

Intergroup Meeting Minutes Sunday, September 8, 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: The meeting was held via ZOOM. Members were instructed on the 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: The minutes of the July 14 meeting were approved as submitted. The minutes of a special meeting of the Board, held August 25, were approved as corrected. An incorrect meeting date of July 14 was listed, instead of the actual date of the meeting.

Reports: There were no questions or comments regarding the various reports that were submitted to the trustees ahead of the meeting.

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**.

Roll Call: Amy G. took attendance at the meeting. Reps were asked to send any changes or updates to their contact information to info@stlouisoa.org.

Intergroup Reps: Bonnie asked that we double check the email address that we have listed for her. She is not getting any of the IG information. Martha said that she would follow up with her and help get it figured out.

Old Business:

- 7th Tradition clarification/update - Marina F., our treasurer, gave a very informative presentation about the 7th Tradition and how it applies to our IG meetings. A written copy of this presentation was distributed ahead of time in the Board packet. Marina gave us information on donating via PayPal and why it is both helpful and saves money (not only for IG but for the person donating) to make donations on a quarterly, semi-annual, or annual basis, versus monthly.
- Chairperson Eileen M. reminded everyone that we are accepting nominations for Intergroup Treasurer, 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 10 Annual Business Conference. The Treasurer position, in particular, is a crucial member of the board and although St. Louis OA IG employs a bookkeeper to help us with our payables and receivables, it is the job of the Treasurer to oversee these duties. Marina assured everyone that this is NOT a difficult job, that it is not overly time consuming and wanted to stress that as outgoing treasurer she would help the incoming person get familiar with the job, as would the other 3 members of the board. One year of abstinence is required.

Andrea asked if any of these positions remain vacant, particularly region or WSO positions, would it affect St. Louis OA in any way? Eileen replied that as far as the board position goes, whenever there is a vacancy on the board, the other board members must step up and assume the duties of the missing board member. The board can do that in the short run, but it is not ideal in the long run. As

far as Region or WSO, since we do still have representation on the region and world service level, St. Louis Bi-State OA will still be in the loop on news, updates, etc.

- Fall Retreat Committee Update - Dianne gave a report on behalf of Della and Bill. Planning is going well, and slots are filling up fast. There are no more single rooms available and, as of this writing, only 5 spots left if you want to share a room. Amy G. asked if a person wants to attend only on Saturday can they register at the door? No, if someone wants to attend for only one day they need to register ahead of time. There are space constraints in the meeting room, and we would not want someone to show up only to not be able to accommodate them.

New Business:

- Eileen gave a report on the special board meeting that was held on August 25. There are a few suggested changes to the Bylaws and the Policy and Procedure manual. Those proposed changes will be submitted to the board ahead of the Annual Business Conference in November.
- Eileen wanted to encourage all IG reps to talk to their respective group members about hosting a Super Saturday in the months that we have left in 2024 and looking ahead to 2025. A few event themes to keep in mind: IDEA Day (International Day of Experiencing Abstinence) in November; a Winter holiday booster in December; Unity Day in February; Sponsorship Day in August, as well as other topics a group may want to explore throughout the year. She also encouraged individual meeting groups to partner and host a joint event.
- The Saturday morning Step and Tradition Study meeting is participating in a recovery event on Saturday, September 22 from Noon-6 pm in Kirkwood Park. **"Recovery Fest 2024"** is an annual event that brings the 12-step recovery community together in one location. The Saturday morning group participated last year and felt that it was of tremendous benefit in reaching the still suffering compulsive eater. There are still a couple of 2-hour volunteer slots open, Eileen asked that if anyone was interested to reach out to her and sign up!

What needs to be announced in home meetings?

