

Northern Colorado Intergroup of Overeaters Anonymous Meeting Minutes

Sunday, November 12, 2017 1:30 p.m. - 3:00 p.m.

Present: Mandy, Ashley, Al, Joyce, Carol, BJ, Nimita

1. Formal Opening (5 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)
- b. Secretary's Report (Nimita)- nothing
- c. Treasurer's Report (Al)- little activity last month, new budgetary guideline that shows up in the Oct report, \$3000 a year
- d. Outreach (Wendy?) -
 - i. Wendy will be the outreach contact for BVSD. Classes/Literature There is a meeting coming up. If BVSD needs anything they call Wendy.
 - ii. Purchasing recording equipment from Jim?
 - iii. Fundraising?
- e. Communications (Telephone/Gmail account/Meeting List/Newsletter) (Carol)
 - i. No activity on phone
 - ii. Nothing to report
- f. WSO/Region III (BJ and VACANT)
 - i. Saturday speaker event went well
 - ii. Putting them on distribution list can't hurt
 - iii. Formal minutes from Region III rep sent out in email
- g. Lifeline (VACANT)
 - i. Keep announcing for a rep
- h. Webmaster (Ashley)
 - i. All is going well
 - ii. Wordsmith/Functionality
 - iii. Ashley will check into how many people are using/viewing site

3. Old Business (20 minutes)

- a. Open positions: Vice-Chair, Outreach?, WSO/Region III, Lifeline
 - i. One WSO position
- b. Reminder: Professional Outreach pamphlets available for individuals/groups and events (with Lori)
- c. IDEA Day
 - i. Comments look good
 - ii. *poll after: how did you hear about it? (Ask people who attend how they heard about it to assess what marketing strategies are working)*
 - iii. flyer /website- if you can't attend IDEA day you can still be in Broomfield meeting

4. NEW BUSINESS (40 minutes)

- a. Strategic Plan Updates
 - i. Action Steps- Brainstorm
 - ii. Al is retiring from his job- may be able to take on some of the Boulder meetings
 - iii. How do we incentivize or encourage others to come to this meeting?

1. Telling people/encourage people in meetings before
2. Did pros and cons- Mandy has notes
- iv. Some work happening with BVSD
- v. Bringing blank posterboards to meetings, having people write ideas for things they need
- b. Phone line with CCI - they voted yes at their November vote, volunteers are needed
 - i. Mandy will ask what volunteers would do and what kind of training is needed before we ask for volunteers. Times/dates of training. This will be discussed over email so we don't have to wait for next intergroup
- c. "12 Step Workshop And Study Guide" Meeting Series this summer
 - i. More info coming
- d. Looking Ahead to Upcoming Events
 - i. CCI New Year's Day event (see email with flyer - please distribute)
 - ii. Unity Day- February- address at upcoming meeting
 - iii. Next Meeting: 2nd Saturday of December (9th) in Ft. Collins
 1. 11:15-12:45
 2. 305 E Elizabeth St, Fort Collins, CO 80524

5. Closing (5 minutes)

- 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:

- November 18, 2017 (3rd Saturday) - International Day of Experiencing Abstinence (IDEA) Day*
 - *poll after: how did you hear about it?*
- December 12, 2017 - 12th Step Within Day* -
 - 12/12 or 12th of every month: We call newcomers or someone you haven't seen in a while
- January 21, 2018 (3rd Saturday) - OA's Birthday*
- February 25, 2018 - Unity Day* (12:30 p.m. Mountain Time)
- April 2018 - discuss summer "12 Step Workbook and Study Guide" meetings--
- April 2018 - 9News Health Fairs
 - *Debriefing from 2017:*
 - *Do fewer health fairs so not spread too thin?*
 - *Combine with CCI?*
 - *Give more lead time and committee to handle health fairs?*
 - *Talk to CCI about how to interact with public, strategies for garnering interest?*
 - *Assign a health fair to a meeting to manage volunteers?*
- April 13-15 - Region 3 Assembly and Convention—
- April 23-28, 2018 - World Service Business Conference (Albuquerque, NM)—BJ attending
- August 2018 (3rd Saturday) - Sponsorship Day*
- September 2017 - begin IDEA Day planning
- October 2017 - Elections, Budget
- Fall 2018 - Region 3 Assembly in Colorado Springs
- Fall 2018 - form committee for 2019 State Convention
- Fall 2019 - NCIGOA hosts State Convention
- Fall 2020 - 3-year budget and strategic plan
 - *Examine contributions*
 - *Establish prudent reserve?*
 - *: one of the five OA "holidays"

Proposal:

Change Agenda to do New Business/ Action Items first and then do updates etc.

We will try it out next month.