

# JANUARY 2018 OA TODAY NEWSLETTER

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## MAKING PHONE CALLS KEEPS ME OUT OF THE FOOD

The phone - it brought me here and keeps me here. If it were not for that first phone call to the OA office almost 11 years ago, I would not be sitting here abstinent writing an article for the newsletter. The phone was my daily life line with my sponsor when working the steps, talking every day for 30 days, then two to three calls a week to check in. It was the heaviest to pick up after a slip six months into program, and became lighter again as I began to sponsor.

The phone has saved my life on more than one occasion, for if I did not make that call to my sponsor I would be making a call to the food gods, and ultimately spiraling towards death. It reminds me of how special I am when I receive a call from a fellow OA member and keeps my program in check by reaching out to a fellow member.

Most recently, I received a call from HP. It was a member in need of a sponsor. I was struggling with body image issues and needed to do some step work. She was in the same boat and needed a sponsor, the connection was made. We needed each other and God made that happen via the phone.

Gratefully living in recovery, Amy A.

### 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: **Amy A. 314-496-6031** Also - our OA office (314-638-6070) can provide a list of [bistateoa1@prodigy.net](mailto:bistateoa1@prodigy.net)/ members who would be happy to talk with you about OA and recovery.

**A common question: Why the telephone? Can't I text, email, write, etc., if I want to do so? OA Oldtimer answer: Yes, of course, you can. It's all good. We are simply sharing our experiences with using the tool of the telephone. One reason in choosing the telephone is because of the live contact. I can hear your words and experience your emotions. We can laugh together. Your response is instant – no waiting.**



## Meeting of the Month

**This month we are featuring the Reaching for Serenity Meeting (SL051) - held on Wednesdays at 10 a.m. at St. Mark Methodist Church, 315 Graham Road, in Florissant, MO 63031**

Our group is friendly and welcoming. We have a reliable group of regulars and any new person who enters is warmly welcomed. We make sure that each is given a newcomer packet with the phone numbers of all those present at the meeting.

We read OA and AA approved literature and listen to CDs. Members are open-minded and share their own personal experience and hope with newcomers and regulars. Sharing is received with interest and humor. The atmosphere encourages warmth and humor. Come join us!

***(There are currently 46 OA meetings in Region 4. Please let us know about your meeting by sending an article. Let us know about the history, location, time, format, and anything else that makes your meeting a great place of recovery.)***

ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY JANUARY 20, 2018. Please send your submissions of experience, strength and hope to the OA TODAY Editorial Staff at [stlouisoatoday@hotmail.com](mailto:stlouisoatoday@hotmail.com) or, if necessary, mail to OA, 9907 Gravois, Suite E, St. Louis, MO 63123. Thanks!

**OA 12 & 12 – 2<sup>ND</sup> EDITION  
IS COMING SOON!**

There is an exciting second edition coming of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, our OA 12&12. We expect it to be available early in 2018 from the OA Bookstore at oa.org, and within a month afterward from our St. Louis Bi-State Area Intergroup office.

This new edition, like the original 1990 edition, was created over many years of work by OA members at the World Service level. (We write all our own literature, on a volunteer basis – no one is ever paid for doing it.) The OA 12&12 is “Conference approved literature.” That means it was approved by the full membership of OA, as represented by delegates from intergroups and other service bodies around the world, who come together each year in the World Service Business Conference (WSBC). In the spring of 2017 we two were privileged to be your delegates to the WSBC. It was our great pleasure to vote for the approval of this book.

Why a new edition? All our OA literature is reviewed every ten years to see if revision would be useful. In this case, we decided it would be. We want to keep our fundamental book current as time goes by. This edition includes revisions like making the wording easier to translate into other languages, making the language more relevant for our time and strengthening the text to clarify that it is up to each member to go beyond reading about the steps and traditions to take the action of working them.

We hope you will enjoy this new book as much as we do!

- Elizabeth C. and Susan T.

**ABSTINENCE PRAYER**

**God,  
Today is a new day for me  
And with You, I can handle  
anything.**

**I ask for Your protection,  
In case,  
During the day,  
My desire to eat compulsively  
Becomes stronger than my desire  
to abstain.**

**I ask for Your protection today  
from anyone or anything that  
would interfere with my abstinence.**

**I know that I am powerless over  
food and that my life can become  
unmanageable again.**

**I do believe that You will relieve  
my compulsion and restore my  
sanity.**

**Please help me to know Your will  
for me today and give me the  
willingness to carry it out.**

**I turn my will and my life over to  
You.**

**Please guide me through another  
day of abstinence.**

**God, I need you.**

**- H. C.**

## 2018 REGION 4 INTERGROUP BUDGET ADOPTED – NEARLY \$4,300 BUDGET SHORTFALL IS PROJECTED

The Board of Trustees (BOT) of the St. Louis Bi-State Intergroup met twice recently to carefully draft a budget for 2018. We have approved a budget that is based on what we found to be the reality in 2017, and that budget is not in balance. In fact, we project our spending will exceed our income by \$4,259.50 unless some patterns change in 2018. We'd like to share a few things we noticed and ask you to prayerfully work with us to change these patterns in 2018.

