

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - June 4, 2019

1. **Call to Order** and reading of the **Serenity Prayer**.
2. **Meditation Reading on Service** – read by Don **Tradition of the Month** – Excerpt of Tradition 6 read by Cassie **OA Concept Reading** – Concept 6 read by Peggy.
3. Rachel Sch. 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-** Only amendment made was the date. Jan B. motioned to pass minutes as amended. Maggie seconded. Minutes unanimously accepted.
5. **Introductions – 10 Present at Meeting:** Nickie L, Don, Carrie*, Maggie*, Rachel Sch, Peggy*, Jan B. *, Heidi*, Carolyn, Cassie* (*indicate representing a meeting)
6. **Officer Reports**
 - a. **Chair – Carrie S.**
 - i. 2019 WSBC Individual Report- from Carrie S.
 - ii. It's an honor to pass along my experience of attending this conference, in order to be a link in the chain of passing forward the essence of what happens, both the results as well as the process and the emotional experience.
 - iii. There were 188 eligible voters in attendance at this conference. Coming from many different countries such as Italy, Germany, Israel, England, Costa Rica, Greece, Scotland, Spain, Brazil, Canada, Portugal, Sweden and Australia.
 - iv. My first day was spent working closely for 7 hours in a committee of 15 members on the Young Persons Committee. This committee has been functioning for the past 21 years. It was apparent that this years attendance & an increase in size was greatly appreciated. The work & resources that came from last year were presented:
 - a.) there is a Young Persons Meeting format available now on oa.org
 - b.) a letter for internal OA use to address the Young Person was created for both groups and service bodies, and this is also available now on oa.org
 - c.) an informational page on Facebook for the Young Person has been up and current this past year
 - v. As a new member of the Young Person's committee, I was grateful to be guided that it's expected each member commit to one year of service work in their preferred sub-committee. I chose to help with creating a slide deck for internal use on how we can best reach the YP. There are three others who are on my committee, and we worked together to layout a plan of actions to move forward over the upcoming year. I also committed to helping monitor the YP Facebook page. Which I was able to meet over lunch during the WSBC to get a lesson on how to keep the page current.
 - vi. I attended the workshop: Attracting YP. At this offering two members gave their experience, strength and hope of how first coming into the rooms of OA were challenging. They each gave insights as to how we as older members now, can connect with and help the younger members feel more welcomed. Examples such as, extra hugs, and treating them differently (parenting energy) needed to be avoided at all costs. Rather, treating them as an equal was imperative. No better no worse but through humility that we were all younger ourselves at one point & recall how challenging it may have felt for us.
 - vii. The literature that was approved at Conference was a book called: Body Image, Relationships and Sexuality: Personal Journey to Recovery in OA. This experience was very special for me to be a witness to the emotion in the room, when we as a service body was united in passing this literature. There was no cons or debate!

- viii. I'd definitely be willing to do this service of joining the WSBC again. The level of consciousness and deep desire to do the best for OA is palpable in the rooms. As well as the feeling that God's presence is invited in (for example each seat had a nickel placed upside down, so we could each, "Turn it over & read, 'In God We Trust'". As a Green Dot, I felt cared for and well guided by my mentor assigned to me. She kept me informed as well as invited me to eat lunch with her on the first day. I met many new members who I felt I deeply connected with over the four day experience.
- b. **Vice Chair** - Nickie, nothing major to share. Gave a short recap of the last meeting.
- c. **Corresponding Secretary**- Rachel Sh. - *Service Opportunity Open Soon*. They only charge us \$30. which might not be the same in the future. Rachel will introduce the new person to the staff at the FedEx store.
- d. **Recording Secretary** - Carolyn C. still sitting in as acting Rec.Sec. *Service Opportunity Open Soon*.
- e. **Treasurer** – Jan B is training Maggie in her role as Acting Treasurer.
 - i. Mistake - April report was shared and not May's. Will update us next month. And can share the correct reports tomorrow via e-mail.
 - ii. The health of the organization is fine.
 - iii. Jan made a motion to amend the \$200 contribution from last month to \$300 to Northern Colorado for Convention and \$200 to New Year's Day Event. Heidi seconded the motion. Nine voted yes, 1 abstained.

