

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
January 12, 2021
Approved 2.9.2021

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 Steps were read by Scarlet.

Call to Order: Call to order.

Roll Call: *See participant list below.*

Quorum met

Previous Minutes: The December 2020 meeting minutes were reviewed.

- Corrections: Two corrections were made
- Minutes were approved by majority vote

Treasurer's Report:

- Year-end (December) report will be presented next month. It is currently being audited.
- Next month will also include January report and budget for the current year.

Information Sharing:

Vacant SVIOA Positions:

- Public Outreach Chair
- Meeting List Coordinator

Upcoming Events:

- SVIOA OA Birthday Party – Saturday, January 30th, 6:30pm – 8pm
- Unity Day – Saturday, February 27th, 1pm

Retreat 2021: Cancelled

Sac Valley Intergroup and Intergroup Reps – Where do we fit and why are we here?

- Jan shared information to help new intergroup reps – reviewed the OA structure, and the purpose of intergroup, and how to update your meeting information
- Jan reminded everyone that the most important person is the newcomer.

A brief tour of our website (www.sacvalleyoa.org)

- Marganne provided a tour of the website, which has been updated with lots of great features and resources.

Group News or Announcements:

- Mary reported that the New Year New You event on January 1st was very well-attended. She thanked intergroup for the support, and especially Gerri for all of the zoom help.
- Beth: Davis Tues 5:30pm had to cut their meeting short tonight because it uses the same zoom account as Intergroup. She asked if Intergroup would consider buying another account. Jan said she'll talk to Phil to see if there's sufficient need to justify the cost and administrative expense to do so.
- Thursday Fairfield has added a speaker meeting on the fourth Thursday.
- Thursday West Sac is starting a new book – the new Body Image book.

Rosalie – Said there's a great zoom meeting out of Houston. She asked if this is an appropriate announcement for this time/space on our Intergroup meeting agenda. Jan suggested announcements should be focused on SVIOA meetings, not out-of-town meetings.

Board and Committee Reports:

- **World Service** -- Barbara (Michelle absent):
 - World Service posted the World Service Business Conference (WSBC) Agenda Questionnaire on 1/11/21 (day before intergroup meeting). There are 9 business motions and 16 proposed by law motions. The purpose of the questionnaire is to determine which motions should be discussed at the annual WSBC in April
 - Our WS Delegates (Barb M. and Michelle K.) will prepare a summary of the 25 motions that will be emailed to each intergroup representative by Sunday, 1/17/21. Each intergroup rep will review with their meeting and answer yes or no to each motion. Group members are asked to **ONLY** answer YES or NO --- **Is the motion worthy of discussion at WSBC?** It is **NOT** whether we agree or disagree with the motion. Only those motions that receive a 50% yes vote will be discussed at the WSBC.
 - Intergroup Reps need to send the results to Chair, Jan H., **no later than 2/7/21**. Jan will collate the results from SVIOA and submit to World Service **by the WS deadline**.
 - There will be an “ASK YOUR WORLD SERVICE DELEGATE” meeting on 1/19/21 at **7:00 p.m. on Zoom**. Barb and Michelle will answer questions about the questionnaire, how to do the business meeting, how to tally the results, etc. All are welcome to come to listen, learn, and ask questions.
 - There are 2 new pamphlets available on oa.org:
Introducing OA- In OA, Recovery is Possible: About Compulsive Eating and the OA Program of Recovery (replacing Questions & Answers, A Program of Recovery, Compulsive Overeating: An Inside View pamphlets)

Working the Program - A Lifetime of Abstinence: One Day at a Time (replacing A Commitment Abstinence, Before You Take That First Compulsive Bite, Remember..., and Maintaining a Healthy Body Weight)

- The OA website has added a podcast from a 1999 interview of our founder, Rosanne S. It can be found, along with other podcasts, at OA.org/podcasts.

