

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - December 1, 2020

1. Call to Order and Welcome

2. Readings

Meditation Reading on Service – read by Carolyn

OA Handbook reading – read by Nickie

Tradition 12 – read by Maggie

Concept 12 – read by Maggie

3. Introductions – 11 present – Rachel S., Shannon*, Caroline*, Nick, Maggie, Rachel P., Carolyn*, Marcia*, Nickie, Heidi, Amy* (*indicates representing a meeting)

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

5. Preamble to the Meeting

6. Spiritual timekeeper: Caroline

7. 7th Tradition

a. Please make via PayPal

8. Review, amend, and approve DRAFT minutes

a. Carolyn moved we approve minutes

b. Maggie seconded

c. All approved

9. Officer Reports

a. **Chair** – Rachel Sch.

i. Sorry the agenda and other items have not been going to the board. There was a tech issue, and these should be going through now.

ii. Did some reporting w/ the NYDC planning.

b. **Vice Chair** – Nickie

i. Nickie received an email from someone looking for a nutritionist that came from a website called Bark. This may be spam.

c. **Corresponding Secretary** – Caroline

i. Caroline and Nickie connected about Corresponding Secretary position.

ii. Caroline and Rachel S. will connect soon.

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

i. November minutes to be updated to website shortly.

e. **Treasurer** – Maggie

i. Income:

1. \$215 in 7th tradition donations

ii. Expenses:

1. None

iii. Balance of more than \$13,600

iv. Audit has kicked off and will be completed within the next two weeks or so. It will be finished by the end of the year.

10. Standing & Ad-hoc Committee Reports

- a. **Communications & Technology Committee – Heidi B.**
 - i. We have the birthday party, NYDC, and the candlelight meeting included in the email blast going out tomorrow.
 - ii. The candlelight meeting and the NYDC are now on the event calendar on the website. Please promote them in your meetings.
 - iii. Heidi bought a Zoom that allows up to 500 attendees for \$12.99 per month but has yet to test it out.
 - iv. Shannon, our email blast service person, will be moving on. We can ask for a replacement at the NYDC.
- b. **Region III Rep/WSBC Delegates – Nick & Rachel Sch.**
 - i. Nick has been asked by Heidi and IG whether we can observe or visit the WSBC. It has not been decided whether the conference will be held in person or virtually. Unsure whether they will allow visitors if it is virtual.
 - ii. Region 3 assembly is going to be virtual. Nick will be attending if they allow visitors.
 - iii. The WSBC bylaws subcommittee reviewed 5 proposals, one of which was Nick's.
 - iv. The oa.org find a meeting function was not working when Nick checked recently.
 - v. No word yet on registration for Houston Region 3 assembly.
 - vi. For World Service Unity with Diversity subcommittee, we submitted a few proposals for new language that simplifies how we talk about compulsive eating and has a survey that is being sent out to different groups and individuals to see how they are showing up for different identities, which should be coming out soon online.
 - vii. Rachel submitted application for WSBC.
- c. **Twelfth Step Within – Cassie**
 - i. New Year's Day Celebration (NYDC)
 - A. The committee met recently.
 - B. We have two speakers confirmed.
 - C. Nickie will be sharing on how service has impacted her recovery.
 - D. We will be doing breakout sessions.
 - E. We will do the letter writing experience and a virtual angel walk experience. Please share at your meetings.
 - F. We are working on how people can share their information. We may use a tool called Jamboard that might allow participants to give and get phone numbers, connect with service opportunities, and connect with sponsors.
 - G. We will use our budget to temporarily expand the Zoom account so we can allow up to 500 people (vs. 100). That way we won't have a limit, and registration is not required.
 - H. We split up the different groups by day of the week and have been doing outreach to promote the event to each of our CCI meetings.
 - I. Rachel P. will make the adjustment to the Zoom account to allow up to 500 on Dec. 14 to coincide with the candlelight meeting.
- d. **PI/PO – Cassie W. & Maggie**
 - i. Nickie and Heidi shared they drive by the bus stop signs daily, and it's nice to see them!
- e. **YP Committee – Rachel Sch., Rachel P., Jordan, & Cassie W.**
 - i. YP e-retreat is March 6, sponsored by the Metrowest intergroup (Boston). Rachel P. is the Programming Chair for the event. We had our first committee meeting yesterday and will be recruiting speakers and planning and promoting the event. The theme is Entire Psychic Change.
 - ii. Our first CCI YP Committee meeting will be December 8 at 7:30 p.m. Please join or pass along to anyone who might like to join. We might consider adding a separate web page for YP on the website similar to what the Los Angeles group does.

- iii. The Thursday 7 p.m. YP meeting (a national speaker meeting that is not sponsored by an intergroup) is going strong.

f. Convention Committee – Jordan L.

- i. None

11. New Business

- a. Assisting groups with collecting payments for CCI, Region 3, and WSO
 - i. A treasurer for a specific group contacted Maggie earlier this year for help distributing funds to these three bodies. He sent Maggie a check, and Maggie distributed the funds accordingly. He reached out to Maggie again this week to ask for help again.
 - ii. Rachel P. stated her homegroup is donating exclusively to CCI and presuming excess funds are sent to Region 3 and WSO. These funds are distributed each year in August.
 - iii. According to the traditions, it's up to each group how they should distribute the funds.
 - iv. Maggie will let this fellow know that and share the best practice of 60/30/10 distribution.
- b. Gathering resources for what groups are doing with diversity and inclusion
 - i. Caroline is wondering whether anyone has contacts with other meetings that are doing things with diversity and inclusion and wants to hear about what other people are doing and what's working.
 - ii. Rachel S. will put Caroline in contact w/ Ron and April, who are in charge of Unity with Diversity for World Service.
 - iii. Rachel P. will connect Caroline w/ a few folks in L.A. and NY.
 - iv. Do we have simultaneous interpretation and translation services available?
 - 1. We would need to hire or find translators if necessary. Texas has experimented with this.
 - 2. There was a group of members interested in starting a Spanish-speaking meeting months ago but did not get it off the ground.
 - 3. We could propose to build these things into our budget.
 - 4. Each meeting is responsible for their own meeting design and what they want to do with their meetings.
 - 5. We have to keep in mind anonymity w/ interpreters and outside translators.
 - 6. For the intergroup meeting, we could discuss these options.
 - 7. In one of the special focus meetings via Zoom, a fellow from Japan called in and set it up so he could understand what was being said.
 - 8. Rachel P. will connect Caroline w/ someone in L.A. who may know something about interpretation services.
 - 9. The oa.org find a meeting feature allows an advanced filter for language.
 - 10. If meetings want to experiment w/ translation and interpretation, CCI can discuss the services we might be able to make available.
 - 11. Caroline made a motion to allocate funds in the budget for interpretation and translation services for meetings as needed. Nickie seconded the motion.
 - 12. We set aside \$2,086 to support meetings with donations and scholarships (among 31 groups).
 - 13. Caroline will do more research on this. We will table this discussion for next month.

12. Old Business

- a. None

13. Good of the Order

- a. Amy shared that what's working well for one of her meetings is that fellows are sending checks to the treasurer vs. donating via the website.

14. Next month Service

- a. Newcomer greeter next month will be Maggie
- b. Early to set up will be N/A
- c. Meditation Reading on Service next month will be Shannon
- d. Read on Service will be Nick
- e. Tradition and concept will be Amy

15. Adjournment