

## St. Louis Bi-State Intergroup Minutes

June 14, 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 6

**Welcome:** Sixteen members were in attendance; all via ZOOM. Marysia H. was representing the Saturday morning meeting #07418 due to the absence of their regular representative.

**Minutes:** May 17, 2020 IG minutes were distributed via email for review prior to the meeting. No corrections were suggested. Minutes were accepted, as submitted, IG representative stated a motion to pass followed by a second.

**Reports:** Multiple reports were distributed via email for review prior to the meeting. Correction to the submitted report IG Meetings and Events were as follows: per Marilyn F. there will not be a Super Saturday held on August 16 and per Dianne S., World Service Convention has been cancelled for August 20-22 due to coronavirus pandemic precautions. There will be ongoing discussion about possible Super Saturday on October 10, 2020 as mentioned by Marilyn F. No additional questions/comments were posed from representatives regarding reports submitted.

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

### Old Business:

1. **Survey Results for Communication** Q4, Q5, Q6, Q7, Q8, and Q9. 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 IG and Office Based Services.
  - a. General IG Services:
    - i. 25% survey participants denied use of any IG Services.
    - ii. Members reported services offered with the greatest interest were Workshops. Specifically, members showed interest in workshops for:
      1. Sponsorship
      2. Carrying the Message
      3. Plan of Eating.
    - iii. Events ranked highest in priority for members' recovery were Super Saturday events. Super Saturday themes with the highest response were:
      1. Working the Steps
      2. Spirituality
      3. Abstinence
    - iv. Individuals not attending Super Saturday events noted inconvenience of time or location as the reason for not attending.
    - v. Preferred timeframe for Super Saturdays as follows:
      1. Saturday morning (9am-12pm) timeframe
      2. Other interests were for Saturday afternoon (12-3pm)
      3. Sunday afternoon (12-3pm)
    - vi. Members also placed high interest in annual Convention as well as annual Retreat.
      1. Convention timeframe with the greatest response was for a one-day event.

2. If a multi-day event were to be held, the majority preferred to have a Friday evening followed by all day Saturday event.
  3. Same held true for a Retreat event.
- vii. Other general IG services included a request for
1. Support/Outreach to small (low attendance) groups
  2. Speaker Bank
  3. Sponsor Bank

Discussion regarding maintenance of a method for keeping the Speaker and Sponsor list current. Elizabeth C. has already updated both the speaker and sponsor lists. J-MO made the suggestion to use “office volunteers” who no longer have an office to work at, as service members to make routine calls to members on the lists to keep current. The volunteers could also reach out to group representatives to update current/available sponsors and individuals interested in speaking at recovery events. Dianne S. to follow up on this suggestion with BOT.

- viii. Central Office Supporting Recovery:
1. 61% members have never visited the OA Office
  2. 47% members were in agreement with having phone calls forwarded to members’ phone. New business will cover greater detail regarding discontinuing the office land line. This service has already been implemented through Elizabeth C. having office calls forwarded to her personal cell phone. No apparent issues have occurred as a result of the call forwarding process.
  3. 86% members polled were in agreement with no longer having literature for purchase through a central office. New business will cover detailed discussion on handling literature without a central office.
  4. Electronic recordings of past recovery events are being archived into podcasts for posting on the St. Louis Bi-State OA website

## 2. **Fall Retreat Discussion:**

Representatives were previously asked to discuss with their meetings if members would feel comfortable attending an “in person” Fall Retreat with the current status of the coronavirus pandemic situation. Representatives that voiced the opinions of their groups received mixed reviews on an overnight, face to face Retreat. Retreat Chair, Cyndy L. expressed concerns of the venue being able to accommodate the suggested social distancing guidelines and that persons interested in attending were not likely to spend the night at the retreat facility. Not having overnight guests would greatly impact the cost of facility. Marilyn F. made a motion to move to having a virtual retreat at this time. Motion was seconded by Susan T and Jennifer L. Body voted on motion to proceed with a virtual retreat, motion passed 15 pro and 1 con. Retreat Chair will proceed in planning a virtual retreat.

## **New Business:**

### **1. Closing of the physical OA office**

- a. Transferring all incoming calls to the office. Melanie T. gave update to IG body that dedicated cell phone has been purchased for this purpose. She is working to keep the same phone number, transferring the service from a landline to the new cell phone. Once the service has been confirmed and validated as fully functional, a process will be implemented to have members rotate this service of answering incoming calls. BOT will establish process.
- b. Physical storage space for items to be kept for recovery events. Melanie T. will be visiting storage facilities. She will forward cost to BOT for decisions on specific locations for the storage unit.
- c. Reminder to all IG representatives to relay information back to groups that the lease for the physical office will be terminated as of July 31.

