

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
Tuesday, December 10, 2019
1/14/20

Location: Christ Temple Apostolic Church, 9001 La Riviera Drive, Sacramento

Opening: Chair opened the meeting with the Serenity Prayer at 7pm. The 12 Traditions were read by Mary.

Call to Order: Call to order. Voting members in attendance: 6 board members + 4 committee chairs + 9 meeting reps = 19 total

Previous Minutes: November 2019 meeting minutes were reviewed. Motion was made to approve by Gail and seconded by Curt. 14 in favor (unanimous of those present at the last meeting).

Board Reports:

Chair: Nancy Mc

CONCEPT 12: The spiritual foundation for OA service ensures that:

- (a) No OA committee or service body shall ever become the seat of perilous wealth or power;
- (b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
- (c) No OA member shall ever be placed in a position of unqualified authority;
- (d) All important decisions shall be reached by discussion, by vote, and, whenever possible, by substantial unanimity;
- (e) No service action shall ever be personally punitive or an incitement to public controversy; and
- (f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

Thank-A-Thon was a huge success! We had 17-25 people at each meeting. We collected \$140 in 7th tradition and sold \$45.00 in literature. We made our 25% donation to Sutter for use of the room (\$40) and sent the remaining \$100 to Intergroup. Cool, eh???

Please talk up the open COMMITTEE POSITIONS!!

Group Support: Support the health and growth of OA meetings

Meeting News and Publicity Committee: Provide current meeting information to the public and prospective members

Public Outreach Committee: Carry the message of Overeaters Anonymous to the general public, those still suffering, and provide information to the medical community.

Sponsorship Committee: Support and strengthen sponsorship throughout the fellowship.

Elizabeth M said she would consider taking the answerphone position.

REPORTS: please submit your reports to Robyn with a cc to me if you are going to miss the Intergroup meeting. For all those present or absent and submitting reports, an email version is helpful so that the secretary does not have to re-write it in the minutes.

Vice-chair: Jan H

Twelfth Step Within Workshop is this Thursday. Everyone should have received an email to share with your groups.

Secretary: Robyn K

Committee chairs should send reports to oasecretary@sacvalleyoa.org with a cc to oachair@sacvalleyoa.org. I apologize for not getting to the name cards this month. At this point, I will wait until after the January meeting to work on these since meeting reps will be changing for many of the meetings.

Treasurer: Grace A

Absent. Sent report. Elizabeth M motioned to approve the treasurer's report; seconded by Luanne. Unanimously approved.

Region 2: Chandra & Luanne

Luanne: Region 2 Board needs an Events Coordinator. Because the location for the Assembly is set for the next 5 years there isn't a lot for this position to do besides organizing that weekend.

Chandra: Region 2 12th Step Within committee uses the 12th Step Within handbook. Chandra has copied out the section on what you can do as an individual and gives it out to her sponsees. She is happy to send just that page to anyone who asks her.

Webmaster: Rene

People are requesting a podcast of the Tahoe retreat. There is not much traffic on requests for webpage and internet requests. He's still learning a lot. If you have any information to put on the webpage, send it to him. Email address is in the Valley Voice and also in the "contact me" section on the webpage. There is a form with instructions on how to submit changes in meeting information.

Tahoe Retreat and the last two Days in OA podcasts are available on the website. Not all are currently downloadable; he is working with webmaster on that.

World Service: Barbara M

No report.

Committee reports:

Meeting News and Publicity: Laura S & Cindy

Laura: We need a new newsletter chair soon. Laura can only do this for another month or so as she is also now one of our new R2 reps.

Cindy absent. Chair announced: Please text Cindy with any updates for holidays.

Events: Judy L & Verna Co-Chairs; Angela-recording

Co-chairs both absent. Sent a report.

UNITY DAY Jamie from Judy L's homegroup brought the gorgeous flyers for Unity day. The Sunday 4PM GROUP is hosting, Sharon is our contact. Unity Day is the last Saturday in February of every leap year – so it happens every four years! This year, it is February 29th at 10:30AM to 12:30. \$5 suggested donation.

Thank you West Sacramento OA group for hosting the 12th Step Within event this Thursday!

Group Support/Speaker List: Vacant & Susan K

No updates. Really need someone for this position.

Public Outreach: Shonquinta

Members helped distribute the fork flyers in the community in various locations. We are all out and working on getting more copies as well as getting flyers from the OA main website for our next round of distribution.

Also members brought it to Shonquinta's attention that they were invited to speak at a medical facility for a professional sitting in on an OA meeting. Great outreach!

One community health gave approval for a member to speak at the upcoming Lifestyle balance class to start January 2020. A couple of OA members have mentioned their availability to speak at this class. Shonquinta will make calls to them meanwhile.

Retreat: Rick Z

Tahoe Retreat Committee will be meeting in January. Committee has to decide on charge for next year. Will start reviewing speakers. Will have flyers at birthday party.

Special Population Focus: Mary S & Lori Co-chairs

Mary: Having challenges because also working on the January 1st workshop and co-chair stepped down. There are a lot of different groups under this, and she definitely will need help. They were focusing on the 12th step within and did a lot of work in Stockton on this and might be able to work on this again in Stockton after January 1st, but definitely needs help with everything else.

There was a suggestion to not try to focus on all of the different areas under SPF, but choose one and focus on that. If someone has a particular interest in a particular area they should choose that one and focus on that.

Sponsorship: Vacant

Gerri is taking on the sponsorship bank duties, but we still need a committee chair. Gerri has created a flyer for sponsorship bank for people to take to their meetings.

Discussion of New Group Concerns & Announcements (not new business)

Marganne – Friday night Sutter meeting at 5:30 – has all positions open. They have become a small meeting and are asking for support and need people to fill positions.

Nevada County – there are 3 meetings and speaker getters are having trouble finding speakers. Saturday 10am meeting – 3rd Saturday of the month is a speaker meeting. Friday 5pm meeting – 1st Friday is a speaker meeting.

Mary (Stockton): Brought up having a virtual speaker at speaker meetings. The person can all in and be put on a speaker phone.

Mary (Stockton): passed out flyers for New Year's workshop. Workshop is 10-2pm with 3-4 speakers, lots of tools and fun.

Gail: has chips for sale if anyone needs them for their meeting.

Continuing Business:

Make announcements to your group about new elected positions starting in January.

Nancy brought up the map of the regions worldwide that can be found on the website. Gail suggested people download them to put in meeting binders.

New Business

Meeting closed at 8pm with a circle and the OA Promise.