

December 2021 OA TODAY NEWSLETTER

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STEP TWELVE

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Most of us are familiar with television commercials for weight loss commercials in which “success stories” tell us how we can have similar results if we’ll just share our contact and credit card information. Those advertisers would probably be shocked to learn that the person who successfully got me to walk into OA in 2010 was a woman who weighed more than 600 pounds. On the surface, that might not look like smart advertising.

And it wasn’t advertising, of course. Tradition 11 reminds us that “our public relations policy is based on attraction rather than promotion.” How did this unlikely messenger attract me to the program? What did she say or do that caused me to want to give OA a chance? Here’s what happened and why it reached me:

In 2010, I was 56 years old and had been struggling with an eating disorder for most of my life. The previous ten years had shown the progressive and deadly nature of my illness. I had gained more than 100 pounds on my already morbidly obese body and was losing my ability to walk. I alternated between using a walker and a cane and avoided walking whenever possible. I often would sit wishing for

a glass of water, with a sink only about a dozen steps away, but I would wait until my spouse wandered into the room, then say, “Honey, would you bring me a glass of water please?”

In August of 2010, a longtime friend made an appointment to see me, and I assumed it was about one of the many outside issues on which we collaborated. What a surprise when she rolled into the coffeehouse in her motorized wheelchair and immediately shared this message: “I can tell that you are eating yourself to death. I want you to know that I love you, and I don’t want you to die.”

She continued, “I may weigh over 600 pounds, but I can assure you that I’d weigh over 700 pounds if it wasn’t for Overeaters Anonymous. It has made a big difference in my life, and I hope you’ll give it a try. Here’s a list of all the nearby meetings, and this is the one that I go to most often. If you want to visit, call me, and I’ll go with you.”

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Principle of Step 12: Service



In October, I did go to her home meeting, and she was there with me. She parked her motorized wheelchair at one end of the table, and I pulled up a piano bench because my 430-plus pound body would not fit in any chair in the room. At first, I thought “these people are kind of weird, but when they talk about food, gosh, it sounds just like me.” By December 1, 2010, I was willing to risk a day of abstinence, and in the past eleven years I have left blood pressure medicine and more than 160 pounds behind. I trust A-Power-Greater-Than-Ourselves will continue leading me toward a healthy body weight.

What worked about this particular Step 12 visit?

- First, I was taken aback that she noticed that I was eating myself to death. In my addict mind, I somehow thought I was keeping my secret under wraps.
- Secondly, I was surprised by the tenderness of her caring. She loved me and didn't want me to die. I'd found her to be tough as nails in the public work that we did together. It touched me that she'd say this to me.
- Finally, she shared her own experience, strength, and hope – what the program had done in her life. Her sincerity came through.

My friend carried the message to me that day by being the message – a person willing to admit her powerlessness over food and to say what had helped her move beyond the madness of continuous bingeing. I believe she saved my life by offering an invitation to OA. I will be grateful forever, and I hope that I'll be the message for another, just as my friend was for me.

Anonymous



Love. Grow. Serve.



TRADITION TWELVE

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.



The list of program principles says that Step 12 is spirituality, but the chapter talks about anonymity. At first this confused me. Then I realized that Tradition Twelve contains all the principles of the other traditions and that's the spiritual foundation that is so important to our being a healthy organization.

Who you see here, what you hear here, when you leave here, let it stay here. That's the simplest explanation of anonymity. It's also a pretty good place to start.

The first thing I need to examine is how I practice this in my life. Do I honor others privacy and not discuss what they share? Do I think that by leaving out specific names and which meeting I attended, it's okay to repeat what I've heard or who I've seen at a meeting?

I'm not talking about when I go to an event and a speaker shares a recovery thought that can be attributed to them. OA wouldn't have slogans if we never shared the recovery we hear. I'm talking about personal stories and details that a person shared about their fears and concerns - or even their successes.

It says in the tools that it's okay to enlist help for another without breaking their anonymity by saying, "Have you talked to Mary lately? She could use a phone call." It doesn't say it's okay to go into the details of what's going on in Mary's life, or that she's struggling with her program. That is something I can find out when I talk to Mary, if she wants to share it with me.

