

Northern Colorado Intergroup of Overeaters Anonymous
Monday, May 13
Minutes

Opened the meeting at 7:00pm

In attendance- Mandy – Chair; Al – webmaster; Lori-treasurer; Freya-communications; Joan, - Thursday Louisville Rep; Carol – Secretary, BJ Region 3 & World Service Rep, John, FC Tuesday night rep.

New Business

Convention materials distribution – Mandy/BJ will check on this. There is a Convention mtg. this Saturday.

Anonymity – minutes posted to website – motion to accept (Al/Lori) – passed
2nd motion to include minutes from last 3 years (Mandy/BJ)- passed

Google Group for IG only – Al will do further research – most likely just use this platform for the IG communications/ not for larger IG population. Motion to move to next meeting (Al/Lori)- passed

2019 State Convention Status – Committee meeting monthly. Freya reported that program is nearly set – just working on timelines/ length of sessions/breaks. Should have registration up next month.

Health Fairs – All done at this point – Joan shared her experience in Boulder.

Website enhancement –Al has updated to Denver's platform. Will continue to clean up things – like posting the latest newsletter/meeting lists (Motion to post just last 2 months Carol/Lori – passed.

Old Business

Open Positions – continue to look for Outreach rep. Continue to find meeting reps
Professional Outreach pamphlets available on request

Reports:

Secretary – none

Treasurer – Balanced accounts; one group donation; Final Balance is 8590.68

Communications – Just checking on 501C3 status for information

WSO/Region – BJ – BJ sent notes to IG with more detail – WSBC was last week – they approved the Abstinence definition and included a definition of recovery – **Removal of the need to engage in compulsive eating behaviors.** Revised the Welcome Home reading –part of meeting format; Approved 2 new literature pamphlets – Body Image and Personal Journeys to Recovery in OA. Lifeline will take last subscription orders in 12/19 and last issue will be published 12/20(has lost over \$180,000) Member are encouraged to protect their own anonymity virtually – OA is not anonymous in the social media arena. Members/groups are encouraged to practice and develop at 12 second “elevator speech” for Health Fairs and for Outreach. OA is reducing the number of trustees to 7 – it is costly to send so many trustees to meetings as they are spread out world-wide.

Webmaster – see above; Convention registration will likely go through our website.

NEXT IG MEETING – VIA ZOOM - Monday, July 1-6:30 pm

Meeting Adjourned at 8:48 pm

