

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - April 4, 2023

1. Call to Order and Welcome

2. Readings

Meditation Reading on Service – read by Lori C.

Tradition 4 – read by Bev J.

Concept 4 – read by Carrie G

3. Introductions – present: Carrie G., Nan S.*, Lori C., Shannon G.*, Carol H., Bev J.*, Cindy C., Pam*, 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: Shannon

7. 7th Tradition

a. Please make via PayPal

8. Review, amend, and approve DRAFT minutes

a. Jan B. moved we approve minutes

b. Pam seconded

c. All approved

9. Officer Reports

a. **Chair** – Carrie G.

i. Carrie gave thanks to:

1. Shannon G. for her work on the 365 Health Fairs. She has contacted the locations to get permission for OA to have a table and found OA members to staff the tables at four health fairs. She ordered literature that can be given out.

2. Linda M for printing meeting lists for the 365 Health Fairs.

3. Thanks to Mike K. and Lori C. for working on updating the CCI Bylaws, Policies and Procedures.

ii. Carrie contacted Vanya with Pikes Peak Serenity Intergroup and gave her contact information for members who chaired or helped organize previous conventions. Vanya will contact these people to learn how they organized a State convention. She told Vanya that the Merger Committee can be trusted to investigate a possible merger of intergroups slowly and thoroughly.

b. **Vice Chair** – Lori C.

i. Lori said that she purchased a computer and external hard drive for CCI with the money donated to CCI for technology from Region 3. She has it set up and ready to store CCI documents that can also be saved in the cloud. Carrie will contact Lori C., prepare and send a report to Region 3 with how the grant money was spent.

c. **Corresponding Secretary** – OPEN

i. Carrie encouraged everyone present to ask newcomers, sponsees and other members if they are willing to do service by filling the Corresponding Secretary position. Jan B. said that she is considering stepping down from being treasurer in September and running for this position.

d. **Recording Secretary** – Cindy C.

i. no report

e. **Treasurer – Jan B.**

- i. Income: Seventh Tradition donations of \$952.81, a technology grant from Region 3 of \$500.00 and a credit from Zoom of \$326.00 for services that were billed to us in error.
- ii. Expenses: Computer expenses of \$683.43, health fair expenses of \$356.73, and lodging and travel expenses to send representatives to the Region 3 assembly of \$282.88.
- iii. Bank balance at the end of March was \$10,337.61. CCI's financial status is sound. Contributions are greater than budgeted, expenses are within budget and reserves are sufficient. The registration fee for the New Year's Day Luncheon may be \$25.00 or greater but that does not have to be decided until around November.

10. Standing & Ad-hoc Committee Reports

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

- i. No report

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

- i. Mike was excused from this meeting, but Carrie G. emailed documents with the reports that Mike provided from the Region 3 Assembly to all CCI members before tonight's meeting. There were no comments or questions about the reports.
- ii. Bev J. summarized her experience at the Region 3 assembly. She said she was on the 12th Step Within Committee. She enjoyed the Region Forum where everyone sat around in a circle and talked about what was going on in their area and OA as a whole. A big topic was safety from bombers on Zoom. San Diego Intergroup has training to protect Zoom meetings from bombers. San Diego has workshops and a printout to train Zoom hosts that can be found at oasandiego.org/zoom. Mike was on the Ways and Means Finance Committee. Bev J. and Mike K. will go to Albuquerque for the World Service Conference from April 25th - 29th, 2023.

c. **Twelfth Step Within – OPEN**

- i. Carrie encouraged everyone present to ask newcomers, sponsees and other members if they are willing to do service by filling the Chair position for this committee.
- ii. Carrie reminded everyone that one recommendation of the 12th Step Within Committee is for everyone to call other OA members you haven't seen in a while and newcomers on the 12th of each month.

d. **PI/PO – Shannon G.**

- i. Shannon has confirmed space for OA to have tables at four 365 Health Fair locations in the Denver metro area. Shannon is working with Nan S. to see if they can provide literature to a Spanish speaking 365 Health Fair in Carbondale. There are no 365 Health Fairs in Grand Junction. Carrie G. has helped Shannon organize the Health Fairs. Shannon is still accepting volunteers for the health fairs until the middle of May. If members find a site that still has room for an OA table, they can contact Shannon.

e. **Unity with Diversity - OPEN**

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

- i. No report, but Carrie said that Shanna is still looking for ways to reach out to young people.

11. New Business

- a. Carrie G. will contact Linda M., Heidi B. and Matt E to have the CCI monthly intergroup meeting added to the meeting list and calendar on the website.

12. Old Business

- a. Carol H., visiting from Northern Colorado Intergroup, gave a report from the Merger Committee Meeting. There are 2 people from each Colorado intergroup on the committee, a total of 6 people. The committee decided its purpose is to gather information about merging intergroups. Mike K. will attempt to gather information from people in Region 4 about their merger experience. Cindy C. will contact a past chair of the Phoenix area intergroup that merged to ask about their experience.

The committee will meet the 2nd Tuesday of each month at 4:00 pm and will meet for the second time on April 11, 2023. No problems are anticipated if only 2 of the intergroups decide to merge and the third stays separate. The committee will find out if a lot of intergroups around the country are experiencing trouble filling intergroup service positions. The committee is trying to determine if merging intergroups will solve the problem of not having enough people wanting to serve on intergroup, or if it will still be the same people filling intergroup positions for a larger area. Another question is if merging will result in smaller meetings in more distant, rural areas losing impact and resources.

- b. Lori C. reported the status of the Bylaws, Policy and Procedures Committee. Carrie G., Mike K. and Lori C. are on the committee. They have met twice and are almost finished with updating the Policies and Procedures. They will be moving onto updating the Bylaws. Updates involve things like incorporating the effects of Zoom meetings and increasing the dollar amount allowed for an individual to make a bequest to OA.

13. Good of the Order

- a. A test of the Zoom polling feature was attempted, but was unsuccessful. It will be tried again at the next IG meeting.

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 - The meeting was closed with the 3rd Step prayer.