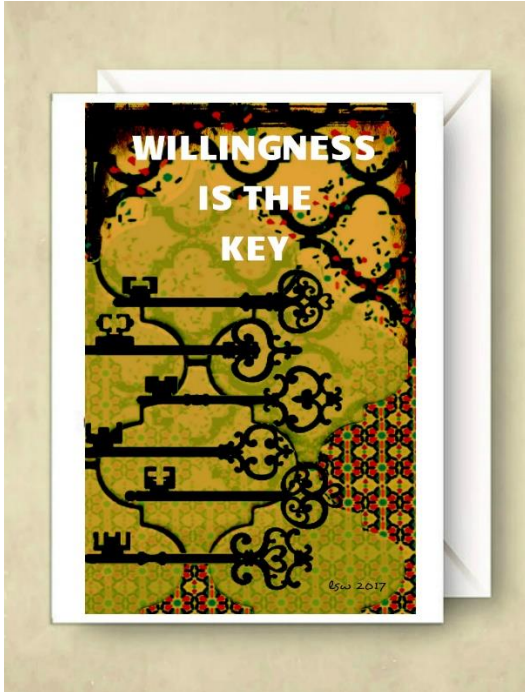


# June 2024 OA TODAY NEWSLETTER

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## STEP SIX

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

## Are You Ready?

Step 6 in the **Big Book** is believing that we are “entirely ready to have God remove all these defects of character.” I can’t count the numbers of times I’ve heard folks at meetings say: “I was ready...but I wasn’t entirely ready!”

Entirely. Completely. Wholly. These words are all-encompassing and have pushed the buttons of many a recovering perfectionist – myself included.

*(continued on page 2)*

## Newcomers Corner The Power of NOT

### Part 3

*Editor’s Note: For the next several issues, the newcomers corner will include excerpts from a long article by a contributor who has lost several hundred pounds – and found a new way to live - since coming to OA.*

**Step Two – Hope. Do Not Despair.** I am not 100% here, to be honest (wink wink). Despair is an emotion, and I have learned that all emotions are valuable and need to be felt if we are to fully experience life.

However, I did not know how to hope. For this one, I just had to “Act As If.” I looked around the rooms. I talked to people, and I could see how the program was working in their lives. They certainly sounded healthier than anything my brain was producing!

So, I made up my mind that I would act as if I had Hope that this program would work. It has worked for thousands of addicts of all persuasions over the last 100 years. I chose to believe it would work for me.

And then I practiced being aware of my mindset. If what I wanted was to have a full life, then Hope was a necessary component.

I am better at Hope now. But then, I am on the other side of despair now. I see what practicing a positive outlook has done for me, and for my other fellow travelers.

*(Continued in the July OA Today)*

**(Step Six article, continued from page 1)**

In trying to be as honest as I am consciously able in the program, I have found myself often thinking when working on a step, “Can I do this step completely, with honesty, thoroughly, so that it will have full effect in my life?”

Step 6 felt incredibly important to me – after going through the first five Steps, my character defects in all their glory stared me in the face daily. I knew that I needed to be “entirely ready” – but I also knew that I was pretty comfortable being the person I had been for 50 years. Change is hard, and, at least in this one Step, I was aware that change, it was a-comin’, if I took this step fully.

Just like the other steps, the main ingredient seemed again to be the one I can always take – willingness. I prayed for quite a good long time and told HP, “I am as willing as I know how to be. I know I want the defects removed...but I’m scared of who I will be without them.”

I have always been impatient, driven, perfectionistic, a people-pleaser – the list could go on. If God were to remove these defects, who would I be? How would I protect myself, my ego, my heart? I decided to just go for it – and that seems always to be the best encouragement of all. Just trust HP and go for it.

HP is still working daily on removing my character defects – many still exist. But I have confidence that HP will remove them, “sometimes quickly, sometimes slowly”...if only I am willing. As always, remember: progress, not perfection.

Linda

Reprinted from **OA Today**, June 2017



## 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.**



In being asked to write about Tradition 6, I knew I needed to dig in and really refresh my understanding of it.

