

## St. Louis Bi-State Intergroup Minutes

February 12, 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 2, Concept 2

**Welcome:** 20 members in total were in attendance; all via ZOOM. Four BOT members, six committee chairs, 10 IG representatives, and no visitors. 20 eligible voters and a quorum was confirmed.

**Minutes:** January 8, 2022 minutes were distributed via email for review prior to the meeting. One minor typo to be corrected on page 2 under Workgroups: Fall Retreat: misspelling of "made." Minutes were approved once the correction was complete.

**Reports:** Chairperson and committee reports were distributed via email for review prior to the meeting. The following comments are in addition to the distributed reports:

- J-MO updated members on the format and content of Unity Day scheduled for February 26, via Zoom. Representatives encouraged to announce event at all meetings throughout February.
- Treasurer, Marina F clarified a question asked by a member during the January budget presentation for 2023. Under Professional Fees are the following categories and their fees:
  - Accounting Fee is the cost of our paid bookkeeper
  - Merchant License Fee is the annual fee of Not-for-Profit status in Missouri
  - Secretary of State Annual Registration is the personal property fee required of non-profit organizations
  - Web Consultant is fee for ongoing web support
- Vice-Chair, Elizabeth C updated the representatives on the progress of the Google ad supported by IG funding as 80% of the visitors to the St. Louis Bi-State Area website were from the Google ad.
- Vice-Chair, Elizabeth C requested anyone wishing to make an event flyer consult with her first to streamline the process of information required on flyers.
- Chair, Dianne S notified the representatives of a need to fill a service position mailing the monthly newsletter to members not able to obtain the information electronically. The individual previously fulfilling this duty has stepped down. Members having interest in performing this monthly service will contact Dianne S for further information. It was confirmed that the postage and supplies needed to complete this service are reimbursable by the Intergroup funds.

**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:

- Reminder that the Webster Groves, Saturday 10 am meeting is now hybrid and welcomes in-person attendance as well as Zoom participants.
- Potential new meeting starting in the Wentzville, MO area. More information to come in the future.

## New Business:

- **World Service Business Conference (WSBC) Agenda Questionnaire:** Chair reviewed the purpose and privilege of all OA Intergroups to be involved in the task of what topics, proposed business motions and amendments to OA bylaws will be discussed at the World level. The proposed changes have been reviewed by Cyndy L, 2023 WSBC delegate and Christina D, then presented to the Board of Trustees (BOT) for approval. Once the BOT agreed to the delegate's recommendations, the body will now discuss and vote on which items the St. Louis Bi-State Intergroup feels are of relevance to WSBC discussion and review. For the complete explanation of the content of 2023 agenda questionnaire, please refer to [World Service Business Conference - Overeaters Anonymous \(oa.org\)](https://www.oa.org). All Intergroup representatives were provided the motions and rationale for each prior to this meeting via email.

Prior to the formal presentation, the following was established by the Chair:

- Number of voting body: 20
- Quorum was confirmed
- Parliamentarian was J-MO
- Volunteer Timer was Jeremy C

Cyndy L divided the proposed motions into three categories for review (see attachment for summary):

- Consent **Agenda 1 to send forward** for discussion at WSBC
  - New Business Motions (NBM) A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R
  - Bylaw Proposals (BP) 1, 2, 3, 4, 5, 6, 8, 9, 10, 11, 13, 16
- Consent **Agenda 2 to NOT send forward** for discussion at WSBC
  - NBM S, T, V
  - BP 7, 12, 14, 15, 17
- Motions **to discuss** within the St. Louis Bi-State IG as to if the body feels the motion should be discussed at WSBC
  - NBM U
  - NMB T (pulled from consent agenda 2)
- The voting body was asked for objections to consent agenda 1. No objections were voiced, but a comment was documented to be passed on to WSBC regarding NMB R and NMB I. Cyndy documented the comments to be added. The body held a formal poll to vote on this consent agenda.
  - **20 out of 20 voters agreed to send Consent agenda 1 forward for discussion at WSBC**
- The voting body was asked for objections to consent agenda 2 to NOT send forward for discussion at WSBC. One objection was voiced to remove NMB T for discussion within the body. No further objections were voiced. There was one question regarding NMB V and answered by Cyndy L. The body held a formal poll to vote on this consent agenda
  - **20 out of 20 voters agreed to send NOT send Consent agenda 2 forward for discussion at WSBC**
- Cyndy L led discussion regarding NMB T and provided the first Pro statement regarding moving this item forward for discussion at WSBC.
  - Parliamentary procedure was followed. Timer was initiated and each speaker allowed 2 minutes for each Pro and each Con statement, alternating between pro and con for a total of three each. Questions were allowed after the pro/con statements.
    - The question asked before voting was if this IG doesn't move this forward, other IGs may find it needs to be discussed and so it may make it to WSBC anyway?

