

-FINAL MINUTES-
Central Colorado Intergroup Meeting of Overeaters Anonymous
Meeting Minutes - July 11, 2023

1. Call to Order and Welcome

2. Readings

Meditation Reading on Service – read by Lori C.

Tradition 7 – read by Pam T.

Concept 7 – read by Jan B.

3. Introductions – present: Lori C., Cindy C., Sue H.*, Jan B., Carrie G., Shannon G., Pam T.*, Jennifer M., Ric L.*, Jordan H., Heidi B. (*indicates representing a meeting)

4. Welcome to the Newcomer (if applicable) – Newcomer greeter: all regular CCI attendees answered newcomer questions in the chat

5. Preamble to the Meeting

6. Spiritual timekeeper: Lori C.

7. 7th Tradition

- a. Please make via PayPal

8. Review, amend, and approve DRAFT minutes

- a. Jan B. moved we approve minutes
- b. Pam T. seconded
- c. All approved

9. Officer Reports

a. **Chair** – Carrie G.

- i. Carrie said that the CCI Bylaws state that the CCI Chair should be a signer on the CCI Chase checking account. She will work with the treasurer to get that done in the next few months.
- ii. Carrie appointed Lori C. as the acting Treasurer to begin immediately. Jan B. will be leaving town until December. Lori will be added to the Chase checking account as a signer

b. **Vice Chair** – Lori C.

- i. Lori C. attended her first Ad Hoc Merger Consideration Committee today. She is replacing Mike K. who had to step down due to becoming a Trustee with WSO.
- ii. Lori was a speaker at a South San Francisco meeting.
- iii. Lori is still working on the Ad Hoc Committee to update the CCI Policies and Procedures Manual and Bylaws.

c. **Corresponding Secretary** – OPEN

- i. Carrie requested that everyone go back to their meetings and let members know that this position is open.

d. **Recording Secretary** – Cindy C

- i. Cindy C. said she is ready to train someone new to serve as the next Recording Secretary.

e. **Treasurer** – Jan B

i. Income:

1. Seventh Tradition Donations were \$215.15.

ii. Expenses:

1. Web support was \$1,200.00, OA State Convention contribution was \$400.00 and expenses for the Region 3 Representatives/World Service Delegates was \$1,473.16. Pikes Peak Serenity Intergroup sent CCI a nice thank you card for the \$400.00 contribution to the convention. A coding error involving the Carbondale group will be corrected in next month's report.
2. On 6/7/23 there was a charge from Zoom to the account of \$163.00. This may be an error. Carolyn C. and Heidi B. will be researching that.
3. The ending balance of the CCI Chase checking account on 6/30/23 was \$6,325.27

10. Standing & Ad-hoc Committee Reports

- a. **Communications & Technology Committee** – Heidi B.
 - i.
- b. **Region III Rep/WSBC Delegates** – Bev J. had an excused absence. CCI is allowed to have 3 Region III Rep/WSBC Delegates. Two positions are open.
- c. **Twelfth Step Within** –
 - i. Carrie said that someone is interested in filling this position but is not able to attend tonight.
- d. **PI/PO** – Shannon G.
 - i. Shannon said that her next project is to develop OA public service announcements (PSA's) for radio and TV. A jazz station that she listens to does not broadcast recorded PSA's, but the DJ will read 30 second PSA's live on the air. She is researching contacts and the PSA format requirements for different radio and TV stations.
- e. **Unity with Diversity** – OPEN
- f. **Young People's Committee** - Shanna F.
 - i. Shanna has started a Zoom meeting for young people on Sunday afternoons at 4:00-5:00 pm. It has been added to the meeting lists at WSO and oadenvr.org.

11. New Business

- a. Jordan H. is trying to develop a new in-person meeting in Gunnison. She was given contact information for Danna B. who has a backpack filled with supplies for new meetings. Jan B. said that CCI will pay the postage to send the backpack to her. Jan B. said that CCI also provides \$100.00 (or \$150.00, Jan will verify the amount) to help new meetings get started. That money can be used however the organizers wish including to pay rent for the meeting space.
- b. The following corrections, changes and additions to the Policies and Procedure Manual were proposed:
 - i. The following typographical Errors needed to be corrected. In Section III, the last paragraph "and Group" should be "an Group". In Section V, in the 1st paragraph, RR needs to be defined as Region Representative. In Section VII, in the first sentence of the 4th paragraph, the word "delegates" needs to be added between "WSBC" and "per".
 - ii. In Section VII. in the paragraph titled : "Automobile Travel Reimbursement", the travel reimbursement rate formula includes the amounts allowed by the IRS for charitable deductions and for business deductions. A link will be included to the IRS.gov website to get the most recent amounts each year.
 - iii. In Section VIII in the paragraph titled "Individual Donations", the policy would be updated to align it with the WSO allowed amounts which is \$7,000.00 per year from an individual instead of "

