

FEBRUARY 2022 OA TODAY NEWSLETTER

St. Louis Bi-State Intergroup of OA
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STEP TWO

Came to believe that a Power greater than ourselves could restore us to sanity.

Sounds pretty simple, doesn't it?

Well, it may be simple but it ain't easy! At least not for a compulsive overeater like me! In case you don't know...I'm not your run of the mill compulsive eater. I'm the special variety.

I've heard it called terminally unique. Sounds even more **"special"** that way.

I thought Step Two was simple. As simple as believing God exists and He would restore me to sanity. Poof!

Here's where the trouble came. I didn't trust that God. That God had made me 500 pounds, let both of my parents die at a young age, and now had let me throw away a career I had invested more than half a lifetime in. Ya, me and that God had troubles.

Truth is I didn't even really know that God. I grew up a minister's kid and made the assumption that Higher Power meant the God of my upbringing. The one that I

thought expected perfection, the one in which life was black and white, heaven and hell. Don't get me wrong. I had a great childhood, but it came with some crazy notions about God and religion.

When working the Steps with my sponsor, I was asked to complete a task. Sometimes I complete these tasks quickly, sometimes slowly, and honestly, sometimes not at all. That's how my addict brain works. This one came slowly, and I'm glad because it gave me time to be honest about what I'm really looking for and what I need. Again, my addiction means that I don't always take time to truly consider my needs. It's an "I want what I want when I want it" kind of situation.

The task? Write a "want ad" for a Higher Power. What does HP look like? Sound like? Feel like? Maybe even smell like? (I'm pretty sure it's the Gloria Vanderbilt perfume my Mom used to wear.) What role does that Power play in my recovery?

After a lot of wrestling, here's what my ad looked like:

Wanted

Looking for a Higher Power that's kind, gentle, funny, understanding, forgiving, warm, smart, strong and BIG enough. A hand holder, cheek kisser, back rubber, BS detector, music lover, patient listener, Bear hugger and cuss word user. Sound like a fit? The job starts today!

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Something crazy happened after I started “looking” for a new HP. I realized that HP was there all along. All the things I was searching for were already there waiting for me. Sponsors, friends, medical professionals, food plans, the tools and even religion. I just hadn’t known what I was truly looking for.

Thinking Step Two meant I was only committing to the God of my upbringing didn’t make it easy to trust a new relationship with MY Higher Power. I’ve even heard Step Two is the beginning of the end – the end of the old life and the beginning of a new one. It can sound kind of scary. But Step Two also reminds me that with HP I am never alone.

Go write that ad! It could change your life. It has mine!

L.S.



The Principle of Step Two is:

Hope

Hope is defined as “a feeling of expectation and desire for a certain thing to happen”. In program, I would like to add, that the feeling is specific to, but not limited in anyway, our belief that OA and an HP of our own understanding can help us with our food disorders. A tall order for such a small word.

One my favorite sayings by an author whose work I have followed is that hope is the feeling we have that the feeling we have is not permanent. Often, we can become convinced that the feeling we are having is

permanent – that the craving will go on and on, that we will always be angry or sad.

But the emotional work we do in program helps us know that feelings have a beginning, a present, and an end. Yes, it can be hard to choose to open ourselves up to feelings long suppressed. I hear this from sponsees all the time. “This is HARD!” “This is too scary.” “I am afraid.” “I’ve tried that once and it didn’t work. Why try again?”

To this I reply: no feeling will kill you. No feeling is bad or good except for the thoughts in our head that choose to label them that. All events are neutral until our brains classify them. And an addict’s brain is a crazy neighborhood to walk around in without a friend - or several - to keep us company.

Part of the hard work in this program is learning to live with feelings with which we are uncomfortable, so that we no longer must eat, or purge, or exercise those feelings away. Neutrality, or balance, is a concept that I still must practice. I am an addict, and as such, I have learned to be person of extremes: Everything is WONDERFUL! Or it is TERRIBLE! We like to dwell in the drama of the extremes. These lessons, however, I can also unlearn, and that is hopeful to know.

