

OCTOBER 2018 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.

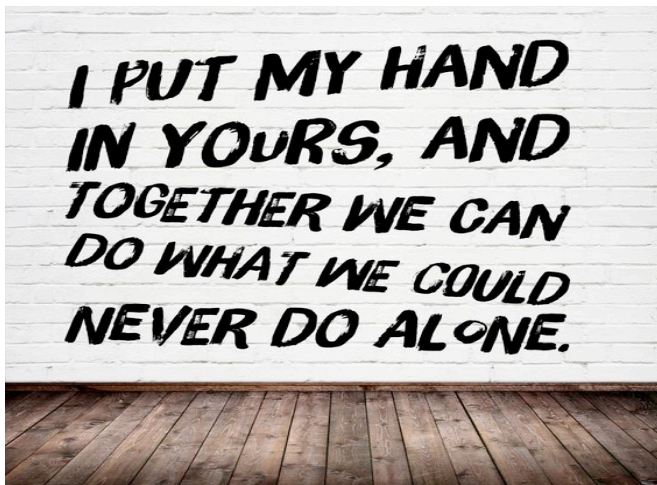
THE CHOICE I MADE – RECOVERY VERSUS FOOD ADDICTION

While working the program I have lost enough weight to no longer be considered obese by my doctor's charts. My A1C also went low enough to go off of my diabetes medicine. It was a relief, because I learned that the medicine I was taking can lead to dementia. As there is a history of Alzheimer's dementia in my family, I don't need any 'help' to get me there or get me there any faster.

Shortly after getting off the medicine, my sister was cutting and coloring my hair and noticed that while previously I was starting to lose my hair, I was now growing hair back. She asked if something had changed recently and the only thing I could attribute to the change was being off the diabetes medicine.

Although my doctor swore hair loss isn't a side effect of the medicine, it's left me thinking about the difference in my life since my recovery has begun. When I question if recovery is for me, I have to ask myself.....Dementia and Baldness vs. Happy, Healthy, and Free. Really? How can recovery NOT be the choice?

Signed, Sane and Hairy ☺



THERE'S NOW ANOTHER MEETING IN SPRINGFIELD, IL ON THURSDAYS

We are happy to announce the Recovery Unlimited WA meeting is being held on Thursdays at 6:30 p.m. at the Memorial Center for Learning & Innovation, room 2C, 228 W. Miller St, in Springfield, Illinois. Though it has been meeting for about a year, it will be in the Where and When starting next month. For more information, contact Marie W. at 217-416-1648. (WSO#56324/SL445)

WHY DO I LIKE THE TOOL OF WRITING?

Oh, there is much to like about the writing. I start the day in my prayer chair with pen, journal, and 8x11 paper folded in half. Across the top of the paper, I write the following headings:

Date To Do To Eat

Then I write what needs to be done and what I want to do. On the bottom, under the To Eat heading, I write:

- What will be breakfast -
- What will be lunch -
- What will be the last meal -

I sit quietly with this, remembering I want to take direction from God, as I understand God. I then read what is written and prioritize. This action surprises as I realize Wisdom beyond me is written. Now I have a plan of action to go back to, as I check off each item as it is done. Whoopee! This is amazing because it seems too easy.

But there is more: When my day is interrupted, there is the plan to go back to. What does not get done today can be reconsidered for tomorrow's To Do list. When I am unexpectedly at a nearby eatery, I take a look at the To Eat and adjust to what will be available.

When one "job" is complete, my going to what is next on my list stops the Committee in My Head (The Disease) from encouraging me to the food.

I have another secret writing tool a sponsor taught me years ago. With a pencil and paper in hand, I ask God for guidance by pouring out on the paper all the thoughts and emotions that are troubling me until I am without words, ending with, "What do YOU want me to do?" Then I sit quietly with the point of the pencil on the paper, ready to write the first word that comes to my mind. The pencil flies. I often ask for clarification and go back and forth with the pencil until I am at Peace with the direction I need to take. The best part of this – It is written down, which makes it less likely to be left undone.

Yes, there is much to like about writing.

– Anonymous St. Louis area OA member

Struggling with the food?

