

## St. Louis Bi-State Area Intergroup Meeting Minutes Sunday November 10, 2024

**Open:** The meeting was called to order by Chairperson Eileen M. at 1:30 pm. The Zoom recording feature was enabled for the duration of the meeting and all members were informed of the recording process.

**Welcome:** Fred W. from the Ferguson New Day meeting and Brian D. from the New Horizons meeting announced that they were our new IG reps from those respective meetings. Our IG Secretary confirmed email addresses.

**Minutes:** The minutes from the September 8 and October 13 IG meetings were approved as submitted.

**Reports:** There were no questions or comments about the reports submitted prior to the meeting.

**Seventh Tradition Collection** – Our treasurer reminded IG members of our 7<sup>th</sup> tradition and the importance of giving what you can when you can.

**Roll Call:** New Reps please email [info@stlouisoa.org](mailto:info@stlouisoa.org) your contact information – Name, mailing address, phone, email, your group's WSO # (found on the Where and When). Are there any changes to your contact information? Also, any changes to your group's meeting information may be e-mailed to [info@stlouisoa.org](mailto:info@stlouisoa.org).

### **New Business: Annual Business Conference**

It was established that a quorum was present to conduct the Annual Business Conference. The official count of voting members was 15 (4 board members, 10 Reps, 1 guest).

J-MO agreed to serve as our Parliamentarian, Amy G. conducted the polling via Zoom, and Brian D. volunteered to serve as our Timer.

J-MO explained the procedure of making motions and then offering pro and con positions. Each speaker had up to 3 minutes to present a pro or con position.

**Motion 1** – Eileen M asked that *Article X: Region Representatives, Section 3: Qualifications and Eligibility, Subpart B* outlining the Region Representative abstinence be changed from six months to one year to match Region 5's requirement.

**Motion 2** – Eileen M asked that the sentence in *Article XII: The Board of Trustees, Section 9: Powers and Duties, Subpart G* outlining the operation of an office, which states, "Establish and maintain an office, based on the will the IG Reps," be deleted as we no longer operate an OA office and haven't for several years now. Discussion: A question was asked of what if, at some point, St. Louis OA decides that we do, indeed, want to have an office. Would changing the wording preclude that? The group thought that, no, it would not, that we could always change the wording of our Bylaws, just as we were doing now, to match our circumstance and the will of the Intergroup.

**Both motions were approved.**

**Policy and Procedure Manual** – There were several updates, language corrections and clarifications made to the P and P Manual which were emailed to IG Reps on October 25 then again in the packet for today's meeting. These proposed changes are now incorporated into the Manual and have been highlighted.

Discussion: There was a typo on Page 4, Item J2. Should read "maintains" not "mains." The secretary said she would correct the typo.

There was a discussion about Item I, Intergroup Committees. The board had proposed eliminating #3 (Literature Chair) and #6 (12<sup>th</sup> Step Within Chair) from this list. As an Intergroup we no longer sell literature. Individual groups might

occasionally order literature from WSO or another outlet and sell within their groups but as an Intergroup we no longer do that. It was agreed to eliminate that.

There was very good discussion about the pros and cons of eliminating #3. The 12<sup>th</sup> Step Within provides a very important service in reaching out to the still suffering compulsive eaters within our fellowship. Several members stated that they felt this was a very important position to keep on the list and to re-commit our efforts in finding a chair. Several members also volunteered to be a part of this committee. Bonnie, the rep from the Sunday Relapse Group tentatively volunteered to Chair the committee pending approval from the Intergroup in January.

A motion was made to approve the changes to the Policy and Procedure manual as presented, with the exception of eliminating the 12<sup>th</sup> Step Within committee (Bonnie/Bill T.) **Motion was approved.**

### **Election of Offices for Board of Trustees**

Board of Trustees – Treasurer – Julie J was approved as IG Board Treasurer for a 2-year term.

### **Announcements:**

- **Public Information and Outreach** – The OA World Service Public Awareness and Professional Tradeshows committee has announced the availability of a brand-new video targeting health care professionals called “Let OA Be Your Ally”. Now posted on the website: <https://vimeo.com/944093842>
- **Ad Hoc Committee to Update the IG Outreach Directory** – We are looking for volunteers for this project.
- **Annual Budget Meeting – Board of Trustees and all interested IG members – Sunday, December 8 at 1:30pm.** BOT and Committee Chairpersons please submit \$\$ budget requests before Dec 4 to Marina - info@stlouisoa.org with a cc to Sue E. [oabookkeeper@yahoo.com](mailto:oabookkeeper@yahoo.com)

### **Old Business:**

- **Fall 2024 Retreat Report** – Bill T. and Della T. submitted a complete report. The retreat was very successful and well received by those who attended. A total of 30 overnight guests and 8 commuters participated. There is already a venue for 2025 and also a list of people who indicated their interest in serving on the 2025 Committee.
- **Region 5 Assembly Report** – Amy G reported that they elected a new Region Chair and Treasurer and World Service trustee. There will be a Unity Day event on Sunday February 23 via Zoom. Look for a flyer with more information.
- **Encourage Gratitude Month donations** we generally observe Gratitude Month in November by passing around the “basket” over and above the general Seventh Tradition 7 basket. This is a donation that goes directly to IG. Eileen encouraged all groups to participate.

