

July 2022 OA TODAY NEWSLETTER

St. Louis Bi-State Intergroup of OA
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STEP SEVEN

Humbly asked Him to remove our shortcomings.

The Thing I Needed to Learn Before I Could Take Step 7

Step 7 is deceptively simple: Humbly asked Him to remove our shortcomings. Easy peasy. This I can do. I can ask to have all my outside character habits right-sized. I no longer want to fall into anger, I don't want to be fearful, I am tired of feeling guilty all the time, I really, really want more patience (now please!). I want to live openly, authentically. I don't want to stew in resentments. Okay.

HP – Please help me find a balance in these areas, I know all defects have assets on the other side.

Done.

No. Not done. Not by a long shot. As I found out, my defects can only be removed if I am no longer practicing them.

Ugh! This step is really where we start to learn what this passage in “**Our Invitation to You**” really means:

(continued on page 2)



Are You In “Food Hell”? You Are Not Alone – Give OA a Try!

*I came into the doors of OA six months ago, weighing 159 pounds (72 kg) at 5 feet 5 inches (165 cm) tall. I was athletic and a relatively normal size, but I was in **food hell** and miserable. I believed that if I just got down to a certain weight, I would be happy. By the time I stepped through OA's doors, I knew this was a lie. I had been skinny and fat, and neither extreme brought me happiness, only misery.*

I thought I was the only one in the world who was obsessed with food, my weight, and my body. I felt I had to appear perfect so no one would know. In OA I found people who knew what I was going through and had been through it too! My sense of relief was profound. For the first time that I could remember, I had hope....

*....The miracle of being understood is indescribable. I now have been abstinent for three and a half months, and my life has changed dramatically. I lost 17 pounds (8 kg) and gained joy in helping others, freedom from **food hell**, connection with my Higher Power, and serenity!*

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

(continued from page one)

“We are not a ‘diet’ club. We do not endorse any particular plan of eating. In OA, abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and, in many cases, leaves us entirely. ***We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it — in essence, a new way of living.***”

In Step 7, in partnership with our Higher Power, as we understand it, we can develop this new way of living, one in which we act, rather than react. Our reactions are habits we have built over the years in our addiction, and it is these habits, these defects of character, which no longer serve us. To no longer react, we have to pause and choose the actions which support our new way of living. This is our part of Step 7.

Instead of Anger, we choose to listen and understand – and to speak calmly about our feelings.

Instead of Fear when confronted with the unknown, we choose to have faith that HP is leading us in the direction of recovery.

Instead of Procrastination, we choose action.

Instead of Self-Harming/using food in an unhealthy manner, we choose Self Love.

Instead of continuing to live with our Resentments, we learn to be forgiving.

There are as many new paths as there are old. When we walk our new paths, HP is there. HP helps by removing blocks in our path. As we practice these new ways of living, we find that life is easier than we ever imagined. At least that is what I have found. I have had to learn

this step over and over, with each defect of character I work on. There has been some measure of control I am still trying to exert, some outcome I am still trying to achieve.

I won't say that I am done learning the lesson of Step 7, I will say that I am walking easier with it these days. I have chosen to go back to work after a dozen year hiatus, spent working on my health. Nothing I knew about applying for jobs, or the interview process were the norm anymore. I had to learn new skills, it was challenging, stressful, and I wasn't sure I would get the hang of it. I persisted. I had many interviews and was turned down many times. I still persisted and spoke with my HP often. I would say:

“Your will in this, not mine. I will trust that as long as I do my work, I will find the job I am meant to have at this time, one in which I will be useful and be able to use the gifts I have that you have given to me. I trust you.”

I said this for months, through a long process. I can see the light at the end of the tunnel. I have found a position that fits me like a glove. There is a background check before I can be formally offered the job, and it is taking longer than I have ever experienced before. Still, every day I say my little prayer, take the steps I can take, and leave the outcome to HP. I practice trust, patience, faith, action, and persistence, and I leave behind manipulation, frustration, worry, procrastination, and quitting – all things I used to practice.

They no longer serve me. I don't need them anymore. I can let them go and walk confidently in the direction of my dreams, free of the shackles of my old habits. The outcome is not mine to choose, it never was. Once I learned that, Step 7 was so no longer a “yeah ok easy peasy no work step”, it was THE step I needed to work to really live my recovery.

Anonymous



TRADITION SEVEN

Every OA group ought to be fully self-supporting, declining outside contributions.



