

Intergroup Meeting Minutes Sunday, July 14, 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 June meeting were approved as corrected, specifically under “Old Business” the first section regarding open board positions and elections. The Chair requested that the Secretary follow the Bylaws language to correct this section.

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 7th Tradition donations to the IG mailing address (PO Box 28882, St Louis 63123-0082) or donate on the website (www.stlouisoa.org), via PayPal. Be sure to clearly mark that these are IG Meeting 7th Tradition contributions. Our group number is **09029**. The question was asked what the suggested donation should be. Elizabeth CR thought she remembered that it was \$5 but wasn't entirely sure that that was still accurate. Per Dianne S., IG has never really had a suggested donation for the meetings, but maybe now is the time to establish one. Marina is going to do some research on the suggested donation amount and will present information to us at the September IG meeting.

Roll Call: Jane F. took attendance for the meeting. Reps were reminded to send any updates to their contact information to info@stlouisoa.org.

Announcements:

Per Bill T., the Saturday Morning Webster meeting will use new Zoom log in information starting August 1. The information can be found on the Where and When.

Per Jane F. the Monday Newcomers meeting also has a new Zoom number. Will launch on August 1. Also, will be updated on Where and When.

Old Business:

We are accepting nominations for BOT Treasurer, Vice Chair, Region 5 Representatives (2 open) and WSBC Delegate (1 open). Nominations for these positions must be received 15 days in advance of the meeting in which the election will be held or by Friday October 26 for the November Annual Business Meeting.

Fall Retreat Committee Report – Della and Bill T. reported that a committee has been formed and has been meeting to plan the retreat. The retreat will be held at the LaSalle Retreat Center October 11-13. The flyer and registration will soon be found on the website. In addition, the IG Secretary will mail it to IG when it's ready. The theme of this year's retreat is "Are We N.U.T.S?" (*not using the slogans*). Della wanted to remind everyone that the Early Bird Registration will end September 3. Final registration for the retreat is September 24.

New Business:

We have received a nomination for BOT Vice Chair. Amy G. has been an OA member for a little over 18 years and has served extensively on both the local and Region levels. Feels that her analytical skills and skills in math, science, and computer technology will serve the IG well. Per Jane F., our roll taker there are sixteen (16) people eligible to vote plus Amy. There was also a visitor who was not eligible to vote. The vote passed unanimously.

As a follow-up to the Seven Tradition discussion earlier in the meeting, Dianne S. made a motion that our suggested donation for the IG meetings be \$5. The motion carried.

What Should be Announced at Home Meetings:

- Consider running for Board positions in November (Treasurer, WSBC Delegate, and two Region 5 reps).
- Consider writing for our IG 'OA Today' newsletter. Inquiries and submissions to Newsletter@stlouisor.org.
- Reminder that when meetings changes/information are submitted to info@stlouisoa.org it is updated not only on our website and Where and When, but with the WSO as well.
- 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, September 8 at 1:30 p.m. via Zoom.

St. Louis Bi-State Area Intergroup Board of Trustees Meeting

Sunday July14, 2024 from 1:30-3:00 pm

In Attendance: Eileen M. Chair; Amy G. Vice Chair, Marina F. Treasurer, Martha P., Secretary.

The purpose of this Board meeting was to review the existing Bylaws and IG Policy and Procedure Manual with the goal of determining what, if any, changes or additions might be needed ahead of the annual IG Conference in November.

The board is also putting the finishing touches on a binder of important IG information that board members will keep during their office tenure. The binder will be updated by the Secretary of the Board and when a new officer is elected the binder will be passed over to them by the outgoing officer.

IG Bylaws:

It was determined that **Article X, Section 3, Item B**, pertaining to abstinence requirements for Region Representative needs to be changed from 6 months of abstinence to 1 year of abstinence. This will put us in agreement with Region 5 requirements.

It was decided among the board members that they would bring to the full IG board a request to update **Article XII, Section 9, Item G**: *“Establish and maintain an office, based on the will of the IG Representatives,”* that this Item be deleted from the Bylaws.

IG Policy and Procedure Manual:

Several updates, corrections, and clarifications were made to the policy manual too numerous to mention here. The document, with changes noted, will be submitted to the full board for their review and comments ahead of the November meeting.

Submitted by,
Martha Place, Secretary

Goup Donations 2024
Year to date
End of August

00990	New Me	657.27	January	PayPal	851.59
03448	Free to Choose	0		Checks	660.00
04699	Carbondale	160		Total:	1511.59
06234	Sunday OA Recovery	371			
07276	Creve Coeur	0	February	PayPal	374.00
07418	Reaching Out	146.55		Checks	215.00
08734	Webster Groves Step Study	2061.18		Total	589.00
11652	Newcomers Meeting	180			
14194	New Horizons	521	March	PayPal	486.00
21534	New Day	81		Checks	221.20
20413	Sunday Step Study	10		Total	707.20
24305	Recovery from Relapse	591			
56327	Work to Recover	96	April	Paypal	438.00
33891	Waterloo OA	257.2		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	172		Checks	915.14
50027	Renewed Hope	360		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	436		Total	1122.40
53186	Mix It Up	55			
53204	Welcome Home!	145	July	PayPal	1252.45
801184	St. Louis Early Bird Meeting	245		Checks	609.31
53332	Any Lengths Big Book Study	437		Total	1861.76
53859	Saturday Steppers	209.61			
56156	Farmington OA Group	0	August	PayPal	235.00
56420	H.O.P.E.	50		Checks	536.00
56711	Eureka Thursday	0		Total	771.00
57161	OA Workshop	0			
800758	Literature Study Group	0			
57843	The 12 Steppers	60			
801181	St. Louis Early Bird Meeting	250			
09029	Intergroup	313			
	Individual	756			
	Total:	8861.81			

