

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - June 6, 2023

1. Call to Order and Welcome

2. Readings

Meditation Reading on Service – read by Lori C.

Tradition 6 – read by Nan

Concept 6 – read by Nan

3. Introductions – Jan B., Carrie G., Lori C., Bev J.*, Pam*, Nan*, Dana B.*, Ric L.*, Shanna F.*, Cindy C., Heidi B., Marcia V. present – (*indicates representing a meeting)

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

5. Preamble to the Meeting

6. Spiritual timekeeper: Lori C.

7. 7th Tradition

Please make via PayPal

8. Review, amend, and approve DRAFT minutes

- a. The minutes were amended to say under the treasurer's report that Jan will credit the Carbondale group for a contribution that was probably mis-categorized as an "other" donation. The treasurer's report was also amended to say flowers costing \$104.42 were bought for Heidi B. after her mother passed away. This expense comes out of the Corresponding Secretary's budget. The New Business section was amended to say Carrie urged attending members to encourage people in their meetings to volunteer to be the Twelfth Step Within Chair, so that an event could be planned for the OA Annual Sponsorship Day in August. Under Old Business concerning the Ad Hoc Committee to update the Bylaws and Policy and Procedures, the following update was added: Mike K, Lori C and Carrie G. expect to have the updates done by the next CCI meeting on June 6th.
- b. Jan B. moved we approve the amended minutes
- c. Lori C. seconded
- d. All approved

9. Officer Reports

- a. **Chair** – Carrie G.
 - i. Met again with Mike K and Lori C. to polish off updating the Bylaws. They plan on having those available mid June, in order for members to have time to read through them for July's CCI meeting.
 - ii. Making a push to begin recruiting OA fellows for the positions available on the board come this August. Please help carry the message of step 12 service at the intergroup level in your meetings. Looked for help with tracking down appropriate "job descriptions" for board positions that will be available.
 - iii. Received the final WSBC report from Bev J and Mike K.
 - iv. Responded to an Ad Hoc committee out of Southern AZ, looking to gather experience around how the message of recovery is carried in different intergroups. A few ways that were mentioned by other OA chairs were: Workshops in libraries, donated OA pamphlets to libraries, a billboard, giving pamphlets, "To the Professional" to doctors and dieticians, and posted in theaters. There is also a "Professional Community Courier" Newsletter at oa.org.

- v. Connected with Shannon G. to let her know I'd like to support her efforts in radio/tv announcements. Carrie will let Shannon know that her son is a sound engineer and has access to a recording booth.
- b. **Vice Chair – Lori C.**
 - i. Lori sent a blurb to Dana for the Eblast describing the upcoming vacancies on intergroup: Public Information/Professional Outreach Committee Chair, Corresponding Secretary, Recording Secretary and Treasurer.
 - ii. She sent out reminders for the June 10th workshop.
 - iii. She created a document with the job description for the CCI Board positions.
- c. **Corresponding Secretary – OPEN**
- d. **Recording Secretary – Cindy C.**
 - Cindy apologized for not posting the April minutes to the website. She will do that this week.
- e. **Treasurer – Jan B**
 - i. Income:
 - 1. Seventh Tradition donations were \$317.92.
 - ii. Expenses:
 - 1. \$472.00 for Region III/World Service Representatives expenses to go to the World Service Business Conference.
 - 2. \$250.00 contribution to Region III
 - 3. \$350.00 contribution to World Service
 - iii. Other treasurer issues:
 - 1. Jan corrected an error where a 7th Tradition contribution of \$213.93 in January that was posted to the Grace United Methodist Saturday group. It should have been posted to the Immanuel Lutheran Saturday group.
 - 2. Jan will be leaving the country for 5 months starting in September. She needs someone to volunteer for the treasurer position before that. She wants to make sure the CCI financial statements are done for the fiscal year and the budget for next year is prepared.
 - iv. The balance as of 5/31/23 was \$9,346.39.

