

June 2022 OA TODAY NEWSLETTER

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STEP SIX

Were entirely ready to have God remove all these defects of character.

To paraphrase a Bill W. quote from the **AA 12 & 12**: "Step 6 is what separates the kids from the adults."

As I reflect on this. I am reminded of the three A's of recovery -

- Awareness

- Acceptance
- Action.

My tendency is to become aware of some failing and dash over into action and attempt to fix it (or have God to) without ever fully taking it in. I believe this acceptance piece is what Bill was talking about as the work of the Step.

(continued on page 2)

IS YOUR LIFE ONE LONG FOOD BINGE? YOU ARE NOT ALONE; OA CAN HELP

It was May of 2015, and I was up 30 pounds after a yearlong sugar binge. Although I'd been on a constant roller coaster of losing and gaining, this was [my] biggest weight gain....It was also the low point when I began to realize my powerlessness over food....

The following summer, I.....typed the words "overeaters anonymous" into the search engine without knowing of OA's existence. I was overcome with emotion when I saw OA at the top of my results. Immediately, I looked to see if there was a meeting in my area, but after getting that information, I lost courage. I wanted to call the contact but was too afraid.

Months later, I was again entering a new diet program. My husband....told me I needed to seek help.....I called the contact for the meeting I'd originally hoped to attend.....

I still have a long journey ahead of me, but I've already found strength in the support of my fellow OA members, the [OA literature](#), and the [Tools of Recovery](#).

From [New Member Shares](#) at [OA.org](#)

(Step Six article, continued from page 1)

I become aware of my faults and failings in Step 4, and in Step 5 I admit them (which I thought was acceptance). Today, I see admitting is the opening to acceptance but not yet acceptance. Any kid in trouble will admit something if it helps them get out of trouble.

This past week I read the following anonymous quote. "I was asking God to remove my feelings and defects before I had accepted them." For me acceptance is the hard internal work of Step 6.

My granddaughter graduated last week from college. She was radiant-joyful-proud and so happy to be graduating.

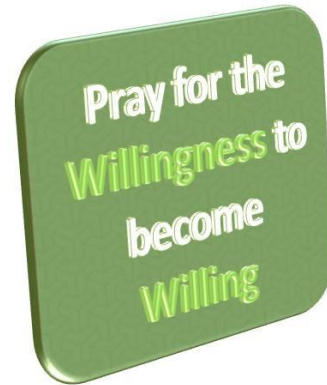
This was quite different from how I experienced my own college graduation. I had graduated with honors, and yet I was miserable. I saw myself as a slacker because I should have done more and studied harder so I could have been *summa cum laude*. My thoughts then changed to – "*This must be an awful school. Is it even accredited? Any school that would let me graduate with honors can't be good.*" I was miserable and didn't enjoy any of the events because I felt like a loser.

I had been in OA long enough to know this was not sanity, but I could not turn off the misery of self-abuse – perfectionism - never being enough, doing enough. From my food to my graduation, lack of satisfaction with myself was a reoccurring theme in my life. My food plan worked. My health and weight were fine; but maybe there was a *summa cum laude* food plan. Then I would be sure I was okay. Maybe I could even earn an OA star!

That horrible graduation was the beginning of actually seeing my perfectionism and shame for what they were. "Defects of character." Not something to aspire to. I also saw how they harmed both me and my relationships.

I spent much time during that summer sitting with SHAME (Should Have Already Mastered Everything) and coming to acceptance. It was that summer that could have been as joyful as my granddaughter's but instead was the one of getting to acceptance so that by the end I could "Let go and Let God!" in Step 7.

Anonymous



TRADITION SIX

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.



**Becoming a Centered Self,
Not Self-Centered**

As a fellowship, our primary spiritual aim is to carry the message to the still suffering compulsive eater. We do this by using conference approved literature, sharing with others, and using the OA steps/tools that have made our own recovery possible.

