

## St. Louis Bi-State Intergroup Minutes

March 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 3, Concept 3

**Welcome:** 18 members in total were in attendance; all via ZOOM. Five BOT members, two committee chairs, one WSBC delegate, 10 IG representatives, and one visitor. 17 eligible voters and a quorum was confirmed.

**Minutes:** February 2022 minutes were distributed via email for review prior to the meeting. One addition to the minutes was requested as follows: add the proposal document by our WSO delegates for the 2022 WSBC Motions as an attachment to the minutes for ease of reference. Minutes were approved with this correction being made.

**Reports:** Chairperson and committee reports were distributed via email for review prior to the meeting. There was a question of clarification regarding the webmaster report, but the web chair was not present. Question will be addressed with the web chair directly. 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:

- There were no meeting comments from representatives in attendance.

### New Business:

- **IG Representative Monthly E-Mail**
  - Dianne led the discussion on the new format being used each month to distribute meeting minutes, committee reports, and R4/WSO representatives. The new format incorporates all reports into one single document before sending out to the representatives. Financials, monthly newsletter, event flyers and the agenda are not included in the combined document. There were three positive comments on the format.
  - Dianne inquired with the body to share their methods of distribution to their respective groups
    - Email chains
    - Google Docs to post IG information
    - Verbal report to the group
- **WSO New Release Document: Sharing OA Copyright Material Electronically**
  - Dianne S reviewed the guidelines set forth by WSO. Meetings may now screen share OA copyright material without written permission by adhering to the following conditions:
    - The screen share must be temporary and only used during a meeting
    - The screen share must be limited and comprise only a small portion of the overall content of the electronic meeting
    - The screen share must not be copied or distributed electronically, in print, as a recording
    - The screen share must be accompanied by the following citation:
      - Source (i.e., For Today, Voices of Recovery, etc.)
      - Include “Copyright Overeaters Anonymous, Inc. All rights reserved”
      - Comply with videoconferencing company’s (Zoom) terms and conditions

- Many questions were raised by the Body and addressed by Dianne S.
  - Does the requirement of screen share being “limited” include sharing an entire pamphlet or book OVER TIME? Dianne has requested clarification from our Trustee on this point and at this time, an answer is still pending.
  - Dianne will request further clarification on the following questions raised by group representatives:
    - Does this apply to audio books?
    - Does the citation of source and copyright Overeaters Anonymous, Inc. All rights reserved apply if the material is shared verbally in a meeting?
    - Can the copyright information be shared in the chat or verbally? Does it need to be written on the screen share?
  - Does material such as our newsletter need to be cited as a resource when referenced? This point was answered by reminding all each newsletter edition includes the following statement: “Other OA groups and service boards may reprint articles from this newsletter without requesting permission”
- **Region 4 Intergroup Renewal Workshop:** Dianne S recapped the event attended by her and Christiana D. It was a brainstorming workshop with Meg (R4 Trustee) and Mary (R4 Chairperson) to re-energize our OA fellowship on all levels. The focus was how to better carry the message, in our meetings, to our members, and to larger communities where OA may be unheard of. Attendees were challenged to uncover new ways to help members still suffering, to admit what isn’t working, to look at new ways to encourage members to serve, and to redefine the vision of OA meetings in our virtual world.

**Breakout Workgroup(s): Brainstorming to discuss ways to get more members involved in working for our area.**

**The body divided up into small groups to discuss the following questions:**

- What is working?
- What isn’t working?
- What are the threats and challenges our IG is facing?
- What gift do I have to offer our recovery community?

**The small groups came up with the following comments to the questions posed:**

- Directly asking members for helping with service is not working
- Not all groups send representatives to intergroup meetings which leads to a small number of persons doing the large amount of work in sharing our message
- Threat/challenge is the inability to use OA literature in social media makes sharing our message difficult to the younger generation
- When attending other meetings, share about your home group and encourage others to attend which will grow your home meeting
- Sharing OA information is difficult to distribute and be seen by professional offices (physicians, therapists, and dietitians)
- Opportunities:
  - Use unity as a cornerstone
  - We are now global easily because of the virtual means which can lead to ways to connect to outside enterprises
  - Digital advertising
  - Speaking/Promoting OA at Professional offices when being seen on a personal level (doctors, counselors, nutritionists) Give OA information at these opportunities.
  - Sponsorship: Require the new member/sponsee to do service
  - Teach about the traditions and concepts that improve ability to share our message

