

# MAY 2018 OA TODAY NEWSLETTER

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## A Few Words about the Phone....

I have always been a phone person... I'm not sure how my parents tolerated my teen years before cell phones. So the phone has always been one of my favorite tools. The phone is a way to stay in touch with others.... with the availability of cell phones and their various abilities I want to talk a bit about how to use your smart phone to help your program succeed. Here is a short list of ways I have used my smart phone in my recovery.

1. Call your sponsor
2. Look up where to find a meeting (I'm writing this on vacation. I just checked, there are 8 meetings in Silver Spring, M.D. where I am).
3. Use your cell phone to find the meeting with your GPS
4. Order OA literature to read on your cell phone (much of the AA Big Book is available for free online.
5. Google terms you don't understand in meetings or in the literature.
6. Keep in contact with recovery friends through places like Facebook.
7. Text recovery friends.
8. Email your sponsor, sponsees, or others.
9. Look up calories or other nutritional info about foods.
10. Do step work with your sponsor.
11. Play video games or other diversions instead of eating compulsively
12. Play uplifting and/or recovery pod casts.
13. Track your food (apps can help).
14. Caller ID gives you choices about which calls you answer.
15. Record meetings for distribution (for example - Super Saturdays or conventions).
16. Attend phone meetings (find them on OA.org on the Find a Meeting / Telephone Meeting tabs. There are meetings every day around the clock.
17. Give service on phone meetings. (I moderate a weekly meeting every week at 11 pm Central Time on Friday night at 712-432-5200 / access code 4285115.)
18. Timing shares at meetings, when it is appropriate.
19. Use the calendar on your phone to make your life more manageable.
20. Texting can be used to check if someone is available to talk.

You have a powerful tool in your hand.... **USE IT!!** This is a list I made off the top of my head. I would encourage you to make your own list.

Oh wait! I forgot one... writing a newsletter article, which I just did!  
-Cindy H.

When you don't want to go to a meeting, go to a meeting. You never hear anyone say, "I didn't go to a meeting and I'm glad I didn't go."  
That just never happens. - Joan

*Welcome, my friend and a friend you must be - for letting me help you also helps me. Yes, I've had a problem, so you are not alone. If you care to discuss it, just pick up the phone.*

### **Is the Food Calling to You? MAKE THE CALL - YES, YOU CAN. START TODAY**

If you want to make an OA call, but don't know whom to call, call the long-time OA member who wrote this month's telephone article on this page:

**Cindy H. 314-435-6745**

Also - our OA office (314-638-6070) can provide a list of OA members to you who are happy to receive telephone calls.



***Make the before you take that first compulsive bite.  
Yes, you can! Start today.***

## **JEFFERSON COUNTY OA MEETING STARTING ON FRIDAY EVENINGS**

***A new meeting is forming this month at meeting Heart of the Apostle Church, 1328 Commercial Blvd., Herculaneum, MO 63048, which just over 2 miles east from exit 178 of Interstate 55. The meeting is on Friday evenings and started on May 4. If you could come to help support this meeting as it gets started would be greatly appreciated. For more information, contact JoAnn at 636-692-8072.***

## **MEETING TREASURERS – PLEASE TAKE NOTE**

Hello! When your group is sending in contributions to Region 4 (R4) or World Service, would you please tell your treasurer **to put the group WSO Meeting number on their checks and contribution forms?** The SL # doesn't tell me where to assign the contribution, as all records are by the WSO meeting number. Doing this will make my job as treasurer easier and will assure that the correct group gets credit.

THANK YOU – Karl K. Treasurer/R4.



## Meeting of the Month

**Seeking Serenity (SL403/WSO46420)**  
**Saturdays, 10:30 a.m.**  
**First United Church of Christ**  
**1200 South Liberty**  
**Jerseyville, IL 62052**

What would you call six to twelve people who have nothing better to do on a typical Saturday than to drive anywhere from five minutes to an hour or so just to spend an hour or so in Jerseyville, Illinois? Serious Shoppers? Dedicated Club Members? Seriously Crazy? How about Seeking Serenity at the Saturday 10:30 a.m. meeting of Overeaters Anonymous? Some might claim to be all of the above, but OA is our special claim, but not a claim to fame.