Answered as confirmed. The majority of Intergroup responses mandates if the motion will be discussed.

- The body held a formal poll to vote on NMB T
  - **17 out of 20 voters agreed to NOT send this item forward**
- Christina D led discussion regarding NMB U and provided the first Pro statement regarding moving this item forward for discussion at WSBC.
  - Parliamentary procedure was followed. Timer was initiated and each speaker allowed 2 minutes for each Pro and each Con statement, alternating between pro and con for a total of three each. Questions were allowed after the pro/con statements.
    - The question asked prior to voting was for clarification on the rationale given by the maker of the motion. The question was answered to satisfy the asker.
  - The body held a formal poll to vote on NMB T
    - **13 out of 19 voters agreed to NOT send this item forward (one member had left the meeting prior to voting)**

Agenda Questionnaire will be completed and submitted to WSO by Cyndy L as Delegate.

**Workgroups:**

- Unity Day
- 50-Year Celebration Event
- Fall Retreat

**Review: What Needs Announced at Home Meetings:**

- Unity Day Recovery Event: Unity in Diversity, Sunday, February 26, 2-3:30 pm via Zoom (see flyer for details)
- 50-Year Celebrating Together: Saturday, March 18, 9:30am – 9:30pm (see flyer for details and registration)
- Fall Retreat October 27-29
- Talk with home groups to plan more recovery events

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

**Next Intergroup Meeting**

**Sunday, March 12, 2023 at 1:30 pm**

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

**Consent Agenda 1: Recommend we send forward**

NBM A: Remove acronyms from official documents and communications with the exception of "OA".

NBM B: Consolidate the Public Communications Policy into one and rescind the 4 it replaces.

NBM C: Revise the policy on how literature is translated and reprinted to bring it up to date.

NBM D: Remove the requirement for home addresses to be included in the contact report that is sent to delegates.

NBM E – Redefine open and closed meetings and add the definitions of Focus Meetings and Topic Meetings to the Policy Manual.

NBM F: Remove gender specific language.

NBM G: Rescind policy 1992e on the job description on the Trustee Application. The job description will remain on the form, just no need for a policy.

NBM H: Updating of the language in the policy, and removing the requirement to "mail" an actual letter about the appeal.

NBM I: Removes the word "special" from the definition of focus meetings and removes the limiting list of what those are so the Board can add more.

NBM J – Addresses Registration fee section, cleans up to remove the reference to 2000 fee. Still allows the Board of Trustees to set the fee.

NBM K – Rescinds 2009a policy about website templates.

NBM L – Moves the policy on the Twelfth Step Within Day into the same section where all the other OA Holidays are listed.

NBM M – Increases the cap on amount any one person can contribute in a year to \$7,500.

NBM N – Extends the time for report submission after Conference from 2 weeks to 4 weeks.

NBM O – Rescinds the policy to establish a Spanish Language Service board because all the work to make that possible has been completed.

NBM P – Rescind policy that led to update of Website. Work was completed and the Board has an established timetable for frequency of revising the website.

NBM Q – Remove the specifics of Google search from the policy.

NBM R – Removes the list from the Diverse Voices Policy. A list is more limiting than expansive, no list allows for things to be flexible.

BPI – 1 Establishing hybrid requirement for WSBC

BPI – 2 Update language around Conference Committee dissolution.

BPI – 3 Update definition of a group, to new service structure language.

