

**Central Colorado Intergroup Meeting of Overeaters Anonymous**  
**Meeting Minutes for August 1, 2017**

**Attendees:** Jan B., Carrie S., Gina C., Annie H., Jim C., Mike K., Steven K., Rita C., Marcia V., Nick S., Rachel S., Madeline, Heidi B. on the phone

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1. **Call to Order** – meeting called to order at 7:03 by Jan B. with the Serenity Prayer
2. **Meditation Reading on Service** – read by: Carrie S.
3. **Tradition of the Month** – Tradition 8 – read by: Nick S.
4. **OA Concept 12 Reading** – Concept 8 – read by: Rita C.
5. **Introductions:** Madeline is a newcomer this month.
6. **Welcome and Reminder**
7. **7<sup>th</sup> Tradition and Review, amend and approve DRAFT minutes** – Removed Mark P. and Marcia V. from Attendees list for July, no other changes required. Mike moved and Rita seconded to approve the minutes as amended. Motion carried.
8. **Officer Reports**
  - a. **Chair** – Jan B reported there were 14 people who attended the CCI meeting last month with 7 meetings represented. She would also like us to be mindful of our communication.
  - b. **Vice Chair** – Carrie S. thanked Jan for her leadership. She has been attending meetings promoting the Fall Assembly for talent and local speakers. Region chairs were contacted and confirmed for attendance. She also attended a Fellowship of the Spirit. Here is Carrie's written report submitted prior to the meeting:
    - Carrie was able to follow up on her commitment to attend a few local meetings to help promote the Region 3 Assembly as well as gather a few new willing members who can support in leading workshops, hospitality, decorating and the variety show. She was able to attend the recent R3A planning committee. She volunteered to organize the speakers and send out emails to our ten OA chairs, inviting them to sign up for service of either presenting as a special speaker, panel member or workshop. Carrie attended the 25th anniversary of Fellowship of the Spirit. An AA/AlAnon weekend that taught all 12 steps from the Big Book. While there she attended two organized OA meetings and made a point to reach out to numerous OA members who attended to help carry the message in these ways:
      1. mentioning CCI's upcoming board positions & inviting them to attend Aug. 5th meeting in consideration for a position.
      2. inviting members to consider leading workshops for the R3A
      3. looking for members who will share their stories on the Sat. 6-7pm phone meeting of The Family Afterward (where Carrie took a service position to host for Oct-Nov).
  - c. **Corresponding Secretary** – Gina C. reported the printing was complete. She called Lifeline and July was our last issue. She wrote her first draft of the Corresponding Secretary job description
  - d. **Treasurer** –Jan B. reported, we have \$7,934.27 in the bank; the 7<sup>th</sup> Tradition was \$690.76 for July. July was a busy month, Jan sent our contributions to Region and WSO, and she renewed Lifeline for 3 years.
9. **Standing & Ad-hoc Committee Reports**
  - a. **Pub/Tech Committee/Website update** – Jim stated the email blast went out to 314 people. Rita had a shout out for Alisa making it so easy to make an online donation to the website. Heidi reported a few items.
    - 10 years ago when we made the emails process, they were set up as aliases, with forwards, so we don't have history or email folder for the Board. We will set up folders for the Board and Region Reps so we will have history available for people moving forward
    - Passwords for will be changed with this rotation of service

- b. **Region III Rep/WSBC Delegates** – Mike reported that the A Step Ahead newsletter for summer 2017 is available. There was a winner for the PIPO poster contest, the Auckland CCI in New Zealand won the contest. Some open positions were appointed by the Board. WSBC next year is April 23-28, 2018. Virtual Services continues to grow, in Jan 2013 groups were 251 in Jan 2017 is 494 Groups affiliated with VSB was 17% in 2013 and 47% now. Mike serves on the Young Person's committee, now as chair of the committee. They are working on a survey for the podcast that will focus on young people. They are also working on a sponsorship form. Young people are considered between ages of 18 and 30. They have a call scheduled for the 20<sup>th</sup> of August. Jan asked why Mike is qualified to serve on the Young Person's committee, he responded that he started in OA when he was 22. They are looking for young folks with at least 1 year of abstinence and at least 2 years above the group level to serve on the committee. Steven reported that the Bylaws committee is working on modifying the bylaws. Steven made a proposal to hold the election at this time before leaving for the evening.
- c. **Twelfth Step Within** – Rita gave Jan money from the last Twelfth Step Within event, and requested a check for \$25 for the church for rent for the workshop. Gina stated that she gave Rita all the paperwork for the New Year's Day event, and Rita confirmed that she has the box. She also has the hot water pot and tea, but that she would rather not bring it to Intergroup every month, the group agreed that we probably don't need it at Intergroup in the summer. Jan wanted to reiterate that the New Year's Day event is under the purview of the Twelfth Step Within committee.
- d. **PI/PO** – Jan spoke with Amy, and Marcia confirmed that PI/PO did not meet in July. Their next meeting is August 15<sup>th</sup>.
- e. **Region III Fall 2017 Assembly/Convention planning committee** – Annie gave the monthly report. Mike verified the names of the people who will be attending the tasting at the hotel. Gina is doing publicity and reported that she is down to 36 brochures after sending them to the Colorado groups. Report is included as Appendix A.

#### 10. New Business –

- a. **Meeting list update** – Marcia reported that the Sunday Conifer meeting is closed (Annie will make the changes, and post to website)
- b. **Region 3 Representative election** was held. Annie H. was elected. Mike offered to destroy the ballots and everyone agreed.
- c. **Applications for Board Positions** – next month we will hold elections for CCI Board. Mike reported that being a Region rep does not preclude someone from serving on the Board if the person is willing. Annie is willing to apply for Recording Secretary for one more year, and Jan will run for treasurer. Copy of CCI Board application is included as Appendix B.

**11. Old Business** – Best Practices Manual for Officers and Committee Chairs – Jan mentioned that the financials have been added to QuickBooks. Jim reported that we have been using Google docs to archive documents. We have many documents and assets that could be kept on the cloud including flyers from previous events and minutes from past years' meetings that we can access for images and references.

**12. The meeting was adjourned at 8:30 p.m. with I Put My Hand in Yours.**

Respectfully submitted by Annie H. 9/2/17