

# JANUARY 2019 OA TODAY NEWSLETTER

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The office is open Monday, Wednesday, and Friday from 9:30 a.m. to 12:30 p.m.

Dear Friend and OA Member,

How are you? We have not seen you or heard from you for awhile. We hope you are doing well, but since we have not seen you, we are concerned.

If you are having problems with your eating addiction, don't be afraid to come back. Higher Power wants the best for you and we do, too. We love you and miss you. It is people like you who help our program as we trudge this road together. Our doors are always open. Take care of yourself and we hope to see you soon! Let us know how you are doing.

Sincerely, Your Concerned OA Friend - M. F.

## There is Hope

Food was my friend; it numbed the pain  
During the time I thought I was going insane.  
Food was my obsession; it obliterated all other goals;  
It robbed me of my very soul;  
Food was my lord and master;  
It chased me, ever reminding me of its power.

One day, broken and beaten, I cried out,  
"I can't live in this brokenness and pain."  
My cry was heard and a power greater than myself  
reached out;  
A program I was given.

I acknowledged my powerlessness,  
Believed others who worked the program,  
Got a sponsor who helped me with the Big Book,  
Felt feelings, cried, broke through the lies.

There is hope.  
Others have walked this path.  
Others have recovered.  
I see the promises coming true.  
As I trudge this road,  
Knowing even if I fall, my Higher Power will pick me up.

- M. H.



## Struggling with the food?

### Don't be alone; use the phone.

If you want to make an OA call, here's the number of a local OA member:

**Peggy 314-752-6836**

Also - our OA office (**314-638-6070**) can provide a list of OA members who would be glad to talk to you.

## Making a Difference with OA Phone Calls

Happy memories are gifts. I pull them out occasionally to enjoy. I would like to share three OA phone memories with you.

One day in the OA office, I answered the phone and someone said, "Are you alive?" I replied, "Yes, I am." He went on to say, "Okay, now I will park. I am following a bus with an ad telling me that you can help me with overeating." He wanted to know more about OA and what it promised. I then had the pleasure of sharing about the Program, and then went over meetings listed on the Where and When until he said, "Okay, I can get to that meeting today, Good bye." And I thought, "Wow."

I made an outreach call to an OA member who was a trucker and learned he was stopped in traffic on a highway. He was watching people leave their vehicles to go to a nearby fast food restaurant and come back with unhealthy snacks. He was just about to get out of his truck to follow others to the restaurant, when I called. He then decided staying in the truck and talking was more appealing than going to the restaurant. And I thought, "Wow."

I made another outreach call to another OA member, who responded that she was out shopping. I offered to hang up, but she did not want me to do this, saying, "Oh no, I am trying to decide whether or not to purchase junk food from this aisle. Please hang on until I get out of here." And I thought, "Wow."

These great memories help me not to fear using the awesome tool of the telephone.

- A Grateful Recovering Overeater in the St. Louis area



## OA Board of Trustees Adopts 2019 Budget

The St. Louis Bi-State Board of Trustees met at the OA office on Saturday afternoon, December 8, to examine January-November 2018 income and expenses and to prayerfully set a 2019 budget. In our examination of the first eleven months of 2018 income and expenses, we were glad to note the following:

- Group donations had come in at \$724.26 over our 2018 projections.
- Intergroup 7<sup>th</sup> Tradition ran at almost 300% of what we had projected, with \$896.40 more placed in the red pouch in our nine IG meetings than we had put in that line item.
- Super Saturday income was also slightly above projections.
- Expense projections had been fairly accurate, other than a few variations. For example, Region 4 (R4) Assembly travel costs ran at 127% of the budgeted amount. Not all R4 events will cost the same, due to the great variance in distance and hotel costs for an eight state region, which includes parts of Canada. We project as carefully as we can and share rooms, rental cars, etc. to hold down costs.

