

St. Louis Bi-State Intergroup Minutes

November 13, 2022 1:30 p.m.

Annual Business Conference

Open: The meeting was called to order by Chair, Dianne S. at 1:30 p.m. Zoom recording feature enabled for the duration of the meeting. All members were informed of the recording process.

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. Representatives were supplied with business motions 1, 2, 3, and a draft of the revised policy/procedure manual at the designated 30-day time period prior to the conference date. Applications for 2023 service positions were distributed at the designated 15-day time period prior to the conference date.

Readings: Serenity Prayer, The Twelve Steps, Tradition 11, Concept 11

Welcome: 16 members in total were in attendance; all via ZOOM. Five BOT members, two committee chairs, seven IG representatives, and one WSO delegate, one visitor. 15 eligible voters and a quorum was confirmed.

Minutes: October 9, 2022 minutes were distributed via email for review prior to the meeting. Minutes were approved with a correction to bullet point 2 under **Review: What Needs Announced in Home Meetings** added stlouisoa.org at the end.

Reports: Chairperson and committee reports were distributed via email for review prior to the meeting. Vice-Chair, Christina D gave a verbal report regarding her duties as vice-chair, Region 4 Representative, and World Service Delegate. At the conclusion of 2022, each of these roles will be delegated to other members as her service period has been completed. She expressed her gratitude for serving OA.

Elizabeth C gave an update on the Google Ad project which is currently on hold because of updates on the St. Louis Bi-State website. The website designer has made the necessary fixes to route clicks on the ad to the website. Once Google has recognized the changes, the ad will resume. The plan is to use the allotted \$2000 for the ad by it being active through the end of this year.

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. Due to updates with the website, members were informed the seventh tradition on-line feature is currently not functional. Web consultant is working to resolve this issue as soon as possible. The mailing address was confirmed to be P.O. Box 28882, St. Louis, Missouri 63123-0082 and shared with all members via the chat feature.

Intergroup Reps Home Meeting Comments: No comments were offered.

Request from Treasurer: Marina F addressed those present to inquire of any member willing to perform the mandatory audit of the OA bookkeeping. Interested members were asked to contact Marina and she will make the arrangements with the OA bookkeeper.

Annual Business Conference

Dianne initiated the conference by reviewing the guidelines for establishment of a quorum and the number of voting body. It was clarified members may be representing more than one group or may serve in more than one position; however, no person shall have more than one (1) vote. A motion to use the standing rules outlined in the Bylaws was made and passed by the voting body.

The official count of voting members is 15. A quorum is present. Cyndy L will serve as Parliamentarian. Anonymous voting has been prepared via the Zoom poll feature. A brief instruction on using the Zoom poll feature was given. Telephone attendees were instructed to text their vote to Elizabeth C and her contact information given. Della T volunteered to be the timer. Each person presenting pro or con to the motion is allowed two (2) minutes. The motion will have three (3) alternating pro and con comments before allowing up to 15 minutes for questions/discussion from the body.

Business Conference Motions:

- **Proposal 2: Motion to amend Article XII: The Board of Trustees, Section 1, Point A. Decrease the BOT number and members from six (6) to four (4).** BOT shall consist of a Chair, Vice-Chair, Secretary, and Treasurer. Presented to the body by Elizabeth C. A second pro was presented to the body by Christina D, speaking to the dissolution of the Public Information Officer position. No con comments were voiced.
 - **Voting Results: Passed Unanimously**
- **Proposal 1: Motion to amend Article VI: Intergroup, Section 4, Point B. Striking the election schedule for Operations Administrator and Public Information Officer.** Presented to the body by Marina F. A second pro was presented to the body by Dianne S, speaking to simplification of bylaws and redistribution of duties in the policy/procedure manual. No con comments were voiced
 - **Voting Results: Passed Unanimously**
- **Proposal 3: Motion to amend Article XIII: Duties of Officers, Section 1. Striking the Operations Administrator and Public Information Officer from the duties of officers.** Presented to the body by Christina D. No additional pro or con comments were voiced. Question was received from a member asking if the duties of the operations administrator and public information officer need to be outlined in the bylaw discussed. Dianne answered duties of the eliminated positions have been redistributed to remaining BOT members and are specifically outlined in the policy/procedure manual.
 - **Voting Results: Passed Unanimously**
- **Policy/Procedure Draft:** Dianne reviewed the updates made to the policy manual to reflect the reduction of board members and redistribution of tasks from the operations administrator and the public information officer. The additions are highlighted in yellow while the deletions are noted by ~~strike through~~. Dianne requested any questions or additional changes to the draft as presented. No questions or additions were voiced.

