

Intergroup Meeting Minutes Sunday, February 11, 2024

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.

Announcements: Region 4 Convention planned for mid-June has been cancelled due to issues with the hotel. Many expressed disappointment, but we move on!

Welcome: Our attendance taker, Jane F., reported 28 members in attendance, including 13 IG Reps, 3 Board Members, 8 IG Committee members, and 4 guests.

Minutes: Minutes from the January 14 meeting were distributed via email for review prior to the meeting. There were no additions or corrections, and the minutes were approved as submitted.

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.

Intergroup Reps Home Meeting Comments: No comments were offered.

Old Business

1. Region Affiliation Discussion led by JMO. A process of hearing from members was adopted. Individuals shared recommendations and decisions from their respective groups. JMO recommended taking a poll for the decisions, with a strong consensus determining the outcome. However, if the consensus was not strong enough, the top two options would be debated. Attendees agreed on that method. When sharing their group's decisions, most members expressed a preference for aligning with either Region 3 (due to the presence of the WSO), or Region 5 (due to geographical closeness and resources available). A vote was taken with the following results: 19 votes for Region 5 and 3 votes for Region

New Business:

1. WSO Business Conference Motions – Discussion led by Cyndy L. Cyndy gave us some helpful background on the Conference and how the development of their Agenda is determined. The first fifteen motions on the list were considered “housekeeping” items that could quickly be handled and voted upon. These fifteen motions were agreed upon by all twenty-four voting members present without objection. It was recommended that the next group of six motions be discussed and voted on separately.

An interesting discussion of **NBM A**, concerning the definition of abstinence, commenced. This motion suggested removing the term "weight" from the definition. Differing views were shared on the topic, some members were in favor of removing the term, citing personal experiences and beliefs, while others preferred additional changes to the text. It was agreed that the debate will be continued at the conference. **24 yes/0 no.**

Next a discussion of **NBM E** took place. The group discussed whether or not to advance a proposed plan for a unified meeting number system. Although it was agreed that this would be helpful for meetings with multiple days and times, a primary concern of this motion would be the possible cost to update the website database, etc. It was estimated that it would cost around \$51,000 to update the database. **6 yes/17 no.**

Bylaw 2: To make it a requirement that a trustee nominee have Region experience. Some members found this requirement to be limiting, especially given the difficulty in filling trustee positions, while others felt it ensured the nominees were well-prepared. **0 yes/22 no.**

Bylaw 3: To remove the requirement that 55 percent of registered groups respond to a survey specific to the change of the Twelve Steps and Twelve Traditions, to make it easier for such change to pass. **21 no/3 yes.**

Bylaw 4: To replace the word Him or His with God in Steps 3, 7 and 11; and **Bylaw 5:** To replace the word He with God and Himself with God's self in Tradition 2. Cyndy asked if the group was agreeable to have one vote for the two motions and we agreed. The query of whether this would require immediate reprinting of their literature was raised. If approved, then the discussion will move to whether the change will be immediate (and printed materials re-printed) or if it will be a gradual phase out. They agreed that having the option to make the change was important to allow individuals to interpret 'God' in their own way. However, some thought the term 'God's self' seems awkward, but we trust that the proper phraseology will be found. **16 yes/7 no.**

Wrap Up/What Should be Announced at Home Meetings:

1. The meeting concluded with an announcement of an interesting email from Thomas of the Two Rivers Intergroup in Moline, Illinois. Thomas is looking for an abstinent speaker from the intergroup who is willing to travel to the Quad Cities for a spring retreat on April 26-28. The travel expenses, food, and lodging will be provided for the speaker.
2. Reminder of Unity Day which will be held on Saturday, February 24.
3. Super Saturday to be held on Saturday, April 20 from 9 am-12:30 pm at Concord Trinity United Methodist Church
4. We're joining Region 5!
5. Give your folks a synopsis of the WSO Motions and what we decided on.
6. Remind everyone of our wonderful Newsletter.
7. Region 4 Convention cancelled.

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

VICE-CHAIR REPORT, MARCH 2024

A. Upcoming Events.

April 20 Super Saturday, in person. Flyer on website. <https://stlouisoa.org/wp-content/uploads/2024/02/Super-Saturday-4-20-Flyer-Revised.pdf>

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

B. Meeting Changes.

To attend the Tues. 7p.m. Carbondale, IL mtg..... We are online at zoom.us/join. The mtg. ID is 821 612 8538. No other id or password is needed. The virtual waiting room opens abt. 6:50 p..m. and the host will bring attendees into the mtg. from there.

C. Incoming contacts. (during February 2024)

Intergroup (IG) cell phone (314-638-6070): In February there were two real (not spam) calls. One inquiry about OA and one looking for nearby meetings.

Intergroup (IG) Email (info@stlouisoa.org) In February there were 17 real (not spam) incoming emails.

