

Central Colorado Intergroup Meeting of Overeaters Anonymous Meeting Minutes

January 2, 2018

Attendees: Carrie S., Jan B., Jim C., Lolo D., Nick S., Nickie L., Carolyn C., Marcia V., Amy K., Maggie G., Jodie R., Rita C., Foster, Maureen J., Heidi B. via phone, Dana B. via phone, Annie H. via phone, (Mike K has an excused absence),

- 1) **Call to Order.Meditation Reading on Service** - (from Dr. Bob's Nightmare) - Read by Maggie G.
- 2) **OA Concept Reading-** Concept 1- read by Rita C. **Tradition of the Month-** Tradition 1 - read by Nickie L.
- 3) **Introductions** Please note the OA meeting you represent, and if this is your 1st, 2nd or 3rd IG meeting: This is Maggie G.'s first meeting. **Welcome and Reminder** - Marcia V. volunteered to be the spiritual timekeeper.
- 4) **Officer Chair application** – Maggie G. is applying for position of Recording Secretary. She has been attending the Golden meeting regularly. She has been a member of OA for about a year. She is interested in learning about how Intergroup works and what we do. Rita asked why? Maggie wants to be of service and stay busy so that she can stay out of her self-pity. Amy asked if she had any fears to overcome. Maggie said she felt comfortable with the role. Jan (as Mike) asked if Maggie is ok with the obligation. Maggie said she is good with it. Jan reminded her that there is a protocol of finding a replacement if she needs to be absent. Jim asked for a snapshot of what her regular Golden meeting is like. Maggie feels embraced and supported by the program and identifies with the community of OA. Maggie would serve for a couple of months and then re-visit and see how she feels about doing the work before she commits to longer. Jan urged Maggie to ask for any help so that she feels very supported in the work that she is taking on in this role. Heidi has offered to help with any training or computer support. Offered to meet up before the next meeting.
- 5) **7th Tradition and Review, amend and approve DRAFT minutes** - Jim moved and Jan B. seconded to approve the minutes as amended. Motion carried as unanimous.
- 6) **Officer Reports**
 - a) **Chair** – Carrie and Jim shared pictures of the Bus Stop signs. There was a member at the Tuesday Mile High meeting that shared she was there for the first time due to the bus stop sign. WE want to reach out to 9 News to get the word out about our bus stop signs and our effort
 - i) Thank you to Carolyn and the Planning Committee for putting on a great New Year's Day Luncheon.
 - ii) Shared the Retreat Information at the New Year's Day Luncheon. The name of the event will be "From Desperation to Transformation.
 - iii) Worked with Amy K. to set up the Mission Trace event @ Natural Grocers. Official Date is February 10th.
 - iv) Carrie & Heidi will work together to get minutes from meetings onto the website.
 - v) Jodie K. gave a great presentation at the New Year's Day Lunch to join CCI.
 - b) **Vice Chair** – Vice Chair position was offered by Jodie K. A Vote will be taken.
 - c) **Corresponding Secretary** - Corresponding Secretary position remains vacant and open. In the interim, Jan has been acting in the role and got copies of all materials needed and has been checking the P.O. Box. Maureen J. has offered to take the position. A Vote will be taken.
 - d) **Treasurer** – Jan B.

- i) Currently have \$12,166.88 in the bank. Currently have money coming and going for the NYD Luncheon, but nothing substantial happening at the moment.
- ii) Haven't spent much for the website yet. Website Donations are \$545 so far from meetings and individuals. We have budgeted money but only money spent so far was on a new computer. Receipt needs to be submitted by Heidi. The contributions and matching them, will be a little tricky with the change of year in October.
- iii) We will see most money after the 4th quarter from meetings.
- iv) We have work to do to spend our money to help our community get better.

