

Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes for- May 1, 2018

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

1. **Call to Order** -*please silence your electronic devices before the meeting*- and The Set Aside Prayer
2. **Meditation Reading on Service** - Jodie– the reading was from the Big Book pg. 97 starting "Never avoid.
3. **Tradition of the Month** – Tradition 5 – Trust, read by Mike K.
4. **OA Concept Reading** – First Paragraph of Concept 5 – read by Jim C.
5. **Spiritual time-keeper** - Heidi.
6. **7th Tradition and Review, amend and approve DRAFT minutes** – approved, no additional edits. Jim approved the amendments and Lolo seconded. Moved to approve. All voted and approved.
7. **Officer Reports** (10 minutes)

a. Chair – Carrie S.

Carrie attended the first committee meeting for the Estes Park Big Book Retreat. We had an amazing group of 11 members (two who were in their first few months of OA!). A clear explanation of the weekend was discussed, as well as the best way to carry the message to the newcomer. The celebration is that ALL 7 committees have a chair to guide them in their tasks. The Committee Chairs are: Registration/Treasurer: Jan B., Public Information: Jim C., Newcomer Greeter/Hospitality: Stacey K., Entertainment: Jen A., Signage: Rachel S., Literature: Pam R., MC: Wendy M., Roommate Finder: Carrie S.

Carrie also spoke with Jim after the meeting regarding areas we can focus on mailing the BB Retreat fliers, outside of CCI. She mailed a group to Colorado Springs as well as a contact in St. Louis. We had two members who wanted to call into the meeting, therefore, at the May 6th meeting we will be sure to open the conference call line for members.

Carrie assisted Heidi B. in kickstarting yet another new OA meeting that's being held at our 4th Natural Grocers location. It feels that this Divine outpouring of new meetings is highlighting the excitement being felt around Central Colorado. Carrie believe this is a direct result of the recovery being witnessed through working the steps by utilizing the directions found the Big Book of AA.

Carrie connected with our new Recording Secretary, Rachel S., to get her lined out with her service of making and bringing our vital copies to CCI. A thank you to Rachel for saving Jan from yet another month of two service positions. (Rachel A was however absent from the meeting.)

b. Vice Chair - Jodie R.

- i. No report

c. Corresponding Secretary – Still Vacant Seat – duties being supported by Jan.

d. Treasurer – Jan B. (excused absence from meeting)

8. Standing & Ad-hoc Committee Reports

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

- i. Colors are Blue for air, Green for mountains & trees & Yellowish for grains
- ii. The committee narrowed it down to two logos. Intergroup is not on it currently and there is no border.

- iii. Review of the home page: Hotline at top and the opportunity to donate. We will discuss the FB & Twitter Icons at the top. There is a Meetings List and Events List. There is a News BLOG area & an area with Podcasts, and the footer which has links to other webpages, tools, FAQ's, Questionnaire, etc.

- A. Next Page is Newcomers with their own area.
- B. Mobile device will come out and load first. It is barebones and has different formatting.
- C. Media & Press links to World Service./ Healthcare Providers links to World Service for Healthcare Providers./ Discussion about the first hit. Could we include a tab for the family? (Mike K said that there is not much provided to the family.)
- D. Carolyn asked who is on the hotline. Currently, Amy & Marcia. Jodie asked if we could discuss the hotline at our next meeting.
- E. We will discuss the FB & Twitter Icon on the page.

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

- i. Mike attended the Region III Assembly in SLC in April. The 12 Step Workbook is in the process of being updated so that it corresponds with the newly updated 12 & 12.
- ii. One thing handed out was a folding pocket guide on what questions to bring to your doctor or health care professional when you go.
- iii. Do's & Don'ts of what to say to newcomers and returning members is being worked on.
- iv. Region 3 had a \$20K surplus of funds. We voted to give \$10K to World Service Office. Other \$10K is going to be reviewed by the finance committee. Money may go to assisting members in attending the Regional Meetings.
- v. Next regional assembly will be in October in Colorado Springs.
- vi. Mike arrived early at the World Service Meeting in order to attend some meetings. Official business meetings started on 28th of April. Formal minutes will be produced by World Service and posted in the future. You can find further information on the OA.org website.
- vii. Trustee elections. Nominee for Region 6 did not receive enough votes.
- viii. New 12 & 12 sold 5,000 copies in the first week. Large print will soon be available on Amazon.com, maybe by the end of May. It will be printed on demand through Amazon.
- ix. Making efforts to get more men in OA. There is an on-line meeting.
- x. Summary of expenses respectfully submitted by Mike K.
- xi. Best experience: Watching the body as a whole try to do what is best for the body as a whole.
- xii. Could have lived without: creating an environment where all people have the opportunity to speak and ask questions.

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

- i. Not present to report.

d. PI/PO – Amy K. et al

- i. Monday meeting at noon resumes in June.
- ii. Health Fairs in full swing. Total of 15 attended. Looking at which locations benefit us being there and which ones do not.
- iii. Looking to hand off the responsibility to another person who will take the lead, but Amy will remain in assistance.
- iv. Monthly speaker meeting at S. Broadway Christian happening tomorrow night & is growing in attendance.
- v. Tried to order literature at a discount, struggled with it. Ended up being a bit over the \$100.

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

- i. Shared location research as it stands so far. She will be e-mailing the Committee between this meeting and June meeting with the details of two possible locations. A group consensus will be taken at the June meeting to decide if we will re-locate and meet elsewhere from July forward. The two potential new locations are: Denver United Church on S. Broadway in Denver and Highlands United Methodist Church in Denver.

9. New Business

a. Carpooling presentation w/Rachel.

- i. Update next month

1. Meeting List updates w/ Rachel & Rita–

- a. Updated format created and shared by Rachel. Taking out Outdated information.
- b. New format is double-sided, larger print. Cost is a bit increased from \$.03 - \$.06 per copy.
- c. Frequency, dates, all information was updated and confirmed.
- d. Change to weekly & monthly.
- e. Rachel proposed and was approved to move the document to the Cloud so that we can share easier.

2. Other:

- a. Marcia ordered the Spanish literature and handed it over to a meeting that might have more Spanish speaking meeting? Store with PI/PO box? Mike suggested that there might be a need on the Western Slope.

3. Still Need Recording & Corresponding Secretary positions filled.

10. Old Business

a. For Next Month: Good of the Order – Who will volunteer to be our Newcomer Greeter at May's meeting?

- b. Amy volunteered to be the next Newcomer Greeter. Carrie will be here early to greet.

11. Adjournment and I Put My Hand in Yours.