

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - October 11, 2022

1. Call to Order and Welcome

2. Readings

Meditation Reading on Service – read by Cindy C.

OA Handbook reading – read by Jan B.

Tradition X – read by Mike K.

Concept X – read by Suzanne C.

3. Introductions – Present: Don K*, Jan B., Cindy C., Ruth S., Ric L.*, Suzanne C.*, Norma Jean*, Mike K., Bev*, Lori C.*, Heidi B. (*indicates representing a meeting)

4. Welcome to the Newcomer (if applicable) – Newcomer greeter: Cindy C.

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. Bev moved we approve minutes
- b. Ric seconded
- c. All approved

9. Officer Reports

- a. **Chair** – Ruth S.
 - i. Posted events on the website - thank you to Matt for his help
 - ii. Answered calls on the OA hotline, addressed and cleaned up calls
 - iii. Talked to a member about the November 12th workshop and promoted the workshop
 - iv. Initiated the Facebook and Instagram promotion with Rachel. Facebook thought CCI was trying to sell something, so CCI will have to wait and reapply.
 - v. The Region 3 Assembly and State Convention is October 20-23, 2022
 - vi. Talked to a member about being a committee leader and answering the OA hotline
 - vii. Received Bev and Mike K.'s application for the Region 3 representative positions
- b. **Vice Chair** – Open
- c. **Corresponding Secretary** – Open
- d. **Recording Secretary** – Cindy C. did not have anything to report
- e. **Treasurer** – Jan B.
 - i. Income:
 - 1. September income was donations of \$95.14
 - ii. Expenses:
 - 1. Total expenses in September were \$3,273.00
 - a. \$1,200 for Website Support which is paid up for the year. Website support is \$100.00 per month.
 - b. \$1,998 for Bus Bench signs
 - c. \$75 for Workshop rent

2. The September 30, 2022 balance in the bank was \$10,315.15
3. The CCI PO Box is up for renewal on 10/17/22. It can only be renewed for 1 year at a time. The board agreed to leave the PO Box where it is and renew it for 1 year. The cost is \$420.00.
4. A budget committee needs to be formed to develop a budget for the 2022-2023 fiscal year. This will be handled in New Business
5. Suzanne C. asked if CCI has a prudent reserve. Jan B. explained that we do, and it is included in the budget. She then wanted to know how it was calculated. Mike K. read from the CCI Policies and Procedures which state that the prudent reserve is 6 months of budgeted expenses.

Standing & Ad-hoc Committee Reports

- a. **Communications & Technology Committee** – Heidi B. did not have a report.
- b. **Region III Rep/WSBC Delegates** – Open
- c. **Twelfth Step Within** – Open
- d. **PI/PO** – Shannon - not present, no report
- e. **Unity with Diversity** – Open

10. New Business

- a. Share your story
 1. Region 3 calling on OA members to be speakers
 2. Lifeline editors asking for articles
 3. Write a blog for our oadenver.org website
- b. On Saturday November 12, 2022 There will be a workshop with the theme of “What is Entire Abstinence”. It’s organized by – Dana B. and others
 Grace United Methodist Church near Yale and I-25. The registration starts at 10:30 am. Workshop is from 11:00 AM--2:00 PM. They will have 3 ten minute speakers, break into small groups and have topics to discuss. Participants can bring their own lunch. Time will set aside for everyone to eat their lunches together.
- c. October 20-23 Region 3 Assembly and Colorado OA State Convention – hosted by Northern Colorado Intergroup in Westminster, Colorado at the Denver Marriott Westminster. They need volunteers.
- d. Election of officers
 1. Chair – Jan B. submitted an application for the chair position and the treasurer position but said that she would only be willing to be the chair if someone else is elected as the treasurer. She said that she cannot do both. Mike K confirmed that the Bylaws say that someone is not allowed to fill 2 board positions. However, he said that the next highest ranking officer would serve as chair for an intergroup meeting if the chair is not able to attend. The order of the officers is the Chair, Vice Chair, Treasurer, Corresponding Secretary and Recording Secretary.
 Jan gave her qualifications to be the chair or the treasurer:
 - has been the OA intergroup Chair in the past for 1 year
 - was the OA treasurer for about 8 years in the past and Interim OA treasurer for this last year

- has been the OA WSO/Region 3 rep for 4 years
- was on the PI/PO committee
- chaired 2 Region 3 conventions
- co-chaired a retreat
- agreed to be the interim treasurer last year because the previous treasurer had not performed any duties for 8 months. The books needed to be caught up.

