

St. Louis Bi-State Intergroup Minutes

October 9, 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 10, Concept 10

Welcome: 16 members in total were in attendance; all via ZOOM. Five BOT members, one committee chair, nine IG representatives, and one WSO delegate. 16 eligible voters and a quorum was confirmed.

Minutes: September 11, 2022 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 were offered.

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:

Marion O. offered additional information for the group Sunday at 4 pm Abstinence First/Newcomer is now a hybrid meeting and requested the Where and When to reflect this change.

New Business:

- **Audio Recording all IG Meetings**

Dianne suggested all IG meetings be recorded via the Zoom recording feature. Recording will promote accuracy of the minutes, discussions, and/or voting segments by the Secretary. The recordings will be permanently deleted once the meeting minutes are approved by the Intergroup body. No concerns regarding this new procedure were voiced and audio recording was initiated.

Old Business:

- **Google Ad**

Dianne led the conversation regarding the proposal of resuming the Google Ad for the remainder of this calendar year. At the September 11 IG meeting, representatives were asked to inquire with their members on resuming the ad, thereby utilizing an additional unbudgeted \$2000 to do so.

There was a “motion” from the Saturday 10 am meeting, Reaching Out regarding the use of “cookies” with Google Ads and OA.org. The group was asking to address cookies as a violation of Tradition 12. The group also felt using ads for promoting our local OA was a violation of Tradition 11. The motion was received by Intergroup the day prior to October 9 and was distributed via email to all IG members to view in preparation for this discussion. Dianne pointed out the term “ads” used by Google is a listing of services within the search parameters as determined by the subscriber (in this case St. Louis Bi-State Area IG) very similar to listings in the yellow pages. She addressed the motion by clarifying the process outlined in the bylaws on how IG reviews, discusses, and eventually votes on motions submitted. The breakdown of the issues presented would need to be set up as individual motions as follows:

- Motion for WSO to change their policy of using cookies on their website
- Motion for R4 to not allow cookies on their website (although it is believed by the Reaching Out group that R4 does not allow cookies at this time.)
- Motion for St. Louis Bi-State Area IG not allow cookies on their website (although it is believed by the Reaching Out group that R4 does not allow cookies at this time.)
- Motion for St. Louis Bi-State Area IG not use ads to publicize or create awareness of local OA support groups

The deadline for submitting motions are as follows:

- December 1 for 2023 WSBC consideration. Must be presented to and approved by St. Louis Bi-State Area IG prior to moving forward. If approved by our IG, WSO will add it to the Agenda Questionnaire to go before all intergroups for consideration prior to making it to the WSBC discussion
- Region 4 recently held the Fall Assembly and next opportunity for new motions to be considered will be 60-days prior to Spring Assembly. Motions must be presented to and approved by our IG prior to moving forward to R4
- Deadline for motions to change our IG bylaws is October 14

Cyndy L. offered to work with the Reaching Out group to revise proper motion(s) to be presented at IG for consideration. Her contact information was shared with the representative for the Reaching Out group.

The discussion of this topic was tabled until the Reaching Out group submits formal motion(s) for consideration at the next Business Conference on November 13, 2023.

Regarding the original motion presented at the September IG meeting as to if an additional unbudgeted \$2000 should be allowed to restart the Google ad for the last quarter of 2022, a vote was presented to the Body, resulting as follows:

- In favor: 14 members
- Opposed: 1

\$2000 will be allotted to run the ad for the remainder of 2022.

- **Public Information Opportunity – MO DOT Adopt-A-Highway Sign**

Dianne led the conversation carried over from September 13 meeting. She confirmed the Board of Trustees met on September 29, 2022 to discuss on how to proceed with a possible motion on IG position regarding this topic. Pros and cons from the body were reviewed at this meeting. A motion could not be formulating by BOT as the opportunity is not an Intergroup sponsored event. IG was serving as a communication tool through announcement(s) at IG meetings and through the newsletter. Groups have autonomy to decide if the opportunity is appropriate through group conscience. Our bylaws Article XII, section 9B addresses the powers and duties of IG. Dianne read the bylaw verbatim to the body. Research on the topic of MO DOT Adopt-A-Highway Sign regarding IG's responsibility led to the decision by BOT that the topic was thoroughly discussed and opinions were voiced by groups represented. BOT decided this is not a subject for further discussion by IG. Dianne requested members to voice opposition to this proposal.

