

JUNE 2018 OA TODAY NEWSLETTER

9907 Gravois, Suite E St. Louis, MO 63123 / 314-638-6070 / newsletter@stlouisoa.org



Region 4 Convention!

Here at Last!

It's not too late! Step right up!

Register at the door!

Where? Sheraton Westport Plaza Hotel
900 Westport, St. Louis, MO 63146

When? **Friday, June 22:** Registration from 5 pm,
grand opening and speaker 7:30 pm

Saturday June 23: Speakers and
workshops 8 am – 11:30, then lunch,
resuming 1:30 -3:45 pm, After-dinner
speaker 7:15, entertainment 8:15

Sunday June 24: Speakers and
workshops 8:45 am – noon.

Cost? \$45 for the whole event or any part of it
(This great recovery weekend is also a fundraising
event for our OA Region 4).

Where to stay? Our special Sheraton Westport Plaza
Hotel guest room block is fully booked. Please plan to
commute or find a nearby hotel at regular rates.

Planning to come to convention? Want to

help? Can you spare an hour or two to help put on this
event? We need people at the registration table, the fundraising
boutique room, the hospitality room, the hugging and greeting
area, and so on.

To talk about it, please call Martha at 314-591-2717.

To sign up directly, please go to SignUpGenius.com, click on
the little magnifying glass in the upper right corner, and fill in
the search field with ecosbey@att.net.

It's a happening thing! See you there!

*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 this long-time OA member:

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.

THE PERSONAL TOUCH OF THE PHONE KEEPS ME OUT OF THE FOOD

I think all forms of communication are important. However,
when I want to eat compulsively, the best way that keeps me
abstinent is to call my sponsor before I take that first
compulsive bite. If my sponsor is not available, I call another
program person before I use. My sponsor used to be the last
person who would know about my breaking my abstinence.
When I call my sponsor first – that's when I achieve long term
abstinence.

The program started with one drunk talking with another.
The phone gives me immediate contact and feedback. E-mails
and texts are good, but they don't give immediate feedback
because the person might not answer right away. When I talk
on the phone or in person, I get personal contact. Using video
conferencing so that we can talk and see each other is a great
way to communicate. I recently heard someone's fourth step
inventory using my video conferencing.

All means of communication are good, but personal contact
is how the program started and how it works for me. .

- Anonymous OA Member from St. Louis Area



The Pessimist, The Optimist,

and the Compulsive Eater

The Pessimist - My plate is half empty

The Optimist - My plate is half full.

The Compulsive Eater - Are you going to finish that?

*If you are interested in helping with entertainment on Friday
night of the Region 4 convention, see page 4 for more details.*

**MAY 5 CINCO DE RECOVERY.
SUPER SATURDAY
IN NORTH ST. LOUIS COUNTY WAS A
SUCCESS**

Over 30 people attended the Cinco Day of Recovery, which was held at Ferguson Church of the Nazarene in St. Louis and hosted by the Thursday 10 a.m. New Day (21534/SL147) meeting.

There were AWESOME speakers on how to be a sponsor, what recovery is, and how we get there. There was a tree hanging on the wall with different OA slogans. Everyone was asked to pick one and share what it meant to them. We made God boxes with beautiful boxes donated by a member and many crafting items from members. These God boxes reminded us that we can give our troubles to God and remember to let God take care of them. We also wrote letters to God about things we may not be ready to say to another human being just yet, gratitude, or anything we wanted to share with God. Since this was held from 9 – 3:30, we also had an AWESOME salad bar set up for lunch and Cinco de Mayo decorations on the tables.

Here is what people said they liked about the Cinco Super Saturday:

- *They had lots of speakers and talked about different tools & topics of recovery.*
- *Speakers, sharing, fellowship*
- *Everything*
- *The slogans. I loved the speakers and sharing. It reminds us of the things we kind of forgot but need to remember.*
- *(I liked the North County/Ferguson location) and the lunch salad buffet.*
- *The salad bar was awesome. Very well done.*
- *The room was nice and bright, beautiful fellowship, excellent speakers.*

What did you not enjoy about this Super Saturday?

- *That it has to end. All things come to an end.*
- *Sorry, but it was great. What's not to enjoy?*

What would you like to see at future Super Saturdays?

- *More like this one.*

- Cindi R., event chair

OA LITERATURE NEWS

A New Beginning: Stories of Recovery from Relapse is once again available as a paperback book. To order this recovery resource, go to www.amazon.com/New-Beginning-Stories-Recovery-Relapse/dp/1889681016 and click the Paperback \$9.99 button. A single book will be printed for your order and delivered to your address.

