

OCTOBER 2017 OA TODAY NEWSLETTER

Region 4 / 9907 Gravois , Suite E St. Louis, MO 63123 / 314-638-6070 / bistateoa1@prodigy.net

TELEPHONE TIME! YES, YOU CAN AND HERE'S HOW!

The tool of Telephone has been a crucial part of my recovery. I look back to when I first joined program and I can see how much I loved to get phone calls as a newcomer. I wanted to hear from experience. I wanted to be affirmed that there really were others who suffered like me and every time someone called, I became a little more convinced that this might work for me too.

On the opposite side of the coin, I was terrified to be the one who made the call. I think this was my disease speaking loudly. I would hear my addict asking me to isolate. My addict said things like, "don't call her, she doesn't want to be bothered by you." I often heard my addict tell me that every one else seemed to have things figured out and they did not have time for someone as broken and miserable as me. I couldn't see that my phone call could be a blessing in someone's life just like all of the phone calls I received were such a blessing to me.

I have also come to understand how important Telephone is when I need to speak to my sponsor or another fellow in a moment of crisis. There is no other person on Earth who can help me like a fellow sufferer.

Now, I have the honor of using the telephone to sponsor another fellow who lives out of state and does not have a meeting within driving distance of her home. We attempted to email each other at first, but we realized quickly that email just did not allow us to speak in real-time the way that we needed. Not to mention that on the phone, we can hear a live voice, hear the emotion, the tears, the joy, the concern, and other feelings that we would not get on email or when texting. I encourage everyone to make the tool Telephone part of your day and most of all part of your recovery.

- Coly M.

If Picking Up the Phone Feels Still Like Picking up an 1000 Pound Weight...

For the next few months, OA members will be sharing their own thoughts and experiences on how to make and receive outreach calls. Using the tool of telephone calls can be quite simple and rewarding. We hope these articles will help lighten the load. If you are wondering what to say or how to say it, know we are here to help. MAKE THE CALL – YES, YOU CAN!

- Susie B.

If you need to make an OA call, but don't know whom to call, the person to call this month is a 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) can provide a list of members who would be happy to talk with you about OA and recovery.



Don't miss next month's telephone article: **How an outreach call helped me get out of the proverbial "Bermuda Triangle": the recliner, the big screen and the refrigerator - and finally lose weight.**

Retreat 2017: Accepting, Healing & Honoring Our Body Over 30 Attendees Experience Rest & Recovery at the September 8 -10 Annual OA Retreat held at Dittmer

Just a week before our retreat, our long-scheduled key note speaker dropped out for an unexpected personal event. The calm, quick resolution of what could have been a crisis was to be a harbinger of the grace and healing of this wonderful weekend to come. After a mere half hour of prayer and contemplation, our committee was able to come together and select a key note speaker who is from our wonderful Saint Louis Bi-State OA community.

Thirty-one members, a third of whom came from outlying Missouri and Illinois areas, gathered from September 8-10 at the Sojourn Retreat Center for time to listen to one another's stories; to be a safe space to share and work, with voice and body; to heal the sadness and pain each of us holds in our bodies, at the mercy of our disease.

Beginning with a healthy meal, followed by fun yet meaningful ice breakers, the stage was set to begin the spiritual exploration of ourselves. Blending laughter, tears, and truth, Friday evening began with a welcome and a gathering of our fears that we hoped to lay to rest.

Saturday was full of activities: some fun and relaxing (games, paddle boat and puzzles), some contemplative and calming (walks in nature on a gorgeous, breezy day, meditation, yoga practice). Led throughout by the confident, able guidance of our keynote speaker, and the kind sharing of the committee members in workshops, we were able to embrace the importance of our bodies, the value of ourselves and begin the process of making amends to this beautiful self that is us.

Saturday evening ended with the joy and release of a bonfire. Set in a copse of woods, ringed in trees with a field of midnight blue above, full of stars, we knew ourselves to be on a journey of caring that could and would begin a new healing path when we reentered our daily lives the next day.

Sunday was an acknowledgement of how very far we had come in so short a time and the fears we had left behind. We gathered in a closing circle of love and connection, putting our hands in another's, able to leave with our spirit more full. In one small weekend, we journeyed far together.

Here are comments written by those who attended the retreat:

"Realizing this was a safe place and the people here were all safe--I let go and was able to begin to open up in a new way."

"It was a healing retreat."

"My spiritual being hasn't been so full in years."

"The high point for me was the writing activities and small group sharing."

"Entire weekend was great."

"I loved the pajama meeting and (the) outside meeting."

"I was 'flying high' by the Power of my God."

"I liked the bonfire with the music and dancing."

"Just the boost my program needed...Hated to leave."

