

DECEMBER 2017 OA TODAY NEWSLETTER

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Office Hours: Monday/Wednesday/Friday 10 AM - 12:30PM Please call before arriving.

A PASSING FOOD THOUGHT

This morning it crossed my mind how good one of my old binge foods would taste right now. I knew it was a response to a recent loss. I knew that my abstinence is stable these days, by the miraculous grace of my Higher Power, and that this was just a passing thought. But it took its time in passing, so what was I going to do about it?

I told my H.P. "OK, I'm in a place I don't want to stay, so please help me out of it!"

Suddenly I remembered the price I used to pay for that taste. I used to be totally unable to function, so much so that I got fired for staying home and bingeing all day instead of going to work. I used to be isolated, friendless, and very lonely. I used to hate myself with all my heart.

The word "hate" isn't strong enough for how I felt – I despised myself, loathed myself, wanted to destroy myself, and came close to acting on those feelings. I used to feel hopeless, despairing; I was sure there could never be any way out. But there was a way out, and I will always be grateful to the person H.P. sent me years ago – the person who first told me about OA and drove me to my first meeting.

Thanks to her and to H.P., I am no longer a slave to food thoughts. My life is amazing now. I wouldn't trade it for anything. Thanks for the reminder, H.P.!

- Anonymous



"So what was YOUR gateway food?"

The holidays can be the most difficult time of year for compulsive eaters. We are often busier, off our regular routine, revisiting family issues, and feeling losses – while being surrounded by food everywhere we go. We hope these two articles – *A Passing Food Thought* and *My First OA Call* – will help you get through the holidays with your abstinence and peace of mind intact.

MY FIRST OA CALL

I had been in program for a short time when one day, my husband announced to our family that he was going to take us to an ice cream parlor for desert.

Immediately, my anxiety started. Ice cream is a real threat to me. I know I can't do this. I knew if I took one bite, I'd want more and more, etc. I'd be right back isolating and gaining weight. I felt complete powerlessness. I was living in Step One. I needed help.

I remembered what my sponsor said to me. She told me to pick up the phone ... ask for help. Trust the program.

But then I start my dangerous back and forth thinking:

"I can't do this."

"Yes, you can."

"No. This is stupid. People will laugh at me. And besides, I don't know what to say."

Then my sponsor's words came back to me, "Let Go and let God."

"I can't."

"YES, YOU CAN," she repeated in my mind.

Okay ... I'll give it a try and said with enthusiasm (not). I went through the OA phone directory and pick a name at random. I introduced

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myself as a member of OA and shared that my sponsor wants me to make outreach calls, so I'm calling you to wish you a beautiful day in recovery and a great abstinence.

I started to say good bye – and then – I didn't, I just didn't. Instead I told her about my ice cream dilemma with my family and how much I really wanted some. I needed some help... Her response was one of surprise. She said, "Oh, my! I don't know what to do! I am new to program. I will pray for you." I thanked her and our conversation ended. Nothing more and nothing less. Finished! The action had been taken. I put down the phone. I still felt uncomfortable. It did not come easy, but I did it. I still wanted ice cream.

Later that day, I rode with my family to the ice cream place. Although I did not recognize it at the time, I never thought about the ice cream any more. When we arrived at our destination, my husband asked what I wanted. I heard my voice say, "I don't want any. Thank you anyway."

I sat and watched them all eat their sugar. I was in a state of neutrality. In other words the DESIRE for the ice cream was removed. I had complete freedom. Unbelievable. Was this prayer power? Yes, I like to think so. My HP likes me to take action FIRST and then the Warm Fuzzies come after the action of prayer – belief – trust.

Remember, the medicine does not have to taste good to do good. That was 32 plus years ago and I have been grateful for the program and telephone every since. – Susie D.



TELEPHONE TIME! YES, YOU CAN MAKE THE CALL. And here's how –

If you need to make an OA call, but don't know whom to call, call long-time OA member:

Suzy D. 314-434-1380- Call anytime.

