

**Central Colorado Intergroup Meeting of Overeaters Anonymous**  
**Meeting Minutes for April 3, 2018**

In attendance: Carrie S., Jan B., Jodie R., Carolyn C., Heidi B., Mike K, Jim C, Beth\*, Lolo\*, Rachel S\*,  
Nickie\*, Nick\*, Tobin, Marcia V.\*     \* = Representing a meeting

1. **Call to Order The Set Aside Prayer. Meditation Reading on Service** - Jodie R. – the reading was from The 12 Traditions, pg. 202. **Tradition of the Month** – Tradition 3 – Trust, read by Nickie. **OA Concept Reading** – Concept 3 – the roll of World Service Business Conference, read by Beth. **Welcome to the Newcomer and Reminders to all about this meeting. 7<sup>th</sup> Tradition and Review, amend and approve DRAFT minutes** – approved, no additional edits. **Jim approved the amendments and moved to approve. All voted and approved.**
2. **Officer Reports** (10 minutes)  
**Chair** – Carrie S.
  - a. Many thanks to Nicole L. for volunteering this month to be our CCIG newcomer greeter! As well as many thanks to the small team of members- Amy, Rita and Carolyn for gathering again this past month to look at Increasing Attendance and Awareness for CCIG meetings.
  - b. Thx to Carolyn C. for bringing to the chairs attention that a Vision For You phone meeting is currently announcing another BB study weekend on their announcement section of their website. Carrie went ahead and reached out to the lead member asking if it were an option for our Sept. event to be posted. She did not get conclusive information back on this.
  - c. Joanne M. from CO. Springs, mailed CCIG the latest flyers for their Oct. event. Please do your best to announce this event. We want to help encourage as many members to support this Region 3 Assembly.
  - d. Carrie reached out to our Recording Secretary, Maggie G. who had put a lot of consideration into her service position with CCIG and came to the conclusion that at this time her program must come first. Many thanks to Maggie for trying on this three-month trial position. CCIG is currently looking for a member to fill that position.
  - e. Since March was a quiet month overall, Carrie felt inspired to share how she as a member carried the message in her own program. She took two proteges thru step three by reading line-by-line together up thru chapter 5 in the Big Book of Alcoholics Anonymous, as well as took a lengthy 5th step from another member. She attended a new meeting and also guided two of her home meetings members to join that same meeting. Thru networking, she helped a member back east, to find a sponsor here in Colorado. She researched a couple different ways to do a thorough tenth step thru locating a newly developed group of just over one hundred OA members who are using the Groupme app. to connect daily. Also, thru putting, “putting pen to paper” with a more detailed 4-9 process created by a local member here in Denver (please see the sample booklet available). Lastly, Carrie is currently working with a functional nutritionist herself, so that she can better refer others to seek this vital support with their food. This professional has even joined the Tuesday noon OA meeting on a few occasions to better understand our illness. How are we carrying the message of recovery in your own programs?
  - f. **Vice Chair** - Jodie R.
    - i. Communication shared with announcement format for meetings regarding fundraising for the website. Information was posted on the website.
  - g. **Corresponding Secretary – Still Vacant Seat – duties being supported by Jan.**
    - i. Lifeline handed out to Tobin as the newest member of the Committee.
  - h. **Treasurer** – Jan B.

- i. Still have money.... \$12,060.65 current balance.
- ii. Donations and Scholarships = \$840, Suggestion to 5 scholarships to the Region III Convention and 5 Scholarships to the Estes Park Retreat, which will use up the scholarship money. Discussion: Jodie asked if we could use the scholarship money for lodging. Mike shared that it was not a good idea, as it sets a precedence. Jim voted that we put the extra \$40 to the Estes Park retreat. \$290 to Estes Park/Denver Retreat. Jan moved for friendly amendment. Heidi seconded the motion. All approved.

### **3. Standing & Ad-hoc Committee Reports**

#### **a. Pub/Tech Website Committee – Jim C., Heidi B.**

- i. Since last month, a lot has happened. Heather, newly our hired web designer is busy. She has begun the beginning structure. We have beginning logo designs that have been shared with us tonight. There are two base designs that are being worked on for the website. Committee is hoping to have lots of folks at the May meeting to discuss the future of the website. We are on track and looking at a June completion date.
- ii. Heidi IG Chair from Milwaukee, contacted *our Heidi* to find out more about our website for their website. So, we are already able to share our work with others, as Heather will be helping out the MN Intergroup after ours for their website upgrade.
- iii. Jim was looking at the age of our sound recorders. We are going to buy 4 new recorders and also a speaker system that they used at the OA Birthday later this year.
- iv. Rachel S. asked if the speaker system is a Bluetooth system or wired? Jim said that it is portable and easily moved, but not Bluetooth. It is a powered speaker with a mixer, very technical and powerful. Heidi shared that this is what they were using at the OA Birthday and will work much better than what we have at the moment. The new system will work for our larger events, such as New Year's Day event and other events.

