

St. Louis Bi-State Intergroup Minutes

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

Open: The meeting was called to order by IG Vice-Chair, Christina D. at 1:31 p.m.

Communications: Meeting was held via ZOOM 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, Concept 6

Welcome: 16 members in total were in attendance; all via ZOOM. Three BOT members (Chair, Treasurer, and PI Chair were unable to attend), two committee chairs, one WSO delegate, 10 IG representatives.

Minutes: May 16, 2021 IG minutes were distributed via email for review prior to the meeting. Correction to minutes was needed regarding abstinence requirements for open nominations of service positions. Abstinence of six months is required to hold service positions of Webmaster and Literature Coordinator. May 16 minutes approved with this correction being noted.

Reports: Chairperson and committee reports were distributed via email for review prior to the meeting. Operations Administrator reported additional updates to the distributed meeting list: Monday, O'Fallon, MO Virtual Meeting has closed. The Tuesday, New Me Meeting has a new phone number of (701) 802-5348 and access code 5337217#. There were no further updates or questions regarding reports previously distributed to representatives.

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:

- 2020 Bylaws and Policy/Procedure Manual
 - Chair has received approval from WSO
 - Distributed to all current IG representatives
 - Posted on the St. Louis Bi-State Area Website and available to all members
- Nominations for Open Service Positions-Elections in November. Nomination forms are available at www.stlouisoa.org. Nominations must be submitted to chair@stlouisoa.org by October 30, 2021. Contact Dianne S for details or questions.
 - Board of Trustee Positions: Requires 1 year abstinence
 - Chair
 - Secretary
 - Operations Administrator
 - Region 4 Representative: Requires 6 months abstinence and 1 year membership in OA
 - 4 Open Positions
 - World Service Delegate: Requires 1 year abstinence and 2 years of service beyond group level
 - 2 Open Positions
- Continued Need for a Group to host World Sponsorship Day (third weekend in August). This event acknowledges the importance of sponsoring in OA and is an opportunity to join all groups and members worldwide in celebration. Please ask your group to consider hosting a recovery event for our area.

New Business: None at this time.

Workgroup: Twelfth Step Within

Effectively Carrying the Message: Objectives, Goals, Actions

Dianne S had sent prompts in the meeting agenda to lead representatives toward ideas for carrying the message; objectives, goals, and actions to meeting/group(s) and personal levels.

Christina D led this discussion, reviewing the prompts within the agenda as follows:

- Use the Document Library at oa.org as a resource for updating the meeting format. Possibly add a question/answer session at the end of meetings for anyone interested in how OA works as an organization. There were no input/suggestions from the representatives on this. Christina encouraged representatives and groups to use oa.org as a resource for reinvigorating meetings.
- As suggested at the last IG meeting, routine group conscience meetings are vital to group health. The groups represented confirmed routine group conscience meetings.
- Reaching out to small groups to members feel part of our larger organization and to participate in service beyond the group.
 - Suggestion to contact each small group and encourage IG participation
 - Members start attending different meetings and speak of IG and the work being done.
- Hand In Hand Directory (Sponsor/Speaker List)
 - List was redistributed to all IG reps after the last meeting. Reps were asked to discuss members' awareness of list as well as suggestion to continue this service before the work of updating the information. Representatives responded with the following issues/suggestions:
 - Members definitely feel the list is worthwhile and would like IG to continue work on updating
 - List quickly becomes outdated and not very useful within a short term of distribution
 - Members who attempted to use the list did not get a response from persons listed.
 - Needs an improved format
 - Include headers on each page for ease of use
 - Have a column showing the person accepts texts
 - Many reps voiced they do not answer phone numbers where the caller is unknown. New or conscientious persons may not leave a voicemail; therefore, the contact does not return call to the unknown number.
 - Many members would return a text if asked about OA from an unknown number.
 - List was distributed to meetings, members were informed, then likely not mentioned again and therefore forgotten
 - Suggestion to update meeting formats to include a line about the Hand in Hand Directory is available to members on request
 - Suggestion to run an article in the Newsletter about the Hand in Hand Directory
 - Have a link on our website requesting to have the directory emailed
- Recovery from Relapse meetings and/or Been Slipping and Sliding Study Group.
 - Christina referred reps to review formats for both types of meetings at oa.org.
- Requested all groups to consider being the host of the WSO Sponsorship Event as mentioned during Point 3 under Old Business.

- Highlight 12th Step Within material in the Newsletter to increase awareness and to offer support to those needing help to maintain recovery. Ideas have been taken from the manual and incorporated, but not copied exactly. This has been appearing in our most recent newsletters.

Intergroup Representatives: News/Announcements/How can IG help your group?

- Information was requested for hosting and maintaining a hybrid (virtual and in-person meeting)
 - Christina D has received a document from the Virtual Region regarding how to set up this type of meeting. Document will be forwarded to the rep inquiring about this. BOT will discuss if this information should be posted to our local website or distributed on an as-needed basis.
- Difficulties discussed regarding getting tasks completed for the upcoming Super Saturday event to take place on October 2. Christina D and Elizabeth C will work with the contact person to get flyer ready for publication and distribution.

Review: What needs to be announced in home meetings?

- BOT review of Policy/Procedures and Bylaws scheduled for August 3. All interested representatives and members are encouraged to join via ZOOM. Information will be distributed prior to the meeting.
- Any suggested changes to our policies, procedures, or bylaws must be submitted by September 29, 2021 to meet the minimum review time of 45-days before the November 14, 2021 Annual Conference.
- Continue to track newcomer information on finding out about OA/meeting. Report information back to chair@stlouisoa.org
- World Convention is August 26-28, 2021. Registration is open. Information at www.oa.org
- Our IG is hosting Region 4 Fall Assembly October 1-2, 2021
- Super Saturday recovery event October 2, 2021 at Drury Inn, Airport (in conjunction with Region 4 Fall Assembly)
- Nominations for open service positions
- Newsletter articles are needed for upcoming newsletters. See Newsletter Chair Report for submission deadlines and topics.

The meeting adjourned at 2:45 p.m. with the OA Promise.

Next Intergroup Meeting

Sunday, July 11, 2021 1:30 p.m.

Platform via ZOOM. Communications to follow.