

# NOVEMBER 2020 OA TODAY NEWSLETTER

St. Louis Bi-State Intergroup of OA  
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## STEP ELEVEN

*Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*

- OA.org



## THE SEASONS – AND STEP 11 – BRING GRADUAL AND STEADY CHANGE

With Step Eleven, I am given an opportunity to continue to strengthen my relationship with my Higher Power through prayer and meditation. I can tell you that prayer and meditation practice is not why I initially came to the Fellowship, but it is something that keeps me coming back. For me, working Step Eleven is sometimes difficult. I may “not have time” to meditate over what God wants for me, but when I “make the time” to do this, all kinds of interesting and wonderful things begin to happen.

I recently made time to connect with my Higher Power and did not expect the results

that came about. In a quiet space at home, I worked through a progressive relaxation exercise and allowed my thoughts and feelings to flow through me. After what seemed like a long time of sitting with feelings of frustration and fatigue, I noticed something different was starting to happen. Feelings of peace, calm, and contentment came to me from what I believe is a power greater than myself.

This gradual but steady change reminds me of what I see echoed in the seasons of nature - just as the seasons slowly and eventually progress, my head and heart progressed from feeling overwhelmed to feeling supported. When I took the time to connect with a power greater than myself, what I experienced was exactly what I need, even when I didn't know that I needed it!

I thank God I keep coming back, and I thank God for the Fellowship. Thank you for trudging the road of happy destiny with me, just for today.

Anonymous





### TRADITION ELEVEN

*Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.*

-OA.org



### TRADITION 11 PROTECTS OTHERS AND ME FROM MY GRANDIOSITIES

I've had some external opportunities through the World Service Office of OA to be interviewed by the press – both for radio and in print. My first was for a national online radio interview, which occurred in 2012. A couple of years later, I was interviewed for a national magazine. (My interview didn't make the cut). In both, only my first name was used and neither my last name, nor my picture (headshot) was shared or displayed. Both fit within our Tradition 11 asking that we remain anonymous in relation to external communication.

I welcome this on two levels:

1. I'm not a spokesperson for OA. I am a recovering fellow who has some experience, strength, and hope to share. In brief, I am fallible and am only one viewpoint. This is a lovely relief because I'm not in the position to harm OA's reputation.
2. The other is that humility is built into my contribution. There is no room for superstardom or an epic fail.

I have no idea who listens or reads to what I've said or wrote. It's all about the message. It's easier to focus on what is to be shared, to go deep into my spiritual center and pull out

that insight that has been cultivated in all of my step work.

Tradition 11 protects us from publicly posting before and after pictures. Prior to coming back to OA, I had joined a pay and weigh organization and dropped the weight. I was miffed that I wasn't chosen to be the before/after shot for fast weight loss – 75 pounds in eight to nine months. Now I am grateful, because within six months of reaching my goal weight, I was racing back up to where I started. And because I wasn't maintaining a healthy body weight, I was asked to leave or start over (more money).

With that experience, I'm so grateful I didn't have my image out there for the world to see, because when I not only gained all that weight back plus 30 pounds more, the shame would have been immense. Especially if someone had seen my 'after' picture prior to my colossal weight gain. The anonymity (brought on by my HP) was my saving grace.

Tradition 11 protects others and me from my grandiosities. Thank you, Anonymity!

Anonymous



**The Most Famous Member of OA:**

*Ann N. Amas*

**(no relation to the cookie)**



## SHARE THE GOOD NEWS: OA CHANGES LIVES!

Recently I had the chance to share at a meeting about “what it was like, what happened, and what it is like now.” Instead of the usual “food-a-log,” I rewrote the steps to describe what my life was like before finding this transformative program of recovery.

