

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - March 1, 2022

1. Call to Order and Welcome

2. Readings

Meditation Reading on Service – read by Amy

OA Handbook reading – read by (not recorded)

Tradition X – read by (not recorded)

Concept X – read by (not recorded)

3. Introductions –present: Carolyn C.*, Ruth S., Shannon G.*, Danna*, Jan B., Amy K., Mary Lee B., Heidi B., Cindy C. (*indicates representing a meeting)

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

5. Preamble to the Meeting

6. Spiritual timekeeper: Amy K.

7. 7th Tradition

- a. Please make via PayPal

8. Review, amend, and approve DRAFT minutes

- a. Shannon moved we approve minutes
- b. Jan B. seconded
- c. All approved, one abstained

9. Officer Reports

- a. **Chair** – Ruth

- i. Website Work

- Posted events

- Spoke with Heidi about changing newcomer page and meetings page

- Met with Al from OA in Northern Colorado who explained how to do social media advertising

- Made sure that Help Line was being answered by someone—Mandy is the only one doing it

- ii. 12 Step Within Ideas

- Collected ideas from various people about how to strengthen our Colorado groups. Received ideas including:

- 1. Weekly newsletter listing meeting and events for that week.

- 2. Hybrid meetings in person and on ZOOM in OA office – camera automatically goes to whoever is speaking

- 3. Pop UP meeting – held one time only in a different location. Camp ground, park

- 4. Christmas in July, 12 Days of Christmas = 12 steps

- 5. Zoom Meetings 2x per week on a topic- speaker + sharing STEP RECOVERY

- 6. Sponsorship Workshop every 2 weeks for old sponsors to tell new sponsors tricks of the trade.

- ii. Zoom Meetings

I need someone to call the zoom meetings. There are 10 listed. The website shows 22 meetings. Need to figure out the discrepancy.

iii. **Committee Meetings:**

Met with the budget committee for 45 minutes.

Met with Unity Day committee for 3-4 hours

iv. **PIPO**

Spoke to Shannon about social media and connected her with AL

New in-person meeting on Saturday morning was given a grant to get started.

v. **Unity Day**

Completed Unity Day ZOOM Event on Sunday, 2-3:30 PM with the help of Amy and Cindy and Bev and the Northern Colorado OA Group

3 speakers, Q&A, Breakout sessions

Cost: 2 pieces of literature

37 people participated

vi. Made several calls to members and picked up Helpers, but no leaders

b. **Vice Chair – Open**

c. **Corresponding Secretary – Open**

d. **Recording Secretary – Cindy C.**

i. Minutes for the January CCIG meeting have been posted to the website. The approved

minutes for the February CCIG meeting will be posted to the website by the end of the week.

e. **Treasurer – Jan B.**

i. Income for February was \$867.47

ii. Expenses:for February were \$514.25

iii. The balance of the CCIG bank account is currently \$16,198.59

iv. There were no questions about the income and expenses.

10. Standing & Ad-hoc Committee Reports

a. **Communications & Technology Committee – Heidi B.** was late to the meeting. She explained that she teaches a class. She has requested to not be scheduled to teach on Tuesday, but she was scheduled for tonight anyway.

- i. Heidi B. reached out to a couple of the webtech committee members and asked them for help. She needed more help with the website which Matt agreed to do. She needed someone to do one article per month which Shannon agreed to do.
- ii. Heidi B. said that Carolyn C. helped her with updating the Zoom meeting list.
- iii. Heidi B. wants someone to clean up and maintain the meeting list on an ongoing basis. Kim T. has done that in the past. Heidi is reaching out to Kim to see if she still wants to do that.
- iv. Heidi B. posted a blog about the Colorado State Convention/Region 3 Assembly scheduled for this October. The link for that convention is not ready yet, so she noted that it will be coming. She said it is the same link for every State convention.
- v. Heidi B. updated the email list for CCIG so that not all of them go to the chair, Ruth. The previous chair requested that all the email go to her.

