

**-FINAL MINUTES-**  
**Central Colorado Intergroup Meeting of Overeaters Anonymous**  
**Meeting Minutes - August 2, 2022**

**1. Call to Order and Welcome**

**2. Readings**

**Meditation Reading on Service** – read by Pam

**OA Handbook reading** – read by Shannon G.

**Tradition X** – read by Cindy C.

**Concept X** – read by Cindy C.

**3. Introductions** – Ruth S., Cindy C., Jan B., Shannon G.\*, Bev\*, Lori, Heidi B., Marcia V., Pam – (\*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:** Jan B.

**7. 7th Tradition**

- a. Please make via PayPal

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

- a. Cindy C. said that she made 3 revisions to the draft minutes that were sent out prior to this meeting.
  - i. Kim T's. report under the Communications & Technology Committee was moved to the New Business section and her email address and phone number were replaced with [meetings@oadenver.org](mailto:meetings@oadenver.org)
  - ii. She added to the treasurer's report that Cindy C. gave the report since Jan B. was absent last month.
  - iii. Added that we closed with the 7th step prayer and serenity prayer.
- b. Pam moved we approve minutes as revised
- c. Jan B. seconded
- d. All approved

**9. Officer Reports**

- a. **Chair** – Ruth S.
  - i. Website Work
    - Had Events Posted to the OADenver.org website – Thanks to Matt!
    - Answered calls for the local OA Help Line and cleaned up those calls that were several years old.
    - Alerted Kim T. about OADenver.org website mistakes- Thanks to Kim for correcting them.
  - ii. 12 Step Within Ideas
    - Collected ideas for a Step Study Workshop
    - Talked to members about future workshops
    - Promoted the August workshop
  - iii. Committee Meetings
    - Met with the PIPO committee to discuss a Facebook and Instagram promotion program and developed a plan forward. Thanks to Rachel!
    - Talked to a member about becoming a committee leader
  - iv. Face-to-Face Meetings

Facilitated grant money for two new meetings.  
Helped one meeting to use our OA Zoom account rather than a personal account—thanks to Nickie

- v. Future OA Office  
Did some initial investigation

b. **Vice Chair – Open**

c. **Corresponding Secretary – Open**

d. **Recording Secretary – Cindy C.**

- i. Heidi B. sent Cindy C. an email saying to make sure no member's personally identifying information is included in the minutes. Cindy C. said that she would be careful to not do that in the future. She will go through previous minutes back to December 2021 and remove any personal information. If she has to delete any information, she will repost the minutes.
- ii. She said that she had mistakenly posted the February 2021 minutes where she should have posted February 2022 minutes which she will correct.
- iii. Ruth said that any other action that needed to be done to correct meeting minutes was deferred to New Business.

e. **Treasurer – Jan B.**

Jan thanked Ruth for all the work she did in one month as the chairperson. Jan said that she was glad that Cindy was serving as the recording secretary because it takes a special skill set to do. She said that the only way to not make errors is to do nothing.

Jan B. said that CCIG has \$14,905.34 in the bank.

i. Income:

- 1. Contributions for July were \$579.56.

ii. Expenses:

- 1. Expenses totaled \$688.64.

Workshop Rent	\$75.00
Blue Host	503.64 36 months Expires July 2025
Sec of State	10.00
New Face to Face Meeting	100.00 Has not cleared

- iii. Jan said that CCIG talked about sending \$1500 to the OA Colorado State Convention committee. It is in the budget and just needs to be decided, not voted on. This will be discussed in New Business.
- iv. Jan said that she was not aware of a field within the CCIG Paypal account that had information about which group the donations were from. The total amount of contributions is correct in the Treasurer's 7th Tradition worksheet, but the amount for some groups is less than what it should be because the money is in the "Other" category. She will correct this for next month's meeting.

## 10. Standing & Ad-hoc Committee Reports

a. **Communications & Technology Committee – Heidi B. B.**

- i. There was some confusion about the bill for Bluehost, the CCIG web host provider. The OADenver.org website was only down for one day. The bill has now been paid for the next 3 years. It is less expensive when paid for multiple years. She said she put a reminder on her calendar to pay it again in 3 years and suggested that CCIG have a calendar with the reminder also.

