

St. Louis Bi-State Intergroup Minutes

June 12, 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 6, Concept 6

Welcome: 11 members in total were in attendance; all via ZOOM. Four BOT members, one committee chairs, one WSBC delegate, four IG representatives, and one visitor. 11 eligible voters and a quorum was confirmed.

Minutes: May 15, 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. Additional comments were as follows:

- Upcoming recovery events have been added to the IG calendar
 - August 19 Sponsorship Day hosted by Webster Groves, Saturday 10 am meeting (details to follow)
 - November 5 IDEA Day hosted by Early Bird Clayton Meeting (details to follow)
 - December 3 Holiday Booster hosted by St. Mary's Sunday morning meeting (details to follow)
- Webmaster reported an uptick in website activity may be related to recent redesign work
- Newsletter committee requested to ask group members for article featuring Tradition 7 for the July edition
- Treasurer announced calling attention to the appeal letter to be featured in an upcoming Newsletter
- Operations Administrator emphasized asking group members to serve IG by volunteering to answer the OA cell phone beginning in July for a 3-month commitment.

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:

No comments/concerns brought forth from group representatives.

New Business:

- **Archives of Recovery Event Recordings**

Connie H has completed the project of archiving recordings from recovery events over the years. Recordings have been stored on a portable hard drive. The hard drive has been copied to a second hard drive for back up purposes. Connie H is in possession of one and Della T is in possession of the backup. Connie asked for discussion and suggestions from IG on what to do with the original recordings on cassette or CD media. Dianne led the discussion with the group. Consensus was formed that original recordings from alternative media can be destroyed once the recording is on a portable hard drive. The group also agreed two forms of back up on portable hard drives is sufficient to keep in archive. Dianne to contact Connie H with the IG decision.

Old Business:

- **Google Ad**

Elizabeth C updated members on Google technical expertise being helpful and free of charge to us as first-time users. She has had multiple meetings with the technical staff and will continue to have technical support as the project launches. Expected date for Google ad to appear is June 14 or 16 and as agreed upon will be active for a six-month period. Elizabeth will notify BOT when project has been launched.

- **Website Update**

Colleen C updated members on revisions to IG website as moving along, utilizing paid contractor to assist in the changes. Dianne S is working with Colleen to help make the website user friendly to all members, including those members unfamiliar with new website technology.

Workgroup: Addressing the challenges and creating an action plan to address low membership AND low member participation.

Dianne led the body in discussion regarding suggestions reported from the May meeting.

- Form a committee to have IG representatives attend meetings to spread IG news
 - Jeremy C to gather volunteers
 - Eileen M
 - Susan T
 - Ideal would be to have an IG member attend group meetings once every quarter for the following purposes:
 - Announce open service position(s)
 - Encourage a group representative at IG meetings to bring information back to the group immediately following IG meetings
 - Write articles for our newsletter
 - Addressing any specific Intergroup needs
 - Target which meetings to visit-strategize ways to get to outlying meetings
 - Form a script to target specific needs from Intergroup
 - Meet monthly to discuss outcome of meeting visits
 - Notify groups prior to having an IG representative attend the meeting with the intention the group can announce a representative will be making announcements
- Using “When Should I Refer Someone to Overeaters Anonymous: To Members of the Helping Professions” brochure to mail to medical professionals. Dianne S will order brochures. J-MO will be the contact for distribution at recovery events and to individual members wanting to carry the message to medical providers they use. Once materials are obtained, spread the word through home group announcements and newsletter
- Outreach to local colleges and universities for opportunities to speak at classes. J-MO will begin this effort with her contacts.
- Create a tab on our IG website to list open service positions. Include abstinence requirements for BOT and Committee leads
- Address sponsorship
- Have IG representatives invite sponsee to attend IG meetings with their sponsor as part of the recovery process
- 2023 Celebration in planning for the St. Louis Bi-State Area Intergroup 50-year Anniversary-Dianne S. to submit an article in the July newsletter
- Use stronger language when speaking about the needs of service in our Intergroup (i.e., “our service body is suffering...”)

Review: What Needs Announced in Home Meetings:

- Region 4 Convention in Omaha, Nebraska. July 15-17. Registration open [Convention Registration – OA Region 4](#)
- Google Ad for public awareness starting within weeks
- Tradition 7 Article for July newsletter needed
- Ask Newcomers how they found out about OA and keep your IG BOT informed

The meeting adjourned at 2:35 with the OA Responsibility Pledge

Next Intergroup Meeting

Sunday, July10, 2022 at 1:30 pm

Platform via ZOOM. Communications to follow.

Intergroup Meeting Report from Webmaster:

For July 2022 Meeting My work on the web continues to be updating any forms, meeting lists, podcasts and events provided to me by the BOT.

I also supported the Google Ad committee by attending a couple of meetings to add content to the website so that tracking of Google Ad activity could begin.

Online traffic for stlouisoa.org from June 3 – July 2, 2022

- 462 sessions
- 877 page views
- New vs. returning visitors
 - 67% new, 33% returning
- Device breakdown:
 - 45% desktop, 2% tablet, 53% mobile
- Top pages:
 1. OA St. Louis home page (419)
 2. Meeting information (173)
 3. Contact us (42)
 4. Products page (35)
 5. Intergroup Meeting Dates (32)

Submitted by: Colleen C.

WSBC Delegate report for July

The update of the Continuing Effects Motions (Policy) manual is now available at [World Service Business Conference - Overeaters Anonymous \(oa.org\)](https://www.oa.org/) It includes all the changes that were decided at the 2022 WSBC. The Bylaws updates should be completed soon.

