

## St. Louis Bi-State Intergroup Minutes

October 8, 2023 1:30 p.m.

**Open:** The meeting was called to order by Vice Chair, Elizabeth C. 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 10, Concept 10

**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:** September 10, 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 and no additional reports were given verbally.

**Seventh Tradition and Roll Call:** Participants were documented and signed in by secretary. 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:** Bill T announced Group 56711 has moved to Thursday at 6:30 pm via Zoom, effective immediately. Group number and password remain the same. The latest Where and When reflect this change.

### Old Business:

- **Fall Retreat Update:** Retreat chair, Jeremy reported the following
  - There are roughly eight spots available for overnight guests.
  - Registration will remain open until 10/12, this upcoming Thursday
  - Commuter registration with meals provided is open until 10/12
  - A deposit has been made for a 2024 Fall retreat, located at LaSalle Retreat Center in Eureka, MO. The 2024 committee may decide to change location and deposit will be returned.
  - Seeking a retreat chair for 2024
- **November Business Conference will be held on November 12:** 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.** To this date, no applications for the Board openings have been received. Please consider doing service with your Intergroup and announce the openings to all group members.

- **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.**
- **2024 Convention and Fall Retreat Committees:** Seeking applications to fill Intergroup sponsored recovery events for 2024. Time is critical to begin planning.

#### **New Business:**

- **Report on Region 4 Fall Assembly in 2024:** Amy G gave an update on the latest Region 4 decisions from the recent virtual Fall Assembly held September 29-30.
  - Major discussion was around dissolution of Region 4 by end of September 2024
  - Intergroups within the region will not be moving as one unit. Rather, each intergroup will decide which of the remaining Regions is best suited for their own needs.
  - Region 4 will host an in-person convention in June or July 2024. Convention will be held in Minneapolis.
  - St. Louis Bi-State Area Intergroup volunteered to obtain speakers for the event. Suggestions or resources for speakers can be forwarded to Amy G, Region Representative. The topic is yet to be decided.
  - There will be ongoing communication from Region 4 regarding the dissolution progression through the region newsletter and through the monthly meetings of Community Conversations. All OA members are invited to join the Community Conversations forum. Contact Amy G for more information on how to attend Community Conversations. She shared her phone number with those present.
  - Each Intergroup of Region 4 was encouraged to conduct a thorough meeting audit to verify which meetings are still running and which have closed. St. Louis B-State performs this as an ongoing process each month and will continue to update our meeting roster as changes are presented.
  - Amy G offered to share the Region 4 timetable as to what would be happening each month in the dissolution process.
  - Regions 1, 3, 5, and 6 made presentations at the Assembly to discuss their status and offerings how each region would benefit the involved intergroups. Amy G also offered she has “fact sheets” on each region as to what they have to offer and is willing to share this with interested members.
  - Questions or comments were welcomed to all present.
    - Comment was received that each of the available regions making presentations at the Assembly was positive and that we have plenty of time in the upcoming months to decide which region will best serve us.
    - One member asked for confirmation which regions are available to associate with. Amy answered she would send a map that shows precise information about each region location.
    - Additional question was regarding Region 5 (Chicago area/vicinity) having an advantage over other regions. Answers offered were that Region 5 main advantage is their close proximity to our area. Also, of consideration when choosing a region to associate with should be (as offered by Cyndy L):

