

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
October 11,2022
draft em/jh

Location: Via Zoom

Opening: Chair Jan H opened and called the meeting to order at 7:00PM by reciting the Serenity Prayer. Barbara read all the 12th Concept Guidelines and Principles of OA Service.

Roll Call: See participant list below. Quorum met.

Previous Minutes: September 2022 meeting minutes were reviewed.

- Dee moved to approve September minutes. Rosalie seconded. Motion approved.

Treasurer's Report:

- Joel presented the monthly treasurer's report.
 - Phil motioned and Chandra seconded. The report was approved as presented.

Information Sharing:

- There are currently two vacant positions in IG.
 - Special Population Support
 - Public Outreach Coordinator
- We have a Thank-a-thon scheduled. Friday 5:30 PM meeting is hosting.
- The Abstinence Through the Holidays IN PERSON event Saturday, October 29 9am-noon. See flyer on website for more info.
- We still need a group to host the International Day In OA "12th Step Within" event on December 12th. Jan asked if any of the Monday meetings want to step up since Dec 12 is on a Monday this year. The event can be the topic of the meeting – there's lots of good 12th Step Within info at OA.org

Group News or Announcements:

- Jan H reported that the Saturday 9AM Sacramento 12x12 meeting will have a new zoom meeting ID beginning November 5th. See banner on website for details.
- If you have a meeting announcement and want it advertised on the website, contact Christina H. who will create a banner that can be added to the home page.
- Raven announced that the Friday meeting has been using the SVIOA zoom account and the prior meeting didn't "hang up" hosting in a timely manner to allow them to open their meeting. Groups are reminded to sign out shortly after the end of their meeting.
- Debbie announced that Thursday Chico 6PM meeting has gone hybrid. Dawn will update the meeting list. Debbie also reported that one of the meeting she attends needs literature, other meetings with surplus literature are encouraged to connect.
- George announced that, while the Thursday Chico meeting went hybrid, not all the Chico meetings have done so. However, the world service website (oa.org) has ALL of Chico meetings listed as hybrid. George will send an e-mail to oa.org to attempt to get this straightened out.
- Gerri confirmed that there are two zoom accounts so that more than one meeting can be online at the same time.

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Board and Committee Reports

Chair Report:

- No report

Vice Chair Report: Scarlett reported:

- Scarlett reminded all the IG reps to share the information on the ballot with their group to get a group conscience vote.
- There is an option to write-in additional nominations on the ballot. Be sure to follow the instructions/information on the ballot related to write-in candidates.
- Scarlett read the instructions.
- Next month's meeting will have a finalization of the elections.
- There are three positions that received no nominations (one Region 2 Rep, and two World Service Delegates). Next year's Chair can bring recommended names for those positions.

Treasurer Report: Joel

- Joel shared that we expect to have a generous split of "excess" funds to contribute to R2 and World Service when the 2022 budget is settled early next year.

Web Host: Phil K

- No report

Secretary: Emily M - No report

R2 Reps:

- Nancy Mc said that at the recent R2 Public Information meeting, they announced that meetings with additional literature can drop their materials off at the local library. (Note: see recap of info Joel learned from World Service about donating to libraries below.)
- R2 Assembly is upcoming up in a week or so. Anyone interested in learning about R2 and possibly being an R2 rep, is invited to attend the assembly as a guest.

World Service Delegates:

- Judy reported that World Service will soon be asking for an e-mail address point of contact for each meeting listing. Therefore, groups ought to start thinking about how they might want to meet that requirement. She shared that one group created a group e-mail using group info, *i.e.* ThursPMSacOA@gmail.com. The e-mail can then be forwarded to a group member's personal e-mail for monitoring.

Bylaws: Scarlet– No report

Events: Sandra S absent - No report

Group Support/Zoom: Gerri - no report

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Speaker list: Dee -no report

Answer Phone: Diane B – absent - No report.

Meeting List: Dawn S-no report

Newsletter: Christina H – absent - No report

Retreat: Rick Z -absent- no report

Special Population Focus: Vacant - No report.