If anyone is interested in proposing the St. Louis Bi-State IG submit a bylaw or policy change to the WSBC Agenda Questionnaire, now is the time to prepare them. They will be considered at the November IG meeting, but I am happy to help with crafting of any such motion prior to that meeting.

As the delegate-co-chair of the WSBC Bylaws Committee, I continue to work with the members of that committee. This month I will be preparing an update report for the Trustee co-chair. As with any OA service position, the work goes on between meetings.

The 2023 WSBC will be from April 26th to 29th in Albuquerque, NM. St. Louis Bi-state is currently eligible to send three delegates. While I am willing to serve as a delegate again, I would welcome anyone to put in their nomination for this valuable service. The requirements are one year of current abstinence and two years of service beyond the group level. That includes all service at Intergroup or Region 4. I believe in rotation of service and would like to encourage others to share in the valuable service experience.

In Service

Cyndy

Report from Your Intergroup Newsletter Team

For July, 2022

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

- An invitation to newcomers, focusing on “Food Hell,” with a quote from the New Members page at OA.org
- A Step Seven article
- A Tradition Seven article
- An article on the spiritual principle of Step and Tradition Seven
- A letter from our Treasurer spelling out that our service bodies lose less money to online fees if we make fewer, larger payments instead of many small payments
- An invitation to an August 19 recovery event focusing on Sponsorship, plus a flyer with all the details
- A spotlight on the new WSO resource called “Fifteen Questions for the Young Person”
- A two-page article and photo spread on spiritual nourishment that can come from spending time in creation
- A “Road Sign Project” page about how to get free advertising for an OA meeting by picking up trash on a section of highway
- Synonyms for key words in Step Seven
- The Intergroup calendar of events

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

J-MO, Newsletter Editor 314-775-3261

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

OPERATIONS REPORT, JULY 2022

A. Meeting Changes .

The Sunday 4 pm Abstinence First meeting is now hybrid, with a new face-to-face location.

The Tuesday 1 pm New Me meeting is hybrid by phone and face-to-face.

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.

B. Incoming contacts Information.

Email report (info@stlouisoa.org) for June emails: Elizabeth C, operations administrator

- Inquiries about OA from non-members: none
- Inquiries from members: (1)
 - A meeting's Zoom login?
- Changes to Where and When meeting list: (2)
 - New Me (hybrid) phone login information to restore
 - Abstinence first (hybrid) new face-to-face location address
- OA business: (3 levels of general communications, 5 special IG topics)
 - General communications from WSO: none
 - General communications from other regions (2)
 - General communications from our IG, copies of emails and a flyer (2)
 - Topic: renewing domain name through Bluehost (4)
 - Topic: Zoom update (1)
 - Topic: Google search ads (39)
 - Topic: A double payment to IG made by mistake (4)
 - Topic: software for new IG replacement laptop (4)
- Spam emails: very many.

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

- I received four (4) calls from a returning member. 1) I explained to her how to access meeting list using her smart phone, 2) gave her Zoom info and contact person info for Sun. 4 pm meeting, 3) Elizabeth gave her Tue. 11 am meeting info and found an OA 12 & 12 for her, 4) Twice she wanted a meeting 'right now' and Elizabeth gave her info. During the fourth call, Peggy said she did not receive the Newcomer's pamphlet (we don't send these; perhaps one of her meetings said they'd send her one).
- I received one (1) phone call from another returning member who was looking for a face-to-face meeting in STL area. I gave her the info and mailed a June Where & When to her. 63103 zip code.
- I received one (1) phone call from a prospective newcomer. He has no twelve-step experience and doesn't know anyone in a program. He will look up meetings on the website. There was a person in the background who was helping by taking down information for him.
- I received one (1) text from a member who was at the PNC bank meeting in Kirkwood (Sun 4 pm) but found no one there. I texted back about the new hybrid nature of the meeting and sent her the contact person and phone number so she can explore ways to connect with them.
- I received one (1) phone call from a woman who asked me to send her a Newcomer pamphlet. I explained that we don't mail these out; asked her what she needed so I could help her in other ways, but she hung up.

- I received two (2) phone calls from members who wanted Zoom login info for meetings other than their own.
- I received one (1) phone call from a member who struggles with eating between 9 and 10 p.m. She hoped there was a meeting in our area she could hop onto. Told her there are many meetings in that time slot in other times zones than ours. She will look online to make a connection.
- I received two (2) phone calls from a woman (Amy?) whose messages were faint and unintelligible. I got her number from the phone log and returned both her calls but did not hear from her again.
- Received one (1) business-related call. An organization in Farmington has OA on its “resource list” and was confirming that we still have the same phone number.
- There were many “scam” phone calls
-

C. Intergroup business notes:

1. Google search ads. These are up and running as of June 16. In the first 13 full days since then, the ad was shown 1,400 times. **People clicked on our ad 87 times!** (They were taken to our IG website.)
2. The business of our intergroup is running smoothly. Bills are mostly on autopay. The Business Manager does the monthly financial tasks and accounting. She also maintains the files needed to support the Where and When and to communicate with the IG representatives.

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 OPERATIONS REPORT.

Elizabeth C, operations administrator

July 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,

Your Intergroup has purchased a new lap top for our bookkeeping. You will see this expense under Liabilities and Equity.

Our group donations January through June 2022 are \$6,986.26.

We have sufficient funds to cover our expenses.

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.

From Christina D:

As World Delegate, I am involved in ongoing participation in the editing and writing of an inclusive and updated Sponsorship pamphlet under the Literature Committee.

As Region IV Representative, I will attend the upcoming convention from July 16-18. As chair for the Fundraising Committee, I and our committee will oversee the sale of merchandise.