OA's Seventh Tradition ensures that our fellowship will be able to carry the message to others. If each member takes on the responsibility of not only paying their own way but also sharing the much-needed service work, then each meeting will be there when a newcomer walks in the door.

We know what the "jobs" are for our meeting; leader, literature carrier, treasurer, greeter, contact person, and, these days, security monitor. When these roles go unfilled, a group is at risk. The whole support system of OA depends on the group members sharing the load so no one person must do it alone.

As we recover, we are asked to fully participate in OA; Step Twelve is as essential as Step One. Service work beyond the group level requires member participation as well. Each level of support in OA builds on the idea that the members step in where they are needed to help fulfill our purpose.

The Intergroup supports the members and their groups by planning events and fellowship opportunities, creating public awareness of OA for those who are looking for an answer to their compulsive eating. Groups are asked to send representatives to the Intergroup. Each member can take a turn serving at Intergroup. It can't be only a select few who always take on these tasks. What happens when someone gets ill, or moves away? One or two or even ten dedicated workers are not what the Seventh Tradition refers to. If I am in recovery, then I am only fully self-supporting when I am doing my share.

This participation leads me to the next level of service at the Region and World Service. The joy and fellowship found in this service work teaches me gratitude and the importance of being one of many. A meeting that does not participate is isolated in the same way we were isolated when we stayed home and ate. Giving service expands the connection between myself and other recovering members.

When people hear about Tradition Seven, the most common thought is to help contribute to the financial health of OA. Our contributions help pay for everything from the group meeting room to the World Service Office and the support work that is carried out there. When we are unable to cover our expenses at any level of OA, unlike other organizations, we do not ask donors to pitch in or seek corporate sponsors. Sadly, often what happens is that we are forced to cut back. Our local Intergroup is forced to cut back on participation at other levels of service and to manage our outreach projects on a smaller scale.

Things have been difficult these past couple of years. Being forced to attend our meetings virtually has caused something else to happen. While many of our members have continued to send in their contributions, we are not receiving the same financial support as we had pre-COVID-19. This may be due to fewer members, or it might be fewer contributions. I mention this because I know it takes extra effort to make my own contributions. Could some of us simply be forgetting, now that a basket is not being placed in our hands?

The Responsibility Pledge states "Always to extend the hand and heart of OA to all who still suffer, for this I am responsible." Two of the ways I fulfill that pledge are to work Step Twelve and to honor Tradition Seven to the best of my ability.

Anonymous

Stay Humble

Drilling Down to the Principles Of the Program: Step/Tradition Seven

Step Seven

Spiritual principal: Humility

Definition: A modest or low view of one's own importance; humbleness, freedom from pride or arrogance.

Using humility in a sentence: "The ordeal taught her humility."

What are some of the traits of humble people?

- They're spiritually aware.
- They retain relationships.
- They made difficult decisions with ease.
- They put others first.
- They listen.
- They're curious.
- They speak their minds.
- They take time to say "thank you".

Antonyms: Pride; focusing on other failures; self-righteous; overly critical; fault-finding.

What are some traits of a self-righteous person?

- They look at their life through a telescope but at others with a microscope.
- They look down on those who aren't as "spiritual" or committed as they are.

- They think they know who is truly proud and humble.
- They think everyone is privileged to have them involved.

Working the Steps allows us to take a good look at ourselves and honestly admit who we are - "compulsive eaters" In Step Seven, we can get off the "ladder of worth." (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, 2nd Edition, page 52)

Tradition Seven

Spiritual principle: Responsibility

Definition: The state or fact of having a duty to deal with something or having control over someone; the opportunity or ability to act independently and make decisions without authorization.

Antonyms: Unassertive, non-compliant, non-conformity, actions are optional, inactivity, divestment.

Responsibility means being dependable, making good choices, and taking accountability for your actions. Each step we take towards being responsible and productive helps raise our self-esteem, and our relationships with friends, family and co-workers improves tenfold.

Anne H.



A Letter from Our Treasurer

Fellow OA Members,

Donations year to date are below last year's. Please keep in mind that our primary purpose is to "Carry the message".

Carrying the message costs money: World Service outreach, Google ads, telephones for OA calls, Zoom account, post office box, etc.... This is a reminder to continue to give even though we may not be meeting in person.

Giving online is easy for many!

- [HERE](#) is the link for our Intergroup.
- [HERE](#) is the link for Region 4.
- And [HERE](#) is the link for World Service.

Donations can also be mailed in for those who prefer giving by check or money order. Addresses may be found at those same websites.