Sponsorship: Cary H- absent-no report.

Continuing Business:

- Joel announced that he reached out to WS for guidance on getting literature into circulation at local libraries. They are putting together a guide to how to do this.
- Jamie has done some research and found that Sacramento Public Library system and several other libraries in our service area don't have any OA literature in their collection. When she inquired how we could get our literature in the system she was directed to "suggest a title".
- Debbie reported that one of the meeting she attends needs literature, other meetings with surplus literature are encouraged to connect.
- Judy asked those researching this topic to remember to consider how to add electronic literature to public libraries.

New Business:

- Jan reported that she received a call from Consolidated Communications, who hosts our answering service. The old "cascade" system (where you can push 1 for this option, and push 2 for that option) is no longer available. So, we converted the service to a simple voicemail system. There is now a voicemail message that directs people to the website if they're looking for meetings, or gives the name and phone number of our Answer Phone Coordinator, Diane B. should the caller wish to speak with someone about OA. Our bill has been reduced from \$69 to \$12 per month!

Adjourned

Jan adjourned the meeting at 7:48PM with the reading of the OA Responsibility Pledge and the OA Promises.

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October									
Board		Committee	Chair		Meeting	Reps			
Chair, Jan H.	x	Bylaws, Scarlet H.	x	Sun	1:30pm	Stockton	Renè		
Vice Chair, Scarlet	x	Events, Sandra S.		Sun	3:30pm	Sacramento	Rosalie	x	
Treasurer, Joel	x	Zoom - Gerri	x	Sun	4:00pm	Sacramento	Rosalie	x	
Secretary, Emily M	x	Speaker List, Dee	x	Sun	6:00pm	Chico	Lea		
				Mon	10:00AM	Stockton	Cara		
Webmaster, Phil K.	x	Answer Phone, Diane B.		Mon	12:30pm	Nevada City	Anne M.		
R2 Rep, Curt B.	x	Newsletter, Christina H.		Mon	1:00pm	Stockton	Mary S.		
R2 Rep, Kathryn K.	x	Meeting List, Dawn S	x	Mon	5:30pm	Sacramento	Marian	x	
R2 Rep, Nancy Mc	x	Public Outreach, Vacant		Mon	5:30pm	North Reno	Diana	x	
WS Del., Barbara		Retreat, Rick Z.		Mon	5:30pm	Modesto	Patricia	x	
WS De., Les F.	x	Special Pop Focus, vac		Mon	6:30pm	Rancho C.	Lisa	x	
WS Del., Judy L.	x	Sponsorship, Cary H.		Mon	7:00pm	Yuba City	Debbie	x	
				Tue	12:00pm	Sacramento	Christina	x	
				Tue	5:30pm	Davis	Kim		
				Tue	6:00pm	Chico	George	x	
				Wed	9:00am	Stockton	Mary S.		
				Wed	10:00am	Stockton	Rene'		
				Wed	10:30am	Sparks	Sally	x	
				Wed	5:30pm	Gardnerville	Dee	x	
Guests				Wed	5:30pm	Sacramento	Caroline		
Marganne				Wed	6:00pm	Murphys			
Sari				Thur	12:00pm	Sacramento	Sandy		
				Thur	3:00pm	Stockton	Mary S.		
				Thur	6:00pm	Chico	Lea		
				Thur	6:00pm	West Sac	Andrea T	x	
				Thur	7:00pm	Fairfield	Katherine	x	
				Fri	12:00pm	Carson City			
				Fri	5:30pm	Sacramento	Chandra	x	
				Fri	7:00pm	Yuba City	Raven	x	
				Sat	9:00am	Sacramento	Michael L	x	
				Sat	9:00am	Rocklin	Jamie M.	x	
				Sat	9:00am	Folsom	Barbara	x	
				Sat	9:00am	Stockton	Mary S.		
				Sat	9:30am	Sparks	Cindi P	x	
				Sat	6:00pm	SNL			