

**-FINAL MINUTES-**  
**Central Colorado Intergroup Meeting of Overeaters Anonymous**  
**Meeting Minutes - January 3, 2023**

**1. Call to Order and Welcome**

**2. Readings**

**Meditation Reading on Service** – page 228 in For Today - read by Cindy C.

**Tradition 1** – read by Mike K.

**Concept 1** – read by Pam

**3. Introductions** – present – Carrie G., Lori C., Cindy C., Mike K., Jan B., Chris Q., Norma Jean\*, Bev J.\*, Heidi B., Dana B., Pam\*, Shanna F., Carolyn C.\* (\*indicates representing a meeting)

**4. Welcome to the Newcomer (if applicable) – Newcomer greeter:** none assigned

**5. Preamble to the Meeting**

**6. Spiritual timekeeper:** Mike K.

**7. 7th Tradition**

a. Please make via PayPal

**8. Review, amend, and approve DRAFT minutes- there were no amendments**

a. Mike K. moved we approve the minutes

b. Shannon seconded

c. Minutes were approved with 1 abstention

**9. Officer Reports**

a. **Chair** – Carrie G. acting

i. A vote needs to be taken to elect Carrie to the chair position

ii. Carrie introduced herself and described her vision for CCI. Carrie spent 2 years as the CCI chair prior to the pandemic. She has also been the CCI Recording Secretary and Vice Chair. She served on the World Service Business Conference as a delegate. As Chair, she helped with the campaign to put OA posters at the bus stop for 2 years. She started the Golden meeting in 2013 at Natural Grocers which expanded to other Natural Grocers. She and Jan B. co-chaired a very successful retreat in Estes Park with the theme “Desperation to Transformation”. The retreat had 107 attendees and a keynote speaker flown in. During her 11 years in OA, it has transformed her life. She is free of the bedevillments, is useful and is living her best life.

iii. Mike K. asked Carrie how she would encourage more OA members to get involved with CCI now that the pandemic transformed OA and we are meeting on Zoom. Carrie responded that CCI has enough money to help meetings with technology to make more meetings hybrid. She hopes this will attract more young people and long time members. Carolyn C. said that while Carrie was not involved in intergroup during the pandemic a lot changed. Carolyn asked Carrie how being away from intergroup affected her recovery and how she would get all the information she needs as the CCI Chair. Carrie said that she has a 2nd sponsor, a Service Sponsor, who has been attending CCI meetings. She will use that person as a resource and other members on the board to learn about the changes.

iv. Mike took a vote asking who was in favor of electing Carrie G. as the CCI Chair. Carrie was elected unanimously.

b. **Vice Chair** – Lori C.

i. No report.

c. **Corresponding Secretary** – OPEN

i. Shanna asked what the duties of the Corresponding Secretary are. Carolyn C. said that the previous Corresponding Secretary was Caroline. Carolyn said that the duties involved printing material, but that has changed since the CCI meeting started on Zoom. Mike read the Bylaws: Corresponding Secretary 1. Shall furnish copies of minutes and meeting notifications to the Western Slope meetings, Region III Chairperson and Region III Trustee in a timely manner. 2. Shall pick up and distribute correspondence to the appropriate officer or committee chairperson and maintain a file of outgoing correspondence. 3. Shall keep WSO informed of all changes to group information. 4. Shall make copies of meeting minutes, flyers, and agendas for monthly CCI meetings. 5. Other duties as determined by the Intergroup.

ii. Jan B. suggested that CCI buy a laptop so a Corresponding Secretary could store CCI documents on it. Some of the previous documents stored in Google Drive were lost. A few years ago Jan scanned and saved the treasury records and receipts on her personal server, but no one else in CCI has access to that. She suggested that the role of Corresponding Secretary could be to store documents and maintain a list of the contact information for all the people who need copies of minutes or other intergroup related information. The laptop could be passed from one Corresponding Secretary to the next.

iii. The Bylaws would need to be updated due to the changes in technology to make the Corresponding Secretary position meaningful. Because a lot of areas in the Bylaws need updating, Mike thought a committee needed to be formed to do that.

iv. No motion was made. Carrie said to table issues relating to the Corresponding Secretary and a laptop.

d. **Recording Secretary – Cindy C.**

i. No report.

e. **Treasurer – Jan B.**

i. Income:

1. We had 7<sup>th</sup> Tradition of \$465.05 and \$370 in NYL Registrations.

ii. Expenses:

1. We had \$2057.71 in NYL expenses and \$40 of a gift to an outgoing officer.

iii. The balance in the account is \$10,168.56.

