



Meeting of the Month

**Reaching for Serenity (SL051)
Wednesdays, 10 a.m.
St. Mark Methodist Church in Florissant**

Our group is friendly and welcoming. We have a reliable group of regulars and any new person who enters is warmly welcomed. We make sure that each is given a newcomer packet with the phone numbers of all those present at the meeting.

We read OA and AA approved literature and listen to CDs. Members are open-minded and share their own personal experience and hope with newcomers and regulars. Sharing is received with interest and humor. The atmosphere encourages warmth and humor. You are welcome to join us as we walk the road to a happy destiny. For more information, contact Connie H. at 314-606-4191.

LITERATURE NEWS

A New Beginning: Stories of Recovery from Relapse is once again available as a paperback book. To order this recovery resource, go to www.amazon.com/New-Beginning-Stories-Recovery-Relapse/dp/1889681016 and click the "Paperback \$9.99" button. A single book will be printed for your order and delivered to your address.

NEW OA 12 & 12 EDITION NOW AVAILABLE

Please make sure to spread the news to all! The newly published, amazing and wonderful edition of the OA 12 & 12 is now available at the office. You can make your way, as reps for your meetings, or individually, to pick up this first wave! We will also have them available for sale at our **April 21st, Spring Fling, Done in a Day Convention!** We've ordered cases so hoping to catch all of you queuing up for recovery!

NEW BOOK – Taste of Lifeline – More than 100 stories of recovery highlighting each of the 12 Steps, 12 Traditions, the Tools and much more. Now available at bookstore.oa.org at \$13.50 a copy.

4 Thought, our Region 4 Journal of Recovery is full of information and recovery. It is posted and available for viewing on the oaregion4.org website. Below is the direct link to the newest issue. <http://oaregion4.org/wp-content/uploads/2018/03/4-Thought-Mar-2018.pdf>

HIGHLIGHTS OF MARCH 11 INTERGROUP MEETING

- Elizabeth C. was elected as a world service representative. Christina D. and Pat M. were elected at Region 4 representatives.
- There was some discussion on the need for an OA meeting in the St. Louis City.
- There was discussion about the possibility of having booths at St. Louis Pride Fest and Black Pride Fest. Intergroup voted to allow the board to decide before the next Intergroup meeting to reserve at these events, if the costs were considered affordable.
- There was discussion about asking meetings to cover the cost of newsletter postage. No decision was reached.
- At the February Unity Day, the commitment used a "tip jar" for the first time and made announcement about OA Intergroup's financial need, resulting in contributions of \$213. Let's repeat this at other recovery events and see how it works out.
- Intergroup chair JMO has had hip surgery and vice chair Susan T. is healing from a broken arm. Best wishes for a speedy recovery!

Our next Intergroup meeting is Sunday, May 6 at 1:30 at Missouri Baptist Hospital in the auditorium room area.

Please send a representative from your group to this important monthly meeting, which acts as a group conscience for over 45 groups in our bi-state region.

Future Intergroup meetings will be held **June 10, July 8, September 9, October 14, and November 11.** **There are no meetings in April, August, or December.**

For more information, call or text IG Chair J-MO at 314-775-3261.

OPEN SERVICE POSITIONS –

Here is a list of currently open service positions:

1. Office Administrator
2. Region 4 Representatives (3 positions open)
3. World Service Delegate (1 position open)
4. IG Office Volunteer Coordinator
5. IG Literature Coordinator

If you are interested, or have questions, please call IG Chair J-MO at 314-775-3261. You can apply at: <http://oaregion4.org/stlouisoa/intergroup/documents-and-forms/>.

OTHER VACANCIES

Our **bookkeeper** has resigned due to increased work at her full-time position. We also are in need of **webpage maintenance person**. Please encourage people interested in either position to send a cover letter and resume to chair@stlouisoa.org.

Just because you got a monkey off your back doesn't mean the circus has left town.
– George Carlin

REGION 4 CONVENTION – IT'S JUST TWO MONTHS AWAY...

June 22-24, 2018

Sheraton Westport Plaza Hotel in St. Louis, MO



NEW & IMPORTANT INFO ABOUT HOTEL REGISTRATION

This June, a big Region 4 Convention will happen right here in St. Louis. Join us for the weekend of June 22–24 at the Sheraton Westport Plaza Hotel. As many as 150 people will be at this amazing recovery event from eight states and two Canadian provinces.

People are already signing up to come. Want to join them?

Here's how to register for the Convention.

Costs: Registration for the convention is \$35 if postmarked or purchased online by May 25. After that it is \$45. The optional banquet costs \$35. There will be an optional donation available to a scholarship fund that will help others pay the registration fee. (To apply for scholarship funds, contact the Region 4 treasurer: treasurer@oaregion4.org.)

To pay by check, use the registration flyer available at your meeting, or download it from oaregion4.org. To pay by credit card or PayPal, go to www.oaregion4.org, where convention information and registration are right on the home page. The registration fee, the optional banquet purchase and the optional donation are separate items that you can put in your cart. For any questions about registration, call Jo at 515-943-4183.

ENOUGH

E – Enough of doing the same things and getting the same results.

N – Not today – I have a food plan.

O – One day at a time

U – U can pray to your H.P. whenever you need to do so.

G – Go for the goal by eating properly and losing weight in H.P.'s time

H – Happy, joyous, and free is what I am when I work the 12 steps and a good food plan.

– Mary F.

How to Reserve a Room at the Hotel

The group rate for rooms is \$95, plus tax, no matter how many people (up to 4) share the room. The best and simplest way to reserve a room is online. Just enter this address into your browser:

<https://www.starwoodmeeting.com/book/overeaters>.

