

# MARCH 2018 OA TODAY NEWSLETTER

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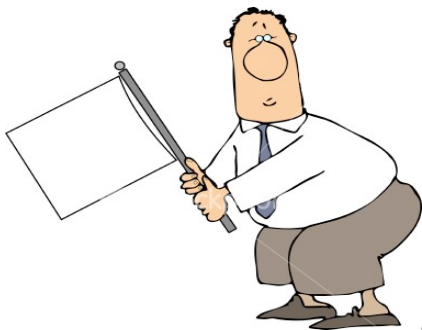
## *The Tool of the Telephone....In My Life*

I am one of those people who truly loves the telephone. I love talking to friends and family, and I love all the music and applications I have on my smart phone. Beyond that though, the telephone is a powerful and necessary tool in my life and OA program.

Everyday I use the telephone to text my food plan to my sponsor. I feel very spoiled that I joined program at a time when this technology is readily available to me! Committing my food keeps me on track and connected to my sponsor, as well as accountable for what I am eating. I also reach out as needed via text, especially if I am triggered by an event or simply a box of donuts in the kitchen at work! I also use my phone to call my sponsor a few times a week. This check in keeps me accountable in the program and out of my head.

Another important use for the telephone in my life is to communicate with those I am sponsoring, and make outreach calls to fellow OA members. This truly is a “we” program, and connecting during the week with other compulsive overeaters is powerful and encouraging. Outreach calls remind me that I am not the only one working this program, and that others are also dealing with this cunning, baffling and powerful addiction to food!

Lastly, I use the telephone to listen to phone meetings or OA speakers during the week. I am very grateful the tools of OA, especially the telephone!  
- Tina W.



*Step One -  
I admitted I was powerless over food and my life  
had become unmanageable.*

## *A Grateful Newcomer Takes the 1<sup>st</sup> Step*

I am new to OA. I've met many people at meetings and appreciate their sharing. But I find it hard to make phone calls to contacts outside the meeting. After a recent slip, I felt a shift and now I know I have to connect to people and program every day to maintain abstinence. I took a risk and texted an OA friend. She texted back her support. Later that day, another OA friend called me. As we talked, I realized this was my Higher Power at work. I took the first step to call/text and the support came back to me in abundance.  
- Jody L.

## *PEACEFUL AND SIMPLE RECOVERY*

My abstinence is mostly peaceful. I don't dwell on the food, and it doesn't call me like it did when I was in the food. I just tell my sponsor what I am going to eat; then I eat what I told her. If I change for some reason, I text her and tell her before I eat.

I have been more peaceful and serious since I have been abstinent. I have lost forty pounds. I am on the way to a healthy weight. I have been able to give away three trash bags of clothes that are too big.  
- Marian

*Welcome, my friend and a friend you must be? For letting me help you – also helps me. Yes, I've had a problem, so you are not alone. If you want to discuss it – just pick up the phone.*

**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 the long-time OA member who wrote this article: **Tina W. 314-398-2844**

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

## **A Note from our Intergroup Chair**

Rumor Control - It appears a few persons heard my invitation for each of us to personally reflect on whether we might give more than the suggested minimum at meetings and recovery events to mean we should increase the \$3 and \$6 amounts. I did not suggest that. I just realized I give too little given my own household income and what I receive from OA. I hope others will take time to reflect on this too. Also some apparently think a discussion is happening among BOT members about closing the office. It is not. That is currently not on the table.

- With respect, J-MO, IG Chair

## **FEBRUARY 11 INTERGROUP MEETING GOES ON DESPITE THE WEATHER**

Due to the icy conditions, our February 11 Intergroup meeting was held by conference call. Even with that unexpected change of venue, 20 were able to attend. Most of the meeting was spent discussing and then voting our group conscience on the motions and amendments that may be considered by our World Service Business Conference. Board of Trustee Members (BOT) grouped some into a consent agenda as they were simply edits to reflect current practice. Other motions and amendments were more substantive and were discussed more.

Our votes of “yes” or “no” on the amendments and motions were not about whether we support or oppose them, but whether should this come before WSO. The BOT suggested the following criteria for deciding yes or no: *1) Given the heavy volume of work that our WSO has to do, is this item important enough to take some of their time? 2) Does the amendment or motion enable us to improve our corporate practice of the Steps and Traditions of OA? 3) Does the amendment or motion enable us to better carry the message to compulsive eaters?*

Even though it was difficult to discuss such a complicated topic by telephone instead of face-to-face, we were able to complete the task and meet our deadline for response with WSO. Thanks to all who participated on all or part of the call!

## **Spring Fling FUNdraiser: Done in Day Convention**

**April 21, 2018 9:00 am to 9:00 pm**

**Webster Groves Christian Church  
1320 W. Lockwood Avenue St. Louis, MO 63122**

Come be a part of healing workshops, amazing speakers, sharing, meetings, & meditation, hosted by our own Bi-State St. Louis IG OA. And with all of that serious work, wonderful use of tools and experience of recovery, we will also enjoy the fellowship and fun of our community!

A potluck dinner will allow us all to share in the bounty of our community, using food to bring us together in fellowship--a lovely role and place for food.

After we have taken care of our spirits all day, and nourished our bodies with food, we will spend the remainder of the evening in light hearted fun. Music, karaoke, skits, fun and laughter will round out an eventful, lovely day.

This is, yes, an important FUND raiser - a way to meet our IG obligations, a deficit we have in budget, while we work out the details of a long term solution. And what a way to contribute! There will be auctions, raffles, and drawings of every sort! Look for auction tickets this month at your meetings. Good things are going to lucky people!

