - No report

Web Host: Phil K - No report

Secretary: Emily M - No report

R2 Reps:

- Nancy Mc reported that Curt B was voted in for new chair for public outreach region 2!
- Curt shared that the new R2 Public Info Committee meeting day, time and zoom login.
 - Zoom: Meeting ID: 860 1529 7190 Passcode: pipoc
 - Meetings will be held the third Tuesday of each month at 6pm

World Service Delegates:

- No report from Les.
- Judy L reports (Via Email) that the final draft of the sponsorship pamphlet has been submitted for review.

Bylaws: Scarlet– No report

Events: Sandra S absent – No report

Group Support/Zoom: Gerri –

- OA groups are getting bombed **because the local groups have their zoom ID/s AND PASSWORDS listed on World Service – OA-website.**
- Gerri again recommends that the IG reps go to their groups and recommend that the password is removed from the OA.org website, and contact information be listed instead.
- Bombers would rather not call to ask for the password, so those groups that are requiring a call for the password are not getting bombed.
- Remember-the zoom meeting tech host needs to get there early! Set up a waiting room, restrict attendees' ability to change their name, don't let them unmute and assign helpers.
- Reach out to Gerri for training, especially if you're not going to remove the password from the OA.org website.
- San Diego OA is hosting free classes on this.

Speaker list: Dee – No report

Answer Phone: Diane B - no report

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Meeting List: Dawn S-

- Dawn didn't receive info for Shingle Springs, but will update it now.

Newsletter: Christina H – absent – No report

Retreat: no chair present-no report

Special Population Focus: Vacant – No report.

Sponsorship: Cary H

- Cary has really enjoyed this position but is ready to pass it on.

Continuing Business:

- Research getting OA literature (both hard copy and digital formatted publications) into local libraries. On-going research by Joel, Jamie, and Nancy Mc.
 - Nothing new to report this month

New Business:

- Jan thanked the group for the opportunity to serve as the IG Chair for the last two years.
 - Scarlett led the group to thank Jan for her service to the group!
- IG reps - remind your groups that the IG rep position is a 6 to 12-month commitment. You can ask your group to vote to increase the term to 12 months, which helps with consistency.

Adjourned

Jan adjourned the meeting at 7:41PM.

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November								
Board		Committee	Chair		Meeting	Reps		
Chair, Jan H.	x	Bylaws, Scarlet H.	x	Sun	1:30pm	Stockton	Renè	x
Vice Chair, Scarlet	x	Events, Sandra S.		Sun	3:30pm	Sacramento	Rosalie	x
Treasurer, Joel		Zoom - Gerri	x	Sun	4:00pm	Sacramento	Rosalie	x
Secretary, Emily M	x	Speaker List, Dee	x	Sun	6:00pm	Chico	Lea	
				Mon	10:00AM	Stockton	Cara	x
Webmaster, Phil K.	x	Answer Phone, Diane B.		Mon	12:30pm	Nevada City	Anne M.	x
R2 Rep, Curt B.	x	Newsletter, Christina H.		Mon	1:00pm	Stockton	Mary S.	x
R2 Rep, Kathryn K.		Meeting List, Dawn S	x	Mon	5:30pm	Sacramento	Marian	x
R2 Rep, Nancy Mc	x	Public Outreach, Vacant		Mon	5:30pm	North Reno	Diana S.	x
WS Del., Barbara		Retreat, Vacant		Mon	5:30pm	Modesto	Patricia	x
WS De., Les F.	x	Special Pop Focus, vac		Mon	6:30pm	Rancho C.	Lisa	x
WS Del., Judy L.		Sponsorship, Cary H.	x	Mon	7:00pm	Yuba City	Debbie	
				Tue	12:00pm	Sacramento	Christina	
				Tue	5:30pm	Davis	Kim	
				Tue	6:00pm	Chico	George	x
				Wed	9:00am	Stockton	Mary S.	x
				Wed	10:00am	Stockton	Rene'	x
				Wed	10:30am	Sparks	Sally	x
				Wed	5:30pm	Gardnerville	Dee	x
Guests				Wed	5:30pm	Sacramento	Lori	x
Marganne				Wed	6:00pm	Murphys		
				Thur	12:00pm	Sacramento	Sandy	x
				Thur	3:00pm	Stockton	Mary S.	x
				Thur	6:00pm	Chico	Lea	
				Thur	6:00pm	West Sac	Andrea T	x
				Thur	7:00PM	Shingle	Suzanne	x
				Thur	7:00pm	Fairfield	Katherine	x
				Fri	12:00pm	Carson City		
				Fri	5:30pm	Sacramento	Chandra	x
				Fri	7:00pm	Yuba City	Raven	x
				Sat	9:00am	Sacramento	Michael L	
				Sat	9:00am	Rocklin	Jamie M.	x
				Sat	9:00am	Folsom	Barbara	x
				Sat	9:00am	Stockton	Mary S.	x
				Sat	9:30am	Sparks	Cindi P	x
				Sat	6:00pm	SNL		