

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - March 7, 2023

1. Call to Order and Welcome

2. Readings

Meditation Reading on Service – read by Lori C.

Tradition 3 – read by Mike K.

Concept 3 – read by Mike K.

3. Introductions – present – Noma Jean*, Cindy C., Mike K., Carrie G., Shannon G., Lori C., Vanya, Pam*, Bev J., Shanna F., Heidi B., Jan B. (*indicates representing a meeting)

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

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

Mike K. requested that the minutes be amended to say he had an excused absence last month.

- a. Lori C. moved to approve the minutes as amended.
- b. Bev J. seconded.
- c. The minutes were approved with 4 abstention

9. Officer Reports

a. **Chair** – Carrie G.

- i. Good news for Plkes Peak Serenity Intergroup is that they have a full board. Vanya, the PPSI chair, was present and confirmed this.
- ii. Al S. was recognized for setting up the first meeting of the Merger Committee.
- iii. Thanks to Linda M. and Dana B. for updating the meeting list with email addresses for the meeting contacts. Carrie helped by calling 23 meeting contacts.
- iv. Thanks to Carolyn C. for following up with Jan B. to research Zoom charges.
- v. Thanks to Lori C. for helping organize and sending out flyers for the quarterly workshop on Step 11 which was attended by 30 fellows.

b. **Vice Chair** – Lori C.

- i. Lori C. applied for a \$500.00 grant from Region 3 to update CCI technology. It was approved. It could be used to purchase a computer and possibly an external hard drive to back it up. Lori stressed the need for a Corresponding Secretary to use the new computer to organize, save and backup CCI documents. Having all documents in a central place would allow all board members and other members with a legitimate need to access them more readily.

c. **Corresponding Secretary** – OPEN

- i. Carrie said CCI needs someone to run for this position who likes working with technology and storing documents.

d. **Recording Secretary** – Cindy C.

- i. No report

e. **Treasurer – Jan B.**

i. Income:

1. CCI had \$774.57 in 7th Tradition donations in February. Jan said that the actual donations for the fiscal 2022-2023 year are ahead of what was budgeted so far.

ii. Expenses:

1. Jan signed the contract and made a \$375.00 deposit for the New Year's Day Luncheon. The amount of the deposit is the same as last year, but the price for the venue and food has gone up. The minimum is \$42.00. Jan thinks the registration fee for the Luncheon will probably be higher for 2024 than the \$15.00 for this year's event. Lori C. and another member have volunteered to co-chair the event.
2. Jan has paid \$551.26 so far to send our 2 Region 3 representatives to the Spring Assembly. Mike K. and Bev J. said that they have roommates for the World Service Business Conference, so they expect to stay within the budget for travel and lodging.
3. Charges for 2 Zoom subscriptions that were automatically charged to the CCI account are still being researched.

iii. The bank balance at the end of February was \$9,881.52

10. Standing & Ad-hoc Committee Reports

a. **Communications & Technology Committee – Heidi B., Matt E., Dana B.**

- i. Carrie read Heidi B.'s report. Heidi B. was on the Zoom call but was only able to listen. Thank you to the following people:
Linda for learning the position of updating the meeting list on the oadenver.org website and taking on additional work.
Leslie for learning how to post website updates.
Shannon for alerting Heidi about her access issues and for assisting with news updates.
Dana B. for doing the Eblast and learning new tools.
Carolyn C. for managing the Zoom accounts.
Matt for being on the web/tech committee.
- ii. There is a volunteer opportunity for anyone who wants to bring back the paper version of Recovery Road. It could be done monthly or quarterly using a PDF format from home. It would include news from the Eblast and website and would take 1-2 hours per month.. Another volunteer opportunity is for anyone wanting to write new posts, do editing or post podcasts, Volunteers would be trained. There is a web/tech committee meeting online each month on the 3rd Wednesday at 7:00 pm. If interested, contact Heidi at news@oadenver.org or webmaster@oadenver.org
- iii. "Subscribe to Mailing List" was added to the home page of oadenver.org website at the top of the page. She recommended that the name of the button be shortened.
- iv. Shannon G. thanked Heidi for resolving issues with her account that were affecting her publishing and preview options on the website.

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

- i. Bev J. is driving to Salt Lake City for the Region 3 Spring Assembly and one day Convention next week. Bev was able to help a member who contacted her about a meeting issue by talking with a long-time OA member. Mike K. said that he will be attending the assembly and will volunteer to be on the Finance Committee.

c. **Twelfth Step Within – OPEN**

- i. Carrie asked everyone to announce at meetings that a volunteer is needed to chair the committee.

d. **PI/PO** – Shannon G.

