

## St. Louis Bi-State Intergroup Minutes

January 9, 2022, 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. Members were instructed on meeting ID and Password via email. Representatives were notified via email the agenda, previous meeting minutes, and committee/service reports.

**Readings:** Serenity Prayer, The Twelve Steps, Tradition 1, Concept 1

**Welcome:** 22 members in total were in attendance; all via ZOOM. Six BOT members, two committee chairs, one WSBC delegate, 12 IG representatives, and one visitor. (21 eligible voters)

**Minutes:** November 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. No additional comments or questions were received at this meeting.

**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:

- Chair offered to receive comments from representatives of any group needs that can be addressed by Intergroup. No needs were brought forward.

### Old Business:

#### Service Position Elections:

As Chair, Dianne S. instructed the members on the process used to present nominees. 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. 21 voters present

Prior to voting, nominees were 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 Committee Chair Positions for 2022-2024**
  - Website Chair: Colleen C- **Elected**
- **Election of Region 4 Representative**
  - Christina D-**Elected for one year term**, as requested by nominee

### New Business:

Dianne S. gave a brief overview of IG financial standing

- **Review of 2021 Year End Financials**
  - Net income \$4,652.85
  - Ongoing Business costs
    - Bookkeeper professional fees
    - State and license fees
    - Zoom account

- PO Box
  - Cell phone service
  - Storage facility
  - Liability Insurance
  - PayPal
- Surplus of cash over and above the prudent reserve
- **Presentation of 2022 Budget (in addition to the ongoing business expenses)**
  - Professional
    - New laptop and software
  - Region 4
    - Travel expenses for representative to attend assembly
  - WSO
    - Travel expenses for delegates to attend World Service Business Conference
  - \$3,000-\$4,000 in surplus cash for use in 2022 to carry the message
    - Dianne asked representatives to inquire with group members for input on how to best utilize this to reach those who remain in the disease. Representatives present voiced suggestions as follows:
      - Goggle add for OA when questions include catch words such as overeating, bingeing, bulimia, etc.
      - Continue to pursue social media outreach
      - A method to retain/reach older generation of members due to use of virtual media
      - Using the new Lifeline from WSO to link with our local social media sites
- **Presentation of Carrying the Message**

Nancy M. presented the Intergroup with an idea of sharing our recovery, strength, and hope through development of radio Public Service Announcement (PSA). Nancy has researched information available through WSO. The information available for use can be integrated to form PSA's relevant to prospective audiences. Once developed, radio programs will typically run the message at no cost. She suggested to possibly employ a consultant to help develop and target specific audiences to increase and retain membership. Points for consideration are as follows:

  - Who is the target audience? PSA could capture an older audience than social media
  - Assume the audience knows nothing about OA
  - What message is most effective to lead the audience to inquire more

**Review: What Needs Announced in Home Meetings:**

- **Ask members for input on suggestions for upgrading our website for ease of use and information to draw newcomers to attend meetings and seek recovery.**
- **Ask members for ideas on how to use our money in the budget to share the message of recovery**
- **Recovery Events-Please refer to [Overeaters Anonymous – St. Louis – St. Louis Bi-State Area Intergroup \(stlouisoa.org\)](http://stlouisoa.org) for the latest listing of all recovery events and details**
  - January 15-16 Virtual OA Birthday Celebration Event hosted by LA Intergroup
  - January 28 Region 4 Game Night
- **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. February 20 is the deadline to submit articles for the February edition. Specific requests for Valentine's Day experiences while in OA, survival strategies during the pandemic, and letters to the editor. Refer to the Newsletter Chair's Report for other subject matter suggestions, submission deadlines, etc.

The meeting adjourned at 2:45 with the OA Promise

**Next Intergroup Meeting-Presentation of WSO motions for consideration at 2022 WSBC**

**Sunday, February 13, 2022 at 1:30 pm**

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

## Public Information Report for February 2022

We are looking to create and/or expand the following committees this year:

Hand in Hand Directory – This will be a short-lived committee, involves calling folks, updating a spreadsheet, and checking back with people to make sure all members have been contacted.

Social Media – We need to expand this committee as we have to develop a new Social Media message other than OA literature quotes. Looking for ideas, and folks to work on specific ideas to develop a strategic plan.

Healthcare Outreach – We need a committee of MANY! Would like to develop a database of doctor and hospital contacts. Ideally would like a member of each St Louis Bi-State Group to work on this. It will involve calling, updating a spreadsheet, and making follow-up calls as needed. Once the database is complete, we will need an activate committee to begin contacting the entities and requesting meetings and/or speaking opportunities.

