

# FEBRUARY 2018 OA TODAY NEWSLETTER

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## REASONS NOT TO MAKE THE CALL – AND HOW I OVERCAME THEM

When I was asked to submit an article for this newsletter a few months ago on the topic of using the telephone, I readily accepted. But then I struggled with getting it started because, truth be told, I don't use the telephone as much as the other tools of OA. I call or text my sponsor frequently, but not many others.

When it got down to the wire and I still hadn't submitted anything for this article, I got a call from the woman who asked me to write this article and I shared my reasons for dragging my feet. Amazingly, through that phone call, I got what I needed to begin because she told me that sharing my struggles with picking up the phone may just be what others need to hear!

So why wouldn't I want to readily reach out to other *when I am in need*? First of all, it's much easier to be the one who is giving back than the one who *is in need and vulnerable*. I have come to understand that I like to be in control, and when I'm not in control, I sometimes feel fearful. So instead of reaching out in trust and faith, I shrink back and listen to "the addict" who lies to me. I feel somehow safer with keeping my feelings to myself, but this could just be *pride or ego*. Not wanting to appear weak or needy is not humility though, and I believe that we heal most when we are humble.

Pride and ego tell me that I might be wrong in the way I've been doing things and I *may feel stupid*. Yes, the insanity that addiction is can permeate my self-image. But when I have reached out to others in the program, I have gotten, "That's the addict talking," or "I do that, too!" or "This too shall pass," or "It's okay to feel what you are feeling." It is always a word of encouragement and not what I fear most – a rebuke or criticism. Often, I get directed to a passage in our literature, slogan, or something that is just what I need to hear from their experience! Even if the listener were to give me a wrong

### Is the Food Calling to You?

#### MAKE THE CALL - YES, YOU CAN.

If you want to make an OA call, but don't know whom to call, call long-time OA member who wrote this article:

**Nancy D. 636-578-2478**

Also - our OA office (314-638-6070) can provide you a list of OA members who are happy to receive telephone calls.

direction, I can "take what I like and leave the rest." Perhaps I think only someone whom I think has *better recovery than me* can give me what I need to hear, but truth tells me that God can use anyone and that we can learn something from everyone. If I don't hear what I need, I can call down the list until I hear what I need to hear.

Most of the time, I don't use the phone when I am being tempted to take that first bite of food that I've sworn off. *I listen to the insanity of the disease* and get on the slippery slope to relapse again, instead of listening to Wisdom and calling someone. The one time I did call someone, she encouraged me and prayed for me and that call prevented my slip! A quick call can be preventative medicine.

Sometimes I don't make a call because of *denial*. "What I am dealing with isn't that bad...this really isn't happening...I'm doing fine...I've got this..." (*Please continue reading on page 2.*)



\* Don't step on it... It makes you cry \*

## How OA Worked for Me

In 1976, I lost extra baby weight with a program. I was thin, but not well. A lady from sports moms' group also lost weight. However, she looked happy and content. That fall, I asked her how. She said, "OA" and told me about the location of her meeting. When I went to this meeting, which was one of the first meetings established in St. Louis, there were over 50 people there.

The Steps and Traditions helped me and service work was and continues to be rewarding. I am less selfish and have more purpose. My youngest son of our four sons received the rewards of a more "balanced" mom.

Today as an old-timer, I "Keep coming back" and "Live life on life's terms". I realize "Life is a school – death is graduation day". Other program slogans I use a lot include: "Easy does it", "One day at a time", "Love is not a word", "Think", "You are appreciated, loved, and admired", and "If you are not inconvenienced, you are probably not working the 12-step program".

I attend all types of meetings. I am a member of two 12-step programs, as well as attend book studies and special event meetings. I make no excuses to not attend meetings. I am not perfect in any area, though I strive towards excellence and a personal relationship with my Higher Power. – Doris V.