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

**Review:** What needs to be announced in home meetings?

1. Our Intergroup needs a World Service Business Conference Delegate: <https://stlouisoa.org/wp-content/uploads/2023/11/Nomination-Form-for-WSBC-Delegate-2023.pdf>  
And two Region 5 Representatives: <https://stlouisoa.org/wp-content/uploads/2024/09/Nomination-form-for-Region-5-Rep.pdf>
2. Consider writing for our IG ‘OA Today’ newsletter. Inquiries and submissions to [Newsletter@stlouisoa.org](mailto:Newsletter@stlouisoa.org). The NOVEMBER newsletter can be accessed here: <https://stlouisoa.org/wp-content/uploads/2024/10/10-2024-FINAL-2.pdf>
3. Would your group sponsor a Super Saturday/Sunday or other recovery event in 2025?

4. Encourage your meeting attendees to add their names to the Outreach Directory.

#### **Adjournment and Closing**

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

#### **OA Promise**

Respectfully submitted,  
Martha Place, Secretary

***\*\*Next Intergroup Meeting – Sunday January 12, 2025 at 1:30 pm\*\****

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

Sunday, December 8, 2024, 1:30-3:00 pm

The purpose of this board meeting was to create a budget for the 2025 fiscal year.

Since there were newer board members, including our new incoming treasurer, Julie J, Sue and Marina first gave us a brief overview of our budgeting process and how they arrived at the proposed numbers for 2025.

Time was spent reviewing current group donations and trying to project what group donations would be for 2025. We also talked about WSO contributions and their proposed new split (50/40/10 from 60/30/10).

A proposed budget was agreed on to be presented at the January IG meeting.

The board also reviewed a proposed meeting schedule for 2025. The board intends to meet on the same schedule as 2024, that is, meeting nine times per year on the 2<sup>nd</sup> Sunday of each month except for May (and the Mother's Day conflict) when we will meet the first Sunday.

Finally, Martha P., IG Secretary, distributed binders to each board member with important IG information and account information. This was an idea formed by Elizabeth C, so that each board member would be fully informed of IG business matters and to help with the transition of new incoming board members.

**The meeting adjourned at 3:00 pm.**

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

Monday, January 6, 2025 2:30-3:30 pm

An additional board meeting was called to discuss the proposed change in distribution amounts recommended by the World Service Office. The current distribution recommendation is 60 percent to IG, 30 percent to WSO, and 10 percent to Region 5. The proposed distribution is 50 percent to IG, 40 percent to WSO, and 10 percent to Region 5.

After much discussion it was decided that we would endorse the new proposal from WSO and would encourage the individual groups to do the same. We will present our recommendation at the upcoming January meeting.

Respectfully submitted,  
Martha P., Secretary

**\*\*Next Intergroup Meeting - Sunday January 12, 2025 at 1:30 pm\*\***

## 2025 INTERGROUP MEETING CALENDAR

### Meeting Dates:

January 12

February 9

March 9

---- no meeting in April ----

May 4 (a week earlier than usual because of Mother's Day)

June 8

July 13

---- no meeting in August ----

September 14

October 12

November 9

---- no meeting in December ----

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### 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 attend by phone, call 312-626-6799. The meeting ID is 940 5580 8391 and the password is 75183374.

**Visitors are welcome!**

December 2024 Intergroup Treasurer Report  
and Monthly Summary

Dear OA Brothers and Sisters,

**Please help keep OA alive by continuing to contribute generously in 2025**

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 the [stlouisoa.org](http://stlouisoa.org) website. Choose 7<sup>th</sup> Tradition at the top of the page.

See December 2024 monthly summary below.

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  
December 2024

**Previous Month**

Checking: \$ 9,614.17  
We Care: \$ 1,841.33  
**Total: \$ 11,455.50**

**Income**

Group Donations: \$ 534.00  
We Care: \$ 330.00  
Retreat 2024 Donations: \$ -  
November Gratitude: \$ 145.00

**Total Income: \$ 1,009.00**

**Expenses**

T-Mobile: \$ 54.88  
Accounting: \$ 330.00  
PayPal Fees: \$ 10.01  
Operating Expenses: Communication: Internet \$ 14.97  
Professional Fees: Web Consultant \$ 117.74  
WSO: Contribution \$ 500.00

**Total Expenses: \$ 1,027.60**

**Balance**

Balance on Hand: \$ 11,436.90  
(Operating Fund)

Prudent Reserve (Savings Account)

Beginning: \$ 4,907.69  
Interest: \$ 1.95

Ending: \$ 4,909.64

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and Monthly Summary

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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.

See November 2024 monthly summary below.

