

## **Intergroup Meeting Minutes Sunday, March 10, 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.

**Welcome:** Our attendance taker, Amy G., reported 13 IG Reps, 3 Board Members, 6 IG Committee members, and 1 guest. FYI, there was an overlap of reps and committee members that skewed those totals.

**Minutes:** Minutes from the February meeting were distributed via email for review prior to the meeting. There was a correction noted on Page 1 of the minutes, Item 1, of Old Business. The last sentence should read, *“A vote was taken with the following results: 19 votes for Region 5 and 3 votes for Region 3.”* The “3” of Region 3, was inadvertently left off.

**Reports:** 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 Transition was discussed. As previously decided by this Intergroup we have decided to affiliate with Region 5. Eileen M. let everyone know that Region 4 has been notified. Shout out to Elizabeth and the audit committee for all their work in getting everything updated on the website, etc. Even though Region 4 convention has been cancelled there are opportunities to attend upcoming Region 5 events. A reminder that March 31 will be the LAST date that donations can be given to Region 4.
2. Google Ads update – Elizabeth reported wonderful numbers from the ads. We had 13,120 clicks on the ads and our website was “seen” 42,600 times which is a fantastic rate.

### **New Business:**

1. Election of Chairperson of the IG Board. There were 20 attendees eligible to vote on this issue. Eileen M. submitted a nomination form for consideration. Eileen is a long timer to St. Louis OA, has been involved in IG, the Region, and the WSO. Her nomination was approved 19-1 (our incoming chair thought she should abstain)!

**Wrap Up/What Should be Announced at Home Meetings:**

1. We have a new Chairperson!
2. Super Saturday to be held on Saturday, April 20 from 9 am-12:30 pm at Concord Trinity United Methodist Church.
3. Mid-Continent Intergroup in Kansas would like to share our newsletter on their website (yay)! We are also happy to promote their events in our Newsletter in the spirit of Tradition One.
4. Unity Day was fantastic, 38 attended.
5. Fall Retreat planning is under way, stay tuned.
6. Tentative Super Saturday in June hosted by the Saturday morning Step and Tradition study. Stay tuned for further information. They are moving to a new location and would like to have that settled before an official date is set.
7. Milwaukee IG Convention is April 12-14.
8. Region 5 Convention is September 6-8 in Cleveland.

***Next IG Meeting: Sunday, May 5 at 1:30 p.m. via Zoom.***

Intergroup Board Meeting  
Sunday, April 21, 2024

**Members Present:** Chairperson Eileen M., Vice Chair Elizabeth C., Treasurer Marina F., Secretary Martha P., Bookkeeper Sue E., Past Chair Dianne S.

Opening - Serenity prayer

**Welcome** - Eileen welcomed everyone to this special meeting of the Board and stated how much she was looking forward to working with the members of the board and STL Intergroup.

**Report & task assignments** - Elizabeth and Martha gave some brief background on why the meeting was called and what we wanted to accomplish. Our Intergroup is a non-profit business and as such we have the usual various items and issues that any business will have including accounts, insurance, policies and procedures, etc. These items are ongoing and, as such, periodically need updating, for example, checking account signature cards, post office box keys, etc.

Elizabeth has proposed that a set of four binders be created for each of the board members. All agreed that this was a great idea. It was also agreed that we would need to keep the binder up to date and relevant, not only for the current sitting board, but for future board members, as well. The IG Secretary was tasked with distributing binder updates.

Elizabeth compiled a full list of the accounts and services that IG uses along with account numbers and instructions for each. In discussing the various items and using the IG Policy and Procedure Manual and the Job Description list, we designated items to each of the board positions.

Chairman: Physical resources including the cell phone, laptop, insurance, website, Microsoft software.

Vice Chair: Emails, Google, Zoom

Treasurer: Bank account, credit card, QuickBooks (please note that QB is being cancelled so this will drop off shortly).

Secretary: Dropbox, PO Box

We went through the list item by item and made updates and created tasks to update account information, delete any superfluous accounts, etc. It was agreed that anytime there is an update or a change to the account let the Secretary know and they will update the appropriate page and distribute to the Board members for their binders.

