

FEBRUARY 2019 OA TODAY NEWSLETTER

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The office is open Monday, Wednesday, and Friday from 9:30 a.m. to 12:30 p.m.

MULTIPLY THE POWER OF YOUR WRITING

The tool of writing can take many forms in our recovery. At its simplest, it's our daily or nightly journaling. Recapping our day can help us forge a clearer path to understanding ourselves and getting to the roots of our own compulsive overeating in a way that reading what others have written may not. We often hear people in meetings say, "I didn't know I felt or thought that until I wrote it down." Writing can give us an opportunity for reflection in the form of positive self-talk and can also help us identify what we still need to work on. It can also get us unstuck and moving forward in our recovery in a way that reading and talking often cannot.

But why not occasionally combine all three? Awhile back, I became aware of an activity called Read, Write, and Share. I use this activity with some of my sponsees. Over the phone, we select a short piece of literature to read together, taking turns with alternating passages. Then we hang up, write for ten minutes, and reconnect. We share what we have written, or sometimes digress from the writing with thoughts that come to mind as we share.

It's a way to combine several tools – telephone, writing, literature, and sponsorship – and often allow other tools such as action plan, plan of eating, and service to come into play as well, all in the space of a half-hour or so. It's a very efficient and powerful way to multi-task your way to recovery! When I do this, I always come away with a greater understanding of myself, and I hope the person on the other end of the telephone does as well.

- St. Louis OA Member

Struggling with the food?

Don't be alone; use the phone.

If you want to make an OA call, here's the number of a longtime, caring OA member:

Sarah T. 314-352-5488

Also - our OA office (**314-638-6070**) can provide a list of OA members who would be glad to talk to you.

Words of Wisdom From a Program Friend

You need to grieve your loss.

Don't blame yourself completely.

You had the best of intentions.

Forgive yourself.

Trust God.

Even though you can't see God working, trust that God is working.

You are not responsible for how people respond.

This is not too big for God to handle.

This is not about you.

Don't take it personally.

This is their choice.

Keep praying.

You are in recovery.

They are not.

- St. Louis OA Member

NEW MEETING IN ST. LOUIS CITY

There is a new OA meeting being held at the Steps Alano Club at 3974 Humphrey, St. Louis, MO 63115 on Tuesdays at 7 a.m. This is a LBGT affirming meeting. All are welcome to this open meeting, which will focus on studying the OA 12&12 book. There is free street parking and the building is wheelchair accessible. For more information, contact Bridget W. at 812-559-9042.

"When frightened or angry, I often find myself in the kitchen without being completely conscious of what I'm doing...That is why I must stay in the present, aware of my actions and emotions, particularly around food."
- Voices of Recovery, Feb. 7, page 38

Ad-Hoc Committee: Nearly There!

After nearly a year of reviewing surveys, collected data, financial information, and service questionnaires, also collecting fresh information, and then comparing over years, the Ad-Hoc Committee is in the report writing stage! This report is timed to be available for review and consideration when we do our Intergroup Fourth Step Inventory on April 13. It put our diverse efforts over the years into a coherent and readable report. The summary will be based on a large amount of objective information, of which our IG (admirably!) has collected over the years, including where our money goes, how our service positions are filled, what services cost us, and how they are valued (in other words, used) by our members. It is vitally important that this effort and report accurately assess our efforts and impact. It is our IG humility: Are we the correct shape and size, honest, and accepting, serving our world as it is? It is our hope that the Ad-Hoc Committee will offer a presentation to the IG at the regularly scheduled March 10th meeting (held at Missouri Baptist Campus, Bldg. D, Conference Rooms A-C).

All who wish to attend are welcome. We will provide copies so it can be reviewed and questions asked at that time. Your Representatives will convey the report and the conversation to you at your Group meeting. For more information, contact Christine D. at secretary@stlouisoa.org.

HIGHLIGHTS FROM THE 1/13/2019 INTERGROUP MEETING & REPORTS

- Due to the weather, this meeting was held via teleconference.
- The 2019 Intergroup budget was distributed. Total income for last year - \$30,182.86, total expenses - \$28,615.48, total contributions - \$15,836.35, total liabilities/current assets - \$12,344.
- The new Public Information chair is contacting doctors and hospitals about OA.
- The first editions of the OA 12&12 are being sold at a discount. Literature will be sold at the convention.
- The Technology chair is researching Web-meeting hosting programs.
- The Webmaster has two Where and Whens on the website – one organized by days of the week and the other by zip code. Our web consultant put the online registration for the March convention on the website.
- The Sojourn Retreat Center is closing, so a new location for the 2019 OA retreat needs to be chosen.

INTERGROUP MEETING INFO

Our next Intergroup meeting is **Sunday, March 10, 2019** from 1:30 – 3:00 at Missouri Baptist Medical Center, building D, auditorium rooms section.

The 2019 Intergroup meeting dates are **May 19, June 9, July 14, September 8, October 13, and November 10**. There are no meetings in April, August, or December.

Thank You! Thank You! Thank You!

