

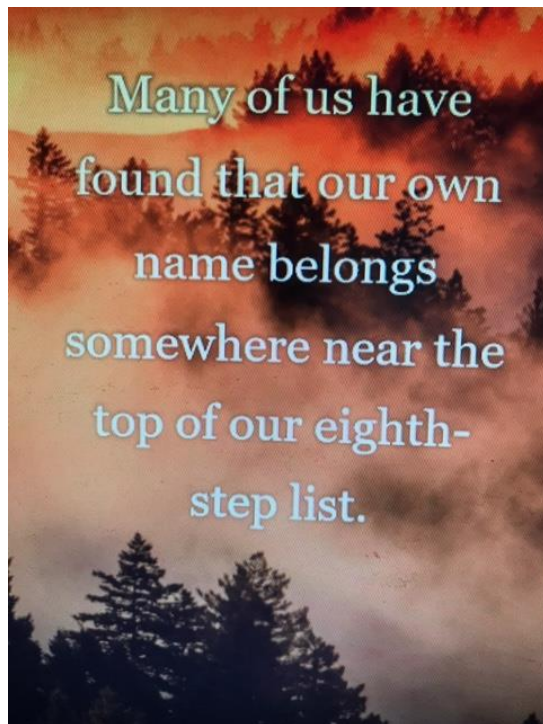
JUNE 2020 OA TODAY NEWSLETTER

St. Louis Bi-State Intergroup of OA
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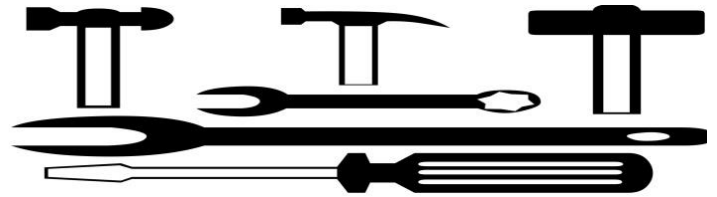
Abstinence Defined

1. Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
2. Recovery: Removal of the need to engage in compulsive eating behaviors.

Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program. (Business Conference Policy Manual, 1988b [amended 2019])



(words from the OA 12&12; graphic by Anonymous)



TOOLS FOR RECOVERY

In working Overeaters Anonymous' Twelve-Step program of recovery from compulsive overeating, we have found a number of tools to assist us.

We use these tools regularly to help us achieve and maintain abstinence.

Many of us have found that we cannot abstain from compulsive eating unless we use some or all of OA's nine tools of recovery.

- [A Plan of Eating](#)
- [Sponsorship](#)
- [Meetings](#)
- [Telephone](#)
- [Writing](#)
- [Literature](#)
- [Action Plan](#)
- [Anonymity](#)
- [Service](#)

From the OA pamphlet Tools of Recovery © 1996 Overeaters Anonymous, Inc. All rights reserved.

Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

–OA.Org

Quit Trying to Fix Stuff You Didn't Break and Other Life Lessons

HP seems to give me the same lesson until I finally get it. And, at 62, I am more motivated to learn them lest I'm in an assisted care facility and find the old boss, acquaintance, co-worker, etc. has followed me!

For example, a co-worker threw shade in my direction; she had other targets but picked me. As I have done a million times before with a million different incidents (my issue), I chose to take her shade with me when I left work. For the next few days I talked about the incident and her with friends, 10th stepped it, felt sorry for myself, and had this huge need to "fix" it – whatever it was I felt the need to do SOMETHING.

My past fixing techniques have included apologizing for something I wasn't responsible for, sucking up so the person would like me again, trashing him/her to others so they could affirm she was wrong and I was right, confronting her, etc. The "fixing" ideas come AFTER the incident, which likely the co-worker never gave a second thought, and if I had confronted her would wonder what I was talking about.

This time, after trying the old stuff, I prayed. I asked HP to show me once and for all what the co-worker was there to teach me and to be grateful for her instruction. So I took out pen, paper and wrote out every similar incident from as long ago as I could recall (there were plenty) and looked at the pattern of my reaction to each.

First, was shock, hurt and self-pity, next anger and selfishness "I shouldn't be treated like this?" End result - resentment. I also realized growing up in a dysfunctional alcoholic home as I child I felt everything was my fault. I spent years feeling responsible, trying to fix

people and things that weren't mine to fix in the first place!

