

## St. Louis Bi-State Intergroup Minutes

July 9, 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 7, Concept 7

**Welcome:** 17 members in total were in attendance; all via ZOOM. Three BOT members, three committee chair, one R4 representative, one WSBC delegate, nine IG representatives, and no visitors. 17 eligible voters and a quorum was confirmed.

**Minutes:** June 11, 2023 minutes were distributed via email for review prior to the meeting. Two corrections noted under the secretary's duties as follows: One year abstinence required and there are nine annual intergroup meetings. Minutes were approved with these corrections to be made.

**Reports:** Chairperson and committee reports were distributed via email for review prior to the meeting. There were no questions regarding reports. However, a general announcement was made to everyone present:

- Marilyn F informed everyone that she has abstinence coins at her house for any meeting that would rather purchase through her than WSO. Please contact Marilyn F to arrange.

**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 as listed on the website.

### Intergroup Reps Home Meeting Comments:

- Sunday, 11 am, Sunday Morning Meeting had its first hybrid meeting today at it's new location. In-person participants meet at Recovery St. Louis at 8029 Clayton Road. The technology at this location made for a smooth transition to the hybrid format. Other groups looking for a location that supports hybrid technology can call for other available meeting times.

### Old Business:

- **Storage Locker:** Plans are to continue with inventory and clearing out the space, however it has been postponed at this time.
- **Region 4:** No further information has been received regarding the dissolution. However, St.Louis Bi-State Intergroup will be associating with a different region once Region 4 ceases to exist. Colleen has been visiting Cincinnati which is part of Region 5. Colleen has introduced herself the local region representative and forming relationships to learn more about Region 5. Information was shared with members present about routine meetings held by Region 5 that discuss happenings within the region. More information about dates and times can be found on the Region 5 website. Also shared was information to a link for their upcoming, virtual, one-day convention in September. Encouraged to visit the Region 5 website.
  - Cyndy L offered she has been appointed as Region 4 Vice-Chair. She will serve as the assembly planning coordinator, as well. Next Sunday is the Community Conversation held by the Board

for Region 4. They are encouraging anyone with questions or concerns wanting more information to attend these monthly meetings.

- The Region 4 Assembly will be held September 29-30, 2023 as a virtual only event. Region 4 will be inviting Regions 1, 3, 5, and 6 to attend in order to host a question/answer session for intergroups within Region 4 looking for a new Region to associate with. Cyndy will have additional information to share by the next intergroup meeting. Cyndy also offered to take any calls regarding questions about Region 4 dissemination.
- Eileen M spoke about information obtained as our Region 4 representative. Please continue to encourage groups/members to make their usual donations to Region 4. Funding received will go toward the upcoming events (Fall Assembly 2023 and Spring Assembly 2024) which are on the calendar for Region 4. When the region finally dissolves, all funds leftover will go to World Service Organization.
  - Eileen also inquired if anyone would like to be an alternate representative to her. She is unable to attend the Fall assembly.

#### **New Business:**

- **Website Privacy Policy:** Dianne (IG Chair), Elizabeth (Vice-chair), and Colleen (website coordinator) have been working with Alex, the web consultant employee, to draft a privacy statement to be posted. Dianne will present more information once Alex has made a proposal.
- **Annual Bylaws and Policy/Procedure Manual Review:** Tentative scheduling for mid August. Secretary will send out formal notification including date and time. Everyone is welcome to attend and BOT welcomes input. Elizabeth demonstrated where the manuals can be located at [www.stlouisoa.org](http://www.stlouisoa.org) Any suggested changes can be submitted to the Board of Trustees via paperwork which is then presented to the entire Intergroup body for discussion and voting at the November business conference. All approved changes are submitted to the region trustee before being documented at the World Service Organization. Once Region and WSO approve the changes, the new manuals will be uploaded to our website.
- **WSO Monthly News Bulletin:** Latest issue requests the Annual Appeal Letter to be downloaded and read at three (3) consecutive meetings. WSO sends this letter out each year to aid in funding our World Service Organization in added outreach to the still suffering compulsive overeater. Encourage group members to subscribe to the monthly bulletin to keep updated of the latest work going on within the WSO. Downloading/reading the bulletin to the group is an excellent service opportunity for any group member/sponsee and help to update more members about goings on at WSO as well as a vast amount of resources.

**Fall Retreat Update:** Registration flyer and online registration will be available before the end of July. The committee is encouraging members to sign up as soon as possible by offering a \$15 reduced registration fee before September 1. Registrations will be accepted until early October at the standard fee.

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

- Annual appeal letter in WSO News Bulletin at oa.org
- Community Conversations of Region 4
- Region 4 Fall Assembly (virtual) dates to be announced
- September 9 Super Saturday hosted by Recovery From Relapse Meeting. Information on website and in newsletter
- Fall Retreat October 27-29, 2023

The meeting adjourned with the OA Responsibility Pledge followed by the OA Promise.

**Next Intergroup Meeting**

**Sunday, September 10, 2023 at 1:30 pm**

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

## September 2023 Treasurer Report

Dear OA brothers and sisters,

We your Board of Trustees has made a decision to simplify the Treasurer's Report. Beginning this month and on we will no longer be attaching the Financial Statement that is created by QuickBooks. Instead your Treasurer will submit a report for your review.

