

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - April 7, 2020

1. Call to Order and Welcome

2. Readings

Meditation Reading on Service – from For Today – read by Nickie

OA Handbook reading – read by Cassie

Tradition 4 – read by Carolyn

Concept 4 – read by Carolyn

3. Introductions – 15 present – Carolyn*, Nickie, Cassie, Shelly*, Nick, Amy*, Shannon*, Maggie, Ruth*, Rachel P., Heidi, Lynn*, Marcia*, Jordan, Rachel Sch. (*indicates representing a meeting)

4. Welcome to the Newcomer (if applicable) – Newcomer greeter: Maggie

5. Preamble to the Meeting

6. Spiritual timekeeper: Ruth

7. 7th Tradition

8. Review, amend, and approve DRAFT minutes

- a. Carolyn made a motion to approve minutes
- b. Ruth seconded
- c. All voted to approve

9. Officer Reports

a. **Chair** – Rachel Sch.

- i. We are in an unprecedented time. I am so humbled by how our CCIG members have stepped up to find ways to continue to connect.
- ii. The intergroup committee(chair, Vice chair, both recording and corresponding secretary, treasurer) met and made a group conscious to offer our zoom line to meetings that need it. We then contacted someone from each meeting to see how we could support them.
- iii. Thank you to Nickie, Maggie, Cassie, and Rachel P for supporting in this process; including, updating the website with zoom links and conference call links for meetings as they came in.
- iv. I am so grateful for the fellowship and watching everyone banded together to make sure all compulsive eaters in the Central Colorado family have access to a meeting. Please feel free to reach out to me with any questions, concerns or opportunities you have. I look forward to hearing from you
- v. Met with Region III, and they have taken the position that we will not do voting virtually until WSO can change its bylaws.

b. **Vice Chair** – Nickie

- i. We will continue to monitor Zoom to evaluate whether it's the best platform for our meetings. Thank you to everyone who has helped set these up.
- ii. A number of people have requested Zoom trainings. Our last email blast included details for a Zoom training. Please share these trainings at your meetings. Things are changing so rapidly.
- iii. The Vice Chair is now listed as a contact for those who are starting or have started new meetings. The website is now updated.

- c. **Corresponding Secretary – Open position**
 - i. No documents this month, nothing to report. Chair will make sure document sharing is available in May.
- d. **Recording Secretary – Rachel P.**
 - i. Rachel P. and Rachel Sch. will meet again before the next IG meeting to discuss uploading documents to the website. We had some trouble doing this last month.
- e. **Treasurer – Maggie**
 - i. We had two 7th tradition donations in March as well as from Unity Day.
 - ii. Balance increase of almost \$200.
 - iii. Rachel P. asked about quarterly donations during this time when people might not feel safe dealing with cash. Maggie said it's important that everyone feel safe, and we are financially secure and to discuss with meeting representatives and in group conscience.

10. Standing & Ad-hoc Committee Reports

- a. **Region III Rep/WSBC Delegates – (Nick & Rachel Sch.)**
 - i. Region III was canceled. Nick and Rachel Sch. participated virtually and attended the Bylaws Committee.
 - ii. The WSBC has been canceled. Rachel is going to ask for money to be refunded. Nick and Rachel will register to take part virtually.
 - iii. Rachel booked the tickets to Tulsa, and airfare was not refunded because it was Basic Economy on United. Still trying to get refunded for the hotel.
- b. **PI/PO – Amy K., Cassie W., Maggie & Brittani**
 - i. Amy was reaching out to four major hospitals with largest numbers of people passing through. All four hospitals are not having 9 News Health Fairs this year. There are one or two other sites to go to.
 - ii. Nothing else going on right now.
- c. **Twelfth Step Within – Cassie**
 - i. About 30 people showed up for Unity Day. It was great.
 - ii. Cassie is retiring as Corresponding Secretary so she can be chair of the Twelfth Step Within Committee.
- d. **YP Committee – Rachel Sch., Rachel P., Jordan, Cassie W.**
 - i. Rachel will talk with Jordan about YP programming for the state convention.
- e. **Convention Committee**
 - i. No progress in the last month.
 - ii. Hoping to have registration up and running by this time next month. We will probably use Eventbrite for registration.
 - iii. Jordan and Rachel P will connect later on developing the website and bulletin board.
 - iv. Lodging properties probably won't be opening in June, so we can use the comp night then to check out the property.
- f. **Communications & Technology Committee – Heidi and Glenda B.**
 - i. THANK YOU to the board for helping update the website with Zoom meeting details and reaching out to meeting contacts to make Zoom meetings available.
 - A. THANK YOU Shannon for keeping our membership updated with beautiful email blasts.
 - 1. Keep in mind we only do one email blast per month. We don't want to bombard our subscribers with emails. We sent out the blast around the first of the month, and anything that should be included should be submitted to news@oadenver.org by the 25th of the month.