Question from a representative was regarding IG communication about this type of promotion as a possible avenue of public awareness. Dianne asked for clarification on the question and responded this was merely a communication of possibility. The argument was that IG should not supply groups with opportunities that break tradition. Discussion from members resulted in a conscious awareness by IG BOT that the body be informed of opportunities to promote awareness of OA before the area wide notification is presented (as through the Newsletter).

- **Upcoming Business Conference:**

Dianne highlighted the Intergroup Board/Committee openings, Region 4, and WSO Delegate openings. Each member of the body was given the requirements and open positions via Dianne's agenda. The specifics were also distributed to each representative via email. Nominations for the following positions have been received so far:

- WSO delegate
- Vice-Chair
- Treasurer
- 2023 Retreat Chair

Work Group(s)

Members were divided into groups for discussion and planning of the 2023 birthday celebration event and the 2023 retreat for approximately 30 minutes.

- **2023 Birthday Celebration**

- Cyndy L to submit nomination for chair of event
- Date pending availability of venue. Spring 2023
- In-person only
- Possible one-day event with recovery until early evening followed by dinner and entertainment. Ending by 10 p.m.

- **2023 Fall Retreat**

- Jeremy C to submit nomination for chair of event
- 3 venues have been found to have Fall 2023 availability
- Susan T and Jeremy to make on-site visit to venue in Columbia, IL in near future
- In-person only
- Seeking members to be on planning committee

Review: What Needs Announced in Home Meetings:

- **Invite your group members to attend the Annual Business Conference on November 13, 1:30 pm**
- **Proposed changes to Policy/Procedure Manual AND bylaw motions are posted at**
- **Open Service Positions outlined above.**
- **Upcoming Recovery Events:**
 - November 5, 9:30-11:30 am IDEA Day
 - December 3, 9am-Noon Annual Holiday Booster
- **2023 will be the 50-Year Anniversary of Overeaters Anonymous in the St. Louis area.** Begin creating awareness and energy to celebrate this momentous occasion. Recruit members to join in the planning.
- **2023 in-person Fall Retreat** planning, seeking volunteers and create awareness.
- **Inquire with members who may be interested in attending a NEW face to face meeting**
- **Encourage members to visit oa.org to find extensive listing of recovery events**
- **Ask Newcomers how they found out about OA and keep your IG BOT informed**

The meeting adjourned at 3:00 pm with the OA Responsibility Pledge and OA Promise

Next Intergroup Meeting

Annual Business Conference

Sunday, November 13, 2022 at 1:30 pm

Platform via ZOOM. Communications to follow.

Literature Chair Report for October 2022

I sold \$24.00 in literature. 2 10th-step Dailey Journals

Also submitted a reimbursement form + receipts for postage since the office closed \$22.13

Respectfully submitted,

Marilyn F on October 26, 2022

Intergroup Meeting Report from Webmaster: For November, 2022 Meeting

My work on the web continues to be updating any forms, meeting lists, podcasts and events provided to me by the BOT. This past month, the website consultant re-designed our old website and created a more user-friendly format. I am learning how to update on this newer platform.

Online traffic for stlouisoa.org from September 27 – October 26

- 620 sessions
- 1056 page views
- New vs. returning visitors 75% new, 25% returning
- Device breakdown: 55% desktop, 1% tablet, 44% mobile
- Top pages:
 1. OA St. Louis home page (491)
 2. Meeting information (171)
 3. IDEA day (32)
 4. Holiday Booster (30)

Submitted by: Colleen C.

