

St. Louis Bi-State Intergroup Minutes

February 13, 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 2, Concept 2

Welcome: 17 members in total were in attendance; all via ZOOM. Four BOT members, two committee chairs, one WSBC delegate, 9 IG representatives, and one visitor. 16 eligible voters and a quorum was confirmed.

Minutes: January 2022 minutes were distributed via email for review prior to the meeting. One correction was noted. Correcting the due date for articles to the Newsletter committee by January 20. Minutes were approved with this correction being made.

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:

- Saturday 10:00 am Webster Groves meeting has initiated a virtual social gathering after the meeting (titled Parking Lot). All members are welcome to extend the fellowship. The meeting leaders will offer optional “breakout rooms” if more private conversations are desired between sponsors/sponsee, etc. The first gathering received many positive comments from those in attendance. The representative was asked to continue to bring information about this start-up project and encouraged other groups to consider new ways to enhance the fellowship within meetings.

New Business:

2022 World Service Business Conference (WSBC) Motions

Delegates Cyndy L and Christina D led the presentation and discussion on motions submitted for the Conference held in April 2022. Proposals from all OA members are received to make changes in bylaws, business operations, and literature. It is the duty of each Intergroup to hold a group conscience to determine which recommendations are worthy of discussion at the annual conference. These proposals were reviewed and discussed between the delegates and presented to the board of trustees before this meeting of our Intergroup. The proposals were divided into motions to be brought forward for WSBC discussion, motions not to be brought forward at WSBC, and motions the IG body needed to discuss further before the delegates submit our recommendations.

It was made clear that the suggestions presented by the delegates to move forward or not to WSBC could be discussed at length before making a final decision by our body of representatives. Cyndy L gave a brief description of each proposal along with the delegates’ and BOT opinion on the proposal. The recommendations were distributed to all IG representatives prior to the meeting as well as links to WSO having detailed information about each proposal. (Please see the attached document outlining the proposals as presented to the IG representatives)

Proposals suggested to be presented to WSBC were as follows:

A, B, H, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 15

There were no questions or comments offered from the body regarding these proposals. A formal poll was taken to determine the body's opinion on moving these proposals forward for discussion at WSBC. Of 16 eligible voters, 16 members voted to have these motions presented to the 2022 WSBC

Proposals suggested to NOT be presented to WSBC were as follows:

C, D, E, F, G, I, 1, 2, 14

There were questions/comments offered from the body regarding NOT discussing Proposal D and Proposal F at the 2022 WSBC. These proposals were taken off the list for further discussion by the body.

Proposals C, E, G, I, 1, 2, 14 had no questions or comments offered from the body. A formal poll was taken to determine the body's opinion on NOT moving these proposals forward for discussion at WSBC. Of 16 eligible voters, 16 members voted to NOT have these motions presented to the 2022 WSBC.

Our Chair, Dianne S led the discussion regarding proposals D and F before the body voted.

Proposal D (please refer to the attachment for a brief description)

Cyndy L read the entire motion as submitted to WSBC, including intent and rationale. Roberts Rules of Order were followed allowing presentation for three (3) persons speaking for and three (3) persons speaking against the proposal. Speaking Pro (to have this discussed at WSBC) were Pat O, Mary Anne, and Colleen
Speaking Con (to NOT have this discussed at WSBC) were Christina D and Elizabeth C. A third con was not voiced. Additional question/concern was voiced from Eileen on how other 12-Step organizations were handling this situation and there was no answer available at this time.

Following the end of discussion, a formal poll from the body was taken. Of 16 eligible voters, 11 members voted to have this proposal discussed at WSBC and five members voted to NOT have this discussed. Our delegates will report to have Proposal D discussed at WSBC

Proposal F (please refer to the attachment for a brief description)

Cyndy L read the entire motion as submitted to WSBC, including intent and rationale. Roberts Rules of Order were followed allowing presentation for three (3) persons speaking for and three (3) persons speaking against the proposal. Speaking Pro (to have this discussed at WSBC) were Pat O and Jennifer L. A third pro was not voiced. Speaking Con (to NOT have this discussed at WSBC) were Tom, Cyndy L, and Susan T. Discussion was clarified on what materials are currently available to be shared without breaking copyright laws. Reference was made to the WSO website as how to find this information.

Screen Share materials are as follows:

• *The Twelve Steps of Overeaters Anonymous* • *The Twelve Traditions of Overeaters Anonymous* • *The Twelve Concepts of OA Service* • *The OA Preamble* • *Our Invitation to You* • *The Fifteen Questions* • *The Tools of Recovery (abridged)* • *Welcome Home! (Abridged)* - found on page nine of the Suggested Meeting Format • *The OA Promise (I Put My Hand in Yours)* • *The OA Responsibility Pledge*

Additional question/concern was voiced from Jennifer about inquiring with WSO on how to participate in their committees discussing this topic. Dianne suggested reaching out to our Region 4 WSO Trustee, Meg and will be providing this information to members who inquire with her.