You see, we are serious about recovery. We take the steps and the tools seriously and ourselves somewhat less seriously. Sometimes we laugh, sometimes we cry, but we share and we care. We support each other and encourage each other whether a newcomer or a beloved seasoned veteran.

In the course of a month we focus on the Steps, the Traditions, Big Book, and Leader's Choice. This way we can experience the variety of supports for recovery available in O.A. We strive to be the kind of place where we can "do together what we could never do alone."

For more information, contact Tom H. at 217-779-3153.

### **REGION 4 INTERGROUP INFO**

Our next Intergroup meeting is Sunday, June 10 at 1:30 at Missouri Baptist Hospital in the auditorium room area.

Please send a representative from your group to this important monthly meeting, which acts as a group conscience for over 45 groups in our bi-state region.

Future Intergroup meetings will be held **July 8, September 9, October 14, and November 11. There are no meetings in April, August, or December.**

For more information, call or text IG Chair J-MO at 314-775-3261.

## Region 4 Spring 2018 Assembly Report

Omaha Nebraska or Bust! Road trip! Your three Region 4 representatives, Elizabeth C, Christina D and Pat M. drove to Omaha, NE, April 6-8, for a weekend of business and fellowship at the Region 4 Spring 2018 Assembly

Basically, there are ten OA regions around the world. Each one is represented by a trustee on the OA board of trustees. Our Region covers eight states and parts of Canada. Our business meetings, called assemblies, happen twice a year.

The two committees we served on are Convention and Outreach. The sharing of ideas we heard in the exchange between representatives were enthusiastic and useful, especially about how to do hands-on creative workshops in Super Saturdays instead of just listening to speakers the whole time. You will be enjoying some of these workshops in the future.

At this assembly, there were elections (a new region vice-chair was elected), reports of progress in the last six months, other business items, the sharing of ideas, and very productive committee meetings. The convention committee also fine-tuned plans for the big Region 4 convention we are holding in St. Louis on June 22-24.

This was the first Outreach Committee meeting for Pat M. & Christina D. This experience proved to be interesting and will be useful for our own Intergroup efforts at outreach at home! We plan to contact all the unaffiliated groups in our region, offer support and let them know how useful Region 4 may be for them. We also developed a plan of action to follow up this personal outreach with research into other ways of spreading the good news of OA. This is as needed at our Region level, as it is in our own St. Louis Bi-State Area!

The Assembly was full of group conscience; good fellowship and sharing. And it was a lovely road trip as well.

If you have questions please contact Pat M. at [smithypat@me.com](mailto:smithypat@me.com) or Christina D. at [cdpresently@gmail.com](mailto:cdpresently@gmail.com) – Elizabeth C.

**QUESTION - How many compulsive eaters does it take to change a light bulb?**

**ANSWER - Just one. She holds on to the bulb and thinks the world revolves around her!**

# REGION 4 CONVENTION – IT'S JUST ONE MONTH AWAY...

June 22-24, 2018

Sheraton Westport Plaza Hotel in St. Louis, MO



## IMPORTANT INFO ABOUT HOTEL REGISTRATION

### Here's how to register for the Convention.

Costs: Registration for the convention is \$35 if postmarked or purchased online by May 25. After that it is \$45. The optional banquet costs \$35. There will be an optional donation available to a scholarship fund that will help others pay the registration fee. (To apply for scholarship funds, contact the Region 4 treasurer: [treasurer@oaregion4.org](mailto:treasurer@oaregion4.org).)

