

**St. Louis Bi-State Area Intergroup Meeting Minutes**  
**Sunday January 12, 2025**

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: Chris A. from the Wednesday Early Bird meeting and Mary C from the Columbia MO meeting announced that they were our new IG reps from those respective meetings. Our IG Secretary confirmed email addresses.

Minutes: The minutes from November 10, 2024 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: Reps were reminded that if there are any changes or updates to their contact information to please notify our secretary at [info@stlouisoa.org](mailto:info@stlouisoa.org) with that updated information. Also, any changes to your group's meeting information may be e-mailed to [info@stlouisoa.org](mailto:info@stlouisoa.org).

**New Business:**

The **2025 Intergroup Budget** was presented by our outgoing Treasurer, Marina F. The board of trustees met in December to create this budget. As always, and per state law, a balanced budget was presented.

**Elections:** the following positions and candidates were presented for election:

Board of Trustees – Vice-Chair Amy G.  
Fall 2025 Retreat Co-Chairperson – Amy G.  
Fall 2025 Retreat Co-Chairperson – Cindy H.  
Newsletter Chairperson– J-MO  
Twelfth Step Within Chairperson – Bonnie G.

All candidates were approved as presented, with thanks for their service.

**7<sup>th</sup> Tradition funds distribution** – Julie J, Treasurer. WSO is requesting that groups and individuals split their contributions as follows:

50 % to Intergroup – 10% less than the prior recommendation  
40% to World Service Office – 10% more than the prior recommendation  
10% to Region 5 – no change

The board of Trustees supports the recommendation WSO has made, while honoring the autonomy of groups and will monitor, with particular attention mid-year, to see how this is impacting Intergroup and reporting out at that time.

There was good discussion about this recommendation and a few clarifications were also made. The question was asked, "If my home group does not have a treasurer does that mean that I should be making three donations...one to IG, one to Region 5, and one to WSO?" Yes, that is the procedure. If a member's home group does have a treasurer, they can simply make one donation to that home group, then the treasurer of the group will distribute in the three ways listed above.

We also were given clarification on our donations to IG meetings. In the past, when we were flush with cash, we gave a very generous donation to WSO, typically exceeding the suggested guidelines. However, given our current more austere budget, it is our intention to follow the guidelines suggested, at least for the foreseeable future.

**Region 5 Update** – Amy G., Vice-Chair & Region 5 Rep reminded everyone that the Region 5 Convention will be held May 23-25 in Brookfield, WI.

## Old Business:

2025 Recovery Events:

Early Bird meetings will host a virtual Unity Day event on Sunday, February 23 from 9:30am-noon; flyer to follow soon.  
More possibilities: a special event in these months may (or may not) use the theme.

August – Sponsorship Day – 3rd weekend in August

November - IDEA Day - 3rd weekend in November, International Day of Experiencing Abstinence

December – Twelfth Step Within Day, Dec 12. (12/12)

Eileen reminded everyone that these were only suggestions, that groups were always encouraged to host Super Saturdays at any time and over and above these specific OA themes.

## Intergroup Rep Announcements:

Jane F. reminded everyone that the Monday evening Newcomers Meeting is open to all, not just newcomers!

IG Reps were reminded of the following to be announced in their home meetings:

If your group has a new IG rep, please provide them this link to information on role and responsibilities:

<https://stlouisoa.org/wp-content/uploads/2025/01/IG-Representative-Role-Responsibilities.pdf>

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>

Please share this link to our IG 'OA Today' JANUARY newsletter: <https://stlouisoa.org/wp-content/uploads/2025/01/01-2025-FINAL-1.pdf>

AND consider writing for our newsletter. Inquiries and submissions to: [Newsletter@stlouisoa.org](mailto:Newsletter@stlouisoa.org).

Would your home group sponsor, or co-sponsor, a Super Saturday/Sunday or other recovery event in 2025? (See above for suggestions.)

## **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 February 9, 2025 at 1:30 pm\*\**

January 2025 Intergroup Treasurer Report  
and Monthly Summary

Dear OA Fellows,

**First, please help keep OA alive by continuing to contribute generously to Intergroup in 2025.** As mentioned in January, our donations support WSO, Region V, and our Intergroup.

