

JUNE 2017 OA TODAY

OA ANNOUNCEMENTS

INTERGROUP ANNOUNCEMENTS:

**Intergroup meets Sunday, June 11, 1:30 p.m., Missouri Baptist Hospital, Auditorium area. Intergroup representatives and those in service positions expected; everyone welcome.

OA SURVEY -- PLEASE HELP US BETTER SERVE YOU!

The membership survey has been extended. There are only 10 questions, so it will take 2-3 minutes. Go to stlouisoa.org and click on the button that says "Take Survey" -- it's that easy! The password is 'bistate'.

JUNE SUPER SATURDAY Stepping into the Summer

(All Steps will be Covered!)

When: June 17, 2017

Where: Webster Groves Christian Church

1320 W. Lockwood Ave

Oakland, MO 63122

(in Fellowship Hall, use rear entrance, handicap accessible)

Registration 9 a.m.

Program 9:30 a.m. to 12:30 p.m.

Contact: Carol H. 314-961-7253

STEP SIX

“Were entirely ready to have God remove all these defects of character.”

WHAT IS THE IMPORTANCE?

Step 6 – Are You Ready?

Step 6 in the Big Book is believing that we are “entirely ready to have God remove all these defects of character.” I can’t count the numbers of times I’ve heard folks at meetings say, “I was ready...but I wasn’t entirely ready!”

Entirely. Completely. Wholly. These words are all-encompassing and have pushed the buttons of many a recovering perfectionist – myself included. In trying to be as honest as I am consciously able in the program, I have found myself often thinking when working on a step, “Can I do this step completely, with honesty, thoroughly, so that it will have full effect in my life?”

Step 6 felt incredibly important to me – after going through the first five steps, my character defects in all their glory stared me in the face daily. I knew that I needed to be “entirely ready” – but I also knew that I was pretty comfortable being the person I had been for 50 years. Change is hard and, at least in this one step, I was aware that change, it was a comin’, if I took this step fully.

Just like the other steps, the main ingredient seemed again to be the one I can always take – willingness. I prayed for quite a good long time and told HP, “I am as willing as I know how to be. I know I want the defects removed...but I’m scared of who I will be without them.”

I have always been impatient, driven, perfectionistic, a people pleaser – the list could go on. If God were to remove these defects, who would I be? How would I protect myself, my ego, my heart? I decided to just go for it – and that seems always to be the best encouragement of all. Just trust HP and go for it.

HP is still working daily on removing my character defects – many still exist. But I have confidence that HP will remove them, “sometimes quickly, sometimes slowly” ...if only I am willing. As always, remember: progress, not perfection.

Linda

HOW DOES STEP 6 WORK?

Step Six is hard. Whenever I realize (or more realistically, my sponsor suggests) that it is time to work Step Six, I am reminded that this program is not for the weak. This is because, my God does not just take away my defects of character, He gives me opportunities to work on them.

That is the hard part. I have learned that I am a perfectionist and that I do not like making mistakes. These ‘opportunities’ that my HP provides, take work. I am not good at letting go of my character defects on my own. If this was easy, I would not necessarily need this program. But my HP knows that I am not perfect and that I need practice, so he gives me MANY opportunities to work on them.

Here is how it works for me. One of my BIG character defects is jealousy. I hated this unattractive defect. When I started working this Step, my sponsor had me write down the antonyms for my defects. The antonym for jealousy is proud or admiring. Next, my sponsor said that I needed to stay in touch with my feelings and recognize whenever I felt jealous. Then, EVERY time I recognized that I had jealousy for a loved one or coworker, I was to say a prayer for them and change my thinking to, ‘I am proud of them’. Finally, I had to FORCE myself, and my thoughts, to move on. If I got stuck, I was to say the serenity prayer, over and over, until I stopped thinking of how jealous I was.

This actually worked! Granted, it was hard and took time AND practice, but if I kept at it, I was able to free myself from my defect. Luckily, God gave me several opportunities to work on this. My HP is funny. While I was working on this, it seemed that everyone around me was getting bonuses, raises, promotions, opportunities or more. I was really able to put this to the test.

The best part about this change in character was that I was able to start becoming a better friend, sister, and coworker. I was able to see the good things in my life and the opportunities that I had. I really don’t think I would have seen all the good until I cleared out my defect of jealousy.

I can still get jealous. The program reminds us that it is progress NOT perfection. Just for today, I can choose to change my thinking and my outlook.

Life is so much better with the Steps.

Stacey Z

TRADITION SIX

"An O.A. group ought never endorse, finance or lend the O.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

WHAT DOES THIS TRADITION MEAN?

When I was new to program, I didn't pay much attention to the traditions when they were read in the meetings. I would think "yeah, okay, whatever." However, the longer I was in the rooms, the more I started to understand the importance of them.

Tradition Six is so important to the OA program. It reminds us to stay focused on the problem of compulsive eating and not to bring in outside issues or interests. OA is not the place to advertise for your church, push your religious or political views, or bring fund raisers for your kid's school.

One thing I really love about OA is how many people I have met and become friends with that I never would have otherwise. We may have nothing in common but program, and that is more than enough!

What would happen if Tradition Six went away, or stopped being practiced in OA? Can you imagine the insanity? If we found out each other's religious views or lack thereof, political opinions, etc., would we still have unity and oneness of purpose? Or would we take time away from working on our recovery to push our own agendas, or argue with each other?

I do not want to imagine such a thing. OA is a spiritual program, not a religious one. We are there for one purpose, and one purpose only. To seek the help of a power greater than ourselves and find recovery from compulsive overeating.

Thank H.P. for OA and for the Traditions!

Tina W.

Principle of Step Six:

Willingness

Willingness to take Step 1.

Willingness to continue to take Step 1 daily. Willingness to work with a sponsor.

Willingness to get honest and drop the excuses and justifications that have taken over my life.

Willingness to discuss my trigger foods and trigger behaviors.

Willingness to make a food plan.

Willingness to pray about my food plan before writing it.

Willingness to commit my food plan to another human being.

Willingness to find a Higher Power and to talk to HP about everything.

Willingness to step out of the vicious circle of addiction and choose HP every time.

Willingness to look at where I was wrong and share it with HP and another human being.

Willingness to look at my character defects and know that HP is working on those things in me.

Willingness to give all of me to HP, good and bad, the character defects I know about and all the onion layers of character defects HP is continuing to show me. Willingness to rely on HP's timing and not to force my own.

Willingness to continue to talk to HP, even when I don't want to or the excuses creep back in.

Willingness to adjust my food plan when I become aware of new trigger foods or behaviors

Willingness to work the steps. They only work if I work them.

Willingness to continue to work the steps, not getting stuck on one and continuing to work on them daily. Willingness to continue working with a sponsor and telling them even the little things.

Willingness to look at all of me and not just my food.

Willingness to realize this can change my life if I use it for my whole life and not just a diet.

One day at a time. Just for today, I choose to be willing!

Tami H.

HOLD ONTO YOUR HATS!
And Save the Date!

Super Sunday!

September 17, 2017

2-5 pm (Registration at 1:30)

**Sponsored by the Abstinence First Newcomers
Meeting of Overeaters Anonymous**

Want Abstinence?

Use the Tools!

PNC Bank Building

333 S. Kirkwood

Suite 305 (Third Floor) Kirkwood, Missouri

Handicap Accessible

Please park in the rear

Suggested Donation: \$6

(but pay what you can, when you can)

**Please contact Cindy J with any questions at
314-610-0437**

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