The first thing I looked at was the spiritual principle connected to Tradition 6, which is solidarity. Knowing the basics of the meaning of solidarity, I still looked it up: *coming together for the common good, supporting one another, being respectful and welcoming, in community.* That all made good sense to me, as I feel all that in the OA meetings I’ve been attending online.

Onward to the Tradition itself, I read in the first paragraph about sticking to the primary purpose of OA, which is to carry OA’s message.

In my time as a compulsive overeater before OA, I tried a few pay and weigh diets. There are tons of them, plus books galore. There are drugs and treatment programs, surgery etc. Very muddy water out there, expensive and loaded with expectations. More often than not, unsustainable. Guilt and shame wait in the wings.

The words “keep it simple” are in the third paragraph of Tradition 6.

**(continued on page 3)**

**(Tradition Six article, continued from p. 2)**

No gimmicks, no strings attached, we refrain from promoting other programs while in our OA meetings. We are not affiliated with other programs or ideas. We keep our eyes on the plan; the 12 Steps and 12 Traditions of OA.

Keeping it simple, first things first, for the common good. What a relief.

In practicing this beautiful program over the years, perfectly imperfectly, I've received a big bonus. The Steps, Traditions and Principles have filtered into the whole of my life, giving me tools to assist me in living my beautiful life, well and whole. Well, I'm working at it, perfectly imperfectly, one day at a time.

With gratitude!  
MJ



**Call for Stories About  
Mental Health & Recovery**

If you are managing a mental health issue and living in recovery, you can give valuable service to the entire OA Fellowship. World Service encourages you to [download and share our flyer](#) calling for stories for a new publication about mental health and recovery.

Share experience, strength, and hope about:

- finding balance in managing your mental health and recovery
- using the Steps, Tools, and Traditions
- managing medications and their side effects
- communicating to other OA members about your condition
- sponsoring others with mental health issues
- finding support among OA members for your recovery challenges

The deadline to send us your story to the World Service Office is July 30.



**Intergroup Chair Report**

Our May 5, the Intergroup meeting addressed several topics that we want to highlight for our OA fellows.

Mark your calendar now for the **Fall Retreat, October 11-13** at LaSalle Retreat Center in Wildwood. This is an in-person event and more details will be available soon.

The World Service Business Conference (WSBC) took place on May 7-11 in Albuquerque, New Mexico. The theme was: **We ALL Belong: Welcome to OA!** And our Intergroup sent two delegates to participate. Check out the WSBC report on page 7.

There are two Intergroup Board positions open to be elected in November and begin service January 2025: **Vice-Chair** and **Treasurer**. There are additional opportunities to serve as: **World Service Delegate** (1 position available) and **Region 5 Delegate** (2 positions available). You can get more details about what's entailed in these positions and find the forms to apply on the Documents and Forms page of our Intergroup website at [THIS LINK](#).

We are looking for **volunteers to cover the Intergroup cell phone**. You don't have to go anywhere; the phone comes to you for a three-month period. It's a simple, yet vital service that anyone can do!

Please feel free to contact me at [info@stlouisoa.org](mailto:info@stlouisoa.org) with any questions or for further information.

In grateful service,  
Eileen M.

## ??Question of the Month??

In 2024, **OA Today** will often include a question of the month. One or more OA members will provide their thoughts on the question, and then we invite readers to offer their own thoughts in a letter to the editor which you may address to [newsletter@stlouisoa.org](mailto:newsletter@stlouisoa.org).