- ii. After Kim T. updated the meeting lists, it was posted to the OADenver.org website.
- iii. Heidi B. explained that to be transparent CCIG posts the meeting minutes and CCIG financials on the OADenver.org website. Since that is a public facing website, that information could be used to defraud CCIG or an individual. That is the reason to keep as much personal information out of the minutes as possible.
- iv. Heidi B. said that a new email account for OADenver.org was set up for OA Zoom accounts. Carolyn C and Heidi B. are the point people and will be receiving the emails. Two factor authentication has been set up and will be through email. As new people take the role of being the CCIG Zoom contacts, they will be able to see the history of emails.
- v. Heidi B. thanked Camille for the email blast, Matt for doing updates for Ruth on the website, Carolyn for helping to update the meeting lists and being a recipient of emails about Zoom, Shannon for updating the website, and Kim T. for updating the meeting lists.
- vi. Heidi B. is still looking for 2 more people to help with web tech.
- b. **Region III Rep/WSBC Delegates** – Open
- c. **Twelfth Step Within** – Open
- d. **PI/PO** – Shannon G.
  - i. Shannon said that she talked with Amy K. Amy K. worked with PI/P for about 12 years. They agreed that the best outreach during COVID times is social media. They are evaluating what the best next steps will be. Ruth has more information about this which will be discussed in New Business.
- e. **Unity with Diversity** – Rachel Sch. & Caroline were not present at the meeting.

## 11. New Business

- a. Region III request for speakers: Ruth said that Region III is looking for speakers to tell their stories. She signed up and was called to speak immediately. She said that it was a good thing to do because if she is speaking, she is not eating.
- b. Lifeline and Recovery Road: Ruth said that the Lifeline editors are requesting that members write and submit articles to them. Heidi B. is in the process of restarting the Recovery Road. Ruth requested that people start writing articles because people need to know that there is hope and change in OA.
- c. OA Denver Blog: Ruth said that members can also write for the OADenver.org blog.
- d. Ruth S. and Lori talked about the in person workshop that will be on August 27th at Grace United Methodist Church from 10:30 am to 2:00 pm. The theme is “Don’t Leave: The Miracles Keep Happening”. It will have speakers, opportunities to ask questions and small group sharing. It is free, but the organizers are asking people to register online. The last workshop was similar and fun. You can wear a mask if you want to. The link to register was shared.
- e. Ruth S. asked if emailing Matt directly with updates she needed on the website was okay. It was agreed that it was fine if it was the most efficient way.
- f. Jan B. said that CCIG budgeted \$1,500.00 for scholarships and donations this year. She recalled discussing giving all this money to the Region III convention planning committee to be spent on scholarships. This is the only event before the end of this fiscal year on September 30, 2022. She was going to write the check but wanted to make sure everyone was in agreement that this is what should be done. Heidi B. said that she had proposed 10 partial scholarships be given to the convention at the last CCIG intergroup meeting. Partial scholarships would make the recipient have some skin in the game. Heidi B. said she would vote for that and more.  
Cindy C. said that she attended the last Northern Colorado Intergroup planning meeting for the convention. They decided to ask people who ask for scholarships by the early registration deadline of 9/20/22 to pay \$15.00. If someone requests a scholarship after 9/20/22, they would pay \$35.00. The recipients would pay these amounts regardless of how many days of the

convention they attend. She recommended that CCIG donate a lump sum and not designate how the scholarship money be spent.

Jan B. said that a vote was not needed to authorize spending the \$1,500.00 because it is in the budget. To make sure everyone was in agreement, Jan B. made a "motion" that CCIG send a check for \$1,500.00 to the convention planning committee at Northern Colorado Intergroup immediately. Cindy C seconded the motion. The motion passed unanimously.

Pam asked how much it cost to go for Saturday only without a scholarship. Cindy C. said that it was \$75.00.

- g. Since Cindy C. said that she will delete any personal information in past minutes and repost them, there was no other action she needed to take.

## **12. Old Business**

- a. None

## **13. Good of the Order**

- a. Heidi B. said that WSO decided to provide the newcomer packet information for free. That was a motion that CCIG proposed in 2018. It was shot down at that time. They were not even allowed to present it or vote on it. Heidi wants to give a shout out to CCIG for proposing that and planting the seed.. Their hard work paid off. Now it is a free PDF download on oa.org. Heidi suggested there be a blog post about it. CCIG can get the word out that the newcomer packet information is now free. Heidi B. will send the link to Ruth so she can post it. She asked Shannon to have Camille put it in the email blast.
- b. Jan B. said she wanted to thank everyone for their service. She would like to see a full board. She mentioned that CCIG would have elections for board members next month. The new positions start October 1st.

## **14. Next month Service**

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

## **15. Adjournment** - closed with a 9th step prayer that Ruth found and shared on her screen.