

St. Louis Bi-State Area Intergroup Meeting

Sunday June 13, 2021 1:30-3:00 pm *sign in 10 minutes early for instructions on Zoom

Note New Permanent Zoom Meeting ID ZOOM MEETING ID: 940 5580 8391 PASSWORD: Serenity

Note New Telephone password By Telephone: 312-626-6799 password 75183374

Opening: Serenity Prayer, read 12 Steps, read Tradition 6, read Concept 6

Welcome: New Intergroup Representatives (you may stay on Zoom at the conclusion and Dianne will do a brief orientation) and visitors

Minutes: Review and approve, May 16, 2021 minutes

Reports: You've received reports via e-mail from several Chairpersons and Committees

IG Chair IG Vice Chair IG Operations Administrator IG Treasurer

IG Public Information Chair Literature Chair Newsletter

Webmaster World Service Reps Region 4 Reps

Are there any questions? Are there any Chair or Committee reports not previously e-mailed?

Seventh Tradition Collection and Roll Call: Our Treasurer has reminded us that since we are not meeting in person, IG Reps and the additional members who attend our IG meetings are asked to mail our IG meeting 7th Tradition donations to the New IG mailing address or donate on the website. Be sure to clearly mark that these are IG Meeting 7th Tradition Contributions. Our group number is **09029**.

Elizabeth will mark you present on the sign in sheet. New Reps please email info@stlouisoa.org your contact information – Name, mailing address, phone, email, your group's WSO # (found on the Where and When). Are there any changes in your contact information? Also, any changes to your group's meeting information may be e-mailed to info@stlouisoa.org

New Business: None at this time.

Old Business:

- New 2021 Bylaws and Policy & Procedure Manual: these documents have been approved by WSO, these manuals have been emailed to all IG reps. They are also available on the Webpage. Please let your groups' members know.
- **Open Service Positions in November:** It's not too early to start thinking about how **you can join our Intergroup service team**. We all are responsible to **Carry the Message**, service helps us bring the Twelfth Step into action. Plus, we have fun and enrich our fellowship experience and expand our **RECOVERY** working together!
 - We will be accepting nominations for three service board positions – chairperson, secretary, and operations administrator. Familiarity with Intergroup and 1 year of abstinence.
 - Region 4 Reps, we are allowed five (5) representatives, four are open for nominations. At least 1 year in Overeaters Anonymous and 6 months current abstinence.
 - WSBC delegates, we are allowed 3 delegates, 2 are open for nominations this year. At least 2 years of service beyond the group level and active at the group and Intergroup service levels for the preceding year and at least 1 year of current abstinence.
 - Nomination forms for all service positions are available on the Webpage, www.stlouisoa.org Please submit nomination forms to chair@stlouisoa.org by October 30, 2021.

- Please feel free to email me at chair@stlouisoa.org with any questions or for more detailed information.
- **Our Bi-State Annual Fall Retreat**, a virtual event, still needs have chairperson and committee if this event is to happen.

Workgroup: More Brainstorming and Discussion

- Brainstorming: How can we bring carrying the message objectives, goals and actions to meeting/group and personal levels? This is Twelfth Step Within. Ideas to think about.
 - Take a look at the Document Library at oa.org, it's a treasure trove. Could you bring this up at your group conscience meeting? Discover something to refresh a meeting format? By the way, does your group have a regularly scheduled group conscience meeting?
 - How can we reach out to small groups? How can we make them and their members feel part of?
 - We have a Helping Hands Directory, is anyone using it? If not, why not?
 - A new e-mail chain to distribute Newsletter and Event info individual members? Name? Who would do this service?...
 - Please jot down your ideas and inspirations down to share.
- A Review of last month's suggestions and discussion.
 - Refresh meeting formats, there are ideas at oa.org, or how about a Question and Answer meeting or Ask it Basket, members like the opportunity to have their questions answered.
 - Recovery from Relapse meetings are needed, people in relapse need that personal touch.
 - Have another ongoing Been Slipping and Sliding Study Group.
 - Host a Sponsorship Workshop, materials available at oa.org and people are available to lead or speak.
 - There is a Where Do I Start brochure for newcomers and Temporary Sponsors: Newcomers First Twelve Days guide. Ask IG to speak/give a mini-workshop about these at your meeting.
 - Reach out to small groups, ask them to join your groups Zoom or telephone meeting, and/or get volunteers from your group to go to their meeting.
 - Reproduce sections of Twelfth Step Within Workbook in the Newsletter (need permission from WSO to do this)
- There is a list formerly called the **Outreach Directory** (receive a call/speaker/sponsor list) now called the **Hand in Hand Directory** available, is anyone using it? If not why not? Our phone volunteer has a copy and occasionally will get a phone call from someone wanting this information, but otherwise, we have no idea if this resource is being used or helpful? We need members' feedback. Several reps requested a copy via email following this discussion.
- OK, so we've been discussing a lot, now let's discuss how you can present ideas to your group, how you can get your fellows excited and willing to participate.

Intergroup Reps: Any news or announcements from your group? How may we help your group?

Review: What needs to be announced in home meetings?

- **Save the Date!! Our IG is hosting the Region 4 Fall Assembly Friday October 1 – Saturday October 2. Just to refresh everyone's memory, our IG voted to host this 2020 event way back in 2019. Of course, along came Covid and the Assembly was held virtually. Region asked us to host in 2021, if Covid permitted. So, the**

Assembly is on for Fall 2021. It will be at the Drury Inn, Airport. A group/meeting in our IG will host a Super Saturday event in conjunction with Assembly to take advantage of the availability of “out of town” speakers.

- **Be Sure to continue asking Newcomers how they found out about OA and keep our IG informed. Thanks.**
- **Our Newsletter committee needs articles for upcoming Newsletters, please ask your home group members to submit articles. Refer to the Newsletter Chair’s Report for subject matter suggestions, submission deadlines, etc.**

Adjournment and Closing Prayer

*****Next Intergroup Meeting –Sunday July 11, 2021 at 1:30 pm*****

In August the Board of Trustees and any interested members will be reviewing the By-Laws and Policy and Procedures Manuals. Motions need to be prepared and submitted to IG reps and other IG voting members no less than 45 days (Sept 29) prior to the November 14, 2021 Annual St. Louis Bi-State Business Conference