

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - April 5, 2022

1. Call to Order and Welcome

2. Readings

Meditation Reading on Service – read by Cindy C.

OA Handbook reading – read by Carolyn C.

Tradition X – read by Marcia V.

Concept X – read by Marcia V.

3. Introductions –present: Nan*, Pam*, Ric* Marica V.*, Bev*, Carolyn*, Heidi B., Nickie L. and Cindy C.
(*indicates representing a meeting)

4. Welcome to the Newcomer (if applicable) – Three newcomers (Pam, Nan, Ric) Newcomer greeter: Carolyn

5. Preamble to the Meeting

6. Spiritual timekeeper: Carolyn C.

7. 7th Tradition

- a. Please make via PayPal

8. Review, amend, and approve DRAFT minutes

- a. Not enough people had read the minutes or had been present at the last meeting to be able to attest that the March minutes were accurate. We decided to wait until the May intergroup meeting to amend and approve the minutes.

9. Officer Reports

- a. **Chair** – not present
 - i. Cindy said that Ruth sent her a flier stating that Region 3 is putting together a list of speakers. She asked that anyone interested in becoming a speaker to let her know, so she can forward that information to them. Ruth also provided a flier for the May 21st in person workshop titled “Power of the Fellowship”.
- b. **Vice Chair** – OPEN
- c. **Corresponding Secretary** – OPEN
- d. **Recording Secretary** – Cindy C.
 - i. No report
- e. **Treasurer** – Jan B. - not present. Cindy read the report that Jan had prepared for the meeting. Carolyn screen shared the report and spreadsheets with the 7th Tradition Donations, Income and Expenses.

The report for this month is rather simple to report. We did not have much activity.

Beginning bank balance was 16,936 and the ending bank balance is \$12,589.

i. For Income:

- We received \$89.31 in PayPal Contributions
- We also received a refund who we reimbursed \$100 for “Getting back to Meetings” in February

ii. For Expenses:

- We spent \$1,000 for R3 Contributions, which was budgeted

- We also spent \$3,000 for WSO Contributions, which was also budgeted
- We spent \$75 for Gift Certificates for past Board Members
- We spent \$220.19 for a mailbox and key for a six-month rental period: from 4/20/22 to 10/19/22
- We also spent \$241.12 for Large Totes, Big Books, 12x12 Pamphlets, Starter Kits and a Bank Bag.
- Questions/Comments about the Budget:

Carolyn explained to the new people that the totes, literature and bank bag were materials for new meetings to get started. These were similar to what was given to Ric to start a meeting in Delta.

Nan said that Carbondale makes contributions from their 7th tradition to Region 3 and WSO. She wanted to know if CCIG making donations to those also is a duplication. Cindy said that it was a duplication but also the normal procedure. Carolyn explained that the meetings contribute to CCIG to support local events. At the end of the year, if there is any excess, CCIG sends money to Region 3 and WSO. With the pandemic limiting local events, CCIG had less expenses and more money to disburse to Region 3 and WSO.

10. Standing & Ad-hoc Committee Reports

- a. **Communications & Technology Committee – Heidi B.**
 - i. Kim T. is back and updating the meeting list on the website. Carolyn can coordinate with her concerning the Zoom meeting list.
 - ii. Heidi updated the website with the upcoming events.
 - iii. Updating the Newcomers page on the website is in progress.
 - iv. Heidi will follow-up with Camille and Shannon about the Denver OA email blast.
 - v. Cindy brought up that the OA Denver.org website still has the old board member names. Heidi asked Cindy to send an email to news@oadenver.org requesting those be updated. Cindy will do that.
 - vi. Matt is working on the website. Heidi is grateful for all the help she receives on the website.
 - vii. Heidi updated the CCIG members that will get the emails forwarded from oameetings@oadenver.org The previous board asked that they all get the emails with meeting changes.
 - viii. Heidi has not updated the hotline phone number yet. That is on her list to do.
- b. **Region III Rep/WSBC Delegates – OPEN**
- c. **Twelfth Step Within – OPEN**
- d. **PI/PO – Shannon G. was not present. Cindy read the report Shannon prepared.**
 - i. Shannon developed a plan for 2022-23 PIPO with these components:
 - A. Social Media Outreach (primarily advertising on Facebook)
 - B. Public Service Announcements for Radio and Television
 - C. Community Outreach to Public at Local Health Fairs and other Events
 - D. Professional Outreach to Local Physicians, Therapists and Nutritionists
 - E. Posters on RTD Light Rail and Busses and/or Bus Shelters
 - ii. 9Health Fairs are back in person in the metro area in April-May. Shannon met with Amy K. and has the materials for hosting an OA table at two fairs: April 23 at Eastwood Rec Center in Highlands Ranch (confirmed) and May 21 at Corona Presbyterian (confirmation pending). Shannon, Amy and Cindy C. will staff the fairs. Please contact Shannon if you would like to help staff a fair.

- iii. Up next: Recruiting volunteers to support PIPO activities via an article in the May CCI eblast, a flier to circulate to members, and posting an article on the home page of oadenver.org in the "From the Blog" session.
- e. **Unity with Diversity** – Rachel Sch. & Caroline - not present
 - i. No report
- f. **Zoom Committee:** OPEN
 - i. Heidi and Carolyn are sharing knowledge and can help members with Zoom meetings. Carolyn said that Zoom has tightened their security measures. Recently she had trouble using the Zoom account because it was asking for a 2 person verification. Heidi shared that she and Matt are considered the Zoom web managers who would be able to do the verification. Carolyn and Heidi will talk offline about this issue.
 - ii. Nan wanted to know how other meetings are making decisions about remaining on Zoom, going back to in person meetings or having a hybrid meeting. She said it is a dilemma because some people who come to the Zoom meetings no longer live in the area. Heidi shared her experience. One meeting she attends is in a building with limited reception making a hybrid meeting impossible. If they decide to have an in person meeting, they would keep the zoom meeting and the in person meeting would be considered a separate meeting. Another meeting decided to just keep meeting on Zoom but will continue to evaluate the possibility of returning to an in person meeting in the future. One problem is that an in person meeting needs a quorum of people to commit to attend. Carolyn said each meeting will need to make their own decision.

11. New Business

- a. None

12. Old Business

- a. None

13. Good of the Order

- a. Heidi is grateful for the members who planned the in person event in May. She said that gives her hope for the future. She is willing to volunteer with the events but prefers not to chair them. She said the 12 Step Within in person events changed her recovery. She got a scholarship to the Serenity in the Rockies Retreat in 2006 in Frisco. It boosted her recovery tremendously. The love tunnel activity done there was also used at the New Year's Day which may have boosted someone else's recovery.
- b. **Next month Service**
- c. Newcomer greeter next month - unassigned
- d. Early to set up will be N/A
- e. Meditation Reading on Service next month will be Cindy
- f. Read on Service will be - unassigned
- g. Tradition and concept will be Pam

14. Adjournment