

**Overeaters Anonymous of Sacramento, Inc.**  
**Business Meeting Minutes**  
**December 8, 2020**  
*Final 1/12/2021*

**Location:** Zoom meeting (virtual meeting due to corona virus shelter-in-place guidelines)

**Opening:** Chair opened the meeting with the Serenity Prayer at 7pm. The 12 Traditions were read by Barbara M.

**Call to Order:** Call to order.

Voting members in attendance:

- 7 board members
- 5 committee chairs
- 15 meeting reps
- 27 TOTAL

**Previous Minutes:** The November 2020 meeting minutes were reviewed.

- Corrections: No corrections
- MOTION was made to approve by Barbara M.
- Seconded by Marganne.
- Motion carried.

**Board Reports:**

**Chair:** Nancy Mc

Nancy thanked the current Board, Committee Chairs, and Intergroup Reps for allowing her to be of service, and recognized everyone for the outstanding work done this past year. Nancy introduced the 2021 Board members.

Concept Twelve-The spiritual foundation for OA service ensures that:

- (a) No OA committee or service body shall ever become the seat of perilous wealth or power;
- (b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
- (c) No OA member shall ever be placed in a position of unqualified authority;
- (d) All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
- (e) No service action shall ever be personally punitive or an incitement to public controversy;  
and
- (f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

Spiritual principle: GUIDELINES

Concept Twelve:

- (a) Selflessness
- (b) Realism
- (c) Representation
- (d) Dialogue
- (e) Compassion
- (f) Respect

With that concept forefront on my mind, I think it is important to express the Unity we have in OA as stated in Tradition 1. Although Overeaters Anonymous has no rules, regulations, affiliations or opinions on outside issues, we are autonomous. What does that mean?

Autonomy: the quality or state of being self-governing. We do not impose our beliefs on any member. In turn, no member should attempt to impose their personal beliefs on any other member or the group. Keeping these spiritual principles as my guidelines, I have to ask myself am I adhering to these for my own recovery?

Selflessness- By expressing an outside interest or issue, am I being divisive or offensive?

Realism- People in OA might be suffering, can I direct my attention during this hour to offer the hand of recovery?

Representation- My primary purpose is to carry the message of Overeaters Anonymous, are my actions creating a barrier?

Dialogue- Am I open to others' conversations or wishes?

Compassion- Am I being considerate of others-recognizing they may not feel the same way I do?

Respect- It speaks for itself: Love and Respect for others is what allows us to have Unity.

**Vice-chair:** Jan H

I've met with our Vice Chair-Elect, Grace, a couple of times in the last month to ensure a smooth transition of duties as we get ready to assume our new duties in 2021. I'm really looking forward to serving as your Board Chair and working with Grace, Robyn, Joel, Marganne, and the rest of the SVIOA Board as well as returning and new Intergroup Reps in 2021! Thank you all so much for allowing me to be of service as your Vice Chair for these past two years.

**Secretary:** Robyn K

Thank you to Nancy for doing such a great job of guiding me through my first year as secretary. I am looking forward to working with Jan as the Chair, along with Grace, Joel, and other members of the board. When Gail filled in for me in October, she included the participant list at the end of the minutes. Jan and I agreed that we like that and would like to keep including it. However, it is difficult for me to get everyone's name and the meeting you represent when we're doing the zoom introductions at the beginning. Please put your name, meeting or committee affiliation, and your contact info into the chat. The contact info will not be included in the minutes, but can help Jan make sure we have everyone's contact info to send out agendas, etc.

Committee chairs have been great about sending reports to me in advance. If you haven't been, please send them to [oasecretary@sacvalleyoa.org](mailto:oasecretary@sacvalleyoa.org) with a cc to [oachair@sacvalleyoa.org](mailto:oachair@sacvalleyoa.org). If you have a report, it is extremely helpful to send it in writing either before or immediately following the meeting. The full reports will not necessarily appear in the minutes, but they are saved and available to anyone who would like to see them.

**Treasurer:** Grace A

- Paid liability insurance in November
- Not much change from last month. We're doing really well regarding what we have in the bank. We're receiving lots of donations.
- Days in OA income is almost 500% of what we thought it would be.
- Grace is still working with Marganne and the webmaster to make changes to the donation form and to better see the comments that people have left with donations. Because she's getting that fixed, some of the money in the reports will change to donations to particular meetings. Totals won't change though.
- Grace is working with Joel to get him prepped to take over Treasurer position starting January.
- Q regarding what is the intergroup practice for doing the split. A: We figure that out in March, and it looks like we'll be able to send money up the chain this year.
- MOTION: Barbara M moved to accept the treasurer's report.
- Seconded by Scarlet.
- Motion carried.

**Region 2:** Chandra

No report to make this month. Thanks this group for the opportunity to serve for the last 5 years. Thanks to Barbara for the mentorship in this position.

**World Service:** Michelle, Barbara M

Barbara M: Delegates received an email requesting delegates who attended the 2020 OA World Service Business Conference to meet virtually on January 30<sup>th</sup> to vote on whether delegates should meet virtually for the 2021 OA WSBC in April. Bylaws require that previous year's delegates vote. Michelle and Barbara will bring back to SVIOA all of the issues being brought forward.

Michelle: Michelle is on the Attracting Youth and Men subcommittee. There will be a survey coming in February about this.

**Webmaster Liaison:** Marganne

Has included a list of the meetings and their group numbers on the donations page.

### **Committee reports:**

#### **Meeting News and Publicity:** Gerri (Newsletter) and Judy B. (Answer phone)

- Newsletter went out on December 5<sup>th</sup>, thanks to Marganne.
- Gerri has agreed to a second term as Newsletter chair.

