

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
August 10, 2021

Approved September 14, 2021

Location: Via Zoom

Opening: Vice Chair Grace opened and called the meeting to order at 7:01pm. Grace recited the Serenity Prayer. Nancy Mc recited the 8th Step, 8th Tradition, and 8th Concept.

Roll Call: See participant list below.
Quorum met

Previous Minutes: The July 2021 meeting minutes were reviewed.

- Nancy Mc moved to approve minutes; Emily seconded. Motion approved.

Treasurer's Report:

- Joel presented monthly treasurer reports. Scarlet moved to approve; Kathryn K seconded. Motion approved.

Information Sharing:

Vacant SVIOA Positions – None!!

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- Upcoming (w/in next 30-60 days):
 - RECOVERY ROADMAP WORKSHOP – August 21, 2021 10:30am-1:30pm
 - 12 STEPS ARE THE STAIRWAY TO FREEDOM – Sept. 25, 2021 1pm – 3pm

Group News or Announcements:

None

Board and Committee Reports:

Chair Report: Jan was absent and submitted a written report.

- We're trying out a new format for the Meeting Listing. Please check out the list on the website and let me know what you think. Please email comments to me at oachair@sacvalleyoa.org.
- Speaking of the meeting list, please remember to provide our Meeting List Coordinator, Gerri, the name and phone number of your meeting rep or secretary. Remember, the person needs to be willing to have their phone number on the list that appears in the Valley Voice and on the website.
- Speaking of the website, we have a new feature on the Meetings page - <https://www.sacvalleyoa.org/meetings.html> – a rotating banner that announces 'significant' meeting changes, such as new meetings, format changes (i.e. zoom to in-person, etc.), focus changes (i.e. from open discussion to book study), in-person location change, time or day changes, meeting closures, or “needs support.”
- I received some good comments about the Key Messages document I send out shortly after the Intergroup meetings. The document is intended to provide Intergroup Reps with a tool to deliver a verbal report to their groups in a concise manner. One recurring theme from the comments is that the Key Messages may need to be shorter. I'll work on that.

- Please share the flyer from World Service included with the August Intergroup Meeting materials mailed out last weekend calling for “Diverse Voices” to share “A Common Solution” story of experience, strength, and hope, particularly from members who identify as one or more of the underrepresented groups within OA. Stories are due by October 31, and submissions must include the signed release form, which was also included in last weekend's email

Vice Chair: Grace (no announcements)

Webmaster: Marganne (absent)

Treasurer: Joel

- Help Joel spend money! The IG treasurer is available to help explore ways to financially support your committee efforts and help you with any budget preparation.

World Service: Michelle K (Barbara M was absent)

- World Service is updating the existing publication “A Common Solution: Diversity and Recovery”. They are seeking stories that express experience, strength, and hope, particularly if you identify with underrepresented groups. Jan will be distributing the flier with more details.
- The 2021 World Service Convention that was scheduled for late August in Orlando, Florida has been canceled due to concerns about the COVID surge in Florida.
- A reminder that OA.org has been updated to include the 2021 revised definition of Abstinence and Recovery. Go to the Document Library on OA.org to find it.
- Another reminder that the “To the Young Person” packet is available for free on OA.org in the Document Library under “Young People.”

Public Outreach: Holly and Maritza (absent)

Would like to distribute business cards through the Reps and groups. Holly will contact Jan to get the current Rep contact list.

Events: Tiffany

- Our event this month is on Saturday, August 21 from 10:30am to 1:30pm. It is the Recovery Roadmap Workshop! This workshop will feature three speakers, writing activities, and open sharing. Thank you again to the Sacramento Downtown Tuesday noon meeting for hosting this event.

There is a flyer and handouts for use during the event on line! If you plan to attend, why not download the handouts now!?!?! Hint, hint.

- In September, the Roseville/Rocklin fellowship is hosting an event called – The Twelve Steps are the Stairway to Freedom (the tools are the handrails). This event is on Saturday, September 25, from 1-3pm.

Flyers for both events are on the website!

- It is amazing to say since it is still summer, but now is the time to start planning the events for the FINAL quarter of 2021. I am looking for meetings to step up and host the October, November, and December events this year!

In the past we have done, Abstinence through the holidays in late October, a Thank a Thon on Thanksgiving morning, and The 12th Step Within event on December 12th -- which is a Wednesday this year. Please go back to your groups and start to talk about these months and topics. Perhaps there is another topic that feels more needed in October during these still uncertain times -- for instance Sponsorship from afar, or the 12 day temporary Sponsorship program? Or how to support the newcomer while we are mostly not in person?