Online payments incur fees. For instance, online donations through our Intergroup website utilize PayPal. PayPal is a convenient electronic way to make contributions, but there is also a cost involved in providing this service.

PayPal charges 1.99% fee plus \$0.49 for each transaction. For example:

- One \$5.00 donation made via PayPal would have a fee of \$0.59
- One \$50.00 donation made via PayPal would have a fee of \$1.49

Note that ten separate \$5.00 donations totaling \$50.00 would accumulate fees of \$5.90, but one \$50.00 donation would only have a fee of \$1.49. This shows that it is more cost effective to make larger donations instead of several small donations.

The Board of Trustees is asking groups and

individuals using PayPal to consider sending donations in quarterly to minimize costs and maximize the donations amount to OA.

If you have any questions or comments please feel free to call me at 815-343-6412 or email treasurer@stlouisoa.org.

In Service,
Marina F.



August Recovery Event Planned In Conjunction with Sponsorship Day

Please join us for **An Evening Focusing on the Benefits of Sponsorship** featuring a panel of sponsors, a panel of sponsees, and general sharing. This recovery event will be Friday night, August 19, 2022, from 6:30 to 8:00 p.m.

Hosted by the Saturday morning (Webster Groves) step and tradition study meeting, the Zoom event is being held in conjunction with OA's **International Sponsorship Day**. All are welcome – together we get better!

See page 10 of this newsletter for flyer with all the login details.



15 Questions for the Young Person: New Resource from WSO

At OA.org, you can find podcasts, videos, recorded workshops – even recordings from our founder – Rozanne S. Check it out!

The new [Fifteen Questions for the Young Person](#) is now available in the OA bookstore. This durable cardstock flyer is now an eye-catching, beautifully bright daffodil color, and the text has been carefully considered as well. The questions have been changed to first person, for a more intimate approach, and the whole card has been updated with inclusivity and current program language in mind.

Find **Fifteen Questions for the Young Person** (#756) in our OA bookstore at bookstore.oa.org for only \$.50, and order copies to place in your local libraries, game stores, coffee shops, and more! Please share the news of this resource with members, groups, and service bodies. Please share or reprint this announcement in your group and service body newsletters. Thank you. Learn all about this resource and more at: <https://oa.org/news-events/>

ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY JULY

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.



Intergroup Calendar of Events

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

August 19 – Sponsorship Recovery Event,
6:30-8 p.m. – see flyer on page 10

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.



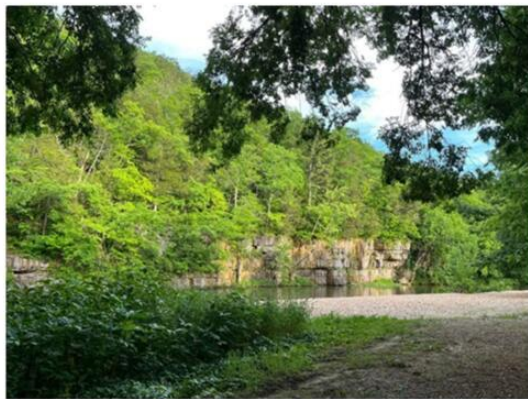
Unplug to Plug In ~~ Melanie T, Eureka

I talk daily to my HP. In the morning, we have quiet time while my cat eats her breakfast. I am grateful for her, that I can afford medicine for a condition she has developed, that she gets the most nutritious, vet recommended food daily. I am grateful for my husband who works hard and provides the house where I am safe and can have a quiet moment. And I am grateful for this program. I start my day plugged in with HP. I dwell in gratitude, for all things throughout my daily life. Even with all the wonderful I live in, sometimes I want to get away, be even quieter, be in a space where the abundance is even more...

So I camp. I go to a place where the phones don't work, and there is no distraction other than the occasional flybug. I love the moment when I am driving down Highway 19, headed for The Current River and I hear the chime letting me know that I no longer have cell service. What a relief. All the tightness in my neck and shoulders dissipates. I relax. No schedule. Only myself to care for. No calls. No to do list.

Some of my friends don't get it – "I'd rather have room service and a flush toilet! Air conditioning!"

I know what I need though. I need to feel the cooling breeze on my skin, count the different types of green in the trees and grasses. It takes awhile and I have to start over a lot, there are so many I lose track. It's ok though, I have the time.



I need to marvel at a log that shows the artistry of a bug I never knew existed. Something lives under the bark of trees! What a marvel!