## 10. Standing & Ad-hoc Committee Reports

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

i. Dana B. gave a report on the EBlast/Newsletter: She will send the EBlast in a week or two with February content. She plans to feature a Colorado meeting each month, both in-person and virtual meetings. The first meeting she will feature is the Saturday morning meeting that Lori C. attends. Dana B. told Bev J. that she can submit information about Western Slope meetings at [news@oadenver.org](mailto:news@oadenver.org). Dana said there were 7-8 new subscribers to the EBlast recently. She wants us to think about doing a campaign, in light of the possible merger of the 3 Colorado intergroups, to encourage people to sign up for the EBlast. People can subscribe to the EBlast on OADenver.org under the "Subscribe to Our Mailing List". It was suggested that it be changed to say "Subscribe to Our Newsletter" and move it to the top of the page. Heidi said it is secure, and someone can unsubscribe anytime.

- ii. Heidi said thank you to Dana-new Email Blast editor, Camille-former Email Blast editor, Kim T.-former meeting list coordinator, Linda M.- new meeting list coordinator. She thanked Lori C., Shannon G., and Matt for doing website updates. She thanked Carolyn C. for being the Zoom account coordinator. Leslie H. volunteered to help with the committee. She said that the committee is fully staffed. There is a monthly Communication & Technology meeting on the 3rd Wednesday of each month at 7:00 PM if anyone is interested in helping. Heidi can send a Zoom invite to interested people. Heidi added a new email address: [board@oadenver.org](mailto:board@oadenver.org) to save typing when sending an email to the Chair, Vice Chair, Recording Secretary and Treasurer.

**b. Region III Rep/WSBC Delegates – Mike K. and Bev J.**

- i. Bev J. said that she volunteered to be on the PIPO committee with Region 3. One project is a “Table Top Display”. They are developing a place on the Region 3 website where a document can be printed giving information about OA and how to contact OA. This can be used to put on a table at conferences or health fairs for the public and professionals. Another project is a bulletin board item that can be posted in college counseling offices with information about OA. Work on these projects will continue this month and at the Region 3 Assembly in March.
- ii. Mike K. said CCI will soon have to complete the form that will enable him and Bev J. to attend the World Service Business Conference in April. Mike has submitted an application to become an OA Trustee Liaison. There will be some Bylaw amendments at the WSBC to eliminate assigning Trustees to specific regions. There will also be business motions at WSBC. One is to make the AA Big Book the only AA literature that is OA WSBC conference approved.
- iii. During the February CCI meeting, CCI will have to vote on which Bylaw amendments and motions we want on the agenda for WSBC. This could be time consuming.

**c. Twelfth Step Within – OPEN**

- i. New Year’s Day Luncheon 2022 - Leslie H. - not present
- ii. Jan B. gave an update on the NYD Luncheon. Sixty-four people pre-registered. There were 4 walk-in registrations, and 10 no shows. We paid for 50 attendees, but there was plenty of food and some left over. Jan B. thought it was a wonderful event, and she had fun. We expected to have a loss for the event. She doesn’t have all the final numbers, but it looks like the loss will be \$980.00. The budgeted loss was about \$1,300.00. Jan B. paid the facility and gave a 20% gratuity. There were about 4 OA Zoom participants. Cindy C. thanked and praised Leslie H., Carrie G. and Jan B. for their work on the event. Carolyn C. said that the option to attend by Zoom was a great idea and helped OA members who couldn’t attend in person. Carrie is reaching out to Leslie to find out if there are recordings of the speakers that could be posted to the website.