- This process of associating with a new region has only just begun. There have been no decisions on which region our intergroup will associate with.
  - As an intergroup, consideration should be given to how far is it away from us and how much it will cost to send a representative to in-person events
  - All decisions will be made as an intergroup and not based on any one person's opinion of the available regions.
- Cyndy suggested to present a motion to our Intergroup as to if the body is in agreement to perform the task of preparing the program for the convention next summer. Consideration was given to vote on the issue during this meeting or for it to be presented in November. Elizabeth suggested to make the presentation of Region 4 convention program at the November meeting. Cyndy and Amy will collaborate to submit a motion for this.
  - A member asked for clarification regarding what the motion would be for. Cyndy gave an explanation of duties to hold the Region 4 convention will be divided among the various intergroups making up the region. St. Louis intergroup volunteered the service of forming the convention program, including the acquisition of speakers and deciding on the topic. The motion would be to determine if our body of representatives are in agreement to take on this task.
- **Feedback from the Recovery Fest:** This is an annual event of many 12-Step platforms that provides the opportunity to share experience, strength, and hope in recovery. OA was asked to participate this year for free as a trial to spread our message of recovery from food addiction. Subsequent participation will require fee for having a booth. Elizabeth asked for members who attended to give a report.
  - Della and Bill T volunteered at the OA booth on Sunday. They distributed literature and answered questions as attendees approached. There is confirmation that multiple groups had newcomers attending their meetings that obtained information from the Recovery Fest. The service done at the recovery fest had an impact on the recovery of our members that volunteered.
- **Gratitude Month:** November is Gratitude Month in OA. This is an annual tradition for our Intergroup. When we met in person during gratitude month, the 7<sup>th</sup> Tradition basket would be passed around the room twice; once for the meeting donation and the second time would be voluntary for members to contribute directly to our Intergroup for their financial maintenance. Elizabeth presented information about the importance of Gratitude Month
  - **Why are we grateful for Intergroup?**
    - For the general OA member, our Intergroup is how we are connected directly to the World Service Organization (WSO). The meetings send representatives to intergroup which in turn sends a delegate to the WSO conference. It is here that our delegates learn how the larger OA organization is working to support every member choosing OA for recovery. Each delegate is allowed to vote the conscience of their intergroup to decide on new literature and changes to OA format followed by each meeting. All OA literature whether it be books or simply meeting formats are written and supported by OA membership. Members have a great deal of responsibility in what happens within each group by sending representatives to our Intergroup meetings, which in turn, gets relayed to region and further up to World.
    - Our intergroup provides many services to all groups within our intergroup bi-state area. It is through intergroup that meeting lists and contact information is provided.

Encouragement of recovery events such as Super Saturdays, Convention, and Fall Retreat are fully supported by your local intergroup.

- Intergroup provides scholarship funding to members unable to pay for recovery events through the We Care Fund.
- Providing a monthly newsletter that reaches every member either by email, website, or mailing paper format.
- **Why does Intergroup need this donation and how will it be utilized?**
  - Our regular running expenses of the business of Intergroup is managed by events such as the annual convention. However, additional funds are needed for public outreach which is how Intergroup performs Twelfth Step work for the bi-state area. This has been done in the past by financing a billboard at major highway intersection, Google search ad, public media awareness, etc. If a 2024 convention is not prepared for, the major money-making project will be missed and funding for public outreach may not be available because of the need to support general running operations of the business of Intergroup. Your Gratitude donation will help keep our Twelfth Step work possible.
- **How does a member notify Intergroup their donation is for Gratitude Month?**
  - If donating on-line through stlouisoa.org, there is an option available to fill in any amount under Gratitude Donation.
  - If donating by mailing a check, please note in the memo line “Gratitude Donation”

**Workshop:** No workshop project was presented for this meeting. The retreat chair denied needing time to work.

Elizabeth made a plea to those present to consider service to Intergroup by running for open Board positions if qualified. Nominations are due by October 27.

Susan T gave testimony regarding the service work of secretary for Intergroup. Susan will help train and mentor anyone considering the duty of secretary.

An inquiry to the body was asked if those present wanted to hold a regular OA meeting with the time left or if adjourning early was preferred. The body voted to end the meeting early.

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

- Fall Retreat October 27-29, 2023. Registration closes October 15
- Annual St. Louis Bi-State Area Business Conference, Sunday, November 12.
- Open Service Positions: BOT Chair and Secretary, Region Representative, World Service Delegate
- November is Gratitude Month

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

**Next Intergroup Meeting**

**Sunday, November 12, 2023 at 1:30 pm**

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

## Website report for November, 2023 Intergroup Meeting

During the past month, I have continued to update the pages of the website, with revised materials such as meeting lists, the current newsletter, and new events.

October 3 – November 1, 2023:

Traffic: 385 sessions

858 page views

88% new, 12% returning visitors

Device breakdown: Desktop 52%, Tablet 5%, Mobile 43%

Top Posts/Pages

1. Overeaters Anonymous – St. Louis Bi-State Area Intergroup 287
2. Meeting Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup 178
3. New to Overeaters Anonymous, OA for Short? – Overeaters Anonymous – St. Louis Bi-State Area Intergroup 55
4. Events – Overeaters Anonymous – St. Louis Bi-State Area Intergroup 54
5. 2023 Fall Retreat Embrace the “Spirit of Recovery” – Overeaters Anonymous – St. Louis Bi-State Area Intergroup 52
6. 7th Tradition – Overeaters Anonymous – St. Louis Bi-State Area Intergroup 43
7. “OA Today” Newsletter – Overeaters Anonymous – St. Louis Bi-State Area Intergroup 26
8. Contact Us – Overeaters Anonymous – St. Louis Bi-State Area Intergroup 20
9. Member and Intergroup Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup 18
10. Cart – Overeaters Anonymous – St. Louis Bi-State Area Intergroup 18

Submitted by:

Colleen C.