To pay by check, use the registration flyer available at your meeting, or download it from [oaregion4.org](http://oaregion4.org). To pay by credit card or PayPal, go to [www.oaregion4.org](http://www.oaregion4.org), where convention information and registration are right on the home page. The registration fee, the optional banquet purchase and the optional donation are separate items that you can put in your cart. For any questions about registration, call Jo at 515-943-4183.

### **It's Not to Late – Get the Group Hotel Rate Reserve by June 1**

To get the preferred room rate of \$95 per night (plus taxes), reservations must be made by June 1. Up to four people can share the room for the same \$95 rate. The simplest way to reserve a room is to go online and enter this address into your browser:

<https://www.starwoodmeeting.com/book/overeaters>.

You can also register by phone during regular business hours by calling the hotel at 314-878-1500 and mentioning the code "Overeaters Anonymous." If you do register by phone, make sure you ask for and get the group rate. It is best to call during regular business hours from Monday to Friday. Calling on the weekend to make these reservations is not recommended.

Hotel amenities include free parking, free airport shuttle, free wifi, fitness room, and restaurant. Mini fridges and microwaves are available on a first come, first serve basis.

## **WANTED – CONVENTION VOLUNTEERS HERE'S HOW TO SIGN UP**

To see what volunteer shifts are open, and to sign up for your preferred shift directly, go to **SignUpGenius.com**. Click on the little magnifying glass in the upper right corner. Fill in the search field with [ecosbey@att.net](mailto:ecosbey@att.net). Try it – you'll like it! Or you can call Elizabeth C. at 314-304-1444.

### **Convention Schedule**

**FRIDAY** - Registration will open at 5 p.m. and the program starts at 7:30 pm.

**SATURDAY** - Sessions and speakers begin at 8:30 a.m. and end at 3:45 p.m. Then there is a two hour on-your-own lunch break from 11:30 a.m. to 1:30 p.m. There is fellowship time from 4-6 pm. The optional banquet goes from 6 to 7. A keynote speaker will present at 7 p.m. and is open to all attendees. This will be followed with entertainment until 9 p.m. and fellowship after that.

**SUNDAY** - Sessions and speakers will be held from 9-noon.

### **CALLING ALL SINGERS, MUSICIANS FUN PEOPLE, INTROVERTS, EXTROVERTS... and anyone else willing to help provide Friday night entertainment at the Region IV Convention**

Have you ever wondered what it would be like to be in a flash mob? Well... At the Region IV Convention, our Intergroup is providing the entertainment on Friday night, June 22, 2018 at the end of the opening session. We are doing songs from the musical/movie *The Greatest Showman*. The plan is to have what is essentially a flash mob, which means the songs will start out with one or two people singing with more and more people standing up and joining the song.

We have had the first rehearsal of the songs at the Spring Fling during the supper break. **There will be two other rehearsals on Sunday afternoons at the OA office located at 9907 Gravois Rd, #E, St Louis, MO 63123.**

- 2:30 pm, Sunday, May 20
- 2:30 pm, Sunday, June 17

If this sounds at all interesting to you, please call me or just show up at either of these rehearsals. Rest assured, willingness is more important than musical expertise. That said, I am hoping that some of my musical friends will come and take a part. I also will be looking for people who would be willing to do some solo parts, as well. If you are interested in doing this, please call Cindy H. as soon as you can at (314) 435-6745. THANK YOU FOR YOUR SERVICE!

## UPCOMING EVENTS –

## APRIL 21 SPRING FLING INSPIRES OVER 90 ATTENDEES

### Super Saturdays –

**July** – Hosted by St. Charles Group at St. John’s UCC Church in St. Charles, MO from 9:30 p.m. to noon. (More details in future newsletters.)

**August 12** - Hosted by Sunday Kirkwood Group at PNC Bank, 333 S. Kirkwood Road, Kirkwood, MO 63122 from 2 p.m. – 5p.m. (More details in future newsletters.)

**September 16** – This Super Saturday will be hosted by the Monday night Newcomers meeting in Webster Groves and the Tuesday Newcomer meeting at St. Francis Episcopal Church, 598 Rockwood Parc Court, Eureka, MO 63025. Registration is at 1:30 and the program is scheduled from 2 p.m. to 5 p.m.

