

St. Louis Bi-State Intergroup Minutes
Sunday, January 14, 2024 at 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 of previous meeting minutes and committee/service reports prior to the meeting.

Readings: Serenity Prayer, The Twelve Steps, Tradition?, Concept ?

Welcome: There were a total of 23 members in attendance: 13 IG Reps and 10 Service Board Members.

Minutes: November 12, 2023, minutes were distributed via email for review prior to the meeting. Amy G. noted that the minutes were correct as presented, but that after the November meeting a date change had occurred on the April Super Saturday. She asked that it be noted that the Super Saturday will be held on Saturday, April 20, not April 13th. Otherwise, the minutes were approved as corrected.

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

Seventh Tradition and Roll Call: Not noted.

Intergroup Reps Home Meeting Comments: No comments were offered.

Old Business:

Dianne S. had an update on the timeline for our St. Louis IG to decide on our new Region affiliation. The deadline has changed, and we must now make our choice at the February IG meeting. Dianne reminded members that Della and her committee distributed a wonderful chart, outlining the various regions, to help in our decision making. Time is of the essence for our individual meetings to have their Group Conscience and pick their desired region.

Dianne also gave us a brief history of why there are regions in OA and their importance. Region 4 is disbanding because of a persistent inability over the past five years to staff the various service positions effectively. It is important that we choose a region that will be the best fit for us so that we can continue the work of OA.

New Business:

1. Marina F. presented the 2024 IG Budget to the group. This is a balanced budget, that is, it is estimated that we will spend exactly the revenue we take in. Changes included a switch from QuickBooks to Excel Spreadsheets for simplicity, slight increases in some of our costs, a decrease in storage space costs, and an increase in marketing expenditures to cover Google Ads, and website costs that in years past, were covered by Region 4, but will now be under our purview, after the dissolution of Region 4.

The group held a discussion about whether their contributions to OA, which is a 501c(3), a recognized charitable organization, are tax-deductible. Yes, our donations are tax deductible, but of course, each member should maintain a record of their donations. Please consult your tax person for further assistance or questions. There was also discussion about the associated PayPal fees with each donation. Please encourage members in your groups, when making donations online, to make larger, infrequent contributions. For example, instead of a weekly donation of \$5, make a monthly or quarterly donation of \$20 or \$60. This helps reduce our PayPal fees.

2. Marina announced that St. Louis OA would be participating in a Holistic Health Fair in Effingham, Illinois on January 27th.
3. Cyndy L. presented information on the OA PSA and how we might want to get the PSAs to local media. The PSAs are already on our website and our Facebook page. Cyndy L. is asking that the board approve a contract with a small PR firm for less than \$500 to distribute the PSA to their media contacts. The plan was approved.
4. Eileen M, who sits on the Finance and Fundraising committee of Region 4, reminded us that there are funds available through Region 4 for marketing and PR efforts. She encouraged us to apply for those funds to help us with our PR efforts, including the above plan.
5. Elizabeth C. announced that help is needed to run the monthly Intergroup meetings, Volunteers are needed to be Zoom hosts and co-hosts, attendance takers, leaders, etc. Jane F, Della T, Eileen M, Amy G, Jessica B (Zoom host) volunteered.

Other Business

1. Marina showed us the monthly financial report that she gets from our bookkeeper. We will be seeing that each month.
2. Della asked the group if anyone had any plans for a possible Super Saturday for Unity Day – the Early Bird group is interested. Della will get back to the group on that.
3. Cyndy L. would like the board to consider whether the Prudent Reserve is too high. Typically, the reserve covers approximately 3 months of expenses, but our expenses are so low now perhaps not that much needed.
4. Cyndy L. had a call to service for anyone who would like to submit ideas about the Joy of Service. Submissions are needed by February 15. The link can be found here:
<https://form.jotform.com/oaservicework/joy-of-service>.
5. Marilyn thanked Della and her committee for the Region comparison chart. Very helpful.
6. Amy G. reminder that there is one final Region 4 convention June 14-15. Our IG is in charge of programming, and the committee is starting to work on that.

What Needs Announced at Home Meetings:

1. Reminder for home groups to pick their preferred region for St. Louis OA Intergroup.
2. The PSA from WSO.
3. Google Ads.
4. Please encourage people in your home groups to get involved in Intergroup. We have no chairperson. Need and want people to step up and do service.

Next Intergroup Meeting: Sunday, March 10, 2024 at 1:30 p.m. via Zoom.

St. Louis Bi State Area Intergroup

Monthly Summary

January 2024

Previous Month

Checking:	\$	13,877.71
We Care:	\$	2,511.33
Total:	\$	16,389.04 *

Income

Group Donations:	\$	1,511.59
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Total Income:	\$	1,511.59
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Expenses

T-Mobile:	\$	54.86
Accounting:	\$	330.00
PayPal Fees:	\$	20.38
Web Consultant:	\$	167.00
Cyndy Lenz, Travel	\$	313.21
Public Information: Google Ads	\$	1,500.00

Total Expenses:	\$	2,385.45
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Balance

Balance on Hand: (Operating Fund)	\$	15,515.18
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Prudent Reserve (Savings Account)

Beginning:	\$	4,871.70
Interest:	\$	3.35
Ending:	\$	4,875.05

*

This is a difference of \$1433.36 from the December 2023 ending Balance. When we were using QuickBooks, they carried liabilities of \$720.36 and \$702.00 for "Bistate Intergroup Checking We Care Account Transfers" from 2019 and another \$11.00 that had something to do with PayPal in 2023. I was not able to correct these in QuickBooks, so they showed up on the QuickBooks Report that was used to generate last year's summaries.

