

**Northern Colorado Intergroup of Overeaters Anonymous**  
**Wednesday, October 23, 2019**  
**Minutes**

Opened the meeting at 6:30pm

In attendance- Mandy – Chair; AI – webmaster; Freya-communications; BJ – Region 3, World Service Rep; Carol, Secretary, Joan-meeting rep Thur. Louisville & Sat. Boulder

**New Business:**

**IDEA DAY** – AI/Freya and Carol will meet to create IDEA day format and order pamphlets and literature for the event to be held Nov. 17<sup>th</sup> from 12:30-2:30pm at the Longmont Church at 3<sup>rd</sup> and Terry. We will focus the event on Sober eating and the Strong Abstinence Checklist. IG approved 100.00 for literature and supplies (AI motion/Carol 2<sup>nd</sup>)

**Elections** – no Vice Chair; AI will chair the Outreach committee; Chris Q's name was mentioned to perhaps take a position once she is back in town.

**State Convention debrief** – Freya shared that the committee received much positive feedback about the program and some negative feedback about the microphone and hotel. It was stated that the Region 3 Fall convention in 2022 will need a new location. AI shared the projected income is 2500.00(net 3500.00) 2000.00 was used for 20 scholarships. Literature is left over – it was from Boulder – it was approved to buy back the literature (as IG's) (Carol motion/BJ 2<sup>nd</sup>)

**Boulder Sunday mtg** – refer this meeting issue to R3 after the meeting has their business meeting in November.

**By-Laws discussion:** Tabled this discussion to January 2020. Discussion may include develop a IG brochure like the Houston Sample that was shared.

**Next IG meeting** – Monday, January 6<sup>th</sup> at 6:30pm via Zoom

**Old Business:**

**Open Positions** – continue to look for meeting reps and Vice Chair  
BJ remains as R3 and WSBC rep

**Reports:**

Secretary – none – (BJ/AI – minutes from Sept. passed)

Treasurer – Lori absent; Balanced accounts; several group donations; Final Balance is 9222.30. This reflects Convention amounts, as well.

Communications – Freya reported new meeting list is being distributed

WSO/Region – BJ is hosting a Zoom class – 2 dates on Sundays; reminders about the 2<sup>nd</sup> Sunday Virtual Meetings. BJ will continue as WSO rep but is finishing Reg. 3 delegate service.

E-Workshops the 2<sup>nd</sup> Sunday of each month – 3pm EST(1pm MST). Flyers available to pass out at meetings.

Webmaster – AI will update the minutes from the Sept. meeting.

**NEXT IG MEETING – VIA ZOOM - Monday, Jan. 6<sup>th</sup>, 6:30 pm.**

**Meeting adjourned at 7:55 pm.**

