

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
Tuesday, January 14, 2020
FINAL NM

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 Curt.

Call to Order: Call to order. Voting members in attendance: 8 board members + 5 committee chairs + 12 meeting reps = 25 total; 2 visitors

Previous Minutes: December 2019 meeting minutes were reviewed. Motion was made to approve by Jan and seconded by Donna. 15 in favor (unanimous of those present at the last meeting).

Board Reports:

Chair: Nancy Mc

- **CONCEPT 1:** The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

PRINCIPLE: UNITY

The OA groups today hold ultimate responsibility and final authority for our world services--those special elements of overall service activity which make it possible for our Society to function as a whole. Our WSO delegate will be showing us tonight how we the fellowship get to make decisions on what will happen at the World Business Meeting in April and ultimately in OA as a whole!

- Our Trustee sent me a document entitled the "Intergroup Renewal". It outlined ways to improve and refresh the Intergroup. A lot of stuff we are already doing right, but I have sent each board member a copy and we hope to meet sometime soon to implement a plan on what we may still need to work on.
- SVIOA will be asking 2 questions in the Valley Voice- we hope to get a lot of honest responses from the members, and your responses to be published the following month. **We want to know how we are doing!**

Please announce the open COMMITTEE POSITIONS!!

Group Support To 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 To support and strengthen sponsorship throughout the fellowship.

We need an event recorder. **Susan K volunteered!** Thank you Susan!

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

Welcome to new intergroup reps and thank you for being of service. As part of the Intergroup Renewal (see Chair's report above), Jan has made copies of the OA handbook, which is the OA official service guide. She will

be handing out a copy to everyone tonight. Jan feels it is incumbent on her to read these things as a member of OA, and she hopes that feeling is shared with others.

Secretary: Robyn K

Committee chairs should send reports to oasecretary@sacvalleyoa.org with a cc to oachair@sacvalleyoa.org. There is a sign-in sheet going around. Please make sure your name is legible as I will be making name tags based on that list. Also, I will not be here next month and need someone to step up and take minutes.

Treasurer: Grace A

The report this month is still in draft form, so is not ready to be approved. We're ending the year with more than last year. We're building up our reserves again. Fourth page of the report shows group contributions for the whole year for each group. They are by group number. If you aren't sure of your group number, you can look it up in the Valley Voice. Check with your group treasurer to make sure the report matches their records. It will get printed in the next Valley Voice, so please contact Grace within the next week if there is a discrepancy. Will have final reports for 2019 next month, also 2020 budget.

Region 2: Chandra & Luanne & Laura

Chandra: No report right now.

Laura: Excited to be new rep and no report yet.

Luanne: Absent

Webmaster: Rene

Haven't had any email requests coming in. For new reps: there is information on the website that details how to make changes to meeting times, groups, locations. Please follow those instructions.

World Service: Barbara M & Michelle K

Barbara: It is time again for input on the agenda for the World Service Business Conference, which takes place in April. Barbara passed around the questionnaire for group reps to bring to their groups. Barbara is not able to send anything electronically right now, so Nancy will scan the questionnaire and send it as a pdf to anyone who needs it.

Barbara and Michelle both will be going to the conference. Intergroups' trustees from all over the world submit business proposals to WSO. The proposals are consolidated into a summary along with any suggested changes to the bylaws. You can find the full 19-page document at: oa.org:service_bodies:world_service;documents. However, Barbara has synthesized it into 4 pages.

Suggested instructions: the questionnaire needs to be answered as a group conscience, such as during a business meeting. You can pass around the questionnaire during the meeting, so people become familiar with it before discussing. The question to be answered for each item on the questionnaire is "Is this issue worthy of being raised at the World Service Business Conference?" The question is NOT "Do I agree with this?" These instructions are at the top of the first page. The "yes" or "no" is by group, not be individual tally within the group.

Barbara pointed out that one of the bylaw amendments reduces the number of trustees from 17 to 12 over a period of time in order to reduce costs. That is the purpose of the first bylaw. Barbara suggests that they are worthy of discussion.

Group reps should bring the completed questionnaire back to SVIOA at the next meeting on February 11th and give them to Nancy to tally.

Committee reports:

Meeting News and Publicity: Gerri & Judy B

Newsletter editor: Gerri is the new editor.

Answerphone: Judy B

Has the paperwork and will meet with Cindy to get a better understanding of how it works.

If new people want to talk to someone, she wants to make sure there is a Spanish speaker available. Judy and Rene will connect about this.

Events: Judy L, Chair; Susan K, recording

Judy L: The new events card is blue (instead of last year's orange). Verna is no longer co-chair. Judy is looking for someone to work alongside her this year in order to take over next year.

If you want to increase the recovery in your meeting, have your meeting sponsor an event. Need some events in between February and May. Need meeting sponsors for October Abstinence through the Holidays and November Thankathon.

Group Support/Speaker List: Vacant

Talk this up at your meetings!!!!

Public Outreach: Shonquinta (Curt filling in today)

Passed out PI flyer. Each meeting: put the flyer in a public place and put your group information on it.

The Friday commuter meeting needs support!!!!

Retreat: Rick Z

Online registration for the Tahoe retreat will go live on Saturday, January 25th, the day of the OA birthday celebration. Last year was 100% booked in 8 weeks. Wait List is added after that. Everyone on the wait list was able to go last year. Theme this year will be: the 12 steps, a pathway to spiritual recovery.

Special Population Focus: Mary S & Lori Co-chairs

Mary: Thank you very much for the support of Sac Valley for A Day in OA on New Year's Day.

No report.

Sponsorship: Vacant

Gerri is taking on sponsorship bank duties. Got 21 sponsors signed up for the bank.

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

The new Auburn Wednesday meeting needs support, especially from people available to be sponsors.

Continuing Business:

None

New Business:

Gerri wants to make changes to the Valley Voice. In particular, she would like to add a few pages that has more stories and more about recovery. In order to do that, we need to raise the monthly budget from \$54 to \$111.

Right now 2/3 of the newsletter is data. Gerri made motion to change the budget and Barbara seconded.

Discussion and questions:

- Can we change the business stuff in the newsletter to links to shorten that section? We are moving towards more electronic than hardcopies in general.

- We are moving towards electronic, but having something physical for the newcomer to walk away with makes a huge difference.
- When you increase the number of pages, you increase the amount of work. Not sure that we can justify this change in budget. We need to make the website more noticeable on the front of the newsletter to steer people there.
- There are people in rural areas of our region who don't have cell phones or computers. They need hardcopies.

There was a group conscience agreement to extend the meeting for an additional 5 minutes and go to 8:05.

- Let's add the new information, but print fewer copies. Many get thrown out at the end of every month.
- Are there other things that can be taken out of the current newsletter?
- Also, rather than some meeting saying that they are wheelchair accessible, would it be better to point out the meetings that are NOT wheelchair accessible?

Gerri also offered to email the newsletter to those who want to receive it electronically.

Outcome: Intergroup reps should take the question back to their groups and we will vote on it at the February intergroup meeting. Also, reps should talk to their literature person and find out how many, if any, newsletters are thrown away at the end of the month.

Meeting closed at 8:05pm with a circle and the OA Promise.