

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
November 10, 2020
12/8/20 final

Location: Zoom meeting (virtual meeting due to coronavirus shelter-in-place guidelines)

Opening: Chair opened the meeting with the Serenity Prayer at 7pm. The 12 Steps were read by Chandra.

Call to Order: Call to order.

Voting members in attendance:

- 9 board members
- 5 committee chairs
- 16 meeting reps
- 30 TOTAL

Voting on all motions was online by show of hands through Zoom.

SAFETY IN OA!!

Phone lists, emails, and numbers placed in chat are all done for the good of the overeater who still suffers. When we offer up our contact information, and it serves as the hand of OA reaching out when anyone, anywhere needs our help. However, this personal information should never be used as a forum for jokes, racism, marketing, or inappropriate advances. Even commenting on a person's appearance can be a sensitive topic.

It is our duty as members and human beings to protect each other and the sanctity of our custom of sharing vulnerable information with each other. In the spirit of Tradition 4— Each person should be autonomous except in matters affecting other [members](#) or OA as a whole.

Previous Minutes: The October 2020 meeting minutes were reviewed.

- Corrections: No corrections
- MOTION was made to approve by Leslie C.
- Seconded by Michelle K.
- Motion carried.

Board Reports:

Chair: Nancy Mc

Concept 11 Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

Spiritual Principle: Humility

How does this apply to the group, to Intergroup, and the Region?

As Chair, I attended the Fall Service Assembly for Region 2 as an alternate Delegate. I had a fantastic experience! Curt and I were assigned to the same committee, Public Outreach! He was voted in as Secretary and I was voted in as Chair.

We had "Green Dot" orientation Friday night and had mentors assigned. Sat was straight to business! We had 2 great Public Outreach committee meetings in the morning and afternoon. There was a constant ask-it basket throughout the conference. The Vice Chair, Carolina had a workshop Saturday evening on the roadmap! I have attached it.

Region 2 had their bi-Annual elections. The positions voted in were Chair: Lynn K. Treasurer Patti W. and LuAnn B as Publications coordinator! She is also the Public Outreach Liaison! The 2021 spending plan looks great and was approved.

CHANDRA was the only retiring delegate and we bid her a big thank you and farewell! I am so grateful I was given the opportunity to attend Thank you SVIOA!!

Vice-chair: Jan H

Nothing to report. (See Elections Report under Continuing Business.)

Secretary: Robyn K

Thank you, thank you to Gail for doing such an awesome job on the minutes last month! Committee chairs have been great about sending reports to me in advance. If you haven't been, please send them to oasecretary@sacvalleyoa.org with a cc to 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

Grace had a belated mid-year review with Sharon, an OA fellow who does service by providing accounting consulting to SVIOA. Income tax has been submitted for state and federal. Current version of QuickBooks is no longer support. Grace requested we discuss at the December meeting moving to QB online.

Grace had mentioned last month that she would ask our insurance agent if we can get our liability insurance lowered, but some meetings are starting up in person again, so we kept it where it's at and it's paid up for the year.

October financial reports (Income & Expense Budget vs. Actual and the Balance Sheet) were shared on screen. Grace highlighted the following points.

- We should be able to donate money up the chain next spring.
- There are no big changes from last month. Expenses continue to be less than planned, therefore, our income is much larger than expected.
- We have continued to get online donations. If you donate for a meeting, please email Grace to assure that the donation was listed as being from the correct meeting or event.
- MOTION: Barbara moved to accept the treasurer's report.
- Seconded by Curt.
- Discussion: None
- Motion carried.

Region 2: Chandra

Assembly report:

There were 31 reps for 33 Intergroups represented at the Assembly. There were 10 visitors and one alternate. All six members of the board were present. Eleven Intergroups were not represented.

Chandra was one of three reps for R2 that termed out, and all three were on the 12 Step Within committee.

The two meetings that were hosted by SF and Sac during the Assembly were appreciated.

12 Step Within Committee – Chandra has served on it for R2 for five years. Chandra volunteered to lead a 12 Step Within Committee for SVIOA. One of the things they do is offer temporary sponsorship for a newcomer's first 12 days. Chandra asked if we might be able to create a "sub" bank to the sponsorship bank for people who can work specifically with those who are having trouble with slips and relapses?

