

Northern Colorado Intergroup of Overeaters Anonymous  
Meeting Minutes: Thursday, May 18, 2017 6-7:30 p.m.

Present: Lindsey, Gayle, Lori, Ashley, Carol, Mandy, BJ

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. Reviewed Minutes, Approve Minutes to be posted on web (vet anonymity)
  - b. Secretary's Report (Nimita) Ashley will post the notes to the website.  
She will also make changes to March minutes and post as well)
  - c. **Treasurer's Report (AI)**
    - *Last month I highlighted a significantly lower contributions amount for year-to-date vs. budget (\$2200). I later noticed that there is an error in how the spreadsheet calculates that % -- it only looks at that month's contributions. When I summed up all the contributions since October, we are in much better shape. On this month's report, you will see that we are at 76%. And since we are only 7/12'ths of the way through the year, we're actually ahead of plan! That's really good news.*
    - *As I was preparing the report tonight, I noticed that the same error occurs in various expense categories, but I did not have time to correct these, so they are still showing the % only for this month, not cumulative. I will fix this for next month's meeting.*
    - *I have an unavoidable conflict this Thursday night, so I won't be able to attend the meeting. I hope someone can take notes about any questions for me and I'll respond to them by email as soon as possible.*
  - d. **Outreach (VACANT)**
    - i. **Purchasing recording equipment from Jim**
      - *Helpful to get literature out there, but it's hard to get people to staff tables for 9 news health fair - It was kind of stressful*
      - *It's a great idea to do, but it can be awkward*
      - *BJ: Sometimes you just need that one connection to make it worth it.*

- *Mandy: It is beneficial, but is there a way we can do it different or better? Perhaps not picking up so many so there are lots of spots to fill? Maybe Lori shouldn't be the only one doing it? Ideas from Denver- more of a committee, more lead time.*
- *Lori- doing only two would be a good idea. Windsor and Boulder were both successful.*
- *Lindsey- Knowing way ahead of time would be super*

**Conclusion: We will all take this issue of staffing 9 news health fairs to our meetings and get help on outreach.**

**e. Communications (Telephone/Gmail account/Meeting List/Newsletter) (Carol)**

- *Two hang up calls*
- *Al took care of paying for lines*
- *Emails- PPSI-- PikesPeak Intergroup? Is someone addressing that info, one girl named Angie asked about meeting*
- *Updated meeting list- Ashley: Carol will redo this and Ashley can put it on website*

**f. WSO/Region III (BJ)**

- *World Conference- it was phenomenal, about 190 delegates from 21 countries,*
- *Growing unity world wide, selected 4 trustees, 2 of them from Colorado*
- *New translation fund so people from all over the world can participate in their native language*
- *Every Third Sat of the August: Sponsorship Day, starting in 8/18/2018*
- *Mindfulness did not pass as a tool*
- *New OA 12 and 12 will be printed, probably available next spring- the new one is more action oriented, less presentation of facts*
- *There was talk about copyright- Proposal to eliminate copyright issue of giving up ownership of creative property but it didn't pass*
- *Sometimes it has to keep coming back to get passed*
- *Harlan was there- he is coming to the OA boulder in June. We should have our next meeting after he talks to get intergroup positions filled*

**g. Lifeline (Gail)**

- *No update from Gail*
- *BJ: Lifeline deadline for submissions on July 15,2017 Topic: International Day experiencing abstinence,12 steps, stepping through holidays, abandoning self through HP*

**h. Webmaster (Ashley)**

Some work to do, but it is on her to do list. (Event in New Mexico)

**3. Old Business (30 minutes)**

- a. Open positions: Vice-Chair
- b. Reminder: Professional Outreach pamphlets available for individuals/groups and events (with Lori)
- c. 9News Health Fairs

**4. New Business (20 minutes)**

- a. We meeting in June, but not July or August.
- b. Anything else we need to discuss as far as looking ahead?  
Can we move intergroup to right after Saturday meeting- 10 to 11  
Lori – we tried it and it didn't produce any different results in attendance  
Carol: Still do it by phone- fine either way  
Mandy: Temporarily vote on it?  
Ashley: One idea is- traveling meeting? One month do it after each local area meeting  
Thursday alternating place or Saturday alternating place?

**Ashley: I move that the next intergroup meeting should be in June after Harlan's presentation at Boulder meeting**

**Motion seconded by several people. Phone and in person options**

**2<sup>nd</sup> Saturday September (Ft. Collins?) and October (Broomfield?)- rotate locations to try it out**

**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:

- May 1-6, 2017 - World Service Business Conference
- 3rd Saturday in August - Sponsorship Day
- September 15-17, 2017 - State Convention
- September 2017 - begin IDEA Day planning
- October 2017 - Elections
- 3rd Saturday in November 2017 - International Day of Experiencing Abstinence (IDEA) Day
  - poll after: how did you hear about it
- Fall 2017 - 3-year budget and strategic plan
  - Examine contributions
  - Establish prudent reserve?
- December 12, 2017 - 12th Step Within Day
- 3rd Saturday in January - OA's Birthday
- February 25, 2018 - Unity Day
- April 2018 - 9News Health Fairs
- Fall 2018 - Region 3 Assembly in Colorado Springs
- Fall 2018 - form committee for 2019 State Convention
- Fall 2019 - NCIGOA hosts State Convention
- Ongoing quarterly - newsletter
- Other??