### ***My Twelve Steps of the Disease of Compulsive Eating***

1. I was determined to control my food and my body by restricting, and when I inevitably binged on massive amounts of sugary junk food, I swore that it was the last time I would ever do that and resolved to get back on track, which meant to restrict again.
2. I believed that perfectionism with food and a certain body weight were the keys to a happy successful life.
3. I decided to keep trying to manage my food in the same rigid way, despite feeling shame and desperation every time my way led to self-destructive eating.
4. I kept an inventory of what others did to hurt my feelings, and out of fear, I tried to seek their approval.
5. I replayed painful memories in my head and shared with whoever might listen how wrong others were—using sarcasm or harsh criticism.
6. I was entirely ready for terrible things to happen to those who had done me wrong so that I could say, “Told you so.”

7. I avoided taking any responsibility for my problems because they were not my fault.
8. I waited for the world to wake up and apologize—it owed me.
9. I decided a life alone was much safer, so I grew more isolated.
10. I continued to feel self-pity, resentment, anger and fear; if I ever made a mistake, I rationalized it was someone else’s fault.
11. I sought through more food abuse to numb uncomfortable feelings of self-hatred, fear and loneliness and despaired when my way continued not to work.
12. Living a spiritually bankrupt life, I entertained the idea that life was just not worth it.

That’s what it was like. What happened? I found OA over forty years ago and kept coming back.

What is my life like now? Sane, useful and full, as a result of the **real** 12 steps.

~Anonymous~



## Update from Your Intergroup

Dear Fellow OAs,

And here is November!

Our St. Louis Bi-State Intergroup (IG) is getting ready for the holidays. Don't miss the [Annual Holiday Booster](#), Saturday December 5, 9:00 am to 12:00 noon. (Flyer on p. 8)

The October 11 Intergroup meeting was attended by 22 OAs. Highlights included:

- An overview of the Region 4 Assembly – Region 4 is striving to become a communication hub where Intergroups, large and small, can share tips and support one another.
- Our Intergroup now has a Zoom account that is available for all IG functions, Super Saturday events, conventions, and retreats.
- Our current [Virtual Meeting List](#) on the webpage includes day, time, format (zoom or phone), meeting name and a contact person and phone number. This was created last March to provide safeguards for meetings from Zoom bombing, etc. There is also a separate meeting list for use of St. Louis Bi-State members and groups with meeting ID numbers and passwords, distributed through email to IG Reps. The BOT revisited this procedure and decided since meetings will be using Zoom indefinitely that we may want to follow the Online and Virtual Region's lead and publish the Zoom/phone ID numbers and passwords. This was discussed and it was decided that Reps would go back to their meetings and present this discussion and ask for a group conscience about the proposed change. Also, at question is, should

the St. Louis Virtual Meeting List be available on the Region 4 Webpage and by default WSO since they provide a link to our Webpage under the Find A Meeting tab? Also, PI will research how to educate groups about Zoom and Phone meeting safeguards.

- Melanie T., our PI chair, reported that the social media platforms are currently open for members to join. IG Reps have received an email to share with their meetings about how to do this. Plans for a billboard on I-44 for January & February 2021 are proceeding along nicely.
- Our Intergroup finances are well in the black thanks to members/groups commitments to keep up their 7<sup>th</sup> Step donations.
- We also discussed how our email communication chain (reports, financials, Newsletter, event flyers, etc.) is working for IG reps and their meetings. Most reps say the information they receive from our Secretary, Susan T, is relevant and they either share a quick summary at their meeting and/or forward the emails to meeting members who are on an email chain.

**Our next IG meeting is November 8, 1:30 pm**, Zoom ID 940 5580 8391, password Serenity. Or dial 312-626-6799, password 75183374. This is our **Annual Business Meeting**. We will be electing three board officers, a Newsletter Chair, a Region rep and a WSO delegate. Also, the BOT has reviewed our Bylaws and Policies and Procedures Manual and has submitted motions for voting. We encourage everyone to attend and get active in service at our Intergroup. We always welcome visitors.