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Tradition Twelve also reminds me to share in a general way what program is doing to change my life and to leave the specific details of my problems for my sponsor. As a sponsor I must treat the information I hear from my sponsees with the same respect as what I hear at a meeting. Everyone deserves to feel safe and that their confidences are not being broken.

Another reason for anonymity is to help me become humble. I have to give up my aspirations to be in charge or use OA to promote myself and my ambitions. I have to accept that I am just one among many. I am no better or worse than anyone else in this program. When I give service to OA, I am there to serve the Fellowship rather than getting my own desire for recognition and validation met.

I do not have the authority to make decisions for my group or Intergroup without consulting the will of the other members first. I remember not understanding that I had to check in with others before making a decision to change the meeting format. At Intergroup I could not just change existing practices because I thought I had a better idea. I had to bring it to the body and ask for their input. The will of the body is far more important than my self-will, no matter how good my idea.

When working with a committee, I enforce this practice. Giving the members of the committee a chance to make suggestions and then letting the entire committee discuss that suggestion has always shown me the value of group conscience. After the discussion, a better idea has often been the result. What a gift from my Higher Power that I don't have to be the only one with the responsibility for the project. New fresh ideas keep our program exciting and enjoyable.

One of the questions at the end of Tradition 12 is: "Do we value all OA members equally, or do we treat some individuals as stars or gurus?" This question reminds me that I need to stop putting people on pedestals and deferring to

them as leaders of the program. While someone may work a strong program, they are still human and can struggle with recovery. In fact, a part of my relapse had to do with me wanting to keep my perceived status as a recovering member. When I thought of myself as an OA VIP, I put myself in the position of having to hide my failings. I didn't want to let others down by admitting I was having trouble with my abstinence. This thinking got in the way of my being able to ask for and accept help. I thought I had to be dishonest to keep the respect of other members and that dishonesty led back to the food. What I had to learn was that everyone in the rooms has something to offer and I was just one among many, no better or worse than anyone else.

When I first came into OA, I was told to "listen for the message, not judge the messenger." I have learned from almost everyone I've come across in my meetings and doing service over the years.

In fact, some of my greatest growth is in how to deal with people I dislike. I may have to work on my resentments and use the steps to help me reveal my part in such a situation, but when I've done my part and practiced acceptance of others I've come to learn and appreciate what each of us has to offer. My spiritual growth shows me I need to look at my faults and not justify my behaviors of judging others. My ego says I need to be right. I need to have my way. I need to be recognized for my contribution. But Tradition Twelve helps me put things in perspective and my ego in check.

Recovery in OA is about surrendering to God's will and the principle of spirituality shows me the way.

Anonymous



Remembering the Essentials: Principles Before Personalities

The 12th tradition reads, “Anonymity is the spiritual foundation of all of these traditions, ever reminding us to place principles before personalities.” Principles are fundamental truths, and we have plenty in the program to aspire to—in this tradition, the focus is on anonymity.

What does it look like to do the opposite, to place personalities before principles?

In my imagination, personalities before principles looks like a tiresome cocktail party, a poorly run business meeting, and a dysfunctional family get-together all rolled into one. We introduce ourselves with our first and last names, droning on and on about our occupations, getting out pictures of the kids and bragging about where they are going to college. We group off into small cliques based on who we want to gossip with. We overeat and overdrink and overtalk because there’s a lot of uncomfortable feelings wafting around while climbing some imagined ladder of worth.

What does it look like to place principles before personalities? We place the welfare of the group above our own desires. We give up aspirations to govern other members. We welcome to our meetings all people with a desire to stop eating compulsively, no matter what we think or feel about them. We give up our dependence on authorities and power structures. We pay our own way and quit expecting others to keep OA going. We give up all aspirations to gain status as a special OA member. We give up any ambition that we will be acclaimed because of our recovery or service.

This tradition forces me to look my character defects of judgementalism. My old critical, know-it-all-self pops up at meetings sometimes. My critical, comparing self can still

try to judge other members by length of abstinence or physical recovery. I need to place principles before my OWN personality as well as others’ personalities.

Why is it important for OA? We need each other to recover. Connection is the opposite of addiction. I need OA and all of you to LIVE, because living in my disease is a slow death. I have a full life today because I am abstinent and working the 12 steps, including placing principles of recovery before individual personalities.

