

St. Louis Bi-State Intergroup Minutes

November 14, 2021, 1:30 p.m.

Annual Business Conference

Open: The meeting was called to order by Chair, Dianne S. at 1:31 p.m.

Communications: Meeting was held via ZOOM. Members were instructed on meeting ID and Password via email. According to Bylaws, members were notified at the preceding intergroup meetings beginning in September of this upcoming business conference. Members were notified via email all motions to bylaw and policy/procedure change recommendations 30 days prior to this meeting. Members were notified via email all nomination applications for service positions 15 days prior to this meeting date.

Readings: Serenity Prayer, The Twelve Steps, Tradition 11, Concept 11

Welcome: 17 members in total were in attendance; all via ZOOM. Five BOT members, one committee chair, one WSBC delegate, 10 IG representatives. (17 eligible voters)

Minutes: October 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.

- Newsletter editor, J-MO, added to her report the need for a new volunteer on the newsletter committee. The request was made to announce this at every home meeting and to contact J-MO with any questions or interest in volunteering. The committee meets briefly the first Thursday of each month to outline upcoming articles and work to be submitted.
- Dianne offered comments on the Fall Retreat and made the request for volunteers interested in forming a committee for the 2022 Fall Retreat

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:

- M-W-F Clayton Early Bird Meeting will host their annual Thanksgiving Day meeting at 9 am. Flyer has been distributed.
- Chair offered to receive comments from representatives of any group needs that can be addressed by Intergroup. No needs were brought forward.

Business Conference:

As Chair, Dianne S. instructed the members on the process used to present nominees and motions for this conference. Roberts Rules of Order will be used for standardized presentation and discussion of motions. J-MO served as parliamentarian over the conference. A volunteer timer was established for presentation, pro/con discussion and general di. Elizabeth C. initiated Zoom polling to enable confidential voting. Members not able to join via Zoom were given the phone number to contact the designated vote counter. Elizabeth C was the official vote counter except in the case of voting for her service position, where Cyndy L was the vote counter.

Service Position Elections:

Prior to voting, each nominee was allowed time for a brief summary of their OA story, service history, and reason for seeking to serve in the position. All members present were allowed to ask questions of each nominee as they felt necessary for decision making.

- **Election of Board of Trustee Members for 2022-2024**
 - Chair Nominee: **Dianne S-Elected**
 - Secretary Nominee: **Susan T-Elected**
 - Operations Administrator: **Elizabeth C-Elected**
- **Election of Committee Chair Positions for 2022-2024**
 - Literature Chair: **Marilyn F-Elected**
- Voting for Region 4 Representative was postponed until January as nominee was not in attendance
- Voting for Website Chair was postponed until January as nominee was not in attendance

Business Motion Elections: Please see specific Bylaw and Policy/Procedure documents for details

- **Consent Agenda: Passed to implement by official count of 15 Yes and 1 Abstention**

Susan T presented the purpose, intent, and instructions for items on the consent agenda as determined by the Board. Motions and a brief description of each were displayed on the screen for all members to view. Members were allowed remove any motion from the consent agenda to be discussed individually. Members were offered the opportunity to ask questions. Members were informed an approval will require two-thirds of the voting body for acceptance, which per Elizabeth C, is 12 votes. There were no objections or questions to items placed on the consent agenda. Voting was conducted via confidential poll.

 - Policy/Procedure motions A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P
 - Bylaw amendment motions 2, 3, 4, 5, 7, 9, 11
- **Bylaw Motion 1: Passed to Implement by official count of 17 Yes**

Elizabeth C presented the motion. The motion was displayed on the screen for all members to view. Chair walked the voting body through three cycles of con and pro. One additional pro comment was voiced through Pat O. No additional comments or questions were discerned. Voting was conducted via confidential poll.
- **Bylaw Motion 6: Passed to implement by official count of 15 Yes**

Elizabeth C presented the motion. The motion was displayed on the screen for all members to view. Chair walked the voting body through three cycles of con and pro. No additional comments or questions were discerned. Voting was conducted via confidential poll.
- **Bylaw Motion 8: Passed to implement by official count 16 Yes, 1 Abstention**

Marina F presented the motion. The motion was displayed on the screen for all members to view. Chair walked the voting body through three cycles of con and pro. No additional pro/con statements were discerned. One question presented by Pat O regarding committee chairs not submitting a monthly report and the concern that no work has been done. Dianne S responded by adding it was the BOT decision to delete this wording from the motion to help lessen the burden of submitting a statement when no new information or progress has been made from the last report. This does not, in the eyes of the Board, represent a lack of work by the committee. Voting was conducted via confidential poll.
- **Bylaw Motion 10: Passed to implement by official count 17 Yes**

