

# NOVEMBER 2017 OA TODAY NEWSLETTER

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## USING THE TELEPHONE IS MY LIFELINE TO OA

The telephone is what initially connected me to OA. In 2012, I was telling a friend about my struggles with food, compulsive food behaviors, and body image issues. My friend mentioned that her friend joined a 12 step program that changed her life. She gave me her friend's phone number to call.

Picking up the telephone and making that call has changed my life. The friend told me all about OA and how to find a meeting using the OA website. If it wasn't for the telephone, who knows if I would have attended my first OA meeting in November 2012? The telephone has been vital for my recovery. Not only do I talk to my sponsor regularly, but the telephone has connected me with many other OA members. Each time I talk to my sponsor or another OA, I am working my program - admitting I am powerless over food and that I need to live life one day at a time. As a busy mom of three kids who works full-time, it is hard for me to physically attend more than one meeting a week. The telephone keeps me connected.

By picking up the phone and calling another OA member that you are not only working your program stronger but also providing service to another person for their program. While I have never been a "telephone talker," the telephone has been instrumental in providing me freedom from food obsession, isolation, and other compulsive food behaviors. *Keep coming back - it works when you work it and you are worth it. Stay connected. The telephone is a tool that will allow you to do that.*  
**- Jessica**

If you need to make an OA call, but don't know whom to call, call long-time OA member:

**Coly M. at 314-398-9121- Call anytime.**

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



## HAVING AN OA SPONSOR SAVED MY LIFE

Hi I'm Chris B, I am a compulsive overeater. I am powerless over food, and I would not be alive if I didn't sponsor. I say this because it is my truth, and I cannot keep what I have received unless I give it away. I used to weigh over 430 pounds and I used to question whether I could sponsor someone or not. Do I have time? Can I be a good sponsor? The truth, I didn't know if I could handle it without going back to the food, and I really was scared out of my mind to sponsor. That's more than ok, and that's who I was a few years back.

Today, through a spiritual awakening, a body weight in the 190's, abundance of love, and peace of mind is my reality. I had to find out the hard way that sponsoring is not a hobby, a right only a select long term recovered fellows have, or something I needed to wait to do until my life and program were comfortable and just right. Sponsoring is an amazing tool that continues to teach me about myself, and it helps my sponsor and other fellows stay sober with food in helping each other grow spiritually. Think about it - one sponsee can be the basis for hundreds of hours of powerful conversations, meetings working through the big book, outreach calls to other more experienced sponsors, inventories, and so on.

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**HAVING AN OA SPONSOR.- Cont. from page 1.**

What if a sponsee eats again or dies on my watch? I can't go there. It's not up to me. I have the obsession of the mind no matter what happens in life and they have a higher power right where they need them to be. I have to be free of agendas and how I think they should be recovering or how fast. The Big Book has a set of instructions that led me to what I was looking for in the food: the spiritual solution. The only thing that's ever worked in my life to overcome the obsession of my mind with food is the spiritual solution (and picking up the phone and asking for help out of the obsession – either with one phone call up to however many it takes) I am a grain of sand in a hurricane against my obsession alone.

I wouldn't be alive right now if my sponsor, seeing that I was in misery and suffering, didn't get in my face at risk of pissing me off three years ago, and say, "Do you have a sponsor?" I cannot recover alone. He wanted to help me through and out of it so I can, in turn, do the same with others who will in turn do the same with others - keeping this amazing power - the fellowship we crave - alive and well.

I feared not having enough time if I raised my hand to sponsor. I feared 20 people lining up, and of course, getting back to the food again if someone ate "on my watch." The truth, not many people asked me to sponsor in the first month that I raised my hand. My truth, it's a lot of hard work to recover. Sponsees come and go. This is hard, but that is the reality.

I can be spiritually thirsty/sick throughout the day, and the intense work with another compulsive overeater gets me out of my self-obsession. This intense work is one way to practice my purpose: to be of maximum use to God and the people about us. It's something that continues to teach me who I am, how to love unconditionally. This didn't start perfectly without bumps, challenges, or comfortable conversations. How wonderful is it to work with other people and see them teach me about my own blocks/defects, to help them altruistically, and grow spiritually through the process? It's a gift and enhancer to my life to be able to do so.

My fellows, I love you all. Consider my arm forever raised for being available to sponsor

**- Chris B. 636-628-1916**



**MEETING OF THE MONTH  
MONDAY NIGHT MEETING AT  
O'FALLON, MO AT 7:30PM**

Let me introduce you to our Monday night meeting at the 212 Club in O'Fallon, MO. We are a literature study meeting, reading from the OA 12/12, OA 3<sup>rd</sup> Edition, and the Big Book of AA. We started meeting because one brave soul, new to our fellowship, noticed the lack of recovery in western St. Charles County. She had the courage to attend Intergroup (IG) and announce that she wanted to start a meeting at the 212 Club and would like support from IG to send a member in recovery to assist in the startup. That's all IG needed to hear and support was present at the next meeting.

We have been growing for the past year and a half. We have newcomers nearly every week. There are folks in recovery who travel 30-40 minutes to share their experience and hope to those new to program. The excitement of this meeting centers around the ever-present newcomers. Being able to give hope where there was none and to see the newcomer relate (many times for the first time ever) to other compulsive overeaters is a very humbling and rewarding experience.

Please consider joining our conversation of strength and hope in recovery. Monday at 7:30 pm 214 W. Pitman Street, O'Fallon, MO 63366. 212 Club entrance in the rear of the building.

**- In Service, Susan**

T.