Anonymous

Quotes from I.D.E.A. Day

On November 20, the St. Louis Bi-State Intergroup of Overeaters Anonymous hosted a special three-hour recovery event for the **International Day of Experiencing Abstinence**. The focus was on tools to find abstinence again when “slipping and sliding.”

Here are quotes from participants:

I found the event to be incredibly enriching and encouraging. Thanks to all who gave service to allow it to happen.

A compassionate look at abstinence through the lens of relapse. Would love to do it again. What a great concept.

So much honesty and humility in the shares, and the consistent, gentle reminder that I cannot do this alone!

I am an addict who happens to binge and purge. I’m not different from other addicts and abstinence doesn’t make me better.

When I make a mistake with my abstinence, I make a bridge to the next abstinent meal.

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It was a beautiful morning filled with such deep sharing. I love the honesty and commitment in our community!

This event had such a loving and caring feeling to it. It really deepened my connection that we all share the same weakness, and because of that - we can accomplish together what none of us could alone.

The recent event on I.D.E.A. Day was an inspiring, loving, and reflective experience. Here are three take-away suggestions:

- I am physically hungry because I am spiritually starving.
- We need daily spiritual work.
- On step seven: Pray not for removal of character defects but for the increase of character assets.



Strategies for the Holidays

“Keep it simple, Sweetie” (K.I.S.S) especially applies to the holidays with more food, more family, and more feelings than on other days of the calendar. I view the holiday period beginning with Halloween and ending with Super Bowl Sunday. There seems to be license to overspend our time, energy, and money besides calories and fat grams. The old adage, “fail to plan, plan to fail” gives fair warning to neglecting basic self-care.

Doing what works plus vigilance will maintain abstinence.

- Meetings: If your routine is 2-3 meetings per week, bump it up to 4-5. Zoom and telephone make this easy, especially when travelling.
- Journaling: Write out feelings when overwhelmed, exhausted, or lonely. I

often find answers in my writing – the answers are not in the pantry or fridge!

- Commitments: Utilize the Home Group and Sponsor to speak out loud on plan of action, meal preparation and food recording, or service.
- Three-legged stool: The physical, emotional, and spiritual aspects of our disease all need tending. What can I do today to enhance my conscious contact with God during these special days of giving thanks and gifts?

The food demon is patient and persistent, waiting for us to relax our vigilance. Even when alone, we are never truly alone. Help is only a prayer away. Have a Plan. Work the Plan. (HPWP)

N.J., Illinois



Been Slipping and Sliding: This May Help!

A new study group is forming to use the OA tool “Been Slipping and Sliding? A Reading and Writing Tool.” It will be a small working group, allowing intimacy and honest sharing, and is a great way to make friends while working on our recovery.

There are 30 reading and writing suggestions. We will do one per week. We will meet by Zoom in the daytime, at a day and time to be determined by those interested. Contact Elizabeth by December 31st (ecosbey@att.net, or text 314-304-1444). We plan to organize over the following two weeks and start the week of January 17th.



It's Beginning to Look A Lot Like Crisis: A Recovery Story Featuring Paddie and Ria

A sense of bitterness and resignation had descended on Sandy as Christmas, an important holiday to her family, drew near. Sandy had never married and poured herself into being the aunt who babysat, took the nieces and nephews (she affectionately called them "N&Ns") on trips, bought them gifts, and went to their games and school plays. It was pure joy to be able to be with them throughout their childhood.

No one ever told Sandy that, once her nieces and nephews were grown, they would go on their separate ways and disappear from her life. One had married and was busy with children. The other two had moved out of the state. Sandy would call ever so often to catch up. Most of the time they were polite and took time to talk, but they rarely followed up with promises to call back or get together.

And earlier this year, her nephew Tom became upset with his aunt Sandy for saying she did not agree with what he was doing. He texted that he didn't appreciate being judged. She had not heard from him since. "After all our time together, I made one mistake, and he rejects me." Tom's mother then called Sandy to criticize her for her criticizing him. Sandy thinks, but does not say to her sister, "After all I did for your son, and you can't even stand up for me?" This created more distance and hopelessness in a place she never could have imagined.

Sandy knows her hurt runs deep. She cannot bear to watch holiday television advertisements with cheerful faces of families relishing being together or Christmas movies that always end happily with united families.

