

MARCH 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.

A Note from Food

Dear Human,

This is food talking.

I'm getting a little sick and tired of being blamed for being an addiction to some people!

I can't help it if they decided food is their chosen medication of desire. Whether I am growing on the vine or processed, I am just here to provide fuel for your body.

I do get praised sometimes when I'm invited to celebrations, laid out in a beautiful display and styled into almost a work of art. Then other times I'm just plopped in disposable containers, shoved around on the edge of someone's plate, hidden, or used by parents as a threat to force their kids to eat.

I'm telling you; I am just food. I am not good or bad.

I'm just here on this planet to provide your body with fuel in the form of energy, vitamins, minerals, proteins, etc. That's what I was designed for.

I am not your friend.
I am not your enemy.
I am not your companion.

I am simply here for physical health for your body. While I can bring some pleasure, I'm not here for your mental, emotional, or spiritual survival.

Please respect that.
Thank you.
Sincerely,
Food

- A.B.

C – Change the way you see your life.
H – HP is in charge, helping you.
A – Are you using your choices?
N – Now is the time to make good choices.
G - Going to any length helps.
E – Everyday is a chance to live better.

- M. F.

Confessions of An Infrequent Writer

I have always put pen to paper. From the time I was a little girl, there were two things that brought me comfort: food and writing. Those were the only times I could exhale. As I grew up, threaded throughout the pages of trying to find myself (so much sadness before program!!) is my relationship with food. I had too much shame to write about binging and purging, but there are countless pages documenting the cycle of my sprees: the periods of control followed by longer periods being out of control, the mounting frustration, gym joining, scale monitoring, pay and weighs, calorie counting and rising above it all, the unhappiness within myself. My inability to find peace. It is all written down, decades of obsession.

When I joined OA, writing was my tool of choice. It was a natural extension of what I was doing anyway and brought so much to my recovery. From my sponsor's step work assignments to my inventory and gratitude lists, I wrote all the time. And got so much out of it! I truly believe I can access my HP through writing, and HP has a way of cutting through my inner chatter to make himself heard when I am journaling.

So, what happened?! Yes, I have small kids, yes, I am on my phone too much (will there eventually be a 12-step program for this?!) yes, I am busy, but aren't we all? The bottom line is I just...don't write much anymore. I used to feel a lot of guilt about that, but because of program, I have acceptance around it now. My sponsor has pointed out that we have a toolbox for a reason, one tool does not fit all! I read literature most days, I sponsor, have an action plan, give service when I can, attend meetings regularly etc. to keep myself in fit spiritual condition. But when I DO put pen to paper, something beautiful happens: it invariably feels like a happy reunion with an old friend. The fresh page, empty lines, my favorite pen, quiet house, it settles me in the same way it did when I was a little girl. I honor myself when I write. I'm so grateful for this reminder. Thank you, Higher Power and OA!
- J. S.

Don't be alone; use the phone.

If you want to make an OA call, here's the number of a longtime, caring OA member: **Melanie T. 314- 226-8686** / Also - our OA office (**314-638-6070**) can provide a list of OA members who would be glad to talk to you.

HIGHLIGHTS FROM THE 2/10/2019 INTERGROUP MEETING & REPORTS

- Due to the weather, this meeting was, for the second time this year, held via teleconference.
- January minutes and financials were approved.
- Christina D. was elected as a World Service Representative.
- Our webpage consultant has added an analytic plug that will tell us how many people are accessing our website. This will be developed for a monthly report, which assist us greatly in making our website better serve the needs of our community.
- Intergroup held a group conscience and discussed a list of proposal provide by World Service. Our IG members then voted on which proposals should be granted time for discussion at the 2019 58th annual World Service Business Conference, to be held May 6-11, 2019 in Albuquerque, New Mexico.

INTERGROUP MEETING INFO

Our next Intergroup meeting is **Sunday, May 19, 2019** from 1:30 – 3:00 at Missouri Baptist Medical Center, building D, auditorium rooms section. There are is no IG meeting in April.

Ad-Hoc Ways & Means Committee Concludes

The Ad-Hoc Committee has met its mission and, through the heroic efforts of Dianne S., put together a full report on its findings. Drawing together years of survey material and data that has been solicited and collected by our members, this committee reviewed and organized the data. It further solicited information on attendance and the make-up of groups today and identified relevant areas of service and financial exploration for our later Inventory Event, to be held on April 13th, 2019. The report is full and inclusive and should provide material for discussion. It is easy to read and, again, thanks to Dianne S., is paired with an Executive Summary, so that a broader review of this can be had at hand. This report is posted on our website. Your representatives will have an electronic copy, so it can be shared with our entire community.