Jan would help someone learn the treasurer position if she is elected chair. Her goal as chair would be to bring people together and find people to fill all the board positions. As treasurer, she would continue to be a good steward of the funds. Jan does not have a preference for which position she would do but believes they are both important.

Cindy C. asked Ruth if she was applying for the chair position. Ruth said that she did not enjoy the chair position but was willing to be the Chair until someone else is willing to take the position and is elected.

Suzanne C. asked if the election of Chair and Treasurer could be tabled until next month, so that more people could be recruited to run for the positions.

Mike K. said that the Bylaws say (Article 4, Section 8.b.) the chair may appoint an interim officer at his/her discretion when a board position is vacated before the end of a term. That person would serve in that position until the next intergroup meeting, at which time, a special election would be held to fill the position. The newly elected person would serve until the end of the unexpired term. One way to recruit people would be to talk to people at the OA State Convention in 2 weeks. Heidi made a motion that the intergroup keep the Chair and Treasurer positions open until the next intergroup meeting. Lori C. seconded the motion. The motion passed with 1 abstention.

2. Recording Secretary – Cindy C. submitted an application. Cindy gave her qualifications to be recording secretary:

In OA continuously since 1996, but was in and out of OA between 1981 and 1996. Her abstinence from refined sugar started 12/1999. Her abstinence from binging started 12/2005. She is in recovery from restricting food and is in the process of gaining about 15 pounds.

Service at the Group Level:

Literature chairperson for her local group for about 1 year in the early 2000's
Intergroup representative for about 1 year in early 2000's

Service at the intergroup Level:

Recovery Road Newsletter Editor for about 1 year in the early 2000's
Interim Recording Secretary since 11/2021

Service at the State level:

On the planning committee for the Colorado OA State Convention in about 2006

She has a background in business, is good with numbers. She is willing to be the treasurer, but she is comfortable with being the recording secretary.

Cindy C. said that she wants to be the Recording Secretary because she wants OA to thrive. She said that OA saved her life.

Lori C. asked if there is a time in program requirement for the recording secretary position.

Mike K. responded saying that it is 1 year of service above the group level, be regularly attending an active OA group and 1 year of abstinence. Lori said that she does not meet all those requirements yet.

Lori C. nominated Cindy C. for recording secretary and Ric seconded. Jan said that if we did not have a recording secretary, someone in the IG meeting could take notes on a temporary

basis. Jan B. asked Norma Jean if she were willing to apply for the recording secretary position. Norma Jean said she had too many other commitments to do the position but said she could possibly do it on a temporary basis. A vote was taken. Cindy C. was elected to the Recording Secretary position with 3 abstentions.

3. Treasurer – Jan B. submitted an application. See Chair position above for Jan's qualifications and discussion about the election for treasurer. Ruth said that she was the intergroup treasurer in the past but is not willing to do the position now.

4. Region 3 representative – Bev and Mike K submitted applications.

Bev gave her qualifications to be a Region 3 representative:

- in OA since 2/14/2011
- listens to phone meetings constantly
- attends all 5 OA meetings in Grand Junction on a weekly basis
- organized a couple of OA retreats around 2013-2015
- organized several 12 step book and other book studies

Bev said that she is applying to be a Region 3 representative because she believes her Higher Power was nudging her to be more involved in OA intergroup

Mike K. gave his qualifications to be as Region 3 representative:

- in OA for the last 46 ½ years
- abstaining since 8/5/1979

Service at the group level:

Intergroup representative in Heart of America Intergroup in Kansas City and Central Colorado Intergroup

Service at the Intergroup level:

Chair

Vice Chair

Interim Secretary

Wrote the 1st CCI Policy and Procedures manual

Member of the Bylaws, Audit

Service at the state level:

Planning, site selection and program committees

Hotel Liaison

Started the 1st State of Kansas OA Convention in 1987

Service at the Region level:

Region Representative for Kansas Heart of American Intergroup and CCI Intergroup

On the Bylaws and Ways and Means committees as a Region Rep

Chaired a Region Convention

Wrote Region 3 fund raising manual

Service at the World Service Office level:

World Service Business Conference Delegate for Heart of America and CCI

Bylaws committee Delegate Co-chair

Young People's Committee Delegate Co-chair

Reference subcommittee

Region 3 Trustee from 1991-1997

Conference Planning Committee Trustee Co-chair

Finance Committee Trustee Co-chair

Treasurer for OA Inc.