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.



Website Report: July 31 – August 29, 2023, submitted by Colleen C.

Tasks continue to include updating any page as directed by the BOT, such as events/flyers, updated Where & Whens, current newsletters, etc.

Traffic for last month:

Sessions: 511

Pageviews: 3235

Total users: 457

New vs. returning: 93% vs 7%

Devices: Desktop: 59%

Tablet: 2%

Mobile: 39%

Top pages:

(The most visited page was not listed in Google Analytics this month for some reason. The following pages were the next most frequently visited):

1. Home page: 374
2. Meeting information: 212
3. Events: 68
4. 7<sup>th</sup> tradition: 46
5. New to OA? 39
6. Fall retreat: 25
7. Newsletter: 23
8. Member and Intergroup Info: 14
9. Cart

## Report from Your Intergroup Newsletter Team

For August and September, 2023

The Intergroup did not meet in August, so we've posted two newsletter editions since the last meeting. A summary of the content of each is offered below.

The August newsletter is posted at our Intergroup (IG) website at [THIS LINK](#). Our thanks to those who contributed the following:

- A Step Eight article
- A Tradition Eight article
- A newcomers' corner article with a bonus "arc of recovery chart" page
- A thank you for service done in mailing out hard copies of newsletters
- An article on family reunions
- The Intergroup calendar of events
- A letter from the OA Board of Trustees and Unity with Diversity Conference Committee on "what is an outside issue?"
- A flyer for a September 9 Super Saturday (which has since been postponed)
- A flyer/registration form for the October 27-29 retreat

The September newsletter is posted at [THIS LINK](#). We thank those who contributed the following:

- An invitation for newcomers utilizing a July article from **Lifeline**
- A Step Nine article
- A Tradition Nine article
- A "fall" themed article on aligning recovery footwork with the opportunities and demands of the school year
- Announcement about the postponed September Super Saturday
- Announcement of an upcoming group conscience about possible re-location of the Webster Groves Saturday 10 a.m. Step/Tradition Study meeting
- Information about an OA table at a September 24 recovery festival at Kirkwood Park
- The calendar of events
- The October retreat registration form/flyer

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 Seventh Tradition and keep the fellowship alive for all who need it.

J-MO, Newsletter Editor

314-775-3261

And Team Members:

Pat O.

LaNae S.

Anne H.

Melanie T.

Sue S.



Region 4 Rep Update – submitted by Eileen M.

9-10-23 St. Louis Bi-State Area Intergroup Meeting

**The 2023 Fall Assembly** will be held virtually from Friday evening, Sept 29 from 7-9 PM, through Saturday, Sept. 30 from 9 AM to 4 PM.

Here's a link for information on the event: <https://oaregion4.org/assembly-information/> and another to the flyer: <https://oaregion4.org/wp-content/uploads/OA-R4-FA-2023-flier.pdf>

Pre-registration is required.

- [Region rep registration](#)
- OA members who are not reps are welcome to attend but must [register](#)

It was announced at the most recent Region 4 Community Conversation meeting that representatives from Regions 1, 3, 5 & 6 will be attending as part of Saturday's programming and will answer questions we may have to help our Intergroup in deciding where to eventually affiliate.

## VICE-CHAIR REPORT, SEPTEMBER 2023

### A. Upcoming Events.

**October 27-29, 2023: The Fall Retreat**, a weekend in-person event at the Toddhall Retreat Center, Columbia, IL. The flyer and the registration form are on the website [stlouisoa.org](http://stlouisoa.org).

### B. Meeting Changes.

There were none.

### C. Incoming contacts Information.

Intergroup (IG) cell phone (314-638-6070): In August there were two real calls. One was OA business, and the other was looking for in-person meetings.

Intergroup (IG) Email ([info@stlouisoa.org](mailto:info@stlouisoa.org)) In July and August there were six real incoming emails.

- One was an inquiry from someone looking for newcomer meetings.
- One was from a member thinking about starting a new OA meeting.
- One was from a member asking if we had lists of sponsors or of people to call. I had to say that we don't. The only way is to go to meetings and find people.
- Two were from a member, one each month, requesting that we mail them coins. Marilyn did.
- One was a request for addresses for mailing checks to the World Service Office and Region 4.

The remaining eight incoming emails were OA business: our insurance renewal and the usual routine business matters and events of our IG and various regions.

Submitted by Elizabeth C, vice-chair

## Upcoming Event List as of September 10, 2023

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

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

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

**October 27-29, 2023: The Fall Retreat, a weekend in-person event at the Toddhall Retreat Center, Columbia, IL.** The flyer and the registration form are on the website [stlouisoa.org](http://stlouisoa.org).

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

### Region 4 Events

**September 29-30:** The 2023 Fall Assembly (business meeting) will be held virtually from Friday evening, Sept 29, through Saturday, Sept. 30. Guests are welcome but note that pre-registration is required. For more information see [oaregion4.org](http://oaregion4.org).

**October 6-7, 2023:** Minnesota State Convention in Plymouth, Minnesota. For more information, and for other Region 4 events, see [oaregion4.org](http://oaregion4.org).

### Other Regions Events

**Virtual Region:** This region always has many upcoming events. Check them out. Go to [oavirtualregion.org](http://oavirtualregion.org) and click on News And Events.

### 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!