- vi. Heidi B. reached out to the web designer concerning updating the Denver.org website. They are currently revamping the Los Angeles website. What they do with the LA website will probably work well for ours.
- vii. Heidi B. created a work template for the Recovery Road. This can be used when we start distributing paper copies again in the future.
- viii. Carolyn C. said that she made corrections to the worksheet and calendar of zoom meetings posted on the OADenver.org to make sure that they match. She did not call the meeting contacts to make sure that they are still meeting.
- ix. Heidi B. questioned if Heidi P. should still be the contact to update the meeting lists.
- x. Heidi B. clarified that people have to call the meeting contact to get the passcodes for security reasons.
- b. **Region III Rep/WSBC Delegates** – Open
- c. **Twelfth Step Within** – Open. Ruth asked if Carolyn C. had a report for the Twelfth Step Within Committee. Carolyn said that she works on the New Year's Day brunch which is a part of the TSW Committee. Planning for that event usually starts in July or August. She has no other information about TSW.
- d. **PI/PO** – Open
 - i. Ruth S. said that Shannon G. has volunteered to be the PI/PO chair. She asked for a motion to elect Shannon. Carolyn moved that we elect Shannon. Danna seconded the motion. She was unanimously approved.
 - ii. Shannon G. said that she knows nothing about PI/PO, but she is eager to learn. Several group members thanked her for taking the position.
- e. **Unity with Diversity** – Rachel Sch. & Caroline were not present. Carolyn C. said that she did not have any information about the committee
- f. **Young People Committee** - Open
- g. **Zoom Committee** - Open

11. New Business

- a. Unity Day - Cindy C. said that Ruth already shared a lot about the event in her report. Cindy added that she was amazed at how well Northern Colorado Intergroup did with the technology. She wished that more people attended, but more than thirty people was a good amount. She thought the speakers were great.
- b. Gifts to past officers - Ruth said that she gave \$25.00 Amazon gift cards to three officers of the last CCIG board. They were grateful. Rachel P. said that she would give half of her gift card to her local group in Philadelphia.
- c. Backpacks - Danna proposed that we have 10 backpacks on hand with materials to start new OA in-person meetings. The backpacks would include a AA Big Book, an OA 12 Steps and 12 Traditions book, and 2 copies of 24 different OA pamphlets, a sample OA meeting format, instructions on how to register a group with intergroup and World Service. She wants to have these so that groups don't have to wait until enough 7th tradition money is collected to buy these books and pamphlets. She said that each backpack and literature would cost about \$70.00 with the back pack itself costing between \$17.00 and \$19.00. Amy K. said that she has a lot of pamphlets left over from the PI/PO committee stored at her house which could be used. Danna loved that idea. Carolyn C. said that she loves the ideas for backpacks but would limit the supply to five unless there is a cost saving for purchasing in bulk. She thought 10 was aggressive for our community. She is not aware of a lot of people on zoom meetings wanting to go back to in-person meetings. Danna said the cost savings for purchasing in bulk would only apply to the zipper pouches and envelopes for collecting 7th tradition donations. Danna did not think that there was more than \$10.00-\$15.00 in savings for purchasing in bulk. Danna was okay with only creating 5 backpacks. Cindy said that some of the pamphlets could be revised if the backpacks were not

used in the near future. She said that the 4:30 Sunday meeting at Shepherd of the Hills was no longer meeting. She has 2 boxes of literature from that meeting that could be used, but she would need to check with the former members of the meeting to make sure it was okay. Cindy offered to store that literature in case the meeting decided to open up again in-person. Amy K. added that Peggy S. was still a contact for that meeting because it was a newcomer meeting. Cindy will contact the old SOTH meeting members to get permission to sell or donate their literature to intergroup. Danna said that some pamphlets were already being replaced like the "Before You Take That First Compulsive Bite". She said it was replaced by a pamphlet titled "Where Do I Start" which also includes prayers, the 12 Steps and Traditions. Ruth said that she did have a woman, Michelle contact her about funds to start a new meeting, but she is not aware of other people wanting to do that. Carolyn thought that we would be getting the horse before the cart. She recommends a few backpacks until we find out if people want to open new meetings. Carolyn proposed 3 backpacks. Danna said she wants backpacks ready to go so that new meetings do not have to wait for literature to be ordered. An announcement could be put on the OADenver.org website and Camile could announce it in the Statewide OA email blast that funds were available to start new meetings. Depending on the response CCIG could authorize more money for more backpacks. Jan B. said that would only take motion and vote at the intergroup meeting to approve funds for more. Jan B. proposed a friendly amendment to the motion to say that we use the literature that Cindy and Amy have first before we order more. Danna agreed to store the backpacks in her basement. Jan B. called for a vote. The motion was stated as creating 3 backpacks using the literature that CCIG already has and ordering the rest. The motion was passed unanimously.

d. Budget - Ruth S. and Jan B.

