

St. Louis Bi-State Intergroup Minutes

June 11, 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 6, Concept 6

Welcome: 13 members in total were in attendance; all via ZOOM. Four BOT members, one committee chair, one R4 representative, seven IG representatives, and no visitors. 13 eligible voters and a quorum was confirmed.

Minutes: May 7, 2023 minutes were distributed via email for review prior to the meeting. No corrections noted. Minutes were approved. Elizabeth C. offered to comment on the issue with the website 7th Tradition function mentioned in the May minutes has been restored to proper working order. Representatives were encouraged to inform their group members.

Reports: Chairperson and committee reports were distributed via email for review prior to the meeting. There were no questions regarding reports. However, general announcements regarding report(s) content were noted as follows:

- The financial reports contained some unusual “totals” due to a necessary change in software moving from desktop version to an online version as necessary through our bookkeeper. Dianne reported the numbers for line items are correct, however, totals on the Profit and Loss Statement do not add up correctly. This error impacts the Profit and Loss Previous Year Comparison report as well. Also impacted with this software change is the Group Contribution report, our bookkeeper noted the values reported are correct, however the software was not allowing to view the year-to-date totals for each group. The bookkeeper will continue to work with QuickBooks on-line help to resolve the issues. Treasurer report for June reflects good financial standing at this time.
- Elizabeth C. brought attention to meeting changes that occurred after the latest printing of the June Where and When meeting list. Please read the full vice-chair report for the full list of meeting changes.
 - Wednesday, OA Workshop Meeting in O’Fallon, MO at the 212 Club has changed time to 5:00 pm
 - Friday evening, St. Patrick’s Parish in Wentzville meeting has changed to Tuesday at 10:30 am and meeting in the back of the sanctuary
- Dianne announced for the Newsletter editor that articles for July newsletter must be submitted by June 25. Volunteers needed to write about Step Seven and Tradition Seven for the upcoming issue. Please contact J-MO with additional questions.

Seventh Tradition and Roll Call: Participants were documented and signed in by vice-chair. Representatives were encouraged to be responsible to make contributions toward the Intergroup Seventh Tradition either through the website or by mailing their contribution to the address is listed on the website.

Intergroup Reps Home Meeting Comments:

- Sunday, 4 pm, Abstinence First/Newcomers Hybrid Meeting will be changing locations for the in-person participants. June 18 meeting will be available via Zoom only due to the moving process. The Where and When reflects the new address beginning on June 25 and remains being offered at a hybrid format.
- Sunday, 11 am, “St. Mary’s” Sunday Morning Meeting will be starting a hybrid format but at a new location. In-person participants will meet at Recovery St. Louis on Clayton Road beginning July 9. The July Where and When will reflect the new meeting address.
- Saturday, Step and Tradition Study Meeting will be hosting a hybrid Super Saturday event, June 24. Additional information can be found on the local website and in the newsletter

Old Business:

- **Storage Locker:** Dianne S. reported there has been no further progress. More will be discussed in upcoming meetings
- **Region 4 Outreach Committee:** No further progress has been made. Please note the information regarding Region 4 in New Business.

New Business:

- **Region 4:** Dianne (IG Chair), Cyndy L (WSO delegate), and Marilyn F attended Region 4’s special announce meeting last Sunday. Our Region 4 service board and trustee told us that they had made the difficult decision to disband Region 4. This will be a year-long process culminating with a summer event in 2024. Over the last four years, the Region has struggled to fill service board and committee chair positions, not all of the Regions intergroups send representatives to assemblies, participants to community conversations, or delegates to WSBC, despite scholarship opportunities. In general, there has been a decrease of the number of groups in the Region intergroups, the number of members in many groups, and even some of the Region intergroups have disbanded. Region 4 is already the smallest Region, and this ongoing loss of willing service volunteers dictates change is needed.
 - Our Intergroup will begin discussing our options in the near future. Meg M, our trustee, will keep us in the loop as the change progresses and we have more information so we can make an informed decision.
- **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 Secretary Responsibilities:** Susan T 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
- Qualifications: 6 months current abstinence and continuous abstinence throughout the elected term
- Skill and Hardware Requirements:
 - Computer access is essential
 - Software needs: Microsoft Word or equivalent, Dropbox
 - Working knowledge of email communications
 - Working knowledge of Word for report generation
 - Working knowledge of iCloud storage
 - Organizational skills to track outstanding email responses and in preparing for each IG meeting
- Time Requirements:
 - IG meeting months (8 regular meetings) takes approximately 5 hours per month to transcribe minutes, collect committee reports, distribute information to representatives
 - Preparing for Conference is more intensive, likely being 10 hours that month, attending BOT review process then preparing motions for consideration
 - After conference, updating procedures and bylaws takes a few hours for preparation to submit to WSO.
- Monthly Duties
 - Active member of Board of Trustees to Intergroup
 - Attend all Board of Trustee and Intergroup meetings
 - Distribute monthly newsletter
 - Maintain IG representative list in Gmail
 - Maintain BOT and committee member list in Gmail
 - Type minutes from BOT meetings and IG meetings for distribution
 - Call for Reports and compiles combined report for IG meetings
 - Distributes all reports and meeting agenda to representatives each month IG meets
 - Act as communicator between IG BOT and group representatives
 - Saves all meeting minutes to Dropbox
 - Monitors and addresses inquiries to intergroup email
- Annual Duties
 - Edits Policy Manual and Bylaw Documents to reflect IG conference decisions
 - Submits Bylaw changes to WSO for approval each year after IG conference

- Communicates with web coordinator to post updated procedures and bylaws to local website

Workgroups: Time was allowed for the Fall Retreat Committee to work; however, the committee members are scheduled to meet June 15 to continue planning and there was no need to meet today.