Report from Your Intergroup Newsletter Team

For November, 2022

The November newsletter is now posted at our Intergroup (IG) website at [THIS LINK](#). We are choosing to offer a lot of “support during the holidays” material in November and December.

Here is a summary of what you’ll find in November - with our thanks to all who contributed:

- A Step Eleven article
- A welcome to newcomers with a link to the OA Quiz
- A Tradition Eleven article
- 12 Steps to a Slip article
- Tips for staying abstinent during the holidays
- A reflection on the power of gratitude
- A cartoon about cross-sharing (cross-talk)
- A reflection on the spiritual principles of Steps 10 and 11 and Traditions 10 and 11
- A reflection on the journey of the 12 Steps with encouragement to “Keep Coming Back”
- A letter to the editor with a personal version of the 11th Step Prayer
- A recovery cartoon based on Venn Diagrams
- Encouragement to submit stories to the online Lifeline Blog
- Synonyms for key words in Step Eleven
- The Intergroup calendar of events
- Flyers for Intergroup recovery events on November 5 and 24 and December 3

Please help your fellows know the newsletter exists by sharing information about how to access them 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.) The newsletter, along with a **Where and When**, can also make an excellent leave behind resource when you have a Step 12 conversation.

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 Eleventh Tradition and keep the fellowship alive for all who need it.

J-MO, Newsletter Editor

314-775-3261

And Team Members: Anne H, LaNae S, Melanie T, Pat O, Sue S

WSBC Delegate report for November

There is nothing new to report this month. The Agenda Questionnaire will be available in early January 2023, and I will be preparing for our annual discussion at the February IG meeting.

In Service

Cyndy

50th Anniversary Committee Report.

The Committee has made a decision to hold a one day special event that will include an all day recovery opportunity. There will be speakers and sharing and fellowship. The plan is to include lunch and dinner as well as entertainment and a dance. More will be revealed at the Holiday Booster. We will be preparing and submitting a proposal for the December budget meeting.

Please let your meetings know how much we would like to have all of our members join un in celebrating 50 years of OA in St. Louis on March 18, 2023.

In Service,

Cyndy

November 2022 Intergroup
Treasurer Report

Just for Today:

*I WILL drop all anxiety about the future. I will live this day with as much Joy, Trust and Serenity as I can,
realizing that this day is all I can handle.*

Dear OA brothers and sisters,

Our group donations January through October 2022 are \$11,419.05.

We have sufficient funds to cover our expenses.

Please remind our members to continue to give even though we may not be meeting in person.

Giving is easy!

stlouisoa.org (7th tradition at top of page),

oaregion4.org (Shop and Contribute at top of page)

oa.org (7th tradition contribution at the top of page).

Donations can always be mailed in, addresses can be found on all the OA websites.

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.

OPERATIONS REPORT, NOVEMBER 2022 (COVERS OCTOBER DATA)

A. Meeting Changes .

One meeting closed: the Wednesday evening meeting in Columbia MO. (The Sunday meeting in Columbia is still going on.)

B. Incoming contacts Information.

Combined report: October IG Email (info@stlouisoa.org) and IG cell phone (314-638-6070)

There was one real phone call this month, and there were 16 emails.

- Looking for a meeting: (3)
- Inquiries about OA from non-members: (1) -- Inquiry from an observer asking about open OA meetings he could attend
- Inquiries from OA members: (1) how to donate, (1) Holiday Booster
- Changes to Where and When meeting list: (1)
- Changes to IG rep information (0)
- OA business: (3 levels of general communications, 2 special IG topics)
 - General communications from WSO: (1)
 - General communications from R4 or other regions (2)
 - General communications from our IG, copies of emails (5)
 - Additional Topic: About getting Holiday Booster on oa.org (1)
 - Additional Topic: Google Ads (1)
- Spam emails and phone calls: very many.

C. Intergroup business notes:

Nothing special 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, please write info@stlouisoa.org. The next available shift starts in January 2023.

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 10/2022 OPERATIONS REPORT.

Elizabeth C, operations administrator