Elizabeth also brought to our attention an issue that has arisen with the IRS. At this time, our non-profit status with the IRS is in question. Even though our bookkeeper annually files the form reporting that we make no extra income (a requirement of a non-profit corporation),

these filings appear to either be in a pending status, or rejected. It was agreed that this is a high priority issue and must be resolved sooner rather than later. It was even discussed that we may need to hire an accountant to help us resolve this issue.

### **Task Assignments:**

Chair, Vice Chair, Treasurer - will update the signature cards with Commerce Bank.

Chair - will track down the third post office box key. Elizabeth has one, Sue has one, we're not sure who has the third.

Treasurer - will call Intuit and cancel QuickBooks Online.

Chair - will reach out to insurance agency and update addresses.

Vice Chair, Secretary, Bookkeeper - will meet at the post office and update contact information, secure keys.

OA Bookkeeper - will try to update our address with St. Louis County, double check our filing status with the IRS and if incorrect, will attempt to correct it.

### **Brainstorming / overview of the rest of 2024**

Website issues were discussed. We had to move to a new platform because of the dissolution of Region 4 and that switch has really created a bit of a mess. Alex, our webmaster has been working diligently to resolve the issues, but some remain. The "Donations" section of the website is still broken, and there are also some potential email issues remaining. Too, we will soon have to pay \$6.99 per email per month so a discussion commenced whether all the emails are even needed, for example chair@, secretary @, etc. It was decided that the following emails would be kept: newsletter@, webmaster@, info@ and that the Chair, Vice Chair, Treasurer, and Secretary emails would be discontinued. It was also decided that the Chair would be the point person for all matters pertaining to the website and working with Alex and with our IG Webmaster, Colleen.

The meeting concluded at 3:30 p.m. It was agreed that it was a very productive meeting and Eileen thanked everyone for their time and work on these important details.

Closing - Serenity Prayer (we version).

Goup Donations 2024  
Year to date  
End of April

|        |                              |         |          |        |         |
|--------|------------------------------|---------|----------|--------|---------|
| 00990  | New Me                       | 438.77  | January  | PayPal | 851.59  |
| 03448  | Free to Choose               | 0       |          | Checks | 660.00  |
| 04699  | Carbondale                   | 100     |          | Total: | 1511.59 |
| 06234  | Sunday OA Recovery           | 310     |          |        |         |
| 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            | 40      |          |        |         |
| 14194  | New Horizons                 | 0       | March    | PayPal | 486.00  |
| 21534  | New Day                      | 0       |          | Checks | 221.20  |
| 20413  | Sunday Step Study            | 0       |          | Total  | 707.20  |
| 24305  | Recovery from Relapse        | 351     |          |        |         |
| 56327  | Work to Recover              | 60      | April    | Paypal | 438.00  |
| 33891  | Waterloo OA                  | 116.2   |          | Checks | 666.57  |
| 45074  | Welcome Home                 | 0       |          | Total  | 1104.57 |
| 45077  | Abstinence First/Newcomers   | 116     |          |        |         |
| 45964  | Recovery Book Worms          | 0       |          |        |         |
| 801183 | St. Louis Early Bird Meeting | 57      |          |        |         |
| 50027  | Renewed Hope                 | 180     |          |        |         |
| 46420  | Serenity Seekers             | 0       |          |        |         |
| 51315  | Thursday Rolla               | 120     |          |        |         |
| 801168 | Recovery ABCs                | 0       |          |        |         |
| 801182 | St. Louis Early Bird Meeting | 155     |          |        |         |
| 53186  | Mix It Up                    | 40      |          |        |         |
| 53204  | Welcome Home!                | 25      |          |        |         |
| 801184 | St. Louis Early Bird Meeting | 225     |          |        |         |
| 53332  | Any Lengths Big Book Study   | 365     |          |        |         |
| 53859  | Saturday Steppers            | 121.8   |          |        |         |
| 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              | 60      |          |        |         |
| 801181 | St. Louis Early Bird Meeting | 100     |          |        |         |
| 09029  | Intergroup                   | 45      |          |        |         |
|        | Individual                   | 265     |          |        |         |
| Total: |                              | 3912.36 |          |        |         |