What the OA program has taught me is that neutrality - with food, with emotions, with life - is a much better life than one spent anticipating vast glories or wallowing in complete misery because my plans did not work out. We have “come to believe that a power greater than ourselves can restore us to sanity.” And HP can do that. As we practice the principle of Hope, we expand our world. We no longer choose to live in a world where we are the center of everything. We recognize that we are part of a bigger whole, and as such our selfishness and self-centeredness begin to fade.

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The promises in the **Big Book** (pgs. 83-84) tell us that “we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.”

We can live in Hope. A place I never believed in, but a warm wonderful place that I am proud to call home: OA.

Anonymous



That Coming to Believe Thing..... What If I'm an Atheist?

The Higher Power thing was very hard for this life-long atheist. I envied the many “believers” who had the recovery I wanted. But how to get there? Years of intense theological study did not get me anywhere. The one thing that worked for me was “Act as if.” What would I do if I did “believe?” For me, the answer boiled down to Pray, Listen and Act.

Pray.

I started to pray, even though it seemed very strange to me. For a long time, I just said the words of prayers without meaning them at all. Surprisingly, it helped. Now I also pray about

what I am grateful for (even though I can't say that some God made them happen). I pray about turning things over. I can't say God is in charge, but I know for sure that I am not in charge, so I learned to let go of things. Most importantly, whenever I sincerely pray for willingness, I always receive it.

Listen.

I tried meditation, but that only helped me a little. I find that what helps me most is writing a letter to Higher Power and then letting Higher Power write a letter back to me. In addition, I have learned to notice my “gut” feelings and the ideas that sometimes float into my head. Often, they seem to be wisdom that didn't come from my everyday self.

Act.

This means to me just doing the next right thing. If I am not sure what that is, I let my intuition and common sense help me decide. Also I ask myself if it's in line with OA principles. I ask if it's loving and kind to myself as well as to others. I can consult my sponsor and other OA fellows. Then, when I have decided what's the next right thing but I don't want to do it, I can pray for willingness and I can count on receiving it.

What is the result? I still identify as an atheist, since I never “came to believe” in what I understand the word “God” to mean. But I have come to rely on a working relationship with a spiritual source of life-changing love [a term I found in the Fifth and Eleventh Step discussions in our 12 and 12]. That spiritual relationship is what matters, not the words I use to describe what I'm relating to. I have even come to have direct spiritual experiences, both small and large. Occasionally I have been overwhelmed by feeling a flood of love pouring over me and into me. I know in my heart that the healing spirit I've found in OA is totally real.

Elizabeth C

TRADITION TWO

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

I used to be one of the people who didn't stay for the group conscience meeting, being sure it would be just a dreary nuisance. Come to find out, it is deeply spiritual. Working out issues together, making sure everyone is heard before deciding anything, listening for Higher Power's hopes, putting the good of OA ahead of my own, putting my full support behind a decision I don't like much – that's spirituality in action!

It's very interesting to see how many different opinions we can have about an issue. Respecting each other deeply even when we disagree is sometimes hard but always rewarding.

The hardest part for me is speaking up when I have a minority opinion, often a minority of one – which seems to happen a lot! The more I care about an issue, the less I can put my thoughts into words, and I can feel helpless and frustrated. I have to call on the Power of HP to help where I am powerless – and how spiritual is that?

Usually, I have no trouble supporting a decision I disagreed with, because that's more important to me than the details of any one decision. But I will admit that sometimes I feel moved to revisit the issue in a later group conscience meeting, and that's fine. See you at the next one!

Oh, by the way, don't miss the little OA Tradition videos on the OA.org [Podcast](#)

[page](#). Each tradition has a three-minute lively illustration. It's a good review and good fun.

E.C.

What To Do About V-Day



Yes, another candy-centric holiday is upon us. Valentine's Day. In addition, this holiday packs a wallop on those not "coupled" as well. So, what can we do when candy is everywhere and we are feeling alone?

Ignore it! Yes, crazy as that may sound, February 14th is, at most, only 1/28th of the month. This, like all other days, is just a day. And we take it one day at a time.

Be kind to yourself. Make this a day to indulge in self-care. Start a new hobby or spend the day on a hobby you love. Sleep late – aaahhhh the indulgence. Practice writing your gratitudes. It is impossible to feel alone when you are awash in gratitude. Get a new haircut, take yourself to a spa, or make a spa day at home with a deliciously warm bubble bath. Listen to your favorite music, go to a movie, or dive into a new show you have wanted to view.