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Drilling Down to the Principles Of the Program – Step/Tradition 6

In meetings, we refrain from mentioning outside resources – no matter how helpful we have found them. We do this to keep the OA message clear and uncluttered. I may go to therapy or see a dietician as part of my ongoing recovery and may want to share about what I have learned from these professionals in a meeting. Tradition Six asks only that I share my learning, without referencing it to the professional.

Instead of saying that, “in therapy I discovered”or “my dietitian suggested”, I can say, “This week I discovered”or “it was suggested to me that my food plan might work better if I did this.....” What this does is it keeps the focus on our recovery, not an outside expert.

We do not know the experiences others may have had with outside professionals. Some may be turned off to OA by believing that, in addition to OA, one must also get outside help in order to recover.

On a personal level, this tradition speaks to my relationship with Step Six as many of my character defects have to do with money and prestige. These two often let me know that I am being self-centered. I may think, for example, “it’s my money; I don’t need to put more in the basket. I give enough. The person next me to only put in a dollar and I put in two so I’m good (maybe better).”

Prestige can be a stumbling block whenever I walk into a meeting and begin to look around and see who is there and who has a better program. Some weeks I feel I’m the One and other weeks, when I listen to others share, I feel like I must be horrible because obviously everyone else is getting this and I am still struggling. Either way, it is an issue of prestige, and I need to be willing to let it go so I can achieve my spiritual aim of being a centered self rather than a self-centered suffering compulsive overeater.

Reprinted from [June 2016](#) IG Newsletter

Step 6

Spiritual Principle: Willingness

Definition: The quality or state of being prepared to do something; readiness.

Synonyms: Readiness, preparedness, disposition, inclination, will, wish, desire, eagerness, keenness, enthusiasm

Antonyms: Reluctance, unwillingness.

With HP’s help we are ready to admit our faults and move on to heal.

Tradition 6

Spiritual Principle: Solidarity

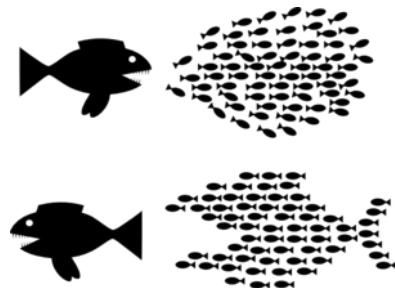
Definition: Unity of agreement of feeling or action, especially among individuals with a common interest, mutual support within a group.

Synonyms: Unanimity, unity, like-mindedness, agreement, accord, harmony, consensus, concord, concurrence, singleness of purpose, community of interest, mutual support, corporation, cohesion, team spirit, camaraderie.

Antonyms: Discord, chaos

“First things first” is a slogan that sums up tradition six. In OA, we learn to focus on our primary purpose and exclude from our groups everything that might interfere with our ability to carry the OA message. Page 129 **OA 12&12**

Anne H.



SOLIDARITY

FACE-TO-FACE MEETINGS? YOU BETCHA!

Thirty-six meetings are currently listed on our **Where and When**. Fourteen of them meet face-to-face or “hybrid” including both videoconference and face-to-face.

Five of these groups are in St. Louis or St. Louis County: Sun. 5 pm, 63109; Tue. 1 pm, 63126; Tue. 7 pm, 63125; Wed. 7 pm, 63017; Sat. 10 am, 63123.

Five of these groups are in outstate Missouri: Sun. 3 pm, Columbia; Mon. 11 am, Farmington; Wed. 5:30 pm, Columbia; Thu. 5 pm, Rolla; Fri. 6 pm, Herculaneum.

Four of these groups are in Illinois: Mon. 6:15 pm, Columbia; Wed. 7 pm, Alton; Sat. 10 am, Springfield; Sat 10:30 am, Jerseyville.

To view the complete seven-page **Where and When**, go to [THIS LINK](#). Calling the contact to confirm is recommended as lag time can occur in updates being published.



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

World Service Updates

The 2022 World Service Business Conference (WSBC) adopted a new policy to include the OA Responsibility Pledge in all print and social media. (*See the wording of the Responsibility Pledge at the bottom of the left column on this page.*) All groups, intergroups, and members are encouraged to recite, share and practice our pledge to fellow compulsive eaters inside & outside the “rooms”. A couple places where you can easily begin sharing the pledge (if you don’t already):

- Include the pledge in your group meeting formats
- Include the pledge on your website (R4 now has the pledge on the home page!)