### June Question: What's Your Favorite OA Acronym?

**SHAME** – Should Have Already Mastered Everything

**NUTS** – Not Using the Steps

**EGO** – Edging (or easing) God Out

**FEAR** – False Evidence Appearing Real

**GOD** – Good Orderly Direction

**PUSH** – Pray Until Something Happens

**ACTION** = Any Change Toward Improving One's Nature

**HALT** = Don't get too Hungry, Angry, Lonely, Tired

**HALT** = Honestly, Actively, Lovingly Tolerant

**HOW** = Honest, Open-minded, Willing

**DETACH** = Don't Even Think About Changing Him/Her

**CHANGE** = Choosing Honesty Allows New Growth Everyday

**CLEAN** = Completely Leaving Every Addiction Now

**ACTION** = Any Change To Improve Our Natures

**ANONYMOUS** = Actions Not Our Names Yield Maintenance Of Unity & Service

**BIG BOOK** = Believing In God Beats Our Old Knowledge

**FINE** = Frustrated, Insecure, Neurotic, Emotional

**OUR** = Openly Using Recovery

**FAITH** = Facing An Inner Truth Heals

**HOPE** = Hearing Other People's Experience

**SPONSOR** = Sober Person Offering Newcomers Suggestions On Recovery

**DENIAL** = Don't Even Notice I Am Lying

**DUES** = Desperately Using Everything but Sobriety

**PACE** = Positive Attitudes Change Everything

**GIFTS** = Getting It From The Steps

**HELP** = Hope, Encouragement, Love, Patience

**RAGE** = Real Angry Gut-level Ego

**THINK** – before you speak, ask yourself, is it:

- Thoughtful
- Helpful
- Intelligent
- Necessary
- Kind?







## Tool of the Month: Literature

According to [a helpful factsheet](#) on the OA.org website, as we work the Overeaters Anonymous Twelve Step program of recovery from compulsive eating, we have a number of Tools to assist us. We use these Tools—a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service—on a regular basis, to help us achieve and maintain abstinence and recovery from our disease. This month we highlight Literature.

Reading the tool of Literature takes less than a minute. It is simple: read and study OA approved literature.

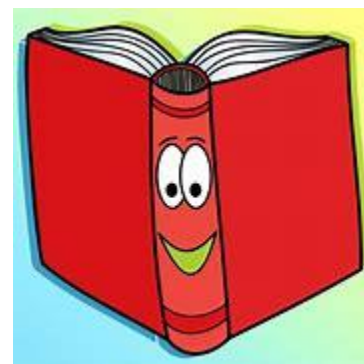
However, actually using the Tool is a lot more complicated and fits into my recovery in so many diverse ways over the years! Stories, in which [Lifeline](#) and **Overeaters Anonymous (Third Edition)** abound, are great and relatable and remind me of the lived experience of our disorder and our recovery. The **Big Book**, the **Brown Book**, the **AA 12 & 12**, and the **OA 12 & 12** offer stories and explanations on the tools, steps, experiences, and hope that a program based on physical, emotional and spiritual practices allow.

When we review our literature, we learn how people in our community were formed, how they came to be in program, and how they now live in concert with the 12 Steps.

Pamphlets brief us on special or specific aspects of our program, and newsletters keep us current on the community of which we are a part. Obviously this is knowledge—but less obvious is that it is connection. I actually become aware of how large my community is, the depth of commitment we share and the ability I have to access that support and ultimately acceptance through my readings.

Yes, I want to live in actual community—but I was isolated, lost in a box of my own private/secret disorder and fear that others might discover the truth of me. I could not become part of the living membership without discovering the well-trod path of recovery through my access to literature.

In meetings we often read literature, then share its particular relevance to our own life and our thoughts on how it aids in our recovery. We form special study groups to look at literature and discuss it more openly, without the restraints imposed on group meetings. We begin to reach into the literary community not confined to OA and relate those messages and experiences to our OA experience. We begin to expand our knowledge of the world, its beliefs, how it might relate to us and support us, and discover the much larger world that operates in concert with the 12 steps, even if not naming them.



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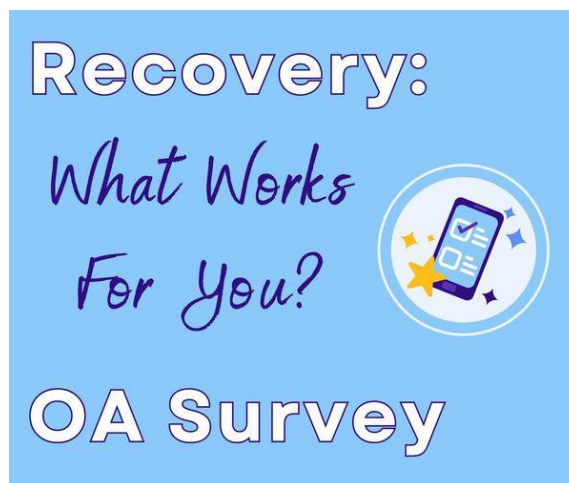
And I have become more comfortable with translating literature that speaks differently than I, uses language and references not my own, but yet speaks of life on life's terms. I can learn with and from these perspectives. I expand my own ability to live on life's terms. I am able to translate differences into commonalities because I listen better. I am able to learn, become teachable, because I focus on others' perceptions and precepts.

