

St. Louis Bi-State Intergroup Minutes

March 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 3, Concept 3

Welcome: 20 members in total were in attendance; all via ZOOM. Four BOT members, two committee chairs, one R4/WSO service member, 11 IG representatives, and two visitors. 19 eligible voters and a quorum was confirmed.

Minutes: February 12, 2023 minutes were distributed via email for review prior to the meeting. A correction to be made to the attendance regarding the breakdown of representatives and service members, the total voting number and quorum convened did not change. 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:

- Vice-Chair, Elizabeth C updated the representatives on the progress of the Google ad supported by IG funding as having met the allotted visits to the St. Louis Bi-State Area website. It was planned to run through the end of March (first quarter of 2023). The campaign will be stopped tonight to not exceed the agreed upon amount of expenditure from IG. The Google ad campaign is viewed as successful in spreading the word about recovery in OA.

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:

- Amy G reported the Thursday, 10:00 am, Ferguson meeting is moving to a hybrid format in the second quarter of 2023. The meeting will host in-person and telephone attendees. More information to come in the future.

New Business:

- **New In-Person OA meeting starting in Wentzville, MO.** First meeting date is Friday, March 17, 2023 at 7 p.m. A recently relocated OA member has reached out to IG for

support in start-up. Location is St. Patrick's Church, 405 S. Church Street, Wentzville in the Parish Center. Contact Elizabeth C at 215-932-0951

- **P.A.C.E. (Program for All-Inclusive Care of the Elderly)** Contacted our Intergroup to request bringing an OA meeting into their facility at the request of residents. Dianne S. and Christina D. will assist in starting a meeting to begin on Wednesday, March 22 at 1:00 p.m. Contact Dianne S for more information.
- **Region 4 Presentation**
 - **Trustee, Meg M** The purpose of visiting our IG meeting is to share information about the stability of Region 4 and the health of other Intergroups within the region.
 - Changes in service volunteers within IG? Dianne offered that depending on the service requested, some areas are lacking. There are two in-person recovery events scheduled for 2023. It was noted the difficulty in maintaining representation from all registered area meetings. Also having difficulty getting groups to sponsor Super Saturday events. This intergroup is lacking full representation at World and Region. Meg commented that across the Region, World Service Organization (WSO), and recovery programs as a whole there has been a decrease in members and service volunteers; commenting the pandemic created many changes that have not yet recovered. She complimented our IG for having a great effort to get in-person events restarted. She encouraged persons giving service to rotate service in order to preserve willingness of more service in other areas of need. She assured members the World Service Business Conference (WSBC) will be addressing the decline in membership and service.
 - Zoom Bombing named Deep Fake. Meg explained how this may appear as familiar members asking to become the host of a meeting when in fact, they are fake members overtaking a real member's identity. WSO is working how to mitigate this particular problem. WSO has IT experts working on a publication that will be available to the entire membership.
 - **Chair, Annette R**
 - Available Resources
 - **Community Conversations** opportunity happening each month through Region 4 available to all members to discuss issues within specific areas. Beginning next month, a topic of interest will be presented. April will focus on Public Information and Professional Outreach (PIPO). May will focus on Newcomers and June will highlight Twelfth Step Within.

- **Events** across the region will be highlighted in R4ward that appears twice a month. It also includes general information about the region and world admin@region4.org
 - **Funding assistance**
 - Sending representatives to Region 4 Assembly
 - PIPO-Meg suggested IG can write a proposal to R4 for funding the Google Ad campaign (up to \$300 can be made available). R4 would consider the proposal and vote at the next assembly if IG feels their financial support is desired
 - New meeting start-up for literature
 - **R4 Assembly** visitors are always welcome at Assembly. Spring Assembly will be held in-person in Des Moines, IA and the Fall Assembly will be virtual.
 - Region Chair and Vice-Chair will be open positions in October 2023
- **Potential Service Positions within Intergroup**
 - **Twelfth Step Within** deals with retention of OA membership. (Recognition of World OA celebration on December 12, 2023)
 - **Public Information and Professional Outreach (PIPO)** Dianne has information from the member who previously worked within this area of service, detailing what has been done. Recently we submitted a public service announcement (PSA) about OA being present in St. Louis area for 50 years. Also, J-MO has literature to present to medical professionals or persons working with the public. Literature can be obtained by contacting J-MO.
 - **Archivist** seeking a member willing to keep treasured possessions that are currently in our storage locker.
- **Storage Locker**

Dianne discussed the possibility of emptying the locker of unused, unnecessary office supplies, outdated literature, and donated literature from closed meetings

 - Outdated literature and “used” literature will be available at the 50th Celebration Event for members/groups in need for a “love offering” or even, simply donated to a member/group in effort to decrease the amount of literature in storage. The goal is to deplete all literature IG is holding and members/groups will purchase directly from WSO. It was clarified that new editions of literature make previous editions obsolete and cannot be sold as OA literature. Previous editions can be donated to libraries or prisons or event new groups to get started.