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Make other plans. Go for hike; getting out in nature is always a pick-me-up. Order your favorite (abstinent) meal from a restaurant and enjoy it. It can be a challenge to enjoy your food and know that you are a food addict. It is possible to do both. Today would be a good day to give it a go. Try a new workout. Have you wanted to explore chair yoga? Rent that DVD from the library or find a workout on your streaming services. Perhaps you have always wanted to belly dance, another terrific, fun, workout.

Make plans with a friend, maybe even plan a fellowship activity. A gathering of the wonderful friends in our fellowship for tea, or just a gab session, can be wonderful. Maybe rent a funny movie to watch together. Most of these gatherings have an abundance of laughter, and laughter is the best medicine for a cloudy mood.

Reach out. If you are feeling lonely, or the red hearts of sugary death are in your face and mind, then there are most likely others feeling the same. Pick up that 1000 lb. telephone and make a call or send a text. Perhaps be a secret cupid for someone you know: send a gift basket, flowers, or make a promise to spend time together. A funny card in snail mail is also a welcome surprise. How often do you receive personal mail anymore?

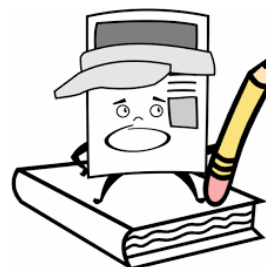
Finally, keep up your daily routine. This will help the day feel like any other. Clean the house, go grocery shopping for the week, exercise, walk the dog, try to pet the cat, meal prep for the week (a self-care loving activity for sure!), or get some work done. It feels good to finish a task and check it off the list.

Above all remember to HALT – and check in with yourself. Are you Hungry, Angry, Lonely or Tired? Write about it and share it with your sponsor next time you meet. Practice the **PAUSE – Pray Always Until Serenity**

Enters, a good reminder to work on our relationship with HP.

Keep coming back. It works when you work it, and **YOU ARE WORTH IT!**

Anonymous



Letter to the Editor

When I look back on the last two years, I realize how grateful I am. The pandemic has made it possible for me to work the 12 steps of Overeaters Anonymous three times via videoconference and has given me the abstinence I was so desperately seeking. I have released 120 pounds so far and it has been because of the grace of my Higher Power, my fellow travelers, my sponsor and all the healing literature at our fingertips.

In a time where face-to-face contact is not able to happen with other overeaters, I thank God that I have virtual workshops, meetings, super Saturdays and a connection with a sponsor or fellow traveler. I agree it is not as great as face-to-face, but I have learned through OA to look at the positive. The positive is that we are just a telephone, text, email, letter, videoconference and virtual hug away from working the steps that can keep us spiritually fit!

I thank everyone who has had the patience to teach me videoconferencing programs and phone applications that keep me in contact. It made me realize the patience I need when working with others. That patience was so generously given to me by our fellowship!

Anne H

HALT in the Name of Love: A Recovery Story Featuring Paddie & Ria

Going home after work on Friday, Helen was tired and hungry. She was thinking about the bowl of salty snacks her husband had left on the counter in the kitchen. That snack was not on her "red light/never eat again binge food" list. However, it seemed to call to her when she was tired or under stress. It was more like yellow light/caution food that she could overeat at times.

Ria - the calm, wise voice of Recovery in Action - *"You need to call your food sponsor. You are having a HALT moment. You are tired and the food is calling. Please make the call."*



As she was pondering this and putting off making the call, she stopped at a tech store to pick up a composite cable. She had one of these cables, but really needed two. She had been unplugging and replugging the one cable every time she needed to switch from one source to another on her television.

Paddie-Progressive And Deadly Disease-



was delighted to see that Helen was putting off the call. It gave Paddie a chance to jump in and see what havoc could be stirred up. *"It's not your*

red-light food. Don't call. Focus on finding the cable and look at some movies you have been thinking about getting. Forget about the call."

Unexpectedly, Helen's phone rang. The screen showed that Jackie, a good, long-term friend, was calling. Helen was surprised, because Jackie, who was recovering from cancer, would never call at this time. Helen picked up the phone quickly.

"Jackie, "Hi! How is it going?"

