

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - January 5, 2021

1. Call to Order and Welcome

2. Readings

Meditation Reading on Service – read by Shannon

OA Handbook reading – read by Nick

Tradition 1 – read by Kim

Concept 1 – read by Kim

3. Introductions – 13 present – Rachel S., Shannon*, Rachel P., Sarah*, Nickie, Nick*, Kim*, Carolyn*, Maggie, Mary*, Camille, Amy*, Heidi* (*indicates representing a meeting)

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

5. Preamble to the Meeting

6. Spiritual timekeeper: Kim

7. 7th Tradition

a. Please make via PayPal

8. Review, amend, and approve DRAFT minutes

a. Carolyn moved we approve minutes

b. Nick seconded

c. All approved

9. Officer Reports

a. **Chair** – Rachel S.

i. The candlelight meeting and the NYDC were incredible. Thank you everyone who did service for these events and all of 2020.

ii. In the last month, Rachel has fielded a lot of calls from members who have had issues regarding their plan of eating, racial identity, and other challenges.

1. She directed these fellows to discuss with their sponsors and others in the meeting if they feel comfortable. What is our responsibility as an Intergroup?

2. Rachel will reach out to other intergroups to mold our bylaws with the Unity with Diversity principles so we have resources for people to have conversations about these issues.

3. We need to make sure we're in alignment with the traditions moving forward.

iii. Rachel also talked with Caroline about what a corresponding secretary position could look like given physical copies are not needed. Maybe making physical copies available if members wanted it. Also getting a subcommittee together to reach out to meetings to discuss their needs.

b. **Vice Chair** – Nickie

i. Nothing to report

c. **Corresponding Secretary** – Caroline

i. Absent

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

i. December minutes to be updated to website shortly.

e. **Treasurer** – Maggie

- i. Maggie compiled the annual audit and will be dropped off to Carolyn to review tomorrow. Nick and Nickie also volunteered to look at it.
- ii. Income:
 - 1. 7th tradition of approximately \$1,641.
 - 2. Our YTD total of 7th tradition is \$3,489.91 (budgeted a total of \$4,000)
 - 3. We have allocated over \$2,000 for donations and scholarships. If you are aware of meetings that need financial support, have them reach out to Maggie.
- iii. Expenses:
 - 1. None
- iv. Current account balance is approximately \$15,310

10. Standing & Ad-hoc Committee Reports

- a. **Communications & Technology Committee** – Heidi B.
 - i. Welcome Camille to the team! She is our new e-blast editor, and we are getting started with the transition. Thank you Shannon for doing this month's blast. Thank you for your years of service.
 - ii. We'll talk about upgrading the Zoom account in new business.
 - iii. We have not produced Recovery Road since before COVID. Heidi P. may be willing to start producing RR if we have a need.
- b. **Region III Rep/WSBC Delegates** – Nick & Rachel S.
 - i. Nick heard he would get info about whether Intergroup needed to change our policy and bylaws committees. Nick received information from WSO so we have examples to follow if we want to do that. Nick can print and share the examples if wanted.
 - ii. Region 3 can have visitors at the assembly. If you're interested, please do.
 - iii. WSBC is Jan. 30. All the delegates will meet via Zoom to decide whether WSBC should be virtual or in person.
 - iv. Rachel asked Nick to send examples to herself and Nickie.
 - v. Rachel will be representing the bylaws subcommittee at the Region 3 conference in March.
 - vi. The Unity with Diversity committee will be meeting again on Saturday and is working on updating language to be more inclusive.
- c. **Twelfth Step Within** – Cassie
 - i. Cassie and Rachel S. are working with the other CO Intergroups to do a statewide Unity Day event, which might be something we do in future years as well.
 - ii. Thank you everyone who served on the New Year's Day Celebration planning committee and all who were of service.
 - A. There were 100 people max. There were some people coming and going during the event. Next time we may try to communicate to people that they should stay through the whole event.
 - B. We have received lots of good feedback and welcome constructive feedback for the future, especially should we need to do it virtually again in the future.
 - 1. We received feedback that perhaps the service share should have come after the speakers vs. after the angel walk.
 - 2. Some would have liked more time for the letter writing activity
 - 3. Please contact Carolyn with additional feedback.
 - 4. Some have asked whether we can post the angel walk affirmations recording on the website. However, they are not OA-approved affirmations, we did not obtain permission for the affirmation speakers for public posting, and we might reuse the recording in future years.
- d. **PI/PO** – Carolyn C. & Cassie W.

- i. Nothing to report
- e. **YP Committee** – Rachel P., Rachel S., & Jordan
 - i. We had a committee meeting on Dec. 8, and our next one is Jan. 12. Our biggest item is thinking about adding a page on the website for YP. Please consider attending the committee meeting if you are a YP or came in as a YP, and please spread the word.
 - ii. YP e-retreat is March 6 11 a.m.-11 p.m. MST.
- f. **Convention Committee** – Jordan L.
 - i. We will be starting planning again soon.

11. New Business

- a. Upgrading Zoom account
 - i. We can upgrade for 500 attendees:
 - 1. \$399 for 2 accounts
 - 2. \$599 for 3 accounts
 - 3. \$799 for 4 accounts
 - ii. Heidi made a motion that the Comm/Tech committee upgrade for three accounts (to be paid from the general budget fund). Nickie seconded.
 - iii. Discussion: There are four meetings that happen concurrently on Saturdays.
 - iv. Amending the motion from three to four accounts. Shannon seconded the amended motion.
 - v. Maggie said financially that is fine if it comes out of the general fund.
 - vi. If for some reason one of the meetings no longer needed to use the Zoom account, we could downgrade easily.
 - vii. Motion unanimously approved
 - viii. We should make sure the phone numbers associated with Zoom meetings are local meetings if possible.

12. Old Business

- a. None

13. Good of the Order

- a. Register for the OA Birthday Party happening Jan. 16-17!

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 Rachel P.
- d. Read on Service will be Carolyn
- e. Tradition and concept will be Maggie

15. Adjournment