

St. Louis Bi-State Intergroup Minutes

January 8, 2023 1:30 p.m.

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.

Readings: Serenity Prayer, The Twelve Steps, Tradition 1, Concept 1

Welcome: 19 members in total were in attendance; all via ZOOM. Four BOT members, two committee chairs, 12 IG representatives, and one visitor. 18 eligible voters and a quorum was confirmed.

Minutes: November 13, 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. Vice-Chair, Elizabeth C updated the submitted report to inform the body about the 2023 Intergroup meeting dates are included in the January newsletter and soon to be posted on the local website.

Seventh Tradition and Roll Call: Participants were documented and signed in by vice-chair. 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: Representative for the Sunday, 4 p.m. Abstinence First hybrid meeting may be relocating to a new meeting facility in April. Representative will continue to update the Body

New Business:

- **2023 Budget:** Treasurer presented the balanced budget to the IG members, explaining most of the Intergroup funds will be going toward in-person recovery events of 50th Anniversary Celebration and the Fall Retreat. Questions were accepted from members present as follows:
 - **Are the income values estimated?** Answered by the Chair as Yes, based on the previous year events.
 - **Is the Secretary of State fee for our non-profit status?** Answered by Treasurer that she will investigate and answer at the next Intergroup meeting.
- **Google Ad Motion:** Presented by Elizabeth C. Requesting to allocate an additional \$2,000.00 of Intergroup funds to run the Google ad through the first quarter of 2023. (See attached Motion for details.)

After presentation of the motion, Chair requested representatives to speak against the motion, no voices were raised. Representative Marion O spoke in favor of the motion as Pro2. Chair requested representatives to speak as Con2, then Pro3 and, Con 3. No additional voices were heard. Chair opened the floor to receive questions as follows:

- **Where is the additional \$2000.00 to fund the ad coming from?** Chair answered in the statement that the current assets of Intergroup is \$9,379.00 in checking account, plus the dedicated We Care Funds, plus the prudent reserves. The funding will come from the checking

account of \$9,379.00 to carry the message to persons seeking recovery and/or persons in relapse.

- **Member asked to refresh those present about the We Care Fund use.** Chair answered these dollars are for exclusive use as completely anonymous scholarships for members to recovery events.

Anonymous ballot was set up prior to the meeting. 18 eligible voters present. **Motion passed to allot these funds as requested.**

Old Business:

- **Presentation of World Service Organization Motions**-maker of the motion declined being ready to present the motions at this time. Motions tabled until February meeting.
 - Motion 1
 - Motion 2
- **Election of 2023 Service Position: Region 4 Representative**
Nominee was allowed to give a brief account of OA service history and strengths to support the nomination. IG members were allowed to question nominee prior to voting.
 - **Eileen M**
 - **Voting Results: Elected**

Workgroups:

- **50 Year Celebration Event:** Committee Summary by Cyndy L. Registration form with location and date has been distributed locally. Committee plans to prepare a public service announcement to create awareness as well as mail paper copies to out-lying in-person meetings and to area Intergroups for out of town/state participants. Registration volunteers are in place. Meal plan(s) are being worked through. Keynote speaker from out of town has been confirmed. Committee is seeking a program chair and program design. Member created playlist will likely remove the need to hire an outside source to DJ the dance. Committee will continue meeting and planning.
- **Fall Retreat:** Committee Summary by Jeremy C. Location has been established. Those working committed to form a planning committee. Secretary to record progress has been established, registration/registrar volunteers stepped forward. A save-the-date flyer will be distributed and vade available for the March 18 event. Committee will continue to meet monthly to plan more details.

Review: What Needs Announced in Home Meetings:

- **Open Service Positions:**
 - World Service Delegate
- **Upcoming Recovery Events:**
 - **50-Year Anniversary of Overeaters Anonymous in the St. Louis area March 18.** Continue creating awareness and energy to celebrate this momentous occasion. Event flyer has been distributed and on website. Registration at this time is not available on-line. Issue to be resolved soon. Flyer can be printed and mailed following the instructions on the flyer.
 - **Fall Retreat** planning, seeking volunteers and create awareness. Save the date October 27-29 at Todd Hall Retreat Center, Columbia, IL
 - **Unity Day**-J-MO requested volunteers interested in assisting a Unity Day recovery event on or near February 26, 2023. Volunteers noted were Debbie K and Dianne M
- Webster Groves Saturday 10 am meeting has just opened to in person and online attendance (hybrid meeting)

- Encourage members to visit oa.org to find extensive listing of recovery events
- IG representatives noted some issues with the redesigned website that are causing problems. Dianne responded these are known issues and she is working with the website designer to resolve as quickly as possible.
- 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, February 12, 2023 at 1:30 pm

Platform via ZOOM. Communications to follow.

MOTION

Move to allocate an additional \$2,000 for our Intergroup's "Google Ads" to run during the first quarter of 2023.