Jackie went right to why she called, her voice heavy with frustration. "Helen, I have been meaning to call you. As you know, I have been struggling with food for years. But I have been gaining a lot of weight and I am still eating. Tonight has been the worst. I just can't stop eating what I have been promising myself not to eat. I want to know more about OA. I see how it helped you and how you always watch what you eat and never eat sugar, which is my problem."

Helen put back the movies and went outside the store to listen. During this, Helen was both amazed and grateful that her friend had called. Being with her friend on the phone was service that eliminated her thinking about the food on the kitchen counter. At the end of the call, Helen emailed Jackie resources and gave her videoconference information for a meeting that night.

Ria – *"What a gift to receive this call at this time. She was struggling and reached out. What about you? Who might benefit if you reach out to them?"*

Paddie – *"You don't need to make the call. You're fine now."*

Helen paused. What was the better thing to do? What would she tell another member who was in this same situation?

Ria – *"Make the call. Abstinence is the most important thing without exception."*

Paddie – *"Don't call. You don't need to."*

Why is this so hard? Helen pulled up a quote she put as a screen saver on her phone for times such as these: "December 22 - Voices of Recovery - Today, if I'm wanting to over eat, I need to call someone and talk about it. I need to say those humble magic words I said when I first came to OA: "I need help."

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That was it. Still outside the store, Helen called her food sponsor, Morgan, and walked to the car, talking about the struggle with the craving for the salty snack and the call from Jackie.

Morgan listened. *"It was great that your friend called you right then and there. That really shows how it's all about attraction, not promotion." But then Morgan added, in her typical, no-nonsense manner, "But next time, you need to call or text right as the food thoughts happen. Don't wait. And you have been making excuses about that salty snack for a long time. It is time to make a decision about that."*

Helen, a bit chastised, agreed and said she would.

Helen went home and installed the cable, which made using her television so much easier. Why had she put off getting the cable for so long? Why was she shortchanging herself by not using all the tools, including the telephone? The why really did not matter. Utilize, don't analyze. The bottom line is that the amnesia of the disease is always waiting to cause havoc.

After she got home, Jackie called to say she gone to the OA meeting that night and felt very welcomed by the group.

After the call, Helen had an abstinent dinner, skipped the salty snack, took a long, hot shower, and did some writing about her day. While writing, she sighed and then decided to put the salty snack on her red-light, don't ever eat again list. *"I know cannot do this on my own, but I don't have to. I have OA, God, my OA friends, and the tools."*

Then Helen went to bed. The next morning, she felt at peace and grateful.

Ria smiles, *"Nothing tastes as good as abstinence feels."*

In Our Hearts: Carol M ~ December 25, 2021

We lost a beloved member of our fellowship this past December. For those who knew her, her quick, snarky wit and ready laugh were well known and loved. I was able to attend her funeral in January and was moved by how personal the service was and what a true celebration of her life it was. The service highlighted her commitment to her faith, the wonderful friends she made in all her various study groups, and how she lit up a room with her joy and authenticity. She will be missed.

Melanie T.



Welcome Back to a Face-to-Face "New Me" Meeting

We would like to invite you to visit our "New Me" meeting held on Tuesday at 1 p.m. at Concord Trinity United Methodist Church, 5275 S. Lindbergh, St. Louis, MO 63126. You need to wear a mask and sign in when you enter the office door.

Like many other meetings, COVID-19 prevented us from gathering since late February 2020. Since October 5, 2021, we're back in our library room at the church. During the 20-month hiatus, we continued to meet weekly by phone to support our recovery

Here's a little information about our meeting: We've met without interruption for more than 47 years. You can find us on Intergroup's Where & When and the WSO listings under WSO# 00990 (the 990th meeting to open in the world). In St. Louis, we are group #SL-003 (the 3rd OA meeting to begin in St. Louis and the oldest meeting in the Bi-State Area Intergroup).

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In gratitude for OA and our 12-Step program of recovery, we want to let others know we are here to support your spiritual, emotional, and physical recovery if you would like to visit us. Our members are especially known for their love and acceptance of each other. We maintain a full supply of OA pamphlets and books and are committed to keeping literature available for compulsive overeaters who, like us, depend on each other, the 12-Steps & Traditions, and OA literature for inspiration.

