

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - December 3, 2019

1. Call to Order

2. Readings

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

Tradition 12 - read by Carrie

Concept - read by Amy

3. Introductions – 17 present – Rachel Sch., Amy K.*, Nick, Don*, Carolyn*, Cassie W., Sue*, Rachel P., Julia, Cassie K., Heidi, Maggie, Carrie, Pam*, Mike*, Nickie, Jordan

4. Spiritual timekeeper: Carrie

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. Amy seconded. All approved.

8. Officer Reports

a. **Chair –** Rachel Sch.

- i. Our intergroup address change was accepted and is updated on the website.
- ii. WSBC new amendments need to be in by 12/10 to be considered.
- iii. Shout outs to:
 - 1. Carrie S. for taking someone's name off the meeting list that was incorrect.
 - 2. Amy K. and the 12th Step Within Committee for rocking the candlelight meeting on Dec. 2.
 - 3. 12th Step Within Committee (Julia, Cassie, Sayury) for IDEA Day.

b. **Vice Chair –** Nickie

- i. Flight booked for OA Birthday Party. If anyone wants to talk about it, contact Nickie.

c. **Corresponding Secretary –** Cassie

- i. The stuff is here. We're missing the meeting list because of transition to a new person.

d. **Recording Secretary –** Rachel P. – nothing to report

e. **Treasurer –** Maggie

- i. Thank you to all meetings for 7th tradition contributions.
- ii. Income of more than \$1,000 for November. We're doing great
- iii. The cost of the PO Box was \$460. Maggie will reallocate funds, and we will reapprove budget in January.
- iv. Account balance is more than \$9,100.
- v. Mike says we need to have an audit done. Maggie, Rachel Sch., and Jan will discuss.

9. Standing & Ad-hoc Committee Reports

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

- i. Thank you to the webmaster and the template designer. The event calendar plug in was upgraded but didn't work so was downgraded.

- ii. The 90-day Intergroup would like to use the website template, so Heidi will work with them on that.
- iii. Our website was hyperlinked to the Pikes Peak IG but not to the Northern Colorado IG. Rachel P. updated the pages so they are now hyperlinked to NOCO.
- iv. The logins for those no longer on the committee have been disabled.
- v. Kim T. is our new meeting list editor. She has a new login, and Heidi wrote directions for her position.
- vi. Glenda will be working with Heidi on writing a policies and procedures manual for the committee.
- vii. Heidi paid for the new version of Zoom so we won't be kicked off after 40 minutes. It's paid on a month-to-month basis. We would save \$30 per year if we prepay annually.
- viii. Thank you to Julia, who will be uploading podcasts to the website.
- ix. We pay \$100 per month for website maintenance.
- x. The blog post regarding the New Year's Day Luncheon is on the website and links to the Eventbrite registration so people can register online versus by paper.
- xi. Rachel P. will post events and blogs about the Christmas Day and New Year's Day meetings that are happening.
- b. Region III Rep/WSBC Delegates** – (open position)
 - i. Regional Assembly in Tulsa is coming up in March.
 - ii. Heidi updated the Region III email address to go to Nick, Rachel Sch., and Jordan.
 - iii. The Region III PI/PO put together a skit, which Maggie and Cassie will perform.
- c. Twelfth Step Within** – Julia & Sayury
 - i. IDEA Day went well in mid-November. Thank you Carrie for supporting.
 - ii. Julia needs to resign from the committee; she does not feel like she has the skills to corral others and her skills can be used more effectively elsewhere. Hopefully we can recruit others at the New Year's Day Luncheon.
 - iii. The candlelight meeting was the biggest turnout in several years.
 - iv. The New Year's Day Luncheon has 50 people registered, including six scholarship requests. We're asking scholarship recipients to consider donating \$5. We need more scholarships as we only have \$100 in the bucket. We really want to encourage people to register before Dec. 15 so we can give the numbers to the venue. Please take flyers to your meetings. Carolyn will send out one more email by Dec. 5.
- d. PI/PO** – Amy K., Cassie W., Maggie - *Service Opportunity Open*.
 - i. Cassie W. reported that we did a small 9 News Health Fair recently at a school.
- e. YP Committee** – Rachel Sch., Rachel P., Jordan, Cassie W.
 - i. Under article 7, section 1 of the CCI bylaws, we can create committees as seen fit.
 - ii. We might consider doing a YP holiday event soon after the first of the year.
 - iii. Rachel P. will work on creating a flyer or notecard to share at the New Year's Day Luncheon.
 - iv. Jordan will find out whether the birthday party is doing YP programming, and we would like to be involved in that.
 - v. The WSC in Florida may have YP activities - see info on the WSO website.

10. New Business

- a. 2020 convention
 - i. Rachel Sch. will reach out to people who did the previous convention to discuss best practices.
 - ii. Jordan talked about doing it in the mountains again, maybe in Keystone.
 - iii. Please tell people at meetings we are starting to plan and need members to be part of the planning committee.
- b. Carrie spoke with a few people about having a high-profile speaker with 30 years in OA who has written books. However, we do not pay speakers, and it is an outside issue. This idea is tabled for now.

- c. Boulder meetings on our site
 - i. Discussed above in Com/Tech Committee report.
 - ii. Our meeting list person does not keep track of Northern Colorado Intergroup meetings. The solution is to link to their website.
 - iii. Cassie will reach out to AI with the Northern Colorado Intergroup to ask whether they link to the Denver website.
- d. Intergroup needs a new teapot.
 - i. Carrie has brought the tea box, which needs a new caretaker, but we need a new teapot.
 - ii. This can be under misc. expenses.
 - iii. Cassie will be the keeper of the tea box.
- e. Annual audit
 - i. According to bylaws, the Chair and Treasurer cannot be on the Audit Committee. Nickie, Carolyn, Cassie W., and Julia will be on the committee.

11. Old Business

- a. The RTD posters are up! They are up for four weeks but will likely go longer.
 - i. If you see one, make a mental note so we can get a loose idea of how long they're actually up.
 - ii. We can share this at the next Region III assembly at the "shout out" meeting.
 - iii. Rachel P. will blog about this for the website.

12. Good of the Order –

- a. Thanks to everyone for setting up.

13. Next month Service

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

14. Adjournment