

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
December 14, 2021
Approved January 11, 2022

Location: Via Zoom

Opening: Chair Jan opened and called the meeting to order at 7:01PM by reciting the Serenity Prayer. Raven read the 12 Concepts of OA service.

Roll Call: See participant list below. Quorum met

Previous Minutes: The November 2021 meeting minutes were reviewed.

- Ann W. moved to approve minutes as amended; Dawn seconded. Motion approved.

Treasurer's Report:

- Joel presented monthly treasurer report.
 - We had one event in November, the Thank-a-thon. The contributions for that event will show up in the next report.
 - Upgraded website to have a revolving banner, which required an annual fee.
 - There was an error in our liability insurance, which we paid.
 - Cost for facility deposit for Tahoe Retreat went up slightly.
 - Checking balance is still very healthy.
 - WS and R2 reps: make sure to provide a budget if you are attending conferences in person in 2022.
 - Committee Chairs: be sure to provide a budget for your committee for 2022.
 - Kathrine moved to approve; Emily seconded. Motion approved.

Information Sharing:

- 1/1/22 – Annual New Year's Day event hosted by Stockton "2022: The Year of Recommitment" **Mary needs volunteer help!!!!**
- 1/29/22 - Birthday Party will be happening 6:30pm – 8:00pm on zoom! More info below under Events.

Group News or Announcements:

- We will be discussing zoom bombing later in the meeting.
- New IGRs introduced:
 - Monday night will have a new IGR next month: Sylvia
 - Davis new IGR will be Kim CM.
 - Friday Nevada City will be Chandra.
 - Modesto Monday night will be Roger H.
- Reminder: Saturday morning Roseville/Rocklin is hybrid. We will be hybrid Christmas day, but only zoom on New Years day.
- Curt: The only newcomer meeting in the Sacramento Valley Intergroup **needs support!** The meeting is Sunday 3:30 for 30 minutes and is followed by a 4pm meeting.
- Question: When we were in person, newcomers got free Newcomer Packets. Now that we're virtual, they have to pay for them. How do we make them free for newcomers?
 - A couple of groups shared that they purchased a supply of newcomer pamphlets and will mail them out to newcomers.

- Les: Saturday Sparks meeting 9:30 is a hybrid meeting. For Christmas and New Year's Days, it will be zoom only. Information is at oannis.org.
- Gerri: Christina H is developing a video for the birthday party! We are collecting what "gifts" you've received in your recovery.

Board and Committee Reports

Chair Report: Jan

- Who has a passion to help anyone with the following eating issues: Young people? Atheists/Agnostics? Anorexics, bulimics or others with restrictive eating patters? Fellows in relapse? Folks who have released or want to release more than 100 pounds? People who have had or are considering bariatric surgery? If that's you, we've got just the position! Please consider serving on the Special Population Focus Committee. There are lots of resources available at OA.org that you can share in the Valley Voice, and you can work closely with the Events committee to come up with themes and topics for events or workshops. It's a lot of fun and oh, so rewarding!!!
- Please remind your groups to consider making the Intergroup Rep position a one-year commitment if they haven't done so already. Also, please help your meeting's new Intergroup Rep by attending at least one Intergroup meeting together so you can share your experience, strength and hope and answer those questions that the new rep may not want to ask at group level.
- I included the 2022 Intergroup Committee Trusted Servants list with the December Intergroup meeting materials. The list will also appear in the January issue of the Valley Voice (and subsequent issues) and will be listed on the website. Please reach out to those on the list if your group members have questions or to see how YOU can help carry the message of OA to those who still suffer inside and out of the rooms.
- Finally, here's a year-end-shout-out to the following fellows who have reached the end of their current service commitments to Intergroup. Each has provided amazing energy, support and love to ensure the hand and heart of OA is extended to all who share our compulsion. For their service, I am humbled and eternally grateful.
 - Vice Chair: Grace
 - Secretary: Robyn
 - Webmaster: Marganne
 - World Service Delegate: Michelle
 - Events: Tiffany
 - Speaker List: Dawn
 - Special Population Focus: Kim CM
 - And, to every Intergroup Rep who carried the message to and from their groups throughout 2021 - Thank you, thank you, thank you. oxoxox

Sponsorship List: Cary

- Newcomer meeting went really well. Cary contacted all of the newcomers and offered to send them the sponsorship list.

Events: Scarlet

- Thank you to Tiffany for being so on it this year!
- Barbara: January 29th is the 62nd OA Birthday Party! As Gerri shared, we're putting together a video! Send in the gifts you've received to Gerri by January 15th. We will have two speakers and more! Jan will send out the flyer with the meeting minutes.

Webmaster: Marganne

- Phil will be taking over as webmaster and it has been a pleasure to serve you!
- Shared the new rotating banner on the website. It leads the people into the website to find further information rather than having to scroll down and find information.
- Need Marganne to fill in the second thing she shared We've started sending out a news blast email after every Intergroup Meeting summarizing important points of information. This is for our 600+ subscribers in case they miss an Intergroup meeting report.

World Service Delegates: Barbara M.

