

St. Louis Bi-State Intergroup Minutes

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

Open: The meeting was called to order by Chair, Dianna S. at 1:30 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 7, Concept 7

Welcome: 16 members in total were in attendance; all via ZOOM. Five BOT members (Vice-Chair was unable to attend), one committee chair, and 10 IG representatives.

Minutes: June 13, 2021 IG minutes were distributed via email for review prior to the meeting. Minutes were approved as submitted.

Reports: Chairperson and committee reports were distributed via email for review prior to the meeting. There were no 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.

New Business:

- Save the Date for Super Saturday on August 21. Hosted by St. Charles, Thursday morning meeting. Theme: World Sponsorship Awareness Day
- BOT met in June to discuss staying with Zoom platform for IG meetings. BOT brings forth the recommendation to continue Zoom platform for the remainder of 2021. Chair opened discussion to the IG body to hear opinions on this topic. Opinions were received against continuing virtual because of the negative impact on the comradery of fellowship when meeting virtually. Several members suggested a combination of face to face and virtual (Hybrid) platform. Chair responded to the questions from the body as follows:
 - Does IG have money budgeted for rent or donation for a physical meeting space?
 - It was noted that money is available for either rent or donation if the body chooses to meet in person.
 - What instrumentation is needed to make a hybrid meeting more conducive to conducting business/voting?
 - There was discussion about an improved speaker/microphone system to make hearing both members present to the virtual attendees and to hear the virtual members by all in person attendees.
 - Chair also asked for volunteers to work with Christina D on investigating the procurement/purchase of a portable speaker device with an external microphone to be used at hybrid meetings so members in person and virtually can share equally.
 - Jenn L. volunteered to contact Missouri Baptist to determine the facility's status on use of their meeting rooms during this pandemic time.

An overwhelming majority could not be obtained on this matter. The Chair suggested to hold off voting at this time and the body will continue discussion in September.

- Announcement of the resignation of Region 4 representative, Melanie T. Chair extended her thanks and gratitude for Melanie's work while in this position.

- In accordance with Bylaws Article X, Section 2: A, nominations will be accepted to fill this short-term vacancy until the November 14, 2021 Conference when new Region 4 representatives will be voted in.
- Chair requested to prayerfully consider filling this temporary position to assure our IG is fully represented at the October 1-2, Region 4 Fall Assembly. Submit applications to Chair at chair@stlouisoa.org
- Save the Date for 2021 Holiday Booster to be held on Sunday, December 4, 2021. More information to follow.

Old Business:

- Open Service Positions for November:

Chair encouraged members to join the Intergroup service team by considering applying for the open positions. She reminded all of us are responsible to Carry the Message and service helps us bring Twelfth Step into action.

Nominations are being accepted for the following positions:

- Board of Trustees
 - IG Chairperson
 - IG Secretary
 - IG Operations Administrator
- Region 4 Representative (5 openings)
- World Service Delegate (2 openings)

Nomination forms for all service positions are available on the webpage. Please submit forms to chair@stlouisoa.org.

- St. Louis Bi-State Area Annual Fall Retreat (Virtual Event)

Chair welcomed any suggestions about forming a committee for this event. Encouraged members to reach out to the 2021 Convention committee regarding the ease of hosting a virtual event. Elizabeth C and Jenn L are interested in forming a committee and welcome others to join. Possible theme may be Recovery from Relapse. Anticipating date for early November. Susan T offered to be of assistance in their organization of the retreat.

Workgroup: More Brainstorming and Discussion

Dianne reviewed accomplishments of tasks performed in the effort of Carrying the Message as follows:

- 4-month campaign to promote OA awareness through a purchased billboard on I-44 near Big Bend Blvd.
- Over a year of social media presence
- Twelfth Step Within work
 - Expanded pages in our monthly Newsletter
 - Constant updates to our website alerting members of events
 - Several virtual recovery events
 - Unity Day in February
 - Super Sunday Recovery during Covid
 - Annual Convention
 - More recovery events planned for August, October and December
 - Revised, comprehensive Where and When Meeting List
 - IG team working to keep us united in recovery

Dianne led the group in Twelfth Step Within discussion/review of the previous months' suggestions and provided a list in the agenda.

Suggestions were received from the body regarding what should be done with the list and how to implement some of the ideas:

- Prioritize the list to implement the ideas felt most important by voices from our members relayed through their representatives.
 - Small group assistance by joining them or asking small group members to join in larger groups
 - Make sure small groups are getting the IG information about upcoming recovery events and made to feel included
 - Offering ongoing Relapse/Slipping and Sliding groups for members struggling and wanting help
 - Supporting sponsorship by hosting a workshop. This will be addressed in a workshop at the August 21 SS.
 - Updating the outreach directory to help with finding available sponsors. Improve format to include text options. Once updated, use the Newsletter and meeting formats to increase awareness.
 - Updating the outreach directory to help finding speakers for meetings/recovery events
 - Public Outreach
 - Bus stop advertising (currently no budget remaining in 2021 for general public advertisement campaign)
 - Social media
 - Flyers from WSO to post in public places (YMCA, groceries, coffee shops, etc.)
- Twelfth Step Within work should be priority at each meeting to focus the newcomer towards hope in recovery from compulsive overeating by sharing each members' recovery through working the Twelve Steps.
- Reiterate to groups that "trainers" are available through IG to discuss Temporary Sponsors: Newcomers First Twelve Days guide from WSO

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
- Super Saturday August 21, 2021 9am-12pm "Stepping Up to Sponsorship"
- World Convention is August 26-28, 2021. On-line registration closes July 30. 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) "Masks Off to Our Compulsion" Highlighting Steps 4, 5, and 10
- Nominations for open service positions due by October 30, 2021
- Newsletter articles are needed for upcoming newsletters. See Newsletter Chair Report for submission deadlines and topics.

The meeting adjourned at 3:00 p.m. with the OA Promise.

Next Intergroup Meeting

Sunday, September 12, 2021 1:30 p.m.

Platform via ZOOM. Communications to follow.