I am able to offer service without judgement because I am able to understand that we each receive - and translate - what is offered in our own way and in our own time. The breadth of learning, receiving, translating, and serving begins and expands with literature. We become better as we learn better. We practice in our community, open to the translations and stories of others.

We habituate ourselves to learning, hearing, sharing. We become the recovery we desired.

It begins with a story, written by people in pain and discomfort, who risked writing their trials and beliefs so that we might not just hear but live with them. Those stories and beliefs are added to and studied by us such that the 12 Steps, as understood through writings, organically modernize and expand into our current community. We grow and evolve, carrying the essential truth written so long ago, and, in so many different ways, into our today. Literature becomes the record of our evolving selves, a community on a path of recovery.

Christina D.



We need your help to revise a piece of literature! Take our short survey on the topic of what recovery actions are most helpful. Share your experience of what works for you and how you work it. Your answers will provide valuable insight. [Take the survey here.](#)

While the survey is in English, we encourage service bodies to help non-English-speaking members with translation to complete the survey. Thank you for your service!



### Three Meeting Changes

The time for the Jefferson City **“Welcome Home”** Sunday afternoon meeting, group 45074, has changed from 4 p.m. on Sundays to 5 p.m.

The **“OA Workshop”** Wednesday 4:30 pm meeting in O'Fallon, IL, group 57161, has a new location. The new address is 207 East Pittman Avenue, O'Fallon, MO, 63366.

Reminder: The **“Webster Groves Step and Tradition Study”** Saturday 10 am meeting, group 08734, also has a new location. The new address is Webster Groves Presbyterian Church, 45 W Lockwood Ave, Webster Groves MO 63122. Enter on the East side of the church by the parking lot.

## Highlights of 2024 World Service Business Conference

The Conference welcomed 188 eligible voters. There were also twelve staff members and approximately 20 local volunteers who served on the conference support committee, bringing the total number of attendees to 230.

- 21 Countries were represented.
- 14 Languages were spoken.
- Four Workshops and a Forum were held Tuesday through Saturday, focusing on
  - All About Conference
  - Building Bridges to Recovery: Growing the Fellowship of Overeaters Anonymous and breaking down barriers
  - Everything You Ever Wanted to Learn About Our Service Structure
  - Our Uniqueness Is an Asset: Inclusion and Acceptance
  - Dealing with the Tough Questions

The updated version of the manuscript for **OA Handbook for Members, Groups, and Service Bodies** was approved. This new version will be available later in the year.

All of the motions that were confirmed through the [Agenda Questionnaire](#) process were considered at the conference. Fourteen were adopted, three were defeated, two were withdrawn and one was sent to the Board of Trustees to resolve.

A few of the most interesting results were:

- The Conference will now be held on a rotation of one year virtually, the following year held in Albuquerque.
- Qualifications for a Trustee position now include two years at either the region level or on a National Service Board.
- There was a motion to change the participation requirement to make a change to the Steps or Traditions,

lowering the number of responses required. That motion failed.

- After that motion failed, two motions to change the gendered language from “He/Him” to “God” were withdrawn.
- The motion to remove weight from the definition of abstinence was defeated.
- The motion to establish a lifetime term limit on trustees was not adopted.
- Nominees from a specific region will be considered for the Trustee Liaison position of that region when possible.

Three of the most memorable moments for me personally were

1. The Wednesday evening workshop ending with the closing prayer being recited in 14 languages.
2. The Saturday session of the meeting closing with Rozanne’s Promise being recited by all 24 of the Region 9 delegates.
3. Watching the members who stayed for the dance sharing in cultural dances in addition to good old rock and roll.

