

St. Louis Bi-State Intergroup Minutes

October 10, 2021, 1:30 p.m.

Open: The meeting was called to order by Chair, Dianne 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 10, Concept 10

Welcome: 26 members in total were in attendance; all via ZOOM. Six BOT members, two committee chairs, one WSBC delegate, 15 IG representative, and two visitors (24 voters)

Minutes: September 12, 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.

- Updates were addressed later in the agenda by Chair and Vice Chair regarding their reports
- Emphasis given from J-MO regarding encouragement of "Letters to the Editor" as a new feature the newsletter.

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 \(stlouisoa.org\)](#). Reference Intergroup number 09029 for on-line donations.

Intergroup Reps Home Meeting Comments:

- Tuesday, 1 pm, New Me Meeting Group has returned to face to face since Where and When was last updated.
- M-W-F Clayton Early Bird Meeting will host their annual Thanksgiving Day meeting at 9 am. Flyer will be forthcoming for distribution. Regular login and password for this additional meeting.
- Chair offered to receive comments from representatives of any group needs that can be addressed by Intergroup. No needs were brought forward.

New Business:

- **Region 4 Assembly** was recently attended by Dianne S, Christina D, and Marilyn F.
 - Dianne announced the R4 Outreach Committee has recently updated their website to include an additional tab to assist and support members labeled "Abstinence Kit." This tab will include tips, tools, podcasts, skits, and experiences from other members on how to handle certain situations. Visit: <https://oaregion4.org>
 - Dianne encouraged everyone to help support our Region 4 by joining the monthly "Community Conversations" held by R4 Trustee and Chair to discuss issues and progress from our Region and intergroups within the Region. The next Community Conversation will be held October 17, 2021, 5-6 pm. Details can be found on the R4 website
- **Save the Date November 20.** Region 4 Hosting I.D.E.A. (International Day of Experiencing Abstinence) F.U.N. (Fun Upbeat Night)-a virtual Zoom experience. Flyer will be forthcoming.
- **St. Louis Bi-State Area Holiday Meetings:** Please notify Elizabeth C if your meeting will be open on the following holidays so our members can be notified.
 - Halloween
 - Thanksgiving
 - Hanukkah
 - Christmas Eve

- Christmas Day
- New Year's Eve
- New Year's Day
- **World Service Organization (WSO) Motion-OA Responsibility Pledge**
 - Carol H brought forward the motion to be presented to WSO by the St. Louis Bi-State Area Intergroup to adopt the policy that the OA Responsibility Pledge be included in/on all published OA literature, social media, newsletters, bulletins and documents maintained by the World Service Office.
 - Parliamentary procedure was followed, allowing two minutes to present and speak pro to the motion, followed by a two-minute rebuttal, followed by two additional two-minute pro/con cycles. Time was allowed for questions and answers before the body voted
 - Carol H presented the motion to the IG body and spoke to the intent and rationale for the motion.
 - There was no con offered to the motion
 - Cyndy L spoke in favor of presenting the motion to WSO for consideration
 - No con offered
 - Marilyn F spoke in favor of the motion
 - No con offered
 - Discussion Opened: Question was asked if there were any words requesting to be added to the original Responsibility Pledge? Answer: no
 - Question was asked if it was appropriate to wait on literature reprints or revisions before adding the pledge? Answer: Every year certain pieces of literature are reviewed, updated, and reprinted. This is a continuous cycle at WSO to keep literature current. By waiting until the literature is due for revision or reprint to make this addition, the cost to add the Pledge will remain at \$0
 - Comment made that the WSO delegate from STL will present the motion to WSO at the next Conference. As our current delegates, either Cyndy L or Christina D will make the presentation at WSBC
 - 24 actual voters were present. The body unanimously voted to have the motion presented at WSBC on behalf of St. Louis Bi-State Area IG

Old Business:

- **Social Media Update**
 - Dianne S led the conversation regarding St. Louis Bi-State Area IG presence on Facebook, Instagram, and Twitter. As discussed in the previous meeting, Dianne was notified by WSO we were in violation of copyright agreements listed in the WSO Bylaws Subpart A. Motions to amend Subpart A can only be made by the WSO Executive Committee and any motions to change Subpart A by Intergroups will be denied.
 - The current IG Board of Trustees feels this motion deserves more discussion at WSO and is suggesting to make a motion to present to WSO for consideration. Dianne opened the floor to the body to discuss if this issue should be pursued by our IG.
 - Dianne made clear that any .pdf file on the oa.org website is available to share between members and on social media. Any excerpts from publications or memes created by WSO are prohibited from screen sharing in all forms of media.
 - Melanie T clarified that our IG gained WSO approval to use the OA logo for two years and we are still allowed to use the logo under this grant.
 - Christina D spoke for this topic to continue to be pursued by our IG
 - Jennifer L spoke in favor of further discussion with WSO regarding "fair use clause" and the importance of using social media to capture future members in need of food addiction recovery
 - Cyndy L clarified WSO only protects the copyrights of OA literature. Individuals are not prohibited from quoting OA literature, just the aspect of sharing actual excerpts from the literature without specific permission from the WSO.

- A member asked if we could obtain a “blanket” approval to screen share? The answer was that ALL screen sharing is prohibited unless the document/article is available for download from the oa.org website as a .pdf file. All .pdf files are available for screen sharing.
 - Following adequate discussion and questions answered, Dianne S made a motion to form a committee to work on a WSO motion regarding social media and the material available to share.
 - Voting body was 24 members. 23 votes for approval to form a committee to work on a motion to WSO and one abstention. Motion to form a committee passed.
 - Dianne S requested volunteers to be on this committee with the following members willing:
 - Cyndy L
 - Jennifer L
 - Melanie T
- **2021 Annual Business Conference on November 14**
 - Dianne announced motions for policy/procedure and bylaw changes will be presented to the IG body by October 14 for review prior to the Conference
 - Dianne encouraged groups to consider if there is a motion for change to be brought to the Board’s attention. Contact either the Chair or the secretary with any motions for consideration.
 - Service Positions Open and Nominations are currently being accepted for:
 - Board of Trustees positions
 - Chair
 - Operations Administrator
 - Secretary
 - Chair positions
 - Literature
 - Website
 - WSO Delegate
 - Region 4 Representative
- **Announcement of the 2021 Virtual Fall Retreat-November 5 and 6**
 - Registration is open (on-line and mail-in form can be found on our website). We Care Funds available upon request.

Workgroup: How can sponsors get their sponsee involved in service?

Dianne opened discussion from the Body:

- Encourage your sponsee to submit articles to the Newsletter about their story. This may lead to the member wanting to do more service.
- Encourage members to join committees
- Invite sponsee to attend Region or Intergroup meetings with you for observation of what working in the Program looks like
- Use the 15-Week OA Workbook to dovetail into 12th Step work of Service

Review: What Needs Announced in Home Meetings:

- **November is Gratitude Month**
 - Please ask your group to consider a special collection to Intergroup as an expression of gratitude for our life saving recovery program. Gratitude is also an excellent theme for a November Super Saturday.
- **Fall Retreat November 5 and 6**
- **I.D.E.A. (International Day for Experiencing Abstinence) Day November 20 hosted by Region 4**
- **Ask Newcomers how they found out about OA and keep your IG BOT informed**

- **Newsletter committee needs articles.**
 - Please ask your home group members to submit articles. Refer to the Newsletter Chair's Report for subject matter suggestions, submission deadlines, etc.

The meeting adjourned at 2:59 with the OA Promise

Next Intergroup Meeting

Annual St. Louis Bi-State Area Business Conference

Sunday, November 14, 2021 at 1:30 pm

Platform via ZOOM. Communications to follow.

November 14, 2021 Treasurer Report

Group donations January 2021 through October 31, 2021 equaled \$11,134.42
Newsletter sales year to date equaled \$51.50 and Literature sales year to date is \$64.13
Currently November Gratitude collections are at \$160.00.

The Annual Financial Audit was conducted October 1, 2021, see page 2 for report.

