

**Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - Sept. 4, 2018**

1. **Call to Order and Serenity Prayer. Meditation Reading on Service** – read by Jodie R.
Tradition of the Month – Tradition 9. read by Glen
OA Concept Reading – Concept 9. read by Maggie
Introductions – Present at Meeting: First Meeting – Glen & Joseph, Carrie, Jodie, Heidi, Carolyn, Maggie, Marcia, Amy, Rita, Jim, Foster, Nick, Nickie, Marcie, Rachel Sch, Jan, Carrie, Rachel S., Shana, Stina
2. **Welcome to the Newcomer and Our Preamble to the Meeting.** Amy K offered to be the time-keeper for the meeting. New business: RTD Posters up for renewal.
3. **Reminders 7th Tradition and Review, amend and approve DRAFT minutes** - moved to pass by Nickie. Jim 2nd the motion. 15 votes for yes to pass and 3 abstained. (10 minutes)
4. **Officer Reports** (15 minutes)
 - a. **Chair** – Carrie S.
 - i. Carrie did her best to recruit more CCIG representatives this past month. Thanks to HP, we are celebrating three new members (to Carrie's knowledge), First, Shana H. and Kelli R., who are sharing the service of representing the Tue. Mile High meeting. Next, we are blessed to also have a new rep. for the Thurs. Cherry Knolls meeting, Maggie G. Welcome and thanks to each of you for taking the action of joining this great opportunity, to help carry the message of recovery.
 - ii. A HUGE thanks to the Committee for Increasing CCIG Attendance and Awareness, and their work in securing us this amazing new hip and trendy "garage" for us to do our spiritual alchemy here! As well as a quick plug for "meeting before this meeting"! To Carrie's knowledge, there were at least two groups of OA CCIG members who chose to dine together prior to tonight's meeting! Thanks to our new digs, we've inadvertently opened up a whole new opportunity to dine together. Yay for the fellowship we crave.
 - iii. Congratulations to the newly assembled Com Tech Committee (hurray for this group- Beth U. and John F. are joining). Carrie was asked to write up two blog news articles: one for the Colorado Springs R3A & Convention, as well as a separate article to address our local OA members encouraging them to consider attending the BB Retreat if they could ONLY come up for Saturday. Please announce at your face-to-face meetings, that we are open for walk-ins Sat. Sept. 15th- it's a \$36 registration fee.
 - iv. Carrie continues to support the Estes Park Big Book Retreat. She and Jan have been tightening up the registration data that we're collecting, in the hopes that the actual registration will be more streamlined. Fingers crossed here people! The committee has met twice this past month. The skills and talents of individual OA members are shining through! We had one member, single handedly turn her logo graphic into a tee-shirts for purchase. Members are able to access this product from home, and we had something like 24 sold in the first week. It's all coming together nicely!
 - b. **Vice Chair** - Jodie R. - involved in the housing with the big book retreat at Estes Park. Great job with connecting people.
 - c. **Corresponding Secretary**- Rachel Sh. Nothing to report.
 - d. **Treasurer** – Jan B. (Budget Committee Report) - We spent our money this year!!! Budget committee met (Mike K, Foster & Jan). Increase to Literature and Corresponding Sec b/c of scanning of documents. Printing, budgeting a bit less due to more on-line access. However, going to change to \$600 for next year. Payment for new space is \$20/month, will pay one annual contribution to the church for The Garage space. Lowered Donations/Scholarships to \$500.

- i. Prudent Reserve Calculation – We are supposed to have 50% of our expenses in a prudent reserve to cover our needs. Came up with a figure of \$1,903.
- ii. Conversation about PIPO and the funds that we spent last year for Outreach and Advertising with the RTD bus sites. Potentially, we could get 9 posters for \$4,000. Rita came up with the challenge with trying to find spaces to meet that the locations require Insurance for our group. This has come up a couple of times. Should we consider getting an Insurance plan that allows us to carry riders for events that we have in locations that need or require it. (Jan – two ways to address this but we need to do research around the need.) Carolyn moved to pass the budget as proposed with amendments. Marcia seconded. 17 yes, 2 abstains.

5. Standing & Ad-hoc Committee Reports

- a. **Pub/Tech Website Committee** – Heidi B., Rita C., Beth U. - Had a 4 page update but there is a ton of work being done by too few people. Beth stepped up and helped us get her first Blog done. Carrie also is approved for blogging. Thank you to Rachel, Rita for Recovery Road and to Beth, and Jim! Anyone who can assist with the website, there is plenty of room for help! You can do this role from home.... contact Heidi.
 - i. Last thank you: Jim, best co-chair ever!! Moving on to take care of his life and recovery in other ways. Best of luck to you, Jim and thank you from the bottom of our hearts!
 - ii. It was pointed out that we needed more mention of Overeater's Anonymous on the home page and that has been updated.
 - iii. Jim shared about all that he has learned and how he is able to share his gifts forward.
- b. **Region III Rep/WSBC Delegates** – (open position) - Jan B. has been appointed to represent our community at the Colorado Springs and Heidi will go along as well. There is room for one other person, if anyone feels called to participate. You will have your registration paid, lodging and meals. Friday night through Sunday Noon. Please consider being a representative for this time. There is a Spring conference and a Fall Convention. We need someone to be a representative for a 2 or 4 year commitment. Please share with your local meetings.
- c. **Twelfth Step Within** – Rita C - looking toward the November meeting. 3rd Saturday.
 - i. New Year's Day – Wednesday, September 26th - 6pm – 7pm first meeting of committee
- d. **PI/PO** – Amy K. - Red Rocks Recovery Fair – September 25th - Checking on the time.
 - i. Monthly speaker meeting at S. Broadway Christian needs support.
 - ii. Health Fairs – looking for support from another in program to help with the organization.
 - iii. Special Focus meeting, once a month at member's house has increased technology.
 - iv. Increasing efforts to create outreach to local high schools and gathering interest in that involvement with this outreach. Please contact Amy if you have a contact at a high school.
 - v. All members are very busy in life, so it's been challenging to gather. If interested in joining be in touch.
- e. **Committee for Increasing CCI awareness & Attendance-** Carolyn C.
 - i. Please share the message with your local meetings regarding all of the service opportunities.

6. New Business

- a. **Printing of Recovery Road**
- b. **RTD Advertising up for renewal**
- c. **Retreat Update**
- d. **Elections for positions:**

- i. **Chair** - Carrie S.
- ii. **Vice Chair** - vacant
- iii. **Treasurer** – Jan B. (if someone would like to be mentored, this will be her last year)
- iv. **Rec. Secretary** – Kristen will need to run for official 1st year (Vote next month)
- v. **Corresponding Secretary** – Rachel Sch

7. Old Business

- a. **Vote for WSO Region III Representative** – Discussion of the requirements of the role.
 - i. Asked if there were any members willing to be that role and meet the requirements.
 - ii. Still vacant.

8. Good of the Order

- a. The question came up about the “good of the order” - what is it? It’s just something that maybe comes up like a burning desire as it relates to the meeting but doesn’t fall under any of the topics in the agenda.
- b. Amy shared that she has always tried to stay away from responsibility but that showing up has given her self-respect and a purpose for coming and being “a part of”.
- c. Card presented to Heidi as a Thank you for all of her work

9. Rachel Sch will call our newcomer greeter next month.

10. Adjournment and close with the Serenity Prayer.