

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - July 2, 2019

1. **Call to Order** and reading of the **Serenity Prayer**.
2. **Meditation Reading on Service** – read by Cassie; “**How to Keep Them Coming Back**” in OA Handbook for Members, Groups, and Service Bodies; Recovery Opportunities read by Nickie
3. Nickie 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** - Nick motioned to pass minutes as amended. Nickie seconded. Minutes unanimously accepted.
5. **Introductions – 9 Present at Meeting:** Carrie, Maggie*, Heidi, Nick*, Mal*, Cassie*, Rachel P. *, Nickie, Jordan L.(via Zoon) (*indicate representing a meeting)
6. **Officer Reports**
 - a. **Chair** – Carrie S.
 - i. Carrie worked with Rachel Sal. to relay to her what was discussed at last months CCIG regarding the carpool app about a month ago. She agreed to the suggested Ad-Hoc committee and moved forward to secure the carpooling app. Carrie then mailed her a reimbursement check for \$100.
 - ii. Carrie ordered and received the two items of literature from oa.org, that was also discussed at last month’s meeting. She spent \$48.50 of the \$50 budget. “Each One Reach One” pamphlet to share with health professionals and two handbooks for service bodies. OA is no longer printing the twelve traditions pamphlet.
 - iii. Carrie was able to attend the Boulder Sat. 9am meeting and connected with the Chair of the upcoming OA State Convention- Oct. 4-6 at the Aloft hotel. That member was able to send us 100 copies of the registration flyers in time for us to have them for tonight's meeting. Please be sure to talk about this event at your face-to-face meetings so that we can support turnout. Registration is \$100 before Sept. 1, which is a \$25 difference.
 - iv. Sadly, the Golden Thursday night meeting has closed its doors, after a good run of 5.5 years. Carrie was able to support a small group conscience by connecting the two mainstays in a three-way conference call. It was decided that one member would attend for the last time on June 27 to gather the literature and materials. Carrie took care of contacting oa.org and our local connections to take it off the meeting list. Carrie and others will be looking at new times and locations in the fall to replace the meeting.
 - b. **Vice Chair** - Nickie. Nothing to report.
 - c. **Corresponding Secretary**- Rachel Sh. - *Service Opportunity Open Soon*. Excused absence.
 - d. **Recording Secretary** - Rachel P. volunteered service for the meeting as Rec.Sec. *Service Opportunity Open Soon*.
 - e. **Treasurer** – Jan B is training Maggie in her role as Treasurer. (Jan excused absence)
 - i. New spreadsheet has the May and June summary.
 - ii. June total income was \$150
 - iii. Reimbursed literature order, printing for June meeting, and amended \$300 donation made for convention scholarship
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 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!
- ii. We are up to **almost 400 subscribers** for the news eblast using MailChimp.
 - iii. Five intergroups are using the oadenver Wordpress template.
 - iv. Updates to version WordPress 5.2 came and thus our OA Denver Hope WordPress template was updated, and Heather sent updates to other intergroups using our template..
 - v. **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. We are working with John K.'s podcast script that allows us to fill in metadata for podcasts to make it sound professional when it hits iTunes. Updating most recent podcasts first and going back from there. The recorder picks up sound that needs to be edited. Committee will be looking at software we can use for recordings, and we will purchase a microphone.
 - vi. Rachel P. will record the speaker meeting on July 3.
 - 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 pubchair@oadenver.org.
 - viii. **UPDATED POSTS:** Recovery Road, Meeting List and CCI Meeting Minutes.
 - ix. **NEWS BLOGS:** 2 events have updated their flyers and news the past month.
 - x. **June 18 is registration deadline** was extended, but NO DATE was told to us, so we just put "deadline extended" 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. Not sure on date, so blog says it was extended.
 - xi. 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.
 - xii. **RECENT BLOGS:** New Address for Central Colorado Intergroup. Reminder: Monthly Speaker Meeting. New Newcomer Pamphlets for just \$1. Young People Survey - available online 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).
 - xiii. We will run a few trials on Zoom with Jordan from Gunnison before we subscribe to the full version.
 - xiv. Rachel Sa. tested commuter software, but it was not what she thought it would be, so she has asked for a refund of the \$100. She is on vacation now and more to come when she returns.
- b. **Region III Rep/WSBC Delegates** – (open position) -
 - i. Jordan joined via Zoom from Gunnison, Jordan was heavily involved with YP committee at the WSBC.
 - ii. Thursday night YP phone meeting has four regulars. Changed time to 7:30 MST Thursday nights. Formalizing format and getting it more established. Jordan purchased literature for topics. Jordan asked Carrie to update facebook page with the time change.
 - iii. Jordan wanting to start a face-to-face meeting in Gunnison. Carrie will get in touch with Jordan to discuss.
 - c. **Twelfth Step Within** – Rachel Sa (representing for Julia & Sayury)
 - i. No representative present
 - d. **PI/PO** – Amy K. & Maggie- *Service Opportunity Open.*
 - i. *Nothing to report*

8. New Business

- a. Mal proposing that people should not bring food into meetings.
 - i. Carrie read tradition four in response.

- ii. Heidi shared about autonomy and various meetings that have different rules and regulations.
- iii. Nick shared that meetings he attends does not have food.
- iv. Rachel P. shared that it's best for group conscience should determine this.
- v. Maggie shared she can see both sides of it; needing to adhere to food plan timing yet the food potentially triggering others.
- vi. Mal shared she had seen a child eating sweet foods at a meeting, and those foods could be triggering. New people might not interpret that in a reasonable way.
- vii. Carrie shared that she attends a noon meeting, and the group has repeatedly voted for no food in the meeting.
- viii. Nickie shared she has not experienced food at meeting and sees both sides of it and that individual group conscience is the right place for that, suggested designation on meeting list.
- b. Board positions are rotating in a few months. Carrie will write up requirements for taking on a position on the board for publication in Recovery Road, will provide to Tech Committee.
- c. Meeting list needs to be updated for the Monday night meeting - should be 6:30.
- d. Mal would like to lead a free meditation session for OA members. Carrie referred Mal to the Twelve Step Within Committee.
- e. Mal would like Texas retreat publicized - Heidi said we can post on the blog and possibly an email blast. Rachel P. will write a blog post about it.
- f. Heidi mentioned the August retreat does not have enough registered, the cost is super low, \$0, just room and board for \$100/ish per night. Maybe people are concerned it's steps 10-12.
 - i. Mal said newcomers can get a lot out of it regardless.

9. Old Business

- g. 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. There is currently a Young Person's Phone Meeting weekly on Thursday nights at 8pm MT.
 - ii. Heidi - happy to set up the email address for the committee
 - iii. This will be included in the available board positions write up that Carrie will complete.

9. Good of the Order –

- i. Thanks to Cassie and Nick for setting up.
- ii. Heidi celebrating one year sobriety from alcohol.
- iii. Rachel P. celebrating 14 months abstinent.
- iv. Mal celebrating 11 years abstinence.
- v. Nick celebrated 10 years in OA.
- vi. Carrie celebrated 7 years in OA last month.

10. Rachel will be our newcomer greeter next month. Nickie will be here early to set up. Mal will do the Meditation Reading on Service next month.

11. Adjournment and closed with the Third Step Prayer.