Central Colorado Intergroup Meeting of Overeaters Anonymous
Agenda for September 2, 2014

1. **Call to Order** - please silence your electronic devices before the meeting - and **Serenity Prayer**

2. **Meditation Reading on Service** – (On Reverse)

3. **Tradition of the Month** (Tradition 9)

4. **OA Concept 12 Reading**

5. **Introductions** Please note the OA meeting you represent, and if this is your 1st-3rd IG meeting.

6. **Proposal regarding Intergroup greeting.**

7. **Welcome and Reminder**

*Welcome! If you are representing a meeting, you may participate fully in all discussions and voting. Don’t hesitate to be involved, that is why you are here. CCI is our link to OA worldwide. Each member is equally valuable. Please raise your hand and wait to be recognized by the Chair before speaking. This will help us operate efficiently, and give everyone a chance to be heard. Each person will be given a maximum of 2 minutes per topic, when business items are discussed.*

8. **7th Tradition**

9. **Perusal, Amendment and Approval of August minutes** ........ (5 minutes)

10. **Officer Reports** .......................................................... (10 minutes)
    a. Chair- Steven K.
    b. Vice Chair- Carrie S.
    c. Corresponding Secretary- Annie H.
    d. Treasurer- Vera A.

11. **Standing & Ad-hoc Committee Reports**
    a. Pub/Tech Committee ............................................. (10 minutes)
    b. Region III Rep/WSBC Delegates ............................ (5 minutes)
    c. Twelfth Step Within ............................................. (5 minutes)
    d. 2014 Convention Committee ................................. (10 minutes)

12. **Old Business – Retroactive Delegate Reelection** .......... (< 5 minutes)

13. **New Business – Announcement of Bylaw Edits** .......... (< 5 minutes)
    Board Nominations/Elections ................................. (20 minutes)

14. **Good of the Order** (Time permitting)

15. **Adjournment and Rozanne’s Prayer:**

   I put my hand in yours, and together we can do what we could never do alone.

   No longer is there a sense of hopelessness,
   no longer must we each depend upon our own unsteady willpower.

   We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams!
Inside and Outside

Surely our program is an inside issue, considering the content of the Twelve Steps. But usually we come to OA because of our body image—an outside issue compared to the inside issue of our hearts. (Wouldn’t it be a miracle if I had no opinion on the outside issue of body image?) But as soon as we get a good idea of Step Four, our hearts sink; we know what Bill W. meant when he wrote that all our scorecards read zero.

Sometimes it’s useful to substitute the word understanding for the word heart. Sitting in meetings can change my understanding, and the spirit encountered can change my heart. Hey! That’s why our OA group can be our initial Higher Power. But change will be slow if all I do is sit in meetings.

If no one brings something positive to share at a meeting, the spirit can be sadly diminished. What if we each took at least one encouraging thought to share at each meeting we attend? Perhaps I was overwhelmed last night and binged, but did I binge every night last week? When did I last not binge? I’ll share that and tell how it was different. It may help someone see the difference.

Meetings have the power to change us; they’re an inside job.

— Lifeline, August 2007

Inspiration

I have yet to be at a meeting with other compulsive overeaters where I have not learned something.

— Lifeline, September 1996