Currently, we are also available for members unable to attend a meeting in person. You can telephone into our 1 p.m. Tuesday meeting and connect with us by calling 701-802-5348 and entering access code 5337217 followed by the # key. If you need further directions, our phone contact is Doris, and her number is 314-843-5914.

Happy New Year to all with gratitude that we are still alive and here for each other and ourselves.

JM, a loving OA Member



Been Slipping and Sliding? This May Help

There are a few places left in a new “Been Slipping and Sliding?” study group that meets at 9 am Wednesday mornings by Zoom. It is designed for people struggling to stay out of relapse or to come back from it. The small group size and long-term commitment encourage intimacy and honest sharing. It’s a great way to make friends while working on recovery.

Contact Jennifer N -
NELSONJL2004@gmail.com
618-960-8668

Intergroup (IG) News: Chair’s Column

Two of our members answered the call to service, Christina D was elected to another term as a Region 4 Representative, and Colleen C was elected to another term as our Webpage Chairperson.

Speaking of service, it is one of our Tools and a perfect way to kick your recovery up a notch. Is your plan of eating getting a little “sloppy”? Is that “stinking thinking” on the rise? Are you not as inspired to get to meetings? Service may be the answer.

Back in 2016, I was struggling to get and stay abstinent, and my sponsor encouraged me to take on a service commitment. I was doubtful, but I followed her example, and became an IG Rep for my home group. Sure enough, giving back to our program and fellow members did the trick. Today service is an integral and vital part of my program. I encourage you to read the story “Never Ending Journey” in [Taste of Lifeline](#). Here is a quote from Chapter 6: “...my service journey is never ending. The same goes for my OA program journey. I will not graduate from OA service or OA program. Overeaters Anonymous teaches me I will only continue my spiritual growth as long as I work the Twelve Steps. I must do this work every day. I cannot rest and relax in the results of the work I did yesterday. I cannot be complacent with what I have already received through service work and not make any further efforts. I do not have the luxury of resting on my laurels.”

Financial Matters: We finished 2021 in the black by \$4,653 - thanks to you and your faithful 7th Tradition contributions. We have budgeted purchasing a new computer and software for the bookkeeping function. Also, the budget allows for travel and registration fees for our two World Service Delegates to

attend the WSBC in April in Albuquerque and one Region 4 Representative to attend the in-person April Business Assembly in Wichita. Funds have also been allocated to work with a professional to upgrade our Web Page.

Lastly, we have a \$3,000-\$4000 surplus of cash in our checking account and the usual three months operating expense in our Savings (prudent reserve). We began discussing how these funds can be used to carry the message at our January IG meetings and will continue this endeavor in February/March. We are beginning to explore Facebook or Google advertising, and PSAs (public service announcements) on radio. Your input/suggestions and expertise are welcome.

Please join us at our IG meetings, everyone is welcome. Also you can share through your Intergroup Rep or by contacting chair@stlouisoa.org or info@stlouisoa.org or piofficer@stlouisoa.org

WSO has a new brochure called [A New Plan of Eating](#) which replaces **Dignity of Choice** and **A Plan of Eating**. It has been reviewed and updated by a Registered Dietitian. It is available from the OA bookstore for \$2.00 plus shipping or in digital format from Amazon Kindle, Apple Books and Barnes and Noble also \$2.00

Our February IG meeting is Sunday February 13, 1:30-3:00 pm. Zoom ID 940 5580 8391, and the password is Serenity. The main new business will be voting for WSBC motions to be considered at the Conference. You will receive the recommendations of our two WSO Delegates in advance of the meeting. The motions are available in complete form at [THIS LINK](#) at the OA.org website.

If you are considering using social media and are concerned about your anonymity, I found an excellent explanation at the OA.org

website. Find it at [Anonymity in the Digital World](#).

With Gratitude for Service,
Dianne S.,
St. Louis Bi-State Intergroup Chair
chair@stlouisoa.org



RECOVERY EVENTS!

It is a goal of the St. Louis Bi-State Intergroup to hold recovery events every month. These can be on Saturday, Sunday, or even a weekday evening.

