

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - May 2, 2023

1. Call to Order and Welcome

2. Readings

Meditation Reading on Service – read by Lori C.

Tradition 5 – read by Bev J.

Concept 5 – read by Mike K.

3. Introductions – present – Mike K., Norma Jean*, Shannon G.*, Lori C., Jan B., Carrie G., Jena, Bev J.*, Heidi B., Nan*, Stephanie*, Dana B. (*indicates representing a meeting)

4. Welcome to the Newcomer (if applicable) – Newcomer greeter: Bev J.

5. Preamble to the Meeting

6. Spiritual timekeeper: Stephanie

7. 7th Tradition

Please make via PayPal

8. Review, amend, and approve DRAFT minutes

Lori C. moved we approve minutes

Jan B. seconded

approved 10, disapproved 0, abstention 1

9. Officer Reports

Chair – Carrie G.

- i. Special thanks to Carolyn C. for catching a \$326- error on behalf of zoom, that was credited back to CCI last month.
- ii. I prepared and sent a report to Region 3 with how our \$500 grant money was spent on technology.
- iii. Thanks to Shannon G. for taking the lead on supporting our beloved WebTech fellow, Heidi B, and arranging to have a Peace Lily arrive at her home in honor of the loss of her dear mother.
- iv. Shared a request to Heidi and Linda to add the CCI monthly meeting information to BOTH the calendar as well as post it to the meeting list. It was previously only posted as an EVENT.
- v. Met again with Ad Hoc fellows, Mike K and Lori C. to update the Policy and Procedures manual as well as made it halfway through the Bylaws documents.
- vi. Helped support the 365 Health events by coordinating with Shannon G. to get literature box(s) in the right hands. Mailed the Carbondale fellow, Nan, OA Spanish literature for the mainly Spanish health fair.
- vii. Helped to gather speakers for the next Grace United Methodist quarterly workshop, which will be June 10 and topic will be Step 12- Transformation as a Result of the Steps, addressed by a panel of three OA members. Thanks to Lori C. for creating a beautiful flier for this event (see documents shared).
- viii. Shared the news of the Pikes Peak 2023 State Convention with Dana B. in order for it to be added to our monthly e-blast. It will be a one day event, Sunday Oct. 21, 2023. Held at the Olympic & Paralympic Museum. The theme is: A Fellowship of Love and Service. Please support Pikes Peak by calling Julie for service opportunities: 719-546-8176

Vice Chair – Lori C.

- i. Registration is set up to be done online at oadenver.org for the June 10th workshop: Step 12-Transformation as a Result of the Steps.

Corresponding Secretary – OPEN

Recording Secretary – Cindy C.

- i. No report

Treasurer – Jan B.

- ix. Income:

- 1. Seventh Tradition donations in April were \$366.69
- 2. Nan could not find a contribution for the Saturday Carbondale group on the treasurer report. Jan said that it was probably put into the “Other” category because the check didn’t specify which group it was from. She will research the amount and get it credited to the Carbondale group.

- x. Expenses:

- 1. A speaker/microphone for our hybrid intergroup meeting was bought for \$117.68. Travel and lodging expenses for our two Region 3 reps/WSO delegates to go to the Annual OA World Service Business Conference in Albuquerque were \$111.63. Flowers costing \$104.42 were bought for Heidi after her mother passed away. This comes out of the budget of the Corresponding Secretary position. Total expenses in April were \$333.73.

- xi. Jan will make contributions to Region 3 and World Service.
- xii. The bank balance at 4/30/23 was \$10,370.47.

10. Standing & Ad-hoc Committee Reports

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

- i. Thank you to Linda for coordinating and managing meeting list updates. Thank you to Carolyn C. for zoom accounts coordinating. Thank you to Matt E. for adding an event to oadenver.org. Thank you to Shannon G. for com/techcontent updates. Thank you to Dana B. for creating and sending the email campaigns, Leslie for doing 2 posts.
- ii. We meet via Zoom on the 3rd Wednesdays each month. Most com tech positions take 1-2 hours per month and can be done from home. Email Heidi, webmanager@oadenver.org with questions or...to volunteer! **Webtech always has openings for anyone who wants to give service and update our website and write and/or edit news posts.**
- iii. **Please email news@oadenver.org with any news articles.**

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

- i. Bev J. said that going to the World Service Business Conference was a humbling experience. This was her first time. She believes OA is in good hands. There were 176 eligible voters from 14 countries including Ukraine, Russia, Sweden and Australia. They had a paid professional parliamentarian to guide the meetings. Delegates said the serenity prayer in their native languages. There were calls for prayer during discussions and voting. People were passionate about their ideas.
- ii. Bev said that it was decided that OA will sell recovery chips for years 1-20, 25, 35, 40, 45 and 50. Medallions can be engraved with any year on the oa.org website. Another decision was for OA meetings to encourage the use of all OA literature.
- iii. At the conference, Mike was on the Young People's Committee. OA has a website for young people, oayoungpeople.org. There are 15 meetings worldwide, 9 in the U.S., 3 in Iran and 3 in Greece. Young People meetings are for people from ages 18 to 30 years old and for members that joined OA when they were between 18 and 30 years old.

