

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - October 1, 2019

1. Call to Order

2. Readings

Meditation Reading on Service - Step 10 from the AA 12 and 12 and For Today daily reader
read by Carolyn

Excerpt from OA Handbook for Members, Groups, and Service Bodies: "Why is public information important?" read by Carrie

3. Introductions – 13 present – Rachel Sch., Rachel P., Carrie S., Heidi B., Glenda, Carolyn*, Nick*, Cassie, Jan B.*, Maggie, Jordan L. *, Nickie, Francine*

4. Spiritual timekeeper: Carolyn ... thank you for your service.

5. Welcome to the Newcomer and Our Preamble to the Meeting.

- 7th Tradition
- Review, amend, and approve DRAFT minutes
 - Carolyn motioned to pass the minutes as amended. Nick seconded.

6. Officer Reports

a. Chair – Rachel Sch.

- i. Chairwoman introduction
- ii. Rachel will attend as many meetings as possible within the next few months and ask what folks want from their intergroup. She would like to go to other intergroup meetings within the state and share best practices.
- iii. Bylaws and policies and procedures sent to Region III were approved and will send on to WSO. Rachel will be attending the Region III assembly in Vegas on October 13.
- iv. The state convention is this weekend. Rachel will be there on Saturday.
- v. "It is weakness not strength that binds us together ..."
- vi. Thank you everybody for embracing the weakness that binds us together.

b. Vice Chair – Nickie - nothing to report.

c. Corresponding Secretary – Cassie - papers are here.

d. Recording Secretary – Rachel P.

- i. Apologies for miscommunications with Rachel Sch. and confusion between agenda and draft minutes. The documents will be more streamlined next month.

e. Treasurer – Maggie

- i. Maggie and Jan went through the budget together and went over it with Rachel Sch.
- ii. The last report of the fiscal year is completed with total income and total loss.
- iii. We have a surplus of more than \$1,000 even though we projected a loss of \$3,000. We have money!

7. Standing & Ad-hoc Committee Reports

a. Communications & Technology Committee – Heidi B.

- i. Welcome Glenda B to the OADenver.org team! Glenda is joining to see what tasks she will take over and/or assist with, including up to co-chairing!
- ii. eBlast now has 401 subscribers!!

- iii. RR and email blast done. Thanks Shannon and Heidi.
- iv. Meeting list updated. Thank you Danna!
- v. Meeting calendar on OADenver.org has been updated to match our meeting list PDF.
- vi. New blog posts (LAIG Bday party), Stapleton speaker meeting, and updated OA State Convention. Thank you Rachel P.!
- vii. Our webmaster helped Northern Colorado who has a sub-domain on our site. Thank you webmaster.
- viii. New Year's Day speakers and May 2019 speaker have been updated on OADenver.org and iTunes.
- ix. Thank you to Glenda, we are looking at NoCostConference.com to record our speaker meetings at no cost and not use a physical mp3 recorder. Testing will begin immediately!
- b. **Region III Rep/WSBC Delegates** – (open position)
 - i. Rachel Sch going to Las Vegas
 - ii. We have located the region application, but it needs to be converted from PDF to a Word document. Maggie can help with this.
 - iii. We will discuss new business items next month: election and voting.
- c. **Twelfth Step Within** – Julia & Sayury
 - i. Rachel Sa moved north and will no longer be serving. She is willing to help with IDEA Day in November.
 - ii. Carrie will reach out to the Northern Colorado intergroup regarding collaborating on their IDEA Day.
 - iii. New Year's Day Luncheon
 - A. Carolyn reports there was an initial conference call last night with four in attendance
 - B. The theme is "We came to believe ..."
 - C. The event coordinator at the venue was able to confirm the numbers today. The expense is a little bit more than last year but not a huge amount.
 - D. Last year we broke even because of the number of scholarships we received.
 - E. The committee would like to raise the cost by \$5: \$25 at the convention, \$30 until Nov. 15, \$40 until Dec. 15, and \$45 at the door in case we do not get the same amount of scholarships this year.
 - F. The committee will have two in-person meetings prior to the event.
 - G. Rachel P. edited the flyer.
 - H. Carolyn will chat with Cassie or Rachel Sch. about making copies of the flyer.
 - I. The MC at the convention will promote the event. Three committee members will get the word out about registration during the convention.
- d. **PI/PO** – Amy K. & Maggie - *Service Opportunity Open*.
 - i. Cassie reporting: there are 9 News Health Fairs on 10/19 and 11/9.
 - ii. Cassie will create a sign-up sheet for these events and get them around to meetings.

8. New Business

- a. Policy and procedures manual/bylaws
 - i. In the process of getting approved
 - ii. Jan read them
 - 1. Page 4 - newcomer pamphlet outreach limits number of pamphlets and requires an application for need
 - a. Jan will complete suggested revisions for approval at next month's intergroup.
 - 2. Page 6 - Region III representation at WSO
 - a. We can have three representatives.
 - b. Jan encourages representatives to read this portion for reimbursement clarification.

3. Rachel Sch. will send out a link to the document and ask whether anyone has any revisions before the next intergroup meeting.
- b. Reg III/WSBC delegate election
 - i. Applications will be submitted and voted on at next month's intergroup meeting.
- c. New Friday night meeting - Recovery from Relapse focus meeting
 - i. South Broadway Christian Church at 7 p.m.
 - ii. Cassie compiled a script and will have flyers.
- d. New budget - 2019-2020 (to be posted with final minutes on the website)
 - i. We've estimated \$2,000 for the convention. We usually make more than that. It's not a Region III convention, so we can charge what we want.
 - ii. We've increased income estimate just shy of \$2,000.
 - iii. We've kept the New Year's Day Luncheon estimate the same: expected income of \$3,000 and expense of \$3,500.
 - iv. Expected income of \$9,000 for the fiscal year.
 - v. Maggie proposes to increase the PO Box expense by \$50 and remove \$75 from Region III and WSBC rep budgeted item.
 - vi. Carolyn made a motion to accept the new budget as written and updated. Rachel P. seconded. All approved.
- e. Sponsoring the 2020 convention
 - i. We will table this discussion for next month.
- f. Colorado Periodic Report
 - i. We need to file an updated periodic report with the state of Colorado. We need a physical address in order to do so.
 - ii. Rachel Sch. will send Maggie the address so she can file the report before October 31. Jan will support Maggie on this.

9. Old Business

- a. YP committee
 - i. Carrie is not in a position to take on this committee and suggests we have a committee.
 - ii. We can generate energy at the YP panel at the state convention. Rachel P. created a flyer to send out electronically (by phone). She will share with the CCI board.
 - iii. Table this conversation for next month.
- b. RTD poster campaign
 - i. We will pay \$1,000 total - Carrie negotiated \$250 discount with RTD.
 - ii. This is paid for and set up!
 - iii. They will run from the middle of November through the middle of December. There are 10 signs.

10. Good of the Order –

- a. Thanks to everyone for setting up and coming early for dinner/social time.

11. Next month Service

- a. Newcomer greeter next month will be Rachel P.
- b. Early to set up will be Nick.
- c. Meditation Reading on Service next month will be Carolyn.
- d. OA handbook reader will be Maggie.
- e. Spiritual timekeeper will be Don.

12. Adjournment