

**Central Colorado Intergroup Meeting of Overeaters Anonymous  
Meeting Minutes - Oct. 2, 2018**

**1. Call to Order and Serenity Prayer. Meditation Reading on Service** – read by Nickie L.

**Tradition of the Month** – Tradition 10. read by Maggie

**OA Concept Reading** – Concept 10 read by Rachel Sch.

**Introductions – Present at Meeting:** Marcia V., Jan B, Carrie S, Maggie G. Lize, Shelly, Rita C, Amy K, Nickie L, Rachel Sch, Carolyn C, Cathy, Heidi B., Shay and Becca as a call in.

**2.** Rita Offered to be the sacred timekeeper for our meeting.

**3. Welcome to the Newcomer and Our Preamble to the Meeting. Reminders 7<sup>th</sup> Tradition and Review, amend and approve DRAFT minutes-** Amendments made. Rachel motioned to pass minutes as amended. Nickie seconded the Minutes. All in Favor. Passed.

**4. Officer Reports**

**a. Chair – Carrie S.**

- i. Two major events occurred this past month! First, we must all celebrate that at last month's inaugural meeting here at this phenomenal new space, we had a total of 21 OA members gather. Which included 5 new meeting representatives. And word has it we can celebrate the Wednesday Grace UMC now has a new rep, Lize and Cathy filling in for Mile High and Shay attended our meeting as her 2<sup>nd</sup> OA meeting ever!
- ii. Secondly, this past month, CCIG can be very proud to announce we pulled off an amazing weekend from Desperation to Transformation. I'll save the over the top numbers for our wonderful registrar and treasure, the lovely Jan. B. Suffice it to say, the fact that I just got an email from a Chicago OA chair, asking if they can recreate our weekend...speaks for itself. And get this, she wasn't even at our event, and yet word had spread so loudly and so often this last two week, their intergroup chair is going to phone in to join in our last committee meeting- Sunday Oct. 7th at 4:30 at Jan B.'s home- to hear our wrap up.
- iii. Jan and I signed the next round of RTD posters that will carry the OA message at 10 bus shelters beginning before the biggest of all eating holidays, Thanksgiving. Beginning Nov. 11th, please keep your eyes peeled for our posters.
- iv. This coming month, please be sure to support our neighbors to the south, and join the R3 Assembly. "Acceptance Is Key" is the theme. We are very grateful to both Heidi B. and Jan B. for representing our Denver Intergroup. And, I'll be guiding meditative movement both Sat. & Sun mornings as well as speaking Sat. on steps 8 & 9. Carolyn is going to be speaking on three tools and sharing the information about the New Year's Day Event. Fun fun! The fellowship we crave!!

**b. Vice Chair – Vacant Position at this time. - Please Share At Your Meetings!!**

**c. Corresponding Secretary-** Rachel Sh. - nothing to report at this time.

**d. Treasurer – Jan B.**

- i. Packet of Information provided with final fiscal report. \$5,144 in the bank.
- ii. 149 Participants at the Big Book Retreat in The Rockies, after about 20 or more cancellations. Net Gain was \$2,564.33. Some money was spent on survey monkey to gain feedback on the event. There is a merchant card reader that we purchased that can be used for other events.
- iii. Thank you to the meetings that gave money to the scholarship fund.

- iv. Two potential changes to the proposed budget. Changed Retreat # to 0 because there will be no retreat next year. With the addition of the \$400 to Insurance, it altered our Prudent Reserves. Added some funds to the Com Tech Committee. Rita voiced she doesn't think that we need to spend down the money. We could save some money for our future advertising. Carolyn suggested that we put some money toward the New Year's Day Brunch to offset ticket price. Rachel Sch. suggested that we do provide money to other Intergroups and the New Year's Day Brunch. Amy K. suggested that we could offset the cost of the Brunch Ticket to \$25.
- v. Jan suggesting that \$300 goes to New Year's Day Event in order to lower cost of tickets by \$5.00 each. We have generous funds as an Intergroup, and by spending we are carrying the OA message. We have held onto funds in the past of \$10,000 with what seems like a fear to hold onto it, for what? As treasurer for a number of years and having been around for a while, she recommends that we USE the money.
- vi. Maggie asked to address the idea of sharing our funds with a struggling Intergroup. Jan also noted that we have contributed a considerable amount of money to scholarship funds for other Intergroups.
- vii. Rita moved that we increase the New Year's Day by \$500 and move it from Com Tech Committee. Rachel Sch seconded the motion. Unanimous vote.
- viii. Amended budget is approved and will move forward.

