Central Colorado Intergroup Meeting of Overeaters Anonymous
Minutes from November 1, 2011

Attendees: Marcia V., Annie H., Jan B., Amy K., Tom G., Don, Gina C., Mike L., Mike K., Emily A., Terri (on the phone), Alex W., Heidi B.

1. **Call to Order and Serenity Prayer** – *Please shut off all cell phones and pagers as a courtesy to those in attendance. The meeting was called to order by Marcia at 7:00 p.m. with the recitation of the Serenity Prayer*
2. **Meditation Reading on Service <u>As Bill Sees IT</u>** pg. 18 - Don
3. **Tradition of the Month (*Tradition11) - Our public relations policy is based on attraction rather than promotion: we need always maintain personal anonymity at the level of press, radio films, television, and other public media of communication. Read by Amy***
4. **Reading of OA Concept 2– *Please bring your copy of the OA 12 Concepts pamphlet to the meeting! - Concept Two – Conscience - The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.***
5. **Introductions** *Please let us know if this is your 1st, 2nd, or 3rd Intergroup meeting*
6. **Welcome and Reminder**

Welcome! If you are representing a meeting, you may participate fully in all discussions and voting. Please don't hesitate to be involved, that is why you are here. CCI is our link to OA worldwide. Each member is equally valuable. To members new and old, please raise your hand and wait to be recognized by the Chair before speaking. This will help us operate more efficiently in accordance with Robert's Rules of Order and give everyone an opportunity to continue. Each individual will be given a maximum to speak for 2 minutes per topic when business items are discussed.

7. **7th Tradition "Every OA group ought to be fully self-supporting, declining outside contributions."**
8. **Reading and approval of minutes *(5 minutes) – Mike K. moved, Mike L. seconded minutes approved as amended***
9. **Officer Reports *(10 minutes)***
    a. **Chair – thanks to everyone who helped and participated in the budget committee process, the convention was amazing. Please see the November chairperson's report for details. Gina turned in her resignation as treasurer because her husband Jim is doing work for the Intergroup. Jan B. was appointed as interim treasurer.**
    b. **Election of Treasurer – Jan B. was elected in a unanimous vote.**
    c. **Vice Chair – Brock is working on the city-wide sponsor list; her update was delivered by Marcia.**
    d. **Corresponding Secretary – Emily handed in a few checks to the treasurer, she also shared a pamphlet regarding a convention in Texas, also there is a new Diversity in OA literature pamphlet. The WSO is updating the 12 and 12 book, and at this time, they are accepting stories that may be included in the new book. WSO is asking for more money and subscriptions to lifeline. There is a new special focus category for health issues that can be used if wanted. There is a new change required for the by-laws; Mike K will take care of that. Marcia will mail the Lifeline to Terri**

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e. **Treasurer – Jan reported we had a balance in the bank of $9114.86 at the end of the Fiscal Year. Thanks to Linda and Gina for setting up the budget reports. For October 2011, the 7th tradition donations were $241.51**

