

# OCTOBER 2020 OA TODAY NEWSLETTER

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## STEP TEN

Step Ten: *Continued to take personal inventory and when we were wrong, promptly admitted it.* - OA.org



### Step Ten: What's Mine? What's Not?

I have only recently formally worked Step 10, though, after 25 + years in this program, I have been working it most of this time, sometimes better than others. I've used various methods over the years, all with similar end results: to reflect on my day and determine what's mine and what's not. In my really down days, I may simply ask, "What did I do Right today?" to remind me of all the ways my HP has worked in this day, loving and caring for me.

In my better days, journaling can bring to the surface my part in some event, circumstance or relationship that really disturbed and upset me. Just like in the 4<sup>th</sup> step, I first need to air my resentments and dissatisfaction, before being able to say, "Yes, and how did I play a part in that?" Some days, I just journal, with no direction in mind, and something will surface to enlighten a problem or concern

that's been simmering in the background of my mind and just bubbled to the surface.

I frequently, too, ask paired questions that help me see both sides of a situation, especially when I'm trying to discern a direction in my life, like:

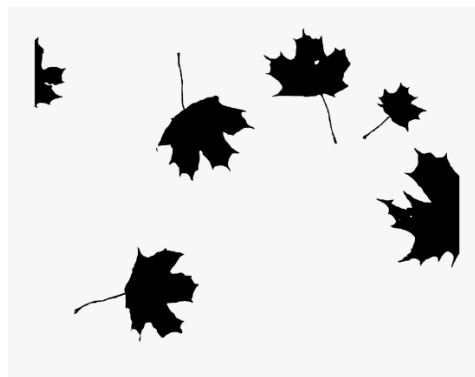
- What gave me energy today?
- What drained energy from me?

Most importantly, having gathered this information, when I believe I owe an amends, almost always, I will discuss it first with my sponsor, or other trusted person, just as I would in steps 8 and 9, to be clear I haven't overlooked something, or that, perhaps a living amends is owed to myself &/or the other.

The more I work Step 10, the more is revealed to me of how I am loved and cared for by my HP, myself and others, as well as the ways I can continue to grow in these relationships.

I am very grateful for the gift of the Steps in my life and for all those who journey with me.

In OA Love,  
BPC





## TRADITION TEN

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never to be drawn into public controversy.

OA.org



I recently brought a concern to my sponsor about whether Tradition Ten had been violated in the home meeting that we attend together. An important figure in U.S. history had died not long before the meeting, and several at the meeting chose to talk about how that made them feel, some citing the historical figure by name. Given that the person had served in government, I wondered whether such talk was “too political”.

My sponsor had heard the same shares that I had and reminded me that the speakers had focused on emotions they were having, like grief or fear. None summarized the philosophy of the deceased, and none recommended a specific course of civic action in response to the death. We agreed that one member of the meeting had modeled Tradition 10 especially well, not naming the person who had died, but saying only that “someone has died who was a personal heroine” and then describing her emotional response. Our conclusion was that the meeting had upheld Tradition 10.

But as U.S. society moves toward a General Election on November 3, this is perhaps a

good time for us each to think about how we find a healthy balance between sharing our true feelings in a meeting and creating a welcoming atmosphere for every person who attends. As our OA preamble puts it: “OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues.”

It is important that we not bury our thoughts and feelings, because, as addicts, we are prone to eat (purge, restrict) over anything that we keep secret. But some thoughts and feelings are better processed with an OA friend or our sponsor privately, instead of in our home meetings. It would be a tragedy if a newcomer felt unwelcome because a home meeting took on a politically partisan air.

“Tradition 10 frees us to concentrate on recovery from compulsive eating without the conflicts that seem to rage in the world around us.” (page 155, **The 12 Steps and 12 Traditions of Overeaters Anonymous, 2nd Edition**) Tradition 10 is necessary if we are going to carry out Tradition 5: “Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.” (*Ibid*, page 119) May A-Power-Greater-Than-Ourselves guide us in how to best practice Tradition 10 in coming weeks!

Anonymous



## RETREAT 2020 EXPERIENCE

The 2020 virtual retreat, **FAITH: Finding Answers in the Heart**, is now a thing of the past. All the planning and work is over, but the time with friends and the rekindling of our desires for recovery are always worth remembering. The committee received some warm and enthusiastic evaluations. Here are a few to remind us why we spend time in fellowship with others.

