

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - September 6, 2022

1. Call to Order and Welcome

2. Readings

Meditation Reading on Service – read by Lori C.

OA Handbook reading – read by Cindy C.

Tradition X – read by Lori C.

Concept X – read by Jan B.

3. Introductions –present: Ruth S., Jan B., Lori C.* and Cindy C. (*indicates representing a meeting), Heidi B. was listening on the phone but did not participate in any discussion.

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

5. Preamble to the Meeting

6. Spiritual timekeeper: Lori C.

7. 7th Tradition

a. Please make via PayPal

8. Review, amend, and approve DRAFT minutes

a. Lori C. moved we approve minutes

b. Jan B. seconded

c. All approved

9. Officer Reports

a. **Chair** – Ruth S.

i. Posted events on the OA website

ii. Answered calls from the OA hotline

iii. 12th Step Within Ideas: Promoted and attended the August workshop with the theme “Stay: The Miracles Keep Happening”, and talked about the November 12, 2022 workshop with the theme “What is Entire Abstinence”. The November workshop will be at the same church, Grace United Methodist Church, 4905 East Yale Avenue, Denver, CO 80222 from 11:00 am to 2:00 pm. There is a flier coming out.

iv. Spoke with someone about becoming a committee chairperson. Spoke with and recruited a member to help answer calls on the OA hotline.

v. Got information about renting space for an OA office in the fellowship club in Aurora

vi. Talked with the PI/PO committee about the OA social media campaign on Facebook and Instagram which starts on September 15th.

b. **Vice Chair** – Open

c. **Corresponding Secretary** – Open

d. **Recording Secretary** – Cindy C.

i. No report

e. **Treasurer** – Jan B.

i. Income:

1. 7th Tradition donations in August were \$568.47

ii. Expenses:

1. Contribution to the Colorado OA State Convention for scholarships was \$1,500.00
2. Wrote a check to Rachel for the cost of social media campaign on Facebook and Instagram for \$500.00
- iii. The CCIG bank balance on August 31, 2022 was \$13,493.01.

10. Standing & Ad-hoc Committee Reports

- a. **Communications & Technology Committee** – Heidi B. was unable to attend the meeting. Jan B. read her report that she emailed to everyone on the board.
 - i. Thank you to Kim T. for meeting lists and website work. Thank you to Carolyn F. for coordinating zoom accounts. Matt E. for website editing and support. Shannon G. for website edits. Camile M. for the eblast news.
 - ii. Website was updated on the backside. Heidi is getting some ideas and a bid from Heather Rose Designs on some website improvements and also the OA Hope Template refreshing too.
 - iii. In her emailed report to the board, Heidi included links to the applications for the CCIG board and the Region III representative positions. See New Business for discussion about the elections.
 - iv. Webtech always has openings for anyone who wants to give service and update our website and write and/or edit news posts.
- b. **Region III Rep/WSBC Delegates** – Open
- c. **Twelfth Step Within** – Open
- d. **PI/PO** – Shannon was unable to attend.
 - i. Ruth S. said that Shannon had been working with Danna on getting signs at bus shelters.
- e. **Unity with Diversity** – Rachel S. and Caroline used to be on this committee. They never formally quit. Since they have not attended any intergroup meetings this year, the positions are considered to be open.

11. New Business

- a. Share your story
 - i. Region 3 is calling on OA members to be speakers. Link is on the OADenver.org website to sign up.
 - ii. Lifeline editors asking for articles - see oadenver.org website.
 - iii. Write a blog for our oadenver.org website
- b. Events
 - i. August 27-- Save the Date – Workshop – Dana B. or Ruthie S. Grace United Methodist 11AM--2 PM, registration starts 10:30 AM
 - ii. October 21-23 Region 3 Assembly and OA Convention – they need volunteers
- c. Update on Region 3 Assembly and OA Convention - Cindy C.
 - i. The program has been developed. The main task now is to assign speakers and workshop leaders.
 - ii. Costs for registration materials will be between \$330-\$400. This will include the tote, notebook, pen, copy of the program.
 - iii. There will be a bulletin board with a section for Sponsor/Sponsee notes as well as Hospitality Room hours. They plan on posting the map of the hotel, a map of local restaurants rather than making individual copies to save paper. A few copies of the hotel layout and local area restaurants will be on the registration table. There will also be a poster-sized copy of the program on display. They will be sending out email information to registrants through Constant Contact.
 - iv. The convention treasurer reported that their working balance is \$3,197.

- v. The hotel has a pool, hot tub, gym and restaurant
- vi. Because of the increased cost of the banquet meals, the registration fees may not cover all the expenses. The Northern Colorado Intergroup does have sufficient funds to cover any losses.
- vii. They are creating a bookmark for attendees to take home.
- viii. They will have a hospitality suite.
- ix. They have been marketing the convention to local OA groups, Region 3 member intergroups and WSO.
- x. They will have a free table of used conference approved books donated by groups or individuals.
- xi. For entertainment, they will have Karaoke.
- d. CCIG Board elections - Ruth
 - i. Jan B. thinks that Mike K. is interested in being the Region 3 representative. Since he was not at this meeting, she will contact him.
 - ii. Lori C. said that an OA member told her that she may be interested in the Region 3 position. Ruth said that this person would need to fill out the application on OADenver.org website. Lori will follow-up with her. Jan B. volunteered to talk with the person. Lori will give her Jan's phone number.
 - iii. Elections are normally in September for the CCIG board, Region 3 representatives and committee chairpersons. We decided to postpone the elections until the October intergroup meeting in order to find more candidates. Ruth will send out an email with the application for all the positions and give a deadline of September 30, 2022 for them to be returned. Ruth suggested that we approach people one by one and ask them if they would run for a service position on intergroup. She said that if each of us could recruit 2 people, we could fill all the positions.
 - iv. Jan B. said that our intergroup has budgeted \$2,300.00 per Region 3 representative for World Service. That money pays for the representative's registration, room and transportation to the assembly and convention. The responsibilities for the Region 3 representative are to attend all the assembly meetings Thursday and Friday. They have to bring a report back to the intergroup about what was discussed and decided during the assembly. Whoever wants to apply for the Region 3 representative position needs to complete the application, attend the October CCIG meeting, be voted in, attend all the assembly meetings and give their report at the November CCIG meeting.

12. Old Business

- e. None

11. Good of the Order

- a. Jan B. thanked everyone at the meeting for their service.

12. 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)

13. Adjournment - Closed with a Tenth Step prayer that Ruth found.