In January of 2018, many of us were quite worried about the State of Bi-State. (I mean St. Louis Bi-State Intergroup [IG] of OA, of course.) But a year later, there are so many signs of hope and of the attraction and gratitude that comes through recovery.

- We did not have enough money in the bank to cover cash flow needs, so we took a little more than \$2,000 out of our prudent reserve. We appealed to all of you to be especially generous, and Voila! We finished the year with more income than expenses (not by a lot, but by some). We did not have to take more from prudent reserves.
- On the way to that encouraging financial outcome, members put together the “Spring Fling: Done in a Day” event in April that produced almost as much profit as a three-day convention.
- Our Fall Retreat produced a profit, too!
- You came out to recovery events and donated more than the suggested \$6, even putting money in a tip jar that a member had festively decorated.
- Many of you took Gratitude Month collections in November and distributed them to IG, to Region 4, and the World Service Organization.
- The IG reps themselves gave to the 7th Tradition bag at about 300% of the budgeted amount. Wow!
- We saw several new meetings start, and we collected a starter library for one of them in a correctional facility.

For me, you did not just carry the message in 2018; you were the message – and energetically rose to repeated requests for action and support. Please accept my gratitude and that of the IG Board of Trustees.
- J-MO, IG Chair

OPEN SERVICE POSITIONS

Office Administrator (one year of abstinence)

Vice Chair (one year of abstinence)

World Service Delegates (3 openings, one year of abstinence)

Region Representatives (3 openings, 6 months of abstinence)

IG Office Volunteer Coordinator (6 months of abstinence)

Retreat Co-chair (6 months of abstinence)

If you have questions, please call Intergroup Chair J-MO at 314-775-3261.

**Can You Speak at Unity Day on Feb. 23?
PLEASE SEE PAGE 4 FOR DETAILS.**



Featured Meeting of the Month

Mondays, 7 a.m.

**Samuel UCC Church, 320 North Forsyth
Lower Level Fireside Room, Clayton, MO 63105**

Sometimes the alarm goes off, at other times I awaken prior to the gentle music set to play on my phone. It's 6:05 a.m. and rarely do I react with "I don't want to go." Instead, I take a moment to thank God for another morning, humbly ask to be relieved of my character defects for the next 24 hours, and ask that my character assets increase in strength and power. I then recite the following prayer, "Throughout this day, reveal to me my next healthiest Thought, Feeling and Action. I trust that my Higher Power is big and bold enough to manage anything that comes my way. Self-will has no place in this day." With hot coffee in hand, approximately 30 minutes later I pull into the parking lot of this Clayton neighborhood church and anticipate 60 minutes of warm, friendly, honest, revealing and healing time with 'my people'. Other human beings who 'get it' when I talk about food behaviors. Not a bad way to start my week after week, month after month. This is my place to be present and right-minded, truthful and open.

We read How It Works, the Tradition for the month, and then we share on OA's tools. The bulk of the meeting is then devoted to reading OA & AA literature and sharing our Experience, Strength & Hope. Whether we read from AA's Big Book or OA's Brown Book, our shares are for real. At times, we do share our struggles and shed some tears because, after all, it is our "weakness, not strength that binds us together." However, much of the time we share how our program is making our lives more manageable and, even increasingly, more joyful.

Our group size (and yes, dress size) varies, yet no matter our numbers, we are a group intent on strengthening our abstinence, deepening our HP connection, and carrying the message. We are a welcoming group of fellows, guaranteeing newcomers and old-timers alike a smile, a recovery conversation and very likely a heartfelt hug.

Never did I imagine I would become a 7:00 a.m. regular (it's still dark some mornings), but I am hooked. For almost 2 years now, my tush is in that chair down in that florescent-light lit church basement, just about 52 times a year.

Our meeting contact is Pat. M. at 314-581-9960.

IF YOU WANT TO MAKE A LARGE OR SMALL LITERATURE ORDER AT THE CONVENTION - PLEASE READ THIS

We will be selling literature at the Convention, March 29-31. If anyone has a large order, please fill out and mail a literature order form to me, Marilyn F., at:

**St. Louis Bi-State Intergroup Office
9907 E Gravois
Affton, MO. 63123**

Or you may text me your order at 314-401-2552 or e-mail me at ltalngal727@aol.com.

I will be placing an order March 1st and will have these orders ready for you at the convention--cash or checks only.

We are doing this to eliminate excessive inventory sitting at the office. We do still have a supply of The OA Twelve Steps and Twelve Traditions, first edition available at a reduced price.

As always, you can order for yourself, or your group, from the WSO website bookstore, or you can stop by the Intergroup office at 9907 E Gravois; M-W-F, 9:30-12:30.

--Marilyn F.