Last year, we communicated to our membership that the 2018 budget was anticipating a shortfall due having more expenses than income at that time. At that time, about \$2,000 was taken out of the \$6,966.06 prudent reserve at the start of the 2018 fiscal year to meet our expenses. However, we are glad to report that cash flow needs were met in 2018 without having to withdraw any additional funds from our prudent reserve (which now stands at \$4,875.03). This is because you responded generously to our requests to give back to our proven program of recovery that has given so much to us..

The Trustees went through income and expenses, line by line, and talked about what we already knew for 2019. We set a balanced budget of slightly more than \$31,000 in income and also in expenses.

To make our income targets for the upcoming year:

- 1) It will be especially important that our Spring Convention and Fall Retreat be well attended and that those attending prayerfully consider what to put in the 7<sup>th</sup> Tradition basket and special fundraising activities at these events.
- 2) A strong calendar of Super Saturdays and Super Sundays will be needed. Check with Susan T. (314-283-0204) to learn which months are still available.
- 3) A Gratitude Offering is urged in November. Please discuss passing an extra envelope for Intergroup on one or more meetings in November.

The Board wants to thank each one of you who was able to step up with larger donations than last year. However, we understand not everyone can increase giving due to personal financial situations. (Reminder: NEVER let money keep you away from an OA event. The only requirement for membership is a desire to stop eating compulsively.)  
- J-MO, Intergroup Chair

## INTERGROUP MEETING INFO

Our next Intergroup meeting is **Sunday, February 13, 2019** at 1:30 – 3:00 at Missouri Baptist Medical Center, building D, auditorium rooms section. Please send a representative from your group to this important monthly meeting

The 2019 Intergroup meeting dates are **March 10, May 19, June 9, July 14, September 8, October 13, and November 10**. Some IG meetings may be preceded by Board of Trustee meetings. These will be announced by email whenever scheduled. There are no meetings in April, August, or December.

The Ad Hoc committee will meet in January to prepare a report. There is no new information to date.

## OPEN SERVICE POSITIONS

**Office Administrator** (one year of abstinence)

**Vice Chair** (one year of abstinence)

**World Service Delegate** (3 positions open; one year of abstinence)

**Region Representatives** (3 positions open; six months of abstinence)

**IG Office Volunteer Coordinator** (Six months of abstinence)

**Retreat Co-chair** (Six months of abstinence)

If you have questions, please call Intergroup Chair J-MO at 314-775-3261.

## Mark April 13 for IG Inventory, Plus Big Book Recovery Event

The Intergroup (IG) Inventory event is coming together, with Saturday, April 13, set as the date. We have secured a facilitator from a Canadian province in Region 4, and, since we are going to the expense of flying him here, we are planning to fully utilize his visit by having him present a Big Book-based recovery event during the afternoon, after the morning inventory session concludes.

Whether or not you supported the idea of having an Intergroup Inventory event when Intergroup voted November of last year, it's time to practice OA unity. Please come together to make this event beneficial to our IG, so that we can more effectively carry the message.

A workgroup will form at the January 13 Intergroup meeting, co-chaired by Bob L. and me. We need your enthusiastic participation in planning and carrying out this IG Inventory event. More details will appear in each newsletter from now until April 13.

– J-MO, Intergroup Chair

**For More OA Info, check out:**

- 1) **OA World Service Organization quarterly newsletter** - go to [oa.org](http://oa.org) and click on the WHAT'S NEW tab
- 2) **4 Thought, our Region 4 Journal of Recovery quarterly newsletter** can be found at [oaregion4.org](http://oaregion4.org) and clicking on the NEWSLETTER – 4 THOUGHT tab.



## Featured Meeting of the Month

### Recovery from Relapse Group

Sunday from 6:30-7:30

St. Mary's Hospital, 6420 Clayton Rd.

2<sup>nd</sup> Floor, Room 3, Boyce Knowles Center

Richmond Heights, Mo. 63117

(Just ask security for directions. They are very helpful.)