First, there isn't "pork" in our budget that can be cut in order to get the budget in balance. The highest cost items that we could consider cutting are:

Travel expenses to participate in the World Service Organization (WSO) and Region 4 (R4) – We decided we benefit greatly from these service bodies, and Tradition 7 requires us to do our share of the work and giving necessary to support the fellowship's survival.

Having an OA office and contract bookkeeper – Very few Intergroups maintain an office or hire staff or contractors. Still we believe it would be premature to end this.

It's the income side of our equation that we believe we could very easily change in 2018 in order to reduce our deficit and avoid using funds from our prudent reserve (the amount we save for "a rainy day"). Here are some income-side items that we believe that we can change together:

1) **Income from Super Saturdays/Sundays** – We went several months without a Super Saturday/Sunday in 2017. This year we have a February Unity Day event set for Feb. 24 and can make sure an event happens monthly with your help. In addition, we are asking ourselves to reflect on what we donate when we attend a Super Saturday or Sunday event. Six dollars is the suggested donation, but given what I have personally received at such events, I believe I ought to be giving more. How about you? (And we say and always mean it: **NEVER let lack of funds keep you away from a recovery event.**)

2) **Group donations** – Just as \$6 is a tiny amount compared to the recovery many of us receive in OA fellowship, so is \$3, the amount we suggest as a minimum donation at a meeting. What if we

prayerfully reflect on the amount we used to spend on food that harmed our bodies and think about stepping up our giving at home meetings in 2018? Is your home meeting giving to Intergroup? If not, please discuss this in a group conscience.

Finally, we carefully considered whether to donate to WSO and R4 before the end of 2017, since our cash reserve is quite low currently. We decided to step out in faith and donate \$650 to WSO instead of the \$600 we had budgeted. We know that WSO is struggling with their own expenses right now, and we are very thankful for the work they did to update the **OA 12 & 12**. We also approved donating \$200 to R4 as we had budgeted. When you attend the R4 convention in June, here in the STL Bi-State area, hopefully you will learn more about how we benefit from R4 and be willing to think with us about how to increase giving to R4 in 2018.

– J-MO – Intergroup Chair



***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.

## UPCOMING EVENTS –

**There is no Super Saturday scheduled for January.**

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**February 24 Super Saturday** Unity Day sponsored by Intergroup. More details will be provided in next newsletter.  
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**March 17 Super Saturday** – New Me Group Hosting. More details will be provided in next newsletter.  
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**April 21 – “BECOMING REAL” is the theme of St. Louis Bistate Spring Fling this year.** Starting at 9AM and going until 9PM. It will be a day packed with recovery, fun, and companionship at Webster Groves Christian Church, 1320 W. Lockwood, 63122. For more information, call Amy G. at 314-302-0802.  
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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, see below.  
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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.  
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## MEETING CHANGES

**Meeting Closing** – The Thursday Rolla meeting (SL414) held at 6 PM is no longer meeting. For more information, call Gail at 573-261-1930.

## A NEW YEAR’S RESOLUTION - HOST A SUPER SATURDAY IN 2018

Super Saturdays are important! Please talk to your group about hosting a Super Saturday (or Sunday)! If your group is interested and/or wants guidance on doing this service, contact Susan T. at 314.283.0204. These events help so many compulsive eaters and can be a great way to make your group stronger.

## INTERGROUP MEETINGS

*Important – please note change of location for January and February*

**Our next Intergroup meeting is Sunday, January 14, 2018 at 1:30. We normally meet at Missouri Baptist Hospital in the Auditorium, but that there will be a change for January and February and to watch for an announcement from Susan T, our vice chair, to learn the location, or call IG Chair J-MO at 314-775-3261.**

*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 **February 11, March 11, May 6, June 10, and July 8.** There is no meeting in April.



**2018 Region 4 Convention** will be held **June 22-24** at the Sheraton Westport Plaza Hotel in St. Louis in 2018. Though this event is hosted by the St. Louis Bi-State Intergroup, OA intergroups will be here with us to provide workshops and speakers from eight states and two Canadian provinces. 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.

We also are in need of OA members to serve as local liaisons for program and entertainment, decorations & signs, and ways and means. If you can provide service, please contact Elizabeth C. at [ecosbey@att.net](mailto:ecosbey@att.net) or 636-349-6048.