

## **Intergroup Meeting Minutes Sunday, June 9, 2024**

**Open:** The meeting was called to order by Chairperson Eileen M. at 1:30 p.m. Zoom recording feature was 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:** There were no new IG reps at the meeting.

**Minutes:** Minutes from the May 5 meeting were approved as submitted.

**Reports:** There were no questions or comments about any of the reports emailed ahead of time.

**Seventh Tradition Collection:** Our Treasurer has reminded us that since we are not meeting in person, IG Reps and the additional members who attend our IG meetings are asked to mail our IG meeting 7<sup>th</sup> Tradition donations to the IG mailing address (PO Box 28882, St Louis 63123-0082) or donate on the website ([www.stlouisoa.org](http://www.stlouisoa.org)), via PayPal. Be sure to clearly mark that these are IG Meeting 7<sup>th</sup> Tradition contributions. Our group number is **09029**. The question was asked if there is a suggested donation for the IG meetings. Marina didn't know but she is going to find out.

**Roll Call:** Ellen took attendance for the meeting. Reps were reminded to send any updates to their contact information to [info@stlouisoa.org](mailto:info@stlouisoa.org). There were 17 people attending and 2 guests.

### **Announcements:**

- Elizabeth C., our Vice-Chair, stepped down as of May 31. All attending expressed their gratitude to Elizabeth for her commitment to Intergroup and years of faithful service.
- Cyndy L., one of our World Service Business Conference Delegates, stepped down after the end of the May conference, having been elected to serve as a Trustee.

**Intergroup Reps:** Any news or announcements from your group? How can we help your group?

- Jane F. from the Monday Newcomers meeting announced that they will be changing the Zoom login information. Information to follow. She also wanted to remind everyone that this meeting is not just for newcomers. All are welcome to attend.
- Elizabeth CR announced that the Wednesday O'Fallon MO meeting has moved. It will be updated in the Where and When.

## **New Business:**

- Marysia presented a written report about the World Service Business Conference that she attended. She thanked the Board for the opportunity to serve as a delegate and really encouraged everyone to step up and offer service, at all levels of OA.
- Statement of Support for The Rainbow (LGBTQ+) Specific Focus Service Board. A link to this statement was provided and Eileen talked a little about what a service board is and different focus groups that are offered in OA. It was agreed that this information should be announced at our various meetings.

## **Old Business**

- Eileen reminded the group that there are several board positions available for the upcoming year. Elections are held in November. Positions coming open include Vice Chair, Treasurer, World Service delegate, and Region 5 rep (two position available). If someone is interested in helping sooner rather than later, the Board has the authority to appoint someone in the interim, then they would have to officially run again in November.
- Co-Chairs Bill and Della T. gave us a quick update on the Fall Retreat. Dates are October 11-13 at the LaSalle Retreat Center in Eureka. The committee has had an initial planning meeting. More information to follow.
- IG is looking for a volunteer to cover the Intergroup cell phone. We now have volunteers for both the summer and fall shifts. This is a 3-month commitment and is not difficult. The cell phone is not inundated with calls, just a handful each month. This is an easy, but important service.

## **What Should be Announced at Home Meetings:**

- Consider running for Board positions in November (Vice Chair, Treasurer, WSBC Delegate and two Region 5 reps).
- Consider writing for our IG 'OA Today' newsletter. Inquiries and submissions to [Newsletter@stlouisor.org](mailto:Newsletter@stlouisor.org).
- Super Saturday is coming up on July 27. Hybrid event at Webster Groves Presbyterian Church on Lockwood (flyer in the newsletter and on the website).
- Fall Retreat, October 11-13 at LaSalle Retreat Center in Wildwood MO. Please pass along the Statement of Support for The Rainbow (LGBTQ+) Specific Focus Service Board: <https://oa.org/news/statement-of-support-for-the-rainbow-lgbtq-specific-focus-service-board-endorsed-by-188-trusted-servants/>

We closed with the OA Responsibility Pledge and the OA Promise.

**Next IG Meeting: Sunday, July 14 at 1:30 p.m. via Zoom.**

June 2024 Intergroup Treasurer Report  
and Monthly Summary

Dear OA Brothers and Sisters,

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

Hi,

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](http://stlouisoa.org) website. Choose 7<sup>th</sup> 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 [info@stlouisoa.org](mailto:info@stlouisoa.org).