Dianne S presented the motion. The motion was displayed on the screen for all members to view. Chair walked the voting body through three cycles of con and pro. No additional pro/con statements were discerned. A point of clarification was asked to confirm there is no additional cost to the Intergroup. Dianne S responded by confirming this cost is currently a part of our annual budget and the motion merely updates the wording to maintain insurance. Voting was conducted via confidential poll.
- **Policy/Procedure Motion Q: Passed to implement by official count 17 Yes**

Dianne S presented the motion. The motion was displayed on the screen for all members to view. Chair walked the voting body through three cycles of con and pro. One additional pro comment was offered by J-MO as past BOT Chair, experienced in the review process; it was offered this process is an unnecessary burden on the voting body and making better use of time for other recovery projects. An additional comment was made to correct the typo found in the motion, correcting the word “police” to “policy” as it is meant to read. One question was received from Pat O about how the board will notify IG members of possible controversial or larger change affecting the body to protect our IG from allowing an item to pass when not in the best interest of the IG as a whole. Dianne responded that ALL changes will be made obvious to all representatives for review prior to accepting any changes. The body will be presented all changes for voting on before implementation. The items will not be presented as individually as in this method used today. Voting was conducted via confidential poll.

Old Business: No old business was on the agenda

Review: What Needs Announced in Home Meetings:

- Please discuss any of today’s voting you judge to be of importance to your group.
- **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.
- **Recovery Events: Flyers have been distributed to representatives**
 - I.D.E.A. Day (International Day for Experiencing Abstinence) November 20 hosted by Region 4
 - I.D.E.A. Day Super Saturday November 20 hosted by St. Louis Bi-State Area IG
 - Thanksgiving Day Bonus Meeting hosted by MWF Early Birds
- **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.
- **Board of Trustees Budget Review for 2022** will be held on 12/14/21 via Zoom 10 am-12 pm. All members are invited to attend and an invitation will be sent to all IG reps.

The meeting adjourned at 2:57 with the OA Promise

Next Intergroup Meeting

Sunday, January 9, 2022 at 1:30 pm

Platform via ZOOM. Communications to follow.

WEBSITE REPORT

My work on the web continues to be updating any forms, meeting lists, podcasts and events provided to me by the BOT.

Online traffic for stlouisoa.org from **December 4, 2021 through January 2, 2022:**

- 302 sessions
- 635 page views
- New vs. returning visitors 58% new, 42% returning
- Device breakdown: 48% desktop, 4% tablet, 48% mobile
- Top pages:
 - a. OA St. Louis home page (293)
 - b. Meeting information (123)
 - c. Products page (45)
 - d. Holiday booster (27)
 - e. Podcasts (23)
 - f. Checkout (22)
 - g. Contact us (21)
 - h. Intergroup meeting dates (12)
 - i. Documents and forms (11)
 - j. OA Newsletter (9)

Submitted by: Colleen C.

LITERATURE REPORT

I sold \$30 worth of Literature. I have a request from a face-to-face meeting to replace items for their inventory. I informed them that they would have to order through WSO.

Submitted by: Marilyn F.

January 2022 Treasurer Report

Happy New Year!!!!

2021 brought us yet another year to rely on our H.P. We practiced flexibility with continued Covid restrictions, uncertainty and fewer face to face meetings. The year also brought a vaccine for Covid, Zoom meetings growing in popularity and attendance and, we met our 2021 budget. This was possible by your Intergroup board finding ways to reduce expenses in all areas AND the generosity of you, our OA fellowship.

Please help keep OA alive by continuing to contribute generously in 2022.

Our proposed 2022 budget includes:

Updating the St. Louis Bi-State Intergroup Website to make it more user friendly.

New computer for bookkeeping.

An in person Fall Retreat.

World Service and Region 4 in person attendance for delegates.

The proposed 2022 budget is attached for your review.

This new year is an open book for us to read and enjoy one day at a time.....

May it be a year of Health, Peace, Joy and Love for all.

In Service,
Marina F.

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

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.

Report from Intergroup Newsletter Team

For January 2022

We've posted two issues of the Intergroup's **OA Today** newsletter to our website as well as using email distribution since our annual business conference meeting of November 2021. We've also gone from a Newsletter Team of three to five – which is very exciting. Two members from last year completed their service (thank you Amy C and Liz), and three new people rotated in (welcome Anne H, LaNae, and Melanie T) - for which our fellowship is grateful! Additional members are welcome. See my contact information at the end of this report to volunteer or ask questions.

