

# MAY 2019 OA TODAY NEWSLETTER

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

## Writing for the Non-Writer

Writing is difficult for me. However, I think that writing, as it is described in the OA Pamphlet Tools of Recovery, is an amazing tool. Yet, honestly, sometimes I don't have the willingness to write down my feelings. For those of us who struggle or are hesitant in this regard, I'd like to offer some variations to traditional writing. Below are five such types.

**- Write the third step and seventh step prayers (or others) over and over like a mantra** - If I don't

have the words myself, I find it helpful to write down someone else's, as if they were my own.

Writing down prayers or meditations that I've already memorized, and say them on a daily basis anyway, helps me to slow down and think about each word.

**- Thank you notes** - While I was writing amends during my ninth step, it occurred to me that I also wanted to write thank you letters. For instance, I sent out thank you letters to some of my past teachers. The notes weren't super long, but they did the job. In effect, I *made a list of people I wanted to thank and became willing to thank them all*. I got a couple of letters back, and they were so appreciative to have gotten my messages. It made me feel good too.

**- Write a gratitude list** - I heard that thinking of three things that you are grateful for every day makes you happier. I've been practicing that, and it actually works.

**- Calligraphy** - One doesn't need to be a trained calligraphy artist to use it as a fun personal meditative practice. There is something about writing very slowly and concentrating on the movement that is soothing and relaxing.

**- Write a "booster" list** - When I lack confidence or self-esteem, it helps me to list the things I've accomplished – and by "accomplish," I don't mean only the success stories. I want to honor all of the work I've put into things, even if they didn't ultimately pan out. For instance, I've applied to a lot of jobs in my life that I didn't get. But I still list out all the time and energy I put into those resumes, interviews, career fairs and all-around hustle. Also,

## Going on Vacation in OA

### Remember – Food never takes a vacation.

- Make plans so you can get wholesome foods you like, no matter where you are.

- Take food you can eat with you.

- Call ahead to where you will be vacationing to find about restaurants and grocery stores are there and their hours of operation.

- Drink plenty of water; remember the water bottle!

- Go to [oa.org/find-a-meeting](http://oa.org/find-a-meeting) and find meetings where you will be vacationing. Call the contact person ahead of time for directions to the meeting. There are also telephone and on-line meetings available.

- Be sure to plan time to pray and meditate – this can be done anytime through the day.

It bears repeating - **Food never takes a vacation**. If you don't plan, you are planning to fail. Abstinence is the most important thing without exception. – M. F

### If the Food is Calling, Make the Call

If you're having a HALT (hungry, angry/anxious, lonely, tired) moment, make the call. Here's the number of a longtime, caring OA member:

**Christina D. - 314-954-1944**

**"The opposite of addiction is connection"** is a nugget of wisdom heard in several meetings. The phone can be the connection that helps you save your life and keep your abstinence. Not one of us has it all together, but together we have it all. Make the call.

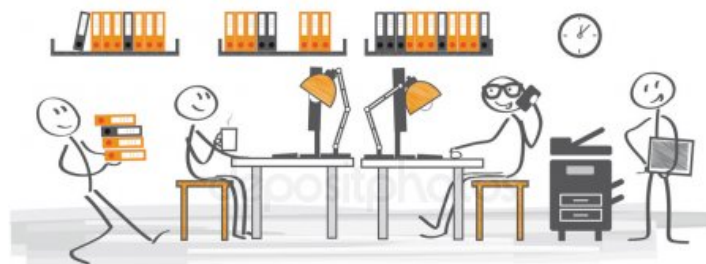
listing out smaller steps as their own mini-accomplishments on the way up to an ultimate goal validates the journey.

These methods help me ease into writing. And on the lucky days, it leads to reflection that I otherwise would simply have skipped. – L.G.

## INTERGROUP MEETING INFO

Our next Intergroup meeting is **Sunday, June 9, 2019** from 1:30 – 3:00 at Missouri Baptist Medical Center, building D, auditorium rooms section.

The 2019 Intergroup meeting dates are **July 14, September 8, October 13, and November 10**. Some IG meetings may be preceded by Board of Trustee meetings. These will be announced by email whenever scheduled. There are no meetings in April, August, or December. If you have questions, call IG Chair J-MO at 314-775-3261.



### If You Are a Meeting Treasurer – Here are Some Important Reminders

When your group is sending in contributions to Region 4 or World Service, would you please tell your treasurer **to put the group WSO Meeting number on their checks and contribution forms?** The SL number is a local number, which is not used by Region or World Service in their data bases. To find the WSO meeting number, you can either:

- Look on the Where and When, or
- Check on our St. Louis OA website at [stlouisoa.org](http://stlouisoa.org)
- Contact the OA office at 314-638-6070 / [bistateoa1@prodigy.net](mailto:bistateoa1@prodigy.net).