\$1500 towards the General Fund, \$1500 towards Special Funds, and \$1500 in memory of a deceased OA member per calendar year”

iv. In Section VIII in the paragraph titled “CCI Debit Card”, the current policy requires 2 non-check signing Board members to approve any expenditure of \$500.00 or more. This has never been the actual practice. It is not practical because there are not usually 2 board members who are not signers on the account and many CCI expenses are \$500.00 or more. Venmo and Zelle are also used for reimbursement. A safeguard against a Board member using CCI funds inappropriately is the other board members watching the bank activity. The paragraph in Section VIII titled “Expense Reimbursement” defines which expenses can be reimbursed. Another safeguard is that expenses cannot be made without vote by the Board that are in excess of the approved budget. The proposal is to remove the requirement of having 2 non-check signing Board members to approve expenditures of \$500.00 or more.

v. In Section X, Transfer of Virtual Assets, the time allowed to transfer virtual assets throughout that section is 7 days. It is proposed to change “7 days” to “by the next CCI meeting” each time it occurs. Also in Section X, 3. Treasurer, the transfer of the debit card and changing the bank signers needs to be added. The position of Vice Chair and Corresponding Secretary need to be added to Section X. Carrie will add those.

vi. The above corrections, changes and additions were approved with 2 members abstaining.

c. The following corrections, changes and additions to the Bylaws were proposed:

i. The current Bylaws suggest Intergroup Representatives have a minimum of 6 months in OA and 30 days of abstinence. It was proposed that “suggested” be changed to “suggested, but not required”. For Board positions, the Bylaws require one year of current abstinence with each person being the sole judge of his or her abstinence and one year of service above the group level. Some felt that requirements for abstinence needed to be in place so that abstinence was not optional. Others felt that some of the abstinence and service requirements deterred people from being of service that might help them achieve abstinence. The wording “each person being the sole judge of his or her abstinence” seemed confusing to some. It was decided to include the WSO definition of abstinence on the application for Board positions: “Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.” The Ad Hoc Committee to Update the Bylaws and PPM discussed changing the requirements to serve in CCI. He agreed that being more flexible with the requirements would help to get new life blood into CCI. The requirements for Region 3 Representatives/WSO Delegates were not considered since they are defined by Region 3 and WSO.

ii. The 12 Traditions and 12 Concepts were included in their entirety in the Table of Contents. They will be removed.

iii. Heidi made a motion to approve the proposed corrections, changes and additions to the Bylaws. Shannon seconded the motion. The motion was passed unanimously. .

12. Old Business

- a. Cindy C. said that the Ad Hoc Merger Consideration Committee met this afternoon. Vicky M. from Pikes Peak Serenity Intergroup said that she believes most of their groups are not in favor of merging at this time, although she is waiting on 3 groups out of 7 to give their opinion. Carol H. and Al S. from Northern Colorado Intergroup (hereinafter NOCOIG) said that their groups have no

opinion or are in favor of merging. Al and Carol both said that they would be willing to help with merging their website with CCI's website. The committee will be comparing the CCI Bylaws to the NoCoIG Bylaws to see where the differences are. Lori C. and Cindy C. will ask CCI if this committee can go ahead with developing a plan to merge with NOCOIG. Al S. and Carol H. will ask NOCOIG if this committee can go ahead with developing a plan to merge with CCI.

- b. Lori C. moved that CCI authorize the Ad Hoc Merger Consideration Committee to proceed with developing a plan for what a merged CCI and NOCOIG intergroup would look like if the ultimate decision is made to merge. The plan would be presented to CCI and NOCOIG before the intergroups would vote on merging. Carrie G seconded the motion. The motion passed unanimously.
- c. Cindy C. will contact NOCOIG and ask if anyone in their meetings or intergroup would be willing to serve on a merged intergroup.

13. Good of the Order

- a. None

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