

## St. Louis Bi-State Intergroup Minutes

May 16, 2021, 1:30 p.m.

**Open:** The meeting was called to order by IG Chair, Dianne S. at 1:31 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 4 and 5, Concept 4 and 5

**Welcome:** 18 members in total were in attendance; all via ZOOM. Five BOT members (Vice Chair unable to attend), two committee chairs, one WSO delegate, 10 IG representatives.

**Minutes:** March 14, 2021 IG minutes were distributed via email for review prior to the meeting. Minutes were approved without any corrections.

**Reports:** Chairperson and committee reports were distributed via email for review prior to the meeting.

Emphasis was voiced to bring attention to the World Service delegate report documenting the adoption of the revised definition of abstinence. **Groups were encouraged to update their meeting format to reflect the change. The current WSO definition of abstinence and recovery is as follows:**

**Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of working and living the Overeaters Anonymous Twelve Step program on a daily basis.**

Our annual Intergroup Convention was held via ZOOM the day prior to this meeting. Dianne recognized all convention committee members for their planning and participation. Many representatives in attendance praised the committee for their coordination of topics, speakers, technical support, and overall outcome. Preliminary statistics noted 67 participants attending from 12 states. A full report of financial outcome will be presented by the convention committee in the near future.

**Seventh Tradition and Roll Call:** Participants were documented and signed in by Operations Administrator. Representatives were encouraged to be responsible to contribute for Seventh Tradition at [Products Page – Overeaters Anonymous – St. Louis \(stlouisoa.org\)](#). Encouragement to continue the positive trend in donations.

### Old Business:

- **2021 Bylaws and Policy/Procedure Manual**
  - Latest delay in posting and distributing the manual(s) is in waiting for final approval by Region Trustee and WSO. Susan T will follow up on this with Region Trustee.
  - Dianne reported all representatives will receive an electronic version once complete.
  - Manuals will also be posted on our local website.

### New Business:

- **St. Louis Bi-State Area Intergroup Webpage Status**
  - Dianne S informed representatives BOT is investigating hiring a new website consultant to provide service of revising the function and content of our website. The previous consultant had been non-responsive to requests. The new consultant will work with our designated webmaster to have the ability to update and revise content as needed as well as review the site as requested for any needed updates to improve operation. The current issue of difficulty for members to contribute and register for events in the shopping cart will be resolved with the updating. The latest webmaster report showed

encouraging news of good traffic to our website. The top views most recently were to find meetings and making contributions. Please refer to Webmaster Report for details.

- **Public Media Platforms**
  - PI Chair, Melanie T, lead a slide-show presentation of our public media. Melanie displayed posts currently found on Facebook, Instagram, and Twitter. The sites have been actively posting since October 2019.
  - Jenn L reported the memes have cycled through Step 1-12, each program tool, and several OA slogans. Steps/topics get an average of five to nine individual posts before moving to the next topic. The next topic for the sites will be focused on OA traditions.
  - Representatives were encouraged to remind members of this resource available to inspire hope and recovery in OA 12-Step Fellowship. Encourage members to “like” the posts to increase the visibility within the search function for recovery in food addiction.
- **2021 Annual Business Meeting Preparation**
  - Open Nominations for Intergroup Positions to Serve in 2022
    - Board of Trustee Positions  
Pre-requisite: 1 year Intergroup experience and a minimum abstinence of 1 year
      - Chair
      - Secretary
      - IG Operations Administrator
    - Region 4 Representative (5 positions available)  
Pre-requisite: Minimum 1 year membership in OA and a minimum abstinence of 6 months
    - World Service Delegate (2 positions available)  
Pre-requisite: 2 years of service beyond the group level, active in group and IG service for at least 1 year preceding the nomination, and a minimum abstinence of 1 year
    - Webmaster  
Pre-requisite: Knowledge of website management. No abstinence requirement for this service
    - Literature Coordinator  
No pre-requisite or abstinence requirement for this service
  - Annual review of bylaws and policies will begin in August. Contact Dianne S with interest in helping with the review process

## **Workgroup:**

### **Effectively Carrying the Message: Objectives, Goals, Actions**

Dianne led the discussion to get information and ideas of how we can help groups/meetings in maintaining membership, communicate plans and ideas from our meetings to members, and how to encourage members to be involved in service within and beyond their group. Topics for discussion were distributed via the agenda in preparation for discussion:

- Using the Document Library at oa.org as a resource for updating meeting format. Possibly add a question/answer session at the end of meetings for anyone interested in how OA works as an organization.
- Encouraging the practice of regular group conscience meetings on topics of members’ concerns to keep the group healthy.
- Reaching out to small groups to help them get variety of members and to become interested in the workings of Intergroup.
  - Suggestion was to connect multiple meetings by using ZOOM to bring smaller groups in contact with more members.

- Cyndy L has a contact with the WSO Virtual Region that may be useful in establishing this.
- Hand In Hand Directory (Sponsor/Speaker List)
  - Melanie T will have list re-distributed to all IG reps to inform their members of its availability and purpose.
  - Suggestion to include mentioning the Hand in Hand Directory in the meeting format to ensure members are aware it is available.
  - IG reps were instructed to ask their groups if this list is helpful. Once the need/interest is confirmed, Melanie T plans to update names and expand the information to include:
    - Sponsor/speaker general geographic area
    - Willingness to be a temporary sponsor
    - Specific OA issue (anorexia, over exerciser, night eater, etc.)
- An email chain to distribute IG communications and Newsletters to individual members

Other suggestions from the body were:

- Offer more sponsor training sessions/sponsor support
  - Possibly use the next Super Saturday recovery event as a sponsorship workshop
  - Offer training using the “Temporary Sponsors: Newcomers’ First Twelve Days” from WSO
- Form an Ad-Hoc Committee to formulate ideas for 12<sup>th</sup> Step Within work
- Communicate within the fellowship when a new Slipping and Sliding Workshop is starting
- Offer a Slipping and Sliding meeting format each year through IG
- Offer a Recovery from Relapse meeting facilitated by members who have been through relapse
- Highlight 12<sup>th</sup> Step Within material in the Newsletter to increase awareness and to offer support to those needing help to maintain recovery.

**Review: What needs to be announced in home meetings?**

- Update the meeting format to include the new definition of abstinence and recovery (see Reports)
- Track newcomer information on finding out about OA/meeting. Report information back to [chair@stlouisoa.org](mailto:chair@stlouisoa.org)
- World Convention is August 26-28, 2021. Registration is open. Information at [oa.org](http://oa.org)
- Our IG is hosting Region 4 Fall Assembly October 1-2, 2021
- Super Saturday recovery event October 2, 2021
- Nominations for open service positions (see Business Meeting Preparation)
- Hand in Hand Directory usefulness to your members (Redistributed to IG representatives after this meeting closed)
- Urgent need for Committee and Chairperson for a Virtual Fall Retreat. Contact [chair@stlouisoa.org](mailto:chair@stlouisoa.org) for information

The meeting adjourned at 2:55 p.m. with the OA Promise

**Next Intergroup Meeting**

**Sunday, June 13, 2021 1:30 p.m.**

**Platform via ZOOM. Communications to follow.**