## Report from Your Intergroup Newsletter Team

For November, 2023

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

- A Step Eleven article
- An invitation to newcomers with a story about a teen from **Lifeline**
- A Tradition Eleven article
- A letter to the editor encouraging members to consider service on the Board of Trustees
- An article on practicing gratitude
- An invitation to participate in Gratitude Month giving
- Two articles from our Intergroup chair – one on the deliberations over which Region to join as Region four folds and a call to be alert since some “Zoom bombers” are now trying “text bombing”
- The Intergroup calendar of events
- A page sharing which Thursday meetings are convening on Thanksgiving and which are being cancelled
- A flyer for the November 23 Gratitude Meeting on Thanksgiving morning
- A flyer for the December Holiday Booster

We hear that the October retreat was wonderful! We'd love to share some of your highlights and insights. If you wish to send a retreat-themed article, a letter to the editor, or an article on 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.

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.

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.

## VICE-CHAIR REPORT, NOVEMBER 2023

### A. Upcoming Events.

**Thursday November 23, Thanksgiving Day. The early bird meetings are offering a special one-hour Thanksgiving day gratitude meeting at 9 a.m. Login information is on the flyer and included below.**

**Thursday November 23, Thanksgiving Day.** These four meetings will be held:

**7:00 a.m.** Zoom, ID **641 012 022**, pw **084147**, “Any Lengths Big Book Study” 53332

**9:00 a.m.** Zoom, ID **538 040 418**, pw **002478**, Special “Gratitude” by the Early Bird groups

**6:30 p.m.** Zoom, ID **823 2569 0186**, pw **110682** “Eureka Thursday” 56711

**7:00 p.m.** Phone, dial **605-562-8401**, access code **9649048#** “Recovery Book Worms” 45964

**Saturday December 2, 2023: “Holiday Booster - Who's steering your recovery sled?,” a Super Saturday in-person event sponsored by the Sunday evening Recovery from Relapse group. It will take place in St. Louis City at the Gethsemane Lutheran Church on Hampton at Pernod. Registration at 12:30, program from 1 to 4 p.m. See the flyer on [stlouisoa.org](http://stlouisoa.org) and in the November newsletter.**

**There will be a 2024 Fall Retreat. Details to follow.**

**There are no 2024 events on our calendar until the Fall Retreat. Consider hosting one!**

### B. Meeting Changes.

1. The Eureka Friday 10 am meeting (#56711) has a new day and time!

It now meets on Thursday at 6:30 pm!

2. The Mattoon Monday meeting has folded.

3. The Chesterfield Wednesday 7 pm meeting has gone from hybrid to virtual only. [This email actually came November 2<sup>nd</sup>, but I am counting it here.]

### C. Incoming contacts.

Intergroup (IG) cell phone (314-638-6070): In October there were 2 real (not spam) incoming phone calls, both from members. One asked about returning after a long absence, the other was looking for in-person meetings.

Intergroup (IG) Email ([info@stlouisoa.org](mailto:info@stlouisoa.org)) In October there were 9 real (not spam) incoming emails.

- Potential newcomer support: there were no such emails this month.
- Member support:
  - Three emails were changes to group information.
- Intergroup business accounts:
  - Two emails were about the annual renewal of our Zoom and webhosting accounts.
- Routine emails:
  - Four emails were copies of routine IG business emails.

## October 2023 Treasurer Report

Dear OA brothers and sisters,

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.

See detailed report below.

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.



St. Louis Bi State Area Intergroup

Monthly Summary  
October 2023

Previous Month

Checking:	\$14,402.82
We Care:	\$2,441.33
Total:	\$16,844.15

Income

Group Donations:	\$1,650.40
Retreat Registrations:	\$965.00
We Care:	\$70.00
Total Income:	\$2,685.40

Expenses

Life Storage:	\$117.00
T-Mobile:	\$54.80
Accounting:	\$330.00
PayPal Fees:	\$33.55
Retreat 2023 Final Payment:	\$4,572.00
Insurance:	\$873.00
Total Expenses:	\$5,980.35

Balance

Balance on Hand: (Operating Fund)	\$13,549.20
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Prudent Reserve (Savings Account)

Beginning:	\$4,861.87
Interest:	\$3.24
Ending:	\$4,865.11