Election of Officers for Board of Trustees:

Each nominee was allowed to give a brief account of their OA service history and strengths to support their nomination. IG members were allowed to question each nominee prior to voting.

- **Vice Chair:** Elizabeth C
 - **Voting Results: Elected**
- **Treasurer:** Marina F
 - **Voting Results: Elected**

Annual Business Conference (continued)

Election of 2023 Service Positions:

Each nominee was allowed to give a brief account of their OA service history and strengths to support their nomination. IG members were allowed to question each nominee prior to voting.

- **World Service Delegate:** Cyndy L
 - **Voting Results: Elected**
- **50th Anniversary Chair:** Cyndy L
 - **Voting Results: Elected**
- **2023 Fall Retreat Chair:** Jeremy C
 - **Voting Results: Elected**

Old Business:

- **Webpage Redesign**

Ad Hoc committee working diligently to fix, merge, and improve functionality within the website. Glitches are being worked out with web consultant, Alex Carlson of Digital Pop. The biggest issue is with the non-functional 7th Tradition/event contribution page. The committee is working as fast as possible to repair the issue. They are also working in cooperation with Google to reestablish the link between the ad and direction to the local webpage. Dianne requested to ask groups continued reporting of issues found on website. Report to Dianne and/or webmaster at email addresses on website. Colleen added she has been able to update the information necessary that changes monthly.

New Business:

- **Motions for World Service Organization**

Two (2) motions were received by the Chair the morning of this meeting. Dianne reviewed meeting notes from October for the members. At that time, there was discussion of the use of Google Ads and the use of cookies on the WSO website. The recommendation was to get motions in proper order and present to IG for consideration at this meeting. The meeting representative submitting the motions spoke in explanation of reasons to discuss and vote on the motions, if possible, at this meeting. Parliamentarian was consulted how to move forward with considering if this motion. Cyndy L informed the group a member of the body would need to make a motion to consider discussion and voting on these as the group presented to the Chair. Clarification was made to everyone that voting "Yes" means that the motions should be discussed and voted on in this meeting and voting "No" means the motions will not be discussed at this meeting. Hearing this explanation, a poll was presented to the group for voting.

- **Voting Results: Failed. 5 Yes 9 No**

The motions will be brought forward for discussion in January 2023.

Review: What Needs Announced in Home Meetings:

- **Open Service Positions:**
 - World Service Delegate
 - Region 4 Representative
- **Upcoming Recovery Events:**
 - Added meeting on Thanksgiving Day hosted by Clayton Early Bird groups at 9 am
 - December 3, 9am-Noon Annual Holiday Booster
- **November Gratitude Month.** Consider a special collection to Intergroup as an expression of gratitude for our life saving recovery program.
- **December 2022 (specific date to be announced) annual budget meeting for 2023.** Each representative will be notified of the date to report to their groups. Everyone is invited to attend the annual budget meeting.
- **2023 will be the 50-Year Anniversary of Overeaters Anonymous in the St. Louis area.** Continue creating awareness and energy to celebrate this momentous occasion. Save the date of March 18, 2023. One-day, in-person event with evening entertainment held at Maryland Heights Community Center.
- **2023 in-person Fall Retreat** planning, seeking volunteers and create awareness. Save the date October 27-29 at Todd Hall Retreat Center, Columbia, IL
- 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 Promise

Next Intergroup Meeting

Sunday, January 8, 2023 at 1:30 pm

Platform via ZOOM. Communications to follow.