7) Standing & Ad-hoc Committee Reports

- a) **Region III Rep/WSBC Delegates** – Mike K. - not present, excused absence
- b) **Twelfth Step Within** – Rita C., Maureen J.
 - i) February 24th is Unity Day. The event has been set at Shepherd of the Hills. All people will join hands at 12:30 to join in the "Serenity Prayer" or "I put my hand in yours".
- c) **Pub/Tech Website Committee** – Jim C., Heidi & Rita
 - i) Jim reported. Lots of news and new business leading up to January. Kept up with it through many channels. Mid-month blast to support the New Year's Day event. Printed recovery roads were bigger than normal for the New Year's Day event. Jim has plans to meet the former chair of the LIAG and meet their current Webmaster when he goes to the OA Birthday in LA.
 - ii) Power Point position put together by Heidi and Jim shared. There has been concern from members of Intergroup about losing the OA connection by outsourcing for our Website re-design. Heidi serves as the perfect liaison to this project.
 - iii) Proposed motion to reimburse Heidi for hours she's worked for a total of 20 hours @ \$40/hour = \$800.
 - iv) In the interest of time, we motioned for 3 pros & 3 cons to paying Heidi for this service. Rita motioned to discuss. Maureen seconded the motion. Jan spoke in pro of this work done by Heidi and says that we have the money, Heidi has done the work and has the time right now to allow this service to be done. Rita asked for clarification in regards to the contract that we have already signed with Lisa and the web design company. Jan clarified that what we are under is a maintenance agreement. Heidi and Lisa will meet in the next week or so to discuss the future re-design. Jodie is thinking about the traditions and whether other members have been paid for this kind of service. Jan said, yes, there is the option to pay special workers when needed. Amy in pro of the work being done, wanted to add that the website is super important and that we are lucky to have someone able to do this work. This is going forward in the way it should. Carrie, under tradition 8 references the ability for us to hire special workers.
 - v) Vote was taken to pay Heidi and it was unanimous.
- d) **PI/PO** – Amy K. et al.
 - i) Amy reported that we had not met in a while. Proposing to meet via conference call so that it opens up to others. Proposing to meet just 4 times a year. Meeting January 16th is the next meeting planned at 7pm.
- e) **New Year's Day Luncheon**- Carolyn C.
 - i) On 12/21 had 61 people paid and committed (number gave to facility), prior to NYD, had 75 people committed; 10 had to cancel; there was an issue of having 5 people show

up the day of that the committee was not aware of—they said that they had spoken to someone not on the committee.

Eventbrite (online ticket site) was a positive way to have people sign up—10 signed up this way.

Able to honor \$35 per person at the door.

- ii) 70 people in attendance. Seamless in feedback—beyond someone preferring brunch to lunch.
- iii) Thank you to everyone on the committee who stepped up to make this turn out so well.
- iv) Jim put the recording up on the website.

- f) **Estes Park Retreat** – Jan B., Carrie S. - online registration inquiry for Jim & Heidi. Heidi and Jim will put registration on website and create a smaller URL to link to room reservation. Rachel, Amy and Jim are willing to be on committee for retreat.

8) **New Business**

- a) Rita nominates Maureen, Jan seconds and Unanimous Vote for Maureen to apply for the Corresponding Secretary. Carrie asked Maureen about how her service will affect her conscious contact with God. Maureen says that all of her service has helped her to get better. She had a conflict in the past with her position, but does not have any conflicts with the meeting times at this point in time. Jan asked whether Maureen would be ok going through the e-mails and going to Office Depot to get the printing done? Maureen says she is fine with all of those tasks. Maureen asked about the P.O. Box and Jan clarified that it has become the job of the Treasurer.
- b) Carolyn nominates Jodie for vice chair. Rachel seconded the nomination for Vice Chair. Jim asked Jodie what her meeting is like. Jodie goes to the 7am meeting with a lot of recovery and focus for the solution. It's a solid regular group. She moved here 8 months ago and has found this a very strong meeting. Jodie found the meeting on a website. Mike/Carolyn asked how long Jodie has been in the program. Been in since Oct. 2013. She has not binged since 2013. But has been in and working the program since then. Amy asked what her prior service positions have been in D.C. Jodie started sponsoring early on. She was the chair of a meeting and treasurer and the secretary for a different meeting. Never not held a service position, just not at the regional level.
- c) Both Maureen and Jodie were voted unanimously by 15 ballots each.

9) **Old Business**

10) **Good of the Order**

- a) Amy wants to acknowledge Jenn A. for her work as the MC at the New Year's Day Event. It was also a positive that so many members of Intergroup could show up at the event.
- b) Amy challenges us to just invite another member of OA to come to our meeting next month.
- c) Carolyn suggested that we get our sponsors &/or sponsees to be invited into the room.
- d) Rachel likes the idea of bringing a friend to the meeting, so as to spark the energy.
- e) Jim would like to have something shared in Recovery Road so that people can feel the love. Send your thoughts to news@oadenver.org
- f) Rita – we tabled the conversation regarding the website donations. Do we continue to raise funds for the website or do we rescind the money raising efforts. Jim thinks that we might wait until Heidi meets with Lisa to see what comes of that meeting. Jim thinks we should revisit this

in our February meeting. Jan feels that the web tech committee is continuing to grow because of the technical needs on a regular basis. Jan is wondering why we would retract the efforts to raise funds for the Website. Jan feels we should continue to get the word out about the website fund raising efforts. Jim feels like we could make the donation button clearer for members to contribute. Jim would like to get members to share their experience in writing on the website. Jim also made an additional plea for another person to volunteer their time for the web tech committee. Nickie has been mentioning to her group about the new website is coming.... put the hot button when the website starts to make changes. Jim will incorporate some kind of a fundraising thermometer.

- g)** Rita wants us to go back and review what we committed to in regards to raising funds so that we can hold ourselves accountable. Let's bring it to the next meeting. And make sure that we are following what we said or amending.

11) Adjournment and I Put My Hand in Yours

Respectfully submitted by Maggie. 1/1/18