St. Louis Bi State Area Intergroup

Monthly Summary

April 2024

Previous Month

|           |              |
|-----------|--------------|
| Checking: | \$ 7,723.95  |
| We Care:  | \$ 2,511.33  |
| Total:    | \$ 10,235.28 |

Income

|                  |             |
|------------------|-------------|
| Group Donations: | \$ 1,104.57 |
| We Care:         | \$ -        |
| Total Income:    | \$ 1,104.57 |

Expenses

|  |             |
|--|-------------|
| T-Mobile:                                  | \$ 54.87    |
| Accounting:                                | \$ 330.00   |
| PayPal Fees:                               | \$ 12.15    |
| Operating Expenses: Communicaton: Internet | \$ 34.93    |
| WSO: Registration                          | \$ 249.00   |
| WSO: Travel                                | \$ 352.95   |
| Total Expenses:                            | \$ 1,033.90 |

Balance

|                                      |              |
|--------------------------------------|--------------|
| Balance on Hand:<br>(Operating Fund) | \$ 10,305.95 |
|--------------------------------------|--------------|

Prudent Reserve (Savings Account)

|            |             |
|------------|-------------|
| Beginning: | \$ 4,881.52 |
| Interest:  | \$ 3.35     |
| Ending:    | \$ 4,884.87 |

St. Louis Bi-State Area Intergroup  
2024  
Profit and Loss  
April 2024 Year to Date

Income:

|                                |    |          |
|--------------------------------|----|----------|
| Contributions: Group Donations | \$ | 3,912.36 |
| Bank Account Earned Interest   | \$ | 13.17    |
| We Care                        | \$ | 13.00    |
| Super Saturday                 | \$ | 26.00    |
| Total Income:                  | \$ | 3,938.53 |

Expenses:

|   |    |          |
|---|----|----------|
| Operating Expenses: Communication: Cell Phone   | \$ | 219.27   |
| Operating Expenses: Communication: Internet     | \$ | 34.93    |
| Operating Expenses: Bank Service Charge: PayPal | \$ | 58.25    |
| Professional Fees: Accounting Fees              | \$ | 1,320.00 |
| Professional Fees: Web Consultant               | \$ | 167.00   |
| Public Information Public Service Announcements | \$ | 400.00   |
| WSO: Travel                                     | \$ | 352.95   |
| WSO: Registration                               | \$ | 498.00   |
| Public Information: Google Ads                  | \$ | 6,562.78 |

Total Expenses: \$ 9,613.18

Net Profit (Loss): \$ (5,674.65)

## VICE-CHAIR REPORT, MAY 2024

### **A. Upcoming Events.**

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

See the Upcoming Event List on our website for other events, such as the Region 5 Convention and the Iowa State Convention. Here's the link: [https://stlouisoa.org/?page\\_id=515](https://stlouisoa.org/?page_id=515)

### **B. Meeting Changes.**

The Saturday 10 am Webster Groves Step Study will be changing churches starting June 1.

From: Webster Groves Christian Church, 1320 W Lockwood Ave

To: Webster Groves Presbyterian Church, 45 W Lockwood Ave.

Entrance on east side of church by parking lot.

*(Note: this is a hybrid meeting. The Zoom information is unchanged,)*

### **C. Incoming contacts. (March and April 2024)**

Intergroup (IG) cell phone (314-638-6070): In March there were two real (not spam) calls. One was looking for a meeting, the other was Zoom information for a particular meeting. In April there were three real calls. Two wanted local meeting information and the third was having trouble downloading the Where Do I Start pamphlet, so the phone volunteer mailed her one.

Intergroup (IG) Email (info@stlouisoa.org)

With the transitioning of our website away from Region 4, the old email history was no longer available, and the new email was down for a while, so we couldn't count the March and April incoming emails the way we usually do. Next month we'll be back to our standard format.