Now available is the *Overeaters Anonymous, Third Edition*, Forewords and Appendices document, which is now posted online and is available for free download. Find it online at What's New (oa.org/whats-new) and at oa.org/documents, under Literature. Here is the direct link: https://oa.org/files/pdf/Overeaters-Anonymous-Third-Edition_Forewords-and-Appendices.pdf



Featured Meeting of the Month Invites You to Their Step Study with the New OA 12 & 12

**St. Mary's Sunday Meeting 06234/SL025
Sundays, 10:45 a.m.
St. Mary's Health Center
6420 Clayton Road - Room G207- on the ground
floor by the cafeteria
Richmond Heights, MO 63117**

Something new on Sundays! A step study with a difference! We have met in or near the cafeteria at St. Mary's for many years. These days the room is G207, on the ground floor in the hall leading to the cafeteria. We start at 10:45 and end at noon. All are invited to continue the fellowship during an abstinent lunch nearby.

Here's what's new – a new book and a new method. We are starting to study the steps from the brand new second edition of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*. The new method is that we study just a paragraph or two at a time, and then stop for everyone to have a chance to share before we move on. We might share on the text itself, or on how the text resonates with our past or present lives, or simply on whatever we are dealing with today.

We have always had good, honest, deep sharing at this meeting. Now we are combining that with an in-depth step study. Sound good? Bring your second edition OA 12 & 12 and join us this week!

For more information, contact Joanne M. at 314-821-5289.
- Elizabeth C.

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

Enrich your understanding of OA's Twelve Step recovery program. Read and share the Forewords and Appendices from our beloved Brown Book, written by mental, physical, and spiritual health professionals familiar with OA's benefits. Understand more deeply why compulsive eaters around the world have found a path of recovery by working the Twelve Steps of Overeaters Anonymous; then, use these pages to carry the message to referring professionals, interested newcomers, and others.

Also, the new edition of the OA 12 & 12 has already sold over 5,000 copies.

MAY 6, 2018 INTERGROUP MEETING HIGHLIGHTS

- Two new intergroup representatives, Lisa G. and Bernice H. were welcomed.
- Candidates for the office bookkeeper and webpage coordinator are being interviewed.
- Due to Intergroup meeting so early in May, there was no budget report because it had not yet been finalized.
- Board of Trustees has decided to meet once monthly in between Intergroup meetings to think together about the needs of our fellowship.
- Intergroup approved Marilyn F. as literature co-chair. We have an application from Dianne S. to be the other literature co-chair, and that will go on the agenda for the June meeting. Pat O. was approved as newsletter editor.
- A Ways and Means ad hoc committee was formed to do long term strategic planning for the purpose of strengthening our Intergroup, especially in the areas of finance, service, and outreach. This committee has three members, Diane, Amy, and Christina. If you are interested in participating, please contact Christina D. at cdpresently@gmail.com.
- Due to cost and the date conflicting with the Region 4 convention, the board decided not to have a booth at Pridefest this year.

In keeping with Tradition Ten, the OA World Service has stated that, "Overeaters Anonymous has no opinion on bariatric (weight-loss) surgery. In the spirit of *Tradition Three*, Overeaters Anonymous welcomes anyone with a desire to stop eating compulsively, including those who have had the surgery or are contemplating it."

INTERGROUP MEETING INFO

Our next Intergroup meeting is **Sunday, July 8 at 1:30** at Missouri Baptist Hospital in the auditorium room area.

Please send a representative from your group to this important monthly meeting.

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

OPEN SERVICE POSITIONS

Here is a list of currently open service positions:

Office Administrator (one year of abstinence)

World Service Delegate (3 positions open; one year of abstinence)

Region Representatives (3 positions open; six months of abstinence)

IG Office Volunteer Coordinator (Six months of abstinence)

Public Information Chair (Six months of abstinence)

Retreat Chair (Six months of abstinence)

For descriptions of each position, please see:

<http://oaregion4.org/stlouisoa/wp-content/uploads/2017/07/PP-2016.pdf>

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/intergroup/documents-and-forms/>.

OTHER VACANCIES

Applicants are still being accepted for the OA **webpage consultant**. Please encourage people interested in either position to send a cover letter and resume to chair@stlouisoa.org.

The Office Manager/ Bookkeeper position has been filled.

Board of Trustees' Update on Our Intergroup's Financial Situation

According to a QuickBooks comparative report of our January 1-May 18 2017 vs. January 1-May 18, 2018 income and expenses, we are holding our own compared to last year, and there are a few positive changes to note. Here are some areas where we saw increases in income:

- Gratitude collection from November
- Group donations
- Intergroup 7th Tradition collection
- Newsletter and literature sales
- Super Saturdays

Our "done in a day" Spring Fling 2018 event had a profit of \$4,534.53 compared to the Friday-Sunday event we held in spring 2017, which showed a profit of \$5,258.81. This was a major accomplishment. Many thanks to those who quickly put together and implemented this great recovery event!

