

AUGUST 2019 OA TODAY NEWSLETTER

9907 Gravois, Suite E St. Louis, MO 63123 / 314-638-6070 / newsletter@stlouisoa.org /

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

The Power of Writing/Journaling

William Shakespeare, Thomas Edison, Ernest Hemingway, Sylvia Plath, Anne Frank, C. S. Lewis, who were they? What did they have in common?

When C. S. Lewis, mourning his wife's death, tried to talk to his children about her, he lamented, "They look as if I were committing an indecency." So he poured his grief out in a journal. Thomas Edison reminded us, "Never go to sleep without a request to your subconscious".

How do we cleanse our minds, sort out the bad from the good when everything is so jumbled up it confuses us, drags us down, puts us in depression and keeps the black cloud hanging over us constantly? Science has proven journaling is a tool bringing our jumbled up thoughts to light, clearing our minds to help form our ideas.

Keeping a daily journal is healing. It helps to unbury our feelings, It's beneficial citing gains in insight and self-understanding. Putting our thoughts and feelings into a journal helps us confront them, organize them and wrest the meaning from them. It leads us not only through our darkness, but also through our happiness, as well. It opens up our minds to explore our thoughts and feelings. Writing allows us to organize those many thoughts swirling about our minds in craziness, bringing us to a soothing calmness. Journaling protects us from outside judgments. It is there for our eyes and minds alone, unless we choose to share. We gain empowerment with journaling, bringing us stability in our lives, reducing our stress, while keeping us in the present moment.

OA gives us the 12 Steps and 12 Traditions and the nine tools of recovery: A Plan of Eating, Sponsorship, Meetings, Telephone, Writing (Journaling), Literature, Action Plan, Anonymity and Service. OA also speaks of the 3-legged stool - Emotional, Spiritual & Physical.

Writing & Journaling is a very important tool which helps us to bring this balance into our lives. If you have incorporated writing into you daily life - Bravo to you!! If not - won't you please start to implement this very important tool into your daily life? The benefits of this mighty tool of writing/journaling await you. - *M. W.*

OA Member is Featured in Powerful Post-Dispatch Article

An OA member was the subject of an amazing article in the July 10, 2019 edition of the St. Louis Post Dispatch in its Let's Eat section. It is truly a wonderful testimony to our 12 step program! Many wonderful thanks to this member for her courage, and to the great journalist who wrote with clarity and accuracy to put forth a great account of how this woman's story is an OA story. In line with our traditions, this member is not shown in full face nor named so as to remain anonymous to the public.

Please share this article with all your groups! Good work and good service! May it reach all who may benefit from our message!

Here is the link:

https://www.stltoday.com/lifestyles/food-and-cooking/neman-one-woman-s-tale-of-incredible-weight-loss/article_bcb46038-f13e-562e-8027-b80f9acefe06.html

Struggling with the food? Don't be alone; use the phone.

If you want to make an OA call, but don't know whom to call, Here's the number of a longtime, dedicated OA member:

Ellen W. at 314-603-3712.

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

You might be a member of Overeaters Anonymous if:

- *Emails from your friends say HALT in the subject line.*
- *Your idea of a smooth opening line is, "I really like what you shared."*
- *You don't know most of your friends' last names.*
- *At work meetings, people look at you funny because you remind them not to crosstalk.*

HIGHLIGHTS FROM THE 7/8/2019 INTERGROUP MEETING & REPORTS

- Susan T. was elected 2020 convention chair.
- Treasurer offered notes that the finances are at about even with last year at this time. She asked to please thank your groups for their generosity. By June they contributed \$5,464.71.
- A committee was convened to discuss our Office, its efficacy and viability. J-MO discusses how we deal with 'hot' issues and the courtesy and conscience that governs OA. Groups will be informed of results and/or information in 3 ways: 1) Representatives are given reports and information which they relay to groups, 2) newsletters, and 3) email and/or special reports that are sent out to IG with a request to report.
- The number of users for our website users in July was 272.
- Literature sales for May were \$271.95, June - \$77.65, July - \$465.25, with an additional \$2.70 donation.
- Public Information - Some ideas to explore (as group conscious dictates) include having: communication and contact lists, Podcast possibilities, and Facebook closed meetings. A couple of volunteers are ready to work with youth. September will likely be the roll out date for a full discussion and exploration of those plans.

INTERGROUP MEETING INFORMATION

Our next Intergroup meeting is **Sunday, September 8, 2019** from 1:30 – 3:00 at Missouri Baptist Medical Center, building D, auditorium rooms section. The remaining 2019 Intergroup meeting dates are **October 13, and November 10**. Some IG meetings may be preceded by Board of Trustee meeting and will be announced a head of time. There are no meetings in April, August, or December. To join by Teleconference call: (712) 451-1080 then dial Access Code 762802. If you have questions, call IG chair J-MO at 314-775-3261.