Dianne opened the discussion to possibly be able to stop renting the storage locker if an “archivist” will volunteer to keep treasured possessions and another person to keep the required bookkeeping records (possibly a couple banker’s boxes). Dianne shared the

contents of the locker with the group. Dianne asked for any objections to continuing to empty the locker.

- Questions from the Body:
 - What is the fee for keeping the facility? Answer: \$204 every two-months
 - Can IG hold a “garage sale” for the office supply contents? Answer: Difficulty would be the facility is gated and difficult to offer to the public. Dianne suggested representatives to refer group members to the final page of the Policy/Procedure manual for the full contents of the locker.
 - Possibly form a committee to determine the best way to dispose/donate/sell the contents? Ruth H will form a committee to oversee this project. Dianne will reach out to Ruth to assist.

Workgroups:

- **50th Celebration Event:** Latest update on registration revealed a count of 77 persons with daily calls from members inquiring if the event will accept walk-ins. Everyone is welcome to attend, but know the meals have been ordered and cannot be changed. However, anyone can bring food in yet still attend the full day of events. We Care Funds are still available for registration fees. Marina, IG Treasurer, will be at the registration table to serve persons paying the day of the event as well as persons requesting We Care Fund in anonymity. Service positions have been filled. Huggers and Greeters will be available as service throughout the event.
- **Fall Retreat:** Jeremy gave update on program outline. Specified local persons will be leading the sessions on Spirituality. Leaders will create their own presentation of the topic and the committee will support the presenter with supplies to carry-through. The committee will set boundaries for presenters so attendees will be protected from individual ideations on spirituality/religion, making the space safe for everyone regardless of definition of Higher Power.
 - Dianne S. discussed her experience at the Virtual Region Convention regarding spirituality through creativity. She volunteered to lead one of the sessions in this practice.
 - Members in attendance were asked to forward suggestions for leaders to Jeremy.

Dianne expressed gratitude to J-MO and Debbie K for help in orchestrating the Unity Day virtual event. Dianne reported over 30 attendees across US and Canada.

Review: What Needs Announced at Home Meetings:

- 50-Year Celebrating Together: Saturday, March 18, 9:30am – 9:30pm. On-site registrations welcome. We Care Funds remain available to assist anyone wanting to attend.
- New Friday 7 p.m. meeting in Wentzville, MO starting March 17.
- Fall Retreat October 27-29, 2023
- 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, May 7, 2023 at 1:30 pm

Platform via ZOOM. Communications to follow.

Region 4 Rep Update – submitted by Eileen M.

5-7-23 St. Louis Bi-State Area Intergroup Meeting

Region 4 Spring Assembly was held March 24-26 in the Des Moines area. Christina D. and Eileen M. attended.

The event was presented by the Central Iowa Intergroup. We celebrated Fellowship together with a game/icebreaker Friday evening and a recovery workshop on Saturday afternoon.

At the Region 4 Business meeting

7 Intergroups were represented, with 2 new Region 4 Reps in attendance.

5 motions were passed:

- A motion to bring the Region 4 policy for maintenance of financial accounts into current practice.
- A motion to ensure that the region's full name (The Region 4 Assembly of Overeaters Anonymous) be listed on all minutes.
- A motion regarding nomination and election of officers, changing the requirement that a candidate who had previously served must have done so within the past 2 years to 10 years.
- Motion above was amended to remove the specific time requirement. All who wish to serve should apply and state their experience and qualifications.
- A motion allocating \$400 to the Fundraising Committee to purchase items to be used in a raffle or silent auction at the 2024 convention.

3 committees met– Convention 2024 (MN), Fundraising (Our journals are doing great), and Outreach (In the near future, some exciting things coming your way)

Region 4 Fall Assembly will be virtual. Fri evening/Saturday (Sep 29-30)– guests are encouraged!

Update to IG on 2023 Fall Retreat
Toddhall Retreat Center, Columbia, IL on October 27-29, 2023

Theme: Spirit of Recovery

Members continue to meet monthly for planning.

Members: Jeremy C, Chair
 Susan T
 Jane F
 Verna H
 Andrea V
 Elizabeth C (Wentzville)
 Dianne S
 Ruth H
 Della T

Program events are confirmed at this point of:

- **Friday evening topic: What Is Spirituality?** Panel presentation of committee members sharing their journey to personal spiritual awareness. With the possibility of passing an Ask-It basket for further discussion.
- **Saturday morning topic: Using Spiritual Practice to Heal: Emotionally, Spiritually, and Physically** Committee member to lead session and develop a group activity.
- **Saturday afternoon topic: Using Spiritual Practice to find purpose and walk through difficulties** Committee discussed many ideas that use physical movement/activities that may be referred to as spiritual practice: walking, swimming, painting, drawing, gardening. May refer to this session as “a pilgrimage.”
- **Saturday Evening Bonfire:**
 - Committee decided to use the larger bonfire site and has been confirmed with the venue.
- **Facility Specifics confirmed:**
 - Breakfast served at 8 am
 - Lunch served at 12 pm
 - Dinner served at 5:30 pm
 - Conference room holds 45 persons seated at tables or up to 60 persons without tables
 - 19 total sleeping rooms reserved all at double occupancy
 - Committee will decide how many of those rooms will be reserved as single occupancy with the registration price to be reflective of the attendee’s decision to reserve a private room