BPI--4 Remove the word Special when referring to Special Focus Service Boards

BPI – 5 Minor correction to special focus service board definition.

BPI—6 Change the wording that indicates WSBC must be located in the USA.

BPI -8 Remove the words other special and replace with additional as special in this instance is seen as offensive.

BPI Update language on how Conference material is disseminated and that makes it seem like the conference is held in person.

BPI -10 Clarifies who can submit motions. Removes the possibility of a single trustee from doing so.

BPI -11 Another motion about hybrid conferences.

BPI – 13 Opens the possibility of choice for affiliation to National Service Boards and Regions

BPI—16 Motion to clarify the assignment of Trustee Liaisons by the BOT.

### **Consent Agenda 2: Do not send forward**

NBM S – The need for coins for every year.

NBM T – Remove all AA literature from OA approved literature list with the exception of the Big Book (pulled from consent agenda to be discussed after this original draft)

NBM V – Investigate and establish a digital lending library so people can use literature before they get their own.

BPI – 7 Each person shall be the sole judge of their recovery including abstinence and maintenance of a healthy body weight.

BPI -12 Similar to BPI 8, but still limited to physical issues. Only need one motion.

BPI—14 Similar to 13, but it restricts the Region affiliation to the same as the National Service Board

BPI – 15 Similar to BPI 4 just includes the word support. No need for both

BPI –17 Similar to 13, prefer 13.

### **Discuss**

NBM U – Update the policy to encourage use of all OA literature, not a single book.

NBM T – Remove all AA literature from OA approved literature list with the exception of the Big Book (pulled from consent agenda to be discussed after this original draft)

## Report from Intergroup Newsletter Team For March 2023

The March 2023 newsletter is posted at our Intergroup website at [THIS LINK](#). Here is a summary - with our thanks to all who contributed:

- A Step Three article
- A Tradition Three article
- A newcomers welcome on page 1 with a link to the FAQ's section of OA.org
- A spotlight on a new Friday night meeting in Wentzville
- Announcements from World Service about new resources available online
- A personal reflection on spiritual awakening, using Spring flowers as a metaphor
- A recap of the February 26 Unity Day recovery event
- The Intergroup calendar of events
- Flyers for the 50<sup>th</sup> Anniversary recovery event on March 18 and a Save-the-Date for fall retreat

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](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 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 March**

The review of possible motions was completed at our February IG meeting and our decisions were submitted for the Agenda Questionnaire. The input from all of the OA service bodies was due the 31<sup>st</sup> of March, and the results are to be posted soon. I'm expecting a very busy year at the Conference.

In addition to my duties as IG Delegate I serve on the Bylaws Committee and the Reference Subcommittee, which keeps me very busy during the Conference. This year I will also be participating in a workshop on the spiritual principles of the Concepts. I feel very honored to be asked to share on how these principles help OA remain a viable organization, where people work together for the good of all the members and keep the doors open to those seeking recovery.

This is my final report before the Conference, scheduled for April 25-29. All my travel plans have been made and I'm looking forward to the excitement that is a part of this service. I cannot express how important it is for our Intergroup to be a part of every level of service. My greatest wish is for one or two other members of our Intergroup to volunteer to become a delegate for next year. It's truly a way to expand your spiritual life and serve OA.

In Service,

Cyndy

## **R4 Representative Report**

Nothing new since our last meeting.

## **50th Anniversary Committee Report**

The final plans have been made and the committee is ready to enjoy the day of celebration.

The promotions team has sent out copies of our beautiful flyer and invitations to our members as well as a press release to the local media.

We have a full program with eleven recovery topics and a keynote speaker. There will be two tracks through the day, and then an evening of fellowship.

Literature will be on sale and there will even be some just for the taking.

A beautiful quilt has been made with over 50 squares created by members of the New Me meeting. The quilt will be raffled and tickets selling for \$5.00 or 6 for \$25.00 will be available throughout the day. There will also be a couple of other fun raising events.

Registration is still open for the full day (\$35.00) but the meal option is closed. However, everyone who signed up without the meals is still welcome to bring their own and enjoy the fellowship during lunch and dinner times.