Also - our OA office ([314-638-6070](tel:314-638-6070) / bistateoa@prodigy.net) can provide a list of members who would be happy to talk with you about OA and recovery.

LET'S LAUGH –

**A RECENT STUDY HAS FOUND
WOMEN WHO CARRY A LITTLE
EXTRA WEIGHT LIVE LONGER
THAN MEN WHO MENTION IT.**

CAN YOUR MEETING HOST A SUPER SATURDAYS FOR 2018?

Please talk to your group about sponsoring a Super Saturday (or Sunday)! ***The only months booked for next year are February, March, and April.*** If your group is interested or wants some guidance on how to host a Super Saturday, you can get a lot of support from by contacting Susan T. at 314.283.0204. These events help so many compulsive eaters and can be a great way to make your group stronger.

ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY DECEMBER 15, 2017. Please send your submissions to the OA TODAY Editorial Staff at azyika01@yahoo.com or mail to OA, 9907 Gravois, Suite E, St. Louis, MO 63123. Thanks!

INTERGROUP APPROVES BOARD MEMBERS, WORKS ON 2018 BUDGET, AND CHANGES WE CARE FUND CRITERIA

At the November 12 meeting of the St. Louis Bi-State Intergroup, many worthwhile and positive actions were taken. These included:

1. BOARD POSITIONS – Three of five board positions were filled. JMO was voted in for a second term as Chair, Susan T. as Vice Chair, and Pat M. as Treasurer. The representatives could not vote on the submitted application for board secretary since the applicant was out of town on November 12, but is expected to be at the January meeting, and a vote can be taken at that time along with a vote on a nominee for a World Service position that was submitted too late to distribute by the deadline in our bylaws. If someone feels moved to apply for the Office Administrator position, we could have a full Board of Trustees with all five positions filled for the first time in some years.

2. REGION 4 REPRESENTATIVE - JMO was elected to a second term and Elizabeth C. to a third term. As Region 4 reps, they will represent our region at Spring and Fall Region 4 Assemblies.

3. 2018 BUDGET – Much progress was made on setting a 2018 budget at an October 5 work session held at the OA office on Gravois. The budget will be finalized on Sunday, December 10, 1:30 p.m. at the OA Office, and Board of Trustees members invite you to attend and offer your insights or suggestions about income and expenses. The budget will also be shared with IG reps at the January meeting.

4. WE CARE FUND – For some time We Care funds have been made available to help those who want to attend convention and retreat but could not afford to do so. Previously our Intergroup policy and procedures manual stated such funds could only be used to pay for registration. The Intergroup representatives voted to instead allow We Care funds to be used for registration, lodging, and food.
– JMO – Intergroup Chair

The Region 4 Convention will be held **June 22-24, 2018** at the Sheraton West Plaza Hotel in St. Louis. To reserve a hotel room, go to <https://www.starwoodmeeting.com/Book?Overeaters>. For more information, contact Elizabeth C. at ecosbey@att.net or 636-349-6048.



Are you being prompted to do OA service? Please consider these open service positions:

1. *Office Administrator*
2. *Region 4 Representative*
3. *World Service Representative*
4. *Office Volunteer Coordinator*
5. *Literature Coordinator*
6. *Webmaster*

If you are interested in learning about of the above, please contact JMO at 314-775-3261. To apply for these positions, go to:

<http://oaregion4.org/stlouisoa/intergroup/documents-and-forms/>. If you do not have internet access, please call the OA office at 314-638-6070.

7. *Also, it is our turn as Region 4 Intergroup members to submit recovery articles for the Region 4 newsletter. The deadline is February 14. For more information, contact JMO at 314-775-3261.*

8. *The Region 4 Convention is being held in St. Louis, June 22-24 (see above) is in need of OA members to serve as local liaisons for registration, program, hospitality, publicity, entertainment, decorations & signs, and ways and means. For more information, contact Elizabeth C. at ecosbey@att.net or 636-349-6048.*

INTERGROUP MEETING DATES -

There is no Region 4 Bistate Intergroup meeting in December. The next meeting is Sunday, January 14, 2018. Future Intergroup meetings will be held **February 11, March 11, May 6, June 10, and July 8.** There is no meeting in April.

