

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
May 11, 2021
Approved 6/9/21 rmk

Location: Via Zoom

Opening: Chair opened and called the meeting to order at 7:01pm. Phil recited the Serenity Prayer. The 12 Concepts were read by Nancy.

Roll Call: See participant list below.

- Quorum met

Previous Minutes: The April 2021 meeting minutes were reviewed.

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

Treasurer's Report:

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

Information Sharing:

- Holly has volunteered to be Public Information Chair! Thank you Holly!
- Vacant SVIOA Positions
 - Special Population Focus Chair –
- Upcoming Events (w/in next 30-60 days):
 - a. RECOVERY OF THE BODY, MIND, AND SPIRIT WORKSHOP – MAY 22, 2021
1pm – 2:30pm
 - b. BREAKING THROUGH BARRIERS TO SPIRITUAL GROWTH – JUNE 19, 2021
10:30am - Noon

Group News or Announcements:

- Mary: There will be a new zoom meeting registered for 1pm on Monday because the existing meeting will split when going back to face to face.

Board and Committee Reports:

Chair Report: Jan

- Jan shared some of the feedback that has been received by the new practice of sharing early submission of Draft minutes and Key Messages.
- The Draft (redline) Policy & Procedures Document is on the website for review by IG Reps and members-at-large. Recommended changes or questions may be sent to oachair@sacvalleyoa.org no later than June 30, 2021. REMINDER: The Bylaws Committee, along with Board members and Committee Chairs, has completed review and revisions to the SVIOA Policy and Procedures document as cited in the Bylaws.
- Region 2's Diversity Survey: All OA members are encouraged to complete the R2 Diversity Survey. Go to the R2 website (oar2.org), search "Diversity" and will find the link. It can also be found here: <https://www.surveymonkey.com/r/diversityr2>
- Intergroup Reps – Rotation of Service: If you are willing, and your group agrees, please consider making yourself available to serve as Intergroup Rep for the remainder of the calendar year. It is helpful for continuity of issues and actions throughout the year. Plus, if you want to vie for a Board position, many positions require at least one year as an Intergroup Rep.

- Hybrid Meetings: Each group is autonomous. If your group wants to go hybrid, let us know how it goes so we can share success stories with others.
- Jan will be on vacation in June, so the June Intergroup meeting will be led by Vice Chair, Grace!

Vice Chair: Grace

- Grace talked about FIG – Friends of Intergroup – a great way to get involved for those with more limited time or capacity or who just don't know how they want to be of service yet! See Valley Voice for more information! For more info email Grace at ovicechair@sacvalleyoa.org.
- There was a request to have the FIG information in Valley Voice sent out from Jan with her update.

World Service: Barbara M. (Michelle absent)

- Barbara shared an extensive report from the World Service conference. This information will be posted on our website. A few highlights include:
 - **A New Plan of Eating - A Physical, Emotional, and Spiritual Journey** pamphlet will replace and combine the *Dignity of Choice and A Plan of Eating* pamphlet. This is a comprehensive pamphlet that addresses all 3 parts of recovery - physical, emotional and spiritual; sample plans of eating moved to the appendix.
 - The definitions of abstinence and recovery were changed - removing definition of 'Recovery' and incorporates the recovery language in new statement of abstinence. New meetings scripts will be posted on OA.org with changes as noted: *"Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy weight. Spiritual, emotional, and physical recovery is the result of working and living the Overeaters Anonymous Twelve Step program on a daily basis."*
- The new Chair of the Board of Trustees is our very own Judy H!!!!!! Thank you for your service Judy!
- There is an R2 Trustee position open! Check the website for qualifications.

Public Outreach: Holly

- Went to R2 Public Information Committee led by Nancy Mc. Will work with Nancy to learn more.
- If you're interested in being part of the committee, let Holly know!
- Holly requested that IG reps contact her so that she can give a brief presentation to each meeting about the Public Information Committee.