#### Judy B. (Absent) Report from Nancy Mc

- Nothing to report. Everything is good.

#### **Events:** Judy L.

- In spite of the pandemic, we didn't just survive this year, we thrived. Thank you to everyone! Special gratitude for Phil K, Marganne, Gerri, Victoria.
- Tiffany will be taking over as Events Chair. She has been assisting for the past year and will be great!
- Event section of the Policy and Procedures document has been updated. Event Checklists and Financial Reports have been added to the website.
- Worldwide 12 Step Within Day is on 12/12 (December 12<sup>th</sup>) There will be an event from 10:30 to noon with speakers from across the country and a focus on Recovery from Relapse.
- New Year, New You IV – sponsored by Stockton fellowship for the 4<sup>th</sup> year. New Year's Day from 10:00-11:30am.
- More about the birthday party January 30<sup>th</sup> coming soon.
- We need a host group for Unity Day February 27<sup>th</sup>.

#### **Group Support/Speaker List:** Dawn

Speaker list is current. Dawn will be continuing in this position for another year and will update it twice/year.

#### **Zoom Host:** Phil

- Phil will be continuing in this position next year, and will be taking an additional role is committee chair for group support.
- Will be bringing people on to help with the zoom. Have evening meetings divvied up. Working with daytime meetings – currently working on moving Tuesday over.
- Q: Is there availability for the Thursday West Sac meeting to move over to Intergroup's zoom? A: Let's take it offline and sort it out.

#### **Public Outreach:** Sue M

Will be moving out of state in a couple of months; Maritza (guest) is considering taking the position of Public Outreach Committee Chair.

- Have been leaving materials in medical facilities, including women's bathrooms.
- Maritza: Grateful for the opportunity to share what she has received.

**Retreat:** Rick Z (Absent), report from Nancy Mc

Retreat committee met on Sunday. Retreat Center requested commitment for August weekend. Committee felt we could not commit to that at this time. For the safety of our membership, Rick called the Center and let them know, and asked if we can roll over our \$1,712 deposit to 2022. Their board needs to meet to discuss.

**Special Population Focus:** Mary S (absent)

No report

**Sponsorship Committee:** Gerri and Cary

Gerri (by written report):

- The new *Sponsorship Resources* pamphlet has been uploaded to the website.
- Cary will be taking on the committee by herself next year! Appreciates the mentorship she has received from Gerri this year.
- Sponsorship list is growing and she has sent it out to several people.

**ByLaws:** Jan H

Jan has added language to the Bylaws to honor the principle of Rotation of Service, and is recommending putting a two-year term limit on committee chair positions. Please discuss with your groups. She is planning on asking for a vote on this in February.

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

Zoom bombing:

- Gerri provided report and presentation on zoom bombing that happened at the Thank a Thon and following policing procedures.
- Learnings from that experience will be applied to Day in OA this weekend and future zoom events.
- "Zoomies" have been talking about how to train others to help with these efforts.

Zoom avatar (aka personal profiles):

- A member shared a concern and asked for "discussion, not decision" regarding the use of personal profiles (aka avatars) on zoom. A healthy discussion ensued. Some opinions included,
  - "Individual groups can and should come up with their own response. Some have said 'no avatars - use only photo of self or name.'"
  - "WSO said each group and individual is autonomous."
  - "Offensive avatars could keep people from coming back, especially newcomers."
  - "Add something about this to Gerri's Zoom document"
  - "Be sensitive to the person who has what seems inappropriate on their profile. They may not know that what is displayed is offensive to some or that it may violate a program principal."

- "Less is more. Attempts to craft an appropriate message to cover everything under the sun, or trying to legislate and not offend is almost impossible."
- "If a group is having a problem, they need to discuss it and set their own guidelines."
- "As a minority myself, I think this is an important topic to address."

**Continuing Business:**

None

**Elections:** Jan H

The 2021 Board Elections are complete. Beginning January 1, the new SVIOA Board will be:

Chair: Jan H

Vice-Chair: Grace

Secretary: Robyn

Treasurer: Joel

Webmaster liaison: Marganne

Region 2 representatives: Nancy Mc, Curt, Kathryn K.

World Service: Barbara M, Michelle K

**New Business:**

**A vote was taken at 7:58 to extend the meeting in order to continue the discussion under New Group Concerns. Agreement was unanimous.**

**Meeting closed at 8:09 p.m. with OA Promise.**

Intergroup Attendance 12//20

Board	Committee Chairs	Reps	Meeting	Visitors
Nancy Mc	Phil K	Kathryn K	Modesto Monday	Gail
Jan H	Sue M	Nancy K	Sac Sutter Sat a.m.	Joel
Grace	Cary	Leslie C	Sac Tues noon	Christina H
Barbara M	Gerri	Margaret N	Roseville Mon 7pm	Maritza
Marganne	Judy L	Curt B	Wednesday 5:30	
Michelle K	Dawn	Emily M	Sac Thurs noon	
Robyn		Raven Y	Chico Thursday	
Chandra		Noreen	Sac Mon 5:30	
		Rosalie	Sac Sunday	
		Katherine	T-Th Fairfield	
		Tricia G	Roseville Sat a.m.	
		Laura S	Rancho Monday	
		Beth M	Davis Tuesday	
		George Y	Chico Tuesday	
		Caryn	Folsom Tues	
		Nancy S	Chico Sunday	
		Scarlet	West Sac Thurs	
		Chandra (also board)	Nevada City Mon	
		Cary (also Committee chair)	Sac Friday pm	