Might your home meeting be interested? It can be a great service project that promotes recovery in your meeting and in the wider Intergroup! Here are some beginning thoughts, and you may find more guidance on our Intergroup website [HERE](#):

The hosting group chooses the date taking into consideration other scheduled OA events (*i.e.*, convention, retreat, Region 4 functions, WSO functions, and IG business meeting weekends). Please consult the Vice Chair before you set the date to avoid conflicts with an event scheduled by another group. That's Christina D, at this email address: vicechair@stlouisoa.org.

Some months have designated OA themes or anniversaries, and a group choosing one of those months may wish to coordinate their recovery event around those themes: They are:

- January - OA Birthday (since 1960) – third weekend in January
- February - Unity Day - the last Saturday in February in even years and the last Sunday in February in odd years at 11:30 a.m. [local time around the world]

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- August – Sponsorship Day – 3rd weekend in August
- November - IDEA Day - 3rd weekend in November (International Day Experiencing Abstinence)
- December - Holiday Booster

Don't forget that the Intergroup has a Zoom account that may be used to support special recovery events, and technical assistance is also available. Recovery events are one way we live out the OA Responsibility Pledge:

Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.



Relapse Workgroup Recommends Slipping and Sliding Worksheet

The Tuesday Relapse Workgroup has finished the Slipping and Sliding worksheet. It has been such a wonderful experience. As we leave our work on what has defined our relapses these topics have come to the surface time and again. For those looking for new journaling ideas or things to discuss with your sponsor, here are some notes to think about.

- 1) What are the "shoulds" you still have in your mind?
- 2) Gratitude for pet peeves can lessen their impact on your daily serenity.
- 3) Gratitudes for the person/people you live with can increase your daily serenity. Practice a daily gratitude for those closest to you. It can change your perspective and feeling like a victim.
- 4) What is your daily structure? Do you have one? This can be something to work on with your sponsor, or we can take time in group to work on this.

5) Practice making ACTION plans.

6) Balance - work, play, quiet time.

7) What fears are you hanging on to? This is another good meditation and journaling project for quiet time.

8) Expectations are resentments waiting to happen. Be aware of anticipating actions or words from other people in response to something you have done or said. Release the outcome to HP, trust that what happens is meant to happen. It is not ours to see the bigger plan. Remember some expectations are unknown to us until they go unmet. If you are feeling restless, irritable and discontented, look to what expectations you may have had about the person, place, institution, or situation. Discuss with a trusted fellow before acting in these situations. PAUSE.

9) Boundaries. It is okay to set boundaries with anyone. Discussions with your sponsor or a trusted fellow can help find the best conversational techniques to set healthy boundaries without feeling guilty. No is a complete sentence.

Unspoken fears can stall us in our recovery. It is important to start talking about fears through questions such as the following – in meditation/journaling time, with a sponsor, or another trusted member of our fellowship.

- 1) How we will be perceived sexually when we reach a healthy body weight.
- 2) Fear of the unknown. How will I feel when I have a different body?
- 3) How do we want to handle intrusive questions about the changes in our body? It is ok to say that is a private matter, that you don't want to discuss your weight, or to just say Thank you for noticing and move on to another subject. ***(continued on page 11)***

4) The Not Good Enough rock. What if I still feel Not Good Enough once I am at my healthy body weight? Why do the work if I am still going to feel Less Than? This is an excellent topic for discussion with your sponsor, and in the rooms. If we feel this way, we can guess that our fellows also feel this way. Sharing the fear with your fellows can help make it smaller.

5) Is my body beyond repair? We have all damaged our bodies with this illness. And truthfully some things will never be the same. However, staying in the disease keeps us doing damage - working the steps moves us to a healthier body and an easier life.

6) What is your family system like? Will I be an outsider if I change and my family does not? Most of us come from families with addiction issues, Al-anon helps to understand how to navigate your family relationships as you recover. Help is available when we reach for it.

7) Body dysmorphic disorder. Most of us have this. This disorder is characterized by an obsessions with physical flaws – real or imagined. It can also manifest as not having a true mental understanding of our actual body size (will I fit in that seat? What size clothes fit me? eg) If you feel you have this, it is important to discuss with a mental health professional.

8) Finally acceptance - it is important to learn to love and accept ourselves as we are, and to recognize that we can still want to make changes. We are not our bodies, we are our intellect, our feelings, our heart.

Fear unfaced has real impact our daily Serenity.

The Slipping and Sliding Worksheet program is available at the OA.org website at [THIS LINK](#). I suggest a small workgroup format for working with this valuable tool.