7. Standing & Ad-hoc Committee Reports

- a. **Communications & Technology Committee** – Heidi B.
 - i. **THANKS YOUS: Shannon G** for a wonderful email blast. **Rachel P** for blogging and working on OADenver.org. **Heidi B.** for updating Recovery Road this month. Welcome **Danna B** to the team and congratulations for learning how to update and post the meeting list and meeting calendar! Thank you **Rachel Sa** for all your service and for training your replacement.
 - ii. We are up to **almost 400 subscribers** for the news eblast using MailChimp.
 - iii. The Recovery Road **makeover** and update is coming. Our web designer will only do the masthead. Heidi and the team is moving re-format a new Word template for RR, then Heather will do her magic on the masthead, so everything will match all our website graphics.
 - iv. New Update: **5 intergroups** are approved to use our free **OA Denver Hope Wordpress Website template**. With all the questions coming about it, we are going to add a link at the bottom of our site for other interested IGs.
 - v. We have had **NO issues** with the website recently where our "categories" were causing issues with our Events calendar. **A ticketing system** is still 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.
 - vi. **2019 Podcasts** will be upload to website and will feed into iTunes. *Very sorry for the delay*. We will get that caught up. Also, a new recording system is going to be researched and explored as new technology has new options.
 - vii. **PODCASTS: *New Podcast Position** is open for a person to manage uploading and managing our Podcasts, that feed into iTunes. We have 1 speaker meeting each month and several events per year. Please contact anyone from Intergroup or Heidi, pubchair@oadenver.org.
 - viii. **SERVICE NEEDED FOR TODAY:** Who would like to be the recorder for the Monthly Speaker Meeting on the First Wednesday? *TIP: the red light lights up when it is recording.*

- ix. **UPDATED POSTS:** Recovery Road, Meeting List and back issues of CCI Meeting Minutes.
- x. **NEWS BLOGS:** Most events have updated their flyers and news the past month. So we updated the event blogs too.
- xi. **June 18 is registration deadline** to attend the summer retreat “Rocketed into the 4th Dimension” journey through steps 10, 11, 12, Aug 9-11 at Sunrise Ranch in Loveland, CO.
- xii. eBlast added: WSBC News. Fellowship of the Spirit Retreat July 25-28. Silent Retreat Oct 25-27 in Pecos, NM. OA Basics: A new Monthlong Phone Workshop.
- xiii. **RECENT BLOGS:** New Address for Central Colorado Intergroup. Reminder: Monthly Speaker Meeting. New Newcomer Pamphlets for just \$1. Young People Survey - available on-line for all to take. National Eating Disorder Week. CO State Convention at ALoft in Broomfield, Oct 4-6, 2019. AVision4You BB Retreat in Newark, NJ, Nov 15-17, 2019. Chicagoland Retreat this summer (same weekend as 4th Dimension Retreat). Summer Retreat: a journey through Steps 10, 11 & 12, “Rocketed Into the 4th Dimension” is Aug 9-11 @ Sunrise Ranch in Loveland, Colorado.
- xiv. Opened up the discussion on what is going on with the Commuter Website and \$100 donation, to start the carpooling website/app? Carrie recommended that Rachel Sa comes to the meeting next month to further discuss the organization of this new feature.
- xv. Heidi shared that the TechSoup website would offer us further opportunities for discounts on technology products like Zoom for \$65/yr instead of \$144/yr provide web connect meetings.
- b. **Region III Rep/WSBC Delegates** – (open position) -
 - i. Jan B, Carrie S, Heidi & Jordan L.
 - ii. Restructuring the OA Board of Trustees (BOT). Reduce the BOT from 17 to 12 Trustees as terms are filled. It is planned that by 2024 there will be 12 BOT. There Trustees and General Service Trustee. Number of Regions will also be reduced. Regions will be asked to step up for communications that are usually sent to BOT. This restructuring is being done not only to save money, but to be more efficient and better use of resources.
 - iii. OA World Service experienced a positive cash flow of \$350,098.80 in 2018. This is due to the sale of the Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition; The Twelve Step Workbook of Overeaters Anonymous; and digital literature exceeded the budget by about \$182,000. Tradition Seven contributions exceeded the budget by about \$100,000. Last year we introduced our first Annual Appeal letter, and your member response added \$23,341.11.
 - iv. Body Image Relationships and Sexuality - Personal Journeys Recovery In OA Manuscript passed - look for the new book!
 - v. New Pamphlet Dignity of Choice - Establishing a Plan of Eating combines “A Plan of Eating” and Dignity of Choice Pamphlets. Motion Failed 119 YES 64 NO not 2/3
 - vi. New Pamphlet Welcome Back. Suggestions for Members in Relapse and for Those Who Care, combines the two pamphlets “Welcome Back” and “Members in Relapse” passed look for the new pamphlet!
 - vii. Proposal to use google search on OA.org at no charge because we are a non-profit. Motion Passed
 - viii. Our Motion P Move that the BOT consider alternative ways to make the newcomer packet information available online, was postponed indefinitely. The Newcomer Package was replaced by the “Where do I Start?” The Board has been looking into different ways to make available literature for a price. Our Motion was outdated by these events; however, it was heard what our concern and intent was. I think this will have some effect on the restructuring of website and the offering of information and literature.
 - ix. Mike K Provided us laminated cards of the Serenity Prayer. We found the cards quite useful. Thank you, Mike K., We did pray a lot!
 - x. Expenses for sending 3 Representatives and 1 Alternate: Lodging \$398. Mileage \$351--.58 Business .14 Charitable (.72/2= .36) 976 Miles. Food \$472. Registration 447. Total \$1,669.76.