Sandy has gone to weekly OA meetings for several years and has done some service as a

group secretary and treasurer. She has not eaten sugar much of that time and has lost weight. She checks in most weeks with her sponsor and is committed to her OA meetings. However, the heartache of the past few months has her eating more of her safe foods and very tempted to eat candy, something she has not experienced for years.



Paddie (Progressive and Deathly Disease) is thrilled at the opportunity to jump into Sandy's vulnerable and grief-stricken state of mind. "You're alone and not

appreciated. Eat. No one will see you and no one will care. It is time you know that everyone, in the last analysis, is alone. You didn't help matters by opening your big mouth."

Sandy goes to the kitchen and goes through the cabinets. She tells herself not to eat, to make a phone call, to write. But she doesn't. **Paddie** pushes on: "Loneliness eventually enters us all and will not go away. We are born alone and die alone. Just watch depressing TV and eat."

The calm and wise voice of **Ria** (Recovery in Action) cannot let that lie go unchallenged. "The world can be a hard place. People you love can let you down. **But you are not alone.** Remember, every OA meeting you go to extends the gift of acceptance. Where else can you go where a group of people, week after week, can be open, honest, and real with each other? It is time you go to a meeting."



Sandy has always attended just her home meeting. Feeling so low, she cannot stay in her dreadfully quiet condo alone for one more minute. She gets in her car and drives to the nearby park.

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She looks up meetings and finds one online and signs on and listens as she walks. Much to her amazement, she hears the meeting leader read, "We sat in an OA meeting and experienced the camaraderie of our fellow compulsive overeaters. There were people who understood us and cared about us. We could be totally honest about ourselves, and they still accepted us unconditionally. This acceptance grew into love, carrying with it a power that seemed to stay with us as we left our OA meeting." (**OA 12&12**, second edition, pages 12-13)

"I must have read this before," Sandy thinks, "But this time, it is exactly what I needed to hear."

Then Deborah, the meeting leader, shared, "I have struggled with relationships and have alienated a lot of my family. Some of them cannot forgive me. Then an older timer told me a long time ago that, even if we have lost other relationships, we can find love and understanding in the 12 steps program of OA. That gave me hope. After doing my 4th Step, I realized my compulsive eating was fueled by my people pleasing and insecurities. I cannot control others. I just have to take care of my side of the street and trust God. Thank goodness this is a program that focuses on principles over personalities. Now I have real friends in OA. We are there for each other and have a common bond in this journey to be abstinent. "

In a moment of insight, Sandy realized she wanted - no, needed - to lean into her program more. She also needed to talk her sponsor about improving her neglected program.

Ria offered an encouraging thought to Sandy: *"It is a gift to have OA, and it is a gift that keeps giving. Sometimes it takes a hard knock to fully appreciate and not take for granted the gift and lessons of OA. That's way so many people leave and come back. Your relationships with her N&Ns may never be the*

*same. But you can learn not to eat over it and be grateful. **You are not alone.**"*

Paddie started muttering something about the work of more meetings, more phone calls, more prayer and meditation, and less time for other things. Sandy shut that out and made a mental note to go to the **Holiday Booster on Saturday, December 11***, that someone had mentioned during the meeting announcements.

At the end of the meeting, the group put their hands together virtually, and prayed the OA Promise**:

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

"I must have said this hundreds of times," Sandy thinks, "But this time, it is going right to my heart."

Sandy noticed what a beautiful day it was to walk in the park and be able to appreciate the beautifully decorated homes and the children playing on playground. Something that felt like hope was rising inside her.

Anonymous

* See page 13 for **Holiday Booster** details.

** The OA Promise was written by OA cofounder, Rozanne S. in 1967 as an effort to express concern and love to struggling OA members and meetings in the early days of OA. "Remember, you are not alone, even though you may feel lonely and far away...as we reach out to you, we truly hope you will take heart". **Beyond Our Wildest Dreams** by Rozanne S., pages 206-207.

Getting Through the Holidays With Abstinence and Gratitude

Note: This article was reprinted from the website of the Intergroup for Baton Rouge, LA. Find the original at [THIS LINK](#).