SUBMITTED BY: Elizabeth C

INTENT: To let people in our area know that OA exists and can help.

IMPLEMENTATION: Continue our "Google Ad" program through March of 2023.

COST: \$2,000, in addition to the budgeted \$1,000.

RATIONALE:

1. January through March is the time when many people are looking for weight loss and related programs. Therefore, it's worth concentrating our efforts primarily during that time period.
2. We have seen that the more we spend, the more people see our name. Then more people click on our name to come to our website. Compare data from these two months:
 - a. In July 2022, we spent \$608 and the resulting website hits were 369.
 - b. In December 2022, we spent almost double that amount and got double the hits. The cost was \$1,020 and the resulting hits were 756.
3. If this motion passes, then our total of \$3,000 could bring over 2,000 new people to our website by the end of March.

Literature Chair Update

Not much to report at this time. \$2.35 in pamphlets. I will not submit until I have more.

I will be selling literature at the Convention

Marilyn F.

Literature Chair

WSBC Delegate report for February

I have sent in my registration and bought my plane ticket. I want to thank Intergroup for trusting me with this important job once again. If there is anyone who wants to learn more about why we send delegates to the Conference, please contact me. Participation at every level of service is vital for our Intergroup. I once heard that an Intergroup who doesn't participate at the Region or WSBC level is like a member without a sponsor. We need to be a part of the bigger world of OA to stay on top of what's going on.

The Agenda Questionnaire is posted on oa.org>News and Events>World Service Business Conference. Scroll down and open the Agenda Questionnaire Summary or use this link [Agenda Questionnaire Summary: World Service Business Conference 2023 \(ddcqvdm18p8xe.cloudfront.net\)](https://ddcqvdm18p8xe.cloudfront.net) to review the proposed motions that we be discussing at our February IG meeting. If anyone is interested in reviewing these in advance, or just learning more about the process, please contact me at cyndydaybyday@gmail.com. I am happy to answer any questions.

While many of the motions are just housekeeping (cleaning up language or removing outdated policies there are a couple of very important decisions that will be discussed this year.

- How the Conference will be held in the future, virtual, hybrid, in person.
- More changes to the service structure.
- Changes to the approved literature

I look forward to our discussion at our meeting this month because everyone's voice needs to be heard.

In Service,

Cyndy

50th Anniversary Committee Report

The Committee is planning a one-day event that includes eleven sessions, five on working the steps and six on other recovery topics. In addition, our keynote speaker will lead three sessions.

Lunch and dinner are provided if desired. The menu has been selected, with consideration for our members' needs. If you have questions, please contact Debbie K. at 636-634-6201.

There are We Care funds available to support any member who would like to participate, but for whom the cost is difficult to manage. Suggested registration is \$60.00 including meals, \$35.00 without.

The flyer is available [Events – Overeaters Anonymous – St. Louis Bi-State Area Intergroup \(stlouisoa.org\)](http://stlouisoa.org) It contains three methods for registration, pick the one that works best for you.

Literature will be for sale. A quilt raffle and a couple of other fun raising events will be held during the day.

All the necessary tasks for preparing for the event are in play. We have twelve members registered as of now. Please register soon as the cut off date is March 2nd. If you have questions, please contact Debbie K. at 636-634-6201.

In Service,

The 50th Celebration Team

February 2023 Treasurer Report

Dear OA brothers and sisters,

Our group donations beginning of the year through January 31, 2023 were \$1,370.80.

A portion of these donations are The 50th Birthday Celebration Registrations.

Thanks to all who registered early.

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.

VICE-CHAIR REPORT, FEBUARY 2023 (COVERS JANUARY 2023 DATA)

A. Upcoming Events .

Flyers for these three events are posted on our website stlouisoa.org and included in our February newsletter. All are posted to our IG Facebook page. Flyers have been sent to Region 4 for their calendar. Flyers for the first two (all but the retreat save-the-date flyer) are displayed on the Event Calendar of the World Service website oa.org.

1. Unity Day, virtual, **Sunday Feb 26, 2 pm to 3:30 pm.**
2. 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.
3. The Fall Retreat, an in-person event: **October 27-29, 2023 – Fall Retreat** - Toddhall Retreat Center, Columbia, IL. Save the date! The final flyer will be available closer to the time.

Also, the huge Virtual Region Convention is March 3-5, virtual. The flyer is included in the mailing this month. To register, or for more information, click on the flyer or visit oavirtualregion.org.

B. About making flyers.

There is one big change this year. The logo is now optional. This is because our long-standing guidelines for Super Saturdays require the words “Overeaters Anonymous to be spelled out.” The logo as it stands today does not do this.

Here are the flyer requirements, found in our Super Saturday Guidelines, which are posted on our website stlouisoa.org.