- xi. Jan B received an e-mail letter from a member in Thailand who supports the Motion that we submitted but did not pass this time around.
- xii. Heidi shared her experiences with the Web technology advancements and committee work. Heidi would like to offer to go to the Region III meeting in Las Vegas in October to share how CCIG has had great success advancing technology and to have a sharing meeting next year at WSBC of what technology from around the OA community about "What Technology IS Working for OA Groups".
- xiii. Carrie shared about "Each One - Reach One" - share the information with your Doctor about OA this year. Nickie and Jan both thought that we should order a bunch of the Health Professionals Pamphlets. Rachel Sch motioned that we spend \$50 on purchasing these. Cassie seconded the motion. Passed.
- xiv. Heidi also wanted to thank Nick for also attending the Conference.
- c. **Twelfth Step Within** – Rachel Sa (representing for Julia & Sayury)
 - i. Nothing to report.
- d. **PI/PO** – Amy K. & Maggie- *Service Opportunity Open*.
 - i. Nothing to report at this time.

8. New Business

- a. Carrie - San Diego Intergroup has a "Young Person's Chairperson" - person works closely with PIPO. Consideration to add this role and propose to have this position start in our Intergroup in September.
 - i. Cassie really interested in filling this role in a few months.
 - ii. Heidi moved to start a Young Person "YP" Committee.
 - iii. Rachel Sch suggested that we put out communications about forming the committee and supporting the formation of the committee.
 - iv. Carrie said that there was an abstinent requirement and a participation guidelines for attendance at the Intergroup.
 - v. Rachel Sch made a motion to come up with information to share with our meetings in regards to the Young Person's Committee, as well as a Chairperson
- b. There is currently a Young Person's Phone Meeting weekly on Thursday nights at 8pm MT.

9. Old Business

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9. Good of the Order –

- i. Don celebrated 31 years of sobriety today.
- ii. Jan B a Lifeline for Cassie!
- iii. Ideas for getting more interest to the meeting. Perhaps having a 10 minute share before the meeting, or some kind of a share before the Intergroup. Rachel Sch suggested that we reinvigorate the ad hoc committee for Increasing CCI Awareness.
- iv. Carolyn will reach out to the church about extending the dates, as well as opening at 6:30pm for folks to share a meal and/or have fellowship ahead of time.

10. Cassie will be our newcomer greeter next month. Nickie will be here early to set up.

11. Adjournment and closed with the Third Step Prayer.