Does your meeting usually meet on Thursdays and would be willing to host the Thank A Thon on Thanksgiving morning?

Does your meeting usually meet on Wednesdays and would be willing to host The 12th Step Within Night in December?

Please discuss and let me know. I am eager to support you in any way I can. And I have tech savvy folks who can help you as well.

Group Support

Speaker list: Dawn

- Those who are on the current list will have received an email from Dawn about whether anything has changed. Others are encouraged to take this back to their groups and ask whether anyone would like to be added to the speaker list.

Zoom: Phil

- No announcements.

Meeting News and Publicity

Valley Voice: Gerri

- We will be experimenting in the September issue (and on the SVIOA website) with a new way to display the Sacramento OA meetings. The new format is a spreadsheet and is currently on the website.
- Valley Voice will be changing the meeting list information to lead people to the website rather than listing all of the meetings in Valley Voice. This will take affect September 1st.

Meeting List: Gerri

We are requesting that each meeting send the name and contact info for a designated contact person for that meeting. For now, the Intergroup Rep can serve as that person. If you are an Intergroup Rep, please put your name, meeting location/day/time and your contact info in the CHAT. As meetings transition to face-to-face, it is important for OA's to have someone to call if they have questions.

Sponsorship List: Cary

- Getting a LOT of calls from newcomers for sponsors.

Region 2: Curt B., Kathryn K., and Nancy Mc.

Nancy: Attended our monthly Public Information meeting.

- Had a newcomer orientation for new Public Information reps
- Changed meeting night – next meeting is September 21st.
- Discussed getting ready for the upcoming Health Fairs

- Found some great ideas for signage and tablecloths
- Reviewed the survey going to members of the Mental Health community to be distributed. It has been submitted to R2 for approval but would love fellowship input as well.
- Made our monthly outreach commitments

Curt: Public Information committee is a small group and everyone is welcome!

Kathryn: 12 Step Within Committee met today.

- They are talking about possibly doing a presentation at the World Convention in July.
- Working on making pamphlet three dimensional.

Retreat: Rick (absent)

Question: Do we have a deposit down for 2022?

Nancy Mc got confirmation from Rick that the 2020 deposit that wasn't used this year was pushed forward to the 2022 retreat.

Bylaws: Grace

- Bylaws committee meets one year and then approves the next year. We just finished approving the changes to both Bylaws and Policies and Procedures in June and published them. New committee will start early next year for the review process.

Continuing Business:

- Gerri: Jan put some great resources on the website for how to discuss with your groups transitioning (or not) back to in-person, hybrid, etc. The resources talk about what questions to consider, pros and cons of different formats, and more. These resources come from other Intergroups and are not endorsed by Sacramento Valley Intergroup.
- Raven raised an issue that came up with the Yuba City meeting in trying to update zoom information with World Service.
- Any changes to meetings, including going off of zoom and back to in-person, should be sent the Meeting List coordinator, Gerri.

New Business:

None

Adjourned at 7:55pm with Holly reading the OA Promise and Responsibility Pledge followed by recitation of the Closing Prayer.

INTERGROUP ATTENDANCE 8/10/2021

Board	Committee Chairs	Reps	Meetings	Visitors
Chair: absent	Phil K	Cary	Monday: Modesto	Christina M
Vice Chair: Grace	Cary	Noreen	Monday: East Sac	Chandra
Treasurer: Joel	Dawn		Monday: Roseville	
Secretary: Robyn	Gerri	Laura	Monday: Rancho	
Webmaster liaison: absent	Tiffany	Chandra will report to them	Monday: Nevada City	
WS Delegates: Michelle	Holly	Gail	Tuesday: Davis	
R2 Reps: Curt, Nancy, Kathryn		George	Tuesday: Chico	
		Caryn	Tuesday: Folsom	
		Ann W	Tuesday: Sac noon	
		Katherine	Tuesday: Fairfield	
		Holly	Wednesday: Sac 5:30	
			Thursday: Sac noon	
		Raven	Thursday: Chico	
		Scarlet	Thursday: West Sac	
			Thursday: Fairfield	
		Kathie S	Friday: Sac 5:30	
		Emily	Saturday: Sutter	
		Bonnie	Saturday: Rocklin	
		Glenda	Saturday: Folsom	
			Sunday: Chico	
			Sunday: Sutter	
		Rene	Stockton (all mtgs)	
		Rene	Stockton Spanish	