Yours in service,  
Cyndy

**ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY JUNE 20, 2024.** Please send your submissions to the **OA TODAY** editor and Newsletter Team at [newsletter@stlouisoa.org](mailto:newsletter@stlouisoa.org) or mail to St. Louis Bi-State Area Intergroup, PO Box 28882, St. Louis, MO 63123-0082. OA service units may reprint articles without requesting permission.

## How Recovery (and Literature) Help in Times of Grief

For the past six months or so, my life has been impacted by loss. I have been through periods of loss before. Until now, 1998 was my own “annus horribilis”, as Queen Elizabeth II described her 1992. Here are things that happened to me in 1998:

- My father-in-law had a stroke from which he never recovered.
- My paternal grandmother passed away.
- I found out I was pregnant and was able to surprise my mom with a half pink, half blue cake on Mother’s Day to announce it. She announced my imminent arrival with a cake just like that. Two weeks later, my uncle shot and killed himself and his wife.
- On October 16, 1998, a routine exam found that my baby’s heart had stopped. I delivered her October 21, 1998.

My response to that year was to eat. I cried-alone - and I ate. I did what I had to do at work, with my kids, for my family, but I was a ghost in my own life. From the minute I got up, until I went to bed, I ate myself numb. I was done. I gained 200 pounds over the next few years. Eventually I would weigh 650 lbs. I did not know how to grieve. Truthfully, I did not know how to feel anything. I had been faking feelings for so long. This year was the tipping point where the disease I had flirted with became my whole life. A horrible jumble of sadness, anxiety, disgust, self-hatred, loneliness, fear and dejection - I stayed there for 12 years.

Thankfully, I entered recovery in 2010. I was freed from being stuck in a place where the only thing I ever felt was bad.

Now to the recent period of grief. Admittedly, also 2023 had some special joys. On October 15, 2023, my youngest sister married a man who had moved in next door to her.

But on October 16<sup>th</sup>, I was sitting with a sponsee enjoying the autumn day, when I got a text from my best friend of 36 years. This is not the story of what was in the text. I will not tell that story. What the text boiled down to was that she believed something of me that is untrue. 36 years, and she believed a lie about me without any consideration to the life we had shared for all those years. She was my person – the “I need 5 minutes or I will lose my mind” phone call. I trusted her with everything. From her perspective (which I am only able to see because I have worked this program), I am sure she believes I broke trust, which just breaks my heart. In not believing in me, she broke trust with me.

On April 19<sup>th</sup> of this year, after nursing her for almost two years, the cancer in my beloved cat became more than she could bear, and I had to let her go. On top of the other loss, I’m not going to lie, a vast ravine of grief opened up before me. When I look too close, the depth is overwhelming.

Finally, there was a family issue, and we are letting our nephew stay with us until he leaves for college in August. My sibling – his parent - is so mad at me, I am unsure whether they will ever forgive me. When I sit with the pain, I can literally feel my heart breaking.

I looked it up, you can feel pain in your heart. Grief stimulates the adrenal glands and nerves to produce stress hormones, and adding adrenaline slows the pumping of the heart causing chest pain. Weirdly, knowing that made me feel a bit better.

Because of OA, I knew what I had to do. I had to let it go:

- I had to forgive my best friend and let her go.
- I had to love my cat unselfishly and let her go.

*(continued on page nine)*



*(continued from page eight)*

- I have to care for a 17-year-old in pain. I will always choose to extend love where it is needed. And there might be a consequence. To protect and love him, I had to let go of any consequences to me. I had to let go of any fear of judgement or loss of relationship and Do the Next Right Thing.

If I didn't do all this, it would consume me. I would find my way back to the horrible dark place, and my eating would be an endless loop again. If I didn't follow this program, I would lose my abstinence.

So, I followed my program. I reached out to my therapist because I knew I would need support. I talked with my husband, I leaned on my sisters regarding my BFF ("best friends forever). I had been attending Zoom meetings in various places a couple times a week. I enjoy going to new meetings and meeting new people. Now I reconnected with my local meetings.