Submitted by Elizabeth C, vice-chair



## Report from Intergroup Newsletter Team For May 2024

Two newsletters have been published since your last newsletter report. The April 2023 newsletter is posted at our Intergroup website at [THIS LINK](#). The May 2023 newsletter is posted [HERE](#) at our Intergroup website.

Here is a summary of the April newsletter - with our thanks to all who contributed:

- A Step Four article
- A Tradition Four article
- Part 1 of a newcomers article titled "The Power of NOT"
- An article highlighting telephone as the Tool of the Month
- An article focused on self-care
- A list of favorite OA slogans
- An article about how abstinence can be foundational to surviving hard times
- An article on releasing fears
- Information about the dissolution of Region 4 from our new Intergroup chair
- The Intergroup calendar of events
- A 7<sup>th</sup> Tradition FAQ, plus a fact sheet on donating to save
- A flyer about an April 20 recovery event

Here is a summary of the May newsletter - with our thanks to all who contributed:

- A Step Five article
- A Tradition Five article
- Part 1 of a newcomers article titled "The Power of NOT"
- A blurb about the Virtual Intergroup's Abstinence Workshop on May 18
- An announcement about a new location for the Webster Groves Step & Tradition Study group
- A personal share on staying abstinent at special events in late spring/summer
- A story of Experience, Strength, and Hope with a Spring theme
- The Tool of the Month article with a focus on Writing
- The Intergroup calendar of events
- A flyer September Region Five convention (and a paragraph drawing attention to the flyers)
- The 2024 World Service appeal letter
- A reprint of an article about willingness to be abstinent from the Central Colorado Intergroup

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 Eleventh 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.

## Website Report for May Intergroup Meeting

This past month, we needed to retrieve past information for the website, as our website consultant migrated materials and lost some current information. Thanks to everyone who helped restore the data!

March 31 – April 29, 2024

Sessions: 478 (37% increase from previous 30 days)

Pageviews: 1228 (68% decrease from previous 30 days)

New vs. Returning visitors: 91% vs. 9%

Device Breakdown: Desktop 48%, Tablet 2%, Mobile 50%

### Top Posts/Pages

1. [Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)493
2. [Meeting Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)160
3. [7th Tradition – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)97
4. [Meeting Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)83
5. [New to Overeaters Anonymous, OA for Short? – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)55
6. [Events – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)53
7. [Member and Intergroup Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)23
8. [Contact Us – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)23
9. [Checkout – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)23
10. [“OA Today” Newsletter – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#)19

Submitted by: Colleen C. 314-566-9583

## Upcoming Event List as of May 5, 2024

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

Intergroup meeting May 5 (a week earlier than usual because of Mother's Day)  
Intergroup meeting June 9  
Intergroup meeting July 14  
---- no Intergroup meeting in August ----

**There will be a 2024 Fall Retreat. Details will be available closer to the event.**

Intergroup meeting September 8  
Intergroup meeting October 13  
Intergroup meeting November 10  
---- no Intergroup meeting in December ----

### Other Events

**OA World Service:** <https://oa.org/event-calendar>

**Region 5:** <https://www.region5oa.org/events/>

**The Region 5 Convention** is in Cleveland September 6-8. Expect an exciting weekend of recovery and connection. You can follow this link to the Region 5 website <https://oaregion5.regfox.com/region-5-oa-convention-2024> or see the flier to access the registration and hotel information. EARLY BIRD registration ends June 7th.

**Virtual Region:** <https://oavirtualregion.org/events/> This region always has many upcoming events.

### Other:

**Iowa State Convention.** Save the Date: September 20-21. They write "Even though Region 4 is disbanding and some of us will be joining different Regions we still want you to feel like family to us. ... We are excited because we plan to do things differently this year. The convention will be in person only."

### **\*\* Intergroup Meeting 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!

## Service Opportunities

- Registration
- Sell Raffle Tickets
- Session Timer
- Hugger/Greeter
- Marketplace
- Hospitality
- Wherever I am needed
- OA Meeting Leader/Speaker  
(1 year of current, continuous abstinence required)

If you volunteer to speak or provide service, opportunities are available from 3pm Friday until noon Sunday.