- i. Last year Shannon got to work with Cindy C. staffing a health fair in Highlands Ranch and worked with Danna B. getting kiosk posters put up in bus shelters. Shannon asked for feedback on which types of Public Information or Professional Outreach to focus on this year. Possible campaigns were
 - 1) Outreach to local physicians, therapists and nutritionists giving them information about OA and a list of OA speakers.
 - 2) OA posters on light rail trains or stations and/or bus shelters.
 - 3) Outreach at health fairs.
 - 4) Public Service Announcements. Shannon will start working on this one. Bev J. said that a member told her that she saw OA on a PSA in the past which was impressive and amazing.
 - 5) Social media outreach. Northern Colorado was on Facebook but was permanently banned due to having an ad which showed a distressed woman eating a cookie. Distressed people in ads are not allowed on Facebook.
- ii. Shannon has the health fair listings for the State and is organizing people to staff some. She wants to purchase some updated pamphlets for the fairs. Mike K. suggested she contact the PI/PO committee at World Service. They may be able to help her get a discount on pamphlets.
- iii. Jan B. suggested that meeting lists be given out at health fairs with the nearby meetings circled. Jan is not sure how effective signs at bus shelters are. She prefers putting more effort into health fairs. Shannon said that there were no health fairs in Grand Junction. The health fairs used to be sponsored by 9News. Now they are sponsored by 365 Health. It's called 365 because Quest Diagnostics can draw blood on any day of the year and do the screening tests at the same rates. Carrie will contact Shannon to help with PI/PO.

e. **Unity with Diversity** – OPEN

f. **Young People's Committee - Shanna F.**

- i. Shanna is getting ideas about how to do outreach to young people by talking to members at the Young People's Virtual Intergroup and the L.A. area Young People's committee. There is a Young's People's Virtual Retreat March 25 and 26. Shanna asked that we announce the retreat at meetings. Carrie said that Dana will put the retreat information in the Eblast. Mike suggested contacting the Young People's committee at World Service. They could help her with ideas too.

11. New Business

- a. Vanya asked for contact information of people who have chaired State conventions in the recent past. Since Pikes Peak Serenity Intergroup is chairing the convention this fall, they want to draw on the experience of past chairs. Some people mentioned were Mike K., Chris Q., Carrie G., Jan B. and Freya. Vanya posted her contact information in the chat so people could contact her.

12. Unfinished Business

- a. Cindy C. gave the report from the Merger Consideration Committee meeting. The committee met on February 27th and was attended by Al S., Carol H. from Northern Colorado Intergroup, Cindy C. from CCI and Joanne M. from Pikes Peak Serenity Intergroup. CCI and NOCOI are open to considering a merger due to a lack of new volunteers to serve on intergroup and the work involved in maintaining 2 websites. There was not any discussion about the negative aspects of merging. One benefit of merging would be to have more people to draw from when asking people to serve on intergroup. Another benefit would be to have one main website with more robust information. It was agreed that two of the intergroups could merge without the third. The committee will gather more information from other states that have had mergers to learn from their experiences. Two of those states are Utah and Arizona. The committee will meet monthly on the 2nd Tuesday at 4:00 pm.
- b. Vanya said that their Higher Power has led people to do service in PPSI. PPSI wants to attend the Merger Consideration Committee to gather information.

- c. The Ad Hoc Committee to consider making the CCI meeting a hybrid meeting at Jan B.'s house was attended by Carrie G., Lori C. and Jan B. Jan said that she has a monitor and scanner that she wants to donate to CCI. Jan said that she reached out to the King of Glory meeting to find out about the type of speaker they use. She also talked to Heidi about specifications for speakers. The cost would be between \$69.00 and \$300.00. She said there is plenty of money in the budget for technology. Lori C. said that she could donate a speaker that CCI could try. Bev J. thought we should consider finding a Corresponding Secretary who would use the computer to store documents before buying a computer.
- d. Mike made a motion to use the grant of \$500.00 from Region 3 to purchase a computer, assorted software and hardware as needed. Carrie seconded the motion. The motion passed with 8 people voting for the motion and 3 abstaining.
- e. The next CCI meeting on April 4th will be a hybrid meeting on Zoom and at Jan B.'s house near Wadsworth and 68th Avenue. Jan will open her house at 6:00 pm for fellowship and suggested that people can bring their own dinner. She will provide tea and water.
- f. Mike K. said the Bylaws and Policies and Procedures Manual need to be updated. Mike will lead the committee. Carrie G. and Lori C. volunteered to help Mike.

13. Good of the Order

- a. Jan thanked Carrie for stepping up and being Chair. She also thanked the Region 3 Representatives, the Treasurer and Vice Chair for their service. She wants to know how we can get more groups to send representatives to intergroup. She asked all of us to go back to our groups and encourage people to become intergroup representatives. Mike said that his home group has fostered the spirit of doing service. He encourages people to do service by telling them it is a chance to have their voice heard. Carrie gave a prayer asking HP to lead people to intergroup who were interested in doing OA's business.
- b. Carrie said that the new Glenwood Springs meeting is going strong.

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 the Third Step Prayer.