- 2 of the 19 rooms will be ADA compliant (double occupancy) offered as first come first serve basis
- **Activities still in the planning process:**
 - Sunday Morning Topic: Using spiritual practice to find gratitude and meaningful connection
 - Bonfire Activity(s) releasing difficulties/resentments/character defects
 - Registration prices for overnight guest, private room requests, and Saturday only attendees

Submitted by: Susan T, Secretary to the committee

Report from Intergroup Newsletter Team

For May 2023

Since we have last met, two newsletters have been published. The April 2023 newsletter is posted at our Intergroup website at [THIS LINK](#). The May 2023 newsletter is posted [HERE](#) at our Intergroup website.

Here is a summary of the April newsletter - with our thanks to all who contributed:

- A Step Four article
- A Tradition Four article
- A newcomers welcome on page 1 with a link to an article on the OA.org website and a link to our Intergroup meetings list
- An article about the March 18th celebration of our 50th anniversary in the STL area, plus some quotes heard during the day
- Two personal shares of experience, strength, and hope related to breaking out of isolation
- The Intergroup chair's column
- Information about which meetings are happening on April 9 (Easter)
- A summary of the Region 4 Spring Assembly
- An invitation to the Region 4 Community Conversation on April 16
- The Intergroup calendar of events
- A Save-the-Date flyer for the October retreat

Here is a summary of the May newsletter - with our thanks to all who contributed:

- A Step Five article
- A Tradition Five article
- A newcomers welcome on page 1
- An article highlighting that there are Super Saturday events in May and in June
- A personal share on learning to love oneself
- A personal share on staying abstinent at special events in late spring/summer
- Updates from Region 4
- Updates from World Service
- The Intergroup calendar of events
- A flyer for the May 13 "High Fives" Super Saturday
- A flyer for the June 24 "Camp OA: Making Summertime Recovery Time" event

- A Save-the-Date flyer for the October 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. 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.

May 2023 Treasurer Report

Dear OA brothers and sisters,

Our group donations beginning of the year through April 30, 2023 were \$5120.92

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, MAY 2023 (COVERS MARCH & APRIL 2023 DATA)

A. Upcoming Events.

May 13, 2023: “High Fives – Step 5, Tradition 5 and Principle 5” Super Saturday recovery event, in person, at the Hope Christian Church, 9273 Coachstop Road, Columbia, IL. Registration 8:30, event 9-11:30. The flyer is on the website and in the newsletter.

June 24, 2023: “Camp OA – Making Summer Time Recovery Time” Super Saturday recovery event, in person and also by Zoom, at the Webster Groves Christian Church near Berry Road and Lockwood. The flyer is on the website and in the newsletter.

October 27-29, 2023: **The Fall Retreat**, a weekend in-person event at the Toddhall Retreat Center, Columbia, IL. Save the date! More information 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.

Include the following information:

- “Overeaters Anonymous” must be spelled out
- Hosting group
- Theme of the event
- Complete date; month, day, year
- Time, beginning and ending hours
- Address, a map or directions
- 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 accessibility & parking [Accessibility is ease of use for people with disabilities, for instance people using a wheelchair. Stairs would be a problem.] But please don’t say “handicap accessible.” Just say “accessible.”

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. One meeting has gone hybrid, and there is a new meeting.

The Thursday 10 am phone meeting in Ferguson, 21534, is adding a face-to-face component. It will be held at St Peter's Church, 1425 Stein Rd, Ferguson MO 63135. The phone component will continue, so this will be a Hybrid meeting.

There is a new Zoom-only meeting, 800758, Wednesday at 9:00. It is a Literature, OA Steps and/or Traditions Study, and it's closed to outside observers (which means it welcomes anyone with a desire to stop eating compulsively). Meeting ID: 764 899 4684, Passcode: 6J0TJZ.

D. Incoming contacts Information.

Combined report: March and April 2023 IG Email (info@stlouisoa.org) and IG cell phone (314-638-6070)

In March and April there were about 16 real phone calls, not listed by purpose.

There were 3 emails looking for a meeting, 2 emails with group information updates, several business emails from Zoom, T-Mobile, and Intuit (QuickBooks), and emails about events in other regions. All the other emails were ads and scams.

Submitted by Elizabeth C, vice-chair

GOOGLE SEARCH ADS REPORT, MAY 2023 – Covers data from January to April.

Here's how our 2023 Spring Campaign went.

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.**

The campaign ran from January 1 through March 12, **2023. The total cost was \$2,775.09.**

So **we have met our goal of spending \$3,000 or less.**

Submitted by Elizabeth C