FYI. Our savings account at Commerce Bank which holds our Prudent Reserve charges a \$10.00 yearly fee for inactivity. To avoid this charge a deposit of \$1.00 per year is deposited into the account

We have sufficient fund to cover our expenses.

If you have any questions or comments please feel free to contact me at 815-343-6412 or treasurer@stlouisoa.org.

In Service,
Marina F.

Please help keep OA alive by continuing to contribute generously.

Intergroup donations can be made by personal check or money order and mailed to:

St. Louis Bi-State Intergroup of OA

P.O. Box 28882

St. Louis, MO 63123

or

The Intergroup PayPal account at stlouisoa.org website. Choose 7th Tradition at the top of the page.

PayPal is a convenient electronic way to make contributions. There is also a cost involved in providing this service. I would like to address this.

PayPal charges 1.99% fee plus \$0.49 each transaction, for example:

a \$5.00 donation made via PayPal fee would be \$0.59

a \$50.00 donation made via PayPal fee would be \$1.49

Ten separate \$5.00 donations totaling \$50.00 the fees would be \$5.90

Where one \$50.00 donation is \$1.49

This shows that it is more cost effective to make larger donations instead of several small donations.

I am asking Groups and individuals using PayPal to consider sending donations in quarterly to minimize costs and maximize the donations amount to OA.

2021 Financial Audit

October 10, 2021

To: Board of Trustees
St. Louis Bi-State Intergroup, OA

From: J-MO
A compulsive overeater gratefully living in recovery

On Friday, October 1, 2021, I visited the home of our Intergroup bookkeeper to conduct an audit of our financial records. Originally Pat M was to join me for this, but she had fallen and was not feeling well enough to join us. Hopefully she is presently on the mend!

Sue E showed me folders with some invoices and bank correspondence, but we mainly examined records that are kept in the IG's laptop. In every case that I requested, Sue E was able to show me the electronic communication that prompted a bill to be paid, the documentation that we had paid the bill electronically, and the details of deposits. In my opinion, Sue E is keeping our books in an honest and responsible manner and following the protocols that had been established by those carrying out bookkeeping in the past.

Two observations:

- 1) Sue E noted that the computer is out of date and occasionally there are glitches in using it. She recommended that we budget for a new laptop soon, so I suggest this be part of the discussion for the December budget-setting meeting.
- 1) The way that our Intergroup keeps financial records is considerably different than the two not-for-profits for which I was executive director and also different from Region 4 where I served on the audit committee twice. In the case of the not-for-profits, each check had a carbon copy that was attached to the receipt or invoice that was being paid and then was filed in vendor files (where bills were paid monthly to the landlord, for example) or in a general folder for an unusual one-time expense. All checks that were being deposited were scanned along with the deposit receipt, and I wrote codes on the deposit so that the bookkeeper could differentiate grant income from individual donors, corporate donors, etc. In the case of Region 4, the most recent treasurer took photos of the checks and printed them out, attaching them to the invoices or receipts. Copies of all deposits were also filed.

I discussed with Sue E why we do not use this more documentation-heavy method. She said that this was not how she was trained and that the bulk of our money transfers are electronic/online these days instead of via checks. She said that she could switch to the system I described, but that it would be very time consuming. Given the size of our annual budget and the almost non-existent handling of cash and checks by our bookkeeper (a point where additional scrutiny is warranted in the not-for-profit world), it seems to me that the system we have is sufficient, but I did think this was worth drawing to your attention.

I welcome any questions that the BOT has. My mobile number is 314-775-3261.

Report from Intergroup Newsletter Team

For November, 2021

The November newsletter is now posted at our Intergroup website at this [LINK](#). Thank you, webmaster! Here is a summary of the contents (and thanks to all who contributed):