## 5. Standing & Ad-hoc Committee Reports

### a. Communications & Technology Committee – Heidi B.

- i. Amazing on-line committee meeting with children popping in and out. Beth has updated the Blogs. Recovery Road will be updated and used with Publisher. CC is helping to finalize the Recovery Road. The Blast did not get out but it will be going forward. The whole entire Estes BB retreat is uploaded and available to be listened to now. We are LIVE with our iPod podcast station. Search "Overeaters Anonymous Central Colorado" Podcast from any Apple Device. For Android users, you can download as MP3 or listen to live from OADenver.org. Survey was created but needs to be sent. Jobs still open: MP3 Recorder Holder, Text News Blasts, E-mail Blaster back-up person to Heidi, Mini Newscasters gathering news from all over the area on what is going on in your area. **PLEASE SHARE THIS INFO AT YOUR MEETINGS!!!**
- b. **Region III Rep/WSBC Delegates** – (open position) - Jan B. & Heidi B. are going to represent us for this one time only meeting. We still need reps for the next meeting. Meetings are Spring and Fall. Heidi & Jan will work on a blurb for the website with short job description so that we can direct members to the website if they are interested in the role.
- c. **Twelfth Step Within** – Rita C.
  - i. Idea Day will be happening at Grace United Methodist Church on Saturday, November 17<sup>th</sup>, 2018. 11:30am – 1:30pm. We need help in order pull it off. None of the organizers can attend the event. Please contact Rita C.
  - ii. Candlelight Meeting – Location TBD - December 10<sup>th</sup> - 6:30pm – There was a suggestion to consider a location more central than the Unity Church on University. Concerns with changing the location were shared.
- d. **New Year's Day Event – Update – Carolyn C.**
  - i. The Planning Committee had their first meeting. There were 4 attendees. The next meeting will be Wednesday, November 14, 6pm – 7:30pm at the Natural Grocer's on S. Broadway in Denver. We decided on a theme for the event, "Keep It Super Simple ~ Step One". We would like to keep the cost of the tickets reasonably priced, request that CCI earmark extra funds for this reason. Also request for members of CCI committee to consider speakers for our New Year's Day Event. We would like 3 speakers to speak for 10 minutes each on their experience with Step One. 1 who is new to program and the steps, 1 who perhaps has dealt with relapse and 1 member who has been around

for decades. If you think of a recovered person in program who fits one of these, please share the name of the person with Carolyn C.

- ii. Vote was taken to share \$500 toward New Year's Day Event so that all ticket prices can drop by \$5.00 each. Nickie L. motioned to pass the allocation of funds and Rachel Sch seconded it. All present voted unanimously.

e. **PI/PO** – Amy K.

- i. Reminder about the Speaker Meeting at S. Broadway 7pm – first time share
- ii. Recovery Health Fair @ Red Rocks Community College was successful.
- iii. Attempting to duplicate the High School Outreach program. If anyone has contacts at local high schools please share with Amy. Also, if you have interest in sharing your story.
- iv. Carolyn - Can we reach out to News Stations now about OA for the January Information Sessions? Carolyn offered to assist Amy in the process.

f. **Committee for Increasing CCI awareness & Attendance-** Carolyn C. - Nothing to report at this time, just the continued plea for folks to encourage any meeting that they attend to have a representative come to our monthly meeting.

6. **New Business**

- a. **Printing of Recovery Road** – New Editor of publication. We will work on getting it done earlier.

7. **Old Business**

8. **Good of the Order** – Another warm welcome to Lize, Cathy & Shay for attending their first CCI OA Business Meeting!

9. **Shelly will be our newcomer greeter next month.**

10. **Adjournment and close with the “We” version of The Serenity Prayer.**