You can also register by phone during regular business hours by calling the hotel at 314-878-1500 and mentioning the code “Overeaters Anonymous.” If you do register by phone, make sure you get the group rate. If necessary, call back another time and try again.

There are plenty of rooms still available. To get the room rate of \$95 per night (plus taxes), reservations must be made by June 1. Hotel amenities include free parking, free airport shuttle, free wifi, fitness room, and restaurant. Mini fridges and microwaves are available on a first come, first serve basis.

For any questions about the convention, please email Elizabeth at ecosbey@att.net or call 314-304-1444. See you there!

Convention Schedule

FRIDAY - Registration will open at 5 p.m. and the program starts at 7:30 pm.

SATURDAY - Sessions and speakers begin at 8:30 a.m. and end at 3:45 p.m. Then there is a two hour on-your-own lunch break from 11:30 a.m. to 1:30 p.m. There is fellowship time from 4-6 pm. The optional banquet goes from 6 to 7. A keynote speaker will present at 7 p.m. and is open to all attendees. This will be followed with entertainment until 9 p.m. and fellowship after that.

SUNDAY - Sessions and speakers will be held from 9-1 p.m.

HOW TO SIGN UP TO VOLUNTEER AT THE CONVENTION

To see what volunteer shifts are open, and to sign up for your preferred shift directly, go to SignUpGenius.com. Click on the little magnifying glass in the upper right corner. Fill in the search field with ecosbey@att.net. Try it – you'll like it!

We are in the process of transposing conventions and Super Saturday recordings from cassettes to CDs. If you want any of these cassettes, please contact the OA office.

I just did a week's work of cardio walking into a spider web.
– Unknown

UPCOMING EVENTS—

BECOMING REAL - Done in Day Convention
St. Louis Bistate Spring Fling FUNdraiser
April 21, 2018, 9:00 am to 9:00 pm
Webster Groves Christian Church
1320 W. Lockwood Avenue St. Louis, MO 63122

There will be healing workshops, speakers, sharing, meetings, meditation, music, karaoke, skits, fun, and laughter. To help raise money for Intergroup outreach and expenses, there will be auctions, raffles, and drawings. Please look for auction tickets this month at your meetings

If you can host an out of town person in your home, please contact us. And this would be a wonderful event for you to invite a friend.

If the costs of staying in St. Louis or covering registration costs are your only barriers to attending, please know lodging arrangements and financial assistance can be made available.

For more information, contact Pat M. at (314) 581-9960 for general information and Christina D. at (314) 954-1944 or secretary@stlouisoa.org for WE CARE & registration information.

Can't be at two places at the same time in the same place so... the Saturday 10:00 a.m. Step Study meeting (SL035) will be canceling its April 21 meeting and babysitting service due to the Spring Fling at their meeting location of Webster Groves Christian Church, 1320 W. Lockwood Avenue St. Louis, MO 63122 from 9 a.m. to 9 p.m.

June 22-24, 2018 - Region 4 Convention will be at the Sheraton West Plaza Hotel in St. Louis. For more information, please see page 3.

October 26-28, 2018 is the date of this year's OA Retreat and it will be held again at Sojourner's Retreat House. A speaker for the retreat has been scheduled. A retreat chair is needed. For more information, contact Pat M. at 314-581-9960.

ARTICLES FOR THE MAY NEWSLETTER ARE DUE BY APRIL 25, 2018. Please send your submissions of experience, strength and hope to the OA TODAY Editorial Staff at newsletter@stlouisoa.org or mail to OA, 9907 Gravois, Suite E, St. Louis, MO 63123. Thanks!

Did you know that you may sign up for a World Service Organization monthly bulletin that will keep you posted on new literature, special events, and more? Go to oa.org, click on MENU, and go down to the Newsletter Signup. This is yet another way to have an encouraging connection to people in recovery worldwide.

Upcoming Super Saturdays -

May 5 – Cinco Day of Recovery will be hosted by the Thursday 10 a.m. Thursday morning New Day (SL147) meeting at Ferguson Church of the Nazarene, 1309 North Elizabeth, St. Louis, MO 63135. Registration starts at 9 a.m. and the program is scheduled from 9:30 a.m. – 3 p.m. A salad bar lunch will be provided for \$7. The suggested registration fee is \$6, but don't let finances keep you from coming. For more information, please contact Cindy R. at 314-313-2465.

June - Available

July – Hosted by St. Charles Group at St. John's UCC Church in St. Charles, MO (More details in future newsletters.)

August - Hosted by Sunday Kirkwood Group (More details in future newsletters.)

September 16 – This Super Saturday will be hosted by the Monday night Newcomers meeting in Webster Groves and the Tuesday Newcomer meeting at St. Francis Episcopal Church, 598 Rockwood Parc Court, Eureka, MO 63025. Registration is at 1:30 and the program is scheduled from 2 p.m. to 5 p.m.

October – Hosted by Webster Groves Saturday 10 a.m. Step Study meeting (More details in future newsletters.)

November - Available

December – Hosted by Sunday St. Mary's Group (More details in future newsletters.)

MEETING TIME AND LOCATION CHANGE

The current Thursday 6:30 PM men's meeting (SL422) will be changing its time, location and contact number starting Thursday, April 12, 2018. Everything else (e.g. men's focus, open group) will stay the same. Our new location, time and contact will now be: Thursdays at 7 PM, at the Recovery St. Louis building, 8029 Clayton Rd., Suite 1, St. Louis, MO 63117. This is on Clayton Road, just one block east of I-170.

The contact for this meeting is Lev G. at (314) 996-9325.

Other Resources for Men – There is an email based OA discussion group for men. To join, email oa4men@oa-brandywine.org with your first name, phone number and your time zone. There were 225 men registered in mid-February, including approximately 50 sponsors.