Please **reference our group number 09029** for Intergroup and donations can be made

1. By personal check or money order and mailed to:  
St. Louis Bi-State Intergroup  
P.O. Box 28882  
St. Louis, MO 63123

or

2. Through the PayPal account at stlouisoa.org website. Choose 7th Tradition at the top of the page.  
*If possible, make quarterly or annual contributions if using Paypal to reduce the administrative fees.*

**Second, please see the [January 2025 Monthly Information](#) below.**

1. [Monthly Summary](#)  
*You will see a note regarding the checking total for December 2024 has been adjusted. We discovered a clerical error when we reconciled this month and are noting it for transparency.*
2. [January 2025 Year to day Profit & Loss Statement](#)  
*Expenses include Region V Delegate from 2024 expenses. These were anticipated in the budgeting process.*
3. [Group Donations](#)

**Third, per our Bylaws, the Treasurer is responsible for arranging an annual audit of the corporate books and reporting the results to the Intergroup.**

Marina, our former Treasurer arranged the audit in November by a fellow OA member. In the transition to a new Treasurer (me), we did not report this out. Here is the summary of the findings from November 20, 2024 audit:

- ✓ All records are recorded in Microsoft Excel files and have hard copy backup.
- ✓ A randomly selected month was fully reviewed and all transactions including monies received and expenses paid, deposits, PayPal receipts and bank statements were in order and accurately recorded in the Excel file.
- ✓ Our bookkeeper is an excellent steward of the financial matters of the St. Louis Bi-State Area Intergroup.

If you have any questions or comments, please feel free to contact me at 314-348-5975 or at [info@stlouisoa.org](mailto:info@stlouisoa.org).

In Service,  
Julie J.

St. Louis BI State Area Intergroup

Monthly Summary  
January 2025

Previous Month

Checking:	\$ 9,279.15
We Care:	\$ 1,841.33
Total: *	\$ 11,120.48

Income

Group Donations:	\$ 1,574.00
We Care:	
November Gratitude:	\$ 170.00
Total Income:	\$ 1,744.00

Expenses

T-Mobile:	\$ 54.88
Accounting:	\$ 330.00
PayPal Fees:	\$ 32.09
Operating Expenses: Communication: Internet	\$ 14.97
Region 5: Travel	\$ 539.54
Region 5: Contribution	\$ 64.00
Total Expenses:	\$ 1,035.48

Balance

Balance on Hand: (Operating Fund)	\$ 11,829.00
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Prudent Reserve (Savings Account)

Beginning:	\$ 4,909.64
Interest:	\$ 1.61
Ending:	\$ 4,911.25

\* Corrected from December 2024.

St. Louis Bi State Area Intergroup  
Profit & Loss  
January 2025 Year to Date

Income	
Group Donations:	\$ 1,574.00
We Care:	
November Gratitude:	\$ 170.00
Bank Account Earned Interest:	\$ 1.61
<b>Total Income:</b>	<b>\$ 1,745.61</b>
Expenses	
T-Mobile:	\$ 54.88
Accounting:	\$ 330.00
PayPal Fees:	\$ 32.09
Operating Expenses: Communication: Internet	\$ 14.97
Region 5: Travel	\$ 539.54
Region 5: Contribution	\$ 64.00
<b>Total Expenses:</b>	<b>\$ 1,035.48</b>
<b>Net Profit (Loss):</b>	<b>\$ 710.13</b>

Goup Donations 2025	January	PayPal	1176.00
Year to date		Checks	398.00
End of January		Total	1574.00

00990	New Me	195
03448	Free to Choose	0
04699	Carbondale	0
06234	Sunday OA Recovery	25
07276	Creve Coeur	0
07418	Reaching Out	0
08734	Webster Groves Step Study	378
11652	Newcomers Meeting	20
14194	New Horizons	298
21534	New Day	0
20413	Sunday Step Study	0
24305	Recovery from Relapse	300
56327	Work to Recover	0
33891	Waterloo OA	48
801554	Welcome Home	0
45077	Abstinence First/Newcomers	0
45964	Recovery Book Worms	0
801183	St. Louis Early Bird Meeting	0
50027	Renewed Hope	60
46420	Serenity Seekers	0
51315	Thursday Rolla	0
801168	Recovery ABCs	0
801182	St. Louis Early Bird Meeting	60
53186	Mix It Up	0
53204	Welcome Home!	0
801184	St. Louis Early Bird Meeting	0
801486	Any Lengths Big Book Study	0
53859	Saturday Steppers	40
56156	Farmington OA Group	0
56420	H.O.P.E.	0
57161	OA Workshop	0
800758	Literature Study Group	0
801181	St. Louis Early Bird Meeting	25
58191	OA 90	0
58217	Promises	0
09029	Intergroup	105
Individual		20
Total:		1574

## Report from Intergroup Newsletter Team For February 2025

The February 2025 newsletter is posted at our Intergroup website at [THIS LINK](#). Here is a summary - with our thanks to all who contributed:

- A Step Two article
- A Tradition Two article
- A newcomer's corner article – an excerpt of a long article on “The Power of NOT”
- An invitation to join the committee that is planning the fall retreat
- A review of the OA book called **Abstinence** and favorite abstinence quotes from it
- A member's experience, strength, and hope regarding learning to love herself
- Information about how to receive printed copies of the newsletter
- A report from the January 2025 Intergroup meeting
- A reminder of the 16-week 12 Step Workshop that started on February 2
- A calendar of events
- A flyer about a February 23 Unity Day event sponsored by the Early Bird meetings

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.