If you want to make an OA call, but don't know whom to call, here's the number of a local OA member: **Marie W. at 217-416-1648**

Also - our OA office (314-638-6070) can provide a list of OA members who would be glad to talk to you.

**Together we face it,
Together we fight it,**

Together, with HP, we overcome it!
Can't wait to meet you! – Susie D.

INTERGROUP MEETING INFO

Our next Intergroup meeting is **Sunday, November 11** at 1:30 at Missouri Baptist Hospital in the auditorium room area. Please send a representative from your group to this especially important monthly meeting, which will include the annual business conference. (See the article on this page for more details.)

The next Intergroup meeting after November will be January 13, 2019. There are no meetings in April, August, or December.

SEPT. 9, 2018 INTERGROUP MEETING HIGHLIGHTS

- The Intergroup financial situation is improving. Specifics will be provided in November with year end financial reports.
- The Vice Chair position will be open in November, since Susan T. has decided not to seek re-election.
- JMO and Elizabeth C. will attend the Region 4 business meeting that is being held Oct. 12-14 in South Dakota.
- The Region 4 convention held in St. Louis on July 22-24 was considered a success due to good attendance, solid planning, a welcoming and supportive atmosphere, and positive financials. The convention netted more than \$3,600 for Region 4.
- . Dianne S. and Elizabeth C. will stand for election in November as convention co-chairs.
- Our webmaster installed a system that improved the online registration process for the convention and for future events, as well.
- The Region 4 (R4) Ad Hoc Committee is in the process of collecting data and doing research on Region 4 viability.
- There was some discussion about sending newsletters in both paper and online formats, and whether groups should be encouraged to pay postage on newsletters mailed to groups. No decisions were made.
- Bob L. proposed that Intergroup do a formal inventory of itself. Further discussion is planned at the October Intergroup meeting.
- JMO will take the lead in sending donated OA literature to the Logan Correctional Center in Illinois to assist in the launching of an OA meeting there.
- The Retreat Committee met after the Intergroup meeting.

OPEN SERVICE POSITIONS

Office Administrator (one year of abstinence)
Vice Chair (one year of abstinence)
Treasurer (one year 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 and to apply, please go to stlouisoa.org and click on the tabs: Intergroup / Business Documents & Forms / Policy & Procedure Manual, and scroll to the bottom of the page. If you have questions, please call IG Chair J-MO at 314-775-3261.

ANNUAL BUSINESS CONFERENCE TO BE HELD NOV. 11

Dear OA Friends,

The Annual St. Louis Bi-State Area Conference of Overeaters Anonymous will be held on Sunday, November 11, 2018, 1:30-3:30 P.M. at Missouri Baptist Hospital, St. Louis, Missouri. (We will allow an extra half an hour at the end, just in case this is needed. If we finish early, we will leave early.) It is hoped that the attendance at the conference will truly represent the group conscience of our entire Intergroup.

This annual meeting is patterned after the World Service Business Conference. Visitors are welcome and should feel free to participate in discussions. On the agenda will be reports given by the World Service Delegates, Region Representatives, and any new Business Proposals or Bylaw amendments that your group may wish to have considered.

Nominations for vacant service positions must be distributed at least 15 days before an election by our bylaws. Please consider submitting your application for the following open service positions by October 27. Open positions are: Vice Chair, Treasurer, Office Administrator, World Service Delegate, Region Representatives, IG Office Volunteer Coordinator, and Retreat Chair.

Those who may vote at this conference include Intergroup Representatives or Alternates, Intergroup Officers, Chairpersons of IG Committees, members of the IG Board of Trustees, Region Representatives and World Service Delegates.

LOTS OF DISCUSSION AT THE SPOTLIGHT ON TRADITIONS WORKSHOP HELD SEPT. 29

Over 20 people attended the Spotlight on Traditions workshop held at Webster Groves on Saturday, September 29. The day included power point presentations, discussion, skits, question and answer time, and small group activities. While the 12 Steps help foster personal recovery, we learned how important the 12 Traditions are in supporting group recovery and cooperation. Questions about anonymity, group autonomy, outside issues, and attraction versus promotion were discussed and answered.