10. **Standing & Ad-hoc Committee Reports (20 minutes)**
    a. **Publications Chair / Recovery Road – Tom reported that our publications are humming along smoothly. The new hotline number is listed in this issue of Recovery Road. Tom has set up email addresses for all the board through OADenver.org; these are also published in the new Recovery Road. The Board's names and email addresses are published in the Intergroup section on-line also. When we started, the website was 2 pages with 90 visits a year. Last month we had over 1000 visitors who viewed 3528 pages, so that's almost 3.5 pages per visit. Existing members are using the website as a resource as well as new members finding us from Google searches. We had visits from 35 countries; with 5% of visits from outside the US (top visits from UK and Canada). From the 95% inside US, 60% were from Colorado (mostly Denver metro) with visitors from most states. We have 195 subscribers to our email. Brochure for the New Year's Day brunch is out on the site now too. Tom would like to know what the experience is on PayPal for the on-line registration. Any problems should be reported to Tom.**
        Jan mentioned that a decision was made to absorb the PayPal expenses. Mike K. asked if we need to add money to the Bank Fees portion of the budget to cover the expense. At this time, we will see what the expenses are for this year.
    b. **Region Rep/WSBC Delegate Report - Alex and Tom represented CCI at the Region 3 assembly. Andrea M is the new Regional chair. The full report is available on-line at http://oaregion3.org/?p=3973. We need to add the new definition of a group to our bylaws, and Mike K has that paperwork. There is a revised PI/PO manual that we may want to purchase. Region 3 has a speaker list and it is being updated and there's an email address if you would like to inquire. Elections were held, the main bylaw change is around requesting funding that should be made at least 3 weeks prior to the assembly meeting. The next meeting is in Abilene Texas in the spring, the brochure is available. There was a forum that was held prior to the assembly with the focus of sponsoring. Anyone who has an interest in sponsoring should look through it. There was sharing on the challenges of Intergroup and what they are doing to reach more people. There was a suggestion that someone checks the Region 3 and OA.org websites and report back any changes, perhaps our correspondence secretary may take that on. Jan reported from the Finance committee from WSBC on the 503-C committee, the sub-committee has commenced research, for members who would like to receive a 7th tradition tax deduction for donations, and perhaps a sales tax**
    c. **Twelve Step Within – Amy reported on three events coming up IDEA day at Shepherd of the Hills, Candlelight meeting, New Year's Day brunch (Rosie is coming to the brunch, and the Stepettes will be performing). Amy is having a bulimia meeting at her house on Saturday. An eating disorder center is opening up downtown, and Amy is working with them to see if we can help with After Care. The 9HealthFair is starting to talk with us, and Amy will coordinate with Mike L on that. The next quarterly speakers meeting is - and the OA birthday is coming up in January.**
    d. **Region III Assembly and Colorado Convention wrap-up – Jan provided an update on the convention wrap-up. Intergroup's share is $1600. We have extra**

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bags to sell, and $110 in literature, as well as one registration for $95 outstanding. We would like to sell the bags for $5 at groups, so please spread the word. We got a thank you card from our Region 3 trustee and lots of positive feedback for the convention. Gina was excited to share that the recordings commission check was $286.

e. **PI/PO – Mike L. reported that the first meeting of the committee is November 8th, at Grace Methodist Church directly after the men's meeting. He would like to order the PI/PO manuals from the PI/PO budget.**
f. **By Laws Ad Hoc Committee Report – Mike K. has the by-laws in the digital form, and more will be revealed at a later date.**

11. **Old Business (5 minutes)**
    a. **Hotline update – Tom reported that the new hotline number is up and running. We have flyers with the Hotline number that were passed out and can be posted around.**
12. **New Business (5 minutes)**
    a. **Webcasting Intergroup – it is difficult to hear when more than one person talks at a time, so please be mindful of those on the line during the meeting. Skype can handle multiple numbers, so once others are set up, they can participate too; there is a chat function that helps facilitate questions and voting, etc. Mike L. asked how much the microphone cost. The microphone and recorder were approximately $100. Heidi will bring her USB speaker next month to see if it has good quality. Tom will put together guidelines for Skype participation.**
    b. **Compensation for Tom for website – Marcia asked Tom to submit a bill to us for his time, and so we will pay him $300 for his service. Mike K. moved and Mike L seconded with unanimous vote to pay him.**
    c. **Kayla Knopp from the University of Denver Psychological research department contacted us to request volunteers to participate in a study on Binge Eating and Reward Learning– DU is looking for volunteers and we are trying to figure out how to do this and maintain our anonymity. Marcia is working with Wanda our trustee to see if this is approved. Mike L. suggested we table the discussion until we hear back from Wanda. Marcia will add it to the agenda for next month.**
    d. **Serenity in the Rockies – Marcia suggested we do not have Serenity in the Rockies this year and support the Colorado Convention instead. Mike K. suggested we table this discussion until next month since we were running short on time.**
13. **Good of the Order *(Time permitting) – no time***
14. **Adjournment and OA Promise**

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!

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