And speaking of printed copies, please help share this information which was published in the February newsletter: ***Individuals without access to electronic versions of the newsletter may request a printed version by texting or calling Kelley G. at: 314-591-4696. She'll mail them the newsletter monthly.***

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

Elizabeth C.

JoAnne B.

LaNae S.

Melanie T.

Pat O.



## Report from Intergroup Newsletter Team For December 2024 and January 2025

We've posted two issues of the Intergroup's **OA Today** newsletter to our website as well as using email distribution to share them since our annual business conference meeting of November 2024.

The December 2024 newsletter is posted at our Intergroup website at [THIS LINK](#). Here is a summary with our thanks to all who contributed:

- A Step Twelve article
- A Tradition Twelve article
- A newcomer's corner article – an excerpt of a long article on “The Power of NOT”
- A meeting change notice for a Sunday 11 a.m. meeting
- A list of which meetings are happening and not happening on December 24, 25, and 31 and on January 1
- An educational article about the World Service request that group's move to a distribute funds from Seventh Tradition collections in a new 60/10/30 split
- An article taking a deep look at “food allergy” language
- A reprinted article from OA in South Africa on remaining abstinent in the holiday season
- A report from the Region 5 assembly
- A Twelfth Step Within article
- A report on the November Intergroup business conference from our Intergroup Chair
- Encouragement to contribute articles to a planned World Service publication
- The Intergroup calendar of events

The January 2025 newsletter is posted at our Intergroup website at [THIS LINK](#). Here is a summary of content, again with our thanks:

- A Step One article
- A Step One prayer
- A Tradition One article
- Another excerpt from the long article “The Power of NOT”
- An invitation to send in reviews of OA literature for a 2025 regular feature
- An invitation to a study of the 12 Steps
- The Intergroup Chair's column
- An informational article about OA's January “birthday”
- An article clarifying a commitment to an OA food plan from New Year's resolutions

- An invitation to join a 15-week 12 Step Study group
- A brief column on OA's birthday, with links to recordings of speeches by Rozanne S., our founder
- An article on New Year's Resolutions and our Tool of food plans
- The calendar of events
- An update on the editing process for the update of the Hand in Hand Directory

Please help your fellows know the newsletter exists by sharing information about how to access the newsletters 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.)

If you wish to send a letter to the editor or an article or 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 Seventh Tradition and keep the fellowship alive for all who need it.

***One final note: I have applied to serve two more years as newsletter editor, but then I will reach the limit of time allowed and rotate out of the editor role. I'd be glad to have new members join the Newsletter Team and for those members to “shadow me” as I work on layout. Perhaps one of you will apply to be the next editor. I do not have special layout skills and simply cut and paste materials into the existing Word templates of old newsletters. Or we welcome an editor with actual graphic skills, using programs like Publisher or Canva. Use the number by my name below if you have questions.***

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

## Website Report

Submitted by Colleen C.

For dates: December 29, 2024 – January 27, 2025

Sessions: 227

Pageviews: about 400

New vs. Returning: 93%/7%

Desktop/Tablet/Mobile: 43%/2%/55%

Top pages:

[Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 206

[Meeting Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 101

[“OA Today” Newsletter – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 27

[New to Overeaters Anonymous, OA for Short? – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 19

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

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

[Cart – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 12

[Podcasts – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 10

[Checkout – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 9

**The Treasure Chest: The Promises**  
**Fall Retreat 2025**  
**Fri - Sun Oct 24 - 26, 2025**  
**Toddhall Retreat Center**  
**Columbia IL**

**Announcing: the First Planning Meeting for St Louis Bi State OA Fall Retreat 2025!**

**Location: Zoom ID: 940 5580 8391 Password: Serenity**

**Thurs Feb 13 6:30 PM - 7:30 PM**

**For more info, contact Amy G at 314-302-0802 [gauthieramy@gmail.com](mailto:gauthieramy@gmail.com) OR**

**Cindy H at 314-435-6745 [cynthiahenley5@gmail.com](mailto:cynthiahenley5@gmail.com)**

**Secretary Report  
Reporting January 2025**

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

In January there were 28 real email conversations.

