

# September 2024 OA TODAY NEWSLETTER

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## STEP NINE

**Made direct amends to such people wherever possible, except when to do so would injure them or others.**



Perhaps like many of you, the first time I made my Step Nine amends list it was pretty long - reaching back as far as I could possibly remember. Each subsequent time I've done Step Nine, the list has been shorter, especially with doing Step Ten on a regular basis. Making amends to others remains very important to our recovery.

But let me tell you what name is on the list for amends every single time – **my own**.

Why?

*(continued on page 2)*

## Newcomers Corner The Power of NOT Part 6

*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 Five** – Integrity. Do **Not** Break Your Word. Oh, what a slippery one this is. For me, finding my moral compass was an odd journey.

I think about all the “I’m sorry, I won’t do it agains” that I have said in my lifetime. None of them true. Not one. I wasn’t sorry, and if I thought about it at all, I knew I would do it again. Now, when I talk about this with sponsees, we get out the Big Book and read Chapter 5, **How it Works**. I read the bit about the Actor and how he has two ways of interacting with others. Both ways are manipulative and selfish, used solely to force the outcome I want....

.... during the 4<sup>th</sup> and 5<sup>th</sup> Steps, I found I no longer wanted to be a tornado in anyone’s life. I was a very nice tornado, sweet, thoughtful, appreciative and a Category 5 full of self-will run riot. The other side of that tornado? That’s the angry addict, loud yelling, getting big with hand gestures and pacing around, scary big tornado. What did I learn? That when I am straight with people, I get so much more than I could ever dream of! And getting it is not the payoff. The payoff is that I work well with people. We communicate. We compromise.

*(continued in October)*

**(continued from page 1)**

Because I need/want to continue to forgive myself for not being perfect. I can be pretty hard on myself at times, and I want to change that. I want to acknowledge that I have done the best I can and am doing the best that I can, though I want to continue to strive to be the best version of myself that I can be.

The spiritual principle of Step Nine is Love. I want to practice the spiritual principle of Love on myself...as I continue to challenge myself – but not with the harsh voice of the past, but with the voice of love and compassion.

How would my HP talk to me? Not with shame and blame, but with love and tenderness. Not with harsh words but with loving encouragement. This isn't about making excuses, but in truthfully and honestly making amends to ourselves for our past actions and inactions while striving to live our best and fullest lives now.

From Step Nine on pages 65-66 in the **OA Twelve and Twelve** “To amend something means to change it. **We complete our amends for our wrongful actions of the past by changing our actions in the future.** This is especially important when making amends to ourselves...We owe...‘living amends.’ Only by permanently changing our harmful attitudes and actions can we make it up to ourselves and our loved ones for the hurts of the past.”

**Living Amends** – What would that look like for me, for you, to make living amends to ourselves? What changes could we make? What actions could we incorporate?

- Is there something about our physical recovery, about our abstinence/food plan that needs attention?
- Are we eating foods at times and in amounts that nourish our bodies?
- Do we need or want to exercise and to move our bodies more?

- Do we need more rest?
- Emotionally, do we need counseling or journaling to help in our healing?
- Are we spending time in nature, or with people who love and support us?
- Spiritually, are we taking time for solitude, for prayer/meditation, self-reflection?
- Do we have a loving and supportive Higher Power, and do we allow our HP to help us, to love us?

This disease of compulsive overeating has hurt us physically, emotionally, and spiritually. We are like a three-legged stool where each aspect of ourselves needs time and attention or we won't be balanced, which is another word for serenity. Let us reflect on each of these aspects of our bodies/ourselves as we consider the words of Our Serenity prayer:

***God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.***

May each of us find our way to our best selves, today and every day, one day at a time!

Becky H.



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## TRADITION NINE

**OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**

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### The Disorganization of OA

I come from a fairly structured business background. I am a numbers cruncher, an advocate for rules--and a parser of words so I can construct arguments on how one should make decisions. In sum, I fit bureaucracy pretty well.

But success is not recovery. I didn't find recovery in that mindset. That application of my skills--forming and manipulating rules--didn't help me work through an eating disorder!

So, when I came into OA I was very uncomfortable with and challenged by the 9th Tradition. In OA we are encouraged to remain open to new ideas, group conscience, and choosing fellowship over "system efficiency." It means that we focus on today, recovery tools, support and not outcomes. Completely different focus with completely different rewards!

And if the "doing" of the work is the recovery, then the rules and whether everyone is doing what they should is not the point. Yes, it is actually important to have accountability, honesty and then, of course, acceptance. And it is just as important that individual roles are respected. We each stay in our "lane." Our own good work is our focus. We appreciate, not oversee, other fellows work! This is an important lesson and an important way to learn to interact in the world generally.

I practice in service and bring it into my relationships at home and in life. The change is amazing and rewarding. The recovery in this practice is instantly felt and appreciated. It does not eliminate the ability of others to contribute. It is equally important that we understand we are not everything to everyone in every situation. If there are jobs that require professional skills, those with the skills may be hired to ensure all goes well and, again, accountability is important. They should be paid in accordance with their skills--because we appreciate their skills.

We do not ask others not in OA, to contribute financially or in-kind to our organization. It is a focus on self-sustaining rather than denying others a contribution. We are in this, every minute of our involvement, in every service, focused on recovery.

In truth it is service that enables us to work for something other than ourselves, without judgement or accolades, to discover that recovery is its own reward. I am grateful for this perspective and the good work that has come with it.

Christina D.

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"Is it hard for you to just ask for some help?"

Me:





## Tool of the Month: Service

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 Service.

### Why Service? Serve Others and Recover

A key part of recovery in addition to working the Twelve Steps? Service.

