

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
October 12, 2021
Approved 11/9/21

Location: Via Zoom

Opening: Chair Jan opened and called the meeting to order at 7:01PM. Jan recited the Serenity Prayer. Joel read the 12 concepts and principles of OA Service.

Roll Call: See participant list below.

- Quorum met

Previous Minutes: The September 2021 meeting minutes were reviewed.

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

Treasurer's Report:

Joel presented monthly treasurer reports. Please remind group treasurers to use the donation form from the documents section of the website when mailing checks. Grace moved to approve; Scarlet seconded. Motion approved.

Information Sharing:

No vacant committee chair positions

Group News or Announcements:

Raven from Thursday Chico: Meeting is moving from 530 to 6pm on November 2, 2021. This meeting is still struggling with the decision to return or not to return to in-person meetings. They are concerned about losing all the new attendees. Asked for insight about how groups are determining how to move forward. Jan reminded everyone that there is information about this on our website.

Board and Committee Reports

Elections Chair: Grace

1. Phil K. volunteered to be nominated for the Webmaster position, and Scarlet volunteered to be nominated for the Vice Chair position. All positions have one person nominated, so the ballot will reflect a full slate of candidates.
2. Ballot will be emailed out 10.13.2021, IGRs need to ask for a group conscience to accept the ballot as submitted or provide write-in candidate names as the group wishes. IGRs will be asked to share their group's opinion via vote at the the November Intergroup meeting.
3. Next year is when the new bylaw work will begin.

Retreat Chair: Rick:

Sent survey to about 600 Mail Chimp subscribers asking who would sign up for the retreat - 63 yes, 43 no. Retreat center says that we can reserve a minimum of 30 rooms, so we are comfortable that we will have enough participation, therefore, there will be a retreat next year, August 5-7, 2022! A flyer will be available for distribution at the SVIOA OA birthday party and information will be put on the website. Registration for the retreat will be open at the conclusion of the birthday celebration in January.

Sponsorship List: Cary

Received a letter from WSO 12 step within committee, it was a survey request. She completed it and wants to know if she could send it out to the rest of us. Jan confirmed that it was included in today's agenda email to all attendees.

She updated the sponsorship list to the most recent availability by contacting everyone on the list

Chair Report:

Jan thanked all committee chairs that have served this year. She attached excerpts from the policy and procedure which include descriptions of the different committee chair positions. Please review and share with your group members to see if anyone wants to serve as a committee chair in 2022. Please reach out to the current chairs for information about each committee.

Intergroup is looking for a Friend of Intergroup (FIG) to help the IG by volunteering to be the recipient of names and addresses of newcomers to reach out and mail pamphlets and information. There are funds available for this. This is similar to the "newcomer greeter" at the group level; however, we are interested in having someone at the IG level to do this as well.

Be on the lookout for the ballot to be emailed tomorrow. Come to the meeting next month ready to vote on behalf of your group.

Events: Tiffany

- Rocklin/Roseville fellowship hosted a successful even last month. There were over 60 attendees from across the US and Canada.
- The Sacramento Monday 5:30 meeting will be hosting the Abstinence Through the Holidays event on zoom on Saturday, Oct 30, from 10a-12p. There will be great shares and an ask-it basket.
- Saturday Sacramento 9 AM meeting voted to host an event with a Newcomers focus. Details to follow.
- Still looking for a group to host the "thank-a-thon" on Thanksgiving morning. The format doesn't have to be the same as always, but there is a well-used format available.
- Also looking for a host for the OA worldwide 12th Step Within event on Wednesday, December 12, 2021.
- Lastly, this is a great service gig. Please consider being next year's Events Chair. Give me a call if you have any questions. (916) 508-8788.

Webmaster: No report

World Service Delegates: No report

Special Population Focus: No report

Region 2 Reps:

Curt: Deferred to Nancy.

Nancy: Public outreach changed their monthly zoom meeting to the third Tuesday. They have put together a survey geared towards the medical community. They are meeting in two weeks

to discuss the distribution plan for the survey, which has been approved by Region 2. If you would like to be a part of the distribution, please reach out to Nancy Mc.

Kathryn: 12-step Within committee met and the pamphlet is being printed. They are working on clearing up the definition of what the 12-step Within committee does and update the R2 website. Discussing creating a position to do 12-step Within outreach for the still suffering compulsive overeater in relapse. If you'd like to join the committee, let her know.

Group Support

Zoom: Phil K

Per Gerri: All meetings which are hosted by the SVIOA zoom account were originally set up as "recurring" for 12 months. As each meeting reached its end date, some meetings were unable to log in (e.g. Fairfield). This happened while Phil was out of town, but he predicted this may occur, and Gerri was able to go in and reset all meetings to reflect an additional 12 months (through 2022). This resolved the problem for Fairfield, and will presumably prevent a recurrence of the problem for the other meetings.

Speaker list: Dawn

This position is ending this year, please let her know if you'd like to help maintain the list.

Meeting News and Publicity

Public Outreach: No report

Answer Phone, Newsletter, Meeting List: Nothing to report

Bylaws: Nothing to report – review will start next year

Vice Chair: Nothing to report

Treasurer: Joel

Reminder to share the treasurers report with your groups. It is a good way to acknowledge and say thank you for member contributions. Also encourage treasurers to use the donation form on the documents section of the website for the mailing contributions made by checks . This will generate a receipt for record keeping.

Secretary: No report

Continuing Business:

None

New Business:

None

For the good of the group (a little time left before the end of the meeting):

- Ann W asked for help with sharing documents on zoom. Gerri volunteered to assist.
- Jan thanked Emily for stepping in to serve as secretary in Robyn's absence.

Adjourned at 7:58p with Jan reading the OA Responsibility Pledge and the OA Promises.

INTERGROUP ATTENDANCE 10/12/2021

Board	Committee Chairs	Reps	Meetings	Visitors
Chair: Jan	Phil K	Cary	Monday: Modesto	
Vice Chair: Grace	Cary	Nancy Mc for Noreen	Monday: East Sac	
Treasurer: Joel	Dawn		Monday: Roseville	
Secretary: (absent)	Gerri	Robin	Monday: Rancho	
Webmaster: (absent)	Rick		Monday: Nevada City	
WS Delegates: (absent)		Beth	Tuesday: Davis	
R2 Reps: Curt, Nancy, Kathryn			Tuesday: Chico	
			Tuesday: Folsom	
		Ann W	Tuesday: Sac noon	
		Katherine	Tuesday: Fairfield	
			Wednesday: Sac 5:30	
		Julie	Thursday: Sac noon	
		Raven	Thursday: Chico	
		Scarlet	Thursday: West Sac	
		Marlena	Thursday: Fairfield	
		Kathie S	Friday: Sac 5:30	
		Emily	Saturday: Sutter	
		Bonnie	Saturday: Rocklin	
			Saturday: Folsom	
		Jessica	Saturday: SNL	
		Ellie	Sunday: Chico	
		Jane	Sunday: Sutter	
		Rene	Stockton (all mtgs)	