

**-FINAL MINUTES-**  
**Central Colorado Inter**  
**group Meeting of Overeaters Anonymous**  
**Meeting Minutes - February 1, 2022**

**1. Call to Order and Welcome**

**2. Readings**

**Meditation Reading on Service** – read by Jan B.

**OA Handbook reading** – read by Cindy C.

**Tradition X** – read by Danna

**Concept X** – read by Marcia V.

**3. Introductions** – Present: Ruth S., Jan B., Rachel Sch., Marcia V.\*, Danna B.\*, Bev J.\*, Carolyn C., Nickie L., Cindy C., Amy K., Heidi B.

**4. Welcome to the Newcomer (if applicable) – Newcomer greeter:** No newcomers present

**5. Preamble to the Meeting**

**6. Spiritual timekeeper:** Jan B.

**7. 7th Tradition**

- a. Please make via PayPal

**8. Review, amend, and approve DRAFT minutes**

- a. Jan B. moved we approve minutes
- b. Marcia V. seconded
- c. All approved

**9. Officer Reports**

- a. **Chair** – Ruth S.

**i. Website Work**

Posted events for Unity Day, Region 3 Spring Assembly March 4-5, Helpful Hints for Recovery, and the OA Birthday Party.

Created my first flier and have only had to edit it 4 times—but who's counting. Progress not Perfection. I posted it on the website.

Recruited a member to help with updating meetings.

**ii. 12 Step Ideas**

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

1. Advertising on Light Rail cost for 15 signs outside of train 4 weeks. Plus Interior signs. We can distribute one on each of the 15 rails or 2 or 3 Total **\$2000**
2. Bus Stop signs. Attached is the mock-up from the past years. As well as a "draft" contract for 5 signs. **\$1500.**
3. Starter Kits for new meetings including backpacks, books, pamphlets, chips for 10 meetings = **\$1000**
4. Social Media advertising?

### **iii. Zoom Meetings**

Received list of ZOOM meetings and plan to visit them to see if they are still happening. There are 10 listed. The website shows 22 meetings. Need to figure out the discrepancy.

### **iv. Budget Committee**

Thanks to the budget committee for having their first meeting.

All of the fiscal line items need to be accounted for before the budget is approved which will, hopefully, be next month.

The \$2000 scholarship fund for meetings getting back after Covid was approved by the former intergroup BUT was not included in the budget.

Therefore, the budget committee needs to have a second meeting. I plan to attend the meeting. We will be discussing approval of the budget after all the fiscal line items are included.

- i.
- b. **Vice Chair –Open**
- c. **Corresponding Secretary – Open**
- d. **Recording Secretary – Cindy C.**
  - i. Final minutes for the January 7th intergroup meeting will be posted to the website this week. I suggested that intergroup meetings be recorded so that I can more accurately document more details in the minutes. Ruth said this would be handled in new business.
- e. **Treasurer – Jan B.**
  - i. Income:
    - 1. Income has been consistent around \$7,500.00 per year from all groups.
  - ii. Expenses:
    - 1. Money may be allotted for the New Year's Day event for 2023. Literature is budgeted at \$2,000.00. The corresponding secretary has been allotted \$200.00. Money was previously budgeted to help in-person meetings open back up after the pandemic has subsided. Groups were submitting all their donations via pay pal and not setting aside money to pay for a meeting place.
    - 2. CCIG had 3 Zoom accounts which were budgeted about \$500.00 per year. Heidi and the Web-Tech committee are anticipated to only need \$200.00 for the rest of this year.
    - 3. Normally, an amount is budgeted for the Region III and WSO representatives. We currently do not have anyone filling those positions. The budget committed may budget an amount for those just in case.
    - 4. PIPO is budgeted \$1,500.00. Carolyn proposed that the PIPO budget be increased by \$1,000.00 to \$2,500.00. A discussion about that included the following:

Jan said that a pro for continuing the signs at the bus stops was that it had been consistent over the years.

Rachel Sch. said that meetings had dropped off recently. She clarified that a \$1,000.00 increase was so that CCIG could build up its meeting capacity and support new meetings.

Carolyn agreed with this.

Jan B. said that \$2,000.00 set aside in the budget last year to help in-person meetings open up after the pandemic subsidies was separate from the PIPO budget.

Rachel Sch. said that the \$1,000.00 increase could be used for conferences or events like the health fair.

Ruth S. said that she would like to see the PIPO budget go up even further.

Danna explained that it would cost \$1,100.00 for interior signs in the light rail for 15 lines.

Ruth S. doesn't think that we get many new people from bus signs.