There are still We Care funds available to support any member who would like to participate, but for whom the cost is difficult to manage. All you need to do is contact Marina F. 815-343-6412

All the necessary tasks for preparing for the event are in play. We currently have 60 members registered and anticipate a few more walk-ins on the day of the event. See you there,

In Service,

The 50th Celebration Team



## **St. Louis OA Website Report: For March Intergroup Meeting**

DATES: February 5 – March 6

Sessions: 1497

Page Views: 2858

New vs. Returning Visitors: 76% vs. 24%

Devices:

- Desktop 23%
- Tablet 2%
- Mobile 75%

Top pages:

1. Home Page
2. Meeting Information
3. 50 Year Celebration
4. New to OA?
5. Events
6. Podcasts

Submitted by: Colleen

## 2023 Fall Retreat Committee Notes for February 19, 2023

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

### Theme: Spirit of Recovery

Members met via Zoom

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

The meeting centered around the Program of events. Jeremy and Susan reviewed the notes from the February 10 sub-committee meeting for program outline with everyone as some were not at the last meeting because of conflicting event planning.

Ideas discussed regarding the use of 4 speakers to lead 4 sessions:

- Possibly use committee member(s) to open and close the retreat since we're creating the Program
- Speakers will be members attending the retreat and no compensation (registration) given for those speaking
  - Create a pricing option for members wanting to come for Saturday only that does not include room or meals
  - Be mindful of the ability to use We Care Funds for speakers in need of financial assistance
- Possibly use multiple speakers for each session
- Speaker could use 20-30 minutes for their experience on the topic then use the remaining time for the following:
  - Journaling
  - Ask-It Basket passed during the talk
  - Panel Discussion on the topic
  - Question/Answer time
- Allow each speaker to formulate their own layout of their time on the assigned topic
  - Committee member(s) to review the general information to be shared by each speaker in protection of attendees from hearing about a personal religion or other outside issue that may be triggering or exclusive
  - Committee to support activity developed by the speaker (i.e., making sure supplies are at hand such as paper, pens, crayons, craft materials, panel members, etc.)

Ideas discussed regarding the Topics for speakers

- Move away from the use of "religion" in topics because of it being an outside issue by OA tradition
- Open each speaker session regarding OA/AA statement on spirituality not being exclusive to anyone.

- Della suggested possibly using the declaration on spirituality used at the Webster Groves, Saturday am meeting
- J-MO suggested a quote taken from the OA Unity Within Diversity policy as follows:
  - “THE FELLOWSHIP of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous.”
- Spirituality topics
  - Friday: What is Spirituality-talking about the benefits and what spirituality is NOT
  - Saturday Morning: Using spiritual practice to heal: emotionally, spiritually, and physically
  - Saturday Afternoon: Using spiritual practice to find purpose and to walk through difficult times
  - Sunday Morning: Using spiritual practice to find gratitude and meaningful connections

Other ideas for Program stated by committee members

- Starting each morning with guided meditation, suggested Debbie K as leader either in person or recorded if she isn't attending the event
- Yoga practice that includes all members' capabilities-Della will have her certification by the event time and can lead in simple stretches for everyone
- OA meetings tied to the topic of Spirituality leaders of each meeting may be committee members

**Jeremy asked all committee members to make a list of potential speaker candidates to ask if they were planning on attending the retreat and their willingness to lead a session.**

**Next Meeting: March 19 at 2 p.m.  
Jeremy to send Zoom invite to all members**

## VICE-CHAIR REPORT, MARCH 2023 (COVERS FEBRUARY 2023 DATA)

### A. Upcoming Events .

1. The 50<sup>th</sup> 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. Register now, or at the door. (But meal sales are over.)
2. 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.

### B. About making flyers.

There is one change this year. Our long-standing guidelines for Super Saturdays require the words “Overeaters Anonymous to be spelled out.” We are now taking note that the arch logo as it stands today does not meet this requirement. Therefore, the logo is now optional.

Here are the flyer requirements, found in our Super Saturday Guidelines, which are posted on our website [stlouisoa.org](http://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.