- iv. Mike K. said that there is an OA website for men in OA. It is OAmen.org. It has a list of online and face to face meetings for men. There is email discussion and phone outreach.
- v. Mike K. said Diversity was a hot topic at WSBC.. There are underserved communities including Latino and people of color. There were 7 delegates who were over 80 years old. Virtual World had quite a few delegates including 1 from Northern Colorado Intergroup and Pikes Peak Intergroup.
- vi. Mike K. said that he was elected as a trustee and will be working with the WSO Public Information and Professional Outreach Committee. CCI will need another Region 3 Rep/WSO delegate to replace him, because he can't do both positions. Another person from Colorado is a trustee, BJ. She has been a trustee for a while. In 2024 the WSBC will be face to face in Albuquerque with virtual listening only. In 2025 WSBC will be virtual only. Mike and Bev will provide a written report about the conference next month.
- c. **Twelfth Step Within** – OPEN
- d. **PI/PO** – Shannon G.
 - i. Shannon is thankful for the people that helped with the 365 Health Fairs. Carrie G. was enthusiastic and really helped her get organized. She feels that having an OA presence at the health fairs is worth doing. OA had to compete with other organizations to get a table at the health fairs. The tables for non-profits were limited. Jena was able to get a table at one location because she had a contact at the church. We went from 1 fair last year to 4 this year. There were new pamphlets left over that can be used next year.
 - ii. Shannon's next project will be to create a public service announcement for radio and TV.
- e. **Unity with Diversity** – OPEN
- f. **Young People's Committee** - Shanna F.
 - i. Shanna was not present but let Carrie know that she is considering starting a Young People's Zoom meeting.
 - ii. Mike K. will send Shanna the contact information for the Chair of the Young People's Committee at World Service. Shanna can use the CCI Zoom account to start a meeting.

11. New Business

Sponsorship Day August - Carrie said that OA hosts an annual Sponsorship Day in August. Carrie urged everyone to encourage people in their meetings to volunteer to be the Twelfth Step Within chair so an event could be planned for this day.

12. Old Business

- a. Ad Hoc Merger Consideration Committee- Cindy C. gave a report
 - i. Cindy contacted Francene (now living in the UK) about a Phoenix area merger from (approximately) 10 years ago. Their experience was the following
 - Merged HOW, 90-day, and 'regular' (sorry, Mike) OA in the Phoenix area; not different regional areas.
 - Reason: to fill IG positions
 - Tension at first; resolved by group conscience
 - First meeting was contentious (at chair level)
 - Attendance was open to all – and the room was full
 - Merger took 15 months.
 - All chairs remained in OA after the merger.
 - Banking issues took the longest to resolve - merging accounts, legal issues (needed an atty).
 - Merger folks met every 4-6 weeks. Everyone was invited to attend.
 - Encouraged everyone to share their fears.
 - Problems got resolved – were able to fill all the service positions
 - Only 25% attendance by IG reps before/after the merger.
 - Name of the combined IG came from suggestions and was decided by voting.

- Voting on the merger was done at each separate IG meeting.
- Suggestion: discuss peoples' ideas and concerns off the record. Share the benefits of the merger.
- Not aware of any groups that chose not to affiliate with the new intergroup after the merger.
- Kept the IG meeting space of the IG that had a lease.
- Difficulty with bylaws: especially re. Definition of abstinence for service positions.
- ii. Bylaws of the intergroups that merge would have to be combined, then approved by WSO.
- iii. Mike talked to R4 trustee:
 - MN Twin Cities IG's merged (HOW and 'regular'). Zoom IG meetings; difficult to get meeting reps to attend. Other IGs in MN disbanded.
 - Some Iowa IGs merged. Some dissolved. Issues: afraid they wouldn't have representation or be ignored. A trust issue.
 - UT: one IG died. Challenges between Salt Lake City and Provo.
- iv. The primary advantage of merging is to lessen the service burden.
- v. The action items for the committee were to check on the business status of the intergroups and compare Bylaws. The next meeting is May 9th at 4:00 pm on Zoom.
- b. Ad Hoc Committee Bylaws & PP Update

Mike K, Lori C and Carrie G. have met three different times, and have finished updating the Policy and Procedures manual. They are nearly done with updates to the Bylaws, and plan to have it done before the next CCI meeting on June 6th.

13. Good of the Order

Lori C. did a test using the Zoom function to take a poll. This can be used when CCI needs to take votes.

14. Adjournment - Adjourned with the Serenity Prayer

OA CALENDAR: (*: one of the five OA "holidays")

- April 25-29, 2023 World Service Business Conference - Albuquerque, NM
- June 10th– step 12 workshop at Grace United Methodist
- August 2023 Sponsorship Day*
- October Region III/OA Convention hosted by Pikes Peak Intergroup
- November 2023 (3rd weekend) - International Day of Experiencing Abstinence (IDEA) Day*
- December 12, 2023 12th Step Within Day*