

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - May 3, 2022

1. Call to Order and Welcome

2. Readings

Meditation Reading on Service – read by Cindy C.

OA Handbook reading – read by Ruth S.

Tradition X – read by Shannon G.

Concept X – read by Pam

3. Introductions – present: Ruth S., Cindy C., Jan B., Pam*, Shannon G.*, Nan*, Marcia V.*, Nickie L.
(*indicates representing a meeting)

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

5. Preamble to the Meeting

6. Spiritual timekeeper: Cindy C.

7. 7th Tradition

- a. Please make via PayPal

8. Review, amend, and approve DRAFT minutes

- a. Nan moved we approve March and April minutes
- b. Shannon G. seconded
- c. All approved

9. Officer Reports

a. **Chair** – Ruth S.

i. **Website Work**

Posted events

Newcomer pages have been redesigned. Thank you Matt!

ii. **12 Step Within**

Recruited a dynamo, Dana B., who organized our Spring Workshop – Power of Fellowship

Everything is set for May 21 at 11:00 AM-1:30 PM

Flyer has been posted on the website

iii. **Zoom Meetings**

Called all meetings to see their status

The Welcome Home meeting in Englewood had no contact person

All other meetings were as reported on the website

Recruited meetings to come to the Intergroup Meetings

iv. **Committee Meetings**

Met with Shannon and discussed plan forward on social media

b. **Vice Chair** – OPEN

c. **Corresponding Secretary** – OPEN

d. **Recording Secretary** – Cindy C.

- i. No report

e. **Treasurer** – Jan B.

- i. Income: This month reflects little activity on the expense side with some good news on the revenue side.

- We had \$733.98 come in from PayPal and an additional \$250 check deposit.

- Of the PayPal donation, nearly \$450 was received from the Englewood group for Welcome Home 9a.m. Saturdays.
- ii. Expenses:
 - 1. On the expense side, we spent only \$8.69 for Name Tags for the Power of Fellowship Workshop.
 - iii. The Bank Balance as of 4/30/22 is \$13,564.64
 - iv. Nan and Pam said that they did not get an email before the meeting with the treasurer's report. Jan said she would add them to her list of people needing the emailed report.

10. Standing & Ad-hoc Committee Reports

- a. **Communications & Technology Committee – Heidi B.**
 - i. The OA Hotline is not working. Callers get a busy signal. Heidi will check into this. Ruth S. volunteered to have her own phone number on the OA Denver.org website. Heidi advised against this. Her phone could be subject to bots, scammers and hackers. Ruth agreed to not put her phone number on the website. Ruth proposed paying for a phone line to make sure the hotline is always available. Heidi said that Google Voice has worked well for 8 years. Since 2011, the hotline has received 417 messages. It is associated with a gmail account, OACentralColorado@gmail.com. Heidi has the password, but that cannot be published in these minutes. Heidi likes Google Voice because it transcribes messages. It allows multiple people to answer. Ruth said that a line with Verizon could also forward messages to 3 people. During the meeting Heidi logged into the Google Voice account and determined the account expired March 10th. Ruth said it was very important to resolve the hotline issue immediately for people needing help. Heidi will check on reactivating the account and keep us updated.
 - ii. There has been a 900% increase in people requesting the OA Denver newsletter. Shannon said that there have been 20-30 people per day requesting it. Heidi thinks that bots are requesting the newsletter. Shannon said that the email addresses look valid. Camille, Heidi and Shannon are getting the Mail Chimp sign-ups. Shannon does not have the credentials to sign in. Heidi will check on the login information. She said that Tom may have it.
- b. **Region III Rep/WSBC Delegates - OPEN**
- c. **Twelfth Step Within – OPEN**
- d. **PI/PO – Shannon G.**
 - i. Shannon said that she will be convening with Ruth S. on May 13th to discuss how to use Facebook for public information and professional outreach. Al S. sent Shannon information on what they used on the Western Slope for their Facebook campaign. Nothing has been considered for radio or TV.
 - ii. Shannon said that she and Cindy C. staffed a booth at the 9Health 365 health fair. Six to 7 people stopped by the booth to talk, take literature and/or ask questions.
 - iii. Placing 15 posters on the light rail and buses is being considered for 2 weeks in October or November. Danna B. has researched how to do this and its efficacy. Danna is happy to help with these.
 - iv. Shannon is compiling a list of local nutritionists and therapists that treat eating disorders. She has found a lot of therapy is on Zoom. There is one organization that has thousands of therapists. She is unsure of their name but thinks it may be Better Health. She is considering how we could approach this organization.
 - v. Nan said that she felt a lot of the PIPO's plans were Denver-centric. She wanted to know how CCIG would address the Western Slope need for PI/PO. She said that she could help implement PI/PO in the Grand Junction, Delta and possibly Eagle areas. Shannon said that she would get Nan's phone number so they could discuss the possibilities.
- e. **Unity with Diversity – Rachel Sch. & Caroline**
 - i. Not present. No report.

11. New Business

- a. Ruth received an email from someone saying that the contact phone number on this fall's Colorado State Convention flier was a bad number. Cindy C will contact the organizers of the Colorado State Convention to clarify the correct number. She will also ask how CCIG can help financially or otherwise with the convention by the June intergroup meeting.
- b. Ruth S. wants CCIG to consider buying a phone line for the hotline. Ruth will do some research into what is available. Nickie L. said that she could help. There was discussion about who were the most recent people designated to answer the hotline. It seems it was Nickie L., Amy K. and Cassie. Heidi will add Ruth S. and Shannon G. to the current Google Voice account if/when the service is renewed. More about the hotline was discussed during Heidi B.'s Communication and Technology Report. The hotline issue was not resolved. It will be discussed again at the next intergroup meeting after more information is available.

12. Old Business

- a. None

13. Good of the Order

- a. None

14. Next month Service

- a. Newcomer greeter next month will be: none assigned.
- b. Early to set up will be N/A
- c. Meditation Reading on Service next month will be: none assigned.
- d. Read on Service will be: none assigned.
- e. Tradition and concept will be: none assigned.

15. Adjournment