**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
  - July 15-17 Region 4 Convention – Omaha, Nebraska register at [www.oaregion4.org](http://www.oaregion4.org)
- Ask Newcomers how they found out about OA and keep your IG BOT informed

The meeting adjourned at 3:00 with the OA Promise

**Next Intergroup Meeting**

**Sunday, May 15, 2022 at 1:30 pm**

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

Region 4 Fundraising Committee Report  
Christina D R4 Representative

The Fundraising Committee met as part of the Region IV Spring Assembly 2022. The notes are as follows:

- Jane S. is welcomed as a new member of this Committee. Also in attendance were Amy D. (Treasurer BOD), Kay B. and Christina D. (Chair, Fundraising Committee).
- A cash seed of \$120 (\$100 in 10's and \$20 in ones) will be provided at Convention by Amy D.
- Mary C. will bring a cash box from Region for our use.
- Kay B. will submit an updated Inventory of product items at least 2 weeks before the Convention.
- Kay will ask the convention person in charge of interfacing with the Omaha Chamber of Commerce if they will provide bags for product sales.
- Jane S. will set up an excel sheet for the Inventory and Sales. She will take home the 'soft sales' of this Assembly and host (Mid-Continent) event and the current inventory to begin the system accounting. She will continue to keep accounting through at least the Convention.
- \$331.00 is the total of expenses thus far for this project (out of a \$700 approved budget).
- Sales for this Assembly were 16 items for \$180. Funds were given to Amy D.
- Discussion is ongoing, as is research, regarding the use of virtual cash. Amy D. is exploring the feasibility of using Zello (Venmo is less likely). We will continue to offer cash/check only until or unless that is worked out.
- The General Motion to amend the fundraising items was passed. The Committee may now purchase and offer for sale items like pillow shams and hand towels—items related to but beyond the scope of the original motion. No additional costs are anticipated.

**For use as a report in my role as Region IV Representative, the following notes reflect the full Assembly business:**

- Region IV (via Annette, Outreach Acting Chair) will send a packet of information and resources to any new meeting groups at the request of its IG.
- David, Region IV Webmaster, will post any new meetings that form for 6 weeks plus/in addition to any and all events submitted by the Intergroups for posting.
- Outreach has proposed that they interact with each IG PI/PO Chair or role to ensure they have the resources and support and to connect them with other IG regional work. They will continue to explore/work on that project.
- Any IG wishing to host an Assembly may, first come first serve, determine which Assembly (Spring or Fall) they will to host and the other Assembly will be virtual.
- A discussion of moving the dates of Assembly to allow for better financial information and planning came to the conclusion that a motion to find better dates would be favorably considered. A motion will be prepared for Fall Assembly.
- All motions (Consent, Rewrite of Mission, and 2 General Business Motions passed).
- Annette was appointed acting Vice Chair. Other open positions were discussed and the Representatives encouraged to apply. Board members will re-nominate for their position

Public Information Report for February 2022-Submitted 3/27/22 for next IG meeting

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

***Committee Filled Thank you for volunteering!***

**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.

***Have a small committee working on part of this! Thank you for volunteering!!***

**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.

**Road Sign Committee** – Missouri and certain municipalities in our region offer an Adopt-A-Highway program. This is a 3 year commitment to: 1) Clean up litter 4 times per year, 2) Mow your areas, 3) Beautify your area with shrubs, trees and flowers and, 4) Grow Native! Area, work with the MO Dept of Conservation to return these areas to native plants. Your group can choose to do one or more of these activities per the interest of the people in your group.

In return, MoDOT will put up a sign at the end of our area featuring our group name (FREE ADVERTISING To thousands), provide a safety briefing and DVD, safety vests, caution flags, trash bags and rules, and will pick up and dispose of the litter you collect.

There is an application process each group would need to go through. Once we have 1 group go through the process, we can provide a thorough How-To. Ideally, I would like each Bi-State area group to do this, and put on the sign St Louis BiState Overeaters Anonymous – Town Name group (i.e. Webster Groves 10:00 am Meeting)

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

May 2022 Intergroup  
Treasurer Report

*Just for Today:*

*I will release the past, letting go of my guilt or regrets about what happened "back then."  
Finding fault or blaming myself and/or others keeps me stuck in the past.*

Welcome May Flowers!

Group donations through April 2022 were \$4,692.11

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](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

## OPERATIONS REPORT, APRIL and MAY 2022

### A. Meeting Changes .

There were four important meeting changes in the two-month period since our last intergroup (IG) meeting.

#### A time change:

- The Tuesday New Horizons meeting in South County (group number 14194) now meets at 7:15 pm instead of 7 pm.