If you could not make the workshop and would like to view 12 Traditions videos that were used at the workshop, go to oa.org, click on podcasts, and scroll down to Take a Walk Down the Traditions (Videos).

CHANGE

- C – Change the way you see life.**
- H – HP is in charge, helping you.**
- A – Are you using your choices?**
- N – Now is the time to make good choices.**
- G – Going to any length helps.**
- E – Everyday is a chance to live better.**

- Mary F.



Featured Meeting of the Month

**Sunday, 8:45 a.m.
Lindell Club, Second Floor
4522 Lindell Blvd., St. Louis, MO 63108**

Our meeting started four years ago with a beginners/first-step focus. We start our meetings with some selected readings from the Big Book to help people recognize the close analogy between excessive food and excessive alcohol consumption. Yes, each has different consequences, but we want people to recognize the common mindset that besets us in OA each time we've made a decision to breach the limits of a food plan or diet. We have two ten-minute speakers at each meeting who share on what brought them to OA and what it is like now to be following a food plan. The meeting is then opened for three-minute shares for the balance of the hour. Besides helping the newcomer to relate to the concept of food as an addictive substance - every bit as much as is alcohol or drugs - this also helps members with some abstinence time under their belts to practice Step 12. Many of us will often hang around after the meeting to talk with newcomers.

The contact person for this meeting is Bob L., 314-256-9574.

OA LITERATURE IS STILL NEEDED FOR THE NEW MEETING AT ILLINOIS PRISON

We have had a request for a donation of literature for a group forming in an Illinois prison. I'd like to request that you discuss this in your home meetings.

Six copies of the following are needed:

- Big Book
- OA 12 & 12
- Overeaters Anonymous
- Voices of Recovery - For Today

If you have older versions of the 12 and 12 or OA book that you want to donate, we feel certain the group will be thankful to receive them. To donate, contact JMO at 314-775-3261.

*The next, you're
toast.*

It's not too Late to Sign Up The Falling Into Fellowship Retreat October 26-28 in Dittmer, MO

You have one more opportunity to register online or mail in a brochure for our upcoming Retreat at Sojourn Retreat Center in Dittmer, MO, to be held October 26-28, 2018. Don't miss this speaker-led series of talks and workshops that will address the 'back to basics' of our Recovery and how the Principles and Traditions form the foundation of how we live in relationship. Living with humility in the world asks of us that we work the 12 Steps and use our tools. Reflecting on what this means for us in a quiet, beautiful space is a gift we are given in this lovely country space. Simple accommodations, abstinent food, activities and workshops will allow us to find the calm center of our recovery so we can bring it back into the bustle of the world with a renewed sense of acceptance and peace.

Recall that no one must miss this opportunity for economic reasons. Contact us with a request of support under our We Care & Donor Pledge funds. If you are able to contribute to We Care and/or pledge to support a participant's necessary costs upon request, please contact us. All gifts given and received are anonymous. Email Christina D. at secretary@stlouisoa.org or call 314-954-1944.

Over 30 Attend Broad Highway of Recovery Super Sunday on Sept. 16 in Eureka, MO

Below are comments written by those who attended this afternoon event:

- *Thank God I'm not alone! Thank you for looking in my eyes, not my obesity.*
- *I'm so glad I came today! It feels like all of the speakers are talking directly to me! We cannot do this alone!*
- *The reminder that I must continue to turn my life over and not think I had to make the changes, but to trust that HP will bring about the changes so long as I'll do my part; working the steps, using the tools, practicing the program and gratitude. Keeping my abstinence makes that possible.*
- *Unique theme that covered the steps and principles of OA. All of the speakers spoke to some issues I have had, as well as general topics.*
- *God does not do the action I need to do, but HP will direct and guide, if I let Him.*
- *Today's focus on the principles of our program is just what I need. What wonderful speakers!*
- *I loved that one speaker said God does miracles not windows. I feel grateful that I am not alone.*
- *Great job describing each principle.*
- *I was reminded of what matters most... the power of the WE!*³

*One day you're the
best thing since sliced
bread.*

- The Steps 6&7 talk was eye opening for me! If we're willing to be humble, the willingness leads us to the humility to face recovery & work through the defects!
- Love hearing from folks who humbly shared from a place of recovery.
- Been inspired by the stories. Respect & appreciate the privilege of being in the same space with such brave individuals!
- I am in the right place!
- Awesome!

