

Overeaters Anonymous of Sacramento, Inc.
Business Meeting Minutes
September 14, 2021
Approved 10/12/21

Location: Via Zoom

Opening: Chair Jan opened and called the meeting to order at 7:01pm. Jan recited the Serenity Prayer. Jane read the 12 Traditions.

Roll Call: See participant list below. We welcomed three new Intergroup Reps: Julie from Thurs noon Sacramento; Marlena from Thurs evening Fairfield; and, Ellie, Sunday evening Chico.

- Quorum met

Previous Minutes: The August 2021 meeting minutes were reviewed.

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

Treasurer's Report:

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

Information Sharing:

- Vacant SVIOA Positions – None!!
- Upcoming (w/in next 30-60 days):
 - 12 STEPS ARE THE STAIRWAY TO FREEDOM – Sept. 25, 2021 1pm – 3pm

Group News or Announcements:

- Tuesday Folsom meeting attendees are having a hard time making donations on sacvalley.org. The Chair and Webmaster will meet with Caryn to discuss further and figure out the problem.
- Katherine from Fairfield meetings. In their meetings, they're going to start plugging the 7th tradition more and discussing what that money is going towards since we're all online.
- Jan said that there are a few meetings that never started meeting on zoom and have fallen away. They have asked what to do with the money and literature they have. Jan said they need to have a group conscience to formally close, then can make service contributions with the money, and to contact Holly or Nancy – Public Information may be able to use the literature. Intergroup no longer collects literature. Jan said the Murphy's meeting will be closing and has literature that they are glad to give that to another group. If interested, reach out to Jan. She'll provide the contact info from Murphy's.
- Saturday Folsom has been doing a hybrid format, which has been working so far.

Board and Committee Reports:

Chair Report:

- Last month, we introduced a new format for the Meeting Listing. I haven't received any comments – good or bad - so we're going to keep the new format which is much easier for the Meeting List coordinator to maintain. If you haven't already, check it out on our website and let me know what you think via e-mail at oachair@sacvalleyoa.org.
- You may have noticed that the meeting list didn't appear in the September Valley Voice. There's now a live link to the website which is updated in a more timely manner than what can be produced in the Valley Voice. Again, please let me know what you think. This is YOUR Intergroup, and we provide services FOR YOU.

- World Service recently published a NEW Plan of Eating pamphlet. Be sure to share the info included with the Intergroup meeting materials and encourage group members to order their copy! It's great!
- The R2 Fall Assembly will be VIRTUAL this year. See flyer sent with Intergroup meeting materials.

Retreat Chair: Rick

- Retreat center still has our deposit.
- Our usual weekend (first weekend in August) is available for 2022.
- Rick will getting information from the retreat center in about a month from now with new prices, etc. Rick will coordinate with our Web Developer, Mary, about sending an email blast to everyone who attended the last two years and ask them if they think they would register for a retreat next year – basically a straw poll to gauge interest. That info will be shared with Intergroup and more discussion will be had before committing to the 2022 retreat. While past contracts have had a 90-attendee requirement, Rick said that may be negotiable.

Vice Chair: Grace (absent); Jan shared report

- It's elections time! Nominations can be emailed to oavicechair@sacvalley.org and need to include name, contact information, and who is nominating them. Nominate yourself!
 - Positions that are available: Chair, Vice Chair, Secretary, Webmaster, 1 R2 rep, and 1 World Service delegate.
 - Make sure your groups know about it! We created Talking Points that were included in the email with the agenda. This will help Intergroup reps when you bring up the elections with your group.
 - Ballots will be emailed to IG reps on or about October 13th. Voting instructions will be included in that email.
 - Deadline: The nomination period will close at 8pm October 12th! That is the end of the October Intergroup meeting.
 - Barbara M: Would it be okay if people contact the current position holder if they want more information about that position?
 - Chair: Yes! Contact information is on the Sac Valley OA website.
 - The Committee Chair positions are not elected. They are appointed by the Chair after January 1st.

Webmaster: Marganne

- If you have been curious about web pages, this would be the perfect position for you to nominate yourself for! Marganne will continue to be around and available to answer questions .
 - Barbara M: Do you need to understand technology really well to do it?
 - Marganne: No!

Treasurer: Joel

- No report.

Secretary: Robyn

- If you are interested in nominating yourself for the Secretary position, please feel free to reach out to me and ask questions! I'm glad to talk about what I do and how easy it is!

