

**Central Colorado Intergroup Meeting of Overeaters Anonymous
Final Meeting Minutes for October 4, 2016**

Present: Annie H., Maureen J., Jan B., Arun P., Mark P., Mike K., Amy K., Marcia V., Jim C., Gina C.,

Unexcused Absence: Steven K.

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1. **Call to Order** -meeting called to order at 7:09 p.m. by Gina C. with the **Serenity Prayer**
 2. **Special Election of 2016-2017 CCI Chair** – Jan B. elected by a unanimous vote
 3. **Tradition of the Month** – Tradition 10 – read by: Arun P.
 4. **OA Concept 12 Reading** – Concept 11 – read by: Marcia V.
 5. **Introductions**
 6. **Welcome and Reminder**
 7. **7th Tradition and Review, amend and approve DRAFT minutes** – there is one change to the minutes. In item 10a, change Budge to budget. Motion to accept amended minutes by Mike, seconded by Jim. Approved unanimously.
 8. **Officer Reports**
 - a. **Chair** – new chair, no report
 - b. **Vice Chair** – vacant
 - c. **Corresponding Secretary** – 4 checks picked up no newcomers this month.
 - d. **Treasurer – Ambassador packet printing is expensed in September**, Balance. 7th Tradition \$557.79 for September. We went over budget for PO Box, printing, and Lifeline renewal. We have \$7768.68 in the bank.
 9. **Standing & Ad-hoc Committee Reports**
 - a. **Pub/Tech Committee** – Jim C. (report on Webmaster job description progress) – Jim reported that this month’s blast was 313 also sent a special blast for Colorado State convention, hopefully their registrations will reach 100. No groups coming forward for “A Closer Look,” still looking for groups to interview/write about. Started with Stapleton meeting because they were looking for help in advertising. Heidi is working on getting together with Tom on Webmaster job description/SOP and is working with an end of year deadline to have this done. It has been difficult to get a hold of Tom lately. Jan stated, if we are unable to contact Tom by the next meeting, we will come up with a contingency plan.
 - b. **Region III Rep/WSBC Delegates** – Mike K., Steven K. (absent) – Mike K. served on the Audit Committee for Region III. TSW committee workshop was held prior to the Assembly. Region III Trustee will be vacating her position in 2018, next year at the Fall Assembly in Denver, nominations will be taken for Trustee. Mike’s full report is attached as an appendix to these minutes. Amy asked if a copy of the TSW workshop could be provided to Maureen and Rita for CCI use. Changes to Bylaws or other new business items for WSBC need to be in by December.
 - c. **Twelfth Step Within** – Maureen J. flyer for IDEA day on November 19th, please take copies for your groups. Program is from 1-3, but we are encouraging people to bring their lunch. Tentatively scheduled at St. John’s Cathedral, but we won’t know until next month.
 - d. **PI/PO** – Mark P. and Amy went to Red Rocks for a recovery exposition. They were excited to have OA there, but the table was in the back, and not many people had courage to come back to talk. Amy reported that the Red Rocks fair was called a Road to Recovery. Amy suggested using the corridors to make it more accessible. Suggested having a presentation and then having information available for follow-up. Summer isn’t a good time to plan events, it’s good to be back on track.

- e. **Region III Fall 2017 Assembly/Convention planning committee** – Annie, Mike, Jim, Gina and Lainey will begin meeting next month to start planning. Mike reported that Brenda from Region III has been working with the hotel to get the contract signed. If you interested in getting involved, please contact Annie H. at secretary@oadenver.org
- f. **2017 New Year’s Launch planning committee** – Gina reported that the Ambassador packets are ready to be handed out. Includes schedule of what to announce when starts the week after the state convention; meeting/individual donation forms; FAQ; map; flyers; need to add menu. Can get a partner to have someone there each week.

10. Old Business

- a. Audit Committee – Arun is so far a committee of one. He asked Mike to help him, and they need one more person. Mike will share the Region III guidelines for auditing.
- b. Updates to Policies and Procedures manual (new section and RR hotel cost exception) posted to the website and provided to CCI via email. This item is now complete.
- c. Updates to the CCI Bylaws – Article IV, Section 5, Subpart E. was updated and provided to the group last month. Jim called for the vote, 9 in favor, one abstention, this change was accepted. Article III, Section 2, Subpart B changes made to accommodate changes made at Region III Assembly were presented to those present, and will be voted on in November. At that time, a new copy of the CCI Bylaws will be sent to the Region III Recording Secretary.
- d. CCI Board Elections – not held, outstanding positions of Vice Chair and Treasurer.

11. Good of the Order – Amy talked about her time at the OA convention and a conversation she had with a young person who was there and not feeling a part of the fellowship. Jan asked what we can do to make CCI more relevant to the fellowship. We need to think about young people and what makes sense to them.

12. Adjournment at 8:34 p.m. with *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!

Region III Fall Assembly/Convention Report

September 9-11, 2016

Austin, TX

The Region III 2016 Fall Assembly was held at the Wyndham Gardens in Austin, TX, September 9-11, 2016.

CCI was invited to have their Region Representative serve on the Ad-hoc Audit Committee prior to any activities related to the Assembly/Convention. One and one-half hours were spent auditing the Region III Treasurer's accounting work from the 2016 Spring Assembly to June 30, 2016. There were no significant findings which required immediate action. The Ad-hoc Audit Committee recommended that the Treasurer receive notification from the World Service Office when a donation has been received by the World Service Office.