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  
November 2024

**Previous Month**

Checking: \$ 7,424.26  
We Care: \$ 2,226.33  
Total: \$ 9,650.59

**Income**

Group Donations: \$ 1,765.80  
We Care: \$ 310.00  
Retreat 2024 Donations: \$ 125.00  
November Gratitude: \$ 50.00

**Total Income: \$ 2,250.80**

**Expenses**

T-Mobile: \$ 54.88  
Accounting: \$ 330.00  
PayPal Fees: \$ 16.04  
Operating Expenses: Communication: Internet \$ 14.97  
Commerce Bank, Stop Payment Fee: \$ 30.00

**Total Expenses: \$ 445.89**

**Balance**

Balance on Hand: \$ 11,455.50  
(Operating Fund)

Prudent Reserve (Savings Account)

Beginning: \$ 4,905.20  
Interest: \$ 2.49

**Ending: \$ 4,907.69**

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

**Income:**

Contributions: Group Donations	\$	13,745.30
Events: Retreat 2024	\$	7,200.00
Bank Account Earned Interest *	\$	37.94
We Care	\$	463.00
Super Saturday ( Counted in Group Donations)	\$	157.00
Retreat 2024 Donations:	\$	125.00
November Gratitude:	\$	195.00
Total Income:	\$	21,923.24

**Expenses:**

Operating Expenses: Communication: Cell Phone	\$	668.76
Operating Expences: Communication: Internet	\$	414.41
Operating Expenses: Bank Service Charge: PayPal	\$	420.83
Bank Service Charge	\$	55.00
IG Expenses: Miscellaneous	\$	275.00
Events: Retreat 2024	\$	7,251.70
Events: Retreat 2025	\$	1,200.00
Insurance	\$	873.00
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	\$	3,960.00
Professional Fees: Web Consultant	\$	884.74
Public information Health Fairs **	\$	188.86
Public Information Public Service Announcements	\$	400.00
We Care	\$	715.00
WSO: Contribution	\$	500.00
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:	\$	27,252.15
Net Profit (Loss):	\$	(5,328.91)

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

\*\* Includes \$80.86 shown on March Monthly Summary but not included in prev.YTD

Goup Donations 2024  
Year to date  
End of December

00990	New Me	855.27	January	PayPal	851.59
03448	Free to Choose	0		Checks	660.00
04699	Carbondale	250		Total:	1511.59
06234	Sunday OA Recovery	416			
07276	Creve Coeur	0	February	PayPal	374.00
07418	Reaching Out	259.72		Checks	215.00
08734	Webster Groves Step Study	2732.74		Total	589.00
11652	Newcomers Meeting	210			
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	121	April	Paypal	438.00
33891	Waterloo OA	367.8		Checks	666.57
45074	Welcome Home	0		Total	1104.57
45077	Abstinence First/Newcomers	562			
45964	Recovery Book Worms	25	May	PayPal	279.15
801183	St. Louis Early Bird Meeting	535.5		Checks	915.14
50027	Renewed Hope	600		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	1240.5		Total	1122.40
53186	Mix It Up	55			
53204	Welcome Home!	360	July	PayPal	1252.45
801184	St. Louis Early Bird Meeting	639.5		Checks	609.31
53332	Any Lengths Big Book Study	749		Total	1861.76
53859	Saturday Steppers	255.81			
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	442.5		Total	1048.80
09029	Intergroup	633			
Individual		1002	October	PayPal	1005.73
				Checks	529.20
Total:		13745.3		Total	1534.93

November	PayPal	579.00
	Checks	1186.80
	Total	1765.80

December	PayPal	183.00
	Checks	351.00
	Total	534.00

Website Report submitted by Colleen C. 314-566-9583

Dates: December 3, 2024 – January 1, 2025

Sessions: 281

Pageviews: approx. 520

New vs. returning: 95% vs 5%

Device breakdown: 46% desktop, 2% tablet, 52% mobile

Top pages:

[Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 217

[Meeting Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 152

[“OA Today” Newsletter – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 41

[New to Overeaters Anonymous, OA for Short? – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 32

[7th Tradition – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 19

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## **Secretary Report Reporting November and December 2024**

Incoming Email Contacts for our [info@stlouisoa.org](mailto:info@stlouisoa.org) email address:

In November there were 9 real email conversations.

- 1 email from a fellow OAer volunteering to help with the Outreach Directory.
- Routine emails (8). News and events from Region 5 and the Virtual Region

In December there were 9 real email conversations.

- 1 email from a fellow OAer volunteering to help with the Outreach Directory.
- Routine emails (8). News and events from Region 5, the Virtual Region, notices from Paypal and a notice from the USPS on PO box price change.

Submitted by Martha P.

*All Illinois Unity Celebration:  
Embracing our Diversity While Finding Unity*

**Saturday, February 22, 2025  
1:00-2:30pm (CST)  
Via Zoom**

We will hear 3 speakers share their diverse voices of recovery and have time for reflection after each speaker.

<https://us06web.zoom.us/j/87614416317?pwd=c1YXTvXk4nwXpsFL1sR113zQaf2l44.1>

**ZOOM**  
Meeting ID:  
876 1441 6317  
Passcode: 768730