- B. We removed the Western Slope number from the website.
- C. We updated the Google Maps function on the website.
- D. Zoom meetings have been going well. We will switch to an account that allows multiple meetings at the same time and would cost \$9.99 per month. We are currently paying \$14.99 per month. Heidi has bought the new account, and we will switch everything over in April.
 - 1. This means we will have to recreate the meetings in the new account.
 - 2. We will need to add passwords to these meetings. There has been a trend in AA and other meetings of scammers breaking into meetings. We would like the board and meeting contacts to be available to share meeting passwords with members as needed.
- E. A member suggested we create a PDF meeting list that includes Zoom links for each meeting. We might be able to have Kim T. help us with this, but let's wait until we move meetings to the new account.
- F. We have a volunteer to take on Recovery Road. Yay! Heidi P. has expressed interest. We're going to forego RR for April and start up again in May, and the committee will meet with Heidi to get her on board.
 - 1. We are going to revise the masthead and consider changing bifold to another format. If you have an opinion, reach out to the committee.

11. New Business

- a. Zoom meetings
 - i. Concerns about Zoom security: If you click on a link directly or calling on the phone, it's secure. If you're manually entering the meeting ID, you have to have the password.
 - ii. Heidi was able to find a deal for \$9.99 for a Zoom account that allows us to host multiple meetings at once (through a third-party provider).
 - 1. Rachel Sch. called Zoom, and they weren't really sure about it. Could not get in contact with the third-party company. Could not get through to customer service. No email response yet.
 - 2. If we did move to new account, we would have to recreate new meetings.
 - 3. We could also use Google Hangouts, WebEx, or other providers.
 - iii. It probably makes sense to stick with meetings as is. The Board and the Comm/Tech committee will make this decision offline.
- b. We are looking for volunteers to help fill in a Google doc that includes Zoom links and potentially passwords and contact info for members who have passwords. A guidance document. To be done by the end of the week.
 - i. Should be saved as a PDF so it can be saved to the website.
- c. Some folks are being charged for data being used for Zoom meetings. A few meetings are phone meetings only to account for this.
- d. Nickie volunteered to start the document. Carolyn can proofread.
- e. Rachel Sch. might record a tutorial video to help people get onto the Zoom meetings.
- f. Please try to assist people one on one with how to get on to online and phone meetings.
- g. Amy: If anyone wants to use the conference call number we use for the special focus meeting or the Sunday 4:30 meeting, please feel free to do so.
- h. Rachel P. will show the group how to get onto Zoom meetings after this meeting.
- i. YouTube has videos available on how to get onto Zoom meetings.

12. Old Business

- a. None

13. Good of the Order

- a. Thank you to everyone who is stepping up and doing this work.

14. Next month Service

- a. Newcomer greeters next month will be Carolyn and Rachel P.
- b. Early to set up will be TBD
- c. Meditation Reading on Service next month will be Maggie
- d. Tradition and concept will be Amy
- e. OA reading on service will be Nickie

15. Adjournment