Also, each level of OA service – World Service, Region 4, and Intergroup - has its own contribution form. To obtain these forms, go to [stlouisoa.org](http://stlouisoa.org), Intergroup, Business Documents & Forms, and then Contribution Form.

Please send your World Service contributions to P.O. Box 44727, Rio Rancho, NM 87174-4727. If you have any questions, please contact Elizabeth C. at 314-304-1444 or [bistateoa1@prodigy.net](mailto:bistateoa1@prodigy.net). Thank you for your service!

### OPEN SERVICE POSITIONS

**World Service Delegate** (2 positions open ; one year of abstinence)

**Region Representatives** (3 positions open; six months of abstinence)

**IG Office Volunteer Coordinator** (Six months of abstinence)

**Newsletter Editor** (Six months of abstinence) This position will be open in September.

If you have questions, please call IG Chair J-MO at 314-775-3261.

*God is not interested in your self-improvement projects; God wants you to surrender and come home. – Mary Lute*

## More People are Volunteering at the OA Office - Can You Serve 3 Hours a Month at the OA Office?

After the appeal for volunteers in the March newsletter, we are glad to report four people have volunteered to work in the office! Thank you so much! However, to support the office and keep it open Monday, Wednesday, and Friday mornings each week, at least two more volunteers are needed.

Each volunteer gives **only 3 hours a month**, to staff the office for just one morning from 9:30 to 12:30. **It's easy, but very important work.** To learn more or volunteer, please contact Elizabeth C. at 314-304-1444 or [bistateoa1@prodigy.net](mailto:bistateoa1@prodigy.net).

### OA Literature News –

#### NEWCOMER PAMPHLET REPLACES NEWCOMER PACKET

**Where Do I Start? Everything a Newcomer Needs to Know (#705)** is only a \$1.25 and replaces the \$3.50 Newcomer Packet and consolidates key information into one 32-page pamphlet. The pamphlet includes the Fifteen Questions, OA Tools, suggested plans of eating, OA Promise, AA Third and Seventh Step Prayers, and “Welcome Home!” **A FAQ section covers common questions** about compulsive eating, bulimia and anorexia, OA as a spiritual program, recovery in our Twelve Step Program, and more. Give newcomers the best introduction to our program. You can order this pamphlet today from [oa.org/bookstore](http://oa.org/bookstore), or find it at the St. Louis OA office.

#### 2019 CONVENTION RECORDINGS AVAILABLE AS CDS OR MP3

To order CDs or MP3 recordings of the 2019 Sunlight of the Spirit convention, contact M&M Recording at 314-835-8731 or [recoverytapers@yahoo.com](mailto:recoverytapers@yahoo.com).



**Featured Meeting of the Month**  
**BOOKWORMS THURSDAY NIGHT, 7:00 P.M.**  
**OA OFFICE 9907 Gravois Road Suite E**  
**St. Louis, MO 63123**

This book study group meeting is located in Affton and is convenient to many surrounding areas. There are several sponsors with longstanding abstinence and deep understanding and practice of the Twelve Steps and Twelve Traditions. The meeting focuses on the underlying problems of overeating as well as following a basic OA format.

Below are some of the comments from members of our group:

*Coming to this meeting is so uplifting and I like the fact that we share the tools and how we have used them in our quest for abstinence each week.*

*I like our meeting because all the members share and participate without fear of judgment.*

*I like our meeting format because we all answer the same questions, but each member has his or her own interpretation making sharing even more interesting and most helpful on the journey of recovery.*

*I like this meeting because it is thought provoking, yet kind and inclusive.*

*I like the meeting because at the end of the meeting after our closing prayers the group has allowed to say "And give a lot of love" ...from my first OA meeting.*

*The Bookworms meeting has such heartfelt and real sharing. It's the family I have always wished I had.*

*This meeting is so welcoming and encouraging. I look forward to the wisdom and insight I gain at every meeting.*

Our Contact person is Jeanine M. - 314 631-5023.

## **Inventory and Super Saturday Held April 13 in Downtown St. Louis**

Our Intergroup undertook a self-inventory on April 13 to examine how well we are carrying the message currently, with an eye to improvement. We gathered at Christ Church Cathedral with Lawrie C. from Winnipeg as facilitator. He has been in OA for 33 years, abstinent for 26, and has done service at every OA level, so he had a depth of wisdom to share. He also has been coached in the inventory process by Don C. who has led Intergroup inventories many times, but whose health now does not allow travel.