Include the following information:

- “Overeaters Anonymous” must be spelled out
- Theme of the event
- Complete date; month, day, year
- Time, beginning and ending hours
- Address, a map or directions
- Hosting group
- First name and phone # of a contact person
- Suggested donation amount, and a reminder never to stay away from an OA event for financial reasons
- Include notes regarding handicap accessibility & parking

Please, anyone who is making an event flyer, please consult with the vice-chair for suggestions before you make the final version, not just for approval afterwards.

VICE-CHAIR REPORT FEBRUARY 2023, CONTINUED

C. Meeting Changes. There are significant changes to four meetings.

51780, Recovery ABCs, Wed 7 pm in Chesterfield. **Change of physical location** for this hybrid meeting.

St. Luke's Hospital – West
North Medical Building, Conference Rm. C
232 S. Woods Mill Road
Chesterfield, MO, 63017

Sun 4:00 PM Group: 45074, Name: Welcome Home, Jefferson City: This meeting is now virtual only.

89957, Recovery ABCs, Mattoon is now virtual only.

50027, Alton: Change of Day and Location.

The day has changed from Wednesday to Tuesday. The location has changed to St. Anthony's Hospital OSF, #1 Saint Anthony's Way, Alton, IL 62002. Come in through the emergency room. Call contact, Margaret, for further directions. (618) 917-2355.

D. Incoming contacts Information.

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

In January there were 4 real phone calls. There were 11 real emails.

- Looking for a meeting: (4)
- Changes to Where and When meeting list: (3) or to IG rep information (1)
- OA business:
 - General communications from WSO: (2)
 - General communications from R4 or other regions (2)
 - General communications from our IG, copies of emails (2)
 - Special additional topics:
 - from Zoom about recordings (1)
- Spam emails and phone calls: very many.

Submitted by Elizabeth C, vice-chair

GOOGLE ADS REPORT FEBRUARY 2023 (COVERS JANUARY DATA)

In January 2023 our Google Ads provided **1,200 extra visitors to our website**. These are people in our intergroup area who searched for subjects like “weight loss programs,” “binge eating disorder” or “overeaters anonymous.” When they saw our intergroup information come up in their search and clicked on it, they were taken to our website stlouisoa.org.

The cost incurred in January was \$1,180, which is a bit more than the \$1,000 expected. We will keep spending at this rate in February, and adjust as needed in March to make it come out as even as possible to the \$3,000 total allocated for the first three months of 2023.

Submitted by Elizabeth C

Region 4 Rep Update – submitted by Eileen Manganaro

2-12-23 Intergroup Meeting

Christina D. and I will attend the Region 4 Spring Assembly March 24-26 in the Des Moines area. Event flyer is attached.

2023 Fall Retreat Committee Notes for January 29, 2023

Toddhall Retreat Center, Columbia, IL on October 27-29, 2023

Members met via Zoom.

Attendance: Jeremy C, Chair
Dianne S
Susan T
Della T
J-MO
Marina F
Ruth H

Jeremy reviewed the notes from the January 8 committee meeting with those present.

Confirmation of Duties Delegated:

Susan T offered to take notes at committee meetings

Event Registration: Marina F (registrar), Della T, Susan T

Graphic Designs/Announcement/Flyer: Ruth H

Retreat Center Liaison: Susan T

Oasis/Refreshments: Open

Speaker Lineup and Keynote finder: Open

Retreat Leader: Open

Program Design: Open

Committee agreed on theme: Spirit of Recovery

Brainstorming on Program:

- Sessions described as: Friday pm, Saturday morning, Saturday afternoon, Saturday evening, Sunday morning
- Possibly each session to have its own topic with a mixture of workshops and speaker presentation
- Possibly end each evening with an OA meeting
- Intentional flow of topics that are cohesive with the overall theme
- J-MO to present ideas on how to tie topics to a Tool, Step, Tradition of OA as pertaining to Spirituality and she will forward to the program sub-committee
- All committee members encouraged to forward program ideas to the sub-committee before the next committee meeting
- **Program Sub-committee:**
 - Jeremy
 - Marina
 - Susan

Save-The-Date Graphic Discussion:

Ruth shared the sample prepared for the committee. Offered options in the design and presentation of information. Committee agreed to have the save-the-date announcement include the following:

- St. Louis Bi-State OA logo in lower left corner
- Embrace the “Spirit of Recovery” Fall Retreat
- More information will be made available at stlouisoa.org
- Possibly have a QR Code to scan to upload information to a personal mobile device
- Attempt to have save the date announcement available for
 - February newsletter (if possible)
 - 50th Anniversary Celebration recovery event on March 18
 - Upcoming IG meetings-confirmed the ability to distribute to meeting representatives/contacts via IG secretary mailing list

Next Meeting: February 19 at 2 p.m.

Jeremy to send Zoom invite to all members.

Program Sub-Committee will meet separately to brainstorm on program