**d. PI/PO – Shannon G.- not present**

- i. No report

**e. Unity with Diversity – OPEN**

**f. Young People’s Committee**

- i. Carrie asked anyone interested in learning about this committee to reach out to her.

**11. New Business**

- a. Shall CCI and Pikes co-host this year's OA State Convention? Pikes Peak does not have enough people willing to do service to chair the event by themselves. It is Pikes Peak’s turn to host the convention this year. Jan B. talked to several OA members at the October 2022 State Convention and thinks there is a need and an interest in a 2023 State Convention. Jan said that, if we decide to co-chair the convention with Pikes Peak Intergroup, we need to get a venue under contract very soon. She likes the Marriott and wants to keep the program simple. Mike K. will contact the Castle Rock convention bureau about facilities. The date of the convention is preferably in October, since September has the high holidays. The date will depend on the availability of a

venue. Carolyn C. said that we need to find out if Pikes Peak has anyone to co-chair with CCI before making any commitments. Cindy C. suggested that CCI consider venues in Colorado Springs to show other intergroups that everything doesn't have to be close to Denver. Mike K. does not want to consider a venue in Colorado Springs unless someone from Pikes Peak Intergroup is willing to do some of the work. He will see if there is a Marriott in Colorado Springs and contact someone in PPI and ask them to check it out. Jan suggested that we have the convention at the Marriott in Westminster if Pikes Peak has no one willing to co-chair. CCI cannot vote on anything related to the convention until input is received from PPI. Chris Q. said that prices at hotels have skyrocketed tremendously. She said the guaranteed minimum for the 2022 convention was between \$10,000.00 and \$12,000.00. One way they could afford to pay that was having Region 3 attendees commit to paying for rooms.

- b. Do we want CCI to be a hybrid meeting? Computer/speaker purchase? Carrie G. said that Jan B. had a large home and would be willing to host hybrid CCI meetings. Jan B. said that other locations could be considered. Jan B. lives at 68th and Wadsworth. The previous location at The Garage was cold and didn't have good acoustics. They had hybrid meetings with about 7-10 in person regular members and 2-3 people on Zoom. To be hybrid, a speaker and a computer would need to be purchased. Region 3 may have funds available for these items. Mike K. said that we would need to go through the treasurer of Region 3 to apply for funds. Jan B. will contact the Region 3 treasurer and apply for the funds. Chris Q. said that Houston Metro Intergroup has successful hybrid meetings. She said that the treasurer of Region 3 could be contacted for advice about equipment. Mike K. said the computer could also be used by the Corresponding Secretary for storing records.

## **12. Unfinished Business**

- a. Merger Consideration- Ad Hoc Committee: Carrie G. and Mike K. said they have heard nothing from Northern Colorado or Pikes Peak about a possible merger. Chris Q. said that she believes there is interest in the Northern Colorado intergroup to merge considering the same 5-6 people are on the board every year. She expects most groups in NoCo would be surprised to hear about a possible merger. She says there is not a lot of loyalty to the local area and region with Zoom having meetings all over the world. She said that they have no one willing to continue as intergroup board members except a treasurer. They may contract someone to do their website. She will let CCI know who is willing to be on the merger committee after their intergroup meeting next week. Mike K. will contact Judy in Colorado Springs to see if there are people interested in being on a merger consideration committee. Jan B. suggested that CCI and Northern Colorado Intergroup could start a committee. The 2 intergroups could merge even if Pikes Peak remains separate. Heidi B. said she worked with Al S. on the NoCo website. She said that one website for the whole state could work very well.

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

- a. Jan B. thanked everyone present at the meeting.
- b. Mike K. thanked Carrie G. for applying for the Chair position.
- c. Carrie G. announced the next in-person workshop on March 4th. Details are on the OADenver.org website. Chris Q. believes the in-person workshops encourage more people to step up and do service.

## **14. Next month Service**

- a. Newcomer greeter next month will be (none assigned)
- b. Early to set up will be N/A
- c. Meditation Reading on Service next month will be (none assigned)
- d. Read on Service will be (none assigned)
- e. Tradition and concept will be (none assigned)

## **15. Adjournment**