

**Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - November 7, 2018**

1. **Call to Order and Serenity Prayer. Meditation Reading on Service** – read by Carrie S. **Tradition of the Month** – Tradition 11. read by Shana H. **OA Concept Reading** – Concept 11 read by Heidi B.
2. **Introductions – Present at Meeting:** Marcia V., Jan B, Carrie S, Maggie G., Lolo, Shana H., Amy K, Nickie L, Rachel Sch (needed to leave early), Carolyn C, Heidi B., Nick S. (8 meetings represented)
3. Heidi B. offered to be the sacred timekeeper for our meeting.
4. **Welcome to the Newcomer and Our Preamble to the Meeting. Reminders 7th Tradition and Review, amend and approve DRAFT minutes-** Amendments made. Jan B. motioned to pass minutes as amended. Amy K. seconded the Minutes. All in Favor. Passed.
5. **Officer Reports**
 - a. **Chair** – Carrie S.
 - i. Our southern OA Pikes Peak Serenity Intergroup put on a really great convention this past month. It was well attended and overall appeared to be enjoyed by those members attending. Carrie did service and spoke on steps 8-9 practices. She attended many other speakers from our CCIG area, such as Carolyn C's talk on a few tools, which was very well received! Many thanks also, to Jan B. and Heidi B. for representing us at the Region 3 Assembly business meetings. Let's be sure to hear from Jan, during her report, regarding her new insight around the Virtual Services Region meetings she attended.
 - ii. Carrie and Jan met to review the 2018 books and found that they were in order. Carolyn C. also volunteered to go thru them at a separate time. One point to be noted, is that Jan had forwarded \$2000 from her own personal savings into the CCIG account just prior to the Estes Park Big Book Retreat, in order to be sure we had adequate funds until Eventbrite funds were released after the event had ended. She then was able to reimburse herself these funds. There is adequate documentation of these transactions in the books.
 - iii. Carrie worked with a member who is taking actions to open a new OA meeting down south in the Castle Rock area. The member is planning to make this a Big Book study of the 12 steps, and is looking to host it on a weekday evening. Please help carry the message of this new meeting by keeping an eye on the OAdenver website for updates!
 - b. **Vice Chair – Vacant Position at this time. - Please Share At Your Meetings!!**
 - c. **Corresponding Secretary-** Rachel Sh.
 - d. **Recording Secretary** - Carolyn C.
 - e. **Treasurer** – Jan B.
 - i. We have the new budget for the first month. We have \$5,353.10 balance, with \$498. in meeting donations.
6. **Standing & Ad-hoc Committee Reports**
 - a. **Communications & Technology Committee** – Heidi B.
 - i. New member, Shannon, joining the team.

- ii. Amazing on-line committee meeting. Beth and Heidi have updated the Blogs. Recovery Road is updated in Publisher by Cecilia (Cece). Sharon joined the team and worked hard on the email blast and catching typos! YAY! Updates were done on events and the Traditions workshop was posted and State Convention MP3s were uploaded.
- iii. 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, Mini Newscasters gathering news from all over the area on what is going on in your area. **PLEASE SHARE THIS INFO AT YOUR MEETINGS!!!**
- iv. Carrie S. attended the Parker, Friday morning meeting needs to be posted on the website as a meeting to be attended! Moms & kids are welcome!
- b. **Region III Rep/WSBC Delegates** – (open position) - Jan B. presented the breakdown of expenses from the retreat. Fairly inexpensive at total cost of \$667.93 because of the location. Jan served on the Ways & Means Committee and learned a lot by attending the Committee meetings. She and Heidi had not received the documents needed in order to fully participate, but discussed the challenges. Only one motion was passed re: the convention proceeds. We really need to get a couple of representatives from our Intergroup because Jan is unable to attend the Spring Convention. Whoever can represent us should plan on being present for Friday afternoon/evening meetings because a lot of the work is done then. (see attached report from Jan with details.)
 - i. **Recommendation to create a Motion for WSO - Jan & Heidi** feel that we should make a motion for World Service, due by December 10th. We should as an organization have a Newcomer's Packet available to be downloaded for a suggestive donation of \$3.00. Even if it doesn't pass, at least we could start the conversation. Currently the only way to get a Newcomer Packet is to purchase it for \$3.50 and then pay an additional \$5.00 in postage.
 - A. If we set forth this motion, then we need to have a representative at the World Service Meeting, May 8th in Albuquerque, NM. Wed - Sat., Sunday departure.
 - B. Motion made by Carolyn C to create an adhoc committee to create the verbage to create a proposal to be voted on World Service Convention. Need to add a cost to the motion in order for it to pass. Jan B. & Heidi B. would like to be on the Adhoc committee. Nickie, Nick & Amy will join on Phone. Heidi will reach out to Jordan to join the phone call. All in favor of the Adhoc Committee to discuss the motion.
- c. **Twelfth Step Within** – Amy K. reporting for Rita C.
 - i. Idea Day will be happening at Grace United Methodist Church on Saturday, November 17th, 2018. 11:30am – 1:30pm. "Keep It Simple" Theme. There are a couple of members speaking at event and Amy K. will be organizing. Shana will assist Amy K in organizing on the day of.
 - ii. Candlelight Meeting – Unity Church - December 10th - 6:30pm - 8pm - "Celebrate Recovery"
 - iii. Speaker Meeting is tomorrow night and that meeting is growing.
- 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. Website e-mail blast will go out regarding the price increase after Nov. 16th.
- e. **PI/PO** – Amy K.
 - i. 9 News Health Fairs, Amy needs help to assist planning moving forward. Organizing starts in February and the Health Fairs go from April to May/June.
 - ii. STILL...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.
 - iii. Wanting to start up the presentations at Natural Grocers again to continue Outreach.
 - iv. Special Meeting on 1st Saturday now has a speaker and is increasing in attendee size with the call-ins. Last month there were 16 in attendance and 6 on the phone.
- 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.

7. New Business

- a. **Thanksgiving & Christmas Day Meetings List** - Carolyn C. - Meetings@OADenver.org - Rachel S. has been compiling a list of which meetings will be happening. Heidi will check with the ComTech committee to create a Blog regarding this topic.
- b. **Virtual Region Update - Region 11** - Jan B. - New Virtual Region to support Phone Meetings, Hybrid Meetings (like the Special Focus Meeting once a month at a member's house). First Regional Assembly will be January 11, 2019. If a phone meeting does not join this Region then they will be unaffiliated and they will technically not be a part of OA. Hybrid meetings will have to choose either their local Intergroup or the Virtual Region. Looking for support and representatives for World Service.
- c. **Young Person's Phone Meeting** - Thursdays, 6pm AK time, Ph: 605-472-5395, ID#378978
Young Person is any person that came into OA between 18 and 30 years old.
- d. **ZOOM CALL ACCOUNT** - to be discussed at next month's meeting. We would like to set up a monthly small fee account so that we can utilize it for our Monthly Intergroup meetings as well as our smaller adhoc committee meetings.

8. **Old Business** - Still looking for people to fill the open seats on committee. Vice Chair & Rec. Secretary

9. Good of the Order –

- a. **Nickie** - Sharing about the Sunday woman's meeting - the meeting is growing. Last week there were 5 newcomers. People are showing up because of the updates on the website.
- b. **Heidi** - Shared that our grassroots efforts in Denver is really inspiring other Intergroups.

10. Amy K & Carolyn C will be our newcomer greeter next month.

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