

St. Louis Bi-State Intergroup Minutes

September 10, 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 8 and 9, Concept 8 and 9

Welcome: 17 members in total were in attendance; all via ZOOM. Three BOT members, three committee chair, one R4 representative, seven IG representatives, and no visitors. 14 eligible voters and a quorum was confirmed.

Minutes: July 9, 2023 minutes were distributed via email for review prior to the meeting. No corrections were noted. Minutes were approved.

Reports: Chairperson and committee reports were distributed via email for review prior to the meeting. There were no questions regarding reports.

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: No news or announcements from groups was made.

Old Business:

- **September 9 Super Saturday** had been postponed at this time due to unforeseen circumstances. The hosting group will determine if and when it will be rescheduled.
- **November Business Conference** will be held on November 12. All motions for bylaw changes or updates to the policy/procedure manual are due to the Board of Trustees by Friday, September 29, 2023. Representatives will be notified of the upcoming motions by October 13, 2023 via email as well as the motions will be posted on the area website.
- **Board of Trustee Nominations** are being accepted for the following service positions:
 - BOT Chair
 - BOT Secretary
 - **Note: Applications must be received by October 27, 2023 to be considered for election.**
- **Other Service Nominations are being accepted as follows:**
 - Region Representative (2 openings)
 - World Service Delegate (1 opening)
 - **Note: Applications must be received by October 27, 2023 to be considered for election.**
- **2023 Fall Retreat Update:** Registration remains open. Capacity is at approximately half full for overnight accommodations. Please encourage your groups to register as soon as possible. Also, inform members that scholarship funding is available for partial or complete registration through generous donations to our We Care Fund.

New Business:

- **Region Representative Nomination:** Rules for determining the voting body was reviewed and a quorum was validated. Information was given to allow one person attending via phone to vote through texting to the vice chair.
 - Amy G gave her account of OA service and desire to extend serving as a Region representative. Attendees were allowed the opportunity to ask questions before voting was initiated via confidential ballot.
 - Amy G was unanimously voted as a new Region representative.
- **QuickBooks Issue:** Dianne gave an overview of the problem with the newest version of QuickBooks being used by our accounting/bookkeeping employee. Dianne was able to screen share how the current income statement shows a glitch when data was migrated to the on-line version of software. Dianne reviewed the total income and expenditures as being accurate and up to date. The reconciliation discrepancies are showing a large net operating income loss that is in error. This discrepancy has not been resolvable by our bookkeeper or by QuickBooks experts. The Board and bookkeeper have had multiple conversations regarding how to move forward. Our bookkeeper has suggested a simplified version of bookkeeping to begin at the next fiscal year. Intergroup treasurer, Marina F, developed a simplified monthly summary that gives the same information as generated by QuickBooks but it does not show the erroneous operating income loss. Marina's new document was screen shared, which had been included in the monthly reports to all representatives prior to this meeting. The new report will report the year-to-date checkbook balance, the balance of We Care Account, as well as the prudent reserve. The new report will include the monthly income to Intergroup, separating out the source of income into group donations, retreat registration, We Care Funds, and interest. Monthly expenses are also separated out, accounting, cell phone fees, etc. The final information shared will be the ending balance for the month. This simplified format will be created by the treasurer each month taken from a new balance sheet created by the treasurer and bookkeeper. Dianne encouraged representatives to discuss this change with their group members and bring any comments/concerns back to the BOT. Dianne answered a question regarding continuing to use QuickBooks once the error is resolved. Dianne confirmed QuickBooks will continue to be the bookkeeping method through the end of 2023. QuickBooks will not be used starting at the beginning of 2024. Bookkeeping will be through an Excel spreadsheet with a summary presented to Intergroup at each meeting. The past QuickBooks data will be kept in virtual storage through Dropbox. All balances will be transferred to the Excel reporting style beginning 2024.

Workshop Session Brainstorming Questions for Region 4 Assembly: What questions should our IG ask, that would be helpful in choosing a new Region? Dianne explained the process of Region 4 dissolution and our Intergroup needing to associate with a new Region. The closest to St. Louis bi-state are Region 1, 3, 5, and 6. Each of these regions will have a board member present to answer questions posed from the intergroups of the current Region 4. The following points/questions were as follows:

- How does St. Louis Bi-State Area Intergroup fit into the new Region
 - Will they support our events
 - Will they provide a newsletter

- How many business meetings (Assemblies) do they have per year
- What is the typical Region website traffic
- How are conventions set up (i.e., what are involved Intergroups' responsibilities)
- Region assembly questions
 - How many assembly meetings per year
 - How many persons attend
 - How many committees are formed
 - What are the open service positions
- Determine health and strength of Region
 - What are the current challenges (give examples)
- How well represented are the encompassing intergroups at assembly (i.e., voting diversity throughout the region)
- How are small intergroups assisted in travel scholarships in order to be represented at Assembly
- How will our intergroup be integrated
- How many intergroups are in the Region
- What is the mix of intergroups (small, medium, large)
- Is the Region trending toward virtual versus in-person

Representatives asked for these questions to be distributed to all representatives to begin the discussion with group members if more questions come to mind. Dianne and Susan T will work to develop this list for distribution as soon as possible.

