

St. Louis Bi-State Intergroup Minutes

July 12, 2020, 1:30 p.m.

Open: The meeting was called to order by IG Chair, Dianne S. at 1:30 p.m.

Communications: Meeting was held via ZOOM due to Illinois and Missouri state-wide restrictions on large gatherings due to viral covid-19 pandemic precautions. Members were instructed on meeting ID and Password via email.

Readings: Serenity Prayer, The Twelve Steps, Tradition 7 and 8

Welcome: 21 members were in attendance; all via ZOOM. Marysia H. was noted as a visitor.

Minutes: June 14, 2020 IG minutes were distributed via email for review prior to the meeting. Minor corrections were made regarding literature planning to be kept on hand and correction to motion made by Cyndy L regarding a virtual retreat. Minutes were accepted, with these corrections being made. IG representative stated a motion to pass followed by a second.

Reports: Multiple reports were distributed via email for review prior to the meeting.

Seventh Tradition and Roll Call: Participants were documented and signed in by Elizabeth C. Representatives were encouraged to be responsible to contribute for Seventh Tradition at <https://oaregion4.org/stlouisoa/contribute>

Old Business:

1. **Survey Results for How the Program is Working for You** Q 10-14 and **Membership** Q 15-25. Refer to <https://oaregion4.org/stlouisoa/oa-survey-results-multiple-reports> for details on individual questions and details on results. Dianne S. held discussion reporting survey results for various Program Topics:
 - a. What brought you to OA?
 - i. 83% survey participants came secondary to “out of control eating”
 - ii. 42% came because other diets or weight loss programs had not worked.
 - b. How would you rate the helpfulness of the OA recovery program in helping you with your eating problem?
 - i. 82% survey participants responded as program being very helpful; an additional 17.5% responded as program being somewhat helpful.
 - c. Reasons/examples for helpfulness of OA recovery program:
 - i. Approximately one-third of respondents noted support of other OA members and sharing a common problem with food
 - ii. Other helpful aspects included working the 12-Steps, finding a new way to deal with life that did not include food and finding a spiritual solution to their problems
 - d. If you left OA, why did you leave?
 - i. 61% responded they have not left OA
 - ii. Of those that had left OA, the majority left due to relapse, followed by not willing or ready to follow Program suggestions and tried to do the Program on their own.
 - e. Other reasons for leaving OA
 - i. Miscellaneous (unspecified) received the most votes
 - f. What do you think is the most important thing you need to do to strengthen your recovery?
 - i. 58% responded they need to work the Steps
 - ii. 51% responded they need to work with a sponsor
 - iii. 41% responded to increase spirituality
 - g. Is there anything Intergroup could add to our services to help you with your recovery?
 - i. Low amount of respondents
 - ii. Fair amount of responses requesting a sponsor and/or speaker bank list

- iii. Create more awareness of OA, carrying the message
 - 1. PI committee are addressing both the sponsor/speaker list and increasing public awareness of the OA program
- h. How did you find OA?
 - i. 25% responded they came into OA by word of mouth from another OA member
 - ii. 24% responded entering OA through a different 12-Step Program
 - iii. 16% found OA through internet/social media
- i. How long have you been an active member of OA?
 - i. 50% have been in greater than 5 years
 - ii. 28% have been in 1-5 years
- j. What is your current abstinence?
 - i. 40% have been abstinent greater than 1 year
 - ii. Next highest response was 25% of not abstinent
- k. What is the greatest barrier to becoming abstinent?
 - i. Over half the respondents were not willing to work the program, difficulty accepting powerlessness, not willing to follow a food plan, etc.
- l. Do you work with a sponsor?
 - i. 67% work with a sponsor
 - ii. 33% do not have a sponsor
- m. Why don't you have a sponsor?
 - i. 58% responded they have not looked for a sponsor
 - ii. 23% reported having a poor experience with a sponsor previously
- n. Specify other reasons for not working with a sponsor:
 - i. Majority of the responses were non-specific reasons, unspecified
- o. How many face to face meeting do you attend each week?
 - i. 61% attend one meeting per week
 - ii. 25% attend two meetings per week
- p. Do you attend other types of meetings?
 - i. 21% members responded attending other types of meetings. Of those, phone meetings were the vast majority.
- q. Do you give service or help carry the message beyond attending meetings?
 - i. 73% responded yes
- r. What is your service beyond meetings?
 - i. Majority of responses were giving service at their meetings (leader, setting up, treasurer, etc.)
 - ii. Next highest service was sponsoring
 - iii. Service beyond the group level (IG representative, committee work, etc.)
- s. What is the greatest barrier to giving service?
 - i. Of the respondents, largest group represented time restraints
- t. Please check your age category
 - i. 36% respondents were over age 66
 - ii. 36% were between 56-65
 - iii. 11% were between 46-55
 - iv. 10% were between 26-35
 - v. 7% were between 36-45
- u. Thoughts on changing the Intergroup name to be more inclusive of geographically distant meetings?
 - i. 71% of respondents voted to keep St. Louis Bi-State Area