In advance, Lawrie C. was provided the final report of the Ad Hoc Ways and Means Committee, our minutes, newsletters, financial trends for the past eight years, answers to a pre-inventory questionnaire (which our Board of Trustees completed) and more. This allowed him to bring fresh eyes to what we have been doing. More than 20 OA members participated in the discussion, and our secretary helped with notes. Lawrie has now forwarded a report to our Intergroup, and here is his main conclusion: *"The first thing is to note, as I did in beginning the facilitation, that your intergroup is by any objective standard doing a better job than many, if not most, OA intergroups. Although there may be issues (discussed below) regarding how money is spent and the effort required to raise that money, there is more than financial oversight. The fact that you have monthly Super Saturdays and a regular and well-maintained newsletter is an indication that your intergroup is trying hard to fulfill its Primary Purpose—carrying the message to those who still suffer."*

Lawrie's full report will be sent to each Intergroup rep and, therefore, available to be read by any member of your home meetings. A work group is forming at the May 19 Intergroup meeting to design and implement a Membership Survey as the next step in the process of carrying the message more widely and effectively.

At the afternoon Super Saturday presentation, Lawrie C. focused on Steps 4 and 12, which included discussion of the different ways people apply the Big Book to the inventory process and to carrying/embodying the message.

*One attendee's comment about Inventory: I wasn't even sure if I wanted an Inventory but I found it such a good discussion and promoted thoughtful consideration of what our mission is—and could be. Lawrie was a great facilitator. I do value what I learned there!*

## UPCOMING EVENTS –

### **Super Saturdays & Sundays**

**June 8, Saturday** – This all day event is hosted by the Thursday Morning New Day Group. The theme is “Splash into the Steps” and will be held at the

Ferguson Church of the Nazarene, 1309 N. Elizabeth Ave. St. Louis, MO 63135, in the back of the church and is handicapped accessible.

Registration starts at 9 a.m. and the program is 9:30-3:30. The salad bar is \$7. A donation \$6 is suggested, but don't let lack of funds stop you from coming.

For more information, contact Cindi R. 314-425-9629.

**July 13, Saturday** - This will be held at St. John's UCC, 405 S. 5th Street, St. Charles, MO 63301. Registration is at 9 am and the program is from 9:30-12:30. This is hosted by the Thursday Morning Big Book Study Group & the O'Fallon 212 Club Meeting.

**August 11, 2019** - Super Sunday hosted by the Abstinence First Group, Kirkwood, MO

**November 2019** – Webster Groves Group

**December 2019** – Sunday St. Mary's Group

### **Other Events –**

**October 11-13, 2019** – Annual retreat, LaSalle Retreat Center, Glencoe, MO. For more information, contact Bernice I. at [bernice\\_irwin@yahoo.com](mailto:bernice_irwin@yahoo.com). To volunteer, contact Christina D. at [cdpresently@gmail.com](mailto:cdpresently@gmail.com).

### **Can Your Meeting Host Super Saturdays or Sundays? September and January 2020 are Still Open**

It's not too early to set a date. This is such an important service and provides so much recovery and friendship building. Sue T. can provide a lot of support and ideas to you and your group. Please contact Sue T. at [stowns@sbcglobal.net/314-775-3261](mailto:stowns@sbcglobal.net/314-775-3261).

A contestant on the April 23, 2019 episode of the television show **Jeopardy** won \$20,000 that day, in part, by answering this daily double correctly:

**Statement:** *This organization says its only requirement for membership is a desire to stop consuming food compulsively.*

**Answer:** *WHAT IS OVEREATERS ANONYMOUS?*

## MEETING CHANGES AND CLOSINGS

**NEW TIME AND DATE** – Cape Girardeau, MO - 56489/SL444, now meets on Saturdays at 11 a.m., instead of Tuesday evenings. The meeting location remains the same – Christ Episcopal Church, 101 Fountain St., 63701.

### **CHANGES DUE TO MEMORIAL DAY**

**These meetings ARE meeting on Memorial Day, Monday 5/27:**

- 7:00 am, 52794, Samuel UCC, Clayton
- 5:30 pm, 05047, Unity Church, Springfield IL
- 6:00 pm, 38789, OA office
- 7:00 pm, 11652, Webster Groves Christian Church
- 7:30 pm, 54565, 212 Club, O'Fallon, MO

**These meetings are NOT meeting on Memorial Day 5/27**

- 11:00 am, 56156, Farmington, MO
- 6:15 pm, 33891, Waterloo, IL

**July 4<sup>th</sup> is coming up. If your meeting is making a change, please contact the office at 314-638-6070 or [bistateoa1@prodiqy.net](mailto:bistateoa1@prodiqy.net).**

### **NEXT NEWSLETTER SUBMISSIONS ARE DUE BY MAY 25, 2019.**

Please send your submissions to the OA TODAY at [newsletter@stlouisoa.org](mailto: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.



**I've gone to find myself.  
If I should should return before I get back, keep me here!**

