

APRIL 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.

BEING AT PEACE WITH MY "PIECE" IN THE WORLD

This was written at the St. Louis OA Bi-State convention held last month in St. Louis.

During the "Writing as a Tool" session on Saturday, one of the speakers shared a thought that spoke to me about just being the puzzle piece she was made to be and not worrying about being too much or too little. I was thinking about that on Sunday morning and wrote in my journal:

"I have a place here. My puzzle piece fits and I have something to give that only I can offer. Me. Grateful for that."

During the "Staying in the Sunlight" session, one of the speakers encouraged us to find a small group of people that we can belong to in OA. As she said that, I visualized my one puzzle piece surrounded by my people from my home group and I realized that I fit perfectly right there. I also realized that for the past year I've been a part of OA, I've known I belong here. But I have been looking for a place along the edges that I could just quietly sneak into. On Sunday, it hit me - I'm not an edge piece.

I don't have to be right in the middle of the picture. I don't even know where the middle is because I can't see the whole picture. But I do know I'm a puzzle piece that needs to be surrounded by other puzzle pieces that fit me, who can give me the love and acceptance that I need.

I have found that in this program and "grateful" is not a big enough word to describe all that my heart is feeling today. -E.G.



A PROMISE IS A PROMISE

Amazed, amazed, just half way through.
This is a promise, that certainly is true.
At first, I don't know the half-way part,
Good food choices and the 12 Steps
I know are the start.

The door to the past stays open and clear;
It helps us remember why we are here.
When we see what we did and we figure out why;
We don't have to overeat; we don't have to lie.
Gone is self-pity, isolation, and fear,
I now have a purpose, if it's just to be here.
I do not direct my life's play;
You see, I'm just one of us now;
Happy, joyous, and free!
I wake up to serenity, walk daily in peace,
With God in control, my misery has ceased.
I share where I've been and tell what I know;
So others may hear, and their hope might just grow.
When God takes my hand and I make Him my boss,
I don't fear people, or the money I've lost.
He will give me my needs and the love for my sister
and brother;
That kind of peace is a joy like no other.
And to my surprise, when some drama arrives,
I somehow know how not to freak out and die!
Intuitively I find I can handle the stress;
I don't need to overeat and make more of a mess.
I could never have done this before; Yes, it's true;
God says its okay, I'll do it for you!
These promises come, not in ours, but God's time;
But slowing or quickly, they come, so sublime.
And He helps us with the work we must do
To make each and every promise come true.

- J.R.

If the Food is Calling, Make the Call

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

Susan T. 314-283-0204.

"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 have it all together, but together we have it all. Make the call.

HIGHLIGHTS FROM THE 3/10/2019 INTERGROUP MEETING & REPORTS

- Dianne S. went over the Ad Hoc committee report in some detail, explaining the financial and staffing realities. This report will be part of the discussion at the Intergroup inventory scheduled on April 13.
- Elizabeth C. was elected to be the office administrator.
- The public information chair has started a tour of all 47 groups in the Bi-State area
- There were over 200 visits to our St. Louis Bi-State website between January 28 to February 28.

INTERGROUP MEETING INFO

Our next Intergroup meeting is **Sunday, May 19, 2019** from 1:30 – 3:00 at Missouri Baptist Medical Center, building D, auditorium rooms section.

The 2019 Intergroup meeting dates are **June 9, 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.

Report from our Public Information Chair SHE'S ON THE ROAD TO VISIT ALL OUR ST. LOUIS BI-STATE OA MEETINGS

I have started my "tour" of all 47 groups meeting in our Bi-State area. I am so glad I was called to do this! I have received the warmest of welcomes at each group and they all are excited about the outreach plan I have explained to them.

I plan to meet with approximately 36 groups prior to the convention. I am most heartened by the response so far. In addition, I am taking note of the location and attendance of each group to see which areas in our region may be in need of new groups, so members do not have to drive too far to meet in person.

An unexpected outcome of my group tour is that I am getting a feel for the "health" of each group. Some groups may need a bit of bolstering to bring it back to strength. This is a fledgling discovery and an aspect that I will want to bring to my committee.

I truly believe that the opposite of addiction is connection, and that goes group to group, as well as individual to individual. I will continue to travel throughout my tenure but will slow down from from my earlier pace of 1-3 meetings a day).

I am so excited to be doing this work, each day is a blessing. Are you interested in serving as part of a committee to enhance outreach in our area? Send me an email at mdwthompson@hotmail.com or text me at 314-226-8686.



A wonderful weekend of fellowship was celebrated March 29 -31 at the St. Louis Bi-State Area Intergroup Annual convention held at the Sheraton Westport Plaza in St. Louis. Nearly 100 people attended and shared recovery through a keynote speaker from California, step meetings, workshops, meditations, love notes, literature, CDs, and even a temporary tattoo! Other highlights included seeing old friends, making new ones, listening to tool talks, contributing to a gratitude wall, and having quiet time in the meditation room.

Below are quotes from those who attended the convention:

- *"An invigorating experience!"*
- *"What a beautiful gift to my abstinence and my serenity."*
- *"I got to be restored to sanity by hearing recovery stories and seeing recovery reflected..."*
- *"This was my first event, (it was) more than I thought it would be."*
- *"We do things differently today than we did before, and that drastically improves our quality of life."*
- *"It was great to be with OA members from Effingham, IL to Boonville, MO, a more than 250-mile span."*
- *"The environment felt so loving and accepting. It helped me to let my guard down and open my heart to receive."*

Many thanks to the members of the convention committee who worked so hard and thoughtfully to make this convention such a special experience in recovery.

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.