World Service: Barbara M, Michelle K

- At oa.org News and Events, there is a formalized letter of instruction regarding what can and cannot be legally screen-shared during virtual meetings. The Chair will send out the letter when she sends the draft meeting minutes and key messages.
- Michelle is on the Young People committee; Barbara is on Public Information and Professional Outreach. There is a lot of exciting stuff happening, which Barbara will be able to share with everyone soon!
- Michelle K: My position as SVIOA World Service Delegate will be open for nominations. If everyone is interested, feel free to reach out to me and I can talk to you about what's involved.

Public Outreach: Holly and Maritza (absent)

- Public Outreach position is slowly evolving. Is looking for people to volunteer to distribute business cards. Holly requests that IG reps share the information with their groups. She will send them the cards and can share with people where and how to distribute them. IG reps can share her phone number (916) 812-8039.
 - Curt is creating a QR code that links to the sacvalleyoa.org website to put on the backs of the cards.

Events: Tiffany (read by Gerri in Tiffany's absence)

- I am very excited about this month's event! The Roseville/Rocklin fellowship is hosting an event called – The Twelve Steps are the Stairway to Freedom (the tools are the handrails). Featuring a panel of speakers with diverse experience, strength, and hope! This event is Saturday, September 25, from 1-3pm. The flyer is on the website!
- Last month we hosted a very successful event, Recovery Roadmap Workshop! We worked with a Region 2 Trustee to transform a workshop that had only been done informally and in person, to a workshop with handouts and a script, that could be done on zoom again and again by intergroups and other service bodies. Thank you to the Sacramento Downtown Tuesday noon meeting for hosting.
- Looking forward, now is the time to start planning the events for October, November, and December. In the past we have done a Thank a Thon on Thanksgiving and The 12th Step Within event on December 12th -- a Wednesday this year. Please go back to your groups and talk about these months and topics. Please discuss and let Tiffany know. Intergroup can help you a lot -- for instance, flyers, scripts, and zoom host support.
- Lastly, if you are thinking about service for yourself next year, please consider serving as the intergroup events chair. It is an extremely rewarding position. Give Tiffany a call if you have any questions.

Group Support

Speaker list: Dawn

- Speaker list has been updated. She does it twice/year. Have been getting a few requests. This committee chair position will be open for whoever is interested in doing it.

Zoom: Phil

- No announcements.

Meeting News and Publicity

Valley Voice: Gerri

- No report

Meeting List: Gerri

- No report

Sponsorship List: Cary

- Getting lots of requests!

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

Nancy: Public Information committee

- Changed meeting night – will now be meeting the third Tuesday of every month. Next meeting is September 21st.
- The survey they developed to go out to the mental health community has been submitted to R2 for approval but would love fellowship input as well.
- Made our monthly outreach commitments

Curt: Public Information committee – everyone is welcome!

- Due to discrepancies from elections last year, Curt will be running for R2 again this year. Jan shared that there was a misstep around one of the three R2 rep positions filled last year. One of the R2 Reps elected the *previous* year had to resign, so the 2020 election should have included the distinction that one of the three positions filled in 2021 was to finish the vacated position term. As a result, the three current R2 reps were asked to reach agreement as to who would step into that limited term.

Kathryn: 12 Step Within Committee

- Will be meeting on the 21st. Will have more to report after that meeting.

Continuing Business:

None

New Business:

None

Adjourned at 7:58pm with Jan reading the OA Promise and Responsibility Pledge followed by recitation of the Closing Prayer.

INTERGROUP ATTENDANCE 9/14/2021

Board	Committee Chairs	Reps	Meetings	Visitors
Chair: Jan	Phil K	Cary	Monday: Modesto	Gail
Vice Chair: (absent)	Cary	Noreen	Monday: East Sac	
Treasurer: Joel	Dawn		Monday: Roseville	
Secretary: Robyn	Gerri		Monday: Rancho	
Webmaster liaison: Marganne	Rick	Chandra (temp)	Monday: Nevada City	
WS Delegates: Michelle, Barbara M	Holly	Beth	Tuesday: Davis	
R2 Reps: Curt, Nancy, Kathryn		George	Tuesday: Chico	
		Caryn	Tuesday: Folsom	
		Ann W	Tuesday: Sac noon	
		Katherine	Tuesday: Fairfield	
		Holly	Wednesday: Sac 5:30	
		Julie	Thursday: Sac noon	
		Raven	Thursday: Chico	
		Scarlet	Thursday: West Sac	
		Marlena	Thursday: Fairfield	
		Kathie S	Friday: Sac 5:30	
		Emily	Saturday: Sutter	
		Bonnie	Saturday: Rocklin	
		Glenda	Saturday: Folsom	
		Ellie	Sunday: Chico	
		Jane	Sunday: Sutter	
		Rene	Stockton (all mtgs)	
		Rene	Stockton Spanish	