We had a great workshop yesterday, dealing with “Getting Through the Holidays with Abstinence and Gratitude.” A lot of great coping skills were shared by the program’s organizers and by the participants. Unfortunately, when I’m in the middle of a situation that challenges my abstinence, I sometimes forget about those coping skills, so I took some notes....

Here are just some of the suggestions I heard yesterday – Remember, take what you need and leave the rest:

- “Phone a friend” – Call or text a fellow for support, for accountability, or even just to vent.
- “No” is a complete sentence - or “No, thank you” if you want to be more polite. (You don’t have to explain why you don’t want something.)
- It doesn’t matter if no one else understands our issues with food. All that matters is that WE get it!
- Bring your own food or meal.
- Take advantage of supporters (friends or family) at events with you. Allow them to help you or “run interference” for you if necessary.
- Find out what food will be available in advance, if possible and plan accordingly.
- Check out all of what will be served BEFORE you start filling your plate.

Make a plan and commit it to a sponsor or fellow.

- Take a picture of your plate and send it to your sponsor or a fellow for accountability.
- Don’t go – do what you need to do to take care of yourself. Not putting yourself in a harmful environment is a viable option.

If you were at the workshop and you heard something I missed, please share in the comments! Also, do YOU have any strategies for maintaining your abstinence through the holidays? Please share them in the comments. You never know what little tidbit you share can mean the world to someone else.

Happy Holidays Y’all!



What Are Your Holiday Strategies? Letters to the Editor Welcome!

In the November and December editions of this newsletter, we have offered several columns focusing on getting through the winter holidays with serenity and abstinence. We’re sure there’s much more that can be said by members of this loving fellowship. Please consider sending a **Letter to the Editor** responding to what you have read in the newsletter. Did you try one or more? Are there additional coping strategies that have worked well for you? Put your hand in the hand of an OA fellow by sharing with a letter! The email address for letters is newsletter@stlouisoa.org.

INTERGROUP CHAIR'S COLUMN

Many thanks to the fabulous committee that produced a very successful **Annual Fall Retreat** via Zoom. Your commitment to service to our Intergroup (IG) is appreciated.

It's not too late for you or your meeting the make a special **November Gratitude Donation** as an expression of gratitude for our life saving recovery program. Any month is a good time for gratitude!

Service Opportunities: Our Newsletter Committee has an opening. This is a great learning opportunity to see how the Newsletter is compiled each month. There is only one brief meeting on the first Thursday of the month (but the day can be adjusted if the team needs it to be). Contact JMO at newsletter@stlouisoa.org.

Our Intergroup needs **Chairpersons for 2022 Convention and Retreat**. These events need a "village"; they cannot happen without your service. Let's get that ball rolling. Talk with your OA friends and step up.

Our Intergroup needs up to two more **Region 4 Representatives**. There are a few qualifications - at least one year in OA, six months abstinence, and regular attendance at a group and Intergroup meetings during the preceding year.

Report from Annual Business Conference: Our Intergroup held its annual Business Conference on November 14. **Three Board of Trustee Officers (BOT) were elected** for a second two-year term – Dianne S. Chairperson, Susan T. Secretary, and Elizabeth C. Operations Administrator. Marilyn F was elected to another two-year term as our Literature Chairperson. Two elections were tabled until our January 2022 meeting as the nominees were unable to attend.

There was a lengthy Consent Agenda of housekeeping type motions for changes to the

Policy & Procedure Manual and Bylaws which was passed without objection. Also, four Bylaw changes and one Policy and Procedure Manual addition were debated and passed. Here is a **summary** of some of those changes:

- Two Bylaw changes (motions 1 and 6) addressed changes to Article VI and Article VII. The definition of a quorum for voting at regular and Conference IG meetings was changed so that at least five (5) Intergroup Representatives and three (3) Board members are present for any vote to be taken.
- Bylaw motion 8 addressed changes to Article IX. Committee Chairpersons and Committee Registrars were removed as elected positions since our Intergroup Treasurer now performs this financial responsibility. We also updated wording that specifies when Committee Chairpersons have a report that it be submitted in electronic format to the Secretary.
- Bylaw motion 10 addressed an addition to Article XII – The corporation shall maintain insurance (for the indemnification of Board Officers).
- Policy & Procedure (P&P) manual motion Q addressed an addition. The BOT will conduct an annual review of the P&P; the Secretary will create a draft highlighting proposed changes which will be available electronically for all members/IG reps to review; and any question or objections will be addressed at the Annual Business Conference. This will replace the current practice of creating a motion for each change, grouping those that are updating duties to current practice (housekeeping) on a consent agenda, distribution and voting, which is very volunteer labor intensive to prepare and time consuming at the Conference.