St. Louis Bi State Area Intergroup

Monthly Summary

August 2024

Previous Month

Checking:	\$ 7,686.15
We Care:	\$ 2,511.33
Total:	\$ 10,197.48

Income

Group Donations:	\$ 771.00
We Care:	\$ 100.00
Retreat:	\$ 3,290.00
Total Income:	\$ 4,161.00

Expenses

T-Mobile:	\$ 63.02
Accounting:	\$ 330.00
PayPal Fees:	\$ 80.54
Missouri Sec. of State Registration	\$ 20.65
Operating Expenses: Communicaton: Internet	\$ 14.97

Total Expenses:	\$ 509.18
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Balance

Balance on Hand: (Operating Fund)	\$ 13,849.30
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Prudent Reserve (Savings Account)

Beginning:	\$ 4,895.67
Interest:	\$ 3.32
Ending:	\$ 4,898.99

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

Income:

Contributions: Group Donations	\$	8,861.81
Events: Retreat 2024	\$	3,500.00
Bank Account Earned Interest *	\$	27.29
We Care	\$	113.00
Super Saturday (Counted in Group Donations)	\$	157.00
Total Income:	\$	12,502.10

Expenses:

Operating Expenses: Communication: Cell Phone	\$	446.86
Operating Expenses: Communication: Internet	\$	369.50
Operating Expenses: Bank Service Charge: PayPal	\$	287.02
Bank Service Charge	\$	25.00
IG Expenses: Miscellaneous	\$	275.00
Missouri Sec. of State BiAnnual Registration	\$	20.65
Office Equipment	\$	99.99
Postage Cost And Stamps	\$	73.00
PO Box Rent	\$	222.00
Professional Fees: Accounting Fees	\$	2,640.00
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:	\$	14,655.23

Net Profit (Loss): \$ (2,153.13)

* Includes \$1.00 Donation, See June Monthly Report

Website report for September Intergroup Meeting:

Submitted by Colleen C. 314-566-9583

Dates included: July 26 – August 26, 2024

Sessions: 366

Pages viewed: 727 for top pages listed below

New/returning: 91%/9%

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

Top pages:

1. [Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 312
2. [Meeting Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 154
3. [2024 Fall Retreat Are we N.U.T.S? Not Using The Slogans – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 75
4. [Events – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 49
5. [“OA Today” Newsletter – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 38
6. [Checkout – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 31
7. [New to Overeaters Anonymous, OA for Short? – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 26
8. [Cart – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 24
9. [Member and Intergroup Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 18

Report from Your Intergroup Newsletter Team For August and September 2024

The Intergroup did not meet in August, so we've posted two newsletter editions since the last meeting. A summary of the content of each is offered below.

The August newsletter is posted at our Intergroup (IG) website at [THIS LINK](#). Our thanks to those who contributed the following:

- A Step Eight article
- A Tradition Eight article
- Part Five of "The Power of NOT" – a newcomer's article
- Brief coverage of the July Super Saturday
- "My Aha Moment" and "Borrowing Trouble," stories by OA members sharing their experience, strength, and hope
- A column by our Intergroup chair
- Two quotes from OA literature
- New Zoom login information for two meetings
- Details about the October retreat – and a registration flyer for it
- A new school year-themed article
- An article about the Region 5 conference
- An amusing graphic charting recovery
- Tool of the month article on Anonymity
- The calendar of events

The September newsletter is posted at [THIS LINK](#). We thank those who contributed the following:

- A Step Nine article
- A Tradition Nine article
- Part Five of "The Power of NOT" – a newcomer's article
- A comic graphic depicting reluctance to ask for help
- Tool of the month article on Service
- Information about two new meetings
- The calendar of events
- A flyer for a new OA-90 meeting on Tuesdays at 8:30 a.m.
- The October retreat registration form/flyer

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:
Elizabeth C.
LaNae S.
Melanie T.
Sue S.

2024 OA Retreat Update

The Retreat Committee has been meeting regularly since our last Intergroup and plans are coming together for the October retreat, "Are We NUTS (Not Using The Slogans)".

As of Sept 1, all the single rooms (9 total) and 9 of the double rooms (12 total) have been purchased. We also had one commuter purchase. The Early Bird registration ended on Sept. 3 and the Regular Registration continues until Sept. 24 or until all the spaces are sold. Due to space constraints, we may not be able to accommodate on-site registrations.

The committee is excited to see everyone at the LaSalle Retreat Center next month.

Submitted by Retreat Co-Chairs Della and Bill T.

Secretary Report July-August 2024

Incoming Email Contacts:

Intergroup (IG) Email (info@stlouisoa.org) In July there were 9 real email conversations.

- Member support regarding 7th Tradition question (1)
- Routine emails (8). News and events from WSO, our IG and various regions.

Intergroup (IG) Email (info@stlouisoa.org) In August there were 14 real email conversations.

- New meeting notification (2)
- Meeting change notification (1)
- Routine emails (11). News and events from WSO, our IG and various regions.

Submitted by Martha P.