Comment from Cyndy L. is that results of the local area survey mimic the results of the most recent Worldwide membership survey.

2. Fall Retreat Update:

Committee Chair, Cyndy L. presented update on plans for Virtual Fall Retreat, September 11-12, 2020. Theme is Faith: Finding Answers in the Heart. Flyers have been distributed to groups as well as included as the final page to the current Newsletter. Registration is now open. Local website has on-line registration or members can mail registration as directed on the flyer. We Care Funds are available to be requested for members in need of support for the event. Retreat will feature ZOOM format. Limited to the first 100 registrations. Out of town speaker has been arranged to lead the program of recovery and hope.

3. Physical Office Closing Update:

Operations Administrator, Elizabeth C. presented update on status of closing the office.

- a. Newly purchased cell phone to receive outside calls from members and prospective newcomers has become fully operational. Volunteer list has been established to answer incoming calls. Volunteers will perform this service for a 3-month period before rotating to the next volunteer.
- b. Storage unit has been secured in a centralized location for keeping literature and items to be used at recovery events.
- c. Professional moving company has been arranged to pack and relocate items to the storage unit.
- d. Cleaning of the office space has been arranged through service of members.
- e. Landlord initial walk-through of the space has resulted in the knowledge that no additional fees are expected after vacating the property.
- f. Members requesting items from the office that are no longer of use to our Intergroup have been notified of the schedule arranged for pick-up of their items.
- g. Items that have been left unclaimed will be available for members to sort through in order to be determined as charitable items. Members opting to sort through these items will be responsible to take to a charity of their choice. Interested members are instructed to contact Elizabeth C. via email posted on OA website for the office administrator to arrange an appointment to do this service work.
- h. Professional junk hauling company has been contracted to haul off all remaining items before the office closing date.
- i. Keys to the office will be relinquished to the landlord on July 31 to avoid any further rental fees of the office.

New Business:

1. Outreach Directory

PI Officer, Melanie T., presented plan for updating and maintaining the outreach directory to make available a list of sponsors and speakers to our area fellowship. Forming a Twelfth Step Within Subcommittee to do this work. Members interested in this service work are to contact Melanie via email listed at <https://oaregion4.org/stlouisoa/home/contact-us/> with their interest.

Melanie also announced the next meeting of the Social Media Subcommittee will be on July 25. All members are welcome to attend to offer service to the committee work and can contact Melanie for additional information at the above email address.

2. Explanation of Treasury Funds Submitted to World Service Organization

Cyndy L., outgoing 2020 WSO treasurer, presented information regarding operations and maintenance of the business aspect of OA. The business of OA is fully self-supporting through member/group contributions from around the World only with the dependence on literature sales to members. Literature sales contribute approximately one-third of the annual operating budget. WSO is dependent on the publication and sales of literature. It is vital to our fellowship to promote literature sales that contribute to the annual budget. WSO has

determined publishing a new book every two years to support and maintain the annual operations budget. 2020 welcomes the new publication of Body Image, Relationships and Sexuality. Increased literature sales from new publications provides the income needed to support our WSO business operations.

3. Literature Purchase Requests

Marilyn F, Literature Chair, reported members can purchase literature directly through WSO Bookstore or contacting Marilyn F. Shipping fees will be passed on to members when purchasing through groups or IG. The base cost of literature purchased locally will have an increase from the base cost to cover this fee. Literature purchases through Amazon or e-books through Kindle and Barnes and Noble Nook still contribute to WSO through royalties to OA.