- Consider running for the Intergroup Board position of Treasurer in November: this vital position is open, and our current Treasurer will mentor the person coming into that role. We also need a World Service Business Conference Delegate and two Region 5 Representatives
- Fall Retreat, October 11-13, LaSalle Retreat Center, Wildwood, MO:
<https://stlouisoa.org/wp-content/uploads/2024/07/2024-fall-retreat-flyer-registration.pdf>
- Consider writing for our IG 'OA Today' newsletter. Inquiries and submissions to Newsletter@stlouisoa.org. The SEPTEMBER newsletter can be accessed here:
<https://stlouisoa.org/wp-content/uploads/2024/08/09-2024-FINAL-1.pdf>
- Would the group sponsor a Super Saturday/Sunday or other recovery event for late 2024 or in 2025?

The meeting closed with the reading of the OA Responsibility Pledge and the OA Promise.

****Next Intergroup Meeting - Sunday October 13, 2024 at 1:30 pm****

Respectfully submitted,
Martha P, Secretary

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

Sunday September 8, 2024 from 3:00-3:30 pm

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

Three items were discussed:

Recovery Fest Event – Eileen asked if the board would approve ordering 50 pieces of OA literature for distribution at the event. The board was in agreement to do this. The cost would be approximately \$125.

OA Cell Phone – an idea was presented to the board about switching from the current carrier (T-Mobile) to Consumer Cellular. The cost at CC is a fraction of the cost at T-Mobile (\$20 per month versus over \$60 per month). The board was very supportive of doing this. Eileen is going to reach out to Elizabeth C. and ask about the pros and cons of keeping a flip phone versus going to a Smartphone. It was generally agreed that the simpler the phone, the better. We only really make and receive calls. Eileen will handle the details with Consumer Cellular.

Update on Board Binders – There was an outstanding issue with the information that Martha had received from Elizabeth about our Microsoft account. When we started using MS we were still using the old bistate1oa@prodigy.net email address. That email platform no longer exists. We have taken steps with MS to get our email address updated. There is a 30-day freeze on the account right now, which will not create any issue as our subscription is current through the middle of next year and we have no need to access the account at this time. We should be hearing from Microsoft confirming that they have accepted the new email address by the first part of October.

In the meantime, Martha is going to distribute a binder to each board member. Marina and Amy asked that theirs be in an electronic version and Martha and Eileen prefer an actual binder. When the new Treasurer is seated Martha will ask which version they prefer.

Submitted by,
Martha Place, Secretary

Intergroup Treasurer Report and Monthly Summary
September 2024

Dear OA Brothers and Sisters,

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

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.

See September 2024 monthly summary below.

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

In Service,
Marina F.

St. Louis Bi State Area Intergroup
Monthly Summary
September 2024
Previous Month

Checking: \$ 11,237.97
We Care: \$ 2,611.33
Total: \$ 13,849.30

Income

Group Donations: \$ 1,048.80
We Care: \$ -
Retreat: \$ 3,235.00
Total Income: \$ 4,283.80

Expenses

T-Mobile: \$ 54.88
Accounting: \$ 330.00
PayPal Fees: \$ 75.47
Insurance \$ 873.00
Operating Expenses: Communication: Internet \$ 14.97
Public information Health Fairs \$ 108.00
Events: Retreat 2025 \$ 1,200.00

Total Expenses: \$ 2,656.32

Balance

Balance on Hand: \$ 15,476.78
(Operating Fund)

Prudent Reserve (Savings Account)

Beginning: \$ 4,898.99
Interest: \$ 3.32
Ending: \$ 4,902.31

St. Louis Bi State Area Intergroup

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

Income:

Contributions: Group Donations	\$ 9,910.61
Events: Retreat 2024	\$ 6,735.00
Bank Account Earned Interest *	\$ 30.61
We Care	\$ 113.00
Super Saturday (Counted in Group Donations)	\$ 157.00
 Total Income:	 \$ 16,789.22

Expenses:

Operating Expenses: Communication: Cell Phone	\$ 501.74
Operating Expences: Communication: Internet	\$ 384.47
Operating Expenses: Bank Service Charge: PayPal	\$ 362.49
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	\$ 2,970.00
Professional Fees: Web Consultant	\$ 767.00
Public information Health Fairs **	\$ 188.86
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:	 \$ 15,319.41