Intergroup Meeting Report from Webmaster: For January, 2023 Meeting

My work on the web involves updating any forms, meeting lists, podcasts and events provided to me by the BOT. I continue to learn how to use the newly designed website. With the help of other Board members, I am revising some pages on the website that have duplicate information or information in an illogical location.

Online traffic for stlouisoa.org from November 27 – December 26

- 1009 sessions (this is an increase of 72% from the previous 30 days)
- 1834 page views (up 54% compared to previous 30 days)
- New vs. returning visitors 77% new, 23% returning
- Device breakdown: 23% desktop, 6% tablet, 71% mobile
- Top pages:
 1. OA St. Louis home page (915)
 2. Meeting information (352)
 3. New to OA? (112)
 4. Podcasts (111)
 5. 7th Tradition (92)
 6. Newsletter (35)

Submitted by: Colleen C.

WSBC Delegate report for January

Registration will be open for Delegates this month. It's not too late for a second Delegate from Bi-State to be considered. I am happy to help someone prepare to take on the Delegate role, as I will be stepping down when I complete my term.

The Agenda Questionnaire will be posted on oa.org this week and the proposed motions from all over the world we be what we will consider in our discussion at the February IG meeting. If anyone is interested in reviewing these in advance, or just learning more about the process, please contact me.

Here's the link to a short video about the Agenda Questionnaire to help you get started. [Nine-minute downloadable video](#)

In Service,

Cyndy

50th Anniversary Committee Report.

The Committee is planning a one-day special event that will include an all day recovery opportunity.

The flyer is available [Events – Overeaters Anonymous – St. Louis Bi-State Area Intergroup \(stlouisoa.org\)](https://stlouisoa.org/Events-Overeaters-Anonymous-St-Louis-Bi-State-Area-Intergroup)

The location is the Maryland Heights Community Center.

An out of town speaker is coming to help us celebrate, along with many of our local friends and OA family.

The suggested donation is \$60 for all day including meals or \$35 registration only. We Care is available for anyone who might need it.

While the final menu is being selected, we know the food will be healthy and nutritious and meet most members' requirements.

The next task for the committee is to work on the program, visit our outlying meetings and invite everyone we know to come. Please plan on joining us.

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

In Service,

Cyndy

Report from Intergroup Newsletter Team

For December 2022 and January 2023

We've posted two issues of the Intergroup's **OA Today** newsletter to our website as well as using email distribution since our annual business conference meeting of November 2022.

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

- A Step Twelve article
- A Tradition Twelve article
- A newcomers corner article focusing on "the 15 Questions"
- The IG Chair's column for December
- An article on presents/presence during the holidays
- A brief article about the 50th anniversary celebration and recovery event on March 18, 2023, plus a Save the Date flyer about that event
- Spotlight on the principles of Step and Tradition 12
- Announcements of changes related to the St. Mary's and Webster Groves home meetings
- A reprint of a holiday survival article from the OA in South Africa
- Ways to celebrate "12th Step Within Day" (December 12)
- An update on officer changes at Region 4 as well as open positions
- Highlights of the November Intergroup Business Conference
- A list of which meetings are happening and not happening on December 25 and January 1
- A flyer for the December 3 Holiday Booster event
- The Intergroup calendar of events
- Synonyms for the words in Step 12

The January 2023 newsletter is posted at our Intergroup website at [THIS LINK](#). Here is a summary of content, again with our thanks:

- A Step One article
- A Tradition One article
- A welcome for Newcomers with links to OA.org resources and the IG Where and When document
- Encouragement to host recovery events, plus a list of all 2023 Intergroup meetings
- An article on focusing on recovery – whether one makes New Year's resolutions or not
- An article on "resigning from the Tradition Police"
- A first person sharing of experience, strength, and hope related to winter and isolation
- The calendar of events
- Two pages of information about the 50th anniversary event in March

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:

Anne H.

