

SEPTEMBER 2020 OA TODAY NEWSLETTER

St. Louis Bi-State Intergroup of OA
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STEP NINE

Made direct amends to such people wherever possible, except when to do so would injure them or others.

OA.org



What about making “direct” amends that would injure? Our literature tells me “appropriateness is our guide.”

I struggled personally with this. I had an amend that was mandatory to make, yet to do so directly would injure loved ones and others that were absolute innocents. This was not a pass for my wrongdoing. It did not mean I could hold the situation in secret; past secrets had shown me this practice leads to more shame, more guilt, more compulsive eating. I was required to share my truth with people I trusted and knew would love me in spite of the heinous behavior.

After admitting the full, unadulterated matter, I laid out a plan how to make living amends to those I had harmed. I had conversations with those persons I needed to apologize to. I admitted to past behaviors of belittling, emasculation, broken promises, and power control. I admitted I was

struggling with internal personal issues. I admitted to acting out poorly against them, with no fault of theirs. I promised to respect and honor them. I recognized they are worthy of love and compassion, and told them so.

My job is to live out this obligation daily. There are times when I am disrespectful and act out dishonorably, however, my promise still stands. I admit my disrespect as soon as I realize wrongdoing; usually at review through daily inventories. I humble myself and admit my wrongdoing as soon as possible. Today, the promise I made (as an amends I could not do directly) is priority in keeping my life in honor with God and myself.

-Anonymous



TRADITION NINE

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

OA.org

It took me a while to become comfortable with Tradition Nine. To my ordered, rule-oriented mind, Tradition Nine felt a little loosey-goosey. Who’s in charge? How do we get anything done? Who makes the decisions? These were just a few of the questions I asked myself.

How wonderful it is that all of us are in charge, in one form or another. We’re all
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in charge of our own side of the street and our own programs, but we've relinquished that iron-fisted control urge we used to know so well. By practicing the Steps and Traditions to the best of our abilities, we come together with many different perspectives, always keeping in mind our primary purpose: to carry the message of recovery to those in need.

It's wonderful how many things get done in our St. Louis Bi-State Intergroup! Meeting groups come together to host Super Saturdays. Committees form to plan and implement retreats, public information projects, and letter-writing campaigns to health care professionals. We all have a voice in decisions made at all levels—group, intergroup, region, even world service. How gratifying it is that these decisions are all based on following our primary purpose: to carry the message of recovery to those still suffering from compulsive eating.

Our intergroup is made up of a small, dedicated group of folks who show up nine Sundays every year to keep track of a budget, plan events and projects, and send representatives to region and world service events. We are chronically short of help, both on the board and in the general intergroup. OA ought never be organized, but that does not give members a pass on giving service and contributing some of our time. I encourage you to give service at the intergroup level. It's good for our program, and it's good for groups as a whole.

“Trusting our Higher Power rather than any organizational structure, we can now take responsibility for our shared lives and for the OA Fellowship in which we are recovering together” (*The*

Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 183). Thank you, intergroup reps and board for your service to our Fellowship—you are a wonderful reminder of this important Tradition.

— *Edited and reprinted from OA Today newsletter, St. Louis Bi-State Area Intergroup, September 2016*



Freedom from Food Obsession Has Many “Freedom Side Effects”

The writer of the July 23 **Voices of Recovery** reflection offers a list of the freedoms they have received in program. That is a wonderful exercise for any of us to try! I was inspired to make my own list, and I share it with you here:

Step 1: Freedom from shame – I have a chronic and progressive illness and deserve compassion, not blame.

Step 2: Freedom from hopelessness.

Step 3: Freedom from reliance on my own unsteady willpower.

Step 4: Freedom from self-delusion.

Step 5: Freedom from self-killing secrecy.

Step 6: Freedom from magical thinking about my ability to “whip myself into shape.”

Step 7: Freedom from false pride and constant scrutiny of where I stood on the “ladder of worth.”

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Step 8: Freedom from bondage to my past.

Step 9: Freedom from guilt.

Step 10: Freedom from “backsliding” into familiar patterns that harm me.

Step 11: Freedom from idolatrous worship of someone else’s understanding of G-d.

Step 12: Freedom from being “terminally unique” and isolated.

What’s your list? - *Anonymous, St. Louis*



Intergroup Chair’s Column

Fellow OAs,

Here comes Fall! Speaking of Fall, be sure to register for our Virtual Fall Retreat – **FAITH (Finding Answers in the Heart)** – register online [here](#).

I attended my 1st Virtual Convention in July – The Region 4 Bi-Annual Convention – It was great; great speakers and workshop leaders, plenty of time between sessions to get up, move around, etc., a wonderful alternative in today’s COVID-19 world. Our South St. Louis County, Tuesday 1 pm, New Me group is hosting a Virtual Super Saturday on October 10, from 1:00-4:00 p.m. The topic is Step 10; let’s all get that on our calendar.

Your Board of Trustees (BOT) officers has been busy completing our transition

from a physical Intergroup Office to having the functions/tasks handled in a new way. A telephone volunteer, Monica Z, has our new cell phone (same phone number), with a special carrying case and handy reference guide, for the next 2 months. Thanks Monica for your service. All event supplies and equipment, historical records, literature and other such things have been organized and moved to Life Storage (I-44 and North Highway Drive, Fenton) thanks to a Herculean effort by Carol H and helpers. Contact any BOT member for access if needed. So many tasks were done by so many volunteers to accomplish this transition! Thanks to everyone.

