

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - January 11, 2022

1. Call to Order and Welcome

2. Readings

Meditation Reading on Service – read by - not recorded - recording secretary got on Zoom 2 minutes late

OA Handbook reading – read by Shannon

Tradition X – read by Danna

Concept X – read by Danna

3. Introductions – Shannon*, Danna*, Jan, Ruth, Nickie, Rachel S., Carolyn, Amy K., Bev, Marcia, Cindy C., Heidi, Cassie (*indicates representing a meeting) More people may have been representing meetings. Some people joined Zoom late and were not able to state if they represented a meeting.

4. Welcome to the Newcomer (if applicable) – Newcomer greeter: There were no newcomers.

5. Preamble to the Meeting

6. Spiritual timekeeper: Cindy

7. 7th Tradition

- a. Please make via PayPal

8. Review, amend, and approve DRAFT minutes

- a. It was moved that we approve minutes
- b. It was seconded
- c. All approved

9. Officer Reports

a. **Chair** – Ruth

- i. Ruth said that she was amazed at how much work the previous intergroup members and committees had done. She thanked them all.
- ii. Ruth put together a 4 person budget committee. Jan will work with this committee.

b. **Vice Chair** – vacant

- i.

c. **Corresponding Secretary** – vacant

- i.

d. **Recording Secretary** – Cindy

- i. Cindy said that she is still learning the recording secretary position. She will work with Rachel P., the previous secretary, and Heidi as necessary.

e. **Treasurer** – Jan

- i. Income:

After all the bills were paid, we have \$15,654.34 in the bank. Even though there were no checks deposited and PayPal funds transferred since July, Jan reported the contribution when they were made based on when the checks were written. She wanted to be able to better judge when and where contributions were coming in. CCIG June 2021 is the completed year reports and CCIG 2021-2022 is for Oct Nov and Dec 2021. People are still making contributions online.

Jan started a budget in the 2nd to last column. This is just to start a conversation toward a budget. If she didn't know, she just left the previous year's number. These need to be reviewed and voted on. Contributions remain constant at \$7500 for the past 12 months. Jan is thinking at a minimum, we should contribute \$10,000 to Region 3 and World Service.

ii. Expenses:

Jan paid the invoice to Vail Resorts for \$2,903.34 for the Retreat. The NY Event took the deposit of \$500 and we owe nothing beyond that. Web site services were paid \$2,100 for Nov 2020 to July 2022. Since website services are paid in advance, we will only owe IT of expenses of \$200.00 more in 2022. Jan said all current bills have been paid. Heidi asked a question about the 4 Zoom accounts wanting to know how far in advance we have paid. The Zoom accounts were paid on the CCI debit card. It is probably time to renew the accounts which may cost \$500.00-\$600.00. Jan will look at the bank account to see when it was last paid. Jan scanned all the documents in 3 notebooks and put it on her server. There was no cost because Jan had a person needing to do community service do it for us. Jan wants the records saved on the OA website so that the records are accessible to CCIG and saved in more than one place. Jan ordered a key for the CCIG mail box. She has not received it yet, so she will follow-up with UPS.

iii. There are 3 people on the Chase CCIG bank account: Jan B., Cindy C. and Carrie G.

10. Standing & Ad-hoc Committee Reports

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

- i. Heidi added Ruth, Jan, Shannon and Cindy to the CCIG website. She said to be careful when making updates. Camile has access to do the email Chimp.
- ii. There needs to be a team of 2-3 people to update the calendar. Changes to meeting schedules were going to Rachel S., Rachel P. and Nickie. Nickie was doing the Zoom meeting list which she has shared with the current board. She is willing to train someone new how to update the document but will not be maintaining it in the future. There was chaos in March 2020 because of all the meeting changes due to COVID restrictions. The blog on the website is for news. Heidi handles the backside of the website. Heidi explained that the emails to secretary@oadenver.org get forwarded to Cindy. Cindy let Heidi know that she did not get an email that she sent to that address as a test. Heidi will check to make sure the forwarding is working.
- iii. In new business, Heidi talked about Zoom bombers and security we can consider.

b. **Region III Rep/WSBC Delegates** – Nick & Rachel Sch.

- i. Nick was not present at the meeting. Rachel Sch. was in the meeting but unable to talk.

c. **Twelfth Step Within** – Cassie W.

- i. Cassie is stepping down as the TSW committee chair. Cassie said that Freya H. from Northern Colorado Intergroup would like all 3 Colorado intergroups to work together organizing a Unity Day for February.
- ii. Carolyn said that the \$500.00 deposit for the 2022 New Year's Day lunch has been resolved. CCIG lost the deposit but does not owe more. No reservation was made for 2023 NYD. Carolyn said that things can change. She said that she loved not having the stress of the NYD event. She would like to see CCIG have an open mind about planning for future events.

d. **PI/PO** – Cassie is stepping down as the PI/PO chair.

- i. The chair position is open.

e. **YP committee - open**

- i. No report.

- f. **Unity with Diversity** – Rachel Sch. & Caroline
 - i. No report.

11. New Business

- a. Shannon, Carolyn, Danna and Natalie are the members of the new budget committee. They will meet on Zoom. Ruth spoke with District 3. They said a prudent reserve for an intergroup is usually 6 months to 1 year. Ruth said we should do a lot of 12th step work to keep OA alive. She recalled the Oasis Club in Denver where OA members could hang out. She wonders about having an OA office. Hybrid meetings could be established with some people in a room face-to-face and Zoom participants.
- b. Heidi referred us to the email from Zoom explaining security measures that could be used to combat Zoom bombers. Zoom suggests the following:
 - 1. Remove or report the public post
 - 2. Delete this meeting and create a new one
 - 3. Enable these security settings:
 - o [Meeting password/passcode](#)
 - o [Waiting room](#)
 - o [Meeting registration](#)
 - o [Authenticated users can join meetings](#)
 - 4. Send the new meeting information only to people you know

Zoom also suggests making the meeting a webinar if we want to keep it public which gives us more control. The Zoom committee was Rachel S., Rachel P. and Nickie. Nickie is still willing to help with the Zoom meetings. Carolyn will work with the committee also. The Zoom team will be added to this list of service positions.

Cassie said that OA has to post the password online despite what Zoom says. She said it would be a tradition violation not to do so. Carolyn said that having someone claim as host helps. Bev said that the code she was given to claim the host did not work for her. Carolyn will get that code for Bev.

12. Old Business

- a. None

13. Unfinished Business

- a. Jan's scanning expenses - there was no cost. A volunteer did the scanning.
- b. Invoice for Breckenridge Retreat -

14. Good of the Order

- a. Carolyn said that the OA Birthday Party was an online event this year from January 14-16th. The cost is \$30.00 for the whole weekend, but scholarships are available.

15. Next month Service - the following were not assigned for February

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

16. Adjournment