

# FEBRUARY 2020

## OA TODAY NEWSLETTER

9907 Gravois, Suite E St. Louis, MO 63123  
314-638-6070 / newsletter@stlouisoa.org /  
info@stlouisoa.org. The office is usually  
open Monday, Wednesday, and Friday 9:30  
A.M. to 12:30 P.M. St Louis Bi-State Intergroup.



### Keep Coming Back!

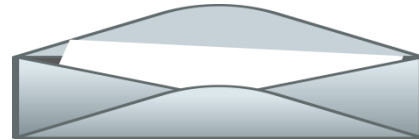
I left Jefferson City Welcome Home Group of OA ten years ago after attending for about 20. I didn't think the program was working for me (could it possibly be that I wasn't working the program?) I tried an easier, softer way which resulted in a huge physical, mental, and spiritual relapse. When I left so did another OA member who was a good friend of mine – she returned to meetings before I did pointing out that even though I hadn't been perfect in OA before I was still much better off attending than when I left.

When my friend returned I followed soon afterward – by then the group had dwindled to one loyal member who had kept it going week after week. I am very grateful and thankful for her showing up even though at times she was the only one who did. After our return eventually the group grew.

Today we have at least seven regular group members. I believe we have recovery in our group – our members do service by taking turns putting out literature and leading meetings. One member serves as secretary and another as contact person for intergroup and new comers. We have a member who is now volunteering time editing the OA Newsletter.

Service is a very important crucial part of why we have added members. I believe it is because members often stay after the meeting to talk with newcomers as well as doing outreach to them during the week. Some members have asked for someone to take them through the 12 steps and sponsor them.

Realizing this is a program of attraction and we are here to share our experience, strength and hope, I believe our group is stronger and that there is more recovery. *Lois T.*



### Why Carry the Message?

- “Service is its own reward.” (OA Twelve and Twelve, p. 175)
- “When I give service, receive more than I could ever give.” (Voices of Recovery, p. 328)
- “I don't have to wait until I am perfect to do service.” (Voices of Recovery, p. 252)
- “Service gives me practice at freeing myself from the bondage of self.” (Voices of Recovery, p. 284)
- “We now have a message of hope to carry to other compulsive overeaters.” (OA Twelve and Twelve, p. 99)
- “Those of us who live this program don't simply carry the message; we are the message.” (OA Twelve and Twelve, p. 106)



### Seventh Step Prayer

*My Creator, I am now willing that You should have all of Me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do Your bidding.* (pg. 76, Big Book of Alcoholics Anonymous)



### Intergroup Information

January 12, 2020 Intergroup

#### Meeting Highlights

- **Financial Report** – IG is financially sound; more was made in 2019 but expenses rose as well. Final figures indicate \$2,000.00 in the black. For 2020 we have a deficit budget by \$1,700.00.
- **Retreat Report** – September 11-13, 2020 retreat to be held at Kings House in Belleville, IL. Contact [friendofrozanne@gmail.com](mailto:friendofrozanne@gmail.com) if you would like to serve on the committee. Selection of the location of the 2021 retreat will be done soon.
- **Newsletter Editor** - Liz P. was elected to serve.
- **OA Office** – Was staffed for 72% (18 out of 25 days) of the non- holiday MWF shifts available. Volunteer openings – second/third Monday, the fifth Monday, the second Wednesday and the fourth Wednesday of the month.
- **Public Information** – The PI committee is looking for volunteers to serve. Contact Melanie by text or email 314-226-8686 or [mdwt56911@gmail.com](mailto:mdwt56911@gmail.com).
- **Web Page Report** – 218 users on the website during the month of December.

#### INTERGROUP MEETING INFORMATION

The next Intergroup meeting is Sunday, March 08<sup>th</sup>, 2020 at 1:30 – 3:00 at Missouri Baptist Medical Center, building D, auditorium rooms section. Please send a representative from your group to this important monthly meeting. The 2020 Intergroup meeting dates are March 8, May 17, June 14, July 12, September 13, October 11, and November 8. Some Intergroup meetings may be preceded by a Board of Trustee meeting. These will be announced by email when scheduled. There are no meetings scheduled during April, August, or December. To participate by teleconference call 712 451-1080 access code 762802.

### Public Information Mission 2020

Meetings will almost certainly be the first ‘live contact a newcomer will have with OA, and it is our mainstay of the fellowship and recovery. Now is a good time to review the WSO guidelines for strong meetings.

- Meetings start and end on time.
- Are all attendees, including newcomers, greeted and made to feel welcome and accepted?
- Does the meeting focus on OA recovery through the twelve Steps and Twelve Traditions?
- Do we offer our own experience, strength, and hope, sharing the solutions we have found in this program?
- Is the group contributing financially to all levels of OA service as per our Seventh Tradition?
- Are sponsors available and identified at the meeting?
- Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
- Does the group follow a meeting format?
- Is only OA approved literature on display for sale?
- Are group conscience meetings held regularly?
- Are all service positions filled, and is rotation of service practiced?
- Is cross talk and advice giving avoided?  
-Melanie T, Public Information

#### In January Three Meetings Changed:

**Added:** O’Fallon, MO, Saturday 8:00 A.M., 212 Club, 204 W Pitmen St., O’Fallon, MO.  
Contact: Donna, Phone: 636-485-2424

**Changed:** The meeting in the city at the Alano Club now meets at a new day and time:  
Thursday, 5:00 P.M., Steps Alano Club, 3974 Humphrey St., 1<sup>st</sup> Floor, Rm 1, St. Louis, MO 63116. Contact: Brigid, Phone 812-599-9042

**Closed:** Cape Girardeau

Dear Fellow OAs,

I am using my Newsletter article this month to recap the discussion about the recommendation of the Ad Hoc Committee that studied The Intergroup Office Question and the Member Survey results related to the Central Office questions. JMO described how the committee studied the Office question and presented the results of their process and the Member Survey. The committee recommended that our Intergroup should not continue to pay for an office and should redirect funds to other ways to carry the message. The Board of

Trustees unanimously agreed with this finding. The reasons for this recommendation include: a website and social media are currently more important for outreach than having a physical office space; the survey shows most OAs do not visit the office and said their recovery would not be negatively impacted if it closed; very few Intergroups worldwide maintain an office and this does not prevent them from carry out essential functions for their home meetings; and functions that happen at the office can be carried out in other ways.

