

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - September 3, 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 from the Q&A read by Nickie; **For Today reading** read by Rachel P.
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** - Carolyn motioned to pass minutes as amended. Nick seconded. Minutes unanimously accepted.
 - a. Glenda proposed adding the start and end times to meeting minutes.
5. **Introductions – 14 Present at Meeting:** Carrie, Nickie, Rachel P., Rachel Sch. Nick*, Carolyn, Amy K., Marcia*, Cassie*, Maggie*, Don*, Ruth, Jan, Jordan (*indicate representing a meeting)
6. **Officer Reports**
 - a. **Chair – Carrie S.**
 - i. RTD posters are \$750 to make a new set (\$500 to hang and \$250 to print). Carrie has been working with the contact at RTD.
 - ii. YP event hosted on Aug. 25 at Cheesman Park led by Rachel P. Carrie and Rachel P. will host a YP meeting and a YP gathering at the OA State Convention in October.
 - iii. WSBC raised the suggested contribution to \$5. Meetings can download the treasurer/7th tradition guidance online. They have also updated meeting formats, which now includes updated definitions of “abstinence” and “recovery.”
 - iv. Carrie has 12 newcomers packets to mail to Jordan in Gunnison for her new meeting.
 - b. **Vice Chair - Nickie.** Nothing to report.
 - c. **Corresponding Secretary-** Rachel Sh. Copies are here, Cassie is trained.
 - 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. The printed budget is not printed for the meeting. \$708 was received for 7th tradition.
7. **Standing & Ad-hoc Committee Reports**
 - a. **Communications & Technology Committee – Heidi B.**
 - i. Heidi has excused absence.
 - ii. **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.
 - iii. Cassie will record the speaker meeting on September 4.
 - iv. **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>. We can order a full version once we have a successful trial going for a couple more times, if we have more than one person.

- v. **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.
 - ii. Rachel Sch. will be the Region III rep at the State Convention.
- c. **Twelfth Step Within** – Rachel Sa. (representing for Julia & Sayury)
 - i. Carolyn will get with Heidi to put something on the website to let folks know that it's time for the committee to assemble to begin to plan the New Year's Day Luncheon. If someone else would like to chair the event, Carolyn will support her or him in that. Carolyn will try to get the committee gathered so that we can offer pre-registration at the State Convention. Jan will try to locate the credit card machine so we can take cards at the convention. Rachel Sch. knows a few people who might be willing to volunteer at a table at the convention to take sign ups.
- d. **PI/PO** – Amy K. & Maggie- *Service Opportunity Open.*
 - i. Cassie reported that we need people for the 9Health Fair but we're not sure of the dates.
 - ii. Amy reported we've historically been present at the April fair and we could do it in the fall if there's interest. Cassie volunteered to run that as Amy will be out of town during the fall fair.

8. New Business

- a. After voting our new board positions are--
 - i. Chair: Rachel Sch.
 - ii. Vice Chair: Nickie
 - iii. Treasurer: Maggie
 - iv. Recording secretary: Rachel P.
 - v. Corresponding secretary: Cassie
- b. RTD poster campaign
 - i. This will be the third year doing the campaign. There's no data as to whether the campaign is successful. We only pay for four weeks, but they hang for up to two months. The total cost for printing and hanging is \$1,250.
 - ii. We were never initially charged for printing posters (\$250).
 - iii. Typically \$3,000 for companies that are not nonprofits.
 - iv. The RTD graphic designer tweaked the design, but we can't change the design as it's copyrighted.
 - v. Maggie asked whether the budget would need to be adjusted and whether the cost would be different if the timing were different.
 - vi. Carrie said yes, the budget would need to be adjusted, but the Comm/Tech committee has not used all of its budget and could contribute. We tend to post around the holiday/eating season.
 - vii. Jan said that we do have the money for the campaign. Why does it cost \$75 per poster for printing? Can we print them ourselves?
 - viii. We could vote to put the \$1,250 in the budget.
 - ix. Rachel Sch. said \$75 per copy for that kind of quality is not bad.
 - x. Maggie reported the available budget is in the Nov. 1-Dec. 1 time frame and we could adjust that.
 - xi. Amy said it's most important to have the posters up in January when the new diets start.
 - xii. Jan said we look into running the posters in December-January or whether we can have them up longer.
 - xiii. Rachel P. suggested we spend the money this year but look into better ways to allocate the money in future years.

- xiv. Rachel Sch. makes a motion that we approve the \$1,250 because we have it and it's the end of the fiscal year and investigate other options as far as timing and pricing with RTD. Consider better ways to allocate the money in future years.
- xv. The budget committee will talk about how to allocate the money.
- xvi. Carrie will try to negotiate for a longer time frame, different timing, etc. but is able to use the approved \$1,250.

c. Annual budget

- i. Jan will have budget approval next month.

9. Old Business

- a. N/A

10. Good of the Order –

- i. Thanks to everyone for setting up.

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

12. Adjournment and closed with the we version of the Serenity Prayer.