

Northern Colorado Intergroup of Overeaters Anonymous Meeting Minutes
Sunday, March 11, 2018 4:15 p.m. - 5:45 p.m.

Present: Mandy (Chair), BJ (Reg 3 WSO), Joyce (Longmont 9 News Chair); Lori (Longmont Rep/Reg 3), Carol Ft. Collins Rep (community) By Phone: Claire (Broomfield rep) Nimita (Secretary)

1. Formal Opening (5 minutes)

- a. Connect to Audio Conference: 515-604-9834, 773844#
- 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. NEW BUSINESS (40 minutes)

- a. Unity Day (2/24/18) debrief
 - i. Can ask individual groups for Ask-It-Basket questions for future meetings
- b. 9 News Health Fairs
 - i. Literature purchase: Joyce recommended extra pamphlets, etc to include. We will also include old lifelines. Joyce will reach out to Greeley meeting with ideas to strengthen meetings
- c. Farmers Market OA booth
- d. New 12 & 12s: Divide up meetings to call 12x12 Book orders by April 1st for books through IG. Send request to NCIGOA email
- e. "12 Step Workshop And Study Guide" Meeting Series this summer
- f. Looking Ahead to Upcoming Events
 - i. Next Meeting: May 12
 1. Time: 10:45 am
 2. Address: 3700 Baseline Road, Boulder

3. Old Business (20 minutes)

- a. Open positions: Vice-Chair, Outreach, Region III/WSBC, Lifeline
- b. Reminder: Professional Outreach pamphlets available for individuals/groups and events (with Lori)

4. Reports (20 minutes)

- a. Minutes approved for posting
- b. No Secretary's Report (Nimita)
- c. No Treasurer's Report (AI)- Mandy will follow up with AI
- d. Outreach (Wendy - BVSD)
 - i. Purchasing recording equipment from Jim
 - ii. Fundraising
- e. Communications (CCI Telephone/Gmail account/Meeting List/Newsletter) (Carol)
- f. WSO/Region III (BJ and VACANT R3/WSBC)
 - i. Lori is officially going to sub for BJ for April's R3 Conference
 - ii. BJ
- g. Lifeline (VACANT)
- h. Webmaster (Ashley)

5. Closing: Roseanne's Prayer

UPCOMING EVENTS:

- *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*
- September 14-16, 2018 - OA Big Book Weekend retreat (hosted by Central Colorado Intergroup) in Estes Park
- October 2017 - Elections, Budget
- October 12-14, 2018 - Region 3 Assembly/State Convention in Colorado Springs (hosted by Pikes Peak Serenity Intergroup)
- *Fall 2018 - form committee for 2019 State Convention*
- **November ?, 2018 (3rd Saturday) - International Day of Experiencing Abstinence (IDEA) Day***
 - *poll after: how did you hear about it?*
- **December 12, 2018 - 12th Step Within Day***
- **January ?, 2019 (3rd Saturday) - OA's Birthday***
- **February ?, 2019 - Unity Day* (12:30 p.m. Mountain Time)**
- 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"**