As we continue to be the message, this pledge is a warm and powerful reminder that our fellowship’s strength is dependent on each one of us.

New Literature Approved: The 2022 WSBC voted to grant the Conference Seal of Approval to the new manuscript ***The Twelve Traditions Workbook of Overeaters Anonymous***. This new workbook is styled after the brown workbook on the Twelve Steps currently in use. We’ll keep you advised on when the workbook is available.

Trustee Officers Elected at 2022 WSBC: (one-year terms):

- Chair of the Board Judy H.
- 1st Vice Chair of the Board Karen B.
- 2nd Vice Chair of the Board Beth B.
- Treasurer Meg M.



Hello from Region 4 and the Greater Heartland Intergroup!

I want to invite all Region 4 OA members to the ***Region 4 2022 Convention!***

It is going to be held on Friday, July 15th thru Sunday, July 17th in Omaha, Nebraska. It is being held at the Double Tree by Hilton Hotel Downtown at 1616 Dodge St. in Omaha.

The Convention is a great opportunity to meet people from other parts of the region. It's also a great time for fellowship and learning new ways to work the program.

To register for Convention, please go to [**THIS LINK**](#).

The Region 4 Convention needs you! Every year, volunteers serve the fellowship by assisting at the Region 4 Convention. We need volunteers from Friday, July 15th through Sunday, July 17th - for any number of days or amount of time. Your service can make a difference at the registration desk or in the meetings and workshops as a speaker, timer, and in a variety of other roles. For information on volunteering for the Convention, please go to the [**SignUp Genius LINK**](#) on the Region 4 website

As Convention Committee chair, I want to remind all members of Region 4 OA that the thing that makes these conventions a success is your involvement. If you haven't already registered, please consider doing so today. The \$40 early registration fee is valid until June 15th. Registration fee after June 15th is \$50. I look forward to seeing you all! To download the convention flyer, click [**HERE**](#). Please feel free to call or text me with any questions.

Susan W.
 Convention Committee Chair
 Greater Heartland Intergroup
 712-242-8946



**Intergroup Highlights for May 15:
 Our IG Chair's Column**

Cyndy L, one of our World Service Business Conference delegates, gave us highlights from the April Conference

- 21 Countries were represented
- An online publication of ***Lifeline*** should be launched in the near future
- Motion A made by our Intergroup to include the Responsibility Pledge on future publications passed!! P.S. - this motion was brought to our IG by a terrific St. Louis area member; what a difference one voice can make!
- A new book – ***The Twelve Traditions Workbook of Overeaters Anonymous*** - was approved, so watch for announcements when it becomes available.

As a result of our brainstorming in March, an ad hoc committee was formed to look into using **Google Ads** to carry our message and create awareness of OA in our area. The committee presented their findings and the motion passed with 16 yes votes and 1 abstention. We'll update everyone when our ad is up and running.

(continued on page 6)

In May, our breakout workgroups got busy reviewing suggestions from our March meeting, adding new suggestions and developing action plans.

- One member will reach out to Social Work Schools at area universities to see if we can provide a speaker. This outreach was conducted previously in fall 2020, and we received no requests. We suspect that the demands of online instruction during the pandemic may have distracted professors from accepting our invitation.
- Professional Outreach - There is a brochure available at the OA bookstore [“When Should I Refer Someone to Overeaters Anonymous?: To Members of Helping Professions”](#). The Intergroup Board of Trustees will order some copies that can be displayed at recovery events and also some sample copies that can be mailed out to persons willing to use them for outreach. An article with details about how to order the samples will be published in a future newsletter.
- A committee is being formed to visit meetings on a rotating basis to carry the message of what’s happening in our area, how members can get involved and what service positions are open. For example, a committee of four, each attending one extra meeting a week would result in someone from the committee visiting each meeting on our **Where and When** list approximately every 2 ½ months. Some meetings would probably be glad to have the visitor speak.