Following the end of discussion, a formal poll from the body was taken. Of 16 eligible voters, one member voted to have this proposal discussed at WSBC, 14 members voted to NOT have this discussed, and one member abstained from voting. Our delegates will report to NOT have Proposal F discussed at WSBC.

Old Business:

Due to lack of remaining time, all old business was tabled until the next Intergroup meeting on March 13, 2022

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) for the latest listing of all recovery events and details
 - March 19 Super Saturday (celebrating Unity Day) 9:30 am-12:30 pm
 - Zoom 834 2408 7205 password 711697
 - July 15-17 Region 4 Convention – Omaha, Nebraska register at www.oaregion4.org
- Ask Newcomers how they found out about OA and keep your IG BOT informed
- How to decide what to announce at your meeting: Is there a spot in your meeting format for announcements? This is a good place for event announcements or simple requests for example our Newsletter news articles about step 4 by March 20. Does your meeting hold a regular group conscience? This would be a good place to tell members about IG projects, ask for service volunteers, ask about hosting A Super Saturday or discuss issues that IG has asked you to talk with your meeting members and bring their consensus back to IG. Also, post links to the latest newsletter and share links to events in the chat when appropriate.

The meeting adjourned at 3:01 with the OA Promise

Next Intergroup Meeting

Sunday, March 13, 2022 at 1:30 pm

Platform via ZOOM. Communications to follow.

WSBC Delegate report for March

This years Conference will be held virtually from April 26th until April 30th.

The agenda questionnaire results have not yet been posted but will be soon. If you are curious, you will be able to find them on <https://oa.org/world-service-business-conference/>. It will be exciting to see what motions will be considered this year. By the time we meet again in May, the Conference will be over, and I will be making my final report.

As the delegate-co-chair of the Bylaws Committee, I will have a busy time at Conference as I am responsible to lead the committee meeting and will be working with members from around the world to complete this year's work and then help establish next years direction. I will also serve the Reference Subcommittee as a support person, but I always enjoy listening to the discussion held by the delegates.

I encourage each of you to consider taking on this valuable service for next year. I am happy to answer any questions and support anyone who is willing to do so.

In Service

Cyndy

Intergroup Meeting Report from Webmaster: For March 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 **February 2 – March 3, 2022:**

- 280 sessions
- 586 page views
- New vs. returning visitors 66% new, 34% returning
- Device breakdown: 55% desktop, 4% tablet, 41% mobile
- Top pages:
 - a. OA St. Louis home page (286)
 - b. Meeting information (110)
 - c. Super Saturday Unity Day (32)
 - d. Intergroup Meeting dates (24)
 - e. Products page (21)
 - f. Contact us (15)
 - g. Podcasts (15)

Submitted by: Colleen C.

Report from Your Intergroup Newsletter Team For March 2022

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

- A Step Three article
- A Tradition Three article
- An educational article on the spiritual principles for Step & Tradition Three
- A personal testimony related to the principle of Faith
- Announcement of the March 20 launch of the *Lifeline Blog*
- The IG Chair's column for March
- The March Paddie and Ria Story – “The Journey from Stress to Feel, Deal, & Heal”
- How to order the Brown Book as an audiobook
- Information about “Parking Lot” sessions being used by some online meetings (for after meeting social time) and 12th Step Within service positions
- Description of *A Step Ahead*, a quarterly newsletter from the World Service Organization, and how to access it
- Some thoughts on abstinence from the Silicon Valley Intergroup
- Synonyms for key words in Step Three
- The Intergroup calendar of events
- A flyer for the March 19 Super Saturday
- The March Public Information Committee announcements page (“the billboard”)

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

And Team Members:

Pat O, Lanae S, Anne H, Melanie T

March 2022 Intergroup
Treasurer Report

Happy St. Patty's Day!!

Group donations through February 2022 were \$2,877.31

We have enough funds to cover 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 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 website. Choose 7th Tradition at the top of the page

.Just for Today:

I will let go of the inclination to figure out my problems with my mind. No more analyzing...No more questioning. I now make a conscious decision to turn my life and my will over to the care and keeping of our Higher Power. I surrender to the thinking that tells me I must "run my own show" and make my own life happen. I am ready to be a transformed (changed) person, beginning now.

OPERATIONS REPORT, MARCH 2022

A. Meeting Changes .

In February there were no changes to our Where and When meeting list.

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.

B. Incoming contacts Information.

In February:

- There were three known newcomer inquiries, two by phone and one by email.
- There were three inquiries about meetings where we don't know if the caller was a newcomer or not.
- There were two inquiries from members returning after an absence.
- There were three phone calls that we were not able to answer at the time and the caller didn't leave a message, so we don't know what they were – or even if they were legit.
- There are lots and lots of spam phone calls and emails.
- There were 8 OA business calls and emails, for instance communications from World Service or various inquiries from members.

C. 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. The next available shift starts in July.

END OF OPERATIONS REPORT.

Elizabeth C, operations administrator

Literature Chair Report for March 2022

Nothing to report at this time.

Marilyn F

