

Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes for November 7, 2017

Attendees: Carrie S., Jan B., Jim C., Heidi B., Mike K., Rita C., Jodie R., Nick, Foster, Carolyn C., Nickie L. Marcia V., Amy K and Annie H., on the phone

1. **Call to Order** – meeting called to order at 7:00 by Carrie S. with the Serenity Prayer
2. **Meditation Reading on Service** – AA daily reader, read by: Carrie S.
3. **Tradition of the Month** – Tradition 11 – read by: Jim C.
4. **OA 12 Concepts Reading** – Concept 11 – read by: Nickie L.
5. **Introductions:** Jodie R. is a first-time attendee this month
6. **Welcome and Reminder**
7. **7th Tradition and Review, amend and approve DRAFT minutes** – Jim moved, and Mike seconded to approve the minutes as amended. Motion carried unanimously.
8. **Officer Reports**
 - a. **Chair** – Carrie S. reported Carrie finalized the documents needed with marketing at RTD to get the bus shelter OA poster campaign ready for launch Dec. 14th. She sent copy about this campaign to Heidi and Jim for the website, e-blast and RR.
 - i. Carrie connected with our PIPO team, and inquired if they would like a copy of the new Public Information Service Manual (#762). They agreed, so she ordered the new revised and expanded manual, bringing it up to date with current media practices and offering more than sixty pages of outreach suggestions.
 - ii. She joined Amy K. for PI outreach presentation at the Natural Grocers in Golden, Oct. 28th.
 - iii. Carrie connected with an OA member living in Aurora who was looking for a F2F meetings. When we realized there were no longer many in her area, Carrie encouraged her to open a meeting, which this member is now actively doing. Carrie finalized the paperwork needed to change the name on the CCI PO box from the former treasurer's, to hers.
 - iv. WSO sent out a statement that in 2018 all service body material will be emailed in the form of a newsletter on a quarterly basis. Therefore, all contact info was asked to be updated. Carrie went onto oa.org to reflect our current info.

Here's some notable highlights from WSBO- A Step Ahead newsletter:

 - “Growing Recovery Worldwide” is next year's theme for World Service Business Conference 2018, convening April 23–28 in Albuquerque, New Mexico.
 - An article announcing the OA Translation Fund gives members the opportunity to carry the message of OA into languages spoken by compulsive eaters worldwide.
 - Our WSBC treasurer, Bonnie L. wrote that in July 2017, ARC (which stands for Automatic Recurring Donations) donors contributed \$6,214. It works!
 - Carrie learned that if members of OA were to contribute just \$30 per year, we would be fully self-supporting. That breaks down to only \$7.50 each quarter or \$2.50 each month. Please consider contributing with an Automatic Recurring Donation.
 - An important postmark deadline for our CCI: December 10, 2017 all New Business Motions & Bylaw Amendments must be mailed in.
 - Lastly, here's some notable 2017 data: visitors per month to oa.org 64,000 hits. Number of visits in first six months to the new oavirtualseervices.org website 10,000 hits.
 - b. **Vice Chair** – no vice chair
 - c. **Corresponding Secretary** – Jan reported that she printed 100 Recovery Road newsletters, and it seems like it is too many. Now that we are electronic, do we still need this number of copies? Mike moved that we print 50 copies for the CCI meeting. Rita seconded. Discussion – Carolyn wondered if there were special events we could plan to print extra. January for New Year's Lunch, May for 9HealthFairs. Amy suggested we print extra ones in December for Candlelight meeting, New Year's

Lunch, instead of January. Motion amended to 75 regular and increase for special events. Motion carried with 1 abstention.

- d. **Treasurer** –Jan B. reported, we have \$9,395.13 in the bank; the 7th Tradition was \$151 for October. Website donations of \$128.34, New Year’s Day \$694 with \$728 of expenses with net of \$245.03.
- e. **Ad Hoc Audit Committee** – Mike reported that the ad hoc committee met and completed the audit on 11/5/17. There were 9 findings of concern. Rita wondered about our expectations for new treasurers since there is a one-year turn over for the position, Rita suggested we perhaps we have a two-year commitment for this position. Jan mentioned that we have difficulty getting someone to volunteer for one year, and making the position a two-year commitment might make it more difficult to find someone to volunteer.