I need to see that even when the life you expect is over, there is more life to be had; something new and unexpected. Some strange moss with an interesting texture, living on sticks gathered for an evening fire.



I need to make new friends who only want a nose pet and greet me with a soft whinney and a head nod that lets their mane shine in the sun.



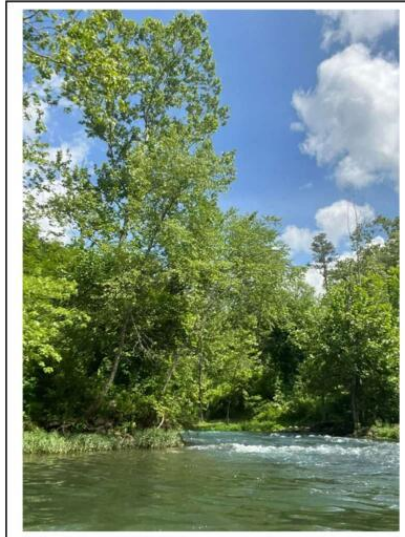
I need to see that in the darkness, there can still be light and shadows. That gravel can shine in the moonlight. I need to see that no matter how dark, there is beauty.



I need to see the stars illuminate the crown spacing of trees. Trees give each other space; they don't crowd each other. I want to be reminded that we are our best selves when we allow space for the needs of others. It costs us nothing, and it is easy enough to do. We just let others be themselves, and we be ourselves. That is enough.



I need to see the light flashing on the water and hear the babble of the water over the rocks. A soft, gentle murmur as I pass. Like the voices of friends in another room.



I need to be reminded of the abundance that is all around us. Welch Spring discharges 105 million gallons of water a day. Cold, filled with minerals, and perfect for harvesting a bit of watercress for a peppery salad.

Road Sign Project – (FREE ADVERTISING to **THOUSANDS**)

Missouri and certain municipalities in our region offer an Adopt-A-Highway program. This is a 3 year commitment to:

- 1) Clean up litter 4 times per year,
- 2) Mow your areas,
- 3) Beautify your area with shrubs, trees and flowers and,
- 4) Grow Native! Area, work with the MO Dept of Conservation to return these areas to native plants.

Your group can choose to do one or more of these activities per the interest of the people in your group.

In return, MoDOT will put up a sign at the end of our area featuring our group name, provide a safety briefing and DVD, safety vests, caution flags, trash bags and rules, and will pick up and dispose of the litter you collect.



- Reach thousands a day at no cost to us.
- Good service opportunity for our members.
- Good group activity for your meeting.
- ONLY 12 DAYS OF SERVICE FOR 3 YEARS OF SIGNS



**An Evening
Focusing on the**

Benefits of Sponsorship

FRIDAY

August 19, 2022

6:30 to 8 p.m. (CDT)

If possible, please log in 15 minutes early

SPONSOR PANEL ▪ SPONSEE PANEL ▪ General SHARING

No advance registration required ▪ \$6 suggested donation

Please never stay away from an OA event for financial reasons



Zoom ID: 812 2189 1645

Zoom passcode: 530876

Dial-in: 312-626-6799 *(use same ID and passcode)*

Hosted by the Saturday Morning (Webster Groves) Step Study Group

Questions? Call Ellen W. 314-603-3712

The Twelve Steps of Overeaters Anonymous with Synonyms

7. Humbly asked Him to remove our shortcomings

7. Humbly

meekly	modestly	respectfully	cap in hand
simply	diffidently	deferentially	submissively
unassumingly	obsequiously	subserviently	on bended knee

asked

request	apply to	appeal to	propose
invited	invoked	inquired	plead with
demanded	requested	petitioned	solicited
implored	beseched	conjured	entreated
implored	importuned	petitioned	pleaded
prayed	supplicated		

Him to remove

sweep away	take off	clear	weed out
dislodge	flush out	get out	take
extract	sift out	skim	steam off
strip	subtract	take out	unblock
withdraw	break off	displace	expel
expunge	filter	filter out	peel
purge	roll back	get out	extract
pull off	peel off	climb out of	divest yourself of
to get rid of	erase	eliminate	wipe off
rinse off	wash off	clean off	abolish
delete	discard	expel	extract
oust	separate	withdraw	get rid off
unload	do away with	carry away	

our shortcomings.

weaknesses	failings	faults	defects
flaws	drawbacks	imperfections	frailties
foibles	weak points	blots	blemishes
deficiencies	flaws	imperfections	minuses
inadequacies	corruptions	depravities	evils
immoralities	Achilles' heels		