Mostly, I went to my program literature to see what it could teach me about grieving:

The **AA Twelve & Twelve**, in speaking about Step 11 – which is about our conscious contact with HP – says this on pg. 104-105 near the end, "We discover that we do receive guidance for our lives to just about the extent that we stop making demands upon God to give it to us on order and on our terms. Almost any experienced A.A. will tell how his affairs have taken remarkable and unexpected turns for the better as he tried to improve his conscious contact with God. **He will also report that out of every season of grief or suffering, when the hand of God seemed heavy or even unjust, new lessons for living were learned, new resources of courage were uncovered, and that finally, inescapably, the conviction came that God *does* 'move in a mysterious way His wonders to perform.'** "

In addition, the **Big Book of Alcoholics Anonymous** reminds us in the chapter *The Family Afterward* on page 125 that "**We families of Alcoholics Anonymous keep few skeletons in the closet. Everyone knows about the others' alcoholic troubles. This is a condition which, in ordinary life, would produce untold grief**; there might be scandalous gossip, laughter at the expense of other people, and a tendency to take advantage of intimate information. Among us, these are rare occurrences. We do talk about each other a great deal, but we almost invariably temper such talk by a spirit of love and tolerance."

The OA **For Today** shares with us on February 20<sup>th</sup> "When I am troubled, I think my pain will last forever," and says, "**For Today: Pain often comes from non-acceptance. If I find that I can neither change nor accept a certain reality, I let it go for now, knowing that it is the first step in overcoming my misery.**"

On pg. 114, April 23<sup>rd</sup>, OA **For Today** shares, "If I allow it to pass through my life without trying to change it or escape from it, **grief will leave me a more finished person.** The problem is non-acceptance. My compulsive overeating mind says 'No! No! I can't bear it. Change it! Fix it! Make it better.' Round I go, **giving myself no peace until, finally, I stand still and let myself feel the pain.**"

"Accepting whatever comes – the sorrow as well as the joy – without letting it divert me from doing God's will as I understand it, is what this program is all about. It is recovery."

Reminding us that "**For Today: I can learn much that is of value from grief by not running away into the food.**"

Oh my! There it is. My favorite place to meditate – Acceptance. **Big Book**, pg. 417.

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**(continued from page nine)**

“And acceptance is the answer to *all* my problems today... Unless I accept life completely on life’s terms, I cannot be happy, I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitude.”

So, I leaned in. I reached out to trusted people in my life. I have shared what I am struggling with. I have asked for the help I need. I am letting go of the things I have no control over: what someone else believes of me, cancer, the consequences of my own actions. I cry when I need to. A lot.

To care for myself in this season of loss, I have talked with my therapist about three C’s - Choose, Connect, Communicate.

**Choose** – I may choose what activities I feel like participating in and those I do not. Some family events or cultural celebrations may be associated with my loss and be too hard at the moment. It is ok to give them a pass and take care of myself.

**Connect** – There are people I trust who will support me and help alleviate the loneliness of grief. Grief is heavy. Those I love and who love me will ease my burden.

**Communicate** how I am feeling - If I do not have the courage to communicate, I can fall into despair and return to my addiction. I must speak up to make sure I have the support I need.

I kept having this one thought run through my head. Space must be needed in my life for so much loss in one season. As I have every other time I have leaned into the teachings of the **12 Steps**, I knew I had to trust that the path in front of me would lead me to where I will be of most use in my life and fulfill my purpose here. I have to be willing to walk forward into a new life. A new life has been revealed to me

time again as I continue in this program. As long as I trust it, and walk the walk, the future that is meant for me will be revealed. Inevitably I find it is better than anything I could think up for myself. This has been my truth again, and again, and again.

So, I grieve. I feel. I let go. I love.

Melanie T.



**June 9 – 1:30 p.m. - Intergroup meeting\*\***

**July 14 – 1:30 p.m. - Intergroup meeting\*\***

**July 27 – “Telling Our Story” – 9 a.m.-noon – hybrid Recovery Event – see page 13**

**September 6-8 – Region 5 Convention – Independence, OH**

**September 8 – 1:30 p.m. - Intergroup meeting\*\***

**October 11-13 – Fall Retreat - LaSalle Retreat Center, Wildwood, MO**

**October 13 – 1:30 p.m. - Intergroup meeting\*\***

**November 10 – 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.

For more **events** happening throughout the worldwide Fellowship, click [HERE](#).