With Gratitude for Service,
Dianne S., IG Chair, chair@stlouisoa.org

Celebrating Twelfth Step Within Day; That's December 12 (12/12; Get It?)

As OA's responsibility pledge states, "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

On December 12, let's all extend our hands and hearts to those within and outside the rooms still suffering from compulsive eating. Here are some ideas from one of our own Region 4 members:

- Call or text someone who's struggling and offer support and encouragement
- Share your phone number & email at meetings
- Send a text or email to a member you haven't seen for a while
- Take phone numbers of newcomers and call them
- Bring a member to a meeting who can't attend a regular one; share information about telephone and online meetings
- Who haven't you talked to in your cell phone contacts for a while? Call them
- Find out what service positions are open and sign up for one
- Offer to babysit so someone can attend a meeting
- Welcome newcomers or visitors to your meeting

Ask yourself: "What will I do on the 12th to carry the Message of Recovery?" Together We Get Better!

(Reprinted from R4Ward)

November Retreat Workshop Highlights Importance of Meetings

At our 2021 Retreat in early November, the Saturday morning session focused on reflection about meetings and their importance in our recovery. Meetings are a core foundation of OA's Twelve Step program of recovery. As a 2005 edition of **The Tools of Recovery** page 4 tells us:

"Meetings are gatherings of two or more compulsive overeaters who come together to share their personal experience and the strength and hope OA has given them. Though there are many types of meetings, fellowship with other compulsive overeaters is the basis of them all. Meetings give us an opportunity to identify and confirm our common problem and to share the gifts we receive through this program."

During the workshop, OAs met in breakout rooms to develop lists of their personal experiences with and preferences for meeting platforms (where and how we meet) and meeting formats (speaker, step, literature, etc.). Individual lists were combined into breakout group lists, and then the six breakout lists were combined into a Workshop list.

As the OA's shared, several common themes emerged as to how meetings benefit us:

- First, and foremost is the love, acceptance and understanding of our fellow OAs;
- Next is learning about the Twelve Step solution to our common problem – recovery from eating disorders;
- And then, making lasting connection/friendships with an enduring OA support network.

A few excerpts from points that were shared illustrate these themes: I develop trust as I get to know everyone in the room; people share
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their experience, strength and hope, pain, miracles, tears, joys and that moves me more than anything else has; I see the many ways our disease manifests in others (which helps me to identify); meetings touch our souls and hearts; meetings help me learn how other people work the steps; specific topics help me to recognize our common problem; meetings are where I get to know members, establish relationships with them, get and give hugs; meetings give me in-person connection versus isolation.

The two most preferred meeting platforms are Face to Face and Zoom. OAs offered many reasons for their preferences:

- **Face to Face** - they particularly like and miss the in-person hugs and before/after meeting socialization – best for feeling connected – like meeting in a familiar place – can make eye contact and read other’s body language – can tell others are being honest – get to see the rotation of service.
- **Zoom** – convenience, no drive time, meetings available 24/7 - can attend meetings worldwide, really feel like part of the worldwide fellowship – more meeting formats available, easier to find a meeting that appeals to me – same as Face to Face minus the hugs – intimacy develops as you get to know people, especially in smaller meetings, you get to visit people in their homes – smaller, struggling meetings are growing as people attend from out of our area or meetings that were inconvenient when met in-person.

Other platforms were discussed briefly:
telephone – can hear others – no visual is less pressure – good for people with mobility/health challenges – good for those who struggle with technology or do not have Wi-Fi; and **non-real time Facebook or Podcasts** – 24/7 availability – read/hear share about recovery.

OAs specifically mentioned several preferred formats. **Speaker meetings** – help me identify, love hearing others share their story. **Step meetings** – learn how others work the steps, learn what the steps are, especially like step speaker meetings, steps are the common feature of all Twelve Step recovery meetings. **Recovery events** like our Super Saturdays, Convention and Retreat have a wider circle of people and generate energy and momentum. **Workshops** like the 15 Week Step Study and Recovery from Relapse have been helpful.