Ruth S. shared her screen with 2 proposed budgets. Ruth proposed one budget and the Budget Committee had proposed another. She said that she had discussed both of them with Jan over the phone. She said that most of the budgeted amounts were the same except for Region III and WSO contributions, miscellaneous and Communication and Technology items. Ruth's proposal included 2 additional line items: amounts for renting a space at an AA club and an amount for events. Ruth said that Jan felt bad that the money was not being used due to the last board being afraid of what would happen after the COVID pandemic subsided. There is not that much time until the end of the OA fiscal year in September. Ruth proposes that we wait until the end of September to make any distribution to WSO and Region III. Ruth calculated what we contribute as 3 times what we usually contribute which would be $3 \times \$350.00 = \1050.00 to Region 3 and $3 \times \$250.00 = \750.00 to WSO. She is multiplying it by 3 to make up for the last 3 years of not making contributions. Carolyn moved that we discuss the 2 proposed budgets. Shannon seconded the motion.

Jan B. clarified that the Budget Committee proposed a budget, but it was not her budget. Jan said that it is the responsibility of CCIG to make contributions to Region III and WSO. She said that PI/PO was increased to \$5,000.00 and money has been put aside for representatives to go to Region III assemblies and WSO conventions even though we have not rep's to send right now. Jan said the Budget Committee considered a line item for renting an AA club but decided not to because there are so many AA clubs available. Jan said that we need to pass the budget to get the money out.

Carolyn C. was confused by the \$1,000.00 for events. She said that most events break even, so no money usually needs to be set aside in the budget. She said that \$2,000.00 was already set aside to reopen meetings after the pandemic gets better that could be used for renting space at an AA club. Carolyn said that the previous board had fear and held onto funds because of the

uncertainty created by the pandemic. She felt CCIG did not need to be afraid, that CCIG has plenty of money coming in and that people she knows are not anxious to start meeting in person. Jan B. said that the numbers Ruth was sharing on her screen for the Budget Committees proposed budget had some wrong numbers including the amount for the Communication and Technology. It should be \$2,700.00, not \$273.00. Ruth corrected that on her screen. Jan and Carolyn worked on getting the correct budget to be shared on the screen. Jan said that the Budget Committee allotted more money to the Communication and Technology because our website needs to be updated.

Shannon G. proposed that we compromise on the amount that we send to WSO and make it \$1,875.00. She said that her experience with AA clubs is that they cost between \$50.00-\$75.00/month. Shannon wanted to know if the \$1,000.00 for events would be considered an amount for the OA State Convention in October. It was explained that Northern Colorado Intergroup is paying for that and it rotates between intergroups each year. CCIG could make a donation or scholarship to support NCOI.

Cindy C. said that the Saturday 9:00 AM Welcome Home meeting voted that they wanted CCIG to know that they want any excess funds at CCIG to be contributed to support the State Convention this year.

Jan B. explained that most of the \$2,700.00 for Communication and Technology has already been spent due to Heidi being paid for past and future services and the Zoom accounts. She said that past budgets had a separate line item for scholarships to the State Convention. This proposed budget does not. Jan said money could be moved around like the amount for the WSO rep's which would be minimal if they met by Zoom. There would be no airfare expenses.

Heidi said an idea for how to spend the excess funds would be to have a free retreat. This could encourage people to come back to OA. She said with a donation basket, the cost could be completely offset. This would be a in person event.

Jan B. thinks a free retreat is a good idea, but she wanted to focus on getting a budget approved. Ruth wanted to approve the budget proposed by the Budget Committee but wanted to wait until October to make disbursements to Region III and WSO.

Heidi said that we are supposed to send contributions and proposed we send at least half now. She said that Region III does not do very much, but WSO does a lot to help OA worldwide.

Carolyn C. said she tends to be a miser but has learned to give it away and trust it will come back.

Jan B. made a motion that we approve the budget created by the Budget Committee as is and called for a vote. Carolyn seconded the motion. That budget was approved unanimously.

12. Old Business

- a. None

13. Good of the Order

- a. None

14. Next month Service

- a. Newcomer greeter next month - not decided
- b. Early to set up will be N/A
- c. Meditation Reading on Service next month - not decided.
- d. Read on Service - not decided.
- e. Tradition and concept - not decided.

15. Adjournment