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### ***(REASONS NOT TO MAKE THE CALL - Continued from page 1)***

But a call to an OA friend can snap me back to reality, serenity, strength, encouragement.

There is really *no good reason* not to listen to my Higher Power when I am being encouraged to make a call. Recently, I heard someone say that her New Year's resolution was to "get to surrender a little faster," because she would eventually get there anyway! I embraced this resolution and hope, through the grace of God, to surrender to using the phone, as well as the other OA.

We learn from each other and need each other!

- Nancy D.

*(If you would like to talk with Nancy D.,  
her number is in the box on page one.)*

## Can We Find Your Meeting?

### Is Your Meeting Info Current?

Most new people find OA online. They look in oa.org's Find-a-Meeting to decide which meetings to go to. Will they go to the right building at the right time? Not if you've ever changed anything and forgotten to tell oa.org about it!

Please don't let potential newcomers or anyone else try to go to a meeting that isn't there! At your next group conscience, please check your information on oa.org's Edit-a-Meeting. That's where you can see your entry and change anything that is not right.

Everyone will thank you!

### What's in an OA Meeting Number?

You'll see something different this month in the Where and When – there is now an OA World Service Office (WSO) number for each meeting.

What is the WSO number? It's the official meeting number used by World Service OA that you'll see when you look up your meeting on the OA website oa.org/Find-a-Meeting. These numbers are used around the world.

What about the local numbers we use, like SL051, for instance? We created those numbers here as groups first started to form in St. Louis, and we've kept that practice up ever since. It has a historical value for us. But our local numbers are a problem outside our area. For instance, for WSO staff to record St. Louis donations or sales correctly, their people have to go through a lot of research in different places to find the OA meeting number.

At the January 2018 Intergroup meeting, the Intergroup reps and other members decided by consensus to start using WSO numbers. Now both numbers will show wherever meeting numbers are used. You will see them on the Where and When, the newsletter packets and some of the financial reports. A contribution form and a cover letter for each group treasurer will be included in the February newsletter packets, to make this transition smoother.

# REGION 4 CONVENTION – IT'S JUST FOUR MONTHS AWAY...



Excitement is building for the 2018 OA Region 4 Convention right here in St. Louis, MO June 22<sup>nd</sup> – 24<sup>th</sup> at the Sheraton Westport Plaza Hotel in St. Louis in 2018. If you have been to this every other year Region 4 convention, you already know the spirit of recovery available to all who attend. There are always so many good examples of program people who will be here from eight states and two Canadian provinces working the Steps and Traditions in their lives. We get to work together with them to improve our own recovery. It is, in a word, AWESOME.

This month the proposed program is taking shape for the convention. There will be three keynote speakers from around the Region on Friday and Saturday evenings and Sunday morning. There may be three tracks during the day on Saturday: 1) the steps, where two or three steps are combined to have two speakers who tell how those steps are important in their lives, followed by some time for sharing, 2) various topics, where a speaker introduces a topic and there is a lot of time for sharing on that topic, and 3) various interactive workshops.

Save the date! Plan to come! Bring your friends!

## HOTEL INFORMATION

To reserve a hotel room, go to <https://www.starwoodmeeting.com/Book/Overeaters>. To get the room rate of \$95 per night (plus taxes), reservations must be made by June 1.

To make reservations for the convention, contact Jo Schechinger at 515-643-4143. Early registration MUST BE POSTMARKED by May 25, 2018.

## VOLUNTEERS ARE NEEDED FOR REGION 4 CONVENTION

There is a need for local volunteers at the Region 4 Convention.

We will need people to help with hugging and greeting, the hospitality room, the boutique room, meeting room managers, timers and other functions.

We have also set up an on-line sign-in facility so other kinds of volunteers can sign up for their preferred shifts. This will be rolled out live soon.

For more information about the convention and how you can help, please email, text or call the convention chair: Elizabeth C. at, [ecosbey@att.net](mailto:ecosbey@att.net), 314-304-1444.

