

**Overeaters Anonymous of Sacramento, Inc.**  
**Business Meeting Minutes**  
**Tuesday, September 10, 2019**

*Approved as amended at 10/8/19 Intergroup meeting*

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

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

**Call to Order:** Call to order. Voting members in attendance: 8 board members + 5 committee chairs + 13 meeting reps = 26 Guest: 3

**Previous Minutes:** August 2019 meeting minutes were reviewed. Motion to approve made by Jan and seconded by Grace. (18 in favor, 0 opposed, 8 abstain) Motion passed.

**Board Reports:**

**Chair:** Nancy Mc

Talked about Concept 9 – about leadership. Goes from groups all the way to WSO trustees. Having good leadership is especially important right now during election season. NM read Concept 9.

New definition of abstinence and recovery. Friday 5:30pm Sutter meeting has adopted these into their opening readings.

All of the current committee positions are filled except Group Support, Public Outreach, and Sponsorship Committees.

**Vice-chair:** Jan H

We're in nominations. Need all nominations in by the close of this meeting. Collected nominations from around the room. Also took verbal nominations from the floor. Renee nominated himself for webmaster liaison. Jan will email ballot to everyone signed up tonight, and it will be handed out at the next intergroup meeting to be distributed and returned at the following meeting. Distributed October; returned November. Each member may vote once at each meeting they attend. At November meeting, 3 people not on ballot will be asked to break away from the meeting to count ballots.

Job descriptions for any of the positions can be found online at sacvalley.oa, then "documents", "policies and procedures" and do a search on "group support".

**Secretary:** Robyn K (Acting)

**Treasurer:** Grace A

Handed out financial report with income and expense, actual, and balance sheet. Balance has dropped a lot because of paying for all of the retreat stuff. This is expected.

Q: Are we anticipating more travel expense for assembly and conference next year?

A: Not on the current sheet, but it would be inputted into the budget for the month it should show up.

Q: Do contributions to WSO show up on here?

A: Not individual meeting donations. But what intergroup donates does show up. We were lower last year, so didn't have anything to contribute. We have more this year.

Motion to approve treasurer's report: Lori (Elk Grove)

Seconded: Marganne

All in favor: 24  
Opposed: 0  
Abstain: 2

**Region 2:** Chandra & Luanne

November 1-3 in Oakland. Too early to register but should be coming up next month.

Education about what region 2 is: Region is the next level down from intergroup. It's a bigger business meeting – lasts 2.5 days. The number of meetings in your intergroup dictates number of delegates you can send. The purpose of regions is to support intergroups. California, Hawaii, Northern Nevada, Sierra area, Mexico!

2020 R2 convention, also happening in Oakland next July.

**Webmaster:** Rene

The webmaster was on sabbatical so some things may not have gotten posted on time. She's back. Stuff's up. If you have flyers, etc. for new groups, etc., give Rene a pdf, so can be posted. Old officers names were on website, Rene sent to webmaster to change.

**World Service:** Barbara M

- 12 step marathon in Oakland this coming Saturday. All 12 steps. 6 speakers. Bring your lunch.
- Next year is OA's 60<sup>th</sup> birthday. Convention next year is in Orlando. Gave out bookmarks with info.

**Committee reports:****Meeting News and Publicity:** Laura S & Cindy

**Cindy** – Didn't receive any changes for Valley Voice. Make sure you send Cindy information for holiday meeting changes, etc.

**Laura** – Yuba City is working on starting a new meeting; got some updates from Jackson meeting. Has contacted all of the small meetings that don't send representatives here.

**Events:** Judy L & Verna Co-Chairs; Angela-recording

Co-chairs are both absent. Sent report in – everything is going fine. Sent flyers for Abstinence Throughout the Holidays. Add flyer to Announcement books.

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

- Group Support is vacant.
- Susan does the speaker list – Wendy H's email is incorrect. She shared correct version verbally and will update it on the list upon next printing.

**Public Outreach:** Shanquinta

Chair absent but does have a budget for outreach and flyers

**Retreat:** Rick Z

Brought draft financial report for 2019 Tahoe Retreat. Reminded group that what's in the Policy and Procedures doc is "a 1,000 foot overview." He encouraged folks to join the committee/get involved to learn the inner-workings. Committee has developed a mentoring system so that person can train next person for coming year. Committee really functions as a group. Everything is online. Webmaster did an amazing job getting a secured credit card system set up. Very detailed budget goes to Grace. Budget includes paying for speaker, which varies depending on where they're coming from. Webmaster, Mary, charges only \$400. Get speakers

through word of mouth, so if you have someone you like, share the name. Handed out 80 questionnaires, 65 were turned in. about 80% were thrilled with the retreat; about 20% suggested improvements. Online waiting list really works – everyone who had to cancel and got a refund, and everyone on the wait list (30 people) were able to attend. All of the proceeds from raffle went to scholarships – basically a 50% discount.

**Barbara:** Saturday morning 9am has 3 gift cards that didn't make it to retreat. Propose to raffle them at birthday celebration in January, with all proceeds going directly to the Retreat scholarship fund.

Speaker podcast should be up on website sometime in October.

**Special Population Focus:** Mary S & Lori Co-chairs

Lori – 12 step within – 12<sup>th</sup> of every month, call someone you haven't seen or heard from in awhile. Committee is committed to attending the special days in OA that are coming up.

**Sponsorship: Vacant**

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

- New Meeting in Auburn-Alexia (went before committee reports to accommodate Alexis' schedule.) Wednesday at noon; starting October 2<sup>nd</sup>. Passed out flyers and will send digital copy. Gold Country Church. Easy access. Will be learning how to register meeting. If anyone has anything to donate to this meeting, can reach out to Nancy who will pass it along.

### **Continuing Business:**

#### **New Business**

- Region 2 Assembly: Chandra and LuAnne, our Region 2 reps, are going to assembly in Oakland in November. SVIOA Chair Nancy would like to be funded to go. Instead of voting on this, we could wait till next month and vote on a dollar amount rather than on whether to send a third person. Rick: we are allowed to send 4 or 5 people, and it's important that we invest in this. Barbara asked Nancy to provide a budget for both 3 and 4 people.
- Suggestion: put new definition of abstinence in the newsletter.

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