Standard Media Outreach – We have a database of newspapers, radio stations and tv stations and contacts just waiting to be explored. Need a committee to begin contacting people and working on getting the word out in various forms. This would include requesting to air PSA's.

12<sup>th</sup> Step Within – This is a committee dedicated to maintaining and enhancing the groups within our Intergroup, making sure that the Good Meeting checklist is being followed, looking for groups that are struggling, and building a stronger intergroup with members from all our area groups.

I would welcome any and all volunteers, Carrying the Message is our mission and we are the message. Please contact me at 314-226-8686 (text first please), or by email at [piofficer@stlouisoa.org](mailto:piofficer@stlouisoa.org).

Thanks

Melanie

## Literature Report for February 2022

I sold \$25.50 in literature.

Submitted by  
Marilyn F.

## February 2022 Treasurer Report

Happy Valentines Day!!

Group donations through January 2022 equaled \$1,568.00.

We have enough funds to cover expenses.

*Just for Today:*

*I will go forth into this day with enthusiasm, believing in my own value and worthiness, and with the determination to enjoy this day and give it my positive best, come what may.*

If you have any questions or comments please feel free to contact me at 815-343-6412 or [treasurer@stlouisoa.org](mailto:treasurer@stlouisoa.org).

In Service,  
Marina F.

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

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](http://stlouisoa.org) website. Choose 7<sup>th</sup> Tradition at the top of the page.

## **Intergroup Meeting Report from Webmaster: For February 2022 Meeting**

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 **January 5 – February 3, 2022:**

- 302 sessions
- 665 page views
- New vs. returning visitors 65% new, 35% returning
- Device breakdown: 51% desktop, 1% tablet, 48% mobile
- Top pages:
  - a. OA St. Louis home page (322)
  - b. Meeting information (111)
  - c. Products page (59)
  - d. Intergroup meeting dates (31)
  - e. Documents and forms (23)
  - f. Newsletter (19)

Submitted by: Colleen C.

## **WSBC Delegate report for February**

As we move toward April, things are shaping up for the World Service Business Conference.

This years Conference will be held virtually from April 26<sup>th</sup> until April 30<sup>th</sup>.

The agenda questionnaire which we will review at our meeting this month shows the variety of ideas the members of OA are concerned about. I look forward to hearing your input on which of these ideas should be considered for discussion at the Conference.

Serving on the Bylaws Committee has kept me busy over the year and will continue right up to Conference as the sub-committees continue their work. So far one project has made it to completion. The rest of us are still putting on the finishing touches. It is enjoyable work and I'm happy to serve.

In Service

Cyndy



## Report from Intergroup Newsletter Team-February 2022

The February 2022 newsletter is posted at our Intergroup website at [THIS LINK](#). Here is a summary - with our thanks to all who contributed:

- A Step Two article
- A Tradition Two article
- An exploration of Hope as the principle connected to Step Two
- A personal share from a member about how they navigate Step Two as an atheist
- The IG Chair's column for February
- An article on survival strategies for Valentine's Day
- Details about a new study group convening to use the "[Slipping and Sliding](#)" recovery tool, plus journaling ideas from a group that previously met using that resource
- February's Paddie and Ria Story – "HALT in the Name of Love"
- A personal witness about recovery during the pandemic (printed as a Letter to the Editor)
- A paragraph in memory of a member who has died
- Encouragement for groups to host recovery events
- A spotlight on the New Me group which has resumed face-to-face meetings
- Synonyms for key words in each Step – both Steps One and Two (these arrived after our January edition went to press – we'll offer one per month for the rest of 2022)
- 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 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](mailto:newsletter@stlouisoa.org). The **deadline is the 20<sup>th</sup> 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

## **OPERATIONS REPORT, FEBRUARY 2022**

### **A. Meeting Security.**

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](mailto:info@stlouisoa.org).

### **B. Meeting Changes .**

In January there were four changes to our Where and When meeting list. Three meetings went virtual or hybrid, and one folded – the new in-person meeting in St. Charles on Thursdays.

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 at [stlouisoa.org](http://stlouisoa.org).

### **C. Incoming contacts Information.**

In January there were seven actual (not scam) incoming calls to the OA cell phone, mainly inquiries about OA or business calls within OA. There were also three actual (not spam) emails from newcomers that came to [info@stlouisoa.org](mailto:info@stlouisoa.org), and about five business emails within OA.

### **D. Volunteers for OA cell phone.**

If you would like to be on the list to answer the OA cell phone sometime this year, please write [info@stlouisoa.org](mailto:info@stlouisoa.org).

**END OF OPERATIONS REPORT.**

Elizabeth C, operations administrator