

St. Louis Bi-State Intergroup Minutes

May 7, 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 4 and 5, Concept 4 and 5

Welcome: 16 members in total were in attendance; all via ZOOM. Four BOT members, three committee chairs, one R4 representative, one WSO delegate, seven IG representatives, and no visitors. 16 eligible voters and a quorum was confirmed.

Minutes: March 12, 2023 minutes were distributed via email for review prior to the meeting. No comments or corrections noted. Minutes were approved.

Reports: Chairperson and committee reports were distributed via email for review prior to the meeting. A member asked for clarification and specifics on the financial outcome of the March 18 Celebration Event. Treasurer, Marina F reported details recorded under Old Business

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:

Dianne S. reported on the P.A.C.E. (Program for All-Inclusive Care of the Elderly) organization meeting that was requested to be started. Two OA members visited the facility on two separate occasions to encourage OA meetings with residents. Two residents expressed interest in the OA program however, they did not want the meeting listed as an official OA meeting. The residents were encouraged to start a recovery community in the facility and begin attending ZOOM meetings once it was confirmed each of the residents has a computer to use. Literature and ZOOM information were given to the interested residents and IG will no longer go in to the residence to facilitate a meeting for this care facility.

Old Business:

- **World Service Business Conference Summary:** Delegate, Cyndy L reported on the highlights. Cyndy served on the bylaws committee and delegate co-chair attending all of the reference sub-committee meetings. Two-thirds of the conference was comprised of new delegates.

- Approval for new literature likely to be released in the third quarter of 2023 regarding diverse voices within OA.
- Revision of the Sponsorship pamphlet was not approved because delegates felt it was incomplete without including the thirty questions about compulsive eating/behaviors previously used to identify various eating disorders.
- Gendered language was voted to be removed from all policies
- “Special” focus and/or “special’ topic will now be referred to as “specific” focus or “specific” topics.
- Motion to exclude the use of AA literature other than the Big Book in OA failed to pass.
- Motion to include language that encourages everyone to use all OA literature available
- Voted to increase the maximum amount a member can donate to \$7500 annually
- Added two more abstinence medallions for members achieving 45 or 50 years of abstinence. Available from the bookstore in the near future.
- **50th Celebration Event Summary:** Treasurer, Marina F delivered financial information as follows:
 - 101 people registered
 - Income \$5978.50
 - Registration fees collected were \$4500
 - \$301 donated to We Care
 - \$275 We Care funds were used
 - Literature sales
 - \$137 New literature sold at full price
 - \$425.50 (outdated literature offered for a free-will donation)
 - Quilt Raffle
 - \$380
 - 50/50
 - \$81
 - 7th Tradition
 - \$429
 - Expenses \$4469.88
 - Details of expenses are available through the treasurer.
- **Storage Locker:** Chair, Dianne S updated members that two full boxes of OASIS supplies were given away at the 50th Anniversary Celebration event which supports the goal of clearing out the storage locker. Other components of the locker will be inventoried for the IG body to decide on how to distribute/sell, get rid of. An announcement to members of items available from the storage locker will be distributed when time comes to clear the locker contents.

- **Service Opportunities Within Intergroup**
 - Twelfth Step Within Committee Chair
 - Public Information and Professional Outreach Committee Chair
 - Archivist for Intergroup (once storage facility is no longer contracted) A question was posed if records in storage can be digitalized then kept in Drobox for reference. Further investigation as to the exact contents of records is needed before answering.

New Business:

- **Intergroup Zoom Account Availability for Super Saturday/Recovery Events:** The IG Zoom account can be used by other groups for recovery events unless the time has already been preempted by another scheduled meeting. Elizabeth C will get a meeting ID and password for use at the upcoming June Super Saturday event. It is highly recommended to have a dedicated security person(s) with the zoom bombing still occurring. The Virtual Intergroup recently held a seminar highlighting Zoom security measures. It was noted the San Diego IG has posted many instructions for maintaining and supporting the safety of on-line meetings. This information is available for all members when security measures need enhanced or training in security is necessary. If the information is available through the Virtual IG, it is available to be used locally.
- **Board of Trustees Service Opportunities:** Two Board positions will be opening for the 2024 year. Intergroup Chair and Secretary will need to be filled and nominees voted on at the November 2023 annual business conference. Dianne S and Susan T are willing to train and mentor individuals giving service in these positions.
 - **Intergroup Chair Responsibilities:** Dianne S gave an overview of duties and responsibilities in this position as she has served in for the past four (4) years. Please refer to the Policy/Procedure manual for a comprehensive list. It was estimated the position requires approximately two hours per week as Dianne serves in this position.
 - **Prepare the Intergroup Meeting Agenda.** There is a template agenda followed to create this document nine times per year prior to each meeting. Determines what old business needs addressed, new business to discuss since last meeting, and determine what workgroups should meet.
 - **April, August, and December.** These months the Body does not meet but the Board of Trustees (BOT) hold a meeting to discuss issues arising between the regularly scheduled meetings. All members are invited to attend. There may be some months when there is no new information up for discussion.
 - August is when BOT reviews policy/procedure manual and bylaws. Chair heads the meeting, but each member of the BOT takes sections to revise or remain current to the practices of IG.

- December is the month for developing the budget for the succeeding year. Treasurer and bookkeeper are instrumental. QuickBooks program creates a proposed budget based on the preceding year as well as a projection of what will happen in the next year. BOT determines if there are new equipment needs, software needs, security upgrades, etc. and determine approximate costs to factor in to the budget
- **Special board meetings** may be called between regularly scheduled meetings so to arrive all decisions based on group conscience.
- **Interface with Region 4 Chair and World Service Trustee**
 - Community Conversations-A virtual meeting held on third Sunday of each month to interface with other Intergroups part of Region 4 to share information about individual intergroups as well as to support each other in issues/resolutions happening elsewhere in the region.
- Optional participation in workshops regarding Intergroup functions as offered by WSO
- Review information publicized in R4ward to relay pertinent information to groups/members
- Acts as liaison to WSO Trustee to answer group/member questions regarding traditions and practices within our Intergroup
- Review Step Ahead information publicized by WSO to relay pertinent information to groups/members
- Serve on committees of major recovery events as a resource of BOT support
- Write article for newsletter to update members on intergroup/region work
- Oversees the affairs of the Corporation as a 501C
 - Verifies the appropriate paperwork is being filed by the bookkeeper to maintain non-profit/tax exempt status
 - Maintains one of the credit cards for purchases
 - Shares responsibility of the corporation bank account
 - Shares responsibility of maintaining a list of assets and that all is accounted for
 - Laptop computer
 - Cell phone
 - Shares responsibility of maintaining digital corporation data (Drobox)
- Oversees information shared on social medial through intergroup (webpage, newsletter, etc.)

- Candidates must be aware of the workings of intergroup. Personal computer and cell phone are essentials of carrying out tasks of IG chair. Computer printer is very useful. Software commonly used includes Word (or comparable) to at least make a PDF document to be shared on different PCs. Excel is useful for making spreadsheets of various needs. Email and text are most common sources of communication between BOT and other intergroups, trustees, members, etc.
- Qualifications are one (1) year current abstinence, previous/current service within intergroup

Workgroups:

Dianne S spoke on behalf of Christina D regarding Region 4 Outreach Committee. Region 4 contacted our intergroup to determine how they can be of assistance by providing resources to help meet membership and community outreach goals we have.

Dianne led the discussion and asked members for ideas in requesting assistance from Region 4. She offered their ability to provide workshops on Twelfth Step Within or community outreach.

Members attending shared thoughts as follows:

- Twelfth Step Within workshop/half-day event in lieu of a Super Saturday event in an upcoming month. Could be offered as local or as Region 4 wide event via Zoom
 - Dianne inquired about the results of past work committee visiting groups not represented at IG. Although this work was useful, the groups visited did not result in improved IG representation on the single visit.
 - Dianne inquired if groups have experience with following up with members and/or newcomers that have not returned or stopped coming to meetings. Discussion was made that since many meetings are not in person, it has become more difficult to track regular attendees. In person meetings regularly passed an attendance sheet with names and phone numbers. This led to a discussion on how to track meeting members more consistently. Some virtual groups create a google doc and invite attendees to add name and contact information via link in chat. A group member can serve to take attendance each meeting. If members stop coming for 2-3 weeks, someone reaches out to the missing person(s). Possibly request a workshop on how to keep in contact with group members within virtual meetings.
 - A question for advice was asked: How many times is appropriate to reach out to newcomer when there is no response from them? Answer offered was to contact once, then have the newcomer respond.
 - It was offered as a method of reaching out to new/newer members of passing a basket with instructions to add contact

information to the basket if outreach call was desired, then group members willing to call would take a name to make the call.