St. Louis Bi State Area Intergroup

Monthly Summary

June 2024

Previous Month

Checking:	\$ 6,980.11
We Care:	\$ 2,511.33
Total:	\$ 9,491.44

Income

Group Donations:	\$ 1,122.40
We Care:	\$ -
Total Income:	\$ 1,122.40

Expenses

T-Mobile:	\$ 54.85
Accounting:	\$ 330.00
PayPal Fees:	\$ 25.82
Bank Service Charge	\$ 25.00
IG Expenses: Miscellaneous *	\$ 275.00
Operating Expenses: Communicaton: Internet	\$ 134.85
WSO: Lodging	\$ 716.90
WSO: Meals	\$ 124.28
Total Expenses:	\$ 1,686.70

Balance

Balance on Hand: (Operating Fund)	\$ 8,927.14
--------------------------------------	-------------

Prudent Reserve (Savings Account)

Beginning:	\$ 4,888.11
Interest:	\$ 3.35
Donation: **	\$ 1.00
Ending:	\$ 4,892.46

\* Payment to IRS to process Tax Exempt Application Form 1023-EZ

\*\* Donation by Elizabeth to avoid Bank Fee for inactive account.

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

Income:

Contributions: Group Donations	\$	6,229.05
Bank Account Earned Interest *	\$	20.76
We Care	\$	13.00
Super Saturday ( Counted in Group Donations)	\$	157.00

Total Income: \$ 6,262.81

Expenses:

Operating Expenses: Communication: Cell Phone	\$	328.99
Operating Expences: Communication: Internet	\$	219.68
Operating Expenses: Bank Service Charge: PayPal	\$	97.75
Bank Service Charge	\$	25.00
IG Expenses: Miscellaneous	\$	275.00
PO Box Rent	\$	222.00
Professional Fees: Accounting Fees	\$	1,980.00
Professional Fees: Web Consultant	\$	767.00
Public Information Public Service Announcements	\$	400.00
WSO: Lodging **	\$	1,199.40
WSO: Meals	\$	308.89
WSO: Travel	\$	460.14
WSO: Registration	\$	498.00
Public Information: Google Ads	\$	6,562.78

Total Expenses: \$ 13,344.63

Net Profit (Loss): \$ (7,081.82)

\* Includes \$1.00 Donation, See June Monthly Report

\*\* Includes \$482.50 not shown on May report

Goup Donations 2024  
Year to date  
End of June

00990	New Me	438.77	January	PayPal	851.59
03448	Free to Choose	0		Checks	660.00
04699	Carbondale	120		Total:	1511.59
06234	Sunday OA Recovery	310			
07276	Creve Coeur	0	February	PayPal	374.00
07418	Reaching Out	146.55		Checks	215.00
08734	Webster Groves Step Study	1239.73		Total	589.00
11652	Newcomers Meeting	60			
14194	New Horizons	521	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	233.2		Checks	666.57
45074	Welcome Home	0		Total	1104.57
45077	Abstinence First/Newcomers	121			
45964	Recovery Book Worms	0	May	PayPal	279.15
801183	St. Louis Early Bird Meeting	112		Checks	915.14
50027	Renewed Hope	240		Total	1194.29
46420	Serenity Seekers	0			
51315	Thursday Rolla	120	June	PayPal	927.40
801168	Recovery ABCs	0		Checks	195.00
801182	St. Louis Early Bird Meeting	165		Total	1122.40
53186	Mix It Up	55			
53204	Welcome Home!	50			
801184	St. Louis Early Bird Meeting	235			
53332	Any Lengths Big Book Study	437			
53859	Saturday Steppers	121.8			
56156	Farmington OA Group	0			
56420	H.O.P.E.	50			
56711	Eureka Thursday	0			
57161	OA Workshop	0			
800758	Literature Study Group	0			
57843	The 12 Steppers	60			
801181	St. Louis Early Bird Meeting	200			
09029	Intergroup	180			
	Individual	602			
	Total:	6229.05			

## Website Report (stlouisoa.org)

June 3 – July 2, 2024

(For July Intergroup Meeting)

### Traffic:

Sessions: 384

Page Views: 787

New/Returning: 88%/12%

Desktop/Tablet/Mobile: 42%/4%/54%

### Top Posts/Pages

1. [Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 327
2. [Meeting Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 167
3. [Events – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 44
4. [7th Tradition – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 39
5. [“OA Today” Newsletter – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 35
6. [New to Overeaters Anonymous, OA for Short? – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 27
7. [Cart – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 26
8. [Checkout – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 20
9. [Member and Intergroup Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 16
10. [Documents and Forms – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 11

## Report from Intergroup Newsletter Team For July 2024

The July 2024 newsletter is posted at our Intergroup website at [THIS LINK](#).

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

- A Step Seven article
- A Tradition Seven article
- Part 4 of a newcomers article titled “The Power of NOT”
- A reminder about changes to Intergroup email addresses
- Information about the new OA book called **Diverse Voices: A Common Solution**
- A personal share about recovery from relapse
- A WSO bulletin reprint about doing service translating OA literature
- A “Tool of the Month” feature, focusing on action plan
- A heads up that two meetings will change their Zoom logins on August 1
- A “Question of the Month” column on maintaining recovery while traveling
- The Intergroup Chair’s column
- A personal share on the power of “interdependence”
- A calendar of events
- A flyer about the July 27 hybrid recovery event – **“Telling Our Story”**

Please help your fellows know the newsletter exists by sharing information about how to access the files 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. 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 team 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 Seventh Tradition and keep the fellowship alive for all who need it.

