

Northern Colorado Intergroup of Overeaters Anonymous Meeting Minutes

Sunday, October 8, 2017 4:30 p.m. - 6:00 p.m.

Present: Mandy, Al, Lori, BJ, Carol, Cheryl, Nimita

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) (Nimita will let Ashley know to post minutes on the web)
 - b. Secretary's Report (Nimita) No report
 - c. Treasurer's Report (Al) (reports sent via email)
 - i. 112% of budget for contributions
 - ii. Netted \$446.99
 - iii. Technical support is high- for speakers?
 - iv. Hotel costs varied due to weather and changed expectations
 - v. New fiscal year Oct 1
 - d. Outreach (VACANT?)
 - i. Purchasing recording equipment from Jim
 - ii. Fundraising
 - e. Communications (Telephone/Gmail account/Meeting List/Newsletter) (Carol)
 - i. No calls in over 3 months- not even random calls, checked if it works and it does.
 - ii. No inquiries on email list- announcements from other intergroups, just some questions about phone meetings
 - iii. Newsletter- one new meeting added in Boulder
 - iv. Looking for someone to staff a phone line— **RESOLUTION-** to support Central Colorado merge of phone lines and disconnect our phone line
 - v. Next intergroup meeting in Ft. Collins- still working on that date, but it's likely but may need a different location Dec 9 as the one for December and it will be in Ft. Collins BJ will call about the Sunday 11 and 4:30 meetings to research these options for January **November 12 1:30 – 3 in Longmont**
 - f. WSO/Region III (BJ and VACANT)

- i. Wendy has agreed to be a contact for BVSD. She said she would call in and it would be a matter of us voting her in. Julie also stated she would call in.
 - ii. Saturday meeting- BJ is trying to go to different meetings to do outreach
 - iii. Informal vote: Notion to nominate Wendy as Outreach
 - iv. Neva—currently region chair and
 - v. E-blasts need to go to intergroup members- BJ will send out past and future e-blasts to share with your local meeting
 - vi. Increasing diversity in membership
- g. Lifeline (**VACANT**)
 - i. Webmaster (**Ashley**)
 - ii. Added a graphic about IDEA Day to the home page
 - iii. Created a new page on the site for IG meeting minutes and bylaws and uploaded all of the minutes I have: <http://oanoco.oadenver.org/erehwon-intergroup/intergroup-meeting-minutes/>
 - iv. Changed header/footer color
 - v. Added a few clipart images on a couple pages
- 3. Old Business (30 minutes)
 - a. Open positions: Vice-Chair, Outreach, WSO/Region III, Lifeline
 - b. Reminder: Professional Outreach pamphlets available for individuals/groups and events (with **Lori**)
 - c. IDEA Day
- 4. New Business (20 minutes)
 - a. Elections:
 - i. Nimita will be secretary for one more year, possibly two
 - ii. Subcommittee of outreach is covered, but overall committee is not
 - iii. Still need vice chair and lifeline- will continue posting
 - b. 3-Year Budget (examine contributions, establish prudent reserve)
 - i. 2015, 2016, 2017: \$2700 of donations
 - ii. Very sound position- we can take risks
 - iii. Possibly increasing to two Reg III reps? Proposal \$3000 for World Service Reg III rep annually. Proposal Create \$4000 credit reserve. Both proposals approved. We need to spend more on literature, outreach materials and other activities.
 - c. Strategic Plan-
 - i. We can go with OA strategic plan or go with outreach
 - ii. We want to build up intergroup so that it can deliver the value it has the potential to deliver. Call upon others outside of intergroup to find out how to carry the message. Educational institutitons, medical institutions
 - iii. Goal: to get more people here

- d. Phone line with CCI - pending their November vote, volunteers would be needed
- e. "12 Step Workshop And Study Guide" Meeting Series this summer
- f. Looking Ahead to Upcoming Events
 - i. Next Meeting: **November 12 1:30 – 3 in Longmont**
 - ii. **Agenda for next month: discuss Unity Day- painting party?**

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:

- **November 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***
- **January 2018 (3rd Saturday) - OA's Birthday***
- **February 25, 2018 - Unity Day***
- *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)*
- **August 2018 (3rd Saturday) - Sponsorship Day***
- *September 2017 - begin IDEA Day planning*
- *October 2017 - Elections*
- *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?*
- Ongoing quarterly - newsletter
- Other??

*: one of the five OA “holidays”