The BOT and two visitors met on August 13 to review our Bylaws and Policy & Procedures Manual. Most changes to be voted on at our Annual Business Conference, November 8, 2020, simply reflect current practices. Remember if you or your group would like to propose a motion to add/delete/change a bylaw or policy/procedure it must be received by September 24, (electronic submission to secretary@stlouisoa.org) so they can be posted on the webpage and distributed to all Intergroup Reps at least thirty days in advance of the annual conference. The [format for a motion](#) is available on the website.

Many of us have been attending Zoom or telephone meetings, and, while we all long for our face to face meetings and hugs, we all need to be grateful for these alternate ways to nurture our program and recovery. My concern is for our OA friends who may not be able to access these meetings or our e-mail and webpage communication systems for information and Newsletters. If

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anyone knows someone who needs contact by “snail” mail or telephone, please give them my phone 314-238-4052. I’d be happy to send them printed copies of the Newsletter, flyers, etc., or just have a phone visit.

Lastly, I’d like to give a shout out to Region 4. All Intergroup chairs and other service officers were invited to a “getting to know each other” Zoom chat lead by Annette, Region 4 Chair and Meg, Region 4 Trustee at WSO. Region 4 is a vital Communication Hub between all the sixteen Intergroups and their meetings stretching from Canada to Arkansas and Kansas/Nebraska/the Dakotas to Springfield, IL. It was fun getting to know OAs from this large area, which I learned is the second smallest OA district! We began to discuss challenges and share how our Intergroups are meeting these challenges. We’ll meet again in late August/early September.

In gratitude and service,
*Dianne S., St. Louis B-State Intergroup
Chairperson*



Recently Heard at a Meeting: Four Things That Block Recovery

You'll never achieve full recovery as long as you have:

- A resentment you won't admit
- A secret you won't tell
- A thrill you won't put down or
- An amends you won't make

INTERGROUP MEETING SCHEDULE

All meetings are by Zoom and are from 1:30-3 p.m.:

- Sunday, September 13
- Sunday, October 11
- Sunday, November 8 (Annual Business Conference)

See: Fall Retreat Flyer on Page 5!

October Super Saturday on Page 6!



ARTICLES FOR THE NEXT

NEWSLETTER ARE DUE BY October 20,

2020. Please send your submissions to the OA TODAY Editorial Staff at

newsletter@stlouisoa.org or mail to St. Louis Bi-State Area Intergroup PO Box 28882 Saint Louis, MO 63123-0082. 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.



St. Louis Bi-State Intergroup, OA

Virtual Fall Retreat

September 11 & 12, 2020

Limited to first 100 registrants



tentative program

friday

- 6:30 to 7:15 p.m. opening / introductions
- 7:15 to 8 p.m. keynote speaker
- 8 to 8:30 p.m. sharing
- 8:30 to 9 p.m. fellowship (unmuted)

saturday

- 9 a.m. welcome / introductions
- 9:15 to 9:45 a.m. guided meditation
- 9:45 to 10 a.m. break
- 10 to 11 a.m. keynote speaker
- 11 to 11:30 a.m. activity
- 11:30 a.m. to 12:15 p.m. sharing
- 12:15 to 1 p.m. lunch break / (can stay online for fellowship)
- 1 to 1:05 p.m. welcome back
- 1:05 to 1:50 p.m. keynote speaker
- 1:50 to 2:05 p.m. turning it over
- 2:05 to 2:45 p.m. sharing
- 3:00 p.m. closing

Registration deadline:

Midnight Tues. Sept 8

- Meeting number, password and finalized schedule emailed to you during the week before the event.
- No refunds will be available
- **General Questions?**
- **Call Carol H. 314.775.4764**

ADVANCE REGISTRATION IS REQUIRED

\$25 registration

Register online at: stlouisoa.org

Please never stay away from an OA event for financial reasons. We Care Funds are available to help with all or part of fee.

To arrange We Care assistance, please call Pat M. 314.581.9960

To register by check, mail this form to:

Carol H., Registrar
510 Florence Ave., St. Louis, MO 63119
(please make check payable to St. Louis Bi-State Intergroup)

First name: _____ Last name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Email: _____

ENCLOSED Registration: \$ _____ We Care Donation: \$ _____ **TOTAL** Enclosed \$ _____

St. Louis Area Bi-State Group SLOO3 "The New Me" presents a

*SUPER SATURDAY featured on
ZOOM
Step 10: "Keep on Keeping ON"*



October 10, 2020 1:00 p.m. – 4:00 p.m.

ZOOM Meeting ID 810 8333 0596

Passcode: 789224

*Featuring Two
Outstanding Speakers and a Step 10
activity*

*If you need a little help signing in to
Zoom, call Leanne at 314.520.1564 on
Tues (the 6th), Wed (the 7th), or Thurs
(the 8th) for a tutorial.*

Suggested Donation \$6.00

To donate online by PayPal, go to
<https://oaregion4.org/stlouisoa/contribute/>
and enter group # 00990

You may contact Leanne at (314) 520.1564 with questions or
to donate by mail.

No one should stay away from an OA activity due to finances.
Give what you can when you can.