4. WSO Survey to Intergroups for Possible Virtual Business Conference in 2023

Dianne S. presented information requested from WSO about having part of the World business conference 2023 performed virtually. Floor was opened to members to speak pro and con regarding experiences attending the past business conferences and how virtual attendance may impact the experience.

- a. Elizabeth C. spoke con for offering virtual attendance, citing difficulties with time-zone management with persons attending from multiple locations around the globe. She also raised concerns about screen-time exhaustion from long hours attending via computer. As a previous WSBC attendee, the fellowship of being with members from around the globe would be a less fulfilling experience if attending virtually.
- b. Marysia H. spoke pro for offering virtual attendance. Her personal experience with international virtual conferences has allowed for increased number of members to attend due to lower costs of participation.
- c. Melanie T spoke pro and con for offering virtual attendance. She offered positive experience with a large virtual event. She also has concerns for losing the personal experience of meeting and developing new relationships if only offered as a virtual event. Her recommendation is that the concept is worth exploring, but more information and explanation of logistics is needed.
 - i. Questions from WSBC were presented and voted on by participating representatives:
 - Is your service body in favor of having a virtual component of WSBC using technology?
Yes x 19 voters No x 1 voter
 - If your service body has difficulties in sending delegates or the full eligible number of delegates, is it because of: distance, finances, language, qualifying members, travel fatigue, other?
Answered as not-applicable because none of the voters have experienced difficulties sending delegates.
 - Would your service body be prepared to pay the delegate registration fee necessary to cover the added expense on conducting WSBC with virtual participation?
Yes x 20 voters
Comment: We would need more information to be able to answer this question. We are not knowledgeable enough to guess what the added costs would be. There was some thinking that it would be very expensive.
 - If your service body is interested in sending a delegate(s) to WSBC virtually, would you support your delegate gathering in a central location in the area they live in order to have support (e.g. in their time zone, their language, or fellowship)?
Yes x 20 voters
Comment: This issue is also confusing without further details. Would expenses be duplicated that is technology expenses plus travel expenses even if within a region? We are not opposed or in favor at this time.

- Please give your service body's comments on any ideas that arise from this concept of attending WSBC virtually. See Above Comments.
- Dianne S. will submit WSO survey results to WSO as requested.

Work Groups:

Due to lack of time, no work groups were held.

Intergroup Reps:

Susan T. brought forward concern from 212 Group that members would like to see Board of Trustee members names and positions on each newsletter. Elizabeth C. suggested each newsletter mailing (virtual) be accompanied by the current Where and When. The BOT members and positions are listed and maintained on each Where and When. BOT Secretary will include the most current Where and When with all Newsletter distribution. Susan T. will report back to group with the group conscience decision.

General Announcements:

1. BOT will meet via ZOOM on August 13, 2020 from 1-4 pm to review current Bylaws and Policy and Procedures. Please consider attending this meeting. All input is welcome. Please let our BOT know you're interested in attending this meeting by leaving your contact information at info@stlouisoa.org. You will receive a ZOOM invitation to attend.
 - a. If your group is considering a motion for the November Business Conference, please be aware of the time needed to distribute a motion to our membership, at least 45 days in advance of the annual conference held on November 8, 2020.
2. Considerations for November 2020 business meeting. Seeking nominations for Board openings:
 - a. Vice-Chair
 - b. Treasurer
 - c. Public Information Chair
3. Remind groups of new address change:
St. Louis Bi-State Area Intergroup, PO Box 28882, St. Louis, MO 63123-0082.
4. OA Bookstore has released a new book: Body Image, Relationships and Sexuality. Available at <https://bookstore.oa.org/>
5. No Intergroup meeting in August.
6. Service opportunity to share with groups per Marilyn F. A visually impaired member is seeking an audio version of Voices of Recovery to be recorded and shared. Please contact Marilyn F. at info@stlouisoa.org with interest in this service. Marilyn will also be reaching out to WSO Trustee to determine if this is an issue to be brought forward to the board members to discuss at next WSBC.

The meeting adjourned at 3:08 p.m. with the OA Promise

Next Intergroup Meeting

Sunday, September 13, 2020 1:30 p.m.

Platform will likely be via ZOOM. Communications to follow.