Prior to the opening of the Assembly/Convention there was a workshop presented by the Region III 12th Step Within Committee. The TSW (Twelfth Step Within) Committee recommended the following:

1. When holding a TSW workshop (or any workshop) do not have expectations for a large gathering, have a sign-in sheet, and try to hold the event in different area of the metropolitan area if at all possible.
2. Remember that sponsors are OA members and not professional therapists. An individual may have a sponsor for every need which needs to be met utilizing the 12 steps, 12 traditions and 12 concepts of OA.
3. A goal of the TSW is membership retention and the OA Guidelines for Membership Retention which is available online for free was distributed to those in attendance.
4. It is imperative that only OA approved literature be used at all TSW (and any) OA functions. There was a wonderful quote heard which his "Big Books which are falling apart are owned by people who are not!"
5. A. Outreach is a an important function of the TSW Committee at all levels of OA. It was suggested that phone calls be made to members who have not been seen for a while, relapse meetings be conducted on a regular basis, encouraging individuals to participate in phone meetings if they are unable to attend face to face meetings, and when members return to OA it was advised to greet the individual with a smile, a hug, and without any judgement.
B. Improving communication within a geographic area is most important. If an intergroup has not been established, start one! The TSW and PIPO Committees need to work in close association to present the same message of recovery to those in the OA fellowship, those who have never heard of OA or those who are inquiring about OA. Co-sponsoring was strongly for those areas where sponsors are not plentiful. For those intergroups which have websites, the use of email blasts was highly encouraged.

Business Conducted at Assembly

Brenda Q., Vice-Chair, conducted the business at the assembly in the absence of Roni B., Region III Chair who was unable to attend due to scheduling difficulties. Karen B. from Baltimore, MD (Region 7-center microphone guru at the 2016 WSBC) served as Parliamentarian. Nineteen Region Representatives and four Region III Steering Committee members for a total of twenty-three were eligible to vote in the election and other business matters.

Report were given by all Region III Steering Committee members present. Here are highlights gleaned from the viarous reports given:

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Report highlights

1. Two new laptop computers were purchased for the Recording Secretary and Treasurer so that their own personal laptops/personal computers would have to be used for Region III business.
2. The Region is financially sound and the individual groups and intergroups have been most generous in their support. The donations will meet or exceed budgeted amounts, as well as convention proceeds, and expenses have been less than anticipated.
3. The new Region III website is up and available for use. (The website was to go live on 9/15/16.)
4. The WSO will be working on the budget for FY17 at the next Board of Trustees meeting to be held in November.
5. Any intergroup which has the verbiage as to what constitutes a group will need to update their bylaws due to the bylaws change passed at the 2016 WSBC (CCI is in that category). Updated bylaws must be sent to WSO for review of all revisions.
6. OA has a new policy for social media and the fellowship is making strides to assure anonymity is protected at all times.
7. Region III will be choosing up to three nominees at the 2017 Fall Assembly in Denver as our current trustee will have fulfilled serving two three year terms. If interested in applying for the position, visit the WSO website to download an application which has the requirements for eligibility.

Chair and Recording Secretary Elections

Region III, too, had difficulty finding individuals willing to complete an application for the office of Chair and Recording Secretary. According to the Region III Bylaws nominations for each position were taken from the floor. Brenda Q., Vice-Chair, was nominated for Chair and Barb from Heart of Texas Intergroup was nominated for Recording Secretary. Each individual gave briefly qualified for their respective positions and questions were asked by the Region Representatives in attendance. Voting was done by ballot and each individual were unanimously elected; Brenda Q. is the newly elected Chair of Region III and Barb is the newly elected Recording Secretary of Region III. They began their official duties at the end of the 2016 Fall Assembly.

Business Motion Highlights

1. The approximately \$20,000 budget was approved as presented.
2. Replacement laptop computers will be purchased in five years to replace the laptop computers purchased this year. \$500 will be placed in a restricted account for the next four years to assure the funds are available to purchase the computers.
3. San Antonio Intergroup will host the Spring 2018 Assembly/Convention; Las Vegas Intergroup will host the Spring 2019 Assembly/Intergroup.

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Bylaws Committee Highlights

I chose to serve on the Region III Bylaws Committee once again; the highlights follow:

1. Reviewed work from Spring 2016 Assembly.
2. Working on suggestion to incorporate Duties of Region III Trustee to Region III Bylaws and Region III Policy Manual.
3. Working on adding digital assets section to Region III Policy Manual (thanks to work done by CCI!).
4. Working on adding physical assets section to Region III Policy Manual.
5. Changing the number of Standing Committees to 4 in Region III Bylaws.
6. Bylaws Committee Conference call will be held on 10/17/16 at 6:30 p.m. MDT

Future Region III Assembly/Convention Sites

2017 Spring Assembly/Convention: Dallas, TX
2017 Fall Assembly/Convention: Denver, CO
2018 Spring Assembly/Convention: San Antonio, TX
2018 Fall Assembly/Convention: Colorado Springs, CO
2019 Spring Assembly/Convention: Las Vegas, NV

Expenses

Travel			
Airline ticket	\$242.20		
Flight cancellation insurance	19.95		
DIA parking	39.00		
Mileage to airport (56.2 miles x \$0.34)	19.11	\$320.26	
Hotel		125.35	
Registration/Banquet for event		125.00	
Meals		48.46	
	Total		<u><u>\$619.07</u></u>

Thank you for allowing me to represent Central Colorado Intergroup at the Region III 2016 Fall Assembly/Convention. I appreciate you allowing to be be your trusted servant and will continue to do my best to serve CCI at future Region III and WSBC events.

Sincerely,

Mike Koechner
WSBC Delegate/Region Representative