

JUNE 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.

How a Daily Program of Writing Has Strengthened My Recovery

I have been in OA since late 2010, and over the past two years, I have developed a daily practice of writing that has strengthened my recovery. It works in combination with two of the other tools of the program, as follows:

- 1) I take Steps 1, 2 and 3, by beginning the day with prayer, admitting that I am a compulsive eater, and that I am going to need help from A-Power-Greater-Than-Ourselves and from others in OA today.
- 2) I then read three written selections (the tool of **literature**), two that are OA-approved and one that comes from my community of faith.
- 3) I reflect on these prayerfully, asking myself, "Where do I find myself in this reading? Does HP need me to recognize something that can be glimpsed here?"
- 4) After reflection, I type (the tool of **writing**) a brief response to what I just read, sometimes ending with an affirmation or prayerful thought about my willingness to change with the help of the God of my understanding.
- 5) I email (one of the ways to use the tool called **telephone**) what I have written to more than a dozen OA friends who have invited me to share it with them. This reminds me that I am not alone, that their hands are waiting to clasp mine. (Some of them have even said that my daily email is a fourth tool of the program – a **service**.) I sometimes ask for their prayers if I am going through a special challenge that day, and occasionally one of them will choose to dialogue with me about what I have written.

Occasionally, I have to write later instead of shortly after awakening, but my day simply goes better if I use the tools of the program, including writing, right at the beginning. This ground me in the program and reminds me of resources available to me all day long.

– St. Louis Area OA Member

If the Food is Calling, Make the Call

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

Bob L. - 314-314-256-9574

OA Words of Wisdom

I know it can be hard to work the program. Being uncomfortable and doing what I don't want is a real challenge. Believe me, I know. But what I also know is that the addict is under my first layer of skin. No matter where I go, the disease is with me, always ready to attack me with its lies. That is why OA is a "we" program. We need the help of others. – S.D.

Don't let a day go by that you don't stop and thank your Higher Power for another day to get it right. I thank God for the gift of the present, for allowing me to see today, a day that was not promised, especially when I led a life that was so destructive. – J.M.

A willingness to change is the essence of the Sixth Step. Change is always frightening, even when it is a much needed and long overdue change for the better. Many of us have wasted years and suffered a lot of pain in order to avoid having to change. As we work Step Six, we recognize and acknowledge our human fear of change. Then, because we are willing to go to any length for recovery from compulsive eating, we move ahead with this Step anyhow. No longer will we allow fear to keep us from doing what is best for us.

- OA 12 & 12, Second Edition, pages 48-49

Dear Lord,

I admit that I am powerless over my addiction;

I admit that my life is unmanageable

When I try to control it.

Help me this day to understand

The true meaning of powerlessness.

Remove from me all denial of my addiction.

- M. F.



**Seven days without a meeting
makes one weak.**

HIGHLIGHTS FROM THE 5/9/2019 INTERGROUP MEETING & REPORTS

- Two people attended the IG by teleconference.
- Intergroup chair, JMO, had submitted a report with some challenging topics. If anyone has any questions after reading it, please contact her.
- Dianne S. was elected as vice chair.
- When a request was made to review the OA office storage/availability, it was noted that pages 7 & 8 of the ad hoc committee report were devoted to this topic. The ad hoc committee can be found on our OA website at <https://oaregion4/stlouisoa>.
- Groups are asked to plan how they will make IG donations during November Gratitude Month.
- There was unanimous approval of three policy motions that codify practices as they are actually being done presently.
- The final report of the 2019 convention stated that over 90 attended and there was a profit of \$4,000 that will be donated into IG accounts. Literature sales at convention totaled \$449.75.
- The Retreat Committee and the Member Survey Planning Committee met during the work group portion of the IG meeting.
- A board of trustees meeting will be held in late May and all were invited.
- Over 670 people visited the oaregion4/stlouisoa website in March and April
- April literature sales totaled \$179.90.