UPCOMING EVENTS –

December 9 Super Saturday - Let It Go! will be hosted by St. Mary's Sunday morning group at the Maplewood Baptist Church, 2806 Marshall Ave., Maplewood, MO 63143. This is at the corner of Marshall and Anna, one block south of Manchester Rd. Program time is from 9:30 am – 12:30 pm. Registration starts at 9 am. Literature and beverages will be available. Questions? Contact Carol H., 314-961-7253

February 25 Super Saturday Unity Day sponsored by Intergroup. More details will be provided in next newsletter.

March 17 Super Saturday – New Me Group Hosting. More details will be provided in next newsletter.

April 21 – “BECOMING REAL” is the theme of St. Louis Bistate Spring Fling this year. It will be a day packed with recovery, fun, and companionship. This will be a one day event instead of the usual two days, due to the Region 4 Convention being held this June 22-24. For more information, call Pat M. at 314-581-9960.

October 26-28, 2018 is the date for the 2018 OA Retreat and will be held again at Sojourner's Retreat House. For more information, contact Pat M. at 314-581-9960. Many thanks to the OA members who are starting early and making this retreat experience a reality for 2018.

OTHER MEETING CHANGES

New Meeting! – There is a new meeting in Farmington, MO. It is being held Mondays at the Farmington Public Library 11 AM.

Meeting Time Change – The Thursday Night Rolla, MO meeting (SL 414) has changed its start time to 5 p.m. from 6 p.m. For more information, call Gail B. at 573-261-1930.

Change of Location – The 7 PM Tuesday Eureka, MO meeting (SL 424) is now being held

WILL THERE BE A MEETING ON CHRISTMAS? *The following OA meetings have provided their holiday schedule. For more info, call the office at 314-638-6070 or contact numbers on the Where and When.*

WILL MEET ON SUNDAY, DEC. 24:
8:45 AM (SL431) 4522 Lindell 63108
4:00 PM (SL361) 333 S. Kirkwood 63122
6:30PM (168) 6420 Clayton Rd. Rm. G207 63117

WILL MEET ON MONDAY, DEC. 25
7AM (SL421) 320 N. Forsyth 63105

WILL MEET ON SUNDAY, DEC. 31:
10:30AM (SL423) 9907 Gravios 63123
8:45 AM (SL431) 4522 Lindell 63108
4:00PM (SL361) 333 S. Kirkwood 63122
6:30PM (168) 6420 Clayton Rd. Rm. G207 63117

WILL MEET ON MONDAY, JAN. 1
7AM (SL421) 320 N. Forsyth 63105
7PM (SL044) 1321 W. Lockwood 63119

WILL NOT MEET ON SUNDAY, DEC. 24:
10:30AM (SL423) 9907 Gravois 63123
4PM (SL357)304 Riverview Dr. Jeff City, MO 65101

WILL NOT MEET ON MONDAY, DEC. 25:
6PM (SL408) 9907 Gravois
6:15PM (SL275) 988 N Market Waterloo IL 62298
7PM (SL044) 1321 W. Lockwood 63119

WILL NOT MEET ON SUNDAY, DEC. 31:
4PM (SL357) 304 Riverview Drive/Jefferson City, MO 65101

WILL NOT MEET ON MONDAY, JAN. 1:
6:15pm (SL275)988 N Market Waterloo IL 62298
6PM (SL408) 9907 Gravois 63123

The Tuesday 6PM (SL033) meeting held at St. Peter's Chapel in Ferguson, MO **WILL NOT** be held on Tuesday, December 26.

at the St. Francis Episcopal Church at 6202 Rockwood Arbor Drive, 63025. For more information, call Vivian J. at 636-399-6103.

Meeting Closing – The last meeting of the 7 PM Tuesday Webster Groves meeting (SL 407) will be November 28. For more information, call Jennifer S. at 314-458-9590.