When you hear about performing service, you may think, “Wow. Working Twelve Steps and giving service? That’s a lot!” Rest assured, the last thing we at OA want to do is to overwhelm you. Service can be as simple as you want it to be. Here are some examples:

- Show up. Attending a meeting is service.
- Unlock the venue for meetings each week. This is a seemingly simple task, but one of great importance. Without this act of service, your group can’t meet to work on their recovery.
- Set up and clean up meetings. Putting out and returning chairs, making the

books available, and passing out materials are all ways to serve.

- Participate in the meeting. Welcome newcomers, read or share your own experience, strength and hope on the topic.

When you are ready for more:

- Moderate or lead the meeting. The leader/moderator is just a member who follows the format to keep the meeting on topic and on time.
- Operate the dashboard. Unique to the virtual world this position protects the meeting from disruptive participants.
- Participate in group conscience. There are always different ways of doing things and the meeting members decide together what is best for the group.

As your recovery continues, consider being an Intergroup representative, attending the meeting, and bringing back the news to your group. You have many talents and gifts you can use in OA. Event planner? Help with workshops, retreats, and assemblies. A writer? Contribute to your local newsletter or submit to calls for stories for Lifeline on our website or that will be published in new literature.

Providing service opens up a world beyond you, while also giving you a way to carry our message to others. The best part? There’s a magical thing that happens when you serve others; you end up giving yourself a gift too.

Adapted from [THIS LINK](#) at OA.org



## Two New Meetings Available in Intergroup

The **OA Today** newsletter has been notified of two new meetings. Both have a face-to-face option, and one also offers a hybrid option.

**“Promises”** is a literature/speaker meeting that convenes each Monday at 1 p.m., beginning September 9, 2024, at the Maplewood United Methodist Church. The address is 7409 Flora Avenue, Maplewood, MO 63143. The WSO number is # 52817, and the contact is Laura R at 314-283-7165.

**“OA90 Newcomers - Tools of the Trade”** is an [OA90 format](#) meeting at Recovery St. Louis at 8029 Clayton Road, St. Louis, MO 63117. The meeting time is 7:30 a.m. on Tuesdays, and the meeting is also available by Zoom. The Zoom Meeting ID is 856 4726 7716, and the passcode is 521639. The WSO # is 58191, and the contact is Bob L at 314-256-9574. Find an informational flyer about this meeting on page six of this newsletter.



**September 6-8 – Region 5 Convention – Independence, OH;** Registration details available at [THIS LINK](#)

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

**October 11-13 – Fall Retreat - LaSalle Retreat Center, Wildwood, MO – see flyer on page seven**

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

**November 10 – 1:30 p.m. - IG 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 IG Representatives expected to attend. All welcome!

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

**ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY SEPTEMBER 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. 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.

# *New OA-90 Meeting*

## *OA90 Newcomers - Tools of the Trade!*

*Face-to-Face (in St. Louis, MO) and Online (via Zoom)*

### In-person

Recovery Saint Louis  
8029 Clayton Road  
St. Louis, MO. 63117

### On Zoom

ID 856 4726 7716  
Passcode 521639  
Dial-in 1-669-900-9128



*Tuesdays - 7:30 AM (Central)*

*8:30 AM (Eastern) - 5:30 AM (Pacific)*

Contact – Bob L. (314) 256-9574

More on the 90-Day format of  
Overeaters Anonymous – [www.OA90.org](http://www.OA90.org)

2024 Fall Retreat  
Are we **N.U.T.S?**  
Not Using The Slogans



**DATES:** Oct. 11-13, 2024  
**LOCATION:** LaSalle Retreat Center,  
2101 Rue De LaSalle, Glencoe, MO  
63038 *Center is ADA accessible*  
**Check in** - Friday 4-5:30pm  
**Check out** - Sunday noon

**INCLUDED WITH REGISTRATION**

- **MEALS:** 5 meals (Refrigerator space and microwave available if you prefer to bring your meals.) Specify any dietary restrictions on registration.
- **ROOMING:** Single (limited availability) or double occupancy with 1 ADA compliant bathroom (All rooms have Jack and Jill bathrooms - linens and towels are included.) See pricing below.
- **TENTATIVE ACTIVITIES:** sessions on using the slogans to promote abstinence and working the program, sharing time, evening bonfire, free time, labyrinth walk, yoga, games, journaling and more.

**ADVANCED REGISTRATION REQUIRED** - Two ways to register: ONLINE at [stlouisoa.org](http://stlouisoa.org) or MAIL form below with check to Dianne Stang, PO Box 91, Kimmswick, MO 63053. **Make checks payable to St. Louis Bi-state Area Intergroup.** *If financial assistance is needed, please contact Marina F. at 815-343-6412. No one should stay away for financial reasons! Scholarships are available.*

First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Email: \_\_\_\_\_ Telephone: \_\_\_\_\_

**Early Bird Registration by Sep 3 Price is per person:**

- single w/5 meals \$230 (limited availability)       single only \$160 (limited availability)
- double w/5 meals \$210\*       double only \$140\*
- Saturday only - includes 2 meals and program \$85

**Regular Registration from Sep 4 to Sep 24 Price is per person:**

- single w/5 meals \$245 (limited availability)       single only \$175 (limited availability)
- double w/5 meals \$225\*       double only \$155\*
- Saturday only - includes 2 meals and program \$100

**\*If you do not specify a roommate, one will be assigned.**

\*Name of roommate: \_\_\_\_\_ (must register separately)

We care fund donation: \$ \_\_\_\_\_ (optional)

- ADA room needed       Willing to do service       Willing to facilitate a session

**QUESTIONS? Contact Della 314.580.4881, Bill 636.795.2634, or Marina F 815.343.6412**

