

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - June 7, 2022

1. Call to Order and Welcome

2. Readings

Meditation Reading on Service – read by Chris Q.

OA Handbook reading – read by Elizabeth R.

Tradition X – read by Freya H.

Concept X – read by Cindy C.

3. Introductions – Ruth S., Chris Q.**, Jan B., Elizabeth R.*, Freya H.**, Lori C.*, Wendy M.**, Heidi B., Cindy C., Marcia V.*, Nan, Nickie L. (*indicates representing a meeting), (**indicates visiting from Northern Colorado Intergroup)

4. Welcome to the Newcomer-we had 3 newcomers – Newcomer greeter: Wendy M.

5. Preamble to the Meeting

6. Spiritual timekeeper: Nan

7. 7th Tradition

- a. Please make via PayPal

8. Review, amend, and approve DRAFT minutes

- a. Lori moved we approve minutes
- b. Nan seconded
- c. Nine approved with 3 abstentions

9. Officer Reports

- a. **Chair** – Ruth S.

Website Work

Posted events

Thank you, Matt!

12 Step Within

Spring Workshop was successful.

Thanks to Dana B., Jena R, Geri P, John R., Lori C., Ryan R., Marian P., Elizabeth A.

40 people attended – Power of Fellowship

Everything went well

Had flier posted on website

Recruited a fellow to text all meetings a few days before workshop

Asked Dana & Company to do it again! Another workshop is planned for August 27, 2022

Extra Blast Sent

Recruited meetings to come to the Intergroup Meetings

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.**

Cindy said that she had some trouble posting the minutes to the CCIG website and asked anyone noticing the minutes are missing to let her know.

- e. **Treasurer –Jan B.**

As of May 31, 2022 we have \$14,665.19 in the Bank.

We had the following transactions for the month of May:

Contributions:

- i. Income:

Sat King of Glory \$960.00

CCI Intergroup 30.00

Friday 3Pm Zoom 80.00

Other Individuals 105.55

Total \$1,175.55

- ii. Expenses:

Rent for Workshop \$75.00

10. Standing & Ad-hoc Committee Reports

- a. **Communications & Technology Committee – Heidi B.**
 - i. Another person is needed to help with the website. Rachel is stepping out.
 - ii. Kim T. is updating the meeting lists.
 - iii. Shannon and Camille are doing the email blast
 - iv. Carolyn C. is doing Zoom.
 - v. Thanks to Matt for his help with the website.
 - vi. Heidi P. is working on a Microsoft Word version of the Recovery Road for when it is needed for in-person meetings
- b. **Region III Rep/WSBC Delegates – OPEN**
 - i. Ruth S. asked everyone to go back to their groups and ask for volunteers to serve as the Region III/WSBC Delegates
- c. **Twelfth Step Within – OPEN**
- d. **PI/PO – Shannon G.**
 - i. Shannon is excused from tonight's meeting due to her son being in town.
- e. **Unity with Diversity – Rachel Sch. & Caroline**
 - i. Neither Rachel Sch. nor Caroline were present

11. New Business

- a. June 20th Special in-person meeting 6:30-8:00 PM at
South Broadway Christian Church
23 Lincoln Street
Denver, Colorado 80203
Topic: Step 6 Spiritual Principle-Willingness-What Ways Do I Practice Willingness in My OA Program

- b. June 11 - Gay Pride Celebration
- c. June 12 - 2nd virtual workshop- Committee Hosts a different topic each month for these workshops. June's topic is "Gratitude as an Action Word" VIRTUAL REGION WORKSHOP: ID/89165540024/Passcode-

- d. Lori C. told us about an August 27th workshop which will be similar to the May 21st Power of the Fellowship workshop.

Dana B. is helping to organize this at Grace United Methodist 11AM--2 PM
"Don't Leave: The Miracles Keep Happening"

11:00 AM - 2:00 PM

10:45 - 11:00 Check In

11:00 - 12:00 Three speakers for 10 minutes each followed by Q&A

12:00 - 12:30 Small groups with clearer instructions

12:30 - 1:15 Lunch

1:15 - 2:00 Large group sharing and closing remarks

This is a free in-person workshop, but people are asked to register online. That helps the organizers know how many chairs to set up. Heidi said to send the flier for the event to news@oadenver.org. Lori is developing the flier which will have a link to the registration. Link to workshop registration: <https://bit.ly/3aH486g>

- e. October 21-23 Region 3 Assembly and OA Convention

Request for volunteers – Chris Q.

The theme for the convention is "Freedom from Fear: Face Everything And Recover"

It is an in-person convention at the Marriott in Westminster.

Chris said that Northern Colorado Intergroup needs volunteers to help with planning and do service at the convention more than it needs money.

The business meetings for Region III will be before the convention that week.

Chris said that they need help with recording. Heidi said that CCIG has a recorder. Heidi has one from Rachel P. Heidi said she used the recorder and her phone to record. She said her phone has a time limit of 20 minutes. The recorder that Heidi has needs batteries. It cannot be used with the hotel's microphone system. It is a MP4 recorder with a lapel mic. The recording can be downloaded to your computer and uploaded to the website. Heidi lives near the Marriott in Westminster if someone wants to pick it up from her ahead of time. Chris will email Heidi at news@oadenver.org and arrange to get the recorder from her.

Freya H. is the program chair for the convention. Freya needs people with the skills to create the program and speakers. Freya can be reached by email. The website for the convention is oacolostateconv.com or oacolostateconv.org.

Wendy M. from Boulder is the entertainment chair. She needs people to write funny skits or "OA" relevant lyrics to well known songs. She needs people to help her with developing other types of entertainment like games.

They have a registration chair, but need additional people to help.

They need someone to manage the hospitality suite.

Chris is working on a trifold brochure with program and registration information. She will email ta to news@oadenver.org to be posted on the website when it's complete. She will send hard copies to the Houston and Phoenix intergroups, because they have clubs where they can be set out. It can be printed and taken to the CCI in -person meetings for people to pick them up. They can serve as reminders to register for people who prefer hard copies. Although registration online will be encouraged. Registration starts July 1st.

Jan said that CCI has \$1,500.00 in our budget for scholarships that could be contributed for convention scholarships.

Chris said that scholarships are for the registration fee only. The amount is usually 50 %, but can be negotiated with the treasurer. Scholarships can be requested by the person needing it when they register. The link to register will be on the flier and website oacolostateconv.com

Chris will let CCI know when the next convention planning meeting will be.

- f. Ruth said that she and Amy K. are answering the OA Denver hotline through Google Voice. Ruth talked to one lady. Heidi said that she got the Google Voice phone line up and running again after the last intergroup meeting with the same phone number. She added the credit card to the Google Voice account. She doesn't think it costs anything.

12. Old Business

- a. None

13. Good of the Order

- a. Cindy C. acknowledged Jan for her incredible ability to create the treasurer's report and attend the intergroup meeting despite just having knee replacement surgery.

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