Rachel Sch. proposed that we look into social media like Instagram to get the word out.

Carolyn said that she reached out to the light rail. She said that interior signs reach a limited number of people.

Marcia V. said that she favors looking into how we can get the word out via Facebook, Instagram and other social media. She said other intergroups have had success with social media.

Rachel Sch. said that a member that she knows said social media does algorithms to target people with eating disorders.

Danna said that she peruses Facebook and pays attention to the ads and thinks it might work to reach people with eating disorders.

Jan B. wondered how much it would cost to hire someone to help us with social media. Jan said that \$1,500.00 would buy something.

Heidi B. said that her experience is that paying per click is better. You can start with any amount.

Rachel said the cost would depend on what we wanted. It would depend on how often the ads appear. You can pay per click.

Ruth S. said that we need to consider all options for how to spend the PIPO budget since the bus stop signs and interior signs in the light rail are limited.

Carolyn said that she knows people who work in social media. She can get more information by the next intergroup meeting.

Heidi said that the bus stop signs were cheaper at the end of the year and would be more expensive now.

A vote to spend \$1,500.00 on bus stop signs did not pass. Rachel Sch. abstained.

CCIG will reconsider paying for signs at the bus stops at the end of this year.

5. The YP committee has \$500.00 budgeted for donations and scholarships.

6. The prudent reserve is being discussed by the budget committee.
7. The CCIG checking account has \$16,198..59.

## 10. Standing & Ad-hoc Committee Reports

- a. **Communications & Technology Committee** – Heidi B.
  - i. Heidi said that she thinks that we have a new person to help with the Zoom account meetings.
- b. **Region III Rep/WSBC Delegates** – OPEN
- c. **Twelfth Step Within** – OPEN
- d. **PI/PO** – OPEN
- e. **Unity with Diversity** – Rachel Sch. & Caroline
  - i. Rachel Sch. said that she had reached out to other OA members and got a lot of ideas on how to support unity with diversity. Rachel made a motion in new business-see New Business

## 11. New Business

- a. Rachel Sch. made a motion to budget \$500.00 this year for the Unity with Diversity committee. She said some of the money could be spent reaching out to local organizations like health clinics like the African American Health clinic. Cindy C. seconded the motion. The motion was passed unanimously.
- b. Cindy asked if we could record the intergroup meetings to help her accurately create minutes. Jan B. made a motion to record the meetings and delete the recording after the minutes were prepared.. Cindy C. seconded the motion. Everyone was in favor of the motion except Nickie L.. Nickie said that she was concerned about anonymity with the recording floating around Zoom. Jan explained that the recording would be deleted after the minutes were prepared each month. Nickie said that alleviated her concern.
- c. Unity Day update was given by Cindy C.

Date and time: **Sunday, February 27, 2-3:30pm Mountain time**

1. Place: We will use Northern Colorado IG's Zoom account - AI will give tech support for the event
2. Theme: "Unity Day 2022: Together We ReCOVer" - Ruth put together a flyer, with the Colorado state flag to emphasize the "CO" in ReCOVer
3. Format: 2 or 3 speakers, 10-15 minutes each, followed by Q&A. Then split into breakout rooms for open sharing, followed by large group closing.
4. Speakers: Katie P, will be a speaker, Chaya will be a speaker, Joanne M who already said yes!
5. Everyone: pray about speakers, communicate with the group if you find one
6. Everyone: get the word out! let your local groups/Intergroup know the time and date. We will start circulating the flier as soon as it is ready - hopefully within a week.
7. Next meeting: Wednesday, February 2, 11:00am (hosted by Ruth, link is below)
8. Camille M. put a save the date in the OA Newsletter
- d. Ruth S. wanted to know if it was customary to give gifts to the outgoing intergroup board. Marcia V. said that it was but has not been consistent. Marcia said that it was usually something small like flowers and/or a card. Jan B. said that there is \$200.00 in the corresponding secretary's budget.

That can be used to buy gifts and that no vote needs to be taken. Jan B. needs to know what the gifts will be.

- e. 12 Step Possibilities - See 9. Officers Reports, a. Chair, ii. 12 Step Ideas

**12. Old Business**

- a. None

**13. Good of the Order**

- a. Jan thanked Cindy C. for the thorough minutes.

**14. Next month Service** - No assignments were made for next month.

- a. Newcomer greeter next month will be XX
- b. Early to set up will be N/A
- c. Meditation Reading on Service next month will be XX
- d. Read on Service will be XX
- e. Tradition and concept will be XX

**15. Adjournment**