Questions and discussion followed. Reps asked - where would all the stuff stored at the office go? Will there be a proposal for alternative ways to provide services currently done at the office. Two members of the committee are researching this and other logistically issues and should have recommendations for our February meeting. It was noted that members of groups that hold their meeting at the office would be inconvenienced by closing the office and that volunteer from Intergroup would assist these groups to relocate should the office be closed, if these groups wished.

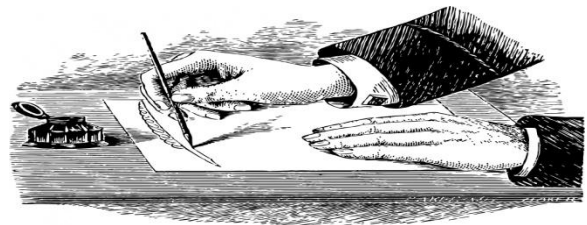
How would these “freed up” funds be spent? They would be redirected to efforts to carry the message. Currently our PI (Public Information) Chair is working on a billboard, attending a Missouri State conference of nutritionists, outreach to youth and other efforts. One IG officer pointed out that recent past PI budgets have ranged from zero to \$300. The 2020 PI budget is \$1,500 to fund our primary purpose, to carry the message.

Opinions were also offered: recovery is based on meetings, events, service, fellowship, etc., not things that require a business office; and these recommendations do not represent a group conscience decision, this is a “we” program – the voting members of IG will make the decision about whether to continue renting office space.

Here is the schedule:

- 1) In January, all home groups received a copy of the combined report in their January Information (Newsletter) Packet. This report is also available on our Webpage [www.oaregion4.org/stlouisoa](http://www.oaregion4.org/stlouisoa)
- 2) In February, all home groups will receive a report with suggestions on where things would be stored, how and where office functions would be conducted and the financial implication for IG.
- 3) Please make sure to have a group conscience to review and discuss these reports and decide how you would like your Intergroup Rep to vote at the March 8 Intergroup meeting.
- 4) A two-phase vote will happen, first voting members (IG reps, officers and committee chairs) will vote to keep the office or close the office. If the IG group conscience is to close the office, then relevant changes in our By Laws Article XII, Section 9G. and our Policy Manual, Section A will be voted on. Both phases will follow Roberts Rules of Order.

*In service and gratitude, Dianne S.*



## UP COMING EVENTS SAVE THE DATE(S)

### Up Coming Events

- February 29 - Unity Super Saturday
- March 21 – one-day Convention
- April Open
- May Open
- June Open
- July Open
- August – Super Saturday planned
- September – 11-13 Retreat
- October 3 – Super Saturday planned
- November Open
- December Open

### Host A Super Saturday/Sunday in 2020?

Please confer with your group about hosting a Super Saturday for this year. All months, except March, are open. To set a date/obtain info on how to host a SS contact Christina D. [vicechair@stlouisoa.org](mailto:vicechair@stlouisoa.org) or text/call 314-954-1944

### UNITY DAY



### *Unity in Diversity*

**When:** February 29, 2020

**Registration:** 9 A.M. Program 9:30 A.M. – 12:30 P.M.

**Where:** Samuel UCC Church, 320 N. Forsyth, Clayton, MO

Unity Day is about focusing on our diversity, within the OA Community which brings us together as a unified fellowship of support and healing. The individual is honored, then as a part of the community, walked through the 12 Steps, using tools, traditions, concepts, meetings and literature to keep us working together. On this day we will focus on panelists who will share how it was, how it is now, and how the community enhanced recovery. Contact Christina D. [vicechair@stlouisoa.org](mailto:vicechair@stlouisoa.org) or text/call 314-954-1944

## 20/20 VISION: SOLUTIONS FOR “I” PROBLEMS



This year’s Convention will be a full day recovery event for clarity of your personal “vision” problems. Whether committing to full day or half day, you will find experience, strength and hope at the event.

**Sponsored by:** St. Louis Bi-State Intergroup of Overeaters Anonymous

**When:** March 21st, 2020

**Where:** Lord of Life Lutheran Church, 15750 Baxter Road, Chesterfield, MO 63017. Contact Susan T. 314-283-0204 with any questions.



### LETTER FROM THE EDITOR

What a better way of sharing your experience, strength, and hope then through writing for the OA news letter? Writing is one of the nine OA tools it is a powerful and often an overlooked one. When I’m writing or thinking about things to write I’m not hungry, I’m not thinking about food, wondering what time my next meal is, or what’s in the refrigerator. When I am having trouble and not able to get a hold of my sponsor or another member I can write - it always helps. In the evenings I draft my 11<sup>th</sup> step inventory, send it off to my sponsor, and sleep in peace. Don’t worry about composing the next best seller there are plenty of proof readers who assist in correcting, tweaking, or editing whatever is submitted. So I encourage you to put pen to paper or fingers to the keyboard and write! Look forward to hearing from you!

*Liz P.*

**ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY** February 15th. Please send your submissions to the OA TODAY Editorial Staff at [newsletter@stlouisoa.org](mailto: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.