With gratitude for service,  
Dianne S., IG Chairperson

## CHANGES TO WEBSITE AND MEETINGS LIST

There have been some recent website and operations changes:

- **oaregion4.org** is no longer part of our URL, so it would now be just <https://stlouisoa.org/>.
- Both on the homepage and under the **Meetings tab** there is a link to click that instantly downloads and displays the virtual meetings list as a **PDF**.
- People who request a meeting list would get faster turnaround if they just asked for it by emailing [info@stlouisoa.org](mailto:info@stlouisoa.org) - as opposed to phoning 314-638-6070. The phone is still an option though for people without email.

~Operations Administrator~



## DO YOU HAVE A COPY OF THE LATEST? BODY IMAGE BOOK NOW AVAILABLE

I have been selling some copies of our newest OA publication - **Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous**. You may [order it](#) from the OA website and have it shipped, or I can sell and deliver copies in a limited area near my home (from Eureka to St. Peters). A review of this book will appear in an upcoming newsletter.

~Literature Chair~  
314-401-2552



## IF WE BUILD IT...THEY WILL COME! TRAIN TO BE A TEMPORARY SPONSOR

St. Louis Bi-State Area Intergroup is excited about the Twelfth Step, both outside and within our fellowship! That is why billboards are being purchased. (See chair's report on page 3.) We also know the holidays send quite a few newcomers to OA. So how do we prepare to graciously receive them and inspire them to "keep coming back"?

One way is to prepare members of our fellowship to act as temporary sponsors for a newcomer's first 12 days in program. There's a great new resource created by the 2020 World Business Conference and available for [download](#) on the OA.org website.

We'll put our hand in yours to help you feel confident about the resource. A virtual training is set for 2-3:30 p.m. on Saturday, November 21. Find how to register and log in by seeing page 6 of this newsletter.

## MORE RECOVERY EVENTS!!!

**7 a.m. Thanksgiving Day** – Zoom/Hybrid meeting; call Susan for details, 314-283-0204

**9 a.m. Thanksgiving Day**, see page 7

**Holiday Booster**, Dec. 5, see page 8

**ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY November 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.

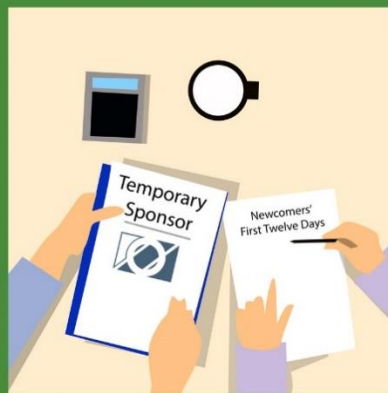
# Training

## 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.



Zoom Meeting ID 978 3492 9206 Password 447507  
Phone number 312 626 6799 Password 447507  
Room will open at 1:45

Presented by  
Bi-State Area  
Intergroup of  
Overeaters  
Anonymous

Register by  
going to the  
event page  
on [stlouisoa.org](http://stlouisoa.org)  
and selecting  
Sign Me Up, or  
email  
[pi@stlouisoa.org](mailto:pi@stlouisoa.org)

# Thanksgiving Day OA Zoom Meeting Focus on Gratitude



**Thursday, November 26 from 9-10am**

**Hosted by the Clayton Early Bird meetings**

**Zoom ID: 538 040 418**

**Password: 002478**

**Questions?**

**Call or text Eileen at 314.570.9333**

Maintaining Abstinence, Emotional Sobriety and Spiritual Fitness

ST. MARY'S SUNDAY MORNING MEETING PRESENTS

*the annual*

# HOLIDAY BOOSTER

*Saturday, December 5, 2020*

**9:00 AM - NOON**

**Zoom Meeting ID: 830 1110 9886**

**Passcode: 919533**

*If you plan to join the meeting by phone, call Carol H. at 314-775-4764 for available numbers*

OVEREATERS ANONYMOUS

**SUGGESTED DONATION: \$6 - NO PREREGISTRATION REQUIRED**

Using the group number 06234, you can donate online at [stlouisoa.org](http://stlouisoa.org)

(choose CONTRIBUTE), or mail check to:

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