Net Profit (Loss): \$ 1,469.81

* Includes \$1.00 Donation, See June Monthly Report

** Includes \$80.86 shown on March Monthly Summary but not included in previous YtD's.

Goup Donations 2024
Year to date
End of September

00990	New Me	657.27	January	PayPal	851.59
03448	Free to Choose	0		Checks	660.00
04699	Carbondale	190		Total:	1511.59
06234	Sunday OA Recovery	413			
07276	Creve Coeur	0	February	PayPal	374.00
07418	Reaching Out	146.55		Checks	215.00
08734	Webster Groves Step Study	2137.18		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	331		Checks	666.57
45074	Welcome Home	0		Total	1104.57
45077	Abstinence First/Newcomers	562			
45964	Recovery Book Worms	0	May	PayPal	279.15
801183	St. Louis Early Bird Meeting	188		Checks	915.14
50027	Renewed Hope	420		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	563		Total	1122.40
53186	Mix It Up	55			
53204	Welcome Home!	160	July	PayPal	1252.45
801184	St. Louis Early Bird Meeting	262		Checks	609.31
53332	Any Lengths Big Book Study	553		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	September	PayPal	754.00
57843	The 12 Steppers	60		Checks	294.80
801181	St. Louis Early Bird Meeting	275		Total	1048.80
09029	Intergroup	323			
	Individual	756			
Total:		9910.61			

Treasurers -- Please copy this form for your monthly group contributions to Intergroup.

**GROUP CONTRIBUTION FORM
FOR DONATIONS TO INTERGROUP**

WSO Group Number (5 digits) (required) _____

(This OA World Service Office group number is on the Where and When and on your oa.org meeting listing.)

Also please give us some more information. Fill in one of the two lines below:

Group Name _____

Or else

Group Day, Time, and City _____

Sender's Name _____

Sender's Address _____

Phone _____ Email _____

Amount Enclosed _____

Thank you!

Please make the check out to St. Louis Bi-State Area Intergroup and put the 5-digit **WSO Group Number** in the comment line. Mail to St. Louis Bi-State Area Intergroup, PO Box 28882, St. Louis, MO 63123

(OA welcomes your contributions! Just note that without the WSO group number the contribution will be recorded as an anonymous individual donation.)

Note: For donating to Region 5 and OA, INC. please see their websites www.region5oa.org and oa.org.

Revised 9-23-2024 Martha P.

Report from Your Intergroup Newsletter Team For October 2024

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

- A Step Ten article
- A newcomers column – “The Power of NOT” – seventh installment
- A Tradition Ten article
- An article by a member who has released 400 pounds
- An article by a member who has given up excessive weighing
- Highlights from the Region 5 convention
- The Intergroup Chair’s column
- An editor’s note about the end of the “Tool of the Month” series and a new focus on extra support for getting through the “eating holidays”
- An article sharing experience, strength, and hope around abstinence during the holidays
- The Intergroup calendar of events
- A flyer for the Thanksgiving Day Gratitude meeting

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

J-MO, Newsletter Editor
314-775-3261
And Team Members:
Elizabeth C.
JoAnne B.
LaNae S.
Melanie T.
Sue S.

Website Report for stlouisoa.org

Dates: September 2 – October 1, 2024

Sessions: 387

Pageviews: 865

New/returning: 88%/12%

Desktop/Tablet/Mobile: 48%/2%/48%

Top Posts/Pages

1. [Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 349
2. [Meeting Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 159
3. [2024 Fall Retreat Are we N.U.T.S? Not Using The Slogans – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 66
4. [Events – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 63
5. [“OA Today” Newsletter – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 36
6. [New to Overeaters Anonymous, OA for Short? – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 28
7. [Member and Intergroup Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 21
8. [Checkout – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 21
9. [Contact Us – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 15
10. [Documents and Forms – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 15

**Secretary Report
October 2024**

Incoming Email Contacts:

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

- Member email regarding a correction needed to one of our donation forms.
- Routine emails (6). News and events from Region 5.
- Renewal notice from Zoom (2)

Submitted by Martha P.