1. Please indicate your arrival/departure times so that we may schedule you accordingly.

- Friday \_\_\_\_\_
- Saturday \_\_\_\_\_
- Sunday \_\_\_\_\_

2. Please provide your cell # in case we need to contact you:

## Scholarship – Accepted by paper registrations only!

You may request a scholarship for the full cost of registration only. *Scholarships do not cover meals, rooms or other expenses. Meal costs are noted under registration prices. Meals must be purchased by August 9.*

Would like to apply for a scholarship?  
Yes \_\_\_\_\_ "First come basis"- apply early.

Preference may be awarded to those who have not previously attended a Region 5 Convention. You may complete a scholarship application if you have not previously received a scholarship within the last 5 years. You must be a Region 5 resident. Recipients will be notified by the registrar. Scholarship recipients are asked to perform service at the convention in a capacity that matches their abilities. Please indicate the type of service you are willing to provide in the **Service Opportunities** section (above).

## Scholarship Postmark Deadline:

June 7, 2024



## Region 5 OA Convention 2024

Hosted by Cleveland Central Intergroup

**Welcome Home:**  
**(Many Symptoms,  
One Solution)**  
September 6 - 8, 2024

Register for convention on-line at  
[region5oa.org](http://region5oa.org)

**REGISTRATION OPENS APRIL 1, 2024**

Make hotel reservations directly with:  
**Holiday Inn - Cleveland South  
Independence**  
6001 Rockside Road  
Independence, OH 44131  
(216) 524-8050

Online [Hotel Reseservation](#)  
To receive group rate, mention:  
**"Region 5 Convention Room Block"**  
**Special Room Rates (until 8/9/2024)**  
**\$119 + tax**

Choice of: 1 King Bed or 2 Double Beds

Hotel Amenities:  
Free Parking  
Wi-Fi access,  
Fitness Center and Indoor Pool,

Check In: 3:00 pm

## Come follow the 12 step road with us

### Preliminary Agenda

#### Friday, September 6, 2024

4:00 pm Registration Desk Opens  
4:00 pm OA meetings begin  
7:00 pm Grand Opening & Keynote Speaker

#### Saturday, September 7, 2024

OA MEETINGS WITH VARIOUS TOPICS  
THROUGHOUT THE ENTIRE DAY

7:00am – 8:30am Breakfast(pre-register only)  
7:00 am Registration Opens  
7:00 am Open Meditation Room  
8:00 am OA Meeting  
8:45 am Grand Opening & Keynote Speaker  
12 noon Lunch Buffet (*pre-register only*)  
6:00 pm Dinner Buffet (*pre-register only*)  
7:30 pm Keynote Speaker and Raffles  
9:00 PM DJ/Dance or OA Meeting

#### Sunday, September 8, 2024

8:00 am OA meeting or Meditation  
9:00 am Keynote Speaker  
10:00 am Re-entry/Closing/Sharing

**Early Bird Registration must be postmarked by June 7, 2024**

**Regular Pre-Registration must be postmarked by August 9, 2024**

After this date, you MUST register at the Convention. Registration can be transferred to another person, **but cannot be refunded.**

#### Questions:

Phone: 800-511-9610  
Email: [ccioa@onebox.com](mailto:ccioa@onebox.com)

### Two ways to Register!

**REGISTRATIONS OPENS APRIL 1, 2024**

1. Register Online at [www.REGION5OA.org](http://www.REGION5OA.org)  
Payment by major credit card.

**OR**

2. Mail this form (one form per person)  
 Fill out and detach this section.  
 Please print legibly.  
 Make US check or money order payable to: **OA Region 5. Do not send cash.**

#### Mail completed form/payment to:

R5 Convention 2024  
P. O. Box 347223  
Parma, OH 44134-9610

Name: First \_\_\_\_\_

Last: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Province: \_\_\_\_\_

Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency Contact:

Name: \_\_\_\_\_

Number: \_\_\_\_\_

What name would you like on your badge?  
\_\_\_\_\_

Special Needs: \_\_\_\_\_  
\_\_\_\_\_

Confirmation will be e-mailed to you unless you indicate otherwise. If you want confirmation by US mail, please include a self-addressed, stamped envelope with your completed registration form and check.

