

**Overeaters Anonymous of Sacramento, Inc.**  
**Business Meeting Minutes**  
**Tuesday, October 8, 2019**  
*Final NM*

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

**Opening:** Chair opened the meeting with the Serenity Prayer at 7pm. Connie read the 12 Traditions.

**Call to Order:** Call to order. Voting members in attendance: 6 board members + 7 committee chairs + 10 meeting reps = 23 Guest: 2

**Previous Minutes:** September 2019 meeting minutes were reviewed. Motion to approve with changes made by Barbara and seconded by Cindy. (18 in favor, 0 opposed, 5 abstain) Motion passed.

**Board Reports:**

**Chair:** Nancy Mc

Talked about Concept 10 - Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

OA's New Definition of Abstinence and Recovery OA recently approved a new policy to better define abstinence and recovery. The policy reads: "The WSBC 2019 accepts the following definitions:

**Abstinence:** The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

**Recovery:** Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.

Reminded IGR's to discuss the WSO recommendation to change opening scripts to suggest \$5 donation (will be discussed in more detail by our WSO Delegate later in the meeting.)

**Vice-chair:** Jan H

Will discuss Elections later in the meeting.

**Secretary:** Jan H (Acting) No report

**Treasurer:** Grace A

Handed out financial report with income and expense, actual, and balance sheet.

Motion to approve treasurer's report made by Derik, seconded by Barbara.

Unanimous approval.

**Region 2:** Chandra

Chandra and Luann are registered for R2 assembly November 1-3 in Oakland.

**Webmaster:** Rene'

Rene' asked that each meeting rep be responsible for notifying him of changes.

**World Service:** Barbara M

Barbara shared a paper with talking points for IGR's to use to discuss the WSO recommendation to amend meeting opening scripts to suggest a \$5 donation (rather than the current \$3 language.) She encouraged anyone with questions to contact her.

**Committee reports:****Meeting News and Publicity:** Laura S & Cindy**Cindy** – Answer Phones - nothing to report.**Laura** – Reminded folks to let her know about upcoming events as early as possible so she can get the info in the Valley Voice.**Events:** Judy L & Verna Co-Chairs; Angela-recording

Roseville event last month was a huge success! Thanks to the speakers, and those who attended. Three events coming up this year, plus a New Year's Day event in Stockton. Flyers for all will be e-mailed to IGR's by the Vice Chair (Jan.) Judy reminded IGR's to talk up the events - don't just put the flyer in the Announcement binder. If you're excited, others will be too!!

**Group Support/Speaker List:** Susan K

- Group Support is vacant.
- Susan provided updated list and asked that old versions be destroyed.

**Public Outreach:** Shanquinta (absent)**Retreat:** Rick Z (absent)**Special Population Focus:** Mary S & Lori Co-chairs

Mary attended Roseville event and said, "Well done!"

**Sponsorship:** Vacant**Discussion of New Group Concerns & Announcements (not new business)**

- New Meeting in Auburn-Alexis. First meeting October 2nd was well attended. Alexis expressed her deep gratitude for everyone who has helped make the meeting happen. She brought updated flyers with more precise directions to the meeting location.
- Gail asked for others' Experience, Strength and Hope in reaching out to young people so the Davis meeting can thrive. Barb suggested reviewing OA.org - viral meeting FAQ's. Verna shared that she can help with on-campus (UCD) meetings if the need arises.

**Continuing Business:**

- **Ballot distribution and instruction** - Jan  
Jan distributed the 2020 SVIOA Board Elections ballot and reminded IGR's that completed ballots are due on or before the next Intergroup meeting, where they will be tallied, and 2020 Officers announced.

**New Business**

- **Vote in new secretary for November and December** - Nancy asked if anyone in attendance was interested in filling the vacant secretary position for the remainder of the year. Seeing no volunteers, she said that Robyn is willing to serve. Robyn was unanimously elected to serve for the remainder of 2019.

**Meeting closed at 7:55pm with a circle and the OA Promise.**