Review: What Needs Announced at Home Meetings:

- June 24 Hybrid Super Saturday, Webster Groves, MO
- Save the Date for September 9 Super Saturday hosted by Recovery From Relapse Meeting (more information to follow)
- Fall Retreat October 27-29, 2023
- Discuss Region 4 changes. Encouraged to use the “script” Dianne used to explain the situation to representatives present.

The meeting adjourned at 2:25 pm with the OA Responsibility Pledge followed by the OA Promise.

Next Intergroup Meeting

Sunday, July 9, 2023 at 1:30 pm

Platform via ZOOM. Communications to follow.

Website Report: Data collected from May 27 – June 25, 2023

320 sessions

621 page views

New vs. returning visitors: 59% vs. 41%

Desktop/Tablet/Mobile: 48%/1%/51%

Top Posts/Pages

1. [Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)269
2. [Meeting Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)140
3. [Events – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)72
4. [Podcasts – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)34
5. [New to Overeaters Anonymous, OA for Short? – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)27
6. [7th Tradition – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)16
7. [“OA Today” Newsletter – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)13
8. [Member and Intergroup Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)11
9. [Contact Us – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)7
10. [2021 Virtual Fall Retreat: A Time of Reflection – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)5

Submitted by Colleen C.

VICE-CHAIR REPORT, JULY 2023

A. Upcoming Events.

September 9: afternoon Super Saturday. “Who is driving your recovery bus?” The flyer is in the July newsletter and posted on the website.

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.

November 19, 2023: possible IDEA day Super Saturday. Plans still very tentative. Just in the discussion phase.

B. Meeting Changes.

Sunday 4pm “Abstinence First.” This hybrid meeting has a change of physical location. The new address is: 1121 Olivette Executive Parkway, Olivette MO 63132 (office of Let’s Build Hope)

Sunday 11 am: This meeting has added a physical location. The address is Recovery St. Louis, 8029 Clayton Rd Suite 1, St. Louis, MO 63117. **Note:** The easiest entry is from the rear parking lot, but there are 1-2 steps.

Saturday 10:30 am meeting in Jerseyville, IL has a new meeting contact: Georgia W at 618-444-3770

C. Incoming contacts Information.

Intergroup (IG) cell phone (314-638-6070): In June there were six real calls. That’s more than usual. Some months there aren’t any. Three were about donations, two requesting meeting information, and one reporting a change to meeting information .

Intergroup (IG) Email (info@stlouisoa.org) In June there were nine real incoming emails. That’s less than usual.

- One was a question about how to read the Where and When,
- two were about changes to the information for three meetings,
- one was about IG business,
- two were copies of routine IG business emails.
- two were notifying us about events in other regions,
- one was the WSO monthly bulletin.

Submitted by Elizabeth C, vice-chair

Fall Retreat Committee Report to Intergroup for July 2023

The Retreat committee continues to meet routinely for planning the schedule of events. Last month focused on getting a registration flyer ready for approval by IG. Plans are to have a draft to submit by mid-July. The final registration flyer will be included in the August newsletter, as well as, distribution to all members via IG representatives. Black and white copies will be made available for mailing, upon request. The committee chair will work with the webmaster to have on-line registration and payment of registration fees through the website by August. The committee decided to offer early-bird registration for a discounted price. Members will be offered daytime only attendance registration once the commitment has been met for our overnight room reservations with Toddhall. We Care Funds will be confidentially available to members who inquire through the IG treasurer.

Work continues on program planning, activities, and meals to be offered through the retreat center.

Submitted by Susan T, Secretary to the committee

July 2023 Treasurer Report

Dear OA brothers and sisters,

Our group donations beginning of the year through June 30, 2023 were \$6,493.00.

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.

Region 4 Representative

No news to report.

Per Eileen M

WSO Delegate

No news to report.

Per Cyndy L

Report from Intergroup Newsletter Team
For July 2023

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

- A Step Seven article
- A Tradition Seven article
- A newcomer welcome with OA.org links
- A freedom from food obsession article
- A column about the June 24 Camp OA recovery event
- A summary of changes to Intergroup meetings
- A report from our Intergroup chair
- The calendar of events
- A word search puzzle with “recovery words”
- A flyer for the September 9 Super Saturday
- A flyer for the October retreat

Please let your home groups know the newsletter exists 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. 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