- Judy L is our new WS delegate starting in January, but couldn't be here tonight. Michelle also couldn't be here.
- Barbara is on the Public Information and Professional Outreach committee – they're trying to get outreach on major networks, like CNN. They're also working on putting together manuals.
- There will be an interactive welcome room at the Virtual Region Conference next year. World Service Business Conference will be in-person in April.
- Everyone be ready next month – Judy and Les will be sharing the annual "is this worthy of being on the agenda?" bingo for the WSBC.

Retreat: (Rick Z – absent)

Special Population Focus: No report

Region 2 Reps:**Nancy:**

- The Region 2 trustee position is currently open. The position was vacated last year, and Anne O. is acting as trustee until the conference in April 2022.
 - An announcement has been sent by World Service, and we have received one application so far. Since R2 is affected specifically, we wanted to send this message as a "last call" for applications.
 - At the Assembly, we did not have any applications that met the deadline per our Policy and Procedures Manual. We have a process to approve and forward trustee nominations. The board will be reviewing applications at our next meeting on December 16th.
 - Please email your applications to chair@oar2.org by December 13th for consideration. Thanks in advance for sending this to all your meetings, and in advance for your interest in the position. The application can be found here: <https://oa.org/app/uploads/2021/11/trustee-nominee-application-instructions-22.pdf>

Curt:

- We have business card-size cards for public outreach. They're easy to carry with you and to give out.
- Please come to the next R2 Public Outreach meeting next Tuesday:
Meeting ID: 822 4337 0683 Passcode: 279459 Dial in: 1 669 900 6833 US

Kathryn:

- 12 Step Within Committee is meeting on January 2nd. We have a lot of new people on the committee and we're reformulating.
- Burlingame event coming up – will share with Marganne and Gerri.

Group Support

Zoom: Phil K – Gerri will be taking over and will do great. It has been a great couple of years and I'll be moving on to take over the webmaster job.

Speaker list: Dawn – It has been my pleasure to maintain the speaker list for almost a year and a half. Roger will be taking over and will do a phenomenal job.

Public Outreach: Holly (absent)

Answer Phone, Meeting List: Nothing to report

Newsletter: Gerri

- Valorie will be taking over the meeting list
- Christina H will be taking over the newsletter

Bylaws: Nothing to report – review will start next year

Vice Chair: Grace – Scarlet will be taking over as Vice Chair and I know will do a great job. Thank you everyone!

Treasurer: Joel – No additional report

Secretary: Robyn – It has been an honor to serve in this position for the last 2+ years!

- **To Board members and Committee chairs** (anyone who provides a report during the IG meeting): it really, really, really will make the new secretary's life much easier if you **submit a report before the meeting**. I type really fast and have been doing this for awhile, and I still miss a lot of what's said if I don't have a report sent to me first. Jan has done a great job at making the minutes more user-friendly with key messages and getting them out earlier. If you want your information included in the minutes accurately, *please* send a report ahead of time!

Continuing Business:

- Vote was taken to bring NNSI into the SVIOA and was unanimously approved!

New Business:

- Gerri and Phil put together a presentation on how to deal with Zoom bombers.
 1. Zoom bombers got the codes from the OA.org website, and shared them on the internet.
 2. The key take-aways are to breathe, remain calm, and know *in advance* how to suspend the meeting so you can get rid of the bombers and get the meeting back up and running. Gerri will be happy to train anyone one-on-one how to suspend a meeting. Contact her at (808) 250-1212.

Adjourned at 8:07pm with Jan reading the OA Responsibility Pledge and the OA Promises.

INTERGROUP ATTENDANCE 12/14/2021

Board	Committee Chairs	Reps	Meetings	Visitors
Chair: Jan	Phil K	Roger	Monday: Modesto	Les, NNSI
Vice Chair: Grace	Dawn	Noreen	Monday: East Sac	Christina H
Treasurer: Joel	Gerri			Andrea T
Secretary: Robyn	Kim CM	Robin	Monday: Rancho	Anne M
Webmaster: Marganne	Scarlet in for Tiffany	Chandra & Anne M.	Monday: Nevada City	Chandra
WS Delegates: Barbara M,		Beth	Tuesday: Davis	Sally, Sparks
R2 Reps: Curt, Nancy, Kathryn		George	Tuesday: Chico	
			Tuesday: Folsom	
		Ann W	Tuesday: Sac noon	
		Katherine	Tuesday: Fairfield	
			Wednesday: Sac 5:30	
		Sally	Wednesday: Sparks, NV (new this meeting)	
			Thursday: Sac noon	
		Raven	Thursday: Chico	
		Scarlet	Thursday: West Sac	
		Katherine	Thursday: Fairfield	
		Kathie	Friday: Sac 5:30	
		Emily	Saturday: Sutter	
		Bonnie	Saturday: Rocklin	
		Glenda	Saturday: Folsom	
			Saturday: SNL	
		Ellie	Sunday: Chico	
		Rosalie	Sunday: Sutter	
		Mary	Stockton	
			Stockton Spanish meeting	