St. Louis Bi-State Area Intergroup
2024
Profit and Loss
January 31, Year to Date

Income:

Contributions: Group Donations	\$ 1,511.59
Bank Account Earned Interest	\$ 3.35

Total Income:	\$ 1,514.94
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Expenses:

Operating Expenses: Communication: Cell Phone	\$ 54.86
Operating Expenses: Bank Service Charge: PayPal	\$ 20.38
Professional Fees: Accounting Fees	\$ 330.00
Professional Fees: Web Consultant	\$ 167.00
WSO: Travel	\$ 313.21
Public Information: Google Ads	\$ 1,500.00

Total Expenses:	\$ 2,385.45
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Net Profit (Loss):	\$ (870.51)
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Goup Donations 2024
Year to date

00990	New Me	200	January	PayPal	851.59
03448	Free to Choose	0		Checks	660.00
04699	Carbondale	20		Total:	1511.59
06234	Sunday OA Recovery	105			
07276	Creve Coeur	0			
07418	Reaching Out	0			
08734	Webster Groves Step Study	621.59			
11652	Newcomers Meeting	0			
14194	New Horizons	0			
21534	New Day	0			
20413	Sunday Step Study	0			
24305	Recovery from Relapse	0			
56327	Work to Recover	0			
33891	Waterloo OA	60			
45074	Welcome Home	0			
45077	Abstinence First/Newcomers	0			
45964	Recovery Book Worms	0			
801183	St. Louis Early Bird Meeting	2			
50027	Renewed Hope	0			
46420	Serenity Seekers	0			
51315	Thursday Rolla	0			
801168	Recovery ABCs	0			
801182	St. Louis Early Bird Meeting	48			
53186	Mix It Up	40			
53204	Welcome Home!	0			
801184	St. Louis Early Bird Meeting	225			
53332	Any Lengths Big Book Study	105			
53859	Saturday Steppers	0			
56156	Farmington OA Group	0			
56420	H.O.P.E.	0			
56711	Eureka Thursday	0			
57161	OA Workshop	0			
800758	Literature Study Group	0			
57843	The 12 Steppers	0			
801181	St. Louis Early Bird Meeting	25			
09029	Intergroup	0			
	Individual	60			
Total:		1511.59			

VICE-CHAIR REPORT, FEBRUARY 2024

A. Upcoming Events.

February 24 Unity Day. Flyer is on our website in two places: Events and Newsletter.

April 20 Super Saturday. Details coming soon.

Fall Retreat. Details will be available closer to the event.

B. Meeting Changes.

DISBANDED: "The 12 Steppers," Wentzville, Tue 10:30 am.

Note: we now have 33 meetings affiliated with our Intergroup.

C. Incoming contacts. (during January 2024)

Intergroup (IG) cell phone (314-638-6070): In January there were no real (not spam) calls.

Intergroup (IG) Email (info@stlouisoa.org) In January there were 19 real (not spam) incoming emails.

- Potential newcomer support: two (2).
- Member support: five (5)
 - Two emails were changes to group information.
 - One was asking for email newsletter instead of paper copy
 - One was requesting a coin be mailed to them
- Intergroup business: Six (6)
 - About our accounts for Gmail, Meta, PO box, Zoom, and Google Ads
- Routine emails: eight (8)
 - Three emails were copies of routine IG business emails.
 - Five were routine emails from other regions

Submitted by Elizabeth C, vice-chair

Google Ads Report, covering January 2024:

Dates: Tue 1/2/24 – Wed 1/31/24

- **Website page visits** produced (just counting home and meeting pages):
6,490!
- Number of times our IG name was shown during a Google search:
21,100
- Cost:
\$3,150

The plan is to continue these through February and then stop for the year.

Submitted by Elizabeth C, 2/7/24

Report from Intergroup Newsletter Team For February 2024

The February 2024 newsletter is posted at our Intergroup website at [THIS LINK](#). Here is a summary - with our thanks to all who contributed:

- A Step Two article
- A Tradition Two article
- A newcomers welcome on page 1 with a link to our meetings list
- A preview of the February 11 Intergroup meeting
- The Tool of the Month column featuring sponsorship
- A Valentine's Day survival article
- A reminder that Intergroup still has no chair
- The Intergroup calendar of events
- A flyer for the February 24 Unity Day Recovery Event

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 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.
Sue S.

Website Report for St. Louis OA Intergroup

Reported Dates: January 2 – January 31, 2024

This is an interesting report because the huge increase in activity on our St. Louis website exactly corresponds to the Google ads that were begun January 2, 2024.

Feedback gained in a conversation with our co-chair and her Google ad contact revealed that we could have even more traffic on the site if we added more visuals to our website pages. As I've visited some other OA sites, I do see a similar "look" to ours, with a few more colorful icons on the pages.

Sessions: 3420 (this is a 928% increase over the previous 30 days)

Page Views: 4887 (this is a 553% increase over the previous 30 days)

New Visitors: 99%; Returning Visitors: 1%

Desktop/Tablet/Mobile: 9%/10%/79% (don't know why this doesn't add up to 100%--it's never happened before—perhaps some other type of device accessed the website outside these categories?)

The only decrease this month has been how long a person stays in the session: 14 seconds (68% decrease).

Top pages:

Top Posts/Pages

1. [Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 3,653
2. [New to Overeaters Anonymous, OA for Short? – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 311
3. [Meeting Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 303
4. [Meeting Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 155
5. [New to Overeaters Anonymous, OA for Short? – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 129
6. [Podcasts – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 44
7. ["OA Today" Newsletter – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 42
8. [Events – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 40
9. [Member and Intergroup Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 32
10. [Events – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 22

Submitted by: Colleen C. cmtcorbett@outlook.com