**October 13** – Hosted by the Webster Groves Christian Church 10:00 a.m. Step Study Meeting at 1320 W Lockwood Ave, St Louis, MO 63122. Registration at 9 and program from 9:30-12:30.

**November** - Available

**December** – Hosted by Sunday St. Mary’s Group (More details in future newsletters.)

**June 22-24, 2018 - Region 4 Convention** will be at the Sheraton West Plaza Hotel in St. Louis. For more information, please see page 3.

**REGION 4 CONVENTION FRIDAY NIGHT ENTERTAINMENT REHEARSALS** - There will be two more rehearsals on Sunday afternoons at the OA office located at 9907 Gravois Rd, #E, St Louis, MO 63123.

- 2:30 pm, Sunday, May 20
- 2:30 pm, Sunday, June 17

Everyone is invited. For more information, please see page three in this newsletter.

**June 22-24, 2018 - Region 4 Convention** will be at the Sheraton West Plaza Hotel in St. Louis. For more information, please see page 3.

**October 26-28, 2018 is the date of this year’s OA Retreat** and it will be held again at Sojourner’s Retreat House. A speaker for the retreat has been scheduled. A retreat chair is needed. For more information, contact Pat M. at 314-581-9960.

**ARTICLES FOR THE MAY NEWSLETTER ARE DUE BY MAY 25, 2018.** Please send your submissions of experience, strength and hope to the OA TODAY Editorial Staff at [newsletter@stlouisoa.org](mailto:newsletter@stlouisoa.org) or mail to OA, 9907 Gravois, Suite E, St. Louis, MO 63123. Thanks!

Here is what people had to say about their experience at the all-day Spring Fling, held Saturday, April 21, in Webster Groves:

- *Spectacular program and wonderful whisper walk. A transcendent whisper walk which really built community among those present.*
- *(They have) done it again--providing a dynamic day of recovery, fellowship and fun!! Thank you to the committee.*
- *It was awesome!! Everyone should experience the Whisper Walk at least once in life.*
- *It was wonderful. Speakers were great.*
- *I’m from out of town and felt welcomed and I’ve found another OA family in St. Louis.*
- *It was worth traveling over 100 miles (for this).*
- *(The talk about how to) think about my trigger foods as though I’m addicted to a hard drug--crack or heroin (was powerful).*
- *(I found) a place of community.*
- *This was a wonderful way to Spring me into Recovery.*
- *It was great to spend time with my people*
- *Becoming real allows us to be vulnerable. No mask is ever worth being hidden.*
- *The nature of our disease is our dis-ease.*
- *A progressive disease needs a progressive recovery.*
- *No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.*

In addition to all the wonderful recovery and fellowship, the Spring Fling was also a fundraiser, which netted \$3,800. Many, many thanks for everyone’s generosity.

**Recordings of the Spring Fling talks are now available on CD at the OA office. You may get these talks on line by going to <http://oaregion4.org/stlouisoa/>. Under the “Podcasts” tab, two of the speakers’ talks from the Spring Fling are now online: “The Nature of the Disease” and “Unity and the Many Messages of Recovery”. The other talks will be added soon.**

### OPEN SERVICE POSITIONS

Here is a list of currently open service positions:

1. Office Administrator
2. Region 4 Representatives (3 positions open)
3. World Service Delegate (1 position open)
4. IG Office Volunteer Coordinator
5. IG Literature Coordinator

If you are interested, or have questions, please call IG Chair J-MO at 314-775-3261. You can apply at: <http://oaregion4.org/stlouisoa/integroup/documents-and-forms/>.

### OTHER VACANCIES

Applicants are still being accepted for the OA office bookkeeper and **webpage consultant**. Please encourage people interested in either position to send a cover letter and resume to [chair@stlouisoa.org](mailto:chair@stlouisoa.org).