Intergroup Announcements:

- 2023 will be **St. Louis’ OA Fiftieth Anniversary** – How will we celebrate?

- The St. Louis area Calendar of Recovery Events is **COMPLETELY EMPTY** for the rest of 2022! Meetings - we need you to step up and host events. Perhaps we’re experiencing Zoom burnout. How about an in-person event, maybe outdoors at a park pavilion? Please contact me at chair@stlouis.org or Christina D at vicechair@stlouisoa.org for ideas or assistance.
- Open service positions need nominations immediately:
 - **Region 4 Representative** – 3 openings – requirements: at least one year in OA, six months current abstinence, regularly attend group and intergroup meetings.
 - **Annual Convention Chair** – does not need to serve in an Intergroup position (IG Rep, another IG committee chair, or on Board of Trustees) – requirement six months current abstinence.
- Don’t miss out on a nearby in-person recovery event – **Region 4 Convention** – Omaha, Nebraska – July 15-17. See article on page four of this newsletter for more details, a link to the flyer, and a registration link.

With Gratitude for Service,
Dianne S.
IG Chairperson





June 12 – Intergroup Meeting**

July 10 – Intergroup Meeting**

July 15-17 - Region 4 2022 Convention: in Omaha, NE – Registration is now live!

<https://oaregion4.org/product/convention-registration/>

No Intergroup meeting in August

September 11 – Intergroup Meeting**

October 9 – Intergroup Meeting**

November 13 – Intergroup Meeting**

No Intergroup meeting in December

****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 JUNE 20, 2022.

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.



Dear Editor,

I'd like to share an insight that I had when reading the **Voices of Recovery** reflection for May 29. The writer for this date helped me better understand some sponsees that I have had over the years who trust only themselves. Life has taught them that others are not trustworthy. How frightening would it be then to admit total powerlessness over food. If a person whose survival strategy has been self-reliance can't really "man up" or "pull up their big girl pants" (such sick and sexist ways that we describe our attempts to get control) and overcome food, then what hope is there?

Turns out there is hope because there is A-Power-Greater-Than-Ourselves and there's the OA fellowship that will hold out a hand that I can grab. As the writer puts it here: ***I have accepted that I cannot walk through a brick wall, so I don't try it.*** Accepting that I am powerless over food is an essential part of becoming abstinent.

Anonymous, St. Louis



Synonyms Page for Step Six:

6. Were entirely

| | | | |
|------------------|-------------|-------------------|---------------------|
| completely | thoroughly | fully | totally |
| absolutely | purely | really | utterly |
| categorically | perfectly | altogether | wholly |
| <u>downright</u> | extensively | without exception | without reservation |
| unreservedly | all the way | once and for all | in every respect |

ready

| | | | |
|------------|-------------|---------------|-----------|
| prepared | set | primed | organized |
| game | receptive | prepared | inclined |
| minded | willing | accommodating | agreeable |
| compliant | cooperative | obedient | obliging |
| submissive | responsive | desirous | eager |

to have

| | | | |
|-------|---------|---------|---------|
| own | possess | retain | accept |
| take | get | obtain | receive |
| gain | secure | acquire | hold |
| carry | include | keep | own |

God

| | | | |
|----------------|-----------------|-------|----------------------|
| divine being | supreme being | deity | divinity |
| spirit | almighty | idol | universal life force |
| supernatural | creator | icon | maker |
| absolute being | infinite spirit | | |

remove

| | | | |
|------------|-----------|---------|-----------|
| sweep away | take off | clear | weed out |
| dislodge | flush out | get out | take |
| extract | sift out | skim | steam off |

all these defects

| | | | |
|--------------|--------|--------------|--------------|
| deficiencies | wants | failings | lacks |
| mistakes | faults | errors | absences |
| weaknesses | flaws | shortcomings | inadequacies |

of character.

| | | | |
|-------------|----------|---------------|----------------|
| personality | identity | nature | makeup |
| temperament | being | individuality | your normal |
| usual self | sense | disposition | your true/real |