## Life Lessons from Spike, The Warrior Princess

I was privileged to be chosen by the magical cat distribution system to be the human for this lovely lady (photo above), Spike, the Warrior Princess. She was my companion for 15 ½ years. She taught me many lessons, and every single one of them helped my recovery.

- **Self-care:** Always wash up. Make sure your fur is clean and looking good. Nap when you need it. If you need something, speak up. If you want something, go get it. It's ok to be lazy sometimes. Take your time and enjoy your food. If it is not to your taste, let your human know immediately. 😊
- **Trust:** Cats are naturally cautious; they wait and see if they can trust you. She was never so desperate for approbation that she would compromise herself if she didn't feel trust was earned. Be alert, listen, be present in the moment: this keeps you safe. I very much needed to learn that lesson!
- **Confidence:** Cats carry themselves with confidence that commands respect. She always knew her worth.

When in doubt – cop a catitude: act as if. Cats believe that being held in high esteem is their right. Aim high; climb those drapes right to the top! Remember persistence pays off.

- **Living in the moment:** Cats live in the moment and don't look for distraction or consolation. Sometimes it is fun to get a little dirty. (As a kitten she somehow would get into my attic and run through the fluff insulation!) Live each day to the fullest. She was her own wonderful self, enjoying her days as she saw fit. Her happiness was of her own making.
- **Curiosity:** Cats are always curious. She would never take the straight path to her destination. The journey was better if you went under a bed, then jumped up on a table, then jumped down and checked out a corner, all on the way to the litterbox. All life is for exploring, learning and marveling over. Sometimes she would go the same way again. It is worth looking at a known path through new eyes. You never know what might have changed, what might pique an interest now that wasn't there before. Never assume you know everything.
- **Independence:** She was entirely herself from the day I got her until the day I let her go. She knew how to take care of herself, and she knew how to ask for help and comfort. Both are important skills to learn. She was an adjacent cat. Only in moments of her choosing was she a cuddle cat. I kinda wanted a cuddle cat - that wasn't her nature - so I learned how she showed me she loved me. It was by sitting across the room on her crinkle paper (amazon box stuff, it was catnip to her) and just being in the room. We ate breakfast together every morning, quiet reflection time for us

(continued on page twelve)

(continued from page eleven)

both. It was by moving more to her rhythm that I found the stillness to meditate in the morning and touch base with my HP and ground myself in my gratitude to start my day. In accepting her just as she was, I could learn to accept people as they are, listen and watch for how they show they care, learn how best to show them I care.

- **Generosity:** Cats freely share the occasional bird, mouse, or bug. Spike was the Mistress of Moths! When one would get in the house, she would whisper “ekekekekek,” be so still. Then, with a butt wiggle, she would leap into the air with one paw extended and bring that moth down. Many a morning after the hunt, the small gift would be on my seat on the couch. I always told her what a mighty warrior she was and thanked her for the gift.

Very few cats need 12 Step programs. Knowing Spike surely strengthened mine.

In loving memory of one of my very best sponsors.

August 12, 2008 – April 19, 2024

Melanie T



## OA Words of Wisdom (Reprinted from June 2019 OA Today)

I know it can be hard to work the program. Being uncomfortable and doing what I don't want is a real challenge. Believe me, I know. But what I also know is that the addict is under my first layer of skin. No matter where I go, the disease is with me, always ready to attack me with its lies. That is why OA is a “we” program. We need the help of others. *S.D.*

Don't let a day go by that you don't stop and thank your Higher Power for another day to get it right. I thank God for the gift of the present, for allowing me to see today, a day that was not promised, especially when I led a life that was so destructive. *J.M.*

A willingness to change is the essence of the Sixth Step. Change is always frightening, even when it is a much needed and long overdue change for the better. Many of us have wasted years and suffered a lot of pain in order to avoid having to change. As we work Step Six, we recognize and acknowledge our human fear of change. Then, because we are willing to go to any length for recovery from compulsive eating, we move ahead with this Step anyhow. No longer will we allow fear to keep us from doing what is best for us.

