

July 2023 OA TODAY NEWSLETTER

St. Louis Bi-State Intergroup of OA
P.O. Box 28882, St. Louis, MO 63123
info@stlouisoa.org, www.stlouisoa.org
Phone: 314-638-6070

*Stay
Humble*

STEP SEVEN

Humbly asked Him to remove our shortcomings.

The clear-cut directions for Step 7 are in our beloved **Big Book of Alcoholic Anonymous**, Chapter 6 - Into Action, page 76.

There are only seven words to Step 7. I was taught that "humbly" meant being teachable, and the word "asked" would be a prayer. This sets me up for being teachable and praying that a Higher Power of my understanding would remove my shortcomings.

I find this scary because I don't know HOW (honesty, open-mindedness, and willingness) to operate in the world without using my self-will. But having a good look at my shortcomings in Step 4 and speaking them aloud to my sponsor in Step 5, I know that I need to let go of my ways and let HP take me in a new direction.

When I was ready, I said the 7th Step prayer. "My Creator I am now willing that you should have all of me, good and bad. I pray that you

now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me the strength as I go out from here, to do your bidding. Amen." (**Big Book**, page 76)

This reminds me of a popular movie where students put on a sorting hat to see which house they will be residing in at the school. So, in my mind HP will sort it all out for what works best for the Highest Good. It's up to HP to use the good or the bad in me in each situation to make me useful to HP and others. My Creator will give me the strength to go out and do HP's bidding if I surrender to "Thy will be done."

I have examined the evidence, looked at the results, outcomes of many past experiences, and it looks like things go much better than I could have ever imagined when HP is running the school of life.

Thank You Dear God my Friend, and so it is. Blessed be.

Michaeline W.

Are You in Food Hell? Give OA a Try?

OA is a community of people who through shared experience, strength, and hope are recovering from unhealthy relationships with food and body image. Find out if OA might be right for you by taking the [OA Quiz](#).

Find a list of OA meetings in a variety of formats at [THIS LINK](#).

Find out how to get started [HERE](#).

TRADITION SEVEN

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

Five dollars a meeting, that's a lot!

But what did I spend at the coffee shop?

Five for the coffee
and then I added
a couple of these, and one of those
and the total bill gradually rose.

My commitment to my recovery includes my contributions to the fellowship. Contributions of both time and money are the responsibility of every OA member.

Sometimes we are not in a position to chip in the suggested amount, but we are encouraged to give what we are able, when we are able. My personal finances improved as I stopped contributing to the vending machines and snack shops and transferred a small portion of that money to my weekly meeting.

My sense of purpose and belonging improved as I contributed my time and service to help my meeting, Intergroup and Region in whatever way I could. At first it might have been the service needed to set up chairs or call a newcomer, but later it involved working on committees and projects to provide recovery events and fellowship for OA members. Eventually service was as necessary for my recovery as any of the tools.

When everyone contributes what they can, plus a little more when they have more to give, OA thrives. Our Seventh Tradition is the reminder that we are all responsible for the health of OA as a whole.

Anonymous



**Celebrating Freedom ----
From Food Addiction**

My name is Joyce, and I am a compulsive overeater and food addict. I live in gratitude and recovery for today.

When I first came into the rooms, I had no idea that I was in the bondage of my disease. I thought I was just a glutton who was unable to control her eating. The first thing I discovered was that I had a disease, and there was a solution. The solution was in the 12 steps. When I first did the Third Step prayer and heard I was in the bondage of self, I had no idea what it meant. I came to understand that I was using the food as my God, and it was my prison.

It was at this point that I surrendered to the program and a power greater than myself. This led me to know a freedom as I had never experienced before. None of the other programs I had ever been in before explained that concept. It was all about a diet.

Today I've been blessed with the gifts of sanity and serenity.

There have been many challenges over the years - illnesses, the deaths of loved ones, just the many ups and downs of life in general,

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things that before program would have driven me to the food. Thank you, God; today I am free of my obsession over food. I have been blessed with a Freedom I have never known before.

Without these rooms and the people in it, my Higher Power and the program, I would still be living in bondage, not ever knowing that there was a solution.

I am forever grateful to have found these rooms and found a solution that brought me to freedom. I am in bondage no more. TYG!

Joyce N.
Delray Beach, Florida



Camp OA, June 24, 2023: Making Summertime Recovery Time!