## What We Like About Our Meeting

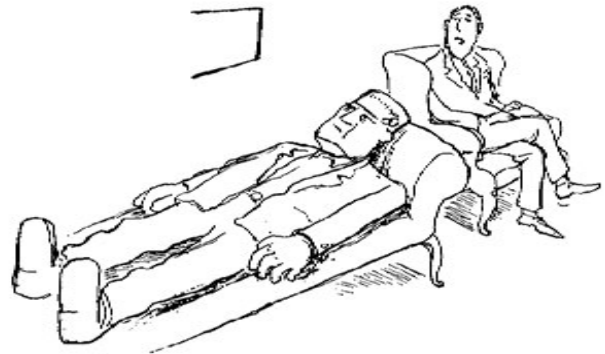
- The first time I walked in I was greeted with smiles and felt they were genuinely interested in me.
- We are very friendly to newcomers, to returning members and out of towners.
- We are good listeners
- We almost always show up for each other, or call when someone can't make it.
- This meeting is full of loving people who are quick to share their struggles and quick to share their hope.
- There is a depth of sharing that seems to make the sharing of experience, strength and hope from the heart.
- The atmosphere is serious, but not tired out or beaten.
- I like the honesty the members share.
- There is a great sense of humor. We laugh with one another heartily.
- Service is shared by everyone
- Members are willing to make phone calls and use phone list
- We are careful to respect each other, our speaking, and our time, without cross talk.
- This meeting feels like a real home.
- I always leave the meeting happy that I came even when I had to push myself out the door.
- I feel safe here, so I can be honest.
- It is a small group and everyone has a chance to share.
- There is a solid core group who are dedicated to the group.
- We always follow group conscience.
- We follow the Strong Meeting Checklist and get an A+
- We cover a step and tradition each month. We also read on other OA topics and then write and share.
- The leader/chair is rotated among the members each week.
- Meetings always last one hour.
- Listening to and speaking with others going through the same things as I was gave me emotional relief.
- Members come from a variety of backgrounds, but are united as a group of people with a similar problem with food.

## Lifeline – a Meeting on the Go!

Lifeline Magazine is full of inspiring stories, all written by our own members. It comes out ten times a year, with each issue featuring a different aspect of OA recovery.

This wonderful OA resource is available in two ways – as paper magazine and online. The online version gives extra features such as articles listed by topic and a complete archive of hundreds of stories published since January 2016. Either Lifeline version costs only \$23 a year, which is actually below the production cost to OA.

For the paper version you can use the subscription form in any Lifeline issue. For either version, you subscribe at [oa.org](http://oa.org) and click on Lifeline Magazine at the bottom of the home page. There you will also find out how to share your own story with Lifeline readers!



*The Higher Power is like electricity. You don't have to understand it for it to work.*

Two of our OA Guidelines have been revised and are now available for free download at [www.oa.org](http://www.oa.org).

1) **Treasurer Guidelines** have been extensively revised for clarity and will be especially helpful to willing OA members who have less experience with bookkeeping, budgeting, and reporting. Find it on the Treasurer Materials page or on the Documents page under "Group Treasurer Materials."

2) **OA C.A.R.E.S. Correspondence Program Guidelines** have also been revised to offer clear suggestions and cautions for giving service through written correspondence to OA members who are incarcerated in jail, prison, or another criminal justice facility. Find the *OA C.A.R.E.S. Guidelines* on the Guidelines page or on the Documents pages under "Guidelines."

For more information, contact DeDe DeMoss, OA World Service Publications Manager <[DDeMoss@oa.org](mailto:DDeMoss@oa.org)>

### ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY JANUARY 25, 2018.

Please send your submissions 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. Personal stories express the experience, strength, and hope of individual members and not of OA as a whole. Other OA groups and service boards may reprint articles from this newsletter without requesting permission.

## UPCOMING EVENTS -

### Super Saturdays & Sundays -

**Saturday, February 23, 2018** - Hosted by the St. Louis Intergroup at Missouri Baptist Medical Center, 3015 N Ballas Rd, St. Louis, MO 63131, building D, auditorium rooms section. This is the same room where the Intergroup meetings are held. Registration is at 9:00, followed by the program from 9:30 - 12:30. For more information, contact J-MO at 314-775-3261 / chair@stlouisoa.org.