LaNae S.

Melanie T.

Pat O.

Sue S.

VICE-CHAIR REPORT, JANUARY 2023 (COVERS NOV & DEC 2022 DATA)

A. Upcoming Events .

1. The 50th Anniversary Celebration, an in-person event: **March 18, 2023 - 9:30 a.m. to 9:30 p.m.** - Maryland Heights Community Center, 2300 McKelvey Road 63043. The flyer is posted on our website stlouisoa.org and the Region 4 website oaregion4.org. It is included in our January newsletter. The event is also displayed on the Event Calendar of the World Service website oa.org.
2. The Fall Retreat, an in-person event: **October 27-29, 2023 – Fall Retreat** - Toddhall Retreat Center, Columbia, IL. Save the date! The flyer will be available closer to the time.

B. Meeting Changes .

One meeting closed: the Saturday morning meeting in O'Fallon MO.) Now our Intergroup (IG) has a total of 34 meetings.

C. Incoming contacts Information.

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

In November and December there were no real phone calls. There were 41 emails.

- Looking for a meeting: (1)
- Inquiries about OA from non-members: (1) -- Inquiry from an observer asking about open OA meetings he could attend
- Inquiries from OA members: (1) reading podcasts from Apple, (2) complaints about a meeting
- Changes to Where and When meeting list: (4) or to IG rep information (0)
- OA business: (3 levels of general communications, plus special IG topics)
 - General communications from WSO: (2)
 - General communications from R4 or other regions (5)
 - General communications from our IG, copies of emails (5)
 - Special additional topics
 - from Zoom about recordings (9)
 - about upcoming events (3)
 - about new website (5)
- Spam emails and phone calls: very many.

D. Intergroup business notes:

Nothing special to report.

E. Volunteer positions open:

1. for OA cell phone.

If you would like to be on the list to answer the OA cell phone, please tell us at IG or write info@stlouisoa.org.

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

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

Submitted by Elizabeth C, vice-chair

January 2023 Treasurer Report

Happy New Year!!!!

Your St. Louis Intergroup finished 2022 with \$17,944.26 in assets and \$17,944.26 in liabilities and equity giving us a balanced budget.

Some of the 2022 expenses of St. Louis Bi-State Area Intergroup include:

Zoom

Internet

Phone

Insurance

Storage Space

A computer was purchased for our Bookkeeper

Webmaster was hired to revamp our St. Louis Intergroup Website to be more “user friendly” and up to date

Google Ads were purchased to “Carry the Message to the still suffering Compulsive Over eater”

Region 4 and World Service registration and attendance

Deposit for the 2023 St. Louis Bi-State Area Birthday Celebration Event

Our proposed 2023 budget includes: (The proposed 2023 budget is attached for your review)

St. Louis Bi-State Area Intergroup OA Birthday Celebration 2023

In person Fall Retreat

Super Saturdays

Public Information Google Ads

Region 4 and World Service registration and attendance

Along with Internet, phone, insurance etc.

Please help keep OA alive by continuing to contribute generously in 2023

Historically OA donations have been dwindling. Your Intergroup continues to cut costs wherever possible while still carrying the message of recovery to the still suffering.

Please remind your meetings to continue to practice our 7th Tradition. To be self supporting in our groups, Intergroup and to carry the message to the still suffering Compulsive Over eater.

This new year is an open book for us to read and enjoy one day at a time.....

May it be a year of Health, Peace, Joy and Love for all.

In Service,

Marina F.

If you have any questions or comments please feel free to contact me at 815-343-6412 or treasurer@stlouisoa.org.

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.