All routine emails regarding 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**

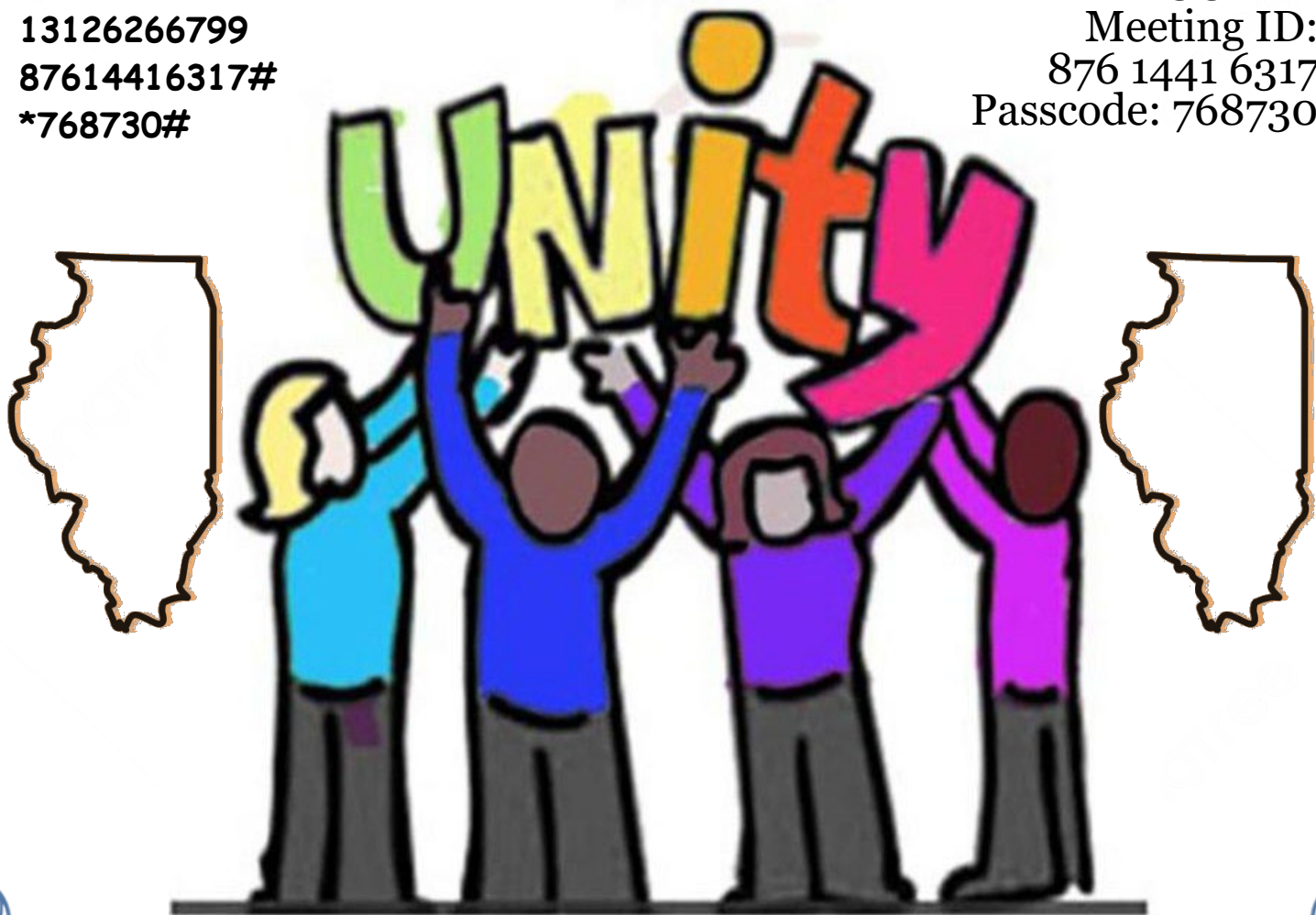
We will hear 3 speakers share their diverse voices of recovery and have time for reflection after each speaker.

