

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - November 5, 2019

1. Call to Order

2. Readings

Meditation Reading on Service - from Voices of Recovery - read by Don

Tradition 11 - read by Carolyn

Excerpt from OA Handbook for Members, Groups, and Service Bodies - read by Maggie

Concept - read by Rachel Sch.

3. Introductions – 11 present – Rachel Sch., Amy K.*, Nick*, Don*, Beth*, Heidi, Rachel P., Carolyn*, Nicki, Maggie, Jordan*

4. Spiritual timekeeper: Amy

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

6. 7th Tradition

7. Review, amend, and approve DRAFT minutes

- Maggie motioned to pass the minutes as amended. Nickie and Nick seconded. All in favor.

8. Officer Reports

a. **Chair** – Rachel Sch.

- i. I want to thank you all for your presence today because all meetings count as a meeting! 60th anniversary of OA!!! YAY!!!! There are so many events happening around the world to celebrate check WSO and WSBC website for details! Now onto business:
- ii. We no longer have a meeting list person. Please reach out to your people for this service position, which is about an hour a month.
- iii. Attended Region III in Vegas and will fill in during the Reg III report.
- iv. Still have not received word from Region III about whether our policies and procedures were approved by WSO.
- v. Sent in change of address form to World Service Office today but haven't received confirmation yet.
- vi. Intergroup group growth for next month's agenda meeting. This service group will gather before next week's meeting to throw around ideas.

b. **Vice Chair** – Nickie - nothing to report

c. **Corresponding Secretary** – Cassie (excused absence) - Rachel Sch. printed

d. **Recording Secretary** – Rachel P.

- i. Rachel P. will talk with Maggie about posting last month's financials with October's final minutes.

e. **Treasurer** – Maggie

- i. Periodic report with the state of Colorado is updated with the new address.
- ii. The November Recovery Road has the new address!
- iii. A few notes: we received \$1,000 for the 2020 convention, we have \$850 in registration and scholarship funds for the New Year's Day Luncheon.
- iv. We are up about \$2,600-\$2,700 this month.

- v. The PO box was more expensive than expected. Maggie will have a budget adjustment proposal next month.

9. Standing & Ad-hoc Committee Reports

a. Communications & Technology Committee – Heidi and Glenda B.

- i. Email blast now has 410 subscribers. Thank you to Shannon for the November eblast. Thank you to Rachel P. for blogging on OADenver.org and editing Recovery Road. Thank you to Heidi for RR Newsletter print edition.
- ii. We need a new meeting list editor/boss The meeting list boss will also update the meetings on the meeting calendar on OADenver.org. *We will teach you how to login and edit.*
- iii. Webmaster helped NOCO with a small issue. New address has been updated on OADenver.org- in 2 spots and also in the RR newsletter.
- iv. Glenda is learning a few new things. We will keep expanding her OADenver tech knowledge each month. Thank you Glenda for joining the team!

b. Region III Rep/WSBC Delegates – (open position)

- i. Here are the most important points of the Fall 2019 Region III assembly:

A. Meetings

- 1. Overall Region III has had a decline in affiliated meetings and increase in unaffiliated meetings. CCIG should look at their part for this in our communities.

B. Generic email for all emails.

- 1. WSBC is requesting that all meetings and intergroup positions have generic email listed with WSBC. (e.g., tuesSbroadway730@oadenver.org)

C. Successes of other intergroups

- 1. Tucson providing funds for out there meetings to get the word out. Reimbursement for attending intergroup! Identify spanish speakers meetings spanish speaking people identified.
- 2. Vegas: Sending out 12 step within events for the year! Intergroup members visited meetings that aren't a part of the intergroup bring free literature.
- 3. Dallas: Spanish speaking meeting with 8 members
- 4. Houston intergroup rep chair position for all meetings survey intergroup and have a "What is intergroup brochure". Also started to advertise in community paper.
- 5. San Antonio has spanish literature reach out if you would like to start a Spanish meeting.