Events: Christina H filling in for Tiffany

- Our next event, on Saturday, May 22, from 1-2:30pm. The topic is Recovery of the Body, Mind, and Spirit, sponsored by the Friday 5:30 Sacramento Meeting. Come hear three speakers share their recovery for each different area. The flyer and zoom information for the May event is on the website!
- On Saturday, June 19 from 10:30 – noon, the Modesto Meeting is sponsoring an event called: Breaking Through Barriers to Spiritual Growth: Enhancing our 11th Step Practice. Two speakers, small group sharing. The flyer and zoom information for the June event will be on the website soon!
- INTERGROUP REPS: PLEASE GO BACK TO YOUR GROUPS and ask your group to consider hosting an event in August! Make this an item at your next business meeting! We'd love to continue the excellent local event streak through Summer!

Meeting News and Publicity

Valley Voice: Gerri

- The May issue of the Valley Voice included a full page plug and announcement for FIG – Friends of Intergroup – to encourage local OA's to lend their talents and enthusiasm to Intergroup projects and committees. A potential FIG volunteer was put in touch with the Events Chair to explore assisting with upcoming events.

Meeting List: Gerri

- Five local meetings signed on in May with the second Intergroup Zoom account. Their updated Zoom information has been uploaded to the SVIOA meeting list. This includes Sun-Chico; Mon-Modesto; Tues-Fairfield; Thurs-Sacramento; and Thurs-West Sacramento. The Intergroup meeting has also transferred over to the second SVIOA Zoom account as of May 11, 2021.

Sponsorship: Cary

- Lots of new people coming in and asking for the sponsor list.

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

- Nancy reported, with gratitude, on the Silicon Valley Intergroup's presentation of Newcomers Night April 29th. In attendance, there were OA members, professional members of the psychiatric and medical community, speakers, and participants. The next one will be in July and is expected to be even bigger.
- Nancy presented a pitch to the Region 2 Board to get a "Public Information" tab on the R2 website...jury is still out. The hope is to have that as a place to store Public information for members, non-members, professionals and anyone interested in learning more
- Curt, Committee Vice Chair Kathryn from East Bay IG (KK), and Nancy are always coming up with new stuff to bring to the monthly call and position!

Group Support: Phil

- Were able to meet all of the current requests for zoom IDs.

Continuing Business:

- (For discussion only) Should Intergroup Meetings remain on zoom? *Vast majority have expressed desire to remain on zoom. Therefore, this item is TABLED until requested to be discussed/considered in the future.*

New Business:

- None

Adjourned at 8:01pm with Margaret N. reading the OA Promise and Responsibility Pledge.

INTERGROUP ATTENDANCE 5/11/2021

Board	Committee Chairs	Reps	Meeting	Visitors
Chair: Jan H	Phil K	Cary	Monday: Modesto	Christina M
Vice Chair: Grace	Cary	Noreen	Monday: East Sac	Jennifer
Treasurer: Joel	Holly	Margaret N	Monday: Roseville	Gail
Secretary: Robyn	Gerri	Laura	Monday: Rancho	Jane F
Webmaster: Marganne		Donily	Monday: Nevada City	
WS Delegates: Barbara M		Beth	Tuesday: Davis	
R2 Reps: Curt, Nancy		George	Tuesday: Chico	
		Caryn	Tuesday: Folsom	
		Curt filling in	Tuesday: Sac noon	
		Katherine	Tuesday: Fairfield	
		Holly	Wednesday: Sac 5:30	
		Ann W	Thursday: Sac noon	
		Raven	Thursday: Chico	
		Scarlet	Thursday: West Sac	
		Bree	Thursday: Fairfield	
		Christina H	Friday: Sac 5:30	
		Emily	Saturday: Sutter	
		Bonnie	Saturday: Rocklin	
		Glenda	Saturday: Folsom	
		Beth	Sunday: Chico	
		Rosalie	Sunday: Sutter	
		Mary S	Stockton (all mtgs)	
			Stockton Spanish	