- A Step Eleven article
- A Breaking News Announcement that the 12/11 Holiday Booster is now via Zoom
- A Tradition Eleven article
- The November installment of “How Can I Be Useful Today?”
- The Intergroup Chair’s column for November
- An article about the Region 4 “I.D.E.A. Day Fun Night”
- An invitation to celebrate Twelfth Step Within Day on 12/12
- This month’s Paddie and Ria Story – “From Pause to Paws”
- A brief article about the November retreat and also a flyer for it
- A flyer about the November 20 I.D.E.A. Day recovery event in our IG
- A flyer about the Thanksgiving Day gratitude meeting
- An article on the “ceased fighting” passage in the Big Book as encouragement during the winter holidays
- A list of which meetings are happening and not happening on Thanksgiving Day
- A flyer about the December holiday booster recovery event
- Two letters to the editor responding to the article on crosstalk and violations of guidelines for sharing – **we’d love to see more letters in the future!**
- The Intergroup calendar of events

Please help your fellows know the newsletter exists by sharing information about how to access the newsletters during announcement time at your home meetings. It can be helpful to post a link in the Chat Box if your meetings are by Zoom or to take some printed copies to your meetings if you are meeting face-to-face. (That makes a simple, but potentially impactful service role for a member of your home meeting, and feeling useful is one of the most wonderful things that can happen in OA.)

If you are moved to write a letter to the editor or an article about any topic – or send art, please let the newsletter committee know by email, text, or phone call. The email address is newsletter@stlouisoa.org. The **deadline is the 20th of each month**, but there’s a little wiggle room if you let me know what you need in advance. Generally, articles should not exceed 400 words, but not every item needs to be that long. Shorter items of a paragraph or two are very welcome. Graphics can be JPG, GIF, or PNG format.

Our goal is for the newsletter to attract still-suffering compulsive eaters to our fellowship, to help those in relapse within our membership to regain abstinence, and to support the recovery of all readers. We want to lift spirits by sharing experience, strength, and hope, and we may even bring a smile or laugh at times because “we are not a glum lot.” We highlight OA events at the Intergroup, Region, and World levels, offer a witness that long-term recovery is possible, and encourage our fellows to consider filling service positions. Rotation of service is part of how we live out the Seventh Tradition and keep the fellowship alive for all who need it. Please help us get out the word about the availability of the newsletter and consider making a printed copy a part of your Step 12 conversations.

**Literature Chair Report
For November 2021**

I did sell one Region 4 Journal which was the last of the supply we brought back from Assembly in October of 2019.

Cost \$10.00(no shipping fees involved) I am waiting to see if any other requests come through before mailing to our bookkeeper.

Marilyn F.

Literature Chair

Report from WSBC Delegate For November 2021

While I have nothing to report for local business, I want to update you on what's happening on the WSBC calendar.

The World Service Business Conference is scheduled for April 25 through 30, 2022. It is planned that the event will be in person, and I have no knowledge of any plan for a virtual component to the meeting.

December 10th is the deadline for all motions to be considered on the Agenda Questionnaire. Once the submissions are reviewed, they will be posted for each service body to discuss. I request that St. Louis Bi-State Area IG review this at the upcoming February IG meeting, as is tradition. It is so important for all voices to be heard when it comes to the motions that are considered at Conference.

As for my committee duties as a delegate, I have been serving as the delegate co-chair of the Bylaws Committee. This year there are four subcommittees working on various projects and my job is to make sure reports are submitted to the Trustee co-chair for her quarterly meetings. I also act as the coordinator for all the subcommittees in getting their projects submitted and approved. Interesting work all around.

In Service,

Cyndy L

Final Report from the Fall Retreat 2021

The 2021 Fall Retreat was held on Zoom, November 5 and 6.

The Theme was A Time of Reflection, with sections on Prayer/Meditation, Soul-to-soul in a virtual world, and Gratitude. The initial feedback is that the Retreat was a beautiful, fun-filled and spiritual recovery experience. There is a further evaluation survey which has been emailed to all participants.

There were 40 people registered, and as many as 34 in attendance at any one time. Since the retreat was virtual this year, we were able to have 3 speakers from different parts of the country. We had participants from three countries on three different continents: The United States, Egypt and Thailand. Within the US, people came from six different states: Missouri, Illinois, Iowa, Kentucky, Texas and Washington State.

Here's the financial wrap-up:

The income to our Intergroup was \$800.00.

Submitted by Elizabeth C on behalf of the 2021 retreat committee: Della T, Dianne S, Elizabeth C, Karen E, Marina F, Susan T, and Suzanne W.