If you can host an out of town person in your home, please contact us. Another way to help is to contribute to the WE CARE fund. Also, could you please donate even if you cannot participate? Please participate if you are able and invite a friend.

If the costs of staying in St. Louis or covering registration costs are your only barriers to attending, please know lodging arrangements and financial assistance can be made available.

We would love to see a hundred of our community and newcomers on April 21<sup>st</sup>.  
REGISTRATION FLYERS ARE AT EACH MEETING AND ONLINE.

More information is available upon request. Contact Pat M. at (314) 581-9960 for general information and Christina D. at (314) 954-1944 or [secretary@stlouisoa.org](mailto:secretary@stlouisoa.org) for WE CARE & registration information.

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



The 2018 OA Region 4 Convention is right here in St. Louis, MO June 22–24 at the Sheraton Westport Plaza Hotel in St. Louis in 2018. An estimated 120 to 150 people are expected to attend this amazing event from eight states and two Canadian provinces.

There will be three keynote speakers from Region 4 outside St. Louis. There will be other speakers, topic facilitators and workshop leaders from anywhere in the region. There will be single sessions Friday and Saturday evenings and Sunday morning. There will be a Saturday banquet and entertainment. During the day on Saturday there will be three tracks of sessions running concurrently.

Here are some useful details:

**The Schedule** - The tentative schedule printed in the registration form has been refined now.

The grand opening is Friday evening, June 22, at 7:30 pm. Registration will be open as early as 5 pm.

On Saturday, three tracks of sessions and speakers begin at 8:30 am and end at 3:45 pm, with a 2-hr on-your-own lunch break from 11:15 to 1:15. There is free fellowship time from 4-6 pm. The optional banquet goes from 6 to 7. There will be a speaker at 7 – anyone can come hear the speaker, whether they ordered the banquet or not. Then there is entertainment till 9, and fellowship after that. ...On Sunday, sessions and speakers run from 9-11:30 am.

**Dollars and Dates** - Registration for the convention is \$35 if postmarked by May 25. After that it is \$45. The optional banquet costs \$35. There will be an optional donation available to a scholarship fund that will help others pay the registration fee. To apply for scholarship funds, contact the Region 4 treasurer:

[treasurer@oaregion4.org](mailto:treasurer@oaregion4.org).

**How to Register** - Registration flyers should be available at your meetings this month. If you don't have one, you can still register. The best way is to go to [www.oaregion4.org](http://www.oaregion4.org), where convention information and registration are available on the home page. For questions about registration, call Jo at 515-943-4183 (sorry, there was a typo in this number last month). . Early registration **MUST BE POSTMARKED** by May 25, 2018. Registration by May 25 is \$35. After May 25, registration is \$45.

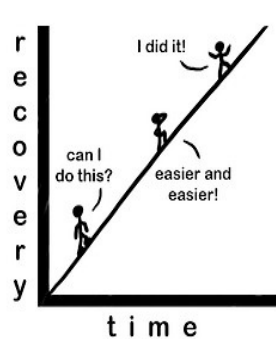
**About the Hotel** - The convention will be at the Sheraton Westport Plaza Hotel. To get the room rate of \$95 per night (plus taxes), reservations must be made by June 1. The best way to reserve a room is online, by copying this address into your browser: <https://www.starwoodmeeting.com/book/overeaters> -- or you can register by phone during regular business hours by calling 1-844-260-2645 and mentioning the code "Overeaters Anonymous."

Hotel amenities include free parking, free airport shuttle, free wifi, fitness room, and restaurant. Mini fridges and microwaves are available on a first come, first serve basis.

There is a need for local volunteers at the Region 4 Convention. 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. This meeting will be attended by Elizabeth. If you would like to attend with her, please contact Elizabeth at [ecosbey@att.net](mailto:ecosbey@att.net), 314-304-1444.



**how you expect  
recovery to work**



**how recovery  
really works**

## UPCOMING EVENTS—

**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 handicapper 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.

**April 21 – “BECOMING REAL” is the theme of the St. Louis Bistate Spring Fling FUNdraiser.** For more information, contact Pat M. at 314-581-9960. (Also, please see page 2 in this newsletter for details.)

### Other Upcoming Super Saturdays:

**May 5** - Hosted by Ferguson Group (More details in future newsletters.)

**June** - Available

**July** – Hosted by St. Charles Group at St. John’s UCC Church in St. Charles, MO (More details in future newsletters.)

**August** - Hosted by Sunday Kirkwood Group (More details in future newsletters.)

**September 16** - Hosted by Tuesday Newcomers Meeting Group (More details in future newsletters.)

**October** – Hosted by Webster Groves Group (More details in future newsletters.)

**November**-Available

**December** – Hosted by Sunday St. Mary’s Group (More details in future newsletters.)

***My goal for 2018 was to lose 10 pounds. I only have 15 more to go.***

***If you pray, don’t worry. If you want to worry, don’t pray.***

**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.

**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.

## REGION 4 INTERGROUP

Our next Intergroup meeting is Sunday, May 6 at 1:30 at Missouri Baptist Hospital 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 **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.

### OPEN SERVICE POSITIONS –

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
5. IG Literature Coordinator

If you are interested, or have questions, please call IG Chair J-MO at 314-775-3261. You can apply at:  
<http://oaregion4.org/stlouisoa/intergroup/documents-and-forms/>.

**ARTICLES FOR THE APRIL NEWSLETTER ARE DUE BY MARCH 25, 2018.** Please send your submissions of experience, strength and hope 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. Thanks!