9. Standing & Ad-hoc Committee Reports

- a. **Pub/Tech Committee/Website update** – Heidi reported that website update is moving ahead. The old website with its graphic is going away. The new website will be simple and clean. They scoped the LAIG website, they liked the format, but want more color. They have a simple and clean events calendar. Our calendar will have color and links to events. Newcomer page will have its own dashboard. Find A Meeting, Calendar and Podcasts are the three most popular pages. Rita mentioned that she likes graphics on webpages. Heidi stated that there is a blog page, and there will be links to podcasts. If you have input, please talk to one of the committee. Our web designer isn’t available until January, so we have time to work on our design. Jim is going to the OA Birthday celebration in LA in January to collaborate with the LAIG web designers. There may be another service position to keep the website up to date.
- b. **Region III Rep/WSBC Delegates** – Annie reported that the Region III TSW committee met to discuss the newsletter and unaffiliated meetings. Mike reported that he met with the Young People’s Committee and they are working on a survey. Mike also reported on the Region III Bylaws committee, the committee met last month, and they are working on the Region III Policy and Procedure manual, and he recommended we wait to update our Policy and Procedure manual until we get the updates from Region III. Mike also has a copy of the OA business glossary which is available on-line.
- c. **Twelfth Step Within** – Rita reported that she and Maureen have flyers for IDEA Day, scheduled on 11/18 from 11:30 a.m.-1:30 p.m. The size of the gatherings is of concern since not a lot of people attend the TSW events. Jodie asked if there is a program for IDEA Day. Rita responded that Abstinence is the focus of the day. Carolyn wondered if there will be a special email blast for IDEA Day? Jim responded that there will be one in the middle of November. Carolyn would like us to put some specifics on the website regarding bringing lunch, availability of child care, etc. Please circulate flyers in your meetings to raise awareness for the event. Amy mentioned a challenge for those of us on CCI make a commitment to attend TSW events and perhaps to bring a friend.
- d. **PI/PO** – Amy reported that she and Carrie presented at Natural Grocers last week in Golden. There were 6 people in attendance. Natural Grocers at Mission Trace wants us to come back. November 30th, the group will go back to Rampart High School in the Springs, and will speak with 9th graders. They leave at 7a.m., come back at 3. This month’s First Wednesday Speaker’s meeting had 10 people. Committee will meet again in January. Amy will contact Red Rocks to see about participating in Recovery Fair. Mike asked about 9HealthFair, Amy responded that in February, she will locate the sites on the planning website, and she will go in and choose sites to attend.
- e. **Fall 2017 Region III Assembly/Convention planning committee** – nothing to report at this time.
- f. **New Year’s Day Luncheon** – Carolyn reported that as of November 1st, there are 28 people signed up to attend. Asked if we can add Tofu for vegetarians. The committee met and brainstormed ideas for ice-breakers, what do we want to use again, and what do we want to do new. The committee will meet a couple of times in December. Carrie asked if we could use the conference number for the meeting. Carolyn responded if we could find a quiet place to meet, we could consider that possibility.

10. New Business

- a. **Northern Colorado collaboration on OA Hotline** – Jan moved that we collaborate with Northern Colorado on the OA Hotline. Rita seconded. Mike wondered if there was a cost involved. Annie confirmed that there is no cost to us. Motion carried unanimously.
- b. **2018 event (Serenity in the Rockies)** – Colorado convention next year is October, suggested end of April or late September. Rita asked about the purpose of this event. Jan replied that many years ago, we used to have a yearly retreat weekend in the mountains.

11. Old Business – Open positions for CCI, three open board positions (Vice Chair, Recording Secretary, Corresponding Secretary). Rita will take on the service of updating the meeting list.

12. Good of the Order – Mike asked if CCI would like to continue to meet at National Jewish. The committee agreed that we would like to continue to meet there.

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

Respectfully submitted by Annie H. 11/22/17