MY SPONSOR, MY FRIEND

Featured Meeting of the Month

Saturday, 10 a.m.

OA Office / 9907 Gravois, Suite E
St. Louis, MO 63123

This meeting has been meeting for over twenty years and has a lot of recovery, love, and fellowship. This is a book study group with the following schedule:

- Week 1 – OA 12 & 12
- Week 2 – Leader’s Choice
- Week 3 - OA Brown Book
- Week 4 – Abstinence Book
- Week 5 – AA Big Book

Below are comments from those of us who attend this strong and down to earth meeting:

- *“I like this meeting because it has all that I need. It is close to my house, structured, and friendly.”*
- *“So happy to have a Saturday meeting.”*
- *“I love the camaraderie. We all love one another.”*
- *“The convenience of the location and the time were what drew me in to this particular meeting. The people are what keeps me coming back. Being a book study is exactly what I need. It keeps me focused.”*
- *“I am grateful that my Reaching Out home group is a place where I can count on a reliable place to hear the recovery message and I can give my abstinence away. We are a book study meeting and we have a regular group conscience.”*
- *“I enjoy attending this meeting because it focuses on OA approved literature. After the meeting I like to go home and highlight the areas we covered that spoke to me. Hope to see you next week.”*

Our contact person is Kathy H., 314-803-2650.

In a power outage, the first step is to admit you’re powerless.

I met Margie at an OA retreat in 1984. We just started talking and soon discovered we had a lot in common. However, at first glance, our lives were very different. She was a former dance instructor recently diagnosed with multiple sclerosis (MS) and battling weight gain. I was a hair stylist with my own shop in South St. Louis City.

We were both new to OA and, when told to get a sponsor, asked one another. We talked about food. More importantly, we talked about our feelings that could lead us to eat. We made plans for the next convention, read OA literature and shared, and worked the steps together. We talked almost every day. We met in person every four to six weeks when Margie traveled from north St. Louis County to my beauty shop for her hair appointment.

As Margie’s MS progressed, she required more care and eventually moved to a nursing home. There she worked with preschoolers and began embroidering items as gifts. Wherever she was, whatever the circumstances, she was happy.

I last saw her in spring 2016 when her nursing home took her to an outing in Kimmswick. I met her there for lunch.

Margie passed away on April 1, 2017. Mysteriously, I received a letter from her postmarked September 29, 2017. Somehow, it was forwarded to my new home address after her passing. In it, she thanked me for my friendship and love. Ours was a great fellowship – and a special relationship. I miss her and thank her for the tremendous gifts she shared with me.

Grateful for OA - V. L.



**ATTENTION
REGION 4 MEMBERS
SOUTH DAKOTA
HYBRID MEETING
ASKS FOR
OUR SUPPORT**

The Spearfish, South Dakota meeting is asking for our phone support for their hybrid meeting. A hybrid meeting is a face-to-face meeting that also has people calling in. Please consider attending this meeting, which is held every Monday at 6:30 p.m. Central Time. Their number is 1-515-604-9776 and the access code is 383321#. For more information, contact Wendy at 605-641-4933 or Jan H. at 605-430-5899. Thank you!

UPCOMING EVENTS –

Super Saturdays & Sundays

June 8, Saturday – Ferguson Group – all day event

July 2019 – St. Charles Group

August 11 - 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, Eureka, MO. For more information, contact Bernice I. at bernice_irwin@yahoo.com. To volunteer, contact Christina D. at cdpresently@gmail.com.

Can Your Meeting Host the May, September, and October Super Saturdays or Sundays this Year?

Please consider doing this important service. Your group would not have to do all on its own. Sue T. can provide a lot of support and ideas. Contact Sue T. at stowns@sbcglobal.net/314-775-3261. Thank you for your consideration.

APRIL 13 -	Afternoon Big Book Recovery 1-4
MAY -	OPEN
JUNE 8 -	Ferguson Group All Day Event
JULY -	St. Charles group
AUG. 11 -	Kirkwood group, 2-5
SEPTEMBER -	Webster Groves Group
OCTOBER -	OPEN
NOVEMBER -	OPEN
DECEMBER -	Sunday AM St. Mary's Group
JANUARY 2020 -	OPEN

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)

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

Meeting Changes and Closings

MEETING CLOSED – SL034/08012 – Wood River
NEW TIME -- SL445/56324, Springfield, IL
Thursday P.M. The meeting time was 6:30 and is now at 5:30 pm.

CHANGES DUE TO EASTER, ON APRIL 21

These ARE meeting on Easter Sunday:

8:45 am, 53817, Lindell Club, St. Louis City
10:45 am, 06234, St. Mary's Health Ctr, Clayton
4:00 pm, 45077, PNC Bank, Kirkwood
5:30 pm, 20413, Columbia, MO
6:30 pm, 24305, St. Mary's Health Ctr, Clayton

These are NOT meeting on Easter:

10:30 am, 53186, OA Office, Affton
4:00 pm, 45074, Jefferson City

CHANGES DUE TO MEMORIAL DAY, ON MAY 26

- For Memorial Day, we have had only a few groups that have responded so far, but here is their info -

These ARE meeting on Memorial Day Monday:

7:00 am, 52794, Samuel UCC, Clayton
7:30 pm, 54565, 212 Club, O'Fallon, MO

These are NOT meeting on Memorial Day:

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

If your meeting is making a change for Memorial Day or for any other reason, please contact the office at 314-638-6070 or bistateoa1@prodigy.net.



If you let go and don't turn it over, you'll be upside down.

NEXT NEWSLETTER SUBMISSIONS ARE DUE BY APRIL 25, 2019.

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.