

--FINAL--
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - March 5, 2019

1. **Call to Order and Serenity Prayer.**
2. **Introductions – 11 Present at Meeting:** Nickie L., Rachel S., Amy K*, Grace, Maggie*, Marcia*, Phyllis*, Don*, Carolyn*, Heidi B.* (*indicate representing a meeting) *There were no newcomers present.*
3. Marcia V. 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. Marcia V. motioned to pass minutes as amended. Nickie L seconded. Minutes unanimously accepted.
5. **Meditation Reading on Service –** read by Don. **Tradition of the Month –** Tradition 3 read by Rachel S. **OA Concept Reading –** Concept 3 not read, missing the literature.
6. **Officer Reports**
 - a. **Chair –** Carrie S. (out sick)
 - i. A special thank you to Nickie L for stepping up to lead last month, as well as to officially become our new Vice Chair. Thanks so much Nickie for also checking in to see how she could support today's meeting!
 - ii. Special thanks to Mike K. for his service of leading the group through his Presentation of the motions for the upcoming World Service Business Conference as well as the Agenda for that event.
 - iii. Thanks to Rachel Sch. for her service of announcing the WSBC documents she printed last month of the YPC- Please be sure to announce this service need at your meetings:
 1. The Young Persons' Committee is looking for OA members who are able to share their experience, strength, and hope as a speaker for a series of young persons' podcasts. The committee is asking the board and chairs to distribute this information to your members, groups, and service bodies. The interactive questionnaire (detailed instructions included) should be completed by January 31, 2021.
 2. Thanks to Jan and Heidi for the kind motivation and leadership that drove Carrie's willingness to join them in May to the WSBC in Albuquerque. As Jan and Heidi worked diligently to craft our CCIG motion that will support newcomers searching OA for information so that they can receive it immediately, as well as support language translation. Verse the current paradigm that does not support 60 language. We feel this is really a step in the right direction. Jan, Heidi and Carrie are all registered and have reserved their Airbnb for the conference.
 3. Jan asked Carrie to support her by picking up the mail and depositing the two 7th tradition checks, which she did.
 4. Special thanks to Rita and our 12th Step Within committee, as Carrie attended the Unity Day celebration and really experienced unity amongst the members who attended.

5. Lastly, Carrie reached out the last months new CCIG members, to connect and thank them for attending. Two of those members asked to be added to our monthly document email group. And another offered to do our meditation reading on service. Thanks Don!

- b. **Vice Chair** – Nickie L. - nothing to report.
- c. **Corresponding Secretary**- Rachel Sh. - (excused absence) no copies to hand out due to last minute changes. Rachel Sa. will pick up the copies from the UPS copy shop and will help to disseminate the information this month.
- d. **Recording Secretary** - Carolyn C. still sitting in as acting Rec.Sec.
- e. **Treasurer** – Jan B (excused absence)
 - i. \$7,491.03 in the bank. Contributions were paid.

7. Standing & Ad-hoc Committee Reports

- a. **Communications & Technology Committee** – Heidi B.
 - i. Thank you to Amy K for sharing her original photography for the website. If anyone else has pictures that wants to share, please share with photos@oadenver.org and we will lower the resolution for the website.
 - ii. Thank you to Shannon G for her awesome article on National Eating Disorders and for the wonderful email blast.
 - iii. Thank you to Beth U and Rachel P for blogging and working on OADenver.org.
 - iv. Thank you to Rachel S for keeping the meeting list updated and posting it.
 - v. Recovery Road editor this quarter is Heidi, while the new template is being worked on and moved to Word.
 - vi. At least 2 intergroups are using our template. Ann Arbor is completed so far. We hope to add a page on our site for other interested IGs. Excited to test out a podcast script from John K who already uses for the Vision4You website and podcasts. Categories seem to have some ongoing issues with our Events calendar. A ticketing system will be coming this year so that it will be easier for all users to submit changes and updates, it will also help to manage the updating process with a change and issue tracking history.
 - vii. **UPDATED POSTS:** Recovery Road, Meeting List and CCI Meeting Minutes.
 - viii. **NEW BLOGS:**
 - A. New Newcomer Pamphlets for just \$1.
 - B. Young People Survey - available on-line for all to take.
 - C. National Eating Disorder Week-last week.
 - D. Chicagoland Retreat this summer.
 - E. CO State Convention at ALoft in Broomfield, Oct 4-6, 2019.
 - F. AVision4You BB Retreat in Newark, NJ Nov 15-17, 2019.
 - ix. New information came in since the eblast and RR newsletter was completed--The March Traditions Retreat has been rescheduled with a new focus, a journey through Steps 10, 11 & 12, "Rocketed Into the 4th Dimension" is Aug 9-11 @ Sunrise Ranch in Loveland, Colorado.
 - x. Rachel Sa. shared that we are piloting a car share on-line program. We are testing it now with Intergroup, but the idea is to make it available for meetings. Please share any names and info with Rachel if we know of people that currently need rides to weekly meetings.
 - A. If we buy the software for the year it's about \$100 for the year and we could impose more control on the posting of information.
- b. **Region III Rep/WSBC Delegates** – (open position) -
 - i. Heidi shared that we will send Jan B, Carrie S & Heidi to go to the World Service Business Conference in Albuquerque in May so that our motion can be presented. An airBNB has been reserved to save money for the three to lodge.

- c. **Twelfth Step Within** – Rachel S & Grace L.
 - i. Unity Day - Feb. 23 - 11:30am - 1:00pm at Shepherd of the Hills - was successful. About 16 people were present and one call in. Theme was about what you have done in Program that has been impactful to their recovery. We may never know how we impact others.
 - ii. Rachel S & Grace L will be co-chairing the committee. They met with Rita and Amy to work on a transition and plan.
 - iii. Rachel and Grace will be reaching out to others to create a calendar of events.
- d. **New Year's Day Event** – Carolyn C.
 - i. Nothing to report until August/September
- e. **PI/PO** – Amy K.
 - i. Maggie and Amy K have been working on the 9Healthfair and PI/PO. There will likely be 9 - 12 locations where we will be represented. We will utilize "sign-up Genius" online so that we can get volunteers without having to go to all the meetings. Events start in April.
 - ii. Speaker meeting on the first Wednesday night of the month. All are welcome.
 - iii. Special Focus meeting on the first Saturday of the month, gaining interest.
 - iv. Nickie shared that she participated last year and went to 4 or 5 different locations and it was a nice opportunity to connect with others in program.
- f. **Committee for Increasing CCI awareness & Attendance-** Carolyn C.
 - i. The Garage was not unlocked in a timely fashion tonight and Carolyn will follow-up to make sure that we do not have this problem in the future.

8. New Business

- a. Rachel S is very interested in making sure that we have a Spanish speaking presence with our community. There is currently no local Spanish speaking OA group.
- b. Amy K shared that as a participant with the Hotline, she is interested in incorporating the Spanish Speaking option with our hotline.

9. Old Business

- a. Carolyn mailed the questionnaire to World Service from our Intergroup before the deadline and will confirm the delivery was prior to March 7th.

10. Good of the Order –

- a. Amy had a question about people who didn't have cars in the Wash Park area and was wondering who may be in that area in order to connect folks. She will keep in contact with Rachel S to see how we can assist with the carpooling feature.

11. Phyllis will be our newcomer greeter next month. Phyllis, Marcia & Don will be here early to set up.

12. Adjournment and close with the "We" version of The Serenity Prayer.