World Service: Michelle, Barbara M

Barbara M: On Public Information and Professional Outreach Committee at WS and the Medical and Mental Health Providers (M&M) subcommittee. M&M is putting together a video and talking points to demonstrate how an OA member can carry the message to a doctor, dentist, dietician, therapist, or other health professional. The video has been completed and submitted to World Service for review. Will also be submitted to other intergroups with a follow-up questionnaire to get feedback.

The April World Service Conference is in limbo. It is unknown at this time if it will be in person, via electronic means or hybrid. More at a later time.

Michelle: Nothing new to report.

Webmaster Liaison: Marganne
Nothing new to report.

Committee reports:

Meeting News and Publicity: Gerri (Newsletter)
Valley Voice going out on time because of Marganne!

Events: Tiffany filling in for Judy L.

- Thankathon on Thanksgiving Day is being hosted by the Tuesday Noon Meeting in Sacramento. This could attract OA members from across the US and world because people will be looking for sanity before facing family and food the rest of the day. 9:00-Noon with speakers at 9:00, 10:00 and 11:00. Suggested donation \$5.
- Worldwide 12 Step Within Day is on 12/12 (December 12th) There will be an event from 10:30 to noon with speakers and a focus on Recovery from Relapse.

Group Support/Speaker List: Dawn (absent)
No report

Zoom Host: Phil
As Zoom host, Phil is supporting events using the account.

Public Outreach: Sue M
Will be moving out of state in a couple of months, so will need someone to take her position.

Retreat: Rick Z (Absent), report from Nancy Mc
So far the retreat is still on for August 2021. Not sure about format yet, but the money put down this year transferred.

Special Population Focus: Mary S (absent)
No report

Sponsorship Committee: Gerri and Cary
Gerri

- Got several pages of resources and created a Sponsorship Resources booklet that will be put on the website as a companion to the sponsorship guide.
- We got mail from Region 1 really excited about the Sponsorship Guide – asked if they could buy it. Gerri said no, just take it! Because Gerri is a rock star!!!

Cary

- Has given sponsorship list to seven people recently. Please let her know if you're available to sponsor and aren't on the list, or are no longer available.

ByLaws: Jan H

Notice of the draft revised Bylaws was sent to IGR's via e-mail Monday, November 2, and posted on the website Friday, November 6. A vote to approve the revisions will be held at the regular Intergroup Meeting in January or February. Barring any recommendations for sustentative changes by members of SVIOA, the Bylaws Committee Chair will send the revised version to the R2 Trustee. Upon approval from R2, the revised Bylaws will be adopted and posted to the website.

The Committee is continuing to review the Policy and Procedures document and will submit a draft revision when it becomes available later in 2021.

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

Sacramento County has been moved back to the more restrictive coronavirus tier, which means churches will be closed. This may affect any meetings that were planning on starting to meet in person.

Continuing Business:

Elections: Jan H

The 2021 Board Elections ballot was emailed to Intergroup Reps with specific instructions in early October. The voting process was discussed at the October Intergroup meeting, so tonight, we will do a roll call of all attending Intergroup Reps to determine if their group accepts the candidates as shown on the ballot, or if there are any write-in candidates.

The 2021 Board officers will be installed at the December meeting, and begin their terms at the January meeting.

As there is only one nominee for each position, the vote question was asked for the slate.

Q: Do you agree with the current ballot nominations?

Intergroup Reps vote was unanimous for approval of the slate.

New Business:

Motion to close early: Barbara, seconded by Nancy.

Meeting closed at 7:53 p.m. with OA Promise.

Intergroup Attendance 11/10/20

Board	Committee Chairs	Reps	Meeting	Visitors
Nancy Mc	Phil K	Kathryn K	Modesto Monday	Gail
Jan H	Sue M			Joel
Grace	Cary	Leslie C	Sac Tues noon	
Barbara M	Gerri	Margaret N	Roseville Mon 7pm	
Marganne	Tiffany	Curt B	Wednesday 5:30	
Michelle K		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	Chico Tuesday	
		Caryn	Folsom Tues	
		Nancy S	Chico Sunday	
		Scarlet	West Sac Thurs	
		Nancy K	Sac Sat a.m.	
		Chandra (also board)	Nevada City Mon	
		Cary (also comm chair)	Sac Friday pm	