## What's Happening at St. Louis Bi-State Intergroup?

### Nov. 18 IDEA Day Abstinence Workshop Offered In Response to Your Survey Answers

Why do so many OA members from our Intergroup not stepping up to to service, especially beyond the local group level? To find out, we solicited your responses earlier this year with a survey. More than 100 of you either completed an online survey or filled out a paper copy. The Intergroup Board of Trustees thanks you!

The survey indicated that inability to sustain abstinence for six months or longer is a major factor. We have decided to address this concern with an abstinence workshop that will support OA members in beginning and sustaining abstinence with the help of A-Power-Greater-Than-Ourselves.

On Saturday, November 18, a guest leader will be traveling from Minnesota to lead an Abstinence Workshop in celebration of "**IDEA Day – the International Day of Experiencing Abstinence.**" Workshop. Please make sure your home groups know about this special opportunity!

It will be held at Samuel United Church of Christ, 320 Forsyth Avenue in Clayton 63105. Registration starts at 9 a.m. and the program is from 9:30 a.m.- 12:30 p.m. The suggested donation is \$6, but NEVER let money stand in the way of your attendance at any OA meeting or event. The only requirement to attend any OA function is a desire to stop eating compulsively.

- Yours in recovery, J-MO / IG

Chair

314-775-3261 (talk and text)

[chair@stlouisoa.org](mailto:chair@stlouisoa.org)

**November is Gratitude Month – Thanks for  
your generosity!**

## DOES YOUR GROUP NEED A BUDGET TO MAKE AN OA BECOME REALITY?

This is the time of year the Board of Trustees completes the budget for the new year then. ***If you have an idea for St. Louis Bi-State OA that requires funding, we are looking for ideas!***

Please complete the form at:

<http://bit.ly/2xC5mu0>

### What Tradition 7 Means to Me

To me Tradition Seven means first that I give what I can when I can, so that my group can be self-supporting. As a group, we decline outside support such as offers of free meeting space or even free photocopying at work. From the money collected from meetings, we pay our meeting rent and buy books to sell at cost and pamphlets to give away free. We also keep a small prudent reserve. Our treasurer distributes the rest to other levels of OA (60% to intergroup, 10% to Region 4, 30% to world OA).

When I say I give what I can when I can, this is what it means to me: (1) when I don't have money, I put nothing or just a token amount in the basket, (2) when I have enough to put in something more than the suggested \$3 I do that, and (3) fortunately, I am able to give something extra directly to world OA through a recurring monthly contribution (from the website [oa.org](http://oa.org) I clicked Menu, then Contribute, then Make this a Recurring Gift). It's important to me to help OA carry the message around the world and provide so many resources to members like me.

Tradition Seven means more to me than just giving money, though. OA is there for me. Tradition Seven is about my being there for OA. This benefits me as much or more than it benefits OA. When I was a newcomer, the moment I gave in and agreed to do a little service was the moment when I stopped being a visitor to OA and became a true member. All my life I longed to belong somewhere -- now suddenly I did.

Elizabeth C.

## UPCOMING EVENTS

**November 18 Super Saturday - "IDEA Day – the International Day of Experiencing Abstinence."** A guest leader will be traveling from Minnesota to lead the workshop, so please make sure your home groups know about this special opportunity, hosted by Bi-State Intergroup at Samuel United Church of Christ, 320 Forsyth Avenue in Clayton 63105. Registration starts at 9 a.m. and the program is from 9:30 a.m.- 12:30 p.m. The suggested donation is \$6, but NEVER let money stand in the way of your attendance at any OA meeting or event. The only requirement to attend any OA function is a desire to stop eating compulsively.

**November 23 – THANKSGIVING DAY OA MEETING – "FOCUS ON GRATITUDE"** Samuel Church of Christ, 320 Forsyth Avenue in Clayton 63105 in the Ziercher Meeting Room. Enter at side glass doors Questions? Call Eileen at 314.570.9333

### **December 9 Super Saturday - Let it Go!**

- will be hosted by St. Mary's Sunday Morning Group at the Maplewood Baptist Church, 2806 Marshall Ave., Maplewood, MO 63143 at the corner of Marshall and Anna, one block south of Manchester Rd. Program time 9:30 am – 12:30 pm. Registration starts at 9 am. Literature and beverages will be available. Questions? Contact Carol H., 314-961-7253

### **Wanted – SUPER SATURDAYS FOR 2018**

Talk to your group about sponsoring a Super Saturday (or Sunday)! ***The only months booked for next year are February and March.*** If your group is interested, 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.

## REGION 4 ST. LOUIS INTERGROUP UPCOMING MEETINGS

There is no Intergroup meeting in **December**. The next meeting is Sunday, January 14, 2018, Missouri Baptist Hospital in St. Louis, MO.

### **MARK YOUR CALENDAR**

***The Region 4 Convention*** will be held **June 22-24, 2018** at the Sheraton West Plaza Hotel in St. Louis in 2018. There will be workshops and speakers from 8 states and 2 Canadian provinces. For more information, contact Elizabeth C. at [ecosbey@att.net](mailto:ecosbey@att.net) or 636-349-6048.



## ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY NOVEMBER 30, 2017.

We are looking for articles on:

- How an OA tool has helped you.
- What is your favorite OA motto? How is this motto helping your program?
- Newcomer articles - if you have been in OA for under a year – what brought you to OA and what made your stay?
- Describe the day, moment when OA made possible what you thought was impossible.
- Write about what a great meeting your group has and invite people to attend.

Send your submissions to the OA TODAY Editorial Staff at [azylka01@yahoo.com](mailto:azylka01@yahoo.com) or mail to OA, 9907 Gravois, Suite E, St. Louis, MO 63123.