J-MO, Newsletter Editor  
314-775-3261  
And Team Members:  
Elizabeth C.

LaNae S.  
Melanie T.  
Sue S.

**Secretary Report**  
**For period ending June 30, 2024**

Incoming Email Contacts:

Intergroup (IG) Email (info@stlouisoa.org) In June there were 11 real email conversations.

- Potential newcomer support (1)
  
- Routine emails (10). News and events from WSO, our IG and various regions.

Submitted by Martha P.

## Convention Registration Form

Please mail this by **Sept. 1, 2024**

Walk-ins are welcome.

[Convention Online Registration Link](#)

**OR**

Send this mail-in registration to:

Pat Hansen

20230 Cardinal Ave.

Clear Lake IA, 50428

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State, Zip \_\_\_\_\_

Phone # \_\_\_\_\_

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

**Registration:**  which payment

Before **Sept. 1<sup>st</sup>** \$25 \_\_\_\_\_

At the Door \$30 \_\_\_\_\_

One day attendance \$20 \_\_\_\_\_

(We accept Cash, Check, or Venmo.

Please don't send cash through the mail.)

Please make checks payable to:

**Iowa State Convention**

To pay with Venmo:

Code: **@OA-CII-72**

Please  if you paid with

Venmo \_\_\_\_\_ Your Code \_\_\_\_\_

**Are you willing to give service?**

(The number after the service is how many people we need.)

\_\_\_\_ Hospitality (2) \_\_\_\_ Timer (1)

\_\_\_\_ Hugger (1) \_\_\_\_ Greeter (2)

\_\_\_\_ Cashier (1) \_\_\_\_ Volunteer Any (2)

\_\_\_\_ Registration Table (2)

\_\_\_\_ 2024 Convention Committee

# State of Iowa OA Convention 2024

## Welcome Home!

### FACE-TO-FACE ONLY! Stoney Creek Hotel

5291 Stoney Creek Ct.

Johnston, IA 50131

(515) 334-9000

Please call for the discount. Let the hotel know you are with the OA Convention to get the discount.

[Stoney Creek Online Reservations](#)



4 Speakers and Activities  
Ice Breakers  
Region 3 Workshop  
SHARING & FELLOWSHIP  
50/50 Drawing

## Friday & Saturday Sept. 20 & 21, 2024

**Doors open at  
6pm  
Fri. – 6:30 pm –  
9:00 pm**

---

**Doors open at  
9am  
Sat. – 9:30 am –  
4:05 pm**

**(4:30 pm 2025 Planning  
Comm. Meeting) All are  
Welcome!**

**Serenity Prayer**

God, grant me the Serenity  
to accept the things I  
cannot change, Courage to  
change the things I can and  
Wisdom to know  
the difference.

How long abstinent?  
\_\_\_\_ (optional)

## Convention Schedule

### Friday

6:30 pm Introduction

6:45 pm Ice breaker

7:15 pm Break

7:25 pm Speaker

8:00 pm Activity

8:45 pm Closing

### Saturday

9:30 am Introduction

9:45 am Ice breaker

10:45 am Break

11:00 am Speaker

12:00 pm Lunch on your own

1:00 pm Region 3 Workshop

3:00 pm Speaker

4:00 pm Drawing winner

4:05 pm Closing

#### **You can bring lunch!**

**Nearby Restaurants:** Cactus Bob's BBQ Corral, ShortE's BBQ, El Mariachi, China Café, Cozy Café Johnston, Jethro's BBQ n Pork Chop Grill, Panera Bread, Flame the Taqueria, Charlotte's Kitchen, Wasabi Johnston, Charlotte's Kitchen, Pico De Gallo.

**Nearby Grocery Stores:** Fareway, and Hy-Vee.

## Hotel Registration

When booking a room tell them you are with the OA Convention to receive the discount. Please call to get a room at a discount rate.

Hotel Phone No. (515) 334-9000

### Stoney Creek Hotel

With a block the rooms are:

\$119/Deluxe King

\$129/Deluxe Double

3 PM Check-In/11 am Checkout

### **Stoney Creek Hotel**

#### **amenities include:**

- Fitness Center
- Heated Indoor/Outdoor Pool
- Whirlpool
- Outdoor Patio
- Pantry
- On-site Guest Laundry
- Specialty Rooms + Suites

#### Complimentary

- 24-7 Hot Coffee + Tea
- Hot Breakfast
- Wireless Internet
- Local Calls
- On-site Parking

## 2024 State of Iowa OA

Convention is sponsored by these Intergroups:

Central Iowa Intergroup  
&  
Promises of Eastern Iowa

#### For Questions Contact Info:

Traci V. (641) 750-7228

[tracivilez039@gmail.com](mailto:tracivilez039@gmail.com)

**Note:** the 039 is zero, three, nine. Not the letter O.  
Preferably text messages if you call cell phone.



Unity



Hugs

Recovery