D. Convention planning manual is available on the Region III website.

E. New Region III Committee (*election held and person voted in)

- 1. Brenda Q: Chair
- 2. *Kathy M: Vice chair
- 3. Vonnie N: Recording secretary
- 4. *Sam W: Communications secretary
- 5. *Mary R: Treasurer

F. Budgets were approved with an additional \$10,000 donation to WSO to spend down reserve.

G. No changes were made to policy and procedures.

H. PI/PO skit looking for volunteers to perform at December meeting. :)

c. Twelfth Step Within – Julia & Sayury

- i. New Year's Day Luncheon (Carolyn)
 - A. Thank you Heidi and Shannon for getting the information up on the website.
 - B. Carolyn is documenting a timeline for this event so whomever organizes it next year has a guide.

- C. We have 40 people registered, which is more than we've ever had at this point. Maybe there will be more interest since it's 2020? Who knows.
- D. We've gotten \$190 in scholarship money so far and four requests for scholarships (also coming in earlier than in the past).
- E. The committee is meeting this Saturday.
- F. The folks on the committee are reaching out to meeting contacts to share the information at their meetings.
- G. Carolyn sent out thank you to those who have registered so far. She will also send an email to those to attended last year.
- H. Last year we had 71 registrations and 64 attendees.
- ii. Candlelight meeting (Amy K.)
 - A. Monday, Dec. 2 at Unity Church 6:30-8
- d. **PI/PO** – Amy K. & Maggie - *Service Opportunity Open*.
 - i. Amy has been doing the 9 News Health Fair for 9 or 10 years and would like others to lead. She still wants to be involved. At the least, we should be doing the three adventist hospitals.
- e. **YP Committee** – Rachel Sch., Rachel P., Jordan
 - i. We held a YP meeting at the State Convention that had good attendance. Nothing planned in the future as of now.
 - ii. This committee is getting off the ground.
 - iii. Beth asked a question about the purpose of this committee.
 - iv. There is a YP phone meeting Thursday evenings at 7:30 MST.
 - v. Note: Fellows under the age of 18 can attend meeting, but we cannot communicate with them outside of meetings (e.g., contact minors over the Internet, communicate with them via phone, give them rides, etc.)
 - vi. Rachel Sch. will reach out to Mike K. regarding whether we need to have an election for the establishment of the committee.
 - vii. Jordan: even if we can't form an official committee, we can still do YP activities, meetings, etc.
 - viii. Amy provided a sheet with resources for teens and young adults
 - A. There is a woman in CO Springs who has been going into the schools for 20 years (twice per year for 9th graders) who would be a good resource (this is under PI/PO)

10. New Business

- a. 2020 convention
 - i. We are hosting it, but the chair is not aware of the details
 - ii. Jan would have some of those details.
 - iii. There will be a committee.
 - iv. Jordan will be happy to be involved (she does events for a living)
 - v. Rachel Sch. will send an email to Jan and Jordan (cc Carrie, Heidi) to discuss details. She will attach the convention planning manual.
 - vi. We need to find a group of people to be committed to doing this within the next month or so.
 - vii. Heidi made a motion that we talk about the state convention next month and invite others who are interested in joining the committee come to CCIG next month (we need probably 10 people). Carolyn seconded. All approved.
- b. Region III election and voting
 - i. Maggie typed out the application (thank you for your service!)
 - ii. We have budgeted for three delegates
 - iii. Applicants:
 - 1. Nick
 - 2. Rachel Sch.
 - iv. Nine votes each for Rachel Sch. and Nick.

- v. Rachel Sch. will discuss the third delegate position (alternate) with Jordan.
- c. Generic emails for meetings/events/listserv/website
 - i. Heidi said this would be a lot of work, and we would need a full service position to manage.
 - ii. Maybe we encourage the secretaries/contact people for each meeting to set up generic email addresses and let them manage from there (using gmail or such).

11. Old Business

- a. None

12. Good of the Order –

- a. Thanks to everyone for setting up.

13. Next month Service

- a. Newcomer greeter next month will be Nick.
- b. Early to set up will be Nick.
- c. Meditation Reading on Service next month will be Don.
- d. Tradition and concept will be Nickie.

14. Adjournment