

# SEPTEMBER 2017 OA TODAY NEWSLETTER

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



## *Making My 9<sup>th</sup> Step Amends*

Some of the amends I made were done verbally, some were by a letter. I even had to just change the way I talked with one person to make my amends. I felt they were so much like me that they needed punishing too! (I am so glad that God reminds us of where our place in life is! I am not God... so stop doing His job.)

There was one person that I couldn't talk to about what had happened. In doing so, I could cause major damage to her life. So, I chose to just talk it out with my sponsor and love the person for who she was. It was hard to talk with her because I still felt the guilt. That was when a loving friend reminded me once more that I am not God. I cannot keep feeling the guilt and love myself. I needed to let it go.

Well, that was the hardest lesson I think I have ever had to learn. I am grateful for the lesson, but I pray that I never have to go through that again.

Today I make amends daily. I review my day and apologize when I feel God nudging me to do it. He is really good at keeping my "side of the street clean". May your day be one filled with love. May you find that your amends list is small and that the one you love today should be You!

Hugs to ya! Cindy 10/4/2006 OA for Today

## *RECOVERY IS JUST A PHONE CALL AWAY*

The tool of using the phone has been very helpful to me in the last few months. In my home group, I had a service opportunity as group contact for the meeting. If a newcomer had questions, my number was listed as the person to call. I received several phone calls over the year asking about OA and our meeting. Each time I received one of these phone calls, I was so grateful for the opportunity to share about the strength and hope I have received from this program. In addition, each time I felt it strengthened my individual program and made me happy. Giving service always feels good.

I also had a different opportunity to use the phone recently, for which I was very grateful. A member who used to frequently attend our meeting had not come for a period of time. I was thinking about the person and hoping they were doing ok. I called them and told them I was thinking about them. They attended the next meeting and told me how much they appreciated my phone call. Again, I felt very grateful to have done a small act of service and hopefully helped a fellow member of OA.

I personally find it very difficult to pick up the phone and always find myself making excuses not to do so. I can honestly say when I do use the tool of the telephone it has benefited me 100% of the time. I am grateful for this simple tool.

With Gratitude,  
Michelle

**“Security is not freedom from the storm but peace amid the storm.”**

STEP NINE - Made direct amends to such people where possible, except when to do so would injure them or others.

### Step 9 – An Action Step

Step 9 does not stipulate that we feel guilty, obsess or have any of the destructive behaviors that have led us to turn to food in desperation. Many of us have learned that our dread of taking action is far greater than the act itself. Nor do we have to want to take this action. We need only be willing to begin this often daunting step.

There are various suggestions on how to proceed. These entail formulating a list of those to whom we are willing to make a direct amends, those to whom we might be willing to do so and those for whom we feel unwilling at this time. Structure is not the point. *Our willingness to relinquish resentments and to grow spiritually are the point.* These will lead us to the three fold recovery from compulsive overeating/living that we seek.

Next, we examine our expectations. We make amends to free ourselves of the past resentments that have driven our compulsive behaviors. How others receive our amends is beyond our control and, more to the point, not our motivation.

Most importantly, we commit to altering the behavior for which we have made amends. Having come to Step 9, we have a pretty clear idea of what some of those behaviors have been. We become willing to let them go. We open ourselves to the infinite promises and possibilities of our Program.

Lisa M.

*“We complete our amends for our wrongful actions of the past by changing our actions in the future.” (The 12/12 of OA, p.78.)*



### MARK YOUR CALENDARS

*The Region 4 Convention* will be held here in St. Louis in 2018! Every other year Region 4 has a Convention in some part of the region -- eight states and parts of Canada. We are fortunate to have it here next time! Join us for an amazing weekend of recovery. The theme is Show-Me Recovery: Together We Get Better. For more information, contact Elizabeth C. at [ecosbey@att.net](mailto:ecosbey@att.net) or 636-349-6048.



## 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](mailto: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!



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## 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 meetings - Please never stay away from an OA meeting or event for financial reasons. Questions? Need Directions? Contact Pat M. (314) 581-9960**

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**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.

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**December 9 Super Saturday** hosted by St. Mary's in Clayton group at St. Mary's Hospital in Richmond Heights. Program time 9:30 am – 12:30 pm. Registration starts at 9 am.

### SHARING YOUR RECOVERY IN THE NEWSLETTER IS DOING SERVICE !

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](mailto:azylka01@yahoo.com) or mail them to OA, 9907 Gravois, Suite E, St. Louis, MO 63123.

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

### Region 4 Intergroup Meeting – Sunday, October 8, 2017

The St Louis Bi-State Intergroup meets at 1:30 PM on the second Sunday of the month. The meetings are held at Missouri Baptist Hospital in Auditorium Room 3. All members of OA are invited to attend

Please be aware that we presently have the following service position vacancies:

- **IG Secretary** (One year of abstinence, Board of Trustees member)
- **IG Treasurer** (One year of abstinence, also a Trustee)
- **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)
- **IG Literature Coordinator** (Six months of abstinence)

In addition, our current **Office Administrator** completes her service this autumn, so rotation of service is needed in that role as well. One year is the abstinence requirement, and this is a Board of Trustees position (as are the chair and vice chair).

For descriptions of these roles, see the Bylaws and Policies and Procedure Manual documents on our website:

<http://oaregion4.org/stlouisoa/intergroup/documents-and-forms/>

Apply for any open position using this form:

<http://oaregion4.org/stlouisoa/intergroup/documents-and-forms/>

I also welcome your questions about any of these roles or ways you can help our Intergroup carry the message.

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