I never was a big fan of Summer camp! As a kid I tried but it never seemed to be my niche. Trust me, I tried them all. Church Camp. Band Camp. Y Camp. You name it. I tried it.

On Saturday, June 24 I tried a different kind of camp. I attended **Camp OA** hosted by the Saturday morning Webster Groves 10 a.m. meeting. This was the best Summer camp I've ever been to.

I learned how to be a Temporary Sponsor and also got some ideas on how I as a Sponsee might get back on track with my own Step work. I heard stories of how others get through the food challenges of Summer by planning and prepping their food each week. I heard stories of other "campers" who have been scared and how being vulnerable allowed them to ask others for help and it calmed their fears.

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I got to see old friends and made some new ones, and I even ended the day by drawing the name of a Summer OA Buddy to stay in touch with.

Most of all I heard "Have fun!" Summertime is a time to enjoy life and Recover! Thanks to all of the other OA campers for spending time at Camp OA with me.

Keep in touch!! BFF's forever!!

LaNae S.



True Confession: Newsletter Editor Still Not Perfect

Your enthusiastic newsletter editor got so much out of attending the June 24 Camp OA event! Like the writer above, I was excited to draw the name of an OA Buddy for the summer as I left the building.

Unfortunately, I put the slip of paper in my pants pocket without looking at it since I had an hour to pick up and consume lunch and get to a panel hosted by a not-for-profit that I support.

That night I laundered the pants and then thought to wonder "Where's my slip of paper?". I rushed to check the pants in the dryer, but there was no piece of paper there. My guess is that it didn't make it into the house. I suspect the slip of paper wiggled out and landed on the ground unnoticed on one of the numerous occasions on June 24 when I removed my car keys from that same pocket.

So, if you attended on June 24 and are waiting for a call from a buddy that does not come, please reach out to me because I may be your missing buddy. My mobile is 314-775-3261. I do put my hand in yours because I care!

J-MO

Changes Announced for OA Meetings in Intergroup

The 4:30 p.m. Wednesday “**OA Workshop**” meeting will now convene at 212 Club, 204 W Pitman St., O’Fallon, MO, 63366, an accessible location. The contact person is Penny who maybe be reached at 314-412-7600. This meeting will use the following rotating format:

- week one - step study
- week two - tradition study
- week three - literature
- week four – speaker

There’s a new meeting in Wentzville! It’s on Tuesdays at 10:30 a.m. The name of the group is “**The 12 Steppers**”. The location, which is accessible, is: St Patrick’s Catholic Church, 406 S Church St., Wentzville, MO 63385. (Meets at the back of the church.)

The meeting follows the same rotating format listed above for the O’Fallon meeting. The contact person is Elizabeth Cr, 215-932-0951, elizabethcrockett16@gmail.com.

The Sunday 4 p.m. “**Abstinence First/ Newcomers**” meeting is relocating to 1121 Olivette Executive Parkway. This is housed in the not-for-profit named “Let’s Build Hope”. This is a face-to-face and hybrid meeting that includes the possibility to join online or by telephone.

As of July 9, the 11 a.m. Sunday “**St. Mary’s Meeting**” at Recovery St. Louis” will be hybrid. The face-to-face location will be 8029 Clayton Rd Suite 1, St. Louis, MO 63117. The easiest entry is from the rear parking lot, but there is a step. This is a speaker meeting, and the online login information remains the same.

There’s a new contact for the Saturday 10:30 a.m. meeting in **Jerseyville**: Georgia W at 618-444-3770.

Intergroup Highlights June 2023

Region 4 has a special announcement. Their Service Board and WSO Trustee have made the difficult decision to disband Region 4. Region 4 is the smallest Region; it serves 13 Intergroups located in three Canadian Provinces (Nunavut, Manitoba and Ontario) and eight states (North Dakota, South Dakota, Minnesota, Iowa, Nebraska, Kansas, Missouri and Western Illinois – not Chicago).

Over the last 4 years, the Region has struggled to fill the Service Board and Committee Chair positions. Not all of the Region’s Intergroups send participants to Assemblies, Community Conversations, and World Service Business Conference - despite scholarship opportunities for smaller/financially challenged Intergroups.

In general, there has been a slow but steady decrease in the number of groups, the number of members in many groups, and a few smaller Intergroups have disbanded. An ongoing loss of willing service volunteers dictates that change is needed. Disbanding the Region will be a yearlong process which will culminate with a summer 2024 Event. Our Intergroup’s Region 4 Representative(s) will attend the Fall 2023 and Spring 2024 Assemblies, and members of our Board will attend Community Conversations and will keep our Bi-State community informed of all news.