“What an amazing retreat for a newbie to attend, thank you so much for the experience, strength and hope that was shared via Janice's Sacred Divine Story, the featured speaker for the retreat. Her 42 years of experience and sharing the language of her heart, taking us through the literature, especially the **Big Book** and **12 & 12** references, plus of course our **Overeaters Anonymous, Voices of Recovery** and **For Today!** Intertwining her life - what it was like, what happened and what it's like now in the telling was full of humility, love and service, everything that kept her abstinent to assist her in achieving a happy, joyous and free life from the insanity of this disease by turning her life and her will over to her higher power - GOD. Her energy and enthusiasm for life and OA, plus her life of OA service to the international, world, region and local avenues, plus trustee and input on the literature was a wonderful example for us all to live by and stay abstinent! “

“The timing of the breaks, activities and sharing was spot on - allowing us to enjoy this virtual experience! The guiding Gratitude Meditation was so refreshing and wonderful and our leader's instructions and insight of what was coming helped ease all/any fears we may have experienced especially the hint of part of the message! That was so helpful to know, about the wording! Then the excellent breakout sessions which consisted of our "God Moments" exercise was truly an eye-opener by putting the pen to paper,

taking action and realizing how our HP is always doing for us what we could not do for ourselves in action!

“Janice expressed we don't need to be knowledgeable in OA process and procedures before committing to service. We can learn as we go, but we **MUST START, WE MUST DO, WE MUST GIVE BACK.** I'm learning to never take more than I give. Thank you, HP, Committee, and Janice!”

“When our Intergroup puts on a retreat or other recovery events, I see Tradition One in action. By uniting around “our common welfare” and the work needed to produce the retreat, my OA fellows have provided care to me, helping me become stronger. I can see how my recovery depends on such OA unity.”

“A wonderful soul nourishing event, especially during COVID-19!”

And as with any cycle in OA, we are looking for members to form the committee for the 2021 retreat. The venue has already been selected, and the dates are September 17-19. (Mark your calendar!) All are welcome to participate in this service. Please remember that it's a we program and together we can.

Cyndy L. - Retreat Chair 2020



## MEETING UPDATES

Three meetings have closed recently:

- Monday, 6 p.m. - OA office, St, Louis, MO
- Wednesday, Noon, Springfield, IL
- Thursday, 5 p.m. Steps Alano Club, St. Louis, MO

The Sunday 4 p.m. Abstinence First meeting has gone from conference call to Zoom. - Sunday 4 p.m. – meeting ID 711 8462 9168, password 094928 - The contact person for this meeting is Anastasia, 314-412-3614.

A list of all St. Louis Bi-State Area Face-to-Face that are now virtual can be found at <https://oaregion4.org/stlouisoa/wp-content/uploads/2020/09/STL-Bi-State-virtual-2020-09-02-web.pdf> or by calling 314-638-6070.



## INTERGROUP MEETING INFO

Our next Intergroup meeting is **Sunday, October 11, 2020**. Please send a representative from your group to this important monthly meeting. This is a ZOOM meeting To join this Zoom Meeting, use this link:<https://us02web.zoom.us/j/81145388019?pwd=bWszSHFTWVBrRi9hS3RDdb1pEKzhUZZ09>

**Meeting ID:** 811 4538 8019

**Password:** Serenity To call in, dial:

**312-626-6799; password 167590**

Meetings are usually held the second Sunday of the month. There are no meetings in April, August, or December. The last meeting of 2020 is November 8, and the first meeting of 2021 is January 10.



## SAVE THE DATE! HOLIDAY BOOSTER ON ZOOM

**Saturday, December 5, 2020, 9 am to noon**

*Come one, come all – together we will explore:*

- **Maintaining Abstinence**
- **Maintaining Emotional Sobriety**
- **Maintaining Spiritual Fitness**

Meeting ID: **830 1110 9886**

Passcode: **919533**

Watch for more details coming soon!

- \$6 Suggested Donation (online or by mail using group #06234)
- No pre-registration required

Sponsored by the Sunday Morning St. Mary's group. For more info, call Carol H., 314-775-4764.



## AFTER THE MIRACLE

Before OA, food overfilled and expanded my body. Now food and exercise nourish my body.

Before OA, food covered a hole in my heart. Now people fill my heart.

Before OA, food filled my time. Now service, friends, and relaxation fill my time.

Before OA, food covered a hole in my spirit. Now grace fills my spirit.

Before OA, food covered my feelings. Now I feel my feelings.

Before OA, food masked my low self-esteem. Now I believe I am worthy just because I was born.

– Lifeline



## SEPTEMBER 13, 2020 INTERGROUP MEETING HIGHLIGHTS

- 22 attended the meeting.
- The September virtual retreat was successful. See page 3 of this newsletter for an article about the retreat.
- Melanie T, our public information chair, outlined a plan for outreach to reach the still suffering compulsive eater, stressing need for buy-in from IG representatives, our meeting groups, and each member to fill the many service opportunities that will become available on an on-going basis to make this happen. For more information, contact Melanie T at 314-226-8686.
- After discussion, representatives voted to provide funding so the Intergroup Board could have its own ZOOM account, rather than continuing to use the accounts donated by members.
- Two work groups were held –
  - 1) Melanie T. explained the Newcomer/Relapse Program and then the group discussed how to recruit a subcommittee chair and volunteers and
  - 2) Dianne S. led the discussion how to encourage IG attendance by groups who are not sending reps to the monthly meetings. If groups knew that travel is no longer an obstacle, perhaps they would be more likely to participate.
- The closing of the office is complete. A storage locker has been rented for essential items. We bought and set up a cell phone and have started answering calls on it. The number is still 314-638-6070. Necessary changes to insurance policies were made.
- Our budget is balanced. Our income is lower compared to last year, but our expenses are down, as well. Kudos to our groups for their generous donations. We have received \$ 1,780.19 more than last