- In face-to-face meetings, each member can sign a newcomer pamphlet and hand it to the newcomer with the instruction to call.
 - There was discussion about the importance of follow up contact with the newcomer at meetings in attempt to extend welcoming and accepting all who want to recover.
 - Offering to stay after a meeting (virtual or in person) to discuss questions the newcomer may have
- Public Outreach Workshop: Unity Intergroup has had previous success in this area and may be useful having a workshop hosted by an intergroup successful in public outreach.
 - Possibly offer medical profession schools a list of open OA meetings to attend to learn more about what OA offers.
 - Social work schools may possibly be a resource for public outreach.
 - Community Courier is available from WSO to download and print to hand to medical professionals. J-MO also has pamphlets available to give to members for their medical professionals.
 - Workshop on the pamphlet “Where Do I Start?” to get more members willing to sponsor

Dianne will respond to Region 4 Outreach Committee with the ideas formulated.

Review: What Needs Announced at Home Meetings:

- May 13 Super Saturday, Columbia, IL
- June 24 Super Saturday, Webster Groves, MO
- 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, June 11, 2023 at 1:30 pm

Platform via ZOOM. Communications to follow.

**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
 Verna H
 Andrea V
 Elizabeth C (Wentzville)
 Dianne S
 Ruth H
 Della T

The committee continues to meet monthly for planning of Program and Events.

The meeting in May discussed

- **Sunday morning topic: Using Spiritual Practice to find gratitude and meaningful connections** Group setting with all participants seated in a circle. Have the leader explain the topic and their experience for discovering gratitude. Explore what is “meaningful connection” as a group. Move into group activity using a beach ball and questions from OA workbooks of For Today and Voices of Recovery on the topics of gratitude and meaningful connection
- **Retreat Closing: How do we want to carry our Spirit of Recovery back into our daily lives?**

Members to work on the following before the next meeting:

- Committee members continue to think of potential speaker candidates
- Bonfire Activity(s)
 - releasing difficulties/resentments/character defects
- Jeremy to start discussion with Marina regarding registration prices for overnight guests and Saturday only attendees
- Susan to contact Todd Hall regarding using OA signs/slogans on the existing labyrinth

Next Meeting: June 15 at 6:30 p.m.

Submitted By: Susan T, Secretary to the Committee

WSBC Delegate report for June

The 2023 World Service Business Conference was held the last week of April and was attended by close to 200 dedicated OA members. There were 179 voting members, which includes trustees and delegates, as well as staff and volunteers. The theme was “Concepts of Service: The Heart of Fellowship.” The four workshops focused on the topic and how to incorporate the Concepts into our lives.

The business meeting included election of five trustees, reports on all the work done for the past year by staff, trustees and committees. There were two pieces of literature considered for the Conference Seal of Approval. *Diverse Voices: A Common Solution* was adopted and will be available later this year, although the final format has not yet been determined. The updated combination *Sponsorship in OA: Guiding Others into Recovery* was returned to committee for further updates and will probably return for next year’s conference.

Twenty-two policy motions and eighteen bylaw amendments were on the agenda for discussion. Only eleven of the forty motions were passed on the consent agenda which left the body twenty-nine motions to discuss.

I served as the Delegate cochair of the bylaws committee, which included leading the Wednesday Bylaws Committee meeting and then serving as the support person for the Trustee cochair at the Reference Subcommittee.

The Reference Subcommittee met at every possible interval; every morning, over lunch and then in the evening to resolve as many issues as possible to enable as many motions to be considered as possible. This made for very exciting discussions and the debate on the floor was enlightening. I always enjoy watching how the delegates work together to come up with the best for OA as a whole. If you are interest in the results of each motion there is a summary report on the [oa.org > News and Events > World Service Business Conference > 2023 Wrap Up Report](#). The Final Report Document will be out in late July.

A couple of motions that I find relatable were:

The definition of Open and Closed meetings has been updated. The title of Special Focus and Special Topic meetings were changed to Specific Focus and Specific Topic meetings.