*OA 12 & 12, Second Edition, pages 48-49*

Dear Lord,  
I admit that I am powerless over my addiction;  
I admit that my life is unmanageable  
When I try to control it.  
Help me this day to understand  
The true meaning of powerlessness.  
Remove from me all denial of my addiction.

- M. F.



St. Louis Bi-State Intergroup  
Overeaters Anonymous

# RECOVERY TIMES:

## TELLING OUR STORY

### SUPER SATURDAY - Hybrid

Hosted by the Webster Groves  
Saturday Morning  
Step & Tradition  
Study Group

#### July 27, 2024

Registration: 9 am CDT  
Program: 9:30 to noon CDT  
\$6 Suggested donation

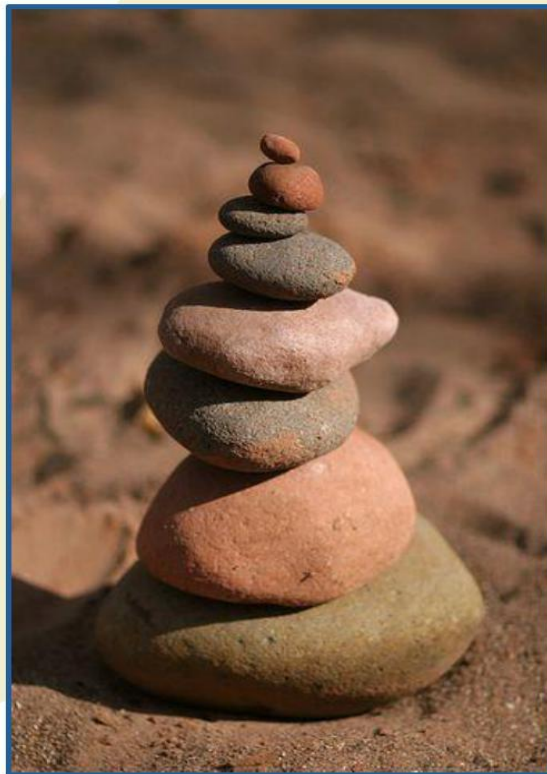
#### IN PERSON:

Webster Groves  
Presbyterian Church  
45 W. Lockwood Ave. 63119

- Accessible
- Use east entrance off side parking lot

#### ON ZOOM:

Meeting ID: 840 7543 7936  
Passcode: 260867



**Questions?** Call Dianne S. 314.238.4052

*All are welcome! Please never stay away from any OA event for financial reasons!*





WORLD SERVICE OFFICE

May 15, 2024

RE: Overeaters Anonymous Supports The Rainbow (LGBTQ+) Specific Focus Service Board

To Overeaters Anonymous members and groups:

The Board of Trustees, Region Chairs Committee, Unity with Diversity Conference Committee, and the 2024 World Service Business Conference stand hand-in-hand with all of our specific-focus service boards. We regret to report that OA's Rainbow (LGBTQ+) Specific Focus Service Board has received some vicious, attacking emails from individual OA members. We are taken aback by the hostility directed at The Rainbow (LGBTQ+) Specific Focus Service Board.

While OA welcomes a free exchange of ideas and criticisms, we also want to say clearly: There is absolutely no place for hate speech in the loving Fellowship of Overeaters Anonymous. We are here to support each other in love, tolerance, acceptance, and recovery.

As noted in the OA *Twelve and Twelve*: "When we apply OA's Tradition Three, we find the treasure of friendship often where we least expect it, with people we once would have excluded from our lives. Such treasure is all around us, and all we have to do is open our hearts to receive it. OA is where we learn to open our hearts, because it is here that most of us first experience unconditional acceptance" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, pp. 111-112).

For further reading and discussion, our [policy statements related to Unity with Diversity](#) can be found in the Document Library at [oa.org](#).

This statement was unanimously endorsed by the 2024 World Service Business Conference.

Please contact your Region Chair or Trustee if you have any questions.

Thank you for your attention and support,

OA Board of Trustees  
Region Chairs Committee  
Unity with Diversity Conference Committee  
2024 World Service Business Conference

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1-505-891-2664 • [info@oa.org](mailto:info@oa.org) • [oa.org](#)