AD HOC AND SELF INVENTORY REPORTS ARE AVAILABLE ON-LINE

A report of a self-inventory on 4/19/2019 by the St. Louis Area Intergroup (IG) can be accessed by going to the stlouisoa.org website / Intergroup / Business Documents and Forms. The Executive Summary of the IG Ad Hoc Ways & Means Report and the Ad Hoc Ways & Means Committee Report are also available under the Business Documents and Forms tab. If you have questions, please contact IG chair J-MO at 314-775-3261.

Convention 2020 Save the Date - Celebrate OA's 60th anniversary at the 2020 World Service Convention in Orlando, FL USA from August 20-22. For the latest details, check out the Convention [page](#) or sign up to receive email updates at conventioninfo@oa.org.

SHOULD WE MAINTAIN OUR OA OFFICE? PLEASE SHARE YOUR OPINION Deadline for Input has been Extended to August 31

If you would like to offer thoughts on why our Intergroup should maintain the office on Gravois or close it, please email your statement of 150 words or less to chair@stlouisoa.org by August 31. Due to the newsletter mailing schedule, the deadline was extended. If you do not have access to email, please call J-MO, IG chair at 314-775-3261.

If you are willing to be interviewed by the committee, please include your email and preferred phone number with your statement. An equal number of members on each side of the issue will be invited to speak with the committee in early autumn, and all emailed comments will be read by the committee.

Highlights of the World Service Business Conference – The Group Conscience of our Worldwide Fellowship - The 2019 World Service Business Conference was held May 6-11 and gathered more than 180 delegates. To read the results from the Conference, check out the [Wrap-Up Report](#) on oa.org under "Frequently Used Documents."

Suggested Seventh Tradition

Contribution Increase - In February 2019, the Board of Trustees approved increasing the suggested amount from \$3 to \$5. Why not ask your home meeting whether they would like to add changing this in your meeting format to your next group conscience? The increase helps support every level of service carry the message as the money is used to cover the group expenses, and then the service bodies beyond the group level (intergroup, service board, region) and the WSO. A review of the Seventh Tradition [pamphlet](#) may help you understand the financial structure of OA and why we are asking for your financial support.

Lifeline Magazine's Final Issue - After 55 years as our "Meeting On the Go," offering stories of experience, strength, and hope for recovery through OA's Twelve Steps, Lifeline magazine and its online format, oalifeline.org, will be discontinued at the end of 2020. Multi-year subscribers with issues still remaining at the end of 2020 will receive a prorated refund. Information and options will be available at a later date for subscribers whose subscriptions will end in the period from January to October 2020.



Featured Meeting of the Month

Sunday Morning, 10:30 A.M.

OA Office: 9907 Gravois Road Suite E
St. Louis, MO 63123

MIX IT UP with this Meeting of the Month! If you are a person who thrives on variety, the Sunday 10:30 a.m. “mix-it-up” meeting is for you. Whether you are a newcomer or someone looking for an additional meeting, there is something for everyone with a rotating format that includes a step meeting; read, write, and share; leader’s choice, and open topic. A variety of readings and activities are used to spark sharing and increase members’ understanding of the problems of compulsive eating behaviors and the solution found in OA. Here’s what a few group members have to say:

“Each week is a different topic! We are a somewhat small, but strong, group of friendly and caring people.” – P.

“The Sunday morning meeting is, for me, like going to church because it sets the tone for my week. I enjoy the exchange of experiences from fellow OAers. I always learn something that will help me in my recovery.” – B.

“The variety of formats, readings, and activities really helps me focus on challenges I am facing and provides an opportunity for me to be supported and affirmed by other OA members.” – B.S.

“The Sunday morning meeting’s time fits into my weekend routine. I especially enjoy the sharing which gives me ideas about what others are doing without being ‘told’ what I ‘should’ do. This is truly one of the advantages of OA.” – A.

“I enjoy the Sunday meeting because of the rotating topics and the integration of all elements of a solid meeting – Our Invitation to You, readings, discussing the tools, solid guidelines for honest and open sharing, and a comfortable environment at the OA office with tables and padded chairs.” – N.

Come and check us out! For more information, contact Peggy at (314) 351-1985.

Rock bottom became the solid foundation on which I rebuilt my life.” – J.K. Rowling



OA Needs You! Consider joining our team in service.

Technical Support - There is a need for technical expertise and support for Region IV. 314-775-3261

Office Volunteer - Currently we have two vacancies: The fourth Wednesday of the month and The third Monday of the month The commitment is only three hours a month, 9:30 a.m. – 12:30 p.m. For more information, please text or call Elizabeth C. at 314-304-1444.