In general, OAs also expressed other personal preferences - meetings where sponsors are available - small meetings which allow for more intimacy and more time for sharing - large meetings that generate more energy, hear more people share – meetings where members have lots of recovery – meetings that hold regular group consciences – meetings that use a variety of literature – meetings about a specific topic.

As the workshop made clear, our meetings are a lifeline for members of our fellowship. As we enter the new year, consider deepening your commitment to regularly attend meetings, to support your own recovery and that of your OA fellows. Without our meetings, we would surely be lost in our disease.

In Service,
Dianne S. Workshop Leader



How Are the Holidays Impacting My Home Meeting? Update Below!

Which groups are meeting on December 25 and January 1 and the dates around those holidays? Here's what has been shared with the Intergroup:

Friday December 24

- 7 am (Clayton, #53285, Zoom ID 538 040 418, PW 002478) **YES**
- 10 am (Eureka, #56711, Zoom ID 823 2569 0186, PW 110682) PROBABLY YES; [Call the contact](#)
- 6 pm (Herculaneum, #56420, face-to-face) NO

Saturday December 25

- 8:30 am (O'Fallon MO, #57059, Zoom ID 886 4122 6727 PW staysober) **YES**
- 10 am (Affton, #07418, Zoom & face-to-face) NO
- 10 am (Webster Groves, #08734, Zoom ID 881 5573 4287 PW 08734) **YES**
- 10 am (Springfield IL, #53859, face-to-face) NO
- 10:30 (Jerseyville IL, #46420, face-to-face) PROBABLY NOT; [Call the contact](#)

Sunday December 26

- **YES** -- All Sunday meetings will be held on the 26th.

Friday December 31

- 7 am (Clayton, #53285, Zoom ID 538 040 418, PW 002478) **YES**
- 10 am (Eureka, #56711, Zoom ID 823 2569 0186, PW 110682) **YES**
- 6 pm (Herculaneum, #56420, face-to-face) **YES**

Saturday January 1

- 8:30 am (O'Fallon MO, #57059, Zoom ID 886 4122 6727 PW staysober) **YES**
- 10 am (Affton, #07418, Zoom & face-to-face) **YES by Zoom**, ID 899 3932 4934,

PW 121212

(Call contact for face-to-face)

- 10 am (Webster Groves, #08734, Zoom ID 881 5573 4287 PW 08734) **YES**
- 10 am (Springfield IL, #53859, face-to-face) NO
- 10:30 (Jerseyville IL, #46420, face-to-face) PROBABLY NOT; [Call the contact](#)



December 11 – Holiday Booster Recovery Event – see flyer on page 13

December 12 – Twelfth Step Within Day (see article on page 10)

January 9 – Intergroup Meeting**

March 5 – 8:45 a.m.-3 p.m. - Intergroup Renewal Session - Kansas City, MO – Greater Kansas City, Mid-Continent, Sunflower, St. Louis Bi-State, Greater Ozarks – contact Mary C for more info, flow2growr4@gmail.com

****Note:** Each Intergroup Meeting is 1:30-3 p.m. via Zoom. **The meeting number is 940 5580 8391. The password is: Serenity.** Those in elected service positions and Intergroup Representatives are expected to attend. All other fellows are welcome.

ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY DECEMBER 20, 2021. Please send your submissions to the **OA TODAY** editor and Newsletter Team at newsletter@stlouisoa.org or mail to St. Louis Bi-State Area Intergroup, PO Box 28882, St. 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.

Overeaters Anonymous • St. Louis Bi-State Intergroup

Holiday Booster

CELEBRATING ABSTINENCE AND RECOVERY

Saturday, Dec 11, 2021

VIA ZOOM!

Meeting ID: 823 7518 6175

Passcode: 599392

To dial in by phone, call: 312-626-6799
and follow the prompts

Program 9:30 AM - 12:30 PM
Suggested donation \$6

Please never stay away from an OA meeting or recovery event for financial reasons!

HOSTED BY THE SUNDAY MORNING ST. MARY'S GROUP
QUESTIONS? CALL ELLEN 314-603-3712