#### New Zoom login information for three (3) meetings!

- The Monday Matoon IL meeting (group 89957) is now at ID 864 8217 1349, Passcode 909667.
- The Saturday 10 am Webster Step Study meeting (group 08734) is now at Meeting ID: 829 7038 2769, Passcode: 630273.
- The Saturday 10 am Affton Reaching Out meeting (group 07418) is now at Meeting ID: 848 3444 8141, Passcode: 015351

Please make sure to use the current Where and When 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).

### B. Incoming contacts Information.

#### In March:

Phone report (314-638-6070) for March calls: Carol H, volunteer

- I received three (3) phone calls and one (1) text message from potential newcomers. I spoke to three of them, connected them to our website and gave them my personal phone number in case they had more questions; one person left a voice mail, and I returned her call two times, but she never called me back.
- I received three (3) phone calls from members seeking information: two about meeting lists, one about the Region 4 assembly
- There were no OA business-related calls
- There were many spam phone calls

Email report ([info@stlouisoa.org](mailto:info@stlouisoa.org)) for March emails: Elizabeth C, operations administrator

- There were three (3) potential newcomer inquiries.
- There was one (1) inquiry from a returning member.
- There were three (3) inquiries about meetings where we don't know if the caller was a newcomer or not.
- (For all the above, I wrote them back, answering their questions and sending the Where & When. Note that these all came from the website.)
- There was one (1) OA business email, a notice from World Service. I forwarded it to the board.
- There are lots and lots of spam emails.

#### In April:

Phone report (314-638-6070) for April calls: Carol H, volunteer

- I received one (1) phone call from potential newcomer, a Jefferson County resident. His therapist has recommended the program to him. During a long phone call, I connected him to our website and to the Where & When. I also mentioned four Zoom meetings he could try. He has a close family member in AA and is familiar with the concept of Twelves Steps.
- I received two (2) phone calls from one member who is returning to program. She and her mother dropped by the former OA "office" in Affton looking for a Where & When. I mailed one to her home address. The next week, she called again wanting to know if the Where and When was current. She asked for a therapist

recommendation; I declined and suggested she reach out to her doctor or medical group. She wanted a copy of the Outreach Directory (Hand in Hand); I mailed one to her.

- I received one (1) phone call from a current member who must change meetings for scheduling reasons. She had the Where & When and wanted contact info for a group that has chosen not to list it. She and Elizabeth are in contact about this matter.
- I received one (1) phone call from the nephew of a deceased member who named World Service and our Intergroup in her trust documents. He is administering her estate and wanted to know where to send the St. Louis check. I gave him our mailing address, and we had a nice chat about his aunt who was known to me (and nice to me) in my early days in program.
- I received one (1) phone message from a woman who sounded like an existing or returning member. She wanted info about a specific meeting and asked for a Where & When to be mailed to her.
- There were no OA business-related calls
- There were many “scam” phone calls

Email report ([info@stlouisoa.org](mailto:info@stlouisoa.org)) for April emails: Elizabeth C, operations administrator

In April 2022 there were only three actual (not spam) emails. They were all from existing members.

1. An inquiry from a member about a meeting which has no contact information or login information in our database or on the Where and When, since a bad Zoom bombing incident. The writer wanted to start attending that meeting. (Note that the same inquirer also called our phone number). I called the unlisted contact person (whose number I happened to know) and discussed the situation. The result was that I gave the inquirer’s contact information to the unlisted contact person from the meeting. I am hoping that unlisted meeting information is a temporary situation which can be resolved soon.

2. An inquiry from a member asking whether we happened to still have a copy of a particular OA book for sale. I forwarded the request to the literature chair.

3. A notice from a member about a meeting login change for the Saturday 10 am meeting in Affton. I put that on the list to be changed for the May Where and When.

### **C. Intergroup business notes:**

The business of our intergroup is running smoothly, mostly on autopay. Recently the post office box and the Zoom account were both renewed automatically for another year. The cell phone account and the storage locker are paid automatically every month. There are no special situations to report.

### **D. Volunteer positions open:**

#### 1. 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). The next available shift starts in July.

#### 2. for verifying meeting information in our Where and When and in oa.org.

This is done at least every six months. It needs an organized, detail-oriented volunteer looking for a short-term project that will last about a month.

**END OF OPERATIONS REPORT.**

Elizabeth C, operations administrator



World Delegate Report  
Submitted by: Christina D. & Cyndy L.