So back to the co-worker - who knows what was going on in her life that day she snapped at me? Her attack was about her, not me - my old pattern was to make her bad behavior about me (selfish, self-centered). So when this lesson revisits me (and it will), I will pray first to quickly re-affirm the lesson, take inventory, make an amends (if I have actually done something), ask God to remove the defect(s) if appropriate, and exercise the "wisdom to know the difference."

What I have come to clearly understand: I am not nor have I ever been obligated to have to fix things I didn't break in the first place. This simply knowing and understanding is a new freedom and new happiness and a lesson worth learning!

Anonymous Missouri



Dear Fellow OAs,

Here is a June update on what's happening in our Intergroup. The "state of our Intergroup" is great. Most of our meetings have successfully transitioned to conference calls and/or Zoom meetings. No small success without prior plans and with almost no notice - kudos to all. It is so important that we keep in touch with each other and maintain our recovery practices. Your IG Reps have forwarded the Virtual Meeting Where & When, and it is also on our [Webpage](#).

We had our first Zoom IG meeting on May 17 it went very well with the exception of my publishing the incorrect password on the agenda. Oops! So, apologies to anyone who could not join us due to my error. The highlights of our meeting included: a revised time/action schedule for closing our office space due to the virus; reporting on three sections for the member survey (with pie charts thanks to Melanie and J-MO); and a Public Information Officer report and update about getting active in social media.

We elected a new Secretary, Susan T. Welcome, Susan. So many thanks to our Interim Secretary Carol H. You did a fabulous job!

We have a new post office box, in Afton for the convenience of our bookkeeper Sue. Our address as of June 1, 2020 is St. Louis Bi-State Intergroup, PO Box 28882, St. Louis, MO 63123-8882. We will soon be transitioning to a cell phone and will keep our current phone number.

Our next meeting will be a Zoom meeting on Sunday June 14th at 1:30 pm.

In Service and Gratitude, Dianne S.

Dates to Remember

June 14, 1: 30 p.m. - Intergroup (IG) Meeting – via Zoom (reps and those in service positions receive packet & link by email)

July 12, 1:30 p.m. – IG Meeting

July Recovery Event OPEN (can your group host?)

No Intergroup Meeting in August

August 16, 4 p.m. - Recovery event tentatively at PNC Bank, 333 S. Kirkwood Rd, Kirkwood, MO 63122 – more details to come

September 11-13 – Intergroup Retreat – tentatively at Kings House in Belleville, IL, more details to come

September 13, 1:30 p.m. – IG Meeting

October 2-3, Region 4 Assembly, more details to come

October 11, 1:30 pm. – IG Meeting

November 21-22 – International Day of Experiencing Abstinence (IDEA Day) – Open (can your group host?)

November 8, 1:30 p.m. – IG Meeting

December Recovery Event, Date TBD – Hosted by Sunday St. Mary's Group

ARTICLES FOR EACH NEWSLETTER ARE DUE THE 20TH OF THE PREVIOUS MONTH. Please send your submissions to: newsletter@stlouisoa.org - or mail to OA TODAY, c/o St. Louis Bi-State Intergroup, P. O. Box 28882, 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.

OA Region 4 - Virtual Convention

July 10 - 11, 2020



Come join the
Region 4 Fellowship
to celebrate us!
Together we get
better!!

Friday, July 10, 2020

6:30 – 7pm Intro to Event
7 – 8pm Keynote speaker R4 Trustee

Saturday, July 11, 2020

9 – 9:15am Welcome & Introductions
9:15 – 10:30am Three-part session: Steps 1 – 3; Steps 4 – 9; Steps 10 – 12
10:30 – 10:45am Break / Fellowship
10:45 – Noon Adding our Senses to the Steps workshop
Noon – 12:15pm Break / Fellowship
12:15 – 1pm Virtual Lunch
1 – 2pm Sponsoring – panel discussion
2 – 2:15pm Break / Fellowship
2:15 – 3:30pm Living the OA Program workshop

\$25 Registration

Scholarships Available: for more info email: admin@oaregion4.org

Register Now at: oaregion4.org

Or mail your check (made to OA Region 4 Convention) & registration to:
OA c/o Barb, 11722 SW Diamond Rd, Augusta, KS 67010

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____ Email: _____

Registration Enclosed: \$ _____

R4 &/or Scholarship Donation Enclosed: \$ _____ (please specify)

Total Enclosed: \$ _____