The maximum contribution from a single member to the World Service Office per fund, was raised to \$7,500.

There will be two new recovery coins created and then sold through the OA bookshop; 45 years and 50 years.

Special Focus Service Boards are now Specific Focus Service Boards.

The motion to remove the Conference Seal of Approval from all AA literature was defeated.

My ongoing service to the Bylaws Committee for this year is to help develop a process for Service Bodies to use to review the Agenda Questionnaire. I was happy to share how St. Louis Bi-State Area IG has been doing this for the past several years.

The 2024 Conference will be in Albuquerque, May 7 – 11. I would encourage everyone to consider giving this valuable service to our Intergroup. I am willing to answer any questions on what being a delegate entails. This is a life changing experience, just ask anyone who has served at the Conference over the years.

In service,

Cyndy L.

50th Anniversary Committee Report

Last month I was ill when it was time to write my report, so I didn't give one. Marina's report covered most of the items that needed to be addressed.

I would just like to add my thanks to everyone who participated in the planning and execution of the event, as well as everyone who attended. Everything was beyond what I had anticipated.

The best part was having the room set up wrong so we didn't have the separation we had planned for. I was a bit upset when I knew we would have to change our plans, but the committee came up with an alternate plan and the rest of the day went smoothly. Being together all day was wonderful. Not having to move back and forth between the rooms was a blessing.

Funny how we plan and HP makes his will known. I am grateful for the opportunity to have participated in such a lovely recovery event.

Yours in service,

Cyndy L.

Website Report: May 1 – May 30, 2023

Sessions: 231

Pageviews: 516

New vs. Returning: 59%/41%

Device Breakdown: Desktop: 48%, Tablet: 1%

Mobile: 51%

Top Pages:

1. [Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)215
2. [Meeting Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)153
3. [Events – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)32
4. [New to Overeaters Anonymous, OA for Short? – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)31
5. [Member and Intergroup Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)16
6. [Contact Us – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)12
7. [“OA Today” Newsletter – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)12
8. [7th Tradition – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)10
9. [Documents and Forms – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)7
10. [Podcasts – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)

Submitted by:

Colleen C.

VICE-CHAIR REPORT, JUNE 2023

A. Upcoming Events.

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 stlouisoa.org and in the newsletter.

September 9: afternoon Super Saturday. Details to follow.

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. Meeting Changes. One meeting has gone hybrid, and there are big changes to two other meetings.

The Tuesday 7pm Newcomers, Big Book, Welcome Home meeting in Eureka will be adding a face to face component starting **Tuesday, June 13,** 2023. The address is St Francis Episcopal Church, 602 Rockwood Arbor Dr, Eureka, MO 63025. The Zoom meeting will continue, so this will be a Hybrid meeting.

Just in – it will be in the July newsletter and Where and When -- changes to two meetings:

First, the Wednesday meeting in O'Fallon at the 212 Club is **at 4:30 p.m, not 5,** with a different contact person, Penny - 314 412 7600. The meeting now has a revolving format-

- week one - step study
- week two - tradition study
- week three - literature
- week 4 - speaker

Also, the Friday night 7:00 p.m. meeting at St Patrick's Parish Hall in Wentzville is now changed to **Tuesday Mornings at 10:30** in the back of the church.

C. Incoming contacts Information.

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

In May there were a couple of real phone calls, not listed by purpose.

There were no emails from enquirers. There were very many business emails, mostly about a new version of our accounting software, Quickbooks. There were copies of business emails from our intergroup and other regions. All the other emails were ads and scams.

Submitted by Elizabeth C, vice-chair

June 2023 Treasurer Report

Dear OA brothers and sisters,

Our group donations beginning of the year through May 31, 2023 were \$5,635.20.

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.

Report from Intergroup Newsletter Team

For June 2023

The June newsletter is now published on the Intergroup website, and [HERE](#) is the link. Here is a summary of the June newsletter - with our thanks to all who contributed:

- A Step Six article
- A Tradition Six article
- A Save-the-Date announcement about a September 9 Super Saturday
- News about the Eureka meeting offering face-to-face and online (hybrid)
- A summary of the April World Service Business Conference
- Three articles about “summer fun” and recovery – including a focus on abstinence while traveling
- The Intergroup calendar of events
- A flyer for the June 24 “Camp OA” Super Saturday
- 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 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., and Sue S.