- 218 **eligible voters** attended WSBC
- 21 **Countries were represented:**
  - Australia, Brazil, Canada, Colombia, France, Germany, Greece, Iceland, India, Iran, Israel, Italy, Mexico, New Zealand, Russia, South Africa, Spain, Sweden, Ukraine, United Kingdom (Scotland), United States.
- **Notes on Officer & Committee Reports:**
  - Interpreters are now provided to those non-english speakers in need.
  - Revenues are significantly up relative to expenses.
  - A number of literature publications are in the pipeline and there are, additionally, more e-books available for purchase at traditional e-book providers.
- Region 4 Report: There are 50 fewer groups in 2021 compared to 2020.
- The online publication of Lifeline.oa.org is ready to launch and should do so in the very near future.
- Young People's Committee appears to be very active in reviewing many literature/offering in order to streamline those that would focus and benefit young people.
- **Committee Assignment:**
  - Christina D. will continue to work on the CLC Literature Committee, Sponsorship Subcommittee. The umbrella committee meets on May 7th, for which she will act as Secretary. The Subcommittee continues to meet regularly to complete the review, editing and original writing and insertion of solicited stories into what will now be a guide to Sponsors.
  - Cyndy L. will continue as the Delegate Co—Chair of the Bylaws Committee, serving one more year. She will continue to be actively involved in all work considered by that Committee. She intends to run for one more term
  -
- **Literature Conference Approved:** The Twelve Traditions Workbook of Overeaters Anonymous was approved for the Conference Seal of Approval. It's format is similar to that of the Daily Readers' and OA Twelve and Twelve's Workbooks. Like those Workbooks, this publication is meant to complement the individual's close study of the 12 Traditions.
- **New Business & Bylaw Amendments:**
  - A. Approved: Responsibility Pledge to be placed on all publications, as and when practicable.
  - C. Defeated: Motion to share copyright materials.
  - D. Defeated: Refund of Covid payroll loan, which was later forgiven.
  - E. Defeated: Naming July "Service" Month
  - G. Approved: Motion for free download of pamphlet *Where Do I Start*.
  - 1. & 11. Defeated: combined by Reference Committee and substituted; to specify years in which rotating hybrid, virtual and in-person Conferences will take place.
  - 4. Approved: motion to allow interpreters to speak on behalf of delegates with language or special needs. (Note that term "special" was hotly debated).
  - 14. Approved: unaffiliated groups to align with service boards that serve their language.
  - The following motions were approved in order to affect restructuring language for trustees and service bodies: B., 5-10., 12., 13., 15.
  - Withdrawn Motions: H. I. 2. and 3.

- **New Trustee Elections:**
  - Region 5 Barb K.
  - Region 9 Emilia I
  - GST Bob L.
  - GST Sandra M.

As usual, we very much enjoyed participating at the WSBC. We would welcome a discussion with anyone interested. It is an experience we wish you all might have.

## Report from Your Intergroup Newsletter Team For April and May, 2022

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

- An invitation to newcomers, including a link to the OA Quiz and to a list of meetings.
- A Step Four article
- A Tradition Four article
- An article on the spiritual principle of courage
- An announcement of the new address for Region 4 contributions
- The IG Chair's column for March
- The April Paddie and Ria Story – Part 2 and conclusion of “The Journey from Stress to Feel, Deal, & Heal”
- Synonyms for key words in Step Four
- The Intergroup calendar of events
- A recovery word search puzzle
- The April Public Information Committee announcements page (“the billboard”)

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

- An invitation to newcomers, featuring a **Big Book** quote and a SHAME graphic inspired by the quote
- A Step Five article
- A Tradition Five article
- An article exploring the spiritual principle of Tradition Five: Purpose
- The May Paddie and Ria Story – “From Food Daydreams to the Abstinence Advantage”
- A meeting spotlight article on Sunday at 10:45 a.m.
- An informational article on a new document published by WSO, a bylaws FAQ
- The calendar of events
- A recovery word search puzzle
- Synonyms for key words in Step Five
- The May 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](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

And Team Members:

Pat O.

LaNae S.

Anne H.

Melanie T.

## Intergroup Meeting Report from Webmaster: For May 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 **April 11 – May 10, 2022**

- 316 sessions
- 657 page views
- New vs. returning visitors 72% new, 28% returning
- Device breakdown: 49% desktop, 1% tablet, 50% mobile
- Top pages:
  - a. OA St. Louis home page (281)
  - b. Meeting information (140)
  - c. Podcasts (41)
  - d. Products page (33)
  - e. Looking for more events (12)

Submitted by: Colleen C.