Central Colorado Intergroup Meeting of Overeaters Anonymous
Annual Meeting Agenda for September 6, 2016

1. **Call to Order** - please silence your electronic devices before the meeting- and **Serenity Prayer**
2. **Meditation Reading on Service** – (On Reverse) (3 minutes)
3. **Tradition of the Month** – Tradition 9 (3 minutes)
4. **OA Concept 12 Reading** – Concept 10 (4 minutes)
5. **Introductions** Please note the OA meeting you represent, and if this is your 1st, 2nd or 3rd IG meeting
6. **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.
7. **7th Tradition and Review, amend and approve DRAFT minutes** (10 minutes)
8. **Officer Reports** (10 minutes)
   a. **Chair**- Annie H. report on reverse
   b. **Vice Chair**- Arun P. (no report for July)
   c. **Corresponding Secretary**- Vacant
   d. **Treasurer**- Gina C.
9. **Standing & Ad-hoc Committee Reports** (10 minutes)
   a. **Pub/Tech Committee** – Jim C., Heidi
   b. **Region III Rep/WSBC Delegates** – Mike K., Steven K.
   c. **Twelfth Step Within** – Rita C., Maureen J.
   d. **PI/PO** – Mark P.
   e. **Region III Fall 2017 Assembly/Convention planning committee**
   f. **2017 New Year’s Luncheon planning committee**
10. **New Business** (50 minutes)
    a. **Budget Committee**
    b. Updates to Policies and Procedures manual (new section and RR hotel cost exception)
    c. Appoint Ad Hoc Audit committee (1 non-signatory Board member and up to 3 OA members)
    d. Appoint Ad Hoc committee to develop job description for oadенver.org webmaster – result of this work will be a contract for webmaster
    e. **CCI Board Elections**
11. **Adjournment and I Put My Hand in Yours:**
    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!
Meditation Reading on Service

When I was about three months abstinent, there came a day of unusual struggle with some life and relationship challenges. I could feel my inner addict beginning to plan an epic binge. My mind kept a growing list of all the foods I was going to buy. I asked my inner addict how she would feel about gaining weight, but in that moment, weight gain didn’t matter as much as my desire for the instant gratification of food. I asked how it would feel if my family and friends, who had been so supportive of my recovery, found out I had blown my hard-won abstinence. But the food lust was still stronger than any embarrassment I could imagine.

Then I remembered I had signed up for my first speaking opportunity at one of the meetings I attend. This meeting requires speakers to have three months of current, back-to-back abstinence. “How would you feel,” I asked my food-obsessed addict, “about going into that meeting and crossing your name off the speaker slot?” The realization that I would be letting down others made me pause.

I thought about how much the talks others gave had helped me finally feel I wasn’t alone and gave me hope for the first time in my life. I felt deep gratitude for members who shared their stories and trust, and the idea of not giving something back to them stopped me in my tracks. I am grateful to say that my service commitment got me past this period of temptation.

Service is one of the biggest keys to my recovery. When I prepare to share with others, I am solidly focused on the Steps and other aspects of my program, so service helps me just as much as others. I feel a smile in my heart when I share my experience, strength, and hope and then find it has been helpful to another food addict. Service is a privilege and a pleasure for me, and the rewards have been beyond my wildest dreams.

— Anonymous

(Copied from ELifeline, August 2016 p.27, available at OA.org)

September 2016 Chair report for CCI

- Added CCI meeting documents for July and August to OADenver.org
- Met with Mike K. to make updates to the CCI Policy and Procedures manual (will be presented later in agenda).
- Created an account for OA Denver on Survey Monkey so we can collect anonymous responses for a survey about the Bulimic/Anorexic meeting.
- Met with Gina and Mike K. to formulate proposed budget for 2016-2017 fiscal year.
- Posted the CCI Board Application to the oadenver.org website
- Created email blast for 2016 CCI Annual meeting

Thank you for the opportunity to be of service, - Annie H.