

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
July 13, 2021
Approved August 10, 2021

Location: Via Zoom

Opening: Chair Jan opened and called the meeting to order at 7:02pm. Jan recited the Serenity Prayer. Nancy Mc recited the 7th Step, 7th Tradition, and 7th Concept.

Roll Call: See participant list below.

- Quorum met

Previous Minutes: The June 2021 meeting minutes were reviewed.

- Scarlet moved to approve minutes; Ann seconded. Motion approved.

Treasurer's Report:

- Joel presented monthly treasurer reports. Noreen moved to approve; Emily seconded. Motion approved.

Information Sharing:

- Vacant SVIOA Positions – None!!
- Upcoming Events (w/in next 30-60 days)
 - a. RECOVERY ROADMAP WORKSHOP – August 21, 2021, 10:30am – 1:30pm

Group News or Announcements:

- George: Chico Tuesday changed format to include having a speaker on the second Tuesday of every month (was formerly just the fifth Tuesday).
- Nancy Mc: Thursday noon is now in person.

Board and Committee Reports:

Chair Report: Jan

- Shout Out to our Vice Chair, Grace, for leading the meeting last month! "THANKS Grace!"
- We will be asking for approval tonight for the revised Policy & Procedures. See
 - Continuing Business (below) for more information.
- Region 2's Annual Convention last weekend was a HUGE HIT with OVER 700 people registered!!! I know all three of our R2 reps were there, and I saw several of our members doing service work as well as attending the sessions. And, I got to hear one of our Intergroup Board members sing a beautiful rendition of "It's A Wonderful World." Y'all make me so proud to be part of the Sac Valley Intergroup!!!
- During Continuing Business (below), we will be discussing issues around groups deciding whether to move to in person, stay online, or try hybrid.

Vice Chair: Grace (no announcements)

Webmaster: Marganne (no announcements)

Treasurer: Joel

- Is learning QuickBooks this year. If anyone is able to help him by answering a few questions, he'd appreciate the help!

World Service: Barbara M (absent), Michelle K (absent) Jan shared the following:

- The updated “To the Young Person” pamphlet is available for free download. The e-pamphlet is also free. Find it here:
 - [OA.org/document-library](https://bookstore.oa.org/document-library) under the category “Young People”
 - <https://bookstore.oa.org/pamphlets/to-the-young-person-280.asp>
 - Our e-book platforms:
 - Amazon Kindle: <https://www.amazon.com/Young-Person-problem-eating-behaviors-ebook/dp/B08PG521RF/>
 - Apple Books: <https://books.apple.com/us/book/to-the-young-person/id1543933882>
 - Barnes & Noble Nook: <https://www.barnesandnoble.com/w/to-the-young-person-overeaters-anonymous/1138407151>
- WS Convention is coming up IN PERSON August 26th through 28th in Orlando. Flyer is posted on our website and on OA website.

Public Outreach: Holly (absent)

Nancy Mc: Holly would like some help with doing public outreach. It can be as simple as dropping off a flyer at your doctor's office.

Events: Tiffany

- Our next event 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.
- 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 will take place on Saturday, September 25, from 1-3pm. The event flyer will be posted and distributed soon!
- Many thanks to all of the groups who have stepped up to host events this year and to all of our volunteers who have helped with events especially those who have shared their tech savvy during this time of virtual events. Your service in carrying the message is so appreciated!

Speaker list: Dawn

- Have received a lot of requests for the list. The information to request the list is on the website.

Zoom: Phil

- Working with Gerri on the list of people responsible for updating the meetings.

Meeting News and Publicity

Valley Voice: Gerri – no report

Meeting List: Gerri – no report

Sponsorship: Cary

- Just started a sponsorship workshop out of New York. They're taking people through the "Where Do I Start" pamphlet for 12 days in a row. For more info, call or e-mail me.

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

- Nancy: Our June Public Information Committee call had a therapist as a guest speaker to give us an idea of how the mental health community has perceived OA. It wasn't as positive as we would have liked. Our July call was exciting because we developed a survey to send to the mental health community with questions that were styled to dispel the some of the misconceptions they may have about OA.
- We attended the Region 2 Conference and had a blast. Nancy's and Curt's favorite was Friday night entertainment – as our own Kathryn K. disguised herself as a 60's lounge singer and sang "What a Wonderful World"! Other fun was OA trivia, and Dance Party!
- Kathryn: Also had a great time at Convention! Lots of fun! There were no security issues (i.e. bombing).

Bylaws: Grace

- More info coming soon...

Continuing Business:

- Chair: Motion to accept revised Policy & Procedures Document. Discussion: We've had the draft updated Policy & Procedures document on our website for over two months and did not receive any questions or suggestions for changes by the June 30 deadline. Ann W moved to approve. Judy L seconded. Motion approved.
- Chair: We've posted some documents on our website prepared by some OA and other 12 step folks that contain compelling questions and information that we hope may be useful as groups consider their meeting formats going forward – be it to stay on zoom, go strictly in-person, pursue a hybrid approach, or even split into two separate meetings (virtual and in-person). Please note that none of the documents are OA conference approved, and Sac Valley Intergroup doesn't endorse or otherwise recommend adoption of any information contained in the documents. It's provided solely to be helpful as groups consider next steps.

The Chair then put forward a series of poll questions to get a feel for how many groups have made a decision and, if so, what decision they made related to their meeting format going forward.

The Chair asked if folks would be interested in staying after the close of the Intergroup meeting to have an exchange of ideas related to meeting formats. Several people indicated their desire to do so.

New Business:

- Gerri: Request that all Intergroup reps let Robyn know who their contact person is for their meeting. As we go back in person, we need to have the correct information in the newsletter.

Adjourned at 7:50pm with Scarlet reading the OA Responsibility Pledge and Promises.

INTERGROUP ATTENDANCE 7/13/2021

Board	Committee Chairs	Reps	Meetings	Visitors
Chair: Jan	Phil K	Cary	Monday: Modesto	Christina M
Vice Chair: Grace	Cary	Noreen	Monday: East Sac	Anne P
Treasurer: Joel	Dawn		Monday: Roseville	
Secretary: Robyn	Gerri	Laura	Monday: Rancho	
Webmaster: Marganne	Tiffany		Monday: Nevada City	
WS Delegates:		Gail	Tuesday: Davis	
R2 Reps: Curt, Nancy, Kathryn		George	Tuesday: Chico	
		Caryn	Tuesday: Folsom	
		Ann W	Tuesday: Sac noon	
		Katherine	Tuesday: Fairfield	
			Wednesday: Sac 5:30	
			Thursday: Sac noon	
		George (for Raven)	Thursday: Chico	
		Scarlet	Thursday: West Sac	
		Bree	Thursday: Fairfield	
		Kathie S	Friday: Sac 5:30	
		Emily	Saturday: Sutter	
		Judy L (for Bonnie)	Saturday: Rocklin	
		Glenda	Saturday: Folsom	
			Sunday: Chico	
		Jane Francis	Sunday: Sutter	
		Mary S	Stockton (all mtgs)	
		Rene	Stockton Spanish	