

MAY 2020 OA TODAY NEWSLETTER

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Public Information Call

Given our current situation, Public Information (PI) is going to focus on digital outreach for the foreseeable future. For my "dream list projects," Social Media edition, I would like to develop the following:

- Internal Facebook Page - Bi-State members only
- Instagram presence
- Twitter presence
- Perhaps YouTube clips
- Maybe a Blog

I will need A LOT of help to begin and bring these projects to fruition. I need to understand the purpose and focus of Instagram and Twitter - I have no idea the point of these platforms, and therefore cannot develop a plan for them until I understand how to play in that arena. Please contact me by email (mdwt5691@gmail.com) if you have knowledge you can share.

This is a call to start a subcommittee of Public Information called the Social Media Committee. Once we have formed the committee, we will start with the Facebook page and branch out from there.

In addition to committee members, we will need abstinent members who are regular FB users to be admins for the page - this will include monitoring posts to ensure they are in keeping with our steps and traditions, and shutting down conversations with cross-talk and advice giving. This will be a place where our members can go and share program with each other and get to know each other better. The admin position will be a good place for service as well.

Thank you all, and I look forward to working with you to expand our virtual presence and hopefully reach other compulsive eaters who have not yet found us!

-- Melanie T., Public Information Officer



campbell
"My mother's resolution is to eat more vegetables and my resolution is to help her by giving her mine."

OA and Surviving COVID-19

VIRUS

With the threat of the spread of COVID-19, mid-March, our office staff was given the order to work from home. I assumed it would be for a week or so, little did I know it would span almost a two-month hiatus.

Overnight my daily 'routine' changed; however, my food and OA program didn't. I limited the TV watching to the evening news from 5 to 6:30 each evening I was warned of disaster, imminent death if the virus was caught, financial ruin, general pandemonium, with a 60-second feel good story at the tail end of each report. Adding insult to injury, with gyms closed there was grim talk about gaining the COVID 15, cautioning folks to try your jeans on periodically – none of which affected me. What did affect me was spending 24/7 with my dear husband of 29 years, contemplating divorce and fantasizing where I might go at age 62.

With great comfort an OA friend, married longer than me, experienced the same thing. She reminded me to be grateful that I had someone to argue with since many were in quarantine alone. So I canceled the attorney consultation, blamed COVID, and saved myself a \$1,000 retainer fee. Also my original thought of retiring at age 65 sounded lousy now; 70 sounds pretty good. The constant throughout this pandemonium was OA, the support, the tools, the readings, and the meetings. Our weekly meeting went Zoom. Once I got over how old I looked on that platform I have enjoyed laughs, provided support, and listened to others struggling with issues greater than my vanity. The program makes me aware of how much I have to be grateful for, even my husband!

During this time of uncertainty the program reminds me no matter what is going on excess food will not make it better, to feel all my feelings, not be afraid to honestly share them with another, utilize the steps, 'that this too shall pass,' and when it does I won't be further depressed and anxious because I have nothing that fits, I look awful, and I have 15 pounds to lose. Thanks OA!

– L.P. Missouri

SAVE THE DATE



Fall 2020 Retreat • September 11-13 King's House • Belleville, IL St. Louis Bi-State Intergroup Overeaters Anonymous

With the current covid-19 situation, isn't it nice to look forward to a special event for our OA community? The retreat center has beautiful grounds, private sleeping rooms, and a comfortable meeting space ready for us to enjoy being together again, to enjoy hugs and hold hands, as we share our OA experience. We welcome everyone to attend, but there is a limit of 25 rooms, and we can only handle 10 additional commuters, so start making your plans now to attend. The retreat will be held only if it is safe to do so, and that is in our Higher Power's hands. Registration forms will be available in July.

Cyndy L., Retreat Chairperson

Region 4 Convention, July 10 – 12 2020 Vision Through Recovery

Consider attending this upcoming recovery event* in Omaha, Nebraska sponsored by our Region 4. Enjoy speakers, entertainment, workshops, literature, meetings and fellowship at a great venue, the Sheraton Omaha Hotel. Go to www.oaregion4.org for information and registration.

*If the convention is canceled due to coronavirus risks, everyone will be notified and registrations fees will be refunded, with the option to make it a donation to Region 4.



Not Perfect but Human

I opened my eyes and was very disappointed to find myself still alive. I didn't think I was suicidal, but I wouldn't have minded if I had died in my sleep. I was lonely, fat, and disgusted with my inability to use food appropriately. I was tired all the time. I was angry a lot of the time, but I couldn't really figure out why. My self-talk, well let's just say it was anything but positive.

Trying to distract myself that Saturday morning, I found myself browsing through a library book sale and I bought a book about family dynamics and eating disorders. In that book, it talked about an organization called Overeaters Anonymous. By the grace of God, I soon found myself in a meeting. I had brought a book along to my first meeting because I certainly didn't want to engage in conversation with anyone. I sat, I listened, and I found other people like me...they understood my disease.

Well, that was the beginning of my journey with OA. Today, I am maintaining a 30-pound weight loss. I have found a sane way of eating and living through working the 12 steps. I have better health. I don't berate myself all the time. Most importantly, I have found a closer connection to my Higher Power. In addition, I have dear and understanding friends, including a wonderful sponsor who shares her recovery with me. I can call them when life's problems are tempting me to misuse food (an old habit that distracted me from facing life as it comes). I have OA's tools to use. Now I can live and contribute instead of simply existing.