Region Representative - There will be a need for a new Region representative as soon as possible to replace Elizabeth C., as her tenure ends this November. It would be good to nominate in September and attend, in her place, in October so as to be up to speed on Region IV activities and committees. 314-304-1444

Literature Co-Chair - Marilyn F. continues to need a Literature co-chair and asks that we consider giving service and recommending those who might. italngal727@aol.com/314-304-1444

Newsletter Editor – This could be done by one or a team of people. newsletter@stlouisoa.org

World Service Delegate (2 positions; one year of abstinence) 314-775-3261

Region Representatives (3 positions; 6 months abstinence) 314-304-1444

IG Office Volunteer Coordinator (6 months abstinence) 314-775-3261

Also, our annual business conference is on Nov.10. The **chair, secretary and office administrator positions are elected in odd-numbered years.** You can read about the positions by going to the oaregion4.org website, click on documents and forms, to read the bylaws and complete an application.

UPCOMING EVENTS –

Super Saturdays & Sundays

September 14, Saturday – Webster Groves Christian Church, 1320 W. Lockwood, St. Louis, MO 63122. Registration starts at 9 a.m. and the program is from 9:30 – 12:30. It is hosted by the Saturday morning 10 a.m. Step Study Group.

November 2019 – IDEA Day/International Day Experiencing Abstinence - Intergroup

December 2019 – Sunday St. Mary's Group

If your meeting can host a Super Saturday/Sunday in 2020, please contact Dianne S. at vicechair@stlouisoa.org / 314-238-4052.

Other Events –

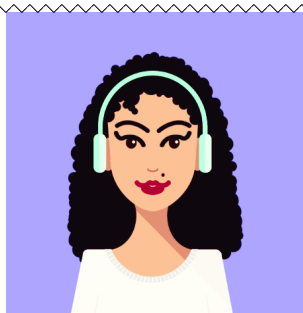
August 31, 2019 – Should we maintain or close our OA office? The deadline to share your opinion on this important matter is August 31. For more details, please see the article on page 2.

October 11-13, 2019 – Annual Fall Retreat at the LaSalle Retreat Center in Glencoe, Missouri. The weekend will be filled with how to use the Tools, Steps, and Principles of our OA 12-Steps. The process of PAUSE, THINK, and then CHOOSE will be used to show us how to make wise choices at emotionally challenging times. This weekend will include five meals and a Saturday night bonfire. LaSalle Center is handicap accessible.

As always, give what you can, but never let finances keep you from recovery. Contact Brigid W. at brigid.welch@gmail.com or (812) 599-9042 with any questions about the retreat, registration, and We Care Fund.

Thank You!

Remember your sponsor on Sponsorship Day, which is the weekend On August 17 -18.



If you're 18 to 30 and interested in sharing your experience, strength, and hope through recovery in OA as a **podcast speaker**, go to <https://www.surveymonkey.com/r/YPC19>. The questionnaire will remain open until Jan. 31, 2021.

JULY 13 SUPER SATURDAY HELD IN ST. CHARLES

The July 13th Super Saturday was hosted by the Thursday morning St. Charles Big Book group and the Monday night 212 Club O'Fallon group. Held at St. John UCC in St. Charles, MO, we had a big turn out with 32 attendees, the most attendees we've seen at a Super Saturday hosted in this area! We were grateful to hear from wonderful speakers who each shared their experience, strength and hope on the topic of freedom. We enjoyed all of the insights and wisdom shared along with having a great time of fellowship with everyone who came out.

MEETING CHANGES DUE TO LABOR DAY HOLIDAY

These ARE meeting on Labor Day, Monday, 9/2

- 7:00 am, 52794, Samuel UCC, Clayton
- 10:00 am, 56883, Union, MO
- 5:30 pm, 05047, Unity Church, Springfield IL
- 7:00 pm, 11652, Webster Groves Christian Church
- 7:30 pm, 54565, 212 Club, O'Fallon, MO

These are NOT meeting on Labor Day

- 11:00 am, 56156, Farmington, MO
- 6:00 pm, 38789, OA office
- 6:15 pm, 33891, Waterloo, IL
- 7:00 pm, 07276, Creve Coeur

OTHER MEETING CHANGES

- The meeting in Fulton, MO has closed.
- There is a new meeting in Union, MO that is being held on Mondays at 10 a.m. Please see the Where & When for details.
- The Eureka men's meeting at 10 a.m. Friday is no longer just a men's meeting. It is now an open meeting for everyone.
- The meeting in Mattoon IL is in the process of moving to our IG. Look for it on oa.org.

NEXT NEWSLETTER SUBMISSIONS ARE DUE BY AUGUST 25, 2019.

Please send your submissions to the OA TODAY at 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.