- Community support: one (1) observer request
- Potential newcomer support: one (1) plus the one from the phone = two total (2)
- Member support: six (6) plus the one from the phone = seven total (7)
 - One was looking for a teen meeting. She was referred to OA young people information.
 - One was a request from a member that we ask our security teams to admit him to meetings even though he had a strange name. We did, and he was legit and welcome.
 - One was announcing an event (a 15-week step study group forming)
 - One was reporting a temporary website problem
 - One email was reporting a disbanded meeting.
 - One was from a nearby IG looking for a retreat speaker
- Intergroup business: Four (4)
 - About our accounts for Meta, Zoom, and Google Ads
- Region 4→5 transition: One (1) from our trustee asking for contact information
- Routine emails: four (4)
 - One was copies of a routine IG business email.
 - Three were from the virtual region convention.

Submitted by Elizabeth C, vice-chair

March Intergroup Treasurer Meeting Report
And February 2024 Monthly Summary

Dear OA Brothers and Sisters,

Please help keep OA alive by continuing to contribute generously in 2024!

Please see the attached information on our February collections.

Historically OA donations have been dwindling. Your Intergroup continues to cut costs wherever possible while still carrying the message of recovery to the still suffering.

Please remind your meetings to continue to practice our 7th Tradition. To be self-supporting in our Home Groups, Intergroup, Region and World Service. And to carry the message to the still suffering Compulsive Over eater.

Intergroup donations can be made by personal check or money order and mailed to:
St. Louis Bi-State Intergroup of OA
P.O. Box 28882
St. Louis, MO 63123

or

The Intergroup PayPal account at stlouisoa.org website. Choose 7th Tradition at the top of the page.

In Service,
Marina F.

If you have any questions or comments, please feel free to contact me at 815-343-6412 or treasurer@stlouisoa.org.

St. Louis Bi State Area Intergroup

Monthly Summary

February 2024

Previous Month

Checking:	\$	13,003.85
We Care:	\$	2,511.33
Total:	\$	15,515.18

Income

Group Donations:	\$	589.00
We Care:	\$	12.00
Total Income:	\$	601.00

Expenses

T-Mobile:	\$	54.87
Accounting:		
PayPal Fees:	\$	10.63
Public Information: Google Ads	\$	3,154.79
Public Information: Google Ads*	\$	1,500.00
Total Expenses:	\$	4,720.29

Balance

Balance on Hand: (Operating Fund)	\$	11,395.89
--------------------------------------	----	-----------

Prudent Reserve (Savings Account)

Beginning:	\$	4,875.05
Interest:	\$	3.34
Ending:	\$	4,878.39

*

Correction:
This \$1500 should have been included on the January report.

St. Louis Bi State Area Intergroup

Monthly Summary

February 2024

Previous Month

Checking:	\$ 13,003.85
We Care:	\$ 2,511.33
Total:	\$ 15,515.18

Income

Group Donations:	\$ 589.00
We Care:	\$ 12.00
Total Income:	\$ 601.00

Expenses

T-Mobile:	\$ 54.87
Accounting:	
PayPal Fees:	\$ 10.63
Public Information: Google Ads	\$ 3,154.79
Public Information: Google Ads*	\$ 1,500.00
Total Expenses:	\$ 4,720.29

Balance

Balance on Hand: (Operating Fund)	\$ 11,395.89
--------------------------------------	--------------

Prudent Reserve (Savings Account)

Beginning:	\$ 4,875.05
Interest:	\$ 3.34
Ending:	\$ 4,878.39

*

Correction:

This \$1500 should have been included on the January report.

St. Louis Bi-State Area Intergroup
2024
Profit and Loss
February 29, Year to Date

Income:

Contributions: Group Donations	\$	2,100.59
Bank Account Earned Interest	\$	6.69
We Care	\$	12.00

Total Income: \$ 2,119.28

Expenses:

Operating Expenses: Communication: Cell Phone	\$	109.73
Operating Expenses: Bank Service Charge: PayPal	\$	31.01
Professional Fees: Accounting Fees	\$	330.00
Professional Fees: Web Consultant	\$	167.00
WSO: Travel	\$	313.21
Public Information: Google Ads	\$	6,154.79

Total Expenses: \$ 7,105.74

Net Profit (Loss): \$ (4,986.46)

Goup Donations 2024
Year to date
End of February

00990	New Me	200	January	PayPal	851.59
03448	Free to Choose	0		Checks	660.00
04699	Carbondale	40		Total:	1511.59
06234	Sunday OA Recovery	105			
07276	Creve Coeur	0	February	PayPal	374.00
07418	Reaching Out	0		Checks	215.00
08734	Webster Groves Step Study	621.59		Total	589.00
11652	Newcomers Meeting	0			
14194	New Horizons	0			
21534	New Day	0			
20413	Sunday Step Study	0			
24305	Recovery from Relapse	231			
56327	Work to Recover	0			
33891	Waterloo OA	60			
45074	Welcome Home	0			
45077	Abstinence First/Newcomers	116			
45964	Recovery Book Worms	0			
801183	St. Louis Early Bird Meeting	57			
50027	Renewed Hope	60			
46420	Serenity Seekers	0			
51315	Thursday Rolla	0			
801168	Recovery ABCs	0			
801182	St. Louis Early Bird Meeting	60			
53186	Mix It Up	40			
53204	Welcome Home!	0			
801184	St. Louis Early Bird Meeting	225			
53332	Any Lengths Big Book Study	115			
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	50			
09029	Intergroup	0			
	Individual	120			
Total:		2100.59			

