

AUGUST 2017 OA TODAY

OA ANNOUNCEMENTS

INTERGROUP ANNOUNCEMENTS:

**Intergroup meets Sunday, September 10, 1:30 p.m., Missouri Baptist Hospital, Auditorium area. Intergroup representatives and those in service positions expected; everyone welcome.

UPCOMING SUPER SUNDAYS:

THAT'S RIGHT, SUNDAY! SEPTEMBER SUPER SUNDAY

Want Abstinence? Use the Tools!

Sunday, September 17, 2017 -- 2:00-5:00PM

PNC BANK, 333 S. Kirkwood Rod, Suite 305, Kirkwood MO

GROUP ANNOUNCEMENTS:

**New Group: NEWCOMER MEETING; Tuesday nights, 6:00PM, 623 Club Belleville.

Contact: John P, 919-330-2556

***LABOR DAY MONDAY GROUPS THAT WILL NOT BE MEETING ON SEPTEMBER 4:

Monday, 6:15pm Waterloo group

****Region 4 Newsletter is available at : <http://oaregion4.org/4-thought-region-4-newsletter/>

STEP EIGHT

“Made a list of all persons we have harmed, and became willing to make amends to them all.”

WHAT IS THE IMPORTANCE?

I have been abstinent a year this past January 11, 2017, And in that time, I am not through all the steps. I am just now on Step 8 - "Making a list of all persons I have harmed and have become willing to make amends to them all". To me, as a compulsive overeater, the person I have harmed the most is ME! To gain weight, lose weight, gain weight, lose weight, gain weight, lose weight (which is what I did) is very hard on the circulatory system-mainly the heart. The physical heart for sure, but also the emotional heart.

We have to love ourselves, accept ourselves, and all the rest should fall into place. We look at the relationships we have and have had in our lives. We reflect on our words and our interactions with others. Did we say something hurtful or do something harmful? Did we not invite someone to a special event in our own lives? Do we treat others as we would like to be treated? We need to reflect on our actions or inactions and own it. We need to be willing to change how we respond to negativity. The Serenity Prayer is all about Step 8. And focusing on our list-we look back at Step 4. The Steps are all connected, they overlap, they keep us on track. They help us set boundaries.

We need to forgive those who have harmed us; because with the shoe on the other foot we would like to be forgiven. The humiliation we experience in the process helps us heal. We learn attitudes of mercy and forgiveness, for our our wrongs and transgressions. We can write them down, wad up the paper and throw it in the trash, or strike a match and set it on fire and move on. Take a deep breath. This symbolically releases the hurt (to the heart).

Work with your sponsor to share those intimate details on your list. Every detail does not need to be shared with everyone. The main thing one needs to remember with Step 8 is make your list-reflect on it, soul search, if you will-act on it-put it behind you-move on. There is no recovery without completing Step 8 and Step 9 You must have the willingness to do the things we fear and call upon our Higher Power.

M.F.

HOW DOES STEP 8 WORK?

The first half of Step 8 writes itself while completing Step 4, our moral inventory. My sponsor asked me to circle the names of each person listed in my inventory to whom I wanted/needed to make amends. And voila, there's my list. Then..

Became Willing...

So much of our 12-Step work involves the 'W' word. Willing. On first look, simple. Easy to pronounce and even easy to commit to, until actually taking the action. Intellectually it's a breeze--sure thing, I'm willing-- but moving it from the head to the heart is a journey and a process. What does it take to truly become willing, in a general sense and specifically with our 8th Step?

“Became willing” is not an act taken solo, nor is it a one time undertaking but instead requires partnership with a Higher Power and repetition. Willingness doesn't come in a bottle to be picked up at the corner drug store. Willingness is a process. Multiple conversations with HP, asking for love and guidance and, what feels like “I got this” in the morning (I am willing) isn't necessarily so at bedtime. “Act As If” comes in handy here. Trust the process. Trust in those 12-Steppers who came before us and who have a way of life that we want. Sometimes it means walking up to the edge, toes on the line and 1,2,3 jumping in. Mantra for the day, week, month, “I am willing!” We've been gifted with this 12-Step roadmap and we have evidence it works. There is a NEW FREEDOM born from this process and the only way to it is through it. We aren't alone. HP and our fellow travelers are trudging this road too. So become friends with WILLINGNESS. Invite WILLINGNESS in to stay a while.

And once holding the hand of willingness we are ready to make amends, repair the damage.

Lisa G.



TRADITION EIGHT

“O.A. should remain forever non-professional, but our service centers may employ special workers.”

WHAT DOES THIS TRADITION MEAN?

This tradition has two parts to it. First, Overeaters Anonymous should remain forever nonprofessional. As I am writing on this, I realize now that one of my sponsors was evoking this tradition on me. In her professional life, she was trained to be a therapist/counselor. In her role as my sponsor, she had to be non professional. The way she taught me is suggesting that I talk to a professional about certain issues. At the time, I was seeing a professional about my issues. I did what she suggested. She was not using her expertise as a professional when she was sponsoring me. This reminds me that I am not an expert/professional when it comes to members' lives. All I can do is suggest that talk to a professional when it comes to a food plan or mental health issues.

The second part of the tradition, "but our service center may employ special workers." When certain tasks need to get done, you will not always be able to hire someone within the fellowship. Our WSO office and our St. Louis Bi State office employ people that are not in program. These individuals have special skills to do the job.

I am writing this article on July 13 when the deadline was July 12th. I dreaded and procrastinated doing this because the traditions are not my strong suit. After writing this down, I now understand the reasons. Thank you, Higher Power!!

Anonymous

Loving Our Bodies And Ourselves St. Louis Bi-State Area Intergroup Annual Fall Retreat September 8-10, 2017

Every year we again have an opportunity to gather across the bi-state area to rest, commune, learn, work and practice mindful abstinence. For the first year newcomer, to the many decades long member, the weekend brings healing, growth and a deep sense of rest--with enough of the playful to make for a memorable and lovely weekend. This year we will gather at Sojourn Retreat Center in Dittmer, MO. Not a long drive from St. Louis-but far enough from the city lights to offer a lovely pastoral view and a quiet, simple weekend. The building is full of windows and the long ranch style offers easy access and a view of the grounds for everyone. The retreat offers an intimate gathering of about 30-40 retreat goers. Music, activities and some games are a way to 'break the ice', open a fun-loving communication, and find a place to quietly commune with nature or our inner selves when wished. The opportunity to learn is optimized by the out of town speaker who leads the themed weekend. It also offers workshops to practice the lessons discussed and breaks to engage in group or paired interactions. It is a weekend to learn, relax, reflect and interact.

This year we will focus the theme on body image: Loving our Bodies and Ourselves. Searching for not just acceptance, but the joy and love of us all. In our small, safe community, this core issue for many of us can be looked at more carefully. We are able to reach inward, and support one another in the discovery. We will work together for the serenity, courage and wisdom of our program to embrace who we are!

To enjoy this 'breath of fresh air', please join us! The registration form is on our website. If finances are a struggle for you, don't let lack of money keep you away. There is a registration 'we care' scholarship that can help make that easier. The retreat center is close enough that it can easily be reached if you can only attend one day. There is an oasis room that provides space for those bringing their food. Come, fill up for the long winter ahead and share in joy of our community.

OA Today contact:

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www.stlouisoa.org (Local Website)

www.oaregion4.org (Region 4 Website)

www.oa.org (World Service Website)