#### **b. Region III Rep/WSBC Delegates – Mike K.**

- i. Going to SLC in a couple of weeks for the Regional Assembly meeting. What you need to know: Guidelines for disruptive behavior at meetings & Guidelines for locally produced literature. Totals of donations from CCI totaled \$1,532.35 last year. As of February, for the current year, we have already donated \$775.65.
- ii. OA is discontinuing all of the Spanish Literature, so the publications are being sold dirt cheap! We might want to purchase some of it for the Health Fairs.
- iii. WS business conference in Albuquerque, Mike reviewed what made it to the final discussion list for voting. There are four pamphlets that are being considered for review/approval. "To the Family of the Compulsive Overeater" "To the Young Person", "Twelve Concepts of OA" and "Welcome Back". Mike is serving as the delegate Co-Chair to the Young Person's Committee. This is Mike's last year as the World Service Region Rep. But will serve an additional year on the Young Person's Committee as the delegate Co-Chair.

#### **c. Twelfth Step Within – Rita C. & Maureen J.**

- i. Not present to report.

#### **d. PI/PO – Amy K. et all**

- i. Trade Show Event "Your Weight Matters" @ Hilton City Denver Center – July 19 – 21<sup>st</sup> - Region III is looking for 4 to 5 people to help staff the booth which will be in Denver. We need to let them know if we are able to commit. It is a medical trade show. Heidi feels we should say yes. Marcia will be out of town, as will Amy. Carrie could do Thursday. Mike will do Friday. Jim could do Saturday. Jan made a motion to say yes. Jodie seconded. All in favor. Approved.

- ii. Health Fairs – Lots of openings available for service. Particularly need someone on Saturday, April 14<sup>th</sup> to assist. Contact Marcia V. if you know someone who can assist. Marcia passed around the list for folks to sign up to help out.

**e. Committee for Increasing CCI awareness & Attendance- Carolyn C.**

- i. Carolyn shared about the meeting of the committee, which was attended by herself, Amy K. and Rita C. They came up with a new Introduction to the Meeting which was read tonight. Also, there is a brief description for the Newcomer Greeter. We are still researching possible new meeting locations that will meet the qualifications of similar rent cost, easy access from all directions, parking, safe & possible public transportation.
- ii. Heidi thought we should add an explanation of the opportunity to abstain during votes to the new opening.

**4. New Business**

**a. Carpooling presentation w/Rachel & Tobin.**

- i. Rachel conducted a survey and got 28 responses. Shared the information in a display. Ways to share the information were through a list, announcements & Jodie, thanks for doing this. Has been at meetings in the past where there is a line in the format that asks if anyone needs a ride home from the meeting.
- ii. Tobin, hasn't had a vehicle for the last three years. Shared how frustrating it is to get to meetings without a car. Seems to be a Colorado thing where asking for or getting a ride is an inconvenience. If you are someone receiving a ride, it makes the meeting even more special. It helps you be more accountable. It is a wonderful way to enhance your recovery and service. The meeting before/after the meeting opportunity in the rides. Interactions in the car allow for
- iii. Rachel has heard other stories from people that travel from the mountains to go to meetings and they don't know each other in order to connect, save money and create fellowship.
- iv. Nickie would be receptive if she were a newcomer at a meeting. Add it to your meeting list that gets passed around in the meeting.
- v. Carolyn asked if it would be possible to add a click through on our website for people to link to a contact
- vi. Mike shared that he has been thinking about it a lot since last month. Shared the idea of "ROAM" - Rides to OA Meetings or Rides for OA Members – idea.
- vii. Would need a "Ride Coordinator", someone to develop the driver/rider sign-up list, assure driver's auto insurance, updating the list, frequency of updates.
- viii. Call for a vote to create ad-hoc committee: Rachel S. & Tobin H. to meet and discuss going forward. Would anyone else like to join the committee? Report back to us next month.

**1. Meeting List updates w/ Rachel –**

- a. Intergroup is not listed as an open meeting. Mike said that it is a Closed meeting and Carrie will be the contact person.
- b. Heidi shared that you can subscribe to the calendar as it is on the OA Denver website. The advantage is that you can see when the retreat is and other events. The entire meeting list will be on the calendar in the future.

**2. Other:**

- a. Mike suggested that the OA Denver Intergroup calendar should be on the task list of the Vice Chair. Heidi needs official guidance to get Jodie assigned to the e-mail list for her new position of Vice Chair.

**3. Still Need Recording & Corresponding Secretary positions filled.**

**5. Old Business**

**a. For Next Month: Language of Contributions**

**b. Purchasing Spanish Literature.** - Marcia will order 3 of each books to have on hand, or as many as we are able to order.

**6. Good of the Order – Who will volunteer to be our Newcomer Greeter at May's meeting?**

**a.** Lolo volunteered after the meeting to be the next Newcomer Greeter.

**7. Adjournment and I Put My Hand in Yours**