

St. Louis Bi-State Area Intergroup Meeting

Sunday June 12, 2022 1:30-3:00 pm *sign in 10 minutes early for instructions on Zoom

Note New Permanent Zoom Meeting ID ZOOM MEETING ID: 940 5580 8391 PASSWORD: Serenity

Note New Telephone password By Telephone: 312-626-6799 password 75183374

Opening: Serenity Prayer, read 12 Steps, read Tradition 6, read Concept 6

Welcome: New Intergroup Representatives (you may stay on Zoom at the conclusion and Dianne will do a brief orientation) and visitors

Minutes: Review and approve, May 15, 2022 minutes

Reports: You've received reports via e-mail from several Chairpersons and Committees

IG Chair IG Vice Chair IG Operations Administrator IG Treasurer

IG Public Information Chair Literature Chair Newsletter

Webmaster World Service Reps Region 4 Reps

Are there any questions? Are there any Chair or Committee reports not previously e-mailed?

Seventh Tradition Collection and Roll Call: Our Treasurer has reminded us that since we are not meeting in person, IG Reps and the additional members who attend our IG meetings are asked to mail our IG meeting 7th Tradition donations to the New IG mailing address or donate on the website. Be sure to clearly mark that these are IG Meeting 7th Tradition Contributions. Our group number is **09029**.

Elizabeth will mark you present on the sign in sheet. New Reps please email info@stlouisoa.org your contact information – Name, mailing address, phone, email, your group's WSO # (found on the Where and When). Are there any changes in your contact information? Also, any changes to your group's meeting information may be e-mailed to info@stlouisoa.org

Intergroup Reps: Any news or announcements from your group? How may we help your group?

Old Business:

1. **Google Ads Ad Hoc Committee update.**
2. **Work on new Web Page**

Breakout Workgroup(s): Notes from May IG meeting.

Breakout Group: Jessica B, Colleen C, Elizabeth C, Debbie K, Marilyn & Eileen

1. We talked about special events. Concerns were expressed about Zoom burnout in general. We wondered if it's necessary to have a Super Saturday or other special event for each month of year and came to consensus that about six events per calendar year would be good if we can manage it.
2. Elizabeth mentioned that the Sunday 10:45 am (St. Mary's) meeting has facilitated the Holiday Booster in December for many years. We agreed that it would be great to promote the idea of a group (or maybe two groups collaborating) doing the same thing with other annual events.
3. It was suggested that IG reps could help spearhead the commitment of a group (or two) to "own" an annual event.
4. Encourage people to do service, with personal appeals and manageable tasks

Breakout Group: Della, Jeremy, Susan T, Cyndy L., Jenn L, Mary Ann

- Form a committee to visit groups to relay open service positions and other IG news (like a “Town Cryer”. (This is especially needed for meetings that do not currently come to IG meetings, they are really out of the loop. **Action Plan:** Jeremy will recruit committee members (3-4) and get schedule going.) info in parentheses is Dianne’s editorial comment
- Create a tab on our local website to list open service positions-include abstinence requirements for BOT and Committees
- List service positions/needs in a more prominent place in the monthly newsletter and make a prominent point at IG meetings
- Address sponsorship...Less sponsors equals less service positions filled
- IG representatives can invite one sponsee to attend an IG meeting with the sponsor as part of the recovery process requirement
- 2023 will be the St. Louis Bi-State Area 50-year anniversary-start playing up the importance of celebrating our local community (**Action:** Dianne put in June Newsletter)
- Use language to get the attention when asking for service help (i.e. “our Intergroup is suffering...”)

Breakout Group: JMO, Dianne, Gloria, Tom

1. Outreach to medical/therapy community – can we approach community Health Departments? Can we make brochures available to office managers? Suggestion: get copies of OA brochure: “When Should I Refer Someone to Overeaters Anonymous? To members of helping professions. **Action Plan:** Dianne will order the brochures, JMO will be the contact for distribution at recovery events and/or to individual members and groups who want to carry the message to providers they use such as doctors, therapists, nutritionists, teachers, etc. When up and running we will spread the word at home groups and in the Newsletter.
2. Outreach to local Colleges and Universities for opportunities to speak at classes. **Action Plan:** JMO will begin this effort with contacts she knows.

Breakout Workgroups Today: Addition ideas/feedback from our home groups. How can we translate ideas into action plans?

- 1.
- 2.
- 3.

Review: What needs to be announced in home meetings?

1. Events: Region 4 Convention – Omaha, Nebraska – July 15-17, register at www.oaregion4.org

Responsibility Pledge: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

Adjournment and Closing Prayer

****Next Intergroup Meeting – Sunday, July 10, 2022 at 1:30 pm****