Anonymous



February 13 – Intergroup Meeting**

February 18-20 – Virtual Convention – Theme: “There Is a Solution” – Details and registration are at [THIS LINK](#)

March 5 – 8:45 a.m.-3 p.m. - Intergroup Renewal Session - Kansas City, MO – contact Mary C for more info, flow2growr4@gmail.com

March 13 – Intergroup Meeting**

****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 February 20, 2022. Please send your submissions to the OA TODAY Editorial Staff newsletter@stlouisoa.org or mail to St. Louis Bi-State Area Intergroup, PO Box 28882, STL, 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.

The Twelve Steps of Overeaters Anonymous with Synonyms

Step One: We admitted we were powerless over food—that our lives had become unmanageable.

1. We admitted

| | | | |
|--------------|-------------|-----------|---------------|
| acknowledged | agreed | allowed | conceded |
| confessed | fessed (up) | granted | owned (up to) |
| unburdened | unloaded | affirmed | avowed |
| confirmed | professed | accepted | recognized |
| yielded | announced | broadcast | communicated |
| declared | disclosed | divulged | imparted |
| proclaimed | revealed | told | unveiled |
| blabbed | exposed | gave away | informed |
| leaked | squealed | talked | tipped (off) |
| warned | wised (up) | said | whispered |

we were powerless

| | | | |
|--------------|-------------|--------------|---------------|
| unable | helpless, | impotent, | impuissant, |
| paralyzed | weak | incapable | incompetent |
| ineffective | ineffectual | inept | unfit |
| useless | feeble, | frail, | infirm |
| passive, | spineless, | supine, | unaggressive, |
| defenseless, | vulnerable, | debilitated, | dependent, |
| unarmed, | paralyzed | | |

over food - that our lives

| | | | |
|-------|-----------|--------|----------|
| being | existence | entity | heart |
| soul | essence | living | activity |

had become unmanageable.

| | | | |
|----------------|----------------|-------------|---------------------|
| chaotic | unwieldy | intractable | unruly |
| out of hand | uncontrollable | difficult | difficult to handle |
| awkward | wild | demanding | inconvenient |
| out of control | uncontrolled | unstoppable | irrepressible |
| hard | tough | awkward | berserk |
| crazy | disorderly | lawless | madcap |
| turbulent | outrageous | turbulent | unbridled |
| undisciplined | unrestrained | | |

The Twelve Steps of Overeaters Anonymous with Synonyms

2. Came to believe that a power greater than ourselves could restore us to sanity.

2. Came to believe

| | | | |
|----------------------------|--------------------------|-------------------------|--------------------------|
| affirm | regard | accept | trust |
| understand | conclude | deduce | infer |
| think | deem | imagine | consider |
| conceive | be certain of | be convinced of | give credence to |
| have faith in | | | |

that a power

| | | | |
|----------------------------|---------------------------|----------------------------|--------------------------|
| energy | strength | authority | might |
| force | ability | competence | potency |
| capability | influence | control | dominion |
| mastery | function | influence | skill |
| faculty | talent | | |

greater

| | | | |
|-----------------------------|------------------------|--------------------------|-------------------------------|
| higher | more | superior | superordinate |
| exceptional | larger | stronger | |

than ourselves

| | | | |
|----|--------|---|----------------|
| Me | Myself | I | Our own selves |
|----|--------|---|----------------|

could restore

| | | | |
|-----------------------------|------------------------------|------------------------------|----------------------------|
| heal | recharge | refresh | renew |
| rejuvenate | mend | revitalize | revive |
| make over | refill | replenish | resupply |
| recondition | reconstitute | return | reinstate |
| repair | redevelop | re-establish | reengineer |
| refurbish | rehab | rehabilitate | recover |
| rebuild | return | revitalize | regenerate |
| update | | | |

us to sanity.

| | | | |
|-------------------------------|--------------------------------|-------------------------------|----------------------------------|
| rationality | reasonableness | sense | health |
| healthfulness | healthiness | wholesomeness | clear-headedness |
| sense | lucidity | lucidness | normalcy |
| normality | soundness | mental health | right mind |
| reason | rationality | good sense | balance |
| soundness | stability | saneness | levelheadedness |