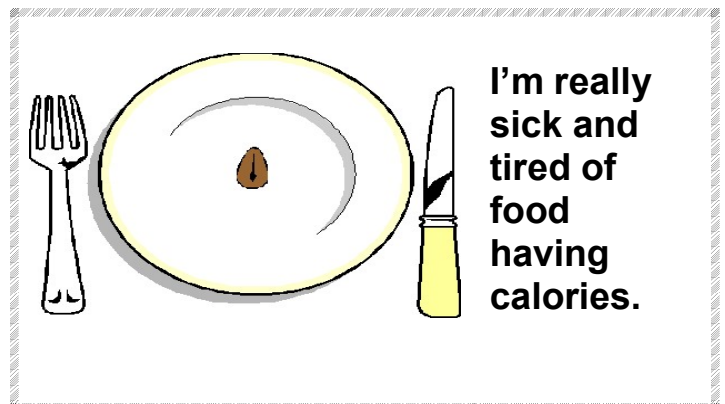
ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY FEBRUARY 25, 2018.

Please send your submissions to the OA TODAY Editorial Staff at newsletter@stlouisoa.org or mail to OA, 9907 Gravois, Suite E, St. Louis, MO 63123. Personal stories express the experience, strength, and hope of individual members and not of OA as a whole. Other OA groups and service boards may reprint articles from this newsletter without requesting permission.

BIG BOOK QUIZ

ANSWER FROM LAST MONTH: How can we address the problems caused by self will? Page 62
Answer – We had to quit playing God. It didn't work.

BIG BOOK QUIZ QUESTION FOR NEXT MONTH: Why do we need to take a 4th Step Inventory? See page 64.



UPCOMING EVENTS –

Super Saturdays & Sundays –

Saturday, February 23, 2018 – UNITY DAY -

Hosted by the St. Louis Intergroup at Missouri Baptist Medical Center, 3015 N Ballas Rd, St. Louis, MO 63131, building D, auditorium rooms section, in same area where the Intergroup meetings are held.

This will be a forum where OA members will celebrate and share their experience, strength, and hope about the topic of diversity. There will be three panel sessions that will explore identity, body, and style/structure diversity. Registration is at 9:00, and a morning session from 9:30 – 12:30. For more information, contact J-MO at 314-775-3261 / chair@stlouisoa.org.

Other Events –

March 29-31, 2019 – St. Louis Intergroup Convention, Sheraton Westport Plaza, St. Louis, MO – For more information, please see the article on this page.

Saturday, April 13, 2019 - IG Inventory & Big Book Recovery event - This event will be co-chaired by Bob L. and JMO. An OA member outside our region will facilitate the inventory and speak at the Super Saturday. A location has yet to be determined. We need your enthusiastic participation in planning and carrying out this important IG Inventory event. For more information contact J-MO at chair@stlouisoa.org / 314-477-5321 and/or Bob L. at rhlinsey@gmail.com / 314-256-9574. Check future newsletters for more details.

Sunday, August 18, 2019 Super Saturday hosted by the Abstinence First Group, PNC Bank, 333 South Kirkwood Road, Kirkwood, MO 63122. Check future newsletters for more details.

MAKE A DATE AND PLAN A SUPER SATURDAY/SUNDAY IN 2019

To set a date and obtain information on how to host a weekend event, please contact Susan T. at stowns@sbcglobal.net/314-775-3261.

FEBRUARY 23 – Unity Day	
MARCH –	Open
APRIL –	Open
MAY –	Open
JUNE –	Open
JULY –	Reserved
AUGUST 12 –	Sunday Kirkwood group, 2-5
SEPTEMBER –	Open
OCTOBER –	Open
NOVEMBER –	Open
DECEMBER –	Open
JANUARY 2020 – Open	
SUNDAY AM St. Mary's Group	

Can You Speak at Unity Day on Feb. 23?

If your recovery story includes diverse experiences with gender, race, ethnicity, cultural diversity, age, body size, medical issues, religious beliefs, food plan differences, etc., please consider speaking for ten minutes on one of the panels at Unity Day on Feb. 23. **(For details, see the article on this page.)** Your unique story will help us enhance our Unity Day. Thank you for considering joining us in service and fellowship. Contact Pat M. at 314-581-9960 or smithypat@me.com.



COUNTDOWN TO THE CONVENTION! It's **ONE MONTH** 'til the Convention!

- March 29-31, 2019
- Sheraton Westport Plaza Tower Hotel
- Register by mail or online (stlouisoa.org)
- Reserve a room for yourself or plan a PJ party with OA buddies
- For more info, look at the gold convention brochure

OA Members – We Need You!

- Get registered and encourage your group members to register!
- Volunteer - We need lots of helpers Contact Amy G., 314-302-0802 or gauthieramy@gmail.com
- Lead a team - We need leads for signs/decorations, oasis and evaluations.
- Plan to personally support our fundraising, if possible.
- Contact Dianne S. (314-238-4052 / dianneastang@yahoo.com) or Elizabeth C. (314-304-1444 / elizabethoaSTL@gmail.com)

OA Meetings – We Need You!

- In the past, groups have often donated items or baskets to be sold at the convention. This year, please don't do that. Past gift basket and cup raffle auctions/sales have not covered the cost of the baskets or items, so we're trying something new.
- **We are asking groups to consider making a "cash" donation.**
- Please identify your check or cash donations with the group number and the word "Convention." Bring them to the event or mail your check to the OA office beforehand.
- We're counting on you! Thanks!