### C. Meeting Changes. There is a time change to one meeting:

57161, OA Workshop, O’Fallon MO, “must text by noon,” Wed evening.

The time is now 4:30 (it used to be 5).

### D. Incoming contacts Information.

Combined report: February IG Email ([info@stlouisoa.org](mailto:info@stlouisoa.org)) and IG cell phone (314-638-6070)

In January there were 7 real phone calls. There were 11 real emails.

- Inquiries from newcomers (1)
- From OA members:
  - Looking for a meeting: (1)

- Send me literature (3 different firm request emails from same person – I just sent some pamphlets; she didn't reply to any of my emails)
- How to purchase OA literature? (3)
- Requesting printed newsletter (1)
- Names of people to call (1) – I gave some from our Outreach Directory
- OA business:
  - General communications from R4 or other regions (1)
  - General communications from our IG, copies of emails (3)
  - Special additional topics:
    - From Zoom about billing (1)
    - from Zoom about recordings (3)
- Spam emails and phone calls: very many.

Submitted by Elizabeth C, vice-chair

## **GOOGLE SEARCH ADS REPORT, MARCH 2023**

Here's how our 2023 Spring Campaign is going.

### **The plan:**

Get OA's name out there in the early spring when people are likely to be looking for weight-loss and other relevant programs. Cover January and February, and as far into March as the funding will reach. Hope for 2,000 extra people to see our intergroup website stlouisoa.org.

### **The funding:**

\$3,000 (\$1,000 budgeted and \$2,000 special allocation).

### **How it works:**

The OA name and our intergroup information appears sometimes when people in our intergroup area do Google searches for subjects like "weight loss programs," "binge eating disorder" or "overeaters anonymous." When people click on our name, they come to our website stlouisoa.org.

### **The results:**

In January 2023 our Google Search Ads provided **1,090 extra visitors to our website.**

In February 2023 our Google Search Ads provided **978 extra visitors to our website.**

So **we have met our 2,000-visitor goal.** We will continue the campaign through March 12, 2023.

Submitted by Elizabeth C

## Upcoming Event List as of March 12, 2023

### St. Louis Bi-State Area Intergroup Events

**March 18, 2023: The 50 Year Celebration of OA in the St. Louis bi-state area.** We're celebrating together in this all-day in-person recovery event: Saturday March 18, 2023 - 9:30 a.m. to 9:30 p.m. - Maryland Heights Community Center, 2300 McKelvey Road 63043. See <https://stlouisoa.org/?product=st-louis-oa-50-year-celebration>. Advance Registration is required by Thursday March 2. The cost is \$60 for the whole package including two abstinent meals, or \$35 without meals. Anonymous support for the cost is freely available.

**May 7, 2023:** Intergroup Meeting. See information below.

**June 11, 2023:** Intergroup Meeting. See information below.

**July 9, 2023:** Intergroup Meeting. See information below.

**September 10, 2023:** Intergroup Meeting. See information below.

**October 8, 2023:** Intergroup Meeting. See information below.

**October 27-29, 2023: The Fall Retreat,** a week-end in-person event **at the** Toddhall Retreat Center, Columbia, IL. Save the date! More information will be available closer to the time.

**November 12, 2023:** Intergroup Meeting. See information below.

### Region 4 Events

**March 24-26: Region 4 Spring Assembly,** in person. Johnston, Iowa. Hosted by Central Iowa Intergroup. For more information and the flyer see [oaregion4.org](http://oaregion4.org), R4 Business, Assembly.

### Other Regions Events

None to report at this time.

### Intergroup Information:

The meeting time is 1:30-3:00 pm, central time. All meetings are on Zoom.

The Zoom meeting ID is **940 5580 8391** and the password is **Serenity**. To dial in by phone, call **312-626-6799**. The meeting ID is **940 5580 8391** and the password is **75183374**. Visitors are welcome!

## March 2023 Treasurer Report

Dear OA brothers and sisters,

Our group donations beginning of the year through January 31, 2023 were \$1,795.60.

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** (7<sup>th</sup> tradition at top of page),

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

**oa.org** (7<sup>th</sup> 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](mailto:treasurer@stlouisoa.org).

In Service,  
Marina F.