Review: What Needs Announced at Home Meetings:

- Community Conversations of Region 4
- Region 4 Fall Assembly (virtual) dates to be announced
- Fall Retreat October 27-29, 2023
- Annual St. Louis Bi-State Area Business Conference, Sunday, November 12. Business motions are due to BOT by September 29
- Open Service Positions: BOT Chair and Secretary, Region Representative, World Service Delegate

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

Next Intergroup Meeting

Sunday, October 8, 2023 at 1:30 pm

Platform via ZOOM. Communications to follow.

Website report for **August 28 – September 26, 2023**

Submitted by: Colleen C.

Sessions: 366

Page Views: 720

New vs. Returning: 88% vs. 12%

Desktop vs. Tablet vs. Mobile: 52% vs. 2% vs. 48%

Top Pages:

Top Posts/Pages

1. [Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)263
2. [Meeting Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)179
3. [Events – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)71
4. [New to Overeaters Anonymous, OA for Short? – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)39
5. [2023 Fall Retreat Embrace the “Spirit of Recovery” – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)30
6. [“OA Today” Newsletter – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)21
7. [7th Tradition – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)21
8. [Checkout – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)17
9. [Contact Us – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)9
10. [Podcasts – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)

Report from Your Intergroup Newsletter Team

For October, 2023

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

- A Step Ten article
- An invitation to newcomers with an excerpt from **Lifeline**
- A Tradition Ten article
- A report from two OA fellows who were “summer buddies” following the June “Camp OA” recovery event
- A detailed article about the October retreat that should answer many questions
- Encouragement for home meetings to host recovery events
- The Intergroup Chair’s column
- An article sharing experience, strength, and hope around how one member handles Halloween challenges
- An article sharing experience, strength, and hope around sharing feelings – when you come from a “legacy addiction” family
- The Intergroup calendar of events
- The OA World Service call for articles about mental health and recovery, including the submission release form (deadline is November 30)
- A 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 Tenth 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.

WSBC Delegate report for October

The final report for the World Service Business Conference 2023 is now available on OA.org, [World Service Business Conference 2023 Final Conference Report \(oa.org\)](#). The Ask-it Basket questions and responses are also available now. [Ask-It Basket: World Service Business Conference 2023 \(oa.org\)](#). All information related to the conference is listed on the News and Events Page of oa.org.

The information for the 2024 conference is also posted. The Conference will be held in Albuquerque on May 7-11. It will be an in-person event with no virtual attendance. The 2024 hotel and conference registrations will begin in January.

It is important for the St. Louis Bi-State IG to be represented at Conference. This will be my final year as delegate and I would encourage everyone to consider being a delegate for our Intergroup. We can have at least two. The eligibility requirement is 1 year of abstinence and 2 years of service beyond the group level. 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.

VICE-CHAIR REPORT, OCTOBER 2023

A. Upcoming Events.

October 27-29, 2023: The Fall Retreat, a weekend in-person event at the Toddhall Retreat Center, Columbia, IL. Register by the end of the day October 15. The flyer and the registration form are on the website stlouisoa.org.

There are no other events on our calendar! Consider hosting one!

B. Meeting Changes.

**The Eureka Friday 10 am meeting (#56711) has a new day and time!
It now meets on Thursday at 6:30 pm!**

C. Incoming contacts.

Intergroup (IG) cell phone (314-638-6070): In September there were 2 real (not spam) incoming phone calls, both from members about the retreat.

Intergroup (IG) Email (info@stlouisoa.org) In September there were 14 real (not spam) incoming emails.

- Potential newcomer support: there were no such emails this month.
- Member support:
 - Two were changes to group information.
 - One was from a member asking about the retreat
 - One was from a member thinking about starting a new OA meeting.
- Intergroup business accounts: annual renewal of Zoom and Insurance accounts.

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

Submitted by Elizabeth C, vice-chair

St. Louis Bi State Area Intergroup

Monthly Summary
September 2023

Previous Month

Checking:	\$14,387.48
We Care:	\$2,306.33
Total:	\$16,693.81

Income

Group Donations:	\$547.26
Retreat Registrations:	\$930.00
We Care:	\$-
Total Income:	\$1,477.26

Expenses

Life Storage:	\$117.00
T-Mobile:	\$54.80
Accounting:	\$330.00
PayPal:	\$10.13
Retreat 2024 Deposit:	\$500.00
Microsoft 365:	\$99.99
Retreat Refund:*	\$215.00
Total Expenses:	\$1,326.92

Balance

Balance on Hand: (Operating Fund)	\$16,844.15
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Prudent Reserve (Savings Account)

Beginning:	\$4,858.53
Interest:	\$3.34
Ending:	\$4,861.87

* Check is outstanding