### Registration Pricing

\_\_\_\_\_ **Early Bird Registration \$169**  
Includes Convention, plus breakfast, lunch and dinner buffets on Saturday.  
**Online or mail (postmarked by June 7, 2024)**

\_\_\_\_\_ **Regular Pre-Registration \$189**  
Includes Convention, plus breakfast, lunch and dinner buffets on Saturday.  
**Online or mail (postmarked by August 9, 2024)**

**Lunch Salad Bar Buffet:** *Variety of greens, protein selections, fruit, whole grain rolls, butter, SF dressings*

**Dinner Buffet:** *Includes chicken and fish, several vegetable selections, brown rice, salad, SF dressings, whole grain rolls, butter, and fruit.*

\_\_\_ **Vegetarian Dinner selection plus salad bar and fruit.**

\_\_\_ Additional Breakfast tickets \$30.00  
\_\_\_ Additional Lunch Buffet tickets \$30.00  
\_\_\_ Additional Dinner Buffet tickets \$50.00

Donation to the Scholarship fund \$\_\_\_\_\_

**Total Enclosed: \$\_\_\_\_\_**

**After August 9, 2024 pre-registration is closed.**  
**You must pay at the door (no meals)**

\_\_\_ All Weekend \$90.00  
\_\_\_ Friday only \$40.00  
\_\_\_ Saturday only (\$60 at door) \$60.00

# Learn How to Carry the Message at Your Local Farmer's Market ... and learn how MAI can help

Monday, May 20, 2024  
9:30 – 11:00 am on Zoom CDT

**Each MAI meeting is encouraged to send one or more representative(s)**



## Workshop Details

- Literature
- Sharing
- Questions and Answers

Join Zoom Meeting

<https://us02web.zoom.us/j/85843184547?pwd=TEw1VmtWdVd5Rkg0d1VxUTcxbVp0dz09>

Meeting ID: 858 4318 4547

Passcode: 504851

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Dial 312 626 6799 US

Meeting ID: 858 4318 4547# Passcode: 504851#

Hosted by the Milwaukee Area Intergroup  
Have questions? Please call 414-259-0640.



Responsibility Pledge:

*"Always to extend  
the heart and hand of OA  
to all who share my compulsion;  
for this I am responsible."*



**Do you  
have a  
problem  
with  
food?**



Newcomers

Workshop:

The Tools of Recovery

Virtual Workshop

Saturday, May 11, 2024 10:00 am – Noon CDT

Join Zoom Meeting

Meeting ID: 850 9549 6827

Passcode: 1212

Join by Phone 312/626-6799

Meeting ID: 850 9549 6827#

Passcode: 1212

<https://us02web.zoom.us/j/85095496827?pwd=Nm1QVm5MZ3BFUUIONjZrSTRkdldJQT09>

## Three speakers share their experience, strength and hope

Are you a newcomer to OA? If you've been a member for two years or less, or consider yourself a newcomer, then this workshop is for you. Learn more about OA's program of recovery from eating disorders. Get questions answered. Meet other members — including other newcomers.

Everyone is welcome: Members, New Members, Non-members. Questions will be answered. This forum will be helpful for individuals wanting to learn about Overeaters Anonymous, as well as for newer members looking for additional support and insights. This Workshop is sponsored by the **Milwaukee Area Intergroup**.



*Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.*





- Week 1:** OA 12 and 12 Step of the month
- Week 2:** OA Principle of the month
- Week 3:** AA Big Book Step of the month
- Week 4:** Lead/Speaker Meeting
- Week 5:** Topic Meeting

# Sunday Morning Coffee and Recovery Meeting

*Online Zoom Meeting - Every Sunday*

**9:00 AM to 10:00 AM** (Eastern)

**Zoom ID: 842 2999 2560**

**Link:** <https://tinyurl.com/yeyv9bk4>

**Dial In:** +1 929 205 6099