

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

1. Call to Order and Welcome

2. Readings

Meditation Reading on Service – read by Shannon

OA Handbook reading – read by Pam

Tradition 7 – read by Kim

Concept 7 – read by Cindy

3. Introductions – present: Kim T., Cindy C., Ruth S. Shannon G.*, Pam*, Beth*, Heidi (*indicates representing a meeting)

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

5. Preamble to the Meeting

6. Spiritual timekeeper: Kim T.

7. 7th Tradition

- a. Please make via PayPal

8. Review, amend, and approve DRAFT minutes

- a. Kim T. moved we approve the minutes
- b. Shannon G. seconded the motion
- c. All approved

9. Officer Reports

a. **Chair** – Ruth S.

- i. Ruth gave OA announcements to Heidi and/or Matt, so they could update the website.
- ii. Ruth has a couple of meetings going back to face to face meetings . They applied to intergroup for \$100.00 to help them get started.
- iii. Ruth has been getting a lot more input for possible activities
- iv. The Vice Chair and Corresponding Secretary positions are open. If anyone is interested in those positions and joining the CCIG board, Ruth asked them to submit their name. Ruth will answer any questions, provide information about the positions and take their application.

b. Vice Chair – Open

c. Corresponding Secretary – Open

d. Recording Secretary – Cindy said that Heidi B. sent her an email with information that she wanted to make sure were included in the minutes:

- i. The hotline number was reactivated an hour after the May Intergroup meeting with all services restored.
- ii. Additionally, Amy K requested to be back on the hotline. She has served the hotline via google voice so we always had single or double coverage. Amy K and Ruth receive notification calls, voice messages, and transcription messages for hotline calls. This is a great service.

iii. Also Shannon accessed Mailchimp that same evening. Heidi read her the MFA code from her phone. She may need to upgrade our account (for extra cost) to add extra verification for people signing up to the mailing list. Or we can delete the ones we can tell are fake accounts.

e. Treasurer – Jan B. Jan was not present. Jan emailed the financial reports and narrative to the intergroup and Cindy gave the report.

i. Income: In June we collected \$612.34.

ii. Expenses: We made a payment for a Zoom Meeting Membership of \$163.11 and \$100 for a new Face to Face Meeting

iii. Our ending bank balance as of 6-30-22 is \$15,014.42

iv. Shannon G. said that the Saturday 9:00 AM Welcome Home meeting was not on the worksheet with the 7th tradition donations. She said the meeting on the worksheet labeled as Grace United on Saturday was a different meeting from the Welcome Home Meeting, and the Saturday Dragon's Den meeting no longer existed.

She will check with Jan to make sure the Welcome Home meeting gets included.

10. Standing & Ad-hoc Committee Reports

a. Communications & Technology Committee – Heidi B.

- i. Heidi thanked Kim for her work on getting the meeting list on the website and PDF updated and synched. She said it was a major job which will continue to be a challenge through this quarter and through the end of the year. We had to react to the pandemic, and now we have to undo that. People still have to notify WSO as well. Heidi has been sending Kim T. a copy of all the emails she receives with meeting changes even though Kim is on the distribution list. She wants to make sure Kim gets them.
- ii. Heidi wanted to make sure that the information about Google voice made it into the minutes, since it was done right after the meeting. She apologized for not catching that before the minutes were approved for May. She thanked Cindy for making that information available in her Recording Secretary report.
- iii. Heidi thanked Camille for her work on Mail Chimp, the email blast.
- iv. Heidi said that she reached out to Heidi P. yesterday to find out if she is interested in creating a hard copy of the Recovery Road. She hopes to have that by October 21st for the OA State Convention.
- v. Heidi wants to revisit the idea of a monthly or bimonthly newsletter. It's a lot of work. We need a person who is willing to do it. It may only have a few changes each month in which case it is doable. Those changes could be copied from the website and pasted into the newsletter. Heidi will see if Heidi P. is still interested in doing that. If she is not, we will be on the lookout for someone who is interested in being the Recovery Road editor. It involves creating a Word document, converting it to a PDF and posting it to the website.
- vi. Heidi thanks Matt who is on the backside and everyone who volunteers to help with the website since it is a lot of work. She still needs one or two more people to help with the website.. She asked everyone to keep their ears open for people that are interested and let her know if we find anyone. Heidi would be happy to fall into the background.
- vii. Shannon asked Heidi about getting rid of all the sign-ups on Mail Chimp that appear to be from bots. Heidi said that the signups from the bots can be identified because they all use the same meeting number. She said we could delete them, but they can sign up again. Mail Chimp has other accounts that cost money that ask people requesting to sign up to verify their email addresses. Heidi thinks that spending the money is justified and is within their committee's budget. No vote from the board is necessary. Shannon said that she endorses spending the money. Shannon said she wanted to help with Mailchimp. Heidi suggested she

Speak with Camille to find out how much it costs. Shannon agreed to do that. Heidi said the 3 of them could meet to talk about that.

b. **Region III Rep/WSBC Delegates** – Open

i. Ruth asked if anyone was interested in being the Region III Rep/WSBC Delegate. No one was interested.

c. **Twelfth Step Within** – Open

i. NYD- no news

ii. Ruth said that since we don't have a 12th Step Within Chair, she has been asking people individually to do workshops. She said that one member was really good at doing workshops, but she didn't think that person was interested in being the chair. Other people could learn from her how to do workshops.

d. **PI/PO** – Shannon

i. Shannon said that since there were new people at this intergroup meeting, she wanted to explain the marketing plan that was developed at the beginning of this year. The campaign has 5 components.