year. Also, our literature profits are up this year by \$2,935.82 (Go, Marilyn F.!). Our net income so far this year is \$6,086.95. Thanks everyone for showing that even COVID-19 can't deter us from our mission.

- In July, there were 270 visitors on our website, with 319 sessions total. In August, there were 261 users, with 338 sessions.

*(Some info pulled from written reports.)*



### OPEN SERVICE POSITIONS

Please prayerfully consider if any of these service opportunities may enhance your recovery:

- Vice Chairperson
- Treasurer
- PI Officer
- Newsletter Chair
- Region 4 Reps – 2 positions
- World Service Delegate

To apply, send a nomination form (available [HERE](#) on the Webpage) prior to October 28 so there is time to add it to the monthly IG Newsletter/Information email.

For more information on the positions, please call 314-638-6070 or email [info@stlouisoa.org](mailto:info@stlouisoa.org).

**ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY October 20, 2020.** Please send your submissions to the OA TODAY Editorial Staff [newsletter@stlouisoa.org](mailto:newsletter@stlouisoa.org) or mail to St. Louis Bi-State Area Intergroup PO Box 28882 Saint Louis, MO 63123-0082. 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.

## NEW WAY TO GET SOMEONE STARTED

At the September Intergroup there was a committee formed to promote the new **Temporary Sponsors: Newcomer's First Twelve Days of OA** process that was approved at the 2020 World Service Business Conference. Here is the description from the [OA.org](http://OA.org) website.

"Sponsorship is a vital part of the OA recovery process, as it builds a tight-knit, trusting fellowship and invests purposefully in newcomers. To this end, our newest resource intends to bolster relationships with newcomers and instill confidence in those new to sponsoring by partnering those new to OA with a "temporary sponsor" to guide them through the pivotal first days of their OA journey. Stamp out feelings of intimidation about sponsorship and jump-start a newcomer's experience with our helpful introduction to program, **Temporary Sponsors: Newcomer's First Twelve Days of OA**. Download this new resource [HERE](#) from the document library and take it to your next meeting to share with other members.

This guide is a companion piece to the Newcomers pamphlet **Where Do I Start?**, which can be purchased from [bookstore.oa.org](http://bookstore.oa.org). The price \$1.00 plus postage. The pamphlet is also available in electronic format through Kindle, Nook, and Ibooks, and the price is \$1.00 in this version.

By sharing this information, you may inspire someone in your group to take on the role of Temporary Sponsor even if they are not yet ready to sponsor full-time.

On November 21 there will be a training class for those who feel they need support in reviewing this material before they announce themselves as ready for this role. A Save the Date flyer is on page 7 of this newsletter. Please help us spread the word about this

opportunity to be of service. We hope that many will take advantage of this new material and help new members be successful in their OA journey.



## KEEP RECOVERY GOING DURING COVID! RESERVE A DATE FOR A 2020-21 SUPER SATURDAY/SUNDAY

In this year of changes, recovery is more important than ever. So let's support each other with Super Saturdays and Sundays.

Please discuss with your group about hosting a virtual Super Saturday or Sunday for next year. The recent Bi-State retreat held last month was attended by 63(!) people, including one person from overseas. To do a virtual event may be a first for your group, but know that our Board of Trustees (BOT) can provide a ZOOM platform and guidance on how to organize and create a Super Saturday and Sunday.

To set a date and obtain information on how to host a weekend event, please contact Christina D, our BOT vice chair, at [vicechair@stlouisoa.org](mailto:vicechair@stlouisoa.org).

**October 10**, 1-4 p.m. – Step 10, [DETAILS](#)

**November 21** – **Temporary Sponsors: Newcomer's First Twelve Days of OA** (see Save the Date flyer on page 7)

January - *There is a great need for recovery after holidays. Let us know if your group can do this event in January.*

February – Reserved

March – Open	April – Open
May – Open	June – Open
July - Open	August - Open
September - Open	October - Open
November - Open	

Presented by Bi-State Area Intergroup of  
Overeaters Anonymous

## Save the Date

# Training

Temporary Sponsors:  
Newcomers' First Twelve Days

November 21, 2020

Time: 2 - 3:30 pm

Willing to help a newcomer begin their journey, but not sure where to start? This intro will answer your questions on how to use the new sponsoring materials approved at the 2020 World Service Business Conference.