It has been an honor to serve on this committee. The work is important, the members of our committee were interested, involved, caring and kind. We could ask for no better service! Should you have further questions or concerns, please contact Christina D. at cdpresently@gmail.com.

The OA Office Needs Your Help!

- To support the office and keep it open Monday, Wednesday, and Friday mornings each week takes up to 15 volunteers. We now only have 10.
- * The office is closed on days when there is no volunteer to staff it.
 - * Currently, we don't have anyone to cover the 3rd Monday and the 3rd and 4th Wednesday of the month. Other days are also available.
 - * Each volunteer gives **only 3 hours a month**, to staff the office for just one morning from 9:30 to 12:30.

It's easy, but very important work:

- * Sometimes we can talk to newcomers who phone us looking for a meeting or asking about OA.
- * We take phone calls about OA business of all kinds, such as - meeting changes due to weather or holidays.
- * Volunteers help people who come into the office to buy literature, ask about OA, or do OA business
- * There can be special projects to do. Currently office volunteers are creating a new outreach directory, which is a list of OA members who welcome calls.
- * Once a month there are newsletter packets to prepare before Intergroup meets and mail out afterwards.

To learn more or volunteer, please contact Elizabeth C. at 314-304-1444 or bistateoa1@prodigy.net.

DIVERSITY & RECOVERY CELEBRATED AT UNITY DAY

What a great turnout for our annual Unity Day Super Saturday, held at Missouri Baptist Medical Center on February 23. We had 35+ participants and had to add chairs to fit everyone in. Cyndy L. led the day. To have her breadth of knowledge of OA, through all her years, and levels of service was such a blessing.

Speakers varied in age, gender, sexual orientation, and country of origin. One panel included OA members who have had weight loss surgery. What a blessing it is to be in these rooms, have the safety of our shared fellowship, and be welcoming younger members to our rooms.

Comments, such as these, highlighted the day:

"This disease doesn't discriminate. We have more in common than we have different. Thankful for the inclusion of all people, validation of a shared illness, and connection of a shared solution."

"This reminded me off a nugget of wisdom I have heard in several meetings: the opposite of addiction is connection." (Article continued page 3.)



**Featured Meeting of the Month
Tuesdays, 1 p.m.**

**Concord Trinity Methodist Church
5275 S. Lindbergh Blvd.
St. Louis, MO 63126**

There is a wonderful meeting in recovery in South County. It is entitled "New Me". It takes place at Concord Trinity Methodist Church on So. Lindbergh. It is one of the first meetings established in the St. Louis area. We meet on Tuesday afternoon at 1p.m. in the library. The facility is wheelchair accessible.

We have an average of twelve members at any given meeting. If large number of people attend a meeting, we will stay longer so everyone has an opportunity to share. It is a great location; you could even come on your lunch break from work. Our group is very warm with "oldies" and "newbies" alike. We recite the Twelve Steps together, read from **For Today** at the beginning of the meeting, and then read from the **Voices of Recovery** book at the end.

Our sharing is deep and warrants tissues on occasion. The experiences of our oldies are invaluable to us. Sponsorship and step work are evident with members lingering in the space after clean-up. Our meeting is a warm hug. So, come get your hug at a New Me meeting.

Our contact person is Doris at 314-843-5914.



Thanks, A. B., a local OA member who created this cartoon for our newsletter.

**Retreat 2019: HOPE LaSalle Retreat
Set for Oct. 11-13 in Eureka, Mo**

We now have a date, a place and a theme for our upcoming Retreat 2019! We have our keynote speaker and the theme of HOPE, which will be expanded upon over the next months. Because our retreat site of recent years, Sojourn in Dittmer, Missouri, has closed permanently, we had to look for another place. Many thanks to Bernice, our retreat chair, who found the LaSalle Retreat Center in Eureka, MO. It is a lovely, solid, and spacious facility, with grounds that can be walked, has a bonfire space, and rooms for all! It will suit our needs admirably.

Answering the call, the entire Eureka Meeting Group had a group conscience and signed on to work on the committee. Adding geography to enthusiasm, we are a lucky crew! A couple of past retreat committee members have also signed on.

The first official meeting will take place on Tuesday, March 5th, immediately following the Tuesday evening Eureka meeting. All are welcome! Contact Christina D. at cdpresently@gmail.com with questions or to volunteer!

