

Northern Colorado Intergroup of Overeaters Anonymous
Meeting Minutes
Thursday, March 9, 2017
6-7:30 p.m.

Present:

Ashley, Lori, Mandy, BJ, Al, Nimita, Francoise, Carol

1. Formal Opening (10 minutes)
 - a. Connect to Audio Conference: 605-475-2090, 155901#
 - b. Serenity Prayer
 - c. Introductions
 - d. Sign-In
 - e. Review of Agenda
 - f. 12 Steps, 12 Traditions, Concept of the Month
 - g. Roberts Rules of Order and NCIOA Bylaws are available upon request
2. Reports (20 minutes)
 - a. Review Minutes, Approve Minutes to be posted on web (vet anonymity)- Additions from BJ (approved), remove contact info at the end.
 - b. Secretary's Report (Nimita) Ashley will take notes after Nimita leaves at 6:45
 - c. Treasurer's Report (Al)

Sent a check
Net proceeds from OA were \$3483, astounding results
\$65 on Unity Day
\$255 literature
\$9629.07 ending balance at the end of Feb
support travel to regional convention
\$77 from Unity Day (we made \$12)
 - d. Outreach (Ginger)
 - i. *Purchasing recording equipment from Jim*
Ginger is not here, but Lori has info from health fairs.
Lori: *We have been invited to 2 health fairs*
April 15 (7-noon, arrive at 6:30 am) Greeley
April 24-25 (7-noon, arrive at 6:30 am) East Boulder—[Al: that's a Monday and Tuesday- is that correct?] Lori will confirm if they are the correct dates.
Al: What's Ginger situation on this?
Lori: Not sure.
Mandy/ Lori will call Ginger and check on her situation. *BJ spoke to Ginger earlier. Ginger wants us to discuss a proposal to bring (Larry) to discuss steps 4-9 in larger depth sometime in June. Region 3 – many topics.*
New Proposal: BJ will talk to Ginger further about discussion
We have been blackballed from a few 9 news health fairs because we didn't show up
 - e. Communications (Telephone/Gmail account/Meeting List/Newsletter) (Carol)
7 different calls, a couple from the same person. Gave her info on meetings. A couple of robo-calls. Two other calls were forwarded to Al/Mandy because we were behind on payment for voicemail.

Email blast was sent out. Current newsletter was sent out, and two emails were deleted.

Announcement from Pike's peak

Ashley has sent word doc from meeting list.

Should Friday meeting in Boulder at noon be deleted? (BJ and AI: yes)

How often do we need to confirm that meetings are still taking place?

AI: Only ones that we are unsure about need to be checked.

Any suggestions on meetings that might not be happening?

AI: Monitor on OA.org

Suggestions on things that should be included?

BJ: Save the date: state convention dates in September 15-17, Vision for you has gathering at the same time further away

AI: The voicemail bill has now been paid and he paid some additional in advance

f. WSO/Region III (BJ)

Give \$30 a year more and we can be self-supporting

WS Business conference and convention- which one?

WS convention will be in 2021

Business conference is every year, but they are trying to go every other year

(see BJ notes)

g. Lifeline (Gail) – Gail absent. No report.

h. Webmaster (Ashley)

- AI and Ashley met by phone and AI gave her the login info and showed her the basics in WordPress, gave Ashley his blessing to make any changes or improvements to design.
- The latest meeting list/newsletter has been added to the site.
- Minutes from previous meetings with personal info redacted will be provided by Mandy for adding to website.
- We will link to Denver page for recordings from convention when they are available.
- Bylaws still need to be added.

3. Old Business (30 minutes)

a. Open positions: Vice-Chair

b. Literature

Mandy received the order of info packets for healthcare providers, which anyone may take back to their home groups and distribute free of charge. The packets will be stored with the other literature. Ashley took a stack for Fort Collins.

c. Unity Day debrief

- Turnout was great – about 20 people, diverse ages and cities in attendance. Carol filled her car with attendees for carpooling – good idea for increasing attendance. Fellowship and speakers were great.
- Two-hour length was good. Those who called in appreciated being able to.
- For future: Poll attendees for how they heard about the event, particularly those calling in. Decide whether phoning in should be only for prayer, vs. prayer & speakers, vs. prayer/speakers/sharing all.

d. WSBC Agenda Questionnaire submitted

Everyone agreed to the suggested agenda items

e. 9News Health Fairs (see #2 Reports, item d, above)

4. New Business (20 minutes)

- a. Donate coins or other literature at IG events?
All remaining coins will be brought to the next IG meeting for anyone who wants some, for taking back to home groups or handing out, and you can donate if you like for them
 - b. Recruit IG – no new ideas
 - c. Looking Ahead – For 2013 & 2016 convention recordings, let's link our web page to Denver OA if recordings are on there
 - d. Next Meeting: Thursday, April 13th - phone and in-person? (need Chair for May meeting if no vice yet)
5. Closing
- a. Rosanne's Prayer (I Put My Hand in Yours) "I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams."

UPCOMING EVENTS:

April 2017 - 9News Health Fairs

May 1-6, 2017 - World Service Business Conference

September 2017 - begin IDEA Day planning

October 2017 - Elections

November 2016 - International Day of Experiencing Abstinence (IDEA) Day

Fall 2017 - 3-year budget

February 2018 - Unity Day

Fall 2018 - Region 3 Assembly

Fall 2018 - form committee for 2019 State Convention

Fall 2019 - NCIGOA hosts State Convention

Ongoing quarterly - newsletter

Other??