INTERGROUP MEETING INFO

Our next Intergroup meeting is **Sunday, July 14, 2019** from 1:30 – 3:00 at Missouri Baptist Medical Center, building D, auditorium rooms section.

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

AD HOC AND SELF INVENTORY REPORTS ARE AVAILABLE ON-LINE

The St. Louis Area Intergroup (IG) held a self-inventory on April 13, 2019. A report of that meeting can be accessed by going to the oaregion4.org website / Intergroup / Business Documents and Forms. The Executive Summary of the IG Ad Hoc Ways & Means Report and the Ad Hoc Ways & Means Committee Report are also available under the Business Documents and Forms tab. If you have questions, please contact IG chair J-MO at 314-775-3261.

Stress is the gap between expectations and reality.

OA WORLD SERVICE REVISES ABSTINENCE/ RECOVER DEFINITIONS

In April, Overeaters Anonymous at the World Service Board Conference (WSBC) revised and adopted abstinence/recovery definitions, which were adopted at and are now posted on oa.org on the oa.org website under the new page link. The revised policy states:

The WSBC 2019 accepts the following definitions:

- **Abstinence:** *The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.*

- **Recovery:** *Removal of the need to engage in compulsive eating behaviors.*

Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program. (Business Conference Policy Manual, 1988b [amended 2019])

So, as an OA member, you may wonder what this means. What were the original definitions? Why did they change the definitions? Cyndy L., the chair of the OA World Service board whose home group is in St. Louis – has taken the time to explain these questions.

1) What were the original definitions?

With a little investigation I was able research and answer the first part of your question easily. This is the fifth change to the statement/definition. The previous changes were adopted in 1988, 2002, 2009, and 2011. The original definition for abstinence in 2011 was: Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

2) What were the reasons for changing the definitions?

As for the second question, I can only presume to know the answer. I believe the intention is to improve the definition, so our members and newcomers better understand our message and the desired goal when we speak of being abstinent. Abstinence is not about the foods we eat or don't eat, but rather that we are given a reprieve from the behavior of eating compulsively.

Thanks for the questions. I hope these answers are what you are looking for. If you have any other questions, please feel free to contact me directly at 636-538-1331.

- Cyndy L.



Enjoy a Weekend of Hope at the October 11-13, 2019 OA Retreat

Featured Meeting of the Month
St. Anthony Friday Night Meeting
Fridays, 7:30 p.m.
Mercy Hospital South
Hyland Center, Room 2026
10020 Kennerly / St. Louis, MO 63123

This long established meeting of many years in South St. Louis County is a step study meeting. Each week, we read one step chapter out of the OA 12 & 12. We have a core group of three to four long timers, different newcomers, and the occasional out-of-town visitor. The step study focus and smaller group makes for a solid, consistent focus on program basics and good sharing.

The meeting is held in the Hyland Center, which is a large brown building with a small lake and walk over bridge in front. As you enter the hospital complex on Hospital Road, the Mercy South Hospital will be on your left. Stay on the road, and you will see the Hyland Center on your right, just beyond the hospital. The front entrance is closed right now, so enter using the side entrance closet to the parking lot. Room 2026 is the first door on the left as you get off the elevator.

Our contact person is Mary Q. at 314-546-1196.

A New Way to Share Stories **Will Replace *Lifeline* Magazine by 2021**

The OA Board of Trustees has voted to discontinue the print and online publication of *Lifeline* magazine at the end of 2020. World Service Office staff has been instructed to research new ways for OA members to share their stories electronically. Members may continue to order print subscriptions until December 17, 2019.

Lifeline subscriptions peaked in 1990 at 25,000 and have steadily declined to about 6,000 subscriptions today. Our fellowship will always need a venue to share and read stories of recovery and the board has determined that more members and newcomers could be served more efficiently with a new electronic platform. The last issue of *Lifeline* will be the November/December 2020 issue.