(Unity Day article continued from page 2.)

"What a gift! I'm not alone. The speakers were so real, so loving, so honest. I always take away new ideas and new friends. Thank you, OA"

"I wasn't sure about coming at first, but I am SO GRATEFUL that I did. I learned so much about others, myself, and us, as a whole. I've heard their pain which connects with my pain. It made me tear up, it's like they all tapped into my heart. I realized more today than ever that I am meant to be here. This is my new home."

"The diversity I've found in OA has been a compelling reason to keep coming back. Compulsive (over)eating is an equal opportunity offender. Recovery through the 12-steps is an equal opportunity miracle. Together we can!"

Together we can, indeed!

**MAKE A DATE AND PLAN 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@sbcbglobal.net/314-775-3261. The

following months in 2019 are open:
**MAY, SEPTEMBER, OCTOBER, AND
JANUARY 2020.**

UPCOMING EVENTS – Super Saturdays & Sundays –

April 13, Saturday – Hosted after the morning Intergroup inventory, from 1 – 4 p.m. Christ Church Cathedral, 4th floor, 1210 Locust, St. Louis, MO 63103. For more information, please see article on this page.

June 8, Saturday – Ferguson Group – all day event

July 2019 – St. Charles Group

August 11 - Super Sunday hosted by the Abstinence First Group, Kirkwood, MO

November – Webster Groves Group

December - Sunday AM St. Mary's Group

Other Events –

Tuesday, March 5, 2019 - Retreat Committee Meeting, after Tuesday 7p.m Eureka meeting at St. Francis Episcopal Church, 602 Rockwood Arbor Dr. 63025. For more info, contact Ruth H. 314-606-4191.

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

Saturday, April 13, 2019 - IG Inventory from 9-11:30 a.m. & Big Book Recovery event 1 – 4 p.m. at Christ Church Cathedral, St. Louis, MO 63103. For more information, please see article on this page below.

October 11-13, 2019 – Annual retreat, LaSalle Retreat Center, Eureka, MO. See article on this page.

APRIL 13 INVENTORY & BIG BOOK EVENT - “Searching and Fearless in All Our Affairs” is the theme for a very special day Intergroup (IG) members have planned for April 13. An out of state facilitator will lead us in a morning inventory process in which we will take stock of where we are as an Intergroup. Registration is at 8:45 a.m., and the IG inventory will be from 9-11:30 a.m.

Then from 1-4 p.m., that same facilitator will lead us in a Super Saturday Recovery Event, an intense and personal look at Steps 4 and 12, using **The Big Book of Alcoholics Anonymous** as the major resource. The location for both halves is 4th Floor, Christ Church Cathedral, 1210 Locust, St. Louis, MO 63103. The building is accessible, and there's free parking in the bank parking lot next door.

We ask those attending the morning inventory to read a homework assignment in advance.

Find it on our IG website at

<https://bit.ly/2XCcs7YY> or request if from me at chair@stlouisoa.org. The suggested 7th Tradition donation for the day is \$6, but never stay away due to finances. For more information, contact JMO 314-775-3261 or Bob. L. at 314-256-9574.



Countdown to the Convention! **THE CONVENTION IS HERE!**

- March 29-31, 2019
- Sheraton Westport Plaza Tower Hotel
- Register by March 22 – by mail or online (stlouisoa.org) – mark checks “Convention.”
- After March 22, plan to register at the door.
- Order banquet tickets by March 22, the last day to buy them.
- Friday March 29 – registration starts at 5pm, and the grand opening is at 7pm.
- Saturday March 30 – registration opens again at 8am; sessions start at 8:15 am.

OA MEMBERS WE NEED YOU

- Get registered and encourage your group members to register!
- Volunteer - we need lots of helpers (Amy G, 314-302-0802, gauthieramy@gmail.com)
- Plan to personally support our fundraising, if possible. The convention, our largest recovery event each year, is also our largest fundraising effort.
- For more information contact Dianne S. - 314-238-4052 / dianneastang@yahoo.com.

GROUPS WE NEED YOU

- Past gift basket, raffles/auctions/sales have not covered the cost of the baskets or items, so we're trying something new.
- **We are asking groups to consider making a “cash” donation.**
- Please identify your check or cash donations with the group number and the word “Convention.” Bring them to the event or mail your check to the OA office beforehand.

We're counting on you! Thanks!

**The second thing you put in front
of your abstinence is the second
thing you lose.
Be careful.**