

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - August 6, 2019

1. **Call to Order** and reading of the **Serenity Prayer**.
2. **Meditation Reading on Service – “How to Keep Them Coming Back”** in OA Handbook for Members, Groups, and Service Bodies; Recovery Opportunities read by Nickie; **For Today reading** read by Rachel Sch.
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** - Marcia motioned to pass minutes as amended. Rachel Sch. seconded. Minutes unanimously accepted.
 - a. Glenda proposed adding the start and end times to meeting minutes.
5. **Introductions – 9 Present at Meeting:** Carrie, Cindy*, Nickie, Nick*, Marcia*, Cassie*, Rachel P.*, Maggie*, Rachel Sch.*, Heidi, Glenda (*indicate representing a meeting)
6. **Officer Reports**
 - a. **Chair – Carrie S.**
 - i. Carrie received a forwarded email from Jan B. regarding the need to file a our Periodic Report with Co. Sec. of State for our non-profit status. She connected with Heidi B. and Jan to point out that the report is not due until Oct. 31, and should be able to help until we secure a more centrally located address for CCIG, that we can then use on the report. Jan mentioned that when the report does get filed, we can update the treasurer, as it is Vera’s name currently.
 1. Heidi discussed specifying address with Unit # at the UPS Store, instead of PO Box. This will help with our Google listing. Google requires physical addresses.
 2. All of the mail is currently going to Jan’s house.
 3. Rachel Sch. will find out how much it costs to rent a box at the UPS Store on Sheridan. She will notify Maggie. There is a budget line for postage: \$125 per year.
 4. Heidi also proposed setting up an email address with the “USPS Informed Delivery” account so we can track the mail electronically (mail@oadenver.org).
 - ii. Jordan L. had asked Carrie to update facebook page with the new time change of the YP phone meeting, which she did.
 - iii. She also connected with Jordan regarding supporting her endeavor to begin a face-to-face meeting in her mountain hometown. As an Intergroup, can we please discuss possible monetary or literature gifts to support this meeting getting off the ground?
 - iv. Carrie meet on a Zoom meeting for her WSBC delaget commitment toward the YP committee. She’s been reaching out to local YP members (ages 18-30) in the hopes of gathering information that would inspire YP to join or to continue with OA as a solution to their eating disorders.

1. Carrie would like ideas outside of location
- v. Carrie helped to close out the financials for the Golden Thursday night meeting by distributing the funds out.
- vi. Carrie was able to support the Mile High Recovery Fair by bringing the materials to set up at the table and gathering members to staff the table after she had left.
- vii. Lastly, Carrie met with Heidi regarding her concern of her offer to draft up the job descriptions of the board positions to post on our eblast. They both agreed that it would be more appropriate to have those duties available to the active attending members of CCIG.
- b. **Vice Chair** - Nickie. Nothing to report.
- c. **Corresponding Secretary**- Rachel Sh. Copies are here.
- 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. We are well within budget.
 - ii. We are under in expenditures, and the new fiscal year starts in October. Any of the “negative” amounts mean we have a surplus of funds we can use.
 - iii. We have \$137 in funds and not sure which meetings they came from.
 - iv. July total account balance was \$6,647.82.

7. Standing & Ad-hoc Committee Reports

- a. **Communications & Technology Committee** – Heidi B.
 - i. **THANKS YOUS:** **Shannon G.** for the email blast. **Rachel P.** for blogging on OADenver.org. **Heidi B.** for Recovery Road news. **Danna B.** for updating meeting list and 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. A new security plugin was added that stopped potential hacker attempts.
 - v. Rachel P. will record the speaker meeting on Aug 7.
 - vi. **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.
 - vii. **UPDATED POSTS:** Recovery Road, Meeting List, and CCI Meeting Minutes.
 - viii. **NEWS BLOGS:** OA Colo State Convention event was updated.
 - ix. **ZOOM TRIAL:** We will run a few trials on Zoom webinar with Jordan from Gunnison before we subscribe to the full version. It went really good for our first run last month, but it’s difficult to hear. Might add a phone next time to pass around so those who call in can hear better. Since we’re using the trial version, Zoom kicks us off after 40 minutes, but we call back in immediately after. Screencasting to the wall monitor was great! For now it is:
<https://zoom.us/j/3377877080>
 - x. **COMMUTER PROJECT:** 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.
- c. **Twelfth Step Within** – Rachel Sa. (representing for Julia & Sayury)

- i. Marcia reported that nothing had been discussed at the most recent meeting.
- ii. Mal would like to do a meditation event with this committee, yet to be discussed.
- d. **PI/PO** – Amy K. & Maggie- *Service Opportunity Open*.
 - i. Cassie reported that the Mile High Recovery Fair was super fun and most of the literature was handed out at the fair, so the committee will need to restock.

8. New Business

- a. Donating newcomer pamphlets and literature to startup meetings
 - i. Rachel Sch.: A lot of groups got the third edition of the Twelve and Twelve. Could we ask them for their old editions to donate to new meetings?
 - 1. Meeting representatives are encouraged to bring the topic to their groups and ask whether they want to donate their old editions to intergroup to support startup meetings/the new Gunnison meeting.
 - ii. Maggie: To Nick's point about being a self-sustaining meeting, the financial burden often falls on the person starting the meeting, and many people can't shoulder that burden.
 - iii. Nickie: Since we've gone over our budget for literature, can we use our scholarship funds to support a new meeting by donating 10 newcomer pamphlets.
 - iv. Heidi: Since the new pamphlets are only \$1, can we donate more than 10?
 - v. Carrie will send Jordan what she has lying around.
- b. "STOP" poster campaign
 - i. Rachel Sch. made a motion that we do the campaign for the third year in a row (\$50) with a small deposit for now and to pay in full after Oct. 1.
 - ii. Marcia seconded. Unanimous vote approved.
- c. Rachel Sch. made a motion that the officer reports and ad-hoc committee reports be simply reports of things that have happened since the previous intergroup and that anything that comes up as new business be discussed in the new business portion of the meeting. As discussion items arise during reports, they will be added to new business.
- d. Maggie makes a motion to extend election applications for WSBC to next month. Rachel Sch. seconded. Unanimous vote to approve (Region Rep and WSBC delegates). Nick and Rachel Sch. will locate the application. (Note: you have to have a year of continuous abstinence and service in order to apply.)
- e. Jan, Maggie, and Rachel Sch. will complete the CCI Budget Development this month. They will budget for three delegates (four positions are open).
- f. Cindy mentioned that the address on the CCI blast for intergroup is incorrect. Heidi said we need to update the Google entry so the image that pops up when people search for 3830 is the garage (rather than the alley nextdoor). Heidi will let Shannon know that the address was incorrect in the eblast and get it corrected.

9. Old Business

- a. N/A

10. Good of the Order –

- i. Thanks to Nick for setting up.

11. Rachel Sch. will be our newcomer greeter next month. Nick will be here early to set up. Rachel P. will do the Meditation Reading on Service next month.

12. Adjournment and closed with the Third Step Prayer.