I invite everyone in our Bi-State community to begin to visit Region 5’s website www.region5oa.org (nearest Region to our east), Region 3’s website www.oaregion3.org (nearest Region to our west) and any other Region you wish to learn about. Check out what services they provide to their affiliated Intergroups, what events and workshops they sponsor, their Newsletters, etc. Let’s all get prepared to pick “our” new Region, most likely in the Spring of 2024.

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Closer to home, our Intergroup has several service positions currently open: Public Information & Professional Outreach (PIPO), Twelfth Step Within, and Archivist (keeper of local OA history). Maybe you and two or three of your close friends or sponsees would like to step up and learn about these great service opportunities. Start with a small task or project. We are a friendly, welcoming community at Intergroup meetings. There's always a mentor willing to help you get started, learn the ropes, and support you.

We are also seeking nominees for Intergroup Chairperson and Intergroup Secretary to take office January 2024. Both Susan T. and I will have provided four years in our positions so now much rotate off Board of Trustees. We stand ready to mentor those elected at the November Annual Business Conference. Eligibility criteria; one year of current abstinence and one year of some type of service (current or past) at the Intergroup level. It's very helpful to have a general knowledge of the service structure of OA – WSO, Region, Intergroup, Event committees, service committees (e.g., Newsletter); have computer, internet, basic word processing and email knowledge; a basic understanding of conducting a business meeting (think of expanded group conscience); and a desire to roll up your sleeves and work with a great group of service volunteers.

I can share that service is a core part of my recovery, it keeps me discovering more about myself and how I can share “a life beyond my wildest dreams” with others in program. I am happy to answer any questions you may have about service positions.

With Gratitude for Service,
Dianne S, Intergroup Chairperson
314-238-4052

ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY JULY 20, 2023. 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.



- July 9 – 1:30 p.m. - Intergroup meeting****
- September 9 – Super Saturday – see page 7**
- September 10 – 1:30 p.m. - Intergroup meeting****
- September 29-30 – Fall Assembly, Region 4 (virtual)**
- October 8 – 1:30 p.m. - Intergroup meeting****
- October 27-29 – Fall Retreat - Toddhall Retreat Center, Columbia, IL (see flyer on page 8)**
- November 12 – 1:30 p.m. - 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.** It's also possible to join by telephone: Dial-in: 312-626-6799, meeting ID 940 5580 8391, and password 75183374. Those in elected service positions and Intergroup Representatives are expected to attend. All other fellows are welcome.

Relapse Prevention Word Scramble

Unscramble the letters to solve the puzzle!

1. UPOTSRP _____
2. OACSIL UEPRSERS _____
3. OPHE _____
4. CGONPI SSLKIL _____
5. TOSGHHUT _____
6. TSGEMENI _____
7. AIDUTTTE _____
8. TRETNAETM _____
9. SNEXIAOTETCP _____
10. SEPELRA _____
11. EOVL _____
12. OTERISYB _____
13. DOOM EANHGC _____
14. ADIDNTOCI _____
15. AOLLOCH _____
16. LVEEBIE _____
17. DNLEIA _____
18. VYEROERC _____
19. INEFYITD _____
20. ERMPOLB NSGIOLV _____

Who Is Driving Your Recovery Bus?

Overeaters Anonymous – Super Saturday



Hosted by: Sunday Evening Relapse & Recovery group

Date: September 9, 2023

Time: 1:00 – 4:00 pm (registration starts at 12:30pm)

Location: Gethsemane Lutheran Church – lower level 3600 Hampton Ave.
St. Louis, MO 63109 (at Pernod) - Enter through glass doors
from parking lot (Ramp and elevator accessible). Additional
parking at church across side street.

Contact person: Jennifer N. cell # (618) 960-8668

Suggested Donation: \$6 (please never stay away for financial reasons)

Come and enjoy:

***Great speakers**

***Fellowship with friends**

***Sharing time**

***Experience, Strength, and HOPE**

Save the Date
October 27-29, 2023

EMBRACE THE
"SPIRIT OF RECOVERY"
FALL RETREAT

TODDHALL RETREAT CENTER

COLUMBIA, ILLINOIS

MORE INFORMATION TO FOLLOW

WWW.STLOUISOA.ORG



**St. Louis Bi-State
Area Intergroup**