-- Anonymous



OA Slogans to Remember

- One day at a time
- Cultivate an attitude of gratitude
- Don't leave before the miracle happens
- Coincidence is an 11 letter word for God
- Abstinence is the most important thing in my life
- First things first
- This, too, shall pass
- Expect miracles
- You're as sick as the secrets you keep
- Don't take the first bite -OASV.org

Please Help! We need a Secretary...

I have been serving as interim secretary for our Intergroup since the first of the year. It has been a pleasure. This Board of Trustees is a dedicated, hard-working, fun group! My position ends on May 31. Won't you please consider performing this valuable role for our local service body?

I have been asked what the job entails. You will need a computer with Microsoft Word, plus Internet access. There is a one-year abstinence requirement. The following overview of responsibilities might be helpful as you ponder doing this service:

MINUTES & MEETINGS

- Attend nine IG meetings throughout the year: create ballots, produce minutes for approval; post to the IG cloud file; submit to website
- Occasional Board of Trustee (BOT) meetings; produce and post minutes
- Attend BOT planning meetings; minutes not usually called for

IG MINUTES EMAIL ACCOUNT

- Email to reps, officers, committee chairs, delegates, and others upcoming IG meetings plus other matters
- Call for monthly reports from officers, others
- Distribute agendas, reports and minutes to reps
- Monitor email account for communication, answer or forward as appropriate

NEWSLETTER LIAISON

Coordinate with Newsletter Editor including:

- Proofread NL for accuracy plus conformity with program principles and traditions
- Write monthly NL blurb, "Inside our Intergroup"
- Transmit completed NL to printer
- Submit completed NL for posting on website

ANNUAL

- Process bylaw changes per Procedures Manual

If you are interested in this position, I can help. Please contact me at carol.hemphill@yahoo.com

- Carol H. Interim Secretary



Abstinence

- **Abstinence** frees me to choose *healthy foods, healthy friends, and healthy thoughts.*
- **Abstinence** is a *lifestyle.*
- **Abstinence** is a *state of grace* by which I am balanced physically, emotionally, and spiritually.
- **Abstinence** is all **GOD** is asking of me today.
- **Abstinence** is the **#1 action** in my life, so that **GOD can be in the center.**
- **Abstinence** keeps me *present for life and joy.*
- **Abstinence** makes the heart grow *fonder.*
- **Abstinence** takes care of *the fat on my body.*
- My **abstinence** becomes three meals a day with **"life"** in between.
- Remember: **GOD** has done **abstinence** for us.
- Since **abstinence**; my only "To Do List" is **life!**
-OA, Denver Colorado



ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY MAY 30.

Please send your submissions to the OA TODAY Editorial Staff 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.

St. Louis Bi-State Area Virtual Meeting List
Reach out to contact person for meeting access information

(Effective 04-16-2020 • Based on pre-pandemic face-to-face meetings)

DAY	TIME	MEETING	TYPE	CONTACT	PHONE
Sun	10:45 AM	St Mary's AM	Zoom	Elizabeth C	314-304-1444
Sun	4:00 PM	Abstinence	Phone	Tami H	314-341-6520
Sun	5:30 PM	Columbia, MO	Phone	Diane M	573-442-0842
Sun	6:00 PM	St Mary's PM	Phone	Amy G	314-302-0802
Mon	7:00 AM	MWF Clayton	Zoom	Ruth H	314-368-1942
Mon	10:00 AM	Union, MO	N/A	Connie H	413-606-4191
Mon	11:00 AM	Farmington	Phone	Eileen B	573-756-7022
Mon	5:15 PM	Mattoon, IL	Phone	Marina F	815-343-6412
Mon	5:30 PM	Springfield, IL	Zoom	Marie W	217-416-1648
Mon	6:15 PM	Waterloo, IL	Phone	Chris M	618-340-0778
Mon	7:00 PM	Webster Groves	Zoom	Jeremy C	314-503-2760
Mon	7:30 PM	O'Fallon, MO	Zoom	Paul A	314-422-4633
Tue	9:30 AM	Ballwin	Zoom	Vernon K	217-358-1067
Tue	6:00 PM	Ferguson	Zoom	Kelly	314-591-4696
Tue	7:00 PM	Carbondale		Mary T	618-521-2866
Tue	7:00 PM	South County		Mary H	314-532-1352
Tue	7:00 PM	Eureka	Zoom	Della	314-580-4881
Wed	7:00 AM	MWF Clayton	Zoom	Ruth H	314-368-1942
Wed	6:30 PM	Columbia	Phone	Diane M	573-442-0842
Thu	7:00 AM	St Charles	Zoom	Jill S	314-440-1963
Thu	10:00 AM	Ferguson	Phone	Maria P	314-799-6631
Thu	5:30 PM	Rolla	Phone	Gail B	573-261-1930
Thu	5:00 PM	Alano Club	Zoom	Brigid W	812-599-9042
Thu	5:30 PM	Springfield, IL	Zoom	Marie W	217-416-1648
Thu	7:00 PM	Men	GoTo Meetings	Jeremy C	314-503-2760
Fri	7:00 AM	MWF Clayton	Zoom	Ruth H	314-368-1942
Sat	8:00 AM	O'Fallon	Zoom	Sonya D	314-616-9638
Sat	10:00 AM	Webster Groves	Zoom	Della	314-580-4881