## Other Region 4 News

The Region 4 Spring Assembly meets in Omaha, Nebraska, April 6-7 this year, a weekend of OA service at the Region level. The business will include elections, motions, and meetings of the three committees – convention, outreach and ways & means.

## ON LINE OA MEETINGS NOW SORTED BY ZIP CODE

A version of the Where and When that is sorted by zip code will now be available only on the website. Anyone who finds it useful will be able to download and print it from there. We expect this to be especially valuable to help people in outlying areas quickly see which meetings are closest to them.

Just remember, once you are over the hill, you begin to pick up speed.

I don't mean to brag, but I finished my 14-day diet in three hours and 20 minutes.

## UPCOMING EVENTS—

**February 24 Super Saturday Unity Day** – Maplewood Baptist Church, 2806 Marshall Avenue, Maplewood, MO 63143, which is located at the corner of Marshall and Anna streets, one block south of Manchester Rd. This is hosted by the St. Louis Bi-State Area Intergroup. Registration is at 9AM, with the program from 9:30AM – 12:30PM. Suggested donation is \$6. Please – never stay away due to financial reasons. For more information, call Ellen at 314-603-3712.

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**March 17 Super Saturday – What’s LUCK Got to Do with It?** – will be held at Concord Trinity United Methodist United Methodist Church, 5275 South Lindbergh, St. Louis, MO 63128. This location is handicap accessible. Registration is at 9AM, with the program from 9:30AM – 12:30PM. Suggested donation is \$6. Please – never stay away due to financial reasons. Hosted by the New Me Group/SL003. For more information, contact Jeanine at 314-631-5023.

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**April 21 – “BECOMING REAL” is the theme of the St. Louis Bistate Spring Fling FUNdraiser.** Don’t miss this day of speakers, workshops, activities, meetings, potluck dinner, entertainment, raffle, auction, dance, and karaoke. For more information, contact Pat M. at 314-581-9960. (Also, please see both flyer and article that have been included in with this newsletter for details.)

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**June 22-24, 2018 - Region 4 Convention** will be at the Sheraton West Plaza Hotel in St. Louis. For more information, please see page 3.

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**October 26-28, 2018 is the date for the 2018 OA Retreat** and it will be held again at Sojourner’s Retreat House. For more information, contact Pat M. at 314-581-9960.

**ARTICLES FOR THE MARCH NEWSLETTER ARE DUE BY FEBRUARY 25, 2018.** Please send your submissions of experience, strength and hope to the OA TODAY Editorial Staff at [bistateoa@prodigy.net](mailto:bistateoa@prodigy.net) or mail to OA, 9907 Gravois, Suite E, St. Louis, MO 63123. Thanks!

**INTERGROUP-** Our next Intergroup meeting is Sunday, March 11 at 1:30. Intergroup will be meeting back at Missouri Baptist Church in the auditorium room area.

Please send a representative from your group to this important monthly meeting, which acts as a group conscience for the 45 groups in our bi-state region.

Future Intergroup meetings will be held **May 6, June 10, July 8, September 9, October 14, and November 11. There are no meetings in April, August, or December.** For more information, call or text IG Chair J-MO at 314-775-3261.

### SERVICE POSITIONS –

Many thanks to Christina D. who recently become our Intergroup secretary and Chris B. who became a World Service delegate.

Here is a list of currently open service positions:

1. Office Administrator
2. Region 4 Representatives (3 positions open)
3. World Service Delegate (3 positions open)
4. IG Office Volunteer Coordinator

If you are interested, or have questions, please call IG Chair J-MO at 314-775-3261.



“One thing that helped me a lot was participating in business meetings. They are a place with some agreed upon boundaries, and it was a safer place for me to experience challenging situations, such as conflict. There I learned how to express my opinions in ways that could be heard and how to listen respectfully to opinions that differed from mine. I experience the art of compromise and learned by example how to act like an adult when I did not get my way.” Lifeline, page 8, Sept. 2015