10. Standing & Ad-hoc Committee Reports

- a. **Communications & Technology Committee – Heidi B.**
 - i. Dana B. sent an Eblast on 6/4/23 with the June 6th workshop information, opportunities for service on the Central Colorado Intergroup and with information about how to help plan and serve at the OA State Convention in October. She will send another Eblast with the job descriptions for the open vacancies at CCI and link to applications.
- b. **Region III Rep/WSBC Delegates – Bev J., Mike K.** (Mike had an excused absence from the meeting)
 - i. Bev and Mike submitted a detailed written report to Carrie concerning the actions taken and their experiences at the World Service Business Conference. Bev will be going to the Region III Assembly in Houston in October. Mike K. will have to step down from the Region

III/WSO representative position because he accepted the Trustee position. We will need another person to fill this position going forward.

- c. **Twelfth Step Within** – OPEN
- d. **PI/PO** – Shannon G. had an excused absence from the meeting.
- e. **Unity with Diversity** – OPEN
- f. Young People's Committee - Shanna F.

Shanna is starting a new Zoom OA meeting for young people. She expects it will be virtual only in the beginning and will eventually go hybrid. She will get the word out about the meeting via a newsletter.

11. New Business

- a. Bev J. saw a western slope meeting posted on the OA.org website. She found out that the person listed as the contact person no longer owns the phone number listed. The location for that meeting is in a mall that is now closed. Everyone agreed that she should request WSO to remove that meeting from their list.
- b. Bev J. said that the Closed Caption feature of Zoom allows a transcript of the meeting to be created. This could be used by the Recording Secretary. The CCI Zoom account may have this capability, or the CCI Zoom account might need to be upgraded to include this.
- c. Bev J. said that 2 State of Colorado Senate bills have been signed into law to protect or help people with eating disorders or weight issues. SB176 protects workers from being discriminated against due to being overweight, underweight or that have an eating disorder . SB014 is a bill to set up disordered eating prevention programs.

12. Old Business

- a. Cindy C. gave a report on the progress of the Ad Hoc Committee to Explore Merging Colorado's OA Intergroups.
 - iii. Mike K. announced that he has been elected to be the Region II Trustee Liaison position, so he will have to step down from the merger committee. Lori C. volunteered to fill that position.
 - iv. All committee members compared the Bylaws from the 3 Colorado intergroups to see if any differences would present major problems if the intergroups merge. No one found problems that couldn't be worked out. Some differences are the number of positions on the Intergroup Board, length of the term of office for Board and committee chair positions, board and committee chair position requirements/suggestions for length of abstinence or length of time in the program.
 - v. The committee is still looking at the pros and cons of merging. Some pro's are that there would be more people to fill positions at intergroup, it's easier to maintain one website than to maintain two or three. Northern Colorado Intergroup is on the verge of dissolving. It would be better to merge intergroups than to have no intergroup for the northern Colorado meetings. Three Intergroup in Arizona merged many years ago. They experienced conflict and differences in opinions at first. The people resolved their differences by keeping in mind what was best for OA as a whole.
 - vi. Potential cons are: PPSI and NCIOA groups could lose local autonomy. People might assume that everything was being handled at the larger intergroup and not volunteer. It might be a challenge to decide where to hold conventions and assemblies (currently they rotate).
 - vii. Everyone will go back to their local groups and ask members for their opinion about merging 2 or more of the Colorado Intergroups.

- viii. The committee will not meet in June so that everyone has time to talk with their groups. The next meeting will be July 11, 2023.
- b. Carrie said that she, Mike K. and Lori C. spent about 8-9 hours updating the CCI Bylaws, Policies and Procedures. She asked all of us to read over them and to carefully look for errors, omissions, etc.

13. Good of the Order

- a. Carrie read part of a letter from the OA Board of Trustees concerning Embracing Our Differences. All are welcome in OA. When we say or hear that only one piece of literature is the way to work the Steps, the way to carry the message, the way to find recovery, OA stops being accepting, inclusive and welcoming. This is a timely reminder that OA is a Fellowship of unity and diversity, and recommit to embracing all who want to stop eating compulsively. The whole letter is posted on the oadenver.org website.
- b. Our next CCI meeting is July 11, since the 1st Tuesday of July is July 4th.

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 3rd Step Prayer