We will be gathering at the LaSalle Retreat Center, in Glencoe, MO, our new retreat space to gather for our annual retreat time of reflection, fellowship, recovery! LaSalle is a beautiful facility that is over 100 years old, an old-fashioned monastic home located on beautiful rolling hills. This year's theme is H.O.P.E. – Hang On, Peace Exists. We will reflect and recall how humility thrives in the quiet of the day and in the learning and sharing we do in program.

Registration for this retreat will be available starting in July. The cost is not expected to be higher than it has been in the past. It is our hope that everyone will sign on early, as there are rooms for just 31 people. Commuters who can come during the day also will be able to participate.

If you would like to help with the retreat, please contact us.

You also can contribute to the We Care Sponsorship Program which helps fund the costs of participants who might otherwise not be able to attend. Both the donation and reception of funds will be kept confidential and anonymous.

As always, give what you can but never let finances keep you from the recovery! If you or a friend want to attend, we will find a way - we are better for the presence of all!

Please contact Brigid W. at brigid.welch@gmail.com or (812) 599-9042 with any questions about the retreat, registration and/or We Care. If you do not have on-line access, call the OA office at 314-638-6070. We will ensure a response as soon as possible.

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.

UPCOMING EVENTS –

Super Saturdays & Sundays

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, Sunday – The theme is abstinence and will be held from 2 – 5 p.m. at the PNC Bank Building, 333 South Kirkwood Rd., Suite 305, Kirkwood, MO 63122. This is being hosted by the Abstinence First/Newcomer Sunday 4 p.m. meeting. The suggested donation is \$6, but never stay away from a recovery event for financial reasons. Please contact Marilyn F. with questions at 314-401-2552.

September 14, Saturday – This will be held at the Webster Groves Christian Church, 1320 W. Lockwood, St. Louis, MO 63122. Registration starts at 9 a.m. and the program is from 9:30 – 12:30. It is hosted by the Saturday morning 10 a.m. Step Study Group.

November 2019 – IDEA Day - Intergroup

December 2019 – Sunday St. Mary's Group

Other Events –

October 11-13, 2019 – The theme for the annual fall retreat is H.O.P.E. – Hang On, Peace Exists. The two night event will be held at the LaSalle Retreat Center, Glencoe, MO, which is handicapped accessible. Please contact Brigid W. at brigid.welch@gmail.com or (812) 599-9042 with any questions about the retreat, registration and/or We Care. For more information, please see the article on page three.

Can Your Meeting Host Super Saturdays or Sundays in 2020?

We are so grateful that every month for the remainder of 2019 has either a Super Saturday/Sunday or retreat planned. These events are such a wonderful source of recovery and fellowship.

So with that in mind, please talk with your group about planning a Super Saturday/Sunday for next year. It's not too early to set a date for 2020. Dianne S. can provide a lot of support and ideas to you and your group. Please contact her at dianneastang@yahoo.com, 314-238-4052.

MEETINGS CHANGES DUE TO THE JULY 4TH HOLIDAY

This is meeting on Thursday, July 4, 2019:

- 7:00 am, 53332, St. Charles, MO

These are NOT meeting on Thursday, July 4, 2019:

- 10:00 am, 21534, Ferguson, MO
- 5:00 pm, 51315, Rolla, MO
- 6:30 pm, 56324, Springfield, IL
- 7:00 pm, 52905, Brothers in Recovery, MO
- 7:00 pm, 45964, OA office, MO

If you have question about any other meeting, please call the contact person listed on the Where and When. The Labor Day weekend is coming up. ***If your meeting is making a change for this holiday or any other reason, please contact the office at 314-638-6070 or bistateoa1@prodigy.net.***



THINGS WE
CANNOT
CHANGE

Our long time friend
in OA, Nancy R.,
died on May 24,
2019. She will be
missed by all who
knew her.

NEXT NEWSLETTER SUBMISSIONS ARE DUE BY JUNE 25, 2019.

Please send your submissions to the OA TODAY 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.

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.

*It's not what you're eating;
it's what's eating you.*