"Everyone seemed to really enjoy themselves and they felt comfortable enough to share. It was an emotional day. Good for all."

"High point for me was the sharing among all the participants and the camaraderie."

"This was my first retreat--and what a blast! I'll certainly come again next time."

What's Happening at St. Louis Bi-State Intergroup? (And What the Heck is Intergroup, Anyway?)

By J-MO , Intergroup Chair

If you are new to OA, you may have heard someone make an announcement about something happening at "Intergroup" and thought "what's that?" I was certainly puzzled about that when I was new to program. At first I thought it was like a Board of Directors or Council, but Tradition 2 says there is only one ultimate authority in OA – a loving God as expressed through a group conscience. It also says that "leaders" in OA are trusted servants and do not "govern."

Turns out that OA Intergroup is a place where multiple home meetings gather in service to provide some things that we cannot manage without getting together with others. For example:

- We offer an answering service and reply to inquiries about OA.
 - We publish a newsletter and maintain a website.
 - We recruit groups to host recovery events and get the word out about those events.
 - We maintain a stock of OA literature, available at our office and at recovery events.
 - We answer media inquiries, arrange for public service announcements, and conduct public information campaigns to help compulsive eaters find us.
 - We connect to Region 4 and World Service in ways that help us do even bigger projects in service to the fellowship.
- We maintain up-to-date directories of all

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 or 636-349-6048.



WOULD YOU PLEASE PASS THE BASKET AROUND A SECOND TIME IN NOVEMBER ?

November is "Gratitude Month," and many home groups will take up one or more special offerings that are directed to the work of Intergroup. If your group has not decided to do this, perhaps you could have a group conscience to seek HP's leading. Please send all Gratitude Month offerings to the OA office as a separate donation from your regular donations. Thanks so much!



WHAT'S GOING ON IN THE EIGHT STATE/TWO CANADIAN PROVINCES WITHIN OUR REGION 4 OA GROUP?

An online version of Region 4 quarterly newsletter is available at: <http://oaregion4.org/4-thought-region-4-newsletter>



INTERGROUP MAKES A DIFFERENCE !

If you want to help the many, many still suffering compulsive eaters throughout our Region 4 – come to our next Intergroup meeting on November 9. See the back of this newsletter for details.

UPCOMING EVENTS

SUPER SATURDAYS:

Saturday October 28, 2017
Samuel United Church of Christ
320 N. Forsyth Blvd.
Clayton, MO 63105
Lower Level

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Handicap accessible -Use west entrance for stairs; use south entrance for elevator
Registration 9 am - Program 9:30 am to 1 pm - Suggested Donation \$6

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All are welcome! Sponsored by the 7 a.m. M-W-F Clayton. Questions? Need Directions? Contact Pat M. (314) 581-9960

November 18 Super Saturday hosted by Intergroup at Samuel United Church of Christ in Clayton, MO. Program time 9:30 am – 12:30 pm. Registration starts at 9 am.

Let it Go! is the theme of December 9 Super Saturday hosted by St. Mary's in Clayton group at St. Mary's Hospital in Richmond Heights 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

FREE BABYSITTING - The Saturday, 10 a.m., Step Study meeting held at Webster Groves Christian Church on Lockwood Avenue, just west of Berry Road, has a babysitter provided free of charge by the group. So bring your kids of any age and join us! For questions or further information, contact cathy7601@gmail.com / 314-644-0354.

Region 4 St. Louis Intergroup UPCOMING MEETINGS

Intergroup meets at 1:30 PM on the second Sunday of the month at Missouri Baptist Hospital in Auditorium Room 3. (Ask a veteran Intergroup member to help you find it the first time; the path is twisty and turny.) Please send a representative from your group to this important monthly meeting, which acts as a group conscience for the almost 50 groups in our bi-state region.

Our next meeting is Sunday, November 12 – This is our annual business conference, so we will be electing some persons who have completed applications for service positions, and we may vote on some changes to the bylaws or policy and procedures manual. The agenda on our website from September has a list of positions that are open: <http://bit.ly/2xC5mu0>

There is no Intergroup meeting in **December**, but the Board of Trustees usually 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://oaregion4.org/stlouisoa/budget-request/>.

J-MO, IG Chair
314-775-3261 (talk and text)
chair@stlouisoa.org

ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY OCTOBER 15, 2017.

We welcome any articles, letters to the editor, art, and poetry that pertains to your experience, strength and hope in Overeaters Anonymous. Please send your submissions to the OA TODAY Editorial Staff at azylka01@yahoo.com or mail them to OA, 9907 Gravois, Suite E, St. Louis, MO 63123.

Your article can make a difference to others and help you stay abstinent.