**PHONE**

13126266799  
87614416317#  
\*768730#

**ZOOM**

Meeting ID:  
876 1441 6317  
Passcode: 768730





Abstinence  
OA Community  
Sponsorship

**LET'S  
CELEBRATE**

*Overeaters Anonymous*

**UNITY DAY**

**DIVERSE VOICES: TOGETHER WE CAN**

**FEBRUARY 23, 2025**

**9:30 AM - 12:00 PM CST**

**ZOOM 538 040 418**

**PASSWORD 002478**



**Contact Rita W  
618-920-6728**

*We hope to see you there!*

**Suggested 7th Tradition \$7**  
No one should stay away for financial reasons

**St. Louis Area Bi-State Intergroup  
sponsored by the early bird meetings**





# Overeaters Anonymous

## Spring Retreat

March 28 - 30 2025

Join us for a weekend of hope and recovery.



- Speakers
- Meditation
- Large & Small group sharing
- Fellowship
- 4 Meals
- Recovering from Relapse

### *A Design for Living Happy, Joyous and Free*

**Registration:** 1/5/2025 - 3/8/2025

**Contact and Payment:** Mary R. - Payments can be made by check mailed with form (see below) or Zelle to 630 310-2989 or [mvroberts777@gmail.com](mailto:mvroberts777@gmail.com)

**Where:** Portiuncula Center for Prayer (The Port) 9623 W St. Francis Rd., Frankfort, Illinois 60423

**Cost:** Single \$199 Double \$179 (includes room and meals)

Full Commuter: \$134 (includes meals) Saturday Only Commuter: \$67 (includes meals)

Special Meals \$3 per meal

**Return this form and payments to:** Mary R. 808 Wimbledon Ct. Bolingbrook, IL 60440  
or emailed if using Zelle payment method

Name:			
Address:			
Phone:		Email:	
Single <input type="checkbox"/> Double <input type="checkbox"/>	Roommate:		
Commuter <input type="checkbox"/> Saturday Only <input type="checkbox"/>	Amount Enclosed:		
Special Meal Request: \$3.00/meal Vegan _____ Gluten Free _____ Other _____			
Add me to the contact list <input type="checkbox"/> Available to help <input type="checkbox"/> Will donate to clothing exchange <input type="checkbox"/>			
Emergency Contact Name & Number: _____			

Confirmation will be sent via email.



**REGION 5 ANNUAL  
CONVENTION**

**BE ALIVE  
IN '25**

**SAVE THE DATES  
MAY 23-25, 2025**

**BROOKFIELD  
SHERATON HOTEL  
BROOKFIELD, WI**



# CONVENTION WISDOM

OA is hosting a recovery Convention for the first time since 2016. Come, join hundreds of fellow members in celebrating OA recovery at a live, face-to-face event.

- The Convention is **NOT** a business event; it **IS** a recovery-focused global gathering.
- Open to all - members, newcomers, visitors, family, and friends.
- Over 50 OA meetings, great and varied topics.
- Three keynote speakers, several workshops.
- Dedicated rooms for specific focus meetings.
- Socializing and a chance to meet your virtual friends, in person.
- A real-life hug!
- Banquet and dance Saturday night!
- OA recovery will be rocking in Orlando.

*Welcome to Overeaters Anonymous.  
Welcome home!*



**Save the Date!**  
**August 21-23,**  
**2025**



To be kept up to date with the latest  
convention news, email  
[CONVENTIONINFO@OA.ORG](mailto:CONVENTIONINFO@OA.ORG)

# The Treasure Chest: THE PROMISES

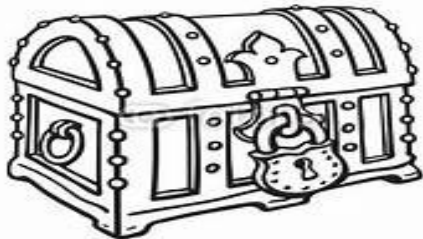
Fall Retreat 2025

SAVE THE DATE!!!

October 24-26, 2025

Toddhall Retreat Center, Columbia IL

We of  
Overeaters  
Anonymous  
are so excited for  
this opportunity  
to explore the  
promises in more  
depth!!!!



**We're Diving Deep  
For Ship Mates who are:**

**Willing  
Creative  
Innovative  
Resourceful  
Artistic  
Enthusiastic  
Silly  
Talented  
Friendly  
Fun  
Diverse**

**From across the vast area of  
The St. Louis Bi-State Intergroup  
And BEYOND....  
In other words....**

**YOU!**

First Planning Meeting: Thurs Feb 13 2025  
6:30 PM

Zoom Info **Zoom ID: 940 5580 8391**  
**Password: Serenity**

For More Information or to find out how you can help... please call or text or Email

Cindy H at 314-435-6745 [cynthiahenley5@gmail.com](mailto:cynthiahenley5@gmail.com) or

Amy G at 314-304 0802 [gauthieramy@gmail.com](mailto:gauthieramy@gmail.com)