Other OA service:

Led and conducted several service and Tradition workshops

Spoke at several retreats and conventions

Education/Business experience:

Degrees in biology, education and accounting

Regional Director Business Manager, accounting clerk for non-profit, personal

banker, currently the Associate Treasury Gift Accountant at National Jewish Hospital

Ability to use Microsoft Xcel and Word

Written policies and procedures for current job

Ability to speak in front of large groups of people

Logistic coordinator

Current member of his church board

Mike K. said that he is qualified to be the Region 3 representative because he is working, practicing and living the 12 Steps, 12 Traditions and 12 Concepts of OA. He has knowledge of the OA service structure at all levels and knows the work involved. He said he is able to work with people at all service levels and has the time, willingness and dedication to do the job. He wants to be part of the solution. He said he has a duty to future members and wants to give away what he has been given. He said that he does not work the program, he lives the program. He has been maintaining a healthy weight for 42 years.

Jan B. asked Bev and Mike K. to acknowledge that they are aware of the responsibilities of the Region 3 representative to go to all the assembly meetings and provide a report about what is going on at the Region level to the CCI Intergroup. She also asked them to provide her with the receipts for their expenses, so that they can be reimbursed according to the policies and procedures. Mike K. and Bev said they were both willing to abide by those responsibilities.

Norma Jean made a motion that Bev and Mike K. be elected to be our Region 3 representatives. Ric seconded the motion. Bev and Mike K. were unanimously elected to the positions.

e. Election of committee members - election of committee members was not done due to time due to time constraints.

f. New Year's Day Luncheon - **New Year's Day Lunch**

Jan B. said that Leslie has volunteered to chair a committee to organize the New Year's Day lunch. Jan B. and Leslie talked to a representative at the Applewood Golf Club on the phone about the terms of a contract for the event. The contract would be for a minimum of 50 participants at \$32.00 per person plus gratuities and fees. They are not charging any setup fees. The time would be expanded to 10:00 am to 3:00 pm allowing for more time to socialize. CCI would not have to give a final head count until 1 week before. The deposit is \$375.00. Jan B. suggested that the price for participants be \$15.00 prior to December 1st to attract more people. The CCI treasury has enough to pay the difference between the actual cost of the meal and the \$15.00 price. On December 1st, the price would go up to \$40.00. After December 20th the price would be \$50.00 for walk-in's. The New Year's Day lunch will be a part of the 2022-2023 budget which is yet to be determined.

There was nothing budgeted for the New Year's Day Luncheon this year. The last luncheon was 2 years ago and was canceled due to the pandemic. Two years ago CCI had a budget to breakeven and made a profit of \$500.00. Jan said that a decision needs to be made now, so a contract can be signed with Applewood. This will save the date at the venue and allow her to

start registering people at the convention in 2 weeks. Jan made a motion to sign the contract and budget a loss of \$1,500.00. Heidi seconded the motion. The motion passed with 1 abstention.

g. Mike K. said that the CCI Policies and Procedures say that only 50% of 2 nights lodging for each Region Representative will be paid by intergroup for the Region 3 Assembly. This year the assembly and convention span 3 nights. Mike made a motion that intergroup pay 50% of the lodging expenses for 3 nights for each Region Representative for the current Region 3 Fall Assembly. Bev seconded the motion. Mike made a friendly amendment that the amount not exceed \$750.00 total. Bev agreed to the amendment. Jan said that there was enough money in the treasury because CCI did not send anyone to the assembly last year. The motion passed unanimously.

h. Region 3 Representatives can receive reimbursement for mileage to get to the Assembly according to the CCI Policies and Procedures. The rate that is paid is the IRS business deduction rate for mileage plus the IRS charitable deduction rate divided by two. The result will be about \$.38 per mile. Mike K.'s round trip mileage will be about 30 miles. Bev's round trip mileage will be about 500 miles. This discussion was for information only. No vote needed to be taken.

i. Don K. said that he is starting a new meeting and could use some funds and literature from CCI to help get it started. It will be in a 12 Step club. He is waiting on final approval from the club. They will forego rent for the first couple of months. Ruth said that his new meeting can get a backpack with literature and materials to start a new meeting from intergroup. She asked Don to send her an email requesting that. Ruth said she will respond with an application for him to apply for an additional \$100.00 from CCI to get the meeting started.

j. Jan B. said that she needs a couple people to help her with the Budget Committee. Mike K. volunteered to help. Jan asked Cindy C. to help, and she agreed.

11. Old Business

- a. None

12. Good of the Order

- a. None

13. 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)

14. Adjournment - Closed the meeting with a 10th Step prayer that Ruth found online.