Report from Intergroup Newsletter Team For March 2024

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

- A Step Three article
- A Tradition Three article
- A newcomers welcome on page 1 with a link to New Members Share on OA.org
- Announcement of an accelerated 12-Step Study from the Columbia, MO home meeting
- Announcements from World Service about a new edition of **Professional Community Courier** (which may be used for outreach to health care professionals)
- A Tool of the Month feature on Meetings
- A recap of the February 24 Unity Day recovery event
- The “set aside prayer”
- The Intergroup calendar of events
- Flyer for the April 20 in person recovery event
- A recovery word search
- Announcement of an OA podcast on Unity Day and suggested questions for journaling

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

J-MO, Newsletter Editor
314-775-3261

And Team Members:

Anne H.
Elizabeth C.
LaNae S.
Melanie T.
Sue S.
Martha P.

St. Louis OA Website

Report for January 30 – February 28, 2024

Insights: Another stellar month: Google ads are working to increase the number of sessions, as well as the number of page views. (For context, before the ads we averaged just a few hundred sessions per month.)

Top pages indicate those visiting the site seek meeting and newcomer information. I do not know what the 2nd most viewed page was—I have not seen the “not set” message before.

Submitted by Colleen C. 314-566-9583

Sessions: 3772 (up 18% from previous 30 days)

Page Views: 7704 (up 67% from previous 30 days)

New vs. Returning Visitors: 95% vs. 5%

Device Breakdown Desktop/Tablet/Mobile: 11%/9%/80%

Top Posts/Pages

1. [Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 4,024
2. (not set) 2,310
3. [Meeting Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 507
4. [New to Overeaters Anonymous, OA for Short? – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 419
5. [Events – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 84
6. [7th Tradition – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 65
7. [“OA Today” Newsletter – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 51
8. [Podcasts – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 41
9. [Contact Us – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 35
10. [We Care Fund Donation – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 29

REPORT FROM THE AD HOC REGION 4 TRANSITION LOGISTICS COMMITTEE

Please see below the text of the email sent on 2/28/24 to Region 4 Chair, Mary C. and Region 4 Trustee, Meg M.

St. Louis Bi-State Area Intergroup – Final Reporting for Region 4 Transition

This is to advise the Region 4 Chair and Trustee that the St. Louis Bi-State Area Intergroup has decided to affiliate with our Region 5 neighbors.

Bylaws were submitted to Meg Miller in November 2023 following the annual Intergroup Business Conference.

This is also to confirm that a meeting audit has been conducted and matches with what is listed on oa.org

Intergroup Board as of February, 2024

Chairperson* Eileen Manganaro, chair@stlouisoa.org, 314-570-9333

Immediate past Chair Dianne Stang, dianneastang@yahoo.com, 314-238-4052

Vice Chairperson Elizabeth Cosbey, vicechair@stlouisoa.org, 314-304-1444

Treasurer Marina Fruth, treasurer@stlouisoa.org, 815-343-6412

Secretary Martha Place, secretary@stlouisoa.org, 314-591-2717

* Has applied for the position, to be confirmed at the next IG meeting 3/10/24.

Respectfully submitted,

Jessica B.
Elizabeth C.
Eileen M.
Susan T.

The
3Rs

Refresh
The Steps

Renew
Our Commitment

Recover
Our Abstinence



**OVEREATERS
ANONYMOUS®**
ST. LOUIS BI-STATE INTERGROUP

Where and When

Saturday April 20, 2024
9:30A - 12:30P
Registration Begins at 9A

**Concord Trinity United
Methodist Church**

**5275 South Lindbergh Blvd,
St. Louis, MO 63126**
(Between Gravois and Tesson Ferry)

**ADA Accessible Building and
Parking with Elevator**

Suggested Donation: \$7
Cash or Check

Please don't stay away from any OA
event because of financial reasons.

Welcome

HOME

**Oasis Table and
Literature Provided by
New Horizons**

Questions?

Call or Text Marilyn F
314-401-2552
(leave voicemail if no answer)

Sponsored by:
St. Louis Bi-State Intergroup

Hosted by:
New Me and New Horizons

Google Ads Report, March 7, 2024:

Dates: These Ads ran from Tue 1/2/24 to Wed 2/28/24 (**58 days**).

- **Website page visits produced** (just counting home and meeting pages):
6,490 (January) + **6,630** (February) = **13,120 total!**
- **Cost:**
\$3,150 (January) + **\$3,410** (February) = **\$6,560 total**
- **Number of times our IG name was shown:**
21,100 (January) + **21,500** (February) = **42,600 total**

This campaign is now finished.

Submitted by Elizabeth C, 2/7/24