Nov. 2-4 – Chatawa, Mississippi: Fall Retreat Practicing the Principles in all Our Affairs/Catherine W. 510-910-5995
Nov. 2-4 – Ocean City, Maryland: Recovery-It's a Shore Thing. Mike M. mmm07719@yahoo.com
Jan 18-19, 2019 – Los Angeles, California: 59th Annual OA Birthday Party. Los Angeles OA Intergroup/323-653-7652
Feb. 23-25 – Cocoa Beach, Florida: Together We Can... Believe, Achieve, Receive/ 9th Annual Florida State Convention/813-240-8572

UPCOMING EVENTS –

Super Saturdays & Sundays –

November 10/Saturday – Focus on Embracing the Holidays and Gratitude is the theme and this half day event is being co-chaired by the Effingham and Mattoon, IL OA groups. The location is Centenary United Methodist Church, 203 East Grove, Effingham, Illinois 62401. Registration starts at 9, the program is from 9:30 a.m. to noon. If you are interested in carpooling to this event, please call JMO at 314-775-3261. Contact person for this event is Karen at 217-254-9916.

December 1/Saturday – Holiday Booster hosted by Sunday St. Mary's Group from 8:30 to 1:00 at the Maplewood Baptist Church 2806 Marshall Ave, Maplewood, MO 63143. For more information, contact Ellen W. at 314-603-3712.

January 2019 and February 2019 have been reserved for Super Saturdays or Sunday. More details on these will be available in future newsletters.

Other Events -

October 26-28, 2018 - OA Fall Retreat Sojourn Retreat Center in Dittmer, MO. See page 3 for more information.

MEETING TIME CORRECTION - The (56323/SL439) Wednesday meeting held in Springfield, Illinois meets at noon, not at 7pm. The time has been corrected in this month's Where and When.

EFFINGHAM SUPER SATURDAY CARPOOL
 So far I have heard from two people who want to carpool to the recovery event in Effingham, and one would drive if we get additional riders. So far my Ford will hold us all, but I feel certain there are others of you who just have not communicated yet. Please talk about this at your meeting. Contact me at 314-775-3261 and provide your name, zip code, contact information, and whether you can drive or want to carpool.
 - JMO

DID YOU LEAVE A KEURIG CUP AT THE CONVENTION?

Hope you are all enjoying this beautiful October day! Someone attending the 2018 Convention leave a Keurig drink container in the small dining room in the St. Joe's cafeteria? If so, please email me your address. If I do not hear from anyone by November 11, I will donate it to charity. - Sincerely, Catherine S. - cstock48@gmail.com

Beware of Paddy (progressive and deadly)



Paddy: You've had a really rough day. Let's stop by the fast food place and order the three items for \$5.

No, I am going to follow my food plan, listen to an OA speaker on a CD I keep in my car, and call my sponsor when I get home. So long, Paddy.



Laughter is the best

IT IS TIME TO PLAN SUPER SATURDAY/SUNDAYS FOR 2019
 Please confer with your group about hosting a Super Saturday for next year. To set a date and obtain information on how to host a weekend event, please contact Susan T. at 314-283-0204.

BIG BOOK QUIZ

ANSWER FROM LAST MONTH –

QUESTION: What is the main problem of the still suffering addict, be it alcoholism or compulsive over or under eating? **ANSWER:** Lack of Power

BIG BOOK QUIZ QUESTION FOR NEXT MONTH:

If we have to find a power by which we can live, what did this power have to be? Answers to both questions are on page 45.

OA RECOVERY OUTSIDE BI-STATE AREA

*medicine, which is really
good thing, because it is
one of the few things I can
consume safely.*

**ARTICLES FOR THE NEXT NEWSLETTER ARE DUE
BY OCTOBER 25, 2018.**

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.