The December 2021 newsletter is posted at our Intergroup website at [THIS LINK](#). Here is a summary with our thanks to all who contributed:

- A Step Twelve article
- A Tradition Twelve article
- A personal share on the meaning of “Principles Before Personalities”
- Quotes from the Intergroup (IG) I.D.E.A. Day recovery event
- The IG Chair's column for December
- An article on strategies for getting through the holidays
- Details about a new study group convening to use the [“Slipping and Sliding”](#) recovery tool
- December's Paddie and Ria Story – “It's Beginning to Look a Lot Like Crisis”
- A reprint of a holiday survival article from the website of the Intergroup in Baton Rouge, LA
- An invitation to submit letters to the editor about the way you have used Steps, Tools, and Traditions and other strategies to live in recovery during the winter holidays
- Ways to celebrate “12th Step Within Day” (December 12)
- Highlights of the November Retreat workshop that focused on meetings
- A list of which meetings are happening and not happening on December 24, 25, and 31, and January 1 and 2
- The Intergroup calendar of events

The January 2022 newsletter is posted at our Intergroup website at [THIS LINK](#). Here is a summary of content, again with our thanks:

- A welcome from the Newsletter Team to a new year of **OA Today** newsletters
- A Step One article
- A Tradition One article prefaced by a “Why Do the Twelve Traditions Matter?” introduction
- An article celebrating the 61st anniversary of the founding of OA
- An “OA Changes Lives” testimony of what one member learned from the spiritual principle of unity in the fellowship and the use of group consciences
- A reminder that our recovery events only happen if members come together to make them happen and who to contact when you schedule one
- Two Region 4 articles – one on the March 5 Renewal event in Kansas City and one on a January 29 virtual game night
- The January Paddie and Ria story – “In Case of Emergency, Switch to Plan B”
- An invitation to register for a 15-week Step Study Workshop hosted by the Virtual Region
- The calendar of events

- An article about the January 7, 8, and 9 “creative retreat” sessions online to relaunch Lifeline as a blog – and a flyer to also call attention to this
- A humor column with an OA song parody – “Hello Mudduh, Hello Faddah”
- An invitation to work with the Public Information Committee to update the “Hand in Hand Directory”

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 wish to send a letter 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’s coming and when. 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 all 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.

J-MO, Newsletter Editor

314-775-3261

January 2022

Vice-Chair: We are currently working on an event for Unity Day. A couple of groups are working together and the structure of the event will be what has worked for the last 5 years, a panel of OA fellows who illustrate the diversity of individuals and how that supports the Unity of OA.

World Service Delegate: The registration has opened for the World Conference as an in-person (small hybrid) gathering. Cyndy L and I will meet to review the motions for policy and by-laws that will be submitted for conference discussions. IG makes recommendations on whether those offered should move forward. We will do an initial review and then present the recommendations and a format for IG consideration.

As a member of the CLC Sponsorship Committee, I continue to review, edit, and revise existing literature on Sponsorship. As part of this effort, we have solicited new stories from the community, focusing on 10 areas of interest to Sponsors. This is an ongoing project and will likely take the upcoming year to complete.

Region IV Representative: As the Chair of the Fundraising Committee, my group will meet this week to make progress on the items we will sell at the July Convention. We will continue to organize and structure the fundraising portion until that time.

Respectfully Submitted,

--

Christina Dougherty

OPERATIONS REPORT, JANUARY 2022

A. Meeting Security.

Many of our meetings have been badly Zoom bombed in the last several weeks, with lots of intruders coming into meetings and disrupting them in ugly ways. It's very disturbing when it happens, as more and more of us are finding out.

But there's good news. Zoom bombing can be prevented before it happens, and dealt with easily if it does start happening. You just have to know how.

Perhaps people in your meeting do know how, from the tips and suggestions that have already been sent around. But if your group missed those or you would like a refresher, please write info@stlouisoa.org.

This is a serious problem. It's well worth being prepared.

B. Meeting Changes .

In the last three months there have been several changes to our Where and When meeting list. Some meetings have folded and some have changed times.

Please make sure to use the current edition every time. This is sent to reps before each intergroup meeting, so please make sure it gets to your group members each month. The current one is also available anytime on the website stlouisoa.org.

C. Incoming contacts Information.

In December there were eight incoming calls to the OA cell phone, mainly inquiries about OA. There were also four emails from newcomers that came to info@stlouisoa.org. This is more than usual activity. It's been a busy month.

END OF REPORT.

Elizabeth C, operations administrator

WSBC Delegate Report for January 2022

Things have been quiet over the holidays, but now it's time to begin preparing for the upcoming World Service Business Conference.

The proposed motions are available on <https://oa.org/world-service-business-conference/> as is the Agenda Questionnaire, which will be discussed at the February IG meeting.

Christina and I will work on getting registered and arranging our travel and accommodations.

I am looking forward to being back in Albuquerque one last time, as this will be my final year for this service.

Cyndy L.

World Service Delegate