- d. Items are available for members to request. Photographs of these items have been posted on the OA website for viewing. Notification has been sent to each IG representative to distribute to groups. The notification outlines process to inquire about the items to be disposed of. Suggestion of a love offering to our Intergroup will be accepted from members if anyone would like to make a donation for the items obtained.
  - e. All items not requested by members by June 30 will be donated to a local charity.
  - f. Considerable amount of gratitude expressed to Carol H. who has been instrumental in organizing and categorizing all the office items.
  - g. New post office box has been established to receive mail. The new address is: St. Louis Bi-State Area Intergroup, PO Box 28882, St. Louis, MO 63123-0082, effective immediately.
2. Region and World Service Virtual Events:
- a. Multiple notices have been received from various Regions and World Service about upcoming virtual recovery events. BOT determined to post the event flyers on the local OA website. Representatives encouraged to refer group members to the website routinely to check for newly posted opportunities of workshops and conventions.

## **Work Groups:**

### **1. Literature “Local Bookstore”**

- a. Literature Chair, Marilyn F. lead discussion on handling the storage and sale of literature without physical office space.
  - i. A vote was taken to continue storing literature in the rented storage space. This literature will need to be ordered and tracked for inventory. Majority vote was obtained to continue storage of literature.
  - ii. A vote was taken to offer sale of literature at Super Saturday events. Majority was not obtained to continue selling literature at Super Saturday events.
  - iii. A vote was taken to offer sale of literature at specified recovery events of Unity Day, Idea Day, Convention, and Retreat. A majority vote was obtained to continue selling literature at the above-mentioned recovery events.
  - iv. Marilyn F offered to continue purchasing literature and track the inventory of specific books and pamphlets that have proven to be in high demand from members. Groups desiring to order bulk literature supplies for their groups can contact Marilyn F for ordering or they can opt to purchase directly from WSO.
  - v. Literature that will be kept in storage and routinely inventoried for offering at the specified recovery events is as follows:
    - 1. Abstinence, 2<sup>nd</sup> Edition
    - 2. For Today
    - 3. Taste of Lifeline
    - 4. Voices of Recovery
    - 5. Overeaters Anonymous, 3<sup>rd</sup> Edition
    - 6. Overeaters Anonymous Twelve and Twelve
    - 7. Twelve Step Workshop and Study Guide
    - 8. Pamphlet: A Plan of Eating
    - 9. Pamphlet: Before You Take That First Compulsive Bite
    - 10. Pamphlet: Dignity of Choice
    - 11. Pamphlet: A Guide for Sponsors
    - 12. Pamphlet: A Commitment to Abstinence

### 13. Pamphlet: Where Do I Start?

- vi. Marilyn F. will work with Dianne S. and Pat M. to relay information to members how to purchase literature through websites where OA continues to profit from the sales of OA literature.

#### **General Announcements:**

1. Considerations for November 2020 business meeting. Seeking nominations for Board openings:
  - a. Vice-Chair
  - b. Treasurer
  - c. Public Information Chair
2. J-MO reported working with a committee to obtain articles for the monthly newsletter. Request made to encourage groups to submit articles to appear in the newsletter. She is working with Newsletter Chair routinely to help organize and edit the publication. J-MO announced newsletter will resume featuring Step of the Month and Tradition of the Month. Cyndy L. volunteered to submit article for Tradition 6 for this month. J-MO requested articles/tips/suggestions from members specific to coping with the covid-19 isolation period.
3. Remind groups of new address change: St. Louis Bi-State Area Intergroup, PO Box 28882, St. Louis, MO 63123-0082.
4. Region 4 Fall Assembly is now being held on Zoom
5. WSO has cancelled 2020 Orlando Convention
6. Region 4 Convention July 10-12. Register online at [www.oaregion4.org](http://www.oaregion4.org). Scholarships available for registration and promotional tee shirts (limited time)
7. Webster Groves Meeting, Saturday 10 am has added study of the Tradition as well as the Step of the week (i.e. Step study 4 will include Tradition 4 study during same meeting).
8. Reminder to keep an open mind about possibly implementing hybrid meetings (combination of face to face and virtual Zoom) as society begins to re-open.

The meeting adjourned at 2:58 p.m. with the OA Promise

#### **Next Intergroup Meeting**

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

**Platform will likely be via ZOOM. Communications to follow.**