### Other Events -

**Saturday, April 13**, IG Inventory & Big Book Recovery event - Please see page 2 for more information.

**March 29-31, 2019** - St. Louis Intergroup Convention, Sheraton Westport Plaza, St. Louis, MO - For more information, please see the article on this page.

### MAKE A DATE FOR A SUPER SATURDAY/SUNDAY IN 2019

To set a date and obtain information on how to host a weekend event, please contact Susan T. at [stowns@sbcglobal.net/314-775-3261](mailto:stowns@sbcglobal.net/314-775-3261).

FEBRUARY 23 - Unity Day

MARCH -	Open	AUGUST -	Reserved
APRIL -	Open	SEPTEMBER -	Open
MAY -	Open	OCTOBER -	Open
JUNE -	Open	NOVEMBER -	Open
JULY -	Open	DECEMBER -	Open

### BIG BOOK QUIZ

**ANSWER FROM LAST MONTH:** What is the cause of our problems? - "So our troubles, we think, are basically of our own making. They arise from ourselves... self will run riot" - page 62.

**BIG BOOK QUIZ QUESTION FOR NEXT MONTH:** How can we address the problems caused by self will? - page 62

### MORE ON THE BIG BOOK

The Big Book is a wonderful piece of literature that has helped many people on their recovery journey. But many people's reverence for the Big Book may lead to some questions for newcomers (or even not-so-newcomer).

*Does that mean if I read the Big Book and don't find I can connect to it, I won't recover? Absolutely Not!*

*If I choose to read or study or Work the Steps using the OA 12 & 12, am I less likely to find recovery? Absolutely Not!!*

*If I choose to use OA material, does that mean some key component of recovery is missing for me? Absolutely Not!!!*

There are people living a wonderful life of freedom using only OA literature, which is every bit as informative and helpful and teeming with potential for recovery as AA literature. Some people use a combination of both.

If you aren't finding what you need from the Big Book, try the OA literature. If you feel the OA literature isn't working, try the Big Book. You do you. Just keep coming back!

- Anonymous



## Countdown to the Convention!

It's just **TWO MONTHS** till the March 2019 Convention!

**\*\*Date:** March 29-31, 2019

**\*\*Place:** Sheraton Westport Plaza Tower Hotel, St. Louis MO

**\*\*Theme:** Sunlight of the Spirit

See the golden flyers at your meetings this month!

Online registration will be on our website soon (stlouisoa.org), along with a link to our convention's special online hotel room reservation site.

**What's needed this month:** We need people to step up to be team leaders for these functions:

**\*\*Vice-chair:** help out and learn the ropes

**\*\*Hospitality:** organize huggers & greeters, and staff the fellowship/hospitality room

**\*\*Decorations:** create a festive atmosphere

**\*\*Signs:** let people know where things are happening

For more information, please call Dianne 314-238-4052 or Elizabeth 314-304-1444.

### Babysitting Discontinued

After January 12, 2019, The Webster Groves Step Study meeting, Saturday, 10 a.m., Webster Groves Christian Church, 1320 W. Lockwood Ave. will no longer offer babysitting.

### OA RECOVERY OUTSIDE BI-STATE AREA

**Jan 18-20, 2019** - Los Angeles, California: 59<sup>th</sup> Annual OA Birthday Party. Los Angeles OA Intergroup / For more information, go to [www.oalaig.org/](http://www.oalaig.org/).

**Feb. 23-25** - Cocoa Beach, Florida: Together We Can... Believe, Achieve, Receive/ 9<sup>th</sup> Annual Florida State Convention/For more information contact: Chair - Jacqueline R., jarock587@aol.com, 407-423-4086

**Abstinence is never owned.  
It is rented.  
And the rent is owed  
everyday.**