- 1) Social Media - Shannon and Ruth met and found some resources that would help them learn how to purchase ads on Facebook. This got stalled in early June for 2 weeks due to Shannon getting COVID from her son who was visiting from Hawaii. The last 2 weeks of June, Shannon was busy with being an election judge. She expects to have more time now to work on social media. She plans on talking with Al S. from Northern Colorado Intergroup about his intergroup's experience with Facebook ads. She has some of his materials, but hasn't used them yet. She appreciates our patience and understanding.
- 2) Public Service Announcements on radio and TV
- 3) Community Outreach - Cindy and Shannon staffed a booth at the 9Health Fair in May. Shannon was not sure about the month.
- 4) Advertising on RTD buses, light rail and RTD shelters - Danna is having trouble reaching the contact woman at RTD. CCIG has money in the budget for this and wants to do the advertising by the end of the year. Shannon doesn't know the status of this.
- 5) Professional Outreach to physicians, therapists and nutritionists - Shannon said that PO involves informing professionals of OA's existence and giving them literature.

e. **Unity with Diversity** – Rachel Sch. & Caroline

i. Rachel and Caroline were not present

10. New Business

a. Kim T. said that she and Carolyn C. have been working on synchronizing the list of OA meetings on the OADenver.org website with the PDF listing of meetings. Carolyn has been contacting a lot of people to verify meeting information. It's very close to being completely synchronized. All the meetings on the website that said they were temporarily canceled are officially canceled. Kim wants to be kept in the loop with all meeting changes. Meeting changes should be sent to meetings@oadenver.org.

b. Ruth said that she wanted to look into having an OA office. She said that when she started in OA, there was an office called the OA House on Colfax. It had some really old couches, a bathroom, a telephone, literature and a table. She said it was a good place to hang out between meals. Sometimes she said that she may have been in a sugar fog, got confused and thought there was a meeting there. She would stay there and hang out anyway because it was a safe place. It also had coffee and tea.

Ruth said that there are a lot of AA and Alanon clubhouses and offices. She said that we have enough money in the bank for an OA office. We have about \$15,000.00. She wants to look into how much it would cost. She said it would be a good place for people to do service by answering the OA hotline and returning calls. She said that it would be an alternative place to get literature if a person didn't want to wait to receive it in the mail from WSO. She is afraid that if we have

another lock down this fall, we won't be able to attend our in-person meetings. She said that we could be legally barred from meeting in person. She wants to find out if anyone else is interested in researching the feasibility of an OA office.

Heidi said that ad hoc committees had been formed in the past when CCIG moved to a new location, for the New Year's Day Luncheon and when considering a car pooling app. She said this worked well because the committee members were interested and had a passion for the issue. The committee would do the research and present it to the intergroup.

Ruth asked if anyone would make a motion to form an ad hoc committee to research the possibility of an OA office/club house. Cindy made the motion to form an ad hoc committee to research the possibility of an OA office/club house. Pam seconded the motion. Pam wanted to know if the staff for the office would be OA volunteers or paid. Ruth said that it could be either and would depend on the cost. The motion was passed unanimously.

- c. Heidi said that she wants to make a motion about CCIG providing scholarships for the OA State Convention this fall, but she is not sure what it should be yet. She said that CCIG already budgeted for some scholarships. She wants a motion for additional scholarships, maybe 6 partial scholarships, for people affected by COVID 19 financial strain. She said that if Jan B. is present, she will know if scholarships have already been pledged. Ruth said that she does not know when money would have been set aside for scholarships. She said that it must have been done before her time on intergroup.. Shannon and Cindy said they also remember a line item in the budget for scholarships. Heidi clarified that she wanted her motion to be for 10 half scholarships, so that people can get out and get to the convention. She wanted the motion to be tabled until next month when we have more information.

Someone asked how much registration was. Cindy said that the registration fees for the full convention are \$115.00 up until September 20th and \$135.00 after September 20th and the dates are October 21-23, 2022.

Shannon asked if we have a link to the registration on the OA Denver.org website. She only saw the save the date announcement, She said that Northern Colorado Intergroup does have registration open. Heidi said that the link to the convention registration just needs to be copied and pasted to the OADenver.org website. Heidi told Shannon she is empowered to add the link. Shannon said she would do that. Heidi said that the convention is at the Marriott hotel in Westminster.

11. Old Business

None

12. Good of the Order

None

13. Next month Service

Newcomer greeter next month will be (not assigned)

Early to set up will be N/A

Meditation Reading on Service next month will be (not assigned)

Read on Service will be (not assigned)

Tradition and concept will be (not assigned)

14. Adjournment

We closed with the 7th Step Prayer and the Serenity Prayer