- **Region 2**

Nancy: Curt and Nancy are on Public Outreach Committee. Each committee has a board member liaison, and the liaison for this committee is Luanne from our intergroup area. They've had 3 meetings since November. The mission of the committee is to assist all of the Public Outreach Reps for all of the intergroups in the region.

Kathryn: Is on the Bylaws committee. First meeting with be this month. She is also on the Twelfth Step Within Committee, which is working on a new pamphlet.

At this time (7:58pm), the group voted by majority to extend the meeting for 15 minutes.

- **Webmaster Liaison:** Marganne – no additional announcements.
- **Treasurer:** Joel – no additional announcements.
- **Secretary:** Robyn – requested that committee chairs and board members send written reports to oasecretary@sacvalleyoa.org.
- **Vice Chair:** Grace – no additional announcements.
- **Chair:** Jan – no additional announcements
- **Bylaws (Vice Chair) - Jan reminded everyone that the draft changes to the Bylaws are on the website and we will be voting to adopt them at the February meeting.**
- **Events: (Tiffany)**
Judy L (Tiffany had technology issues): Need meetings to support Day in OA events in March, April, May.
- **Group support**
 - **Meeting & video conference support (Phil)**
Let Tiffany and Phil know what you need regarding zoom for your events so that they can put together the right team to support your event.
 - **Speaker list (Dawn)**
No report
- **Meeting News & Publicity**
 - **Valley Voice Newsletter:** Gerri – no report

- **Answer Phone:** Diane B – absent. Jan reported that Diane has a previous commitment often on Thursdays, but will still be filling this position.
- **Meeting List Coordinator: vacant**
- **Public Outreach (vacant)**
 - **Modesto:** Maritza absent
 - Jan suggested that others might want to consider representing the public outreach committee within their local community, as Maritza is doing in Modesto. The person would not have to be the committee chair (unless they wanted to volunteer) but can just work within their own community.
- **Retreat:** Rick Z – absent
- **Special Population Focus:** Chandra
 - Looking for anyone who is willing to work with her on this committee. Will be focusing this year on fellows in relapse, working with Region 2, and atheists and agnostics.
- **Sponsorship: Cary H**
 - Have had a lot of new people reach out for the sponsor list.
 - Judy L suggested IGRs make sure their group is using the pdf from World Service on being a temporary sponsor (The First 12 Days).

Continuing Business

None

New Business

Meeting adjourned at 8:12 with the OA Promise read by Grace.

Intergroup Attendance 1/12/21

| Board | Committee Chairs | Reps | Meeting | Visitors |
|---------------------------------------|------------------|------------------|-----------------------|----------|
| Chair: Jan H | Phil K | Cary (repeat) | Monday: Modesto | Gail |
| Vice Chair: Grace | Cary | Noreen | Monday: East Sac | |
| Treasurer: Joel | Chandra | | Monday: Roseville | |
| Secretary: Robyn | Gerri | Laura | Monday: Rancho | |
| Webmaster: Marganne | Tiffany | Chandra | Monday: Nevada City | |
| WS Delegates: Barbara M | Dawn | Beth | Tuesday: Davis | |
| R2 Reps: Nancy Mc, Curt, Kathryn K | | George | Tuesday: Chico | |
| | | Caryn | Tuesday: Folsom | |
| | | Leslie C | Tuesday: Sac noon | |
| | | Curt B (repeat) | Wednesday: Sac 5:30 | |
| | | Ann W | Thursday: Sac noon | |
| | | Raven | Thursday: Chico | |
| | | Scarlet | Thursday: West Sac | |
| | | Christina H | Friday: Sac 5:30 | |
| | | Scarlet (repeat) | Saturday: Sutter | |
| | | Judy L/Bonnie | Saturday: Rocklin | |
| | | Glenda | Saturday: Folsom | |
| | | Nancy S | Sunday: Chico | |
| | | Rosalie | Sunday: Sutter | |
| | | Katherine | Fairfield (both mtgs) | |
| | | Mary | Stockton (all mtgs) | |