We have also done a good job controlling expenses by reducing our phone, internet, and printing costs. We are carefully calculating a more accurate count of the Where and When and newsletter copies. We would be running ahead of last year's income over expenses totals if not for somewhat higher costs for attending Region 4 and WSO and a sizeable anonymous gift that was made early in 2017 that has not been repeated in 2018.

So what does the future hold? There is much that we do not get to control in life; instead we must take life on life's terms. Some piece of equipment could break and give us a complicating expense at the office. However, many of us have discovered that if we do the footwork, A-Power-Greater-Than-Ourselves brings results that surprise and delight us.

Here are some parts of the footwork that will influence how our year-end financial picture turns out:

- An Ad Hoc Committee on Ways and Means has formed to study our financial situation and the difficulty we have had filling service positions and to make recommendations. This committee has been needed for a while and may transition into a standing committee.
- We can personally reflect on how much we are able to give in 7th Tradition collections and at Super Saturdays and Sundays, taking into account the varying financial conditions of our households. (**Remember: NEVER let lack of money keep you away from OA.**) If our generosity to the fellowship pales in comparison to what we spent on snack foods in the past, then it's probably time to bring this topic to our sponsor and to our HP in prayer!

Want to help with any of this? Please talk with a BOT member. Our emails may be found at:

<http://oaregion4.org/stlouisoa/home/contact-us/>

UPCOMING EVENTS –

Super Saturdays & Sundays –

July 28/Saturday – Hosted by St. Charles Group at St. John's UCC Church in St. Charles, MO from 9:30 a.m. to noon. (More details in future newsletters.)

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

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

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

November – The Thursday evening Effingham group will be hosting this event. (More details in future newsletters.)

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

Super Saturdays & Sundays for 2019 – It's not too early to plan for next year. Would you please confer with your group about hosting a Super Saturday for next year? All months are open at this time. To set a date and obtain information on how to host a Super Saturday, please contact Susan T. at 314-283-0204 or stowns@sbcglobal.net.

REGION IV CONVENTION INFO

June 22-24, 2018 - Region 4 Convention will be at the Sheraton West Plaza Hotel in St. Louis. For more information, please see page 1.

COME ALIVE & REWRITE THE STARS! YOUR SHOWMANSHIP IS NEED FRIDAY NIGHT AT THE REGION IV CONVENTION

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.

There will be one more rehearsal **at 2:30, Sunday afternoon, June 17 at the OA office located** at 9907 Gravois Rd, #E, St Louis, MO 63123.

If this sounds at all interesting to you, please call me or just show up at either of these rehearsals For more information, please contact Cindy H. at (314) 435-6745 **THANK YOU FOR YOUR SERVICE!**

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.

NEW OA MEETING IN JEFFERSON COUNTY ON FRIDAY EVENINGS

A 6 p.m. meeting has started meeting at 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. It would be greatly appreciated if OA members could come to this meeting a few times as it gets started. For more information, contact JoAnn at 636-692-8072.

FREE BABYSITTING

Can't make a meeting because you can't find or pay for a babysitter? The Saturday 10 a.m. Step Study Meeting at Webster Groves Christian Church offers free babysitting. We welcome OA members to take advantage of this offer. The address is 1320 W. Lockwood Avenue St. Louis MO 63122

St. Louis OA Website News

Two special forms are now downloadable from our local website stlouisoa.org.

Group treasurers, do you want to make sure your group gets credit for a donation to

Intergroup? If so, we have to know for sure which group the money is from. Don't just say "the Tuesday Group." The best way is to download the **Contribution Form** to send in each time with your group donation. It's filed under Intergroup, Business Documents and Forms.

Also, has any of your group information changed?

Location, contact person, intergroup rep, newsletter mailing address, number of newsletters wanted – anything? First, go to the World Service OA website oa.org, Edit a Meeting, to make sure all their information is updated. Second, go to our St. Louis Area OA website stlouisoa.org and download the **Meeting Information Update Form**. It's filed under Intergroup, Business Documents and Forms. This will update the Where and When, mailing labels, etc.

Both forms will ask for your World Service group number. They might also ask for your St. Louis group number. Both these numbers are on the Where and When now. But how do you know which is which? The World Service group number is 5 digits, like 12345. It's known throughout OA around the world. The St. Louis group number is "SL" plus 3 digits, like SL123. It's only known in the St. Louis area, and is meaningless to the rest of the world. So please put the 5-digit number on all correspondence and on the comment line of all checks, OK?



