


December 2024 OA TODAY NEWSLETTER

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STEP TWELVE

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.



Since we get to graduate when we complete our twelfth year of education in some societies, it may be easy to assume that we get a cap and gown when we polish off Step 12. We may be hoping we get a healthy body weight as a graduation gift, and then we're off to enjoy life with OA in the rearview mirror.

Turns out many of us discover that recovery is a one-day-at-a-time process and that we need the continued support and wisdom of the fellowship after we complete the Step Twelve homework that our sponsor assigns. I know that I have experienced the physical, emotional, and spiritual healing described in the Step 12 Section of the **OA 12 & 12** (Second Edition, pages 81–87). I want a lifelong experience of these good things.

I also want to share the message with others who are suffering the way that I was. My food addiction was horrible. I do not want to abandon any other human to that living hell.

Here are some ways that the [Principles of the 12 Steps](#) have influenced me "in all my affairs":
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Newcomer's Corner The Power of NOT Part 9

Editor's Note: For the next several issues, the newcomer's 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 8 – Self-Discipline. Do **NOT** Indulge in Bad Habits. I had so many bad habits. Eating was just the tip of the iceberg. All the steps starting with Step Six are actions steps. We are no longer looking back and learning; we are looking forward and doing. This step asks us to look back at Step 4 and make a list of people we had harmed, then become willing to "make amends" to them all.

I have had to remove myself from the company of some people. Many are practicing addicts, and I find the behaviors they exhibit triggering. I especially cannot repeatedly accept apologies from people who do not change their behavior. That "I'm sorry" is a deflection, pushing away any bad feelings about behavior that they KNOW is wrong on some level.

I still leave the door open for future reconciliation. I will always hold space for people to change. Change is the best and most meaningful way to make up for the harm you have done. This step gives us the opportunity to clean our side of the street, to tell people, "I know I behaved like this. I know it hurt you. I will not hurt you with my actions any longer." Pretty cool outcome for going the distance and doing this next hard thing.

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- 1) **Honesty** — Not only do I have to admit daily that I am still a compulsive overeater, I find I must tell the truth about all my mistakes and shortcomings. When I broke my word to my wife and texted while driving, I managed to hit a large object that I did not see because my eyes were on my phone. This did hundreds of dollars of damage to our car. I had to tell the truth — although thinking up a cover story was tempting! It took me two years to repay our bank account for the cost of the repair by setting aside a few dollars at a time from each paycheck. The lessons I learned about being honest and making amends were invaluable, however.
- 2) **Hope** — I was hopeless when I arrived at OA, but I met people who were living in recovery, and I came to hope it might happen to me as well. Having received the miracle of recovery, I now find it easier to hope in other areas of my life, even at times of great disappointment. In 2020, I was devastated when I lost a job that I loved, but I told myself, “This too shall pass. In time, I will feel differently and discern work that will be right for me.” And in time, I did.
- 3) **Faith** — Just as I admit daily that I am still a compulsive eater, I also turn myself over to the care of the God of my understanding every day. Time and time again, I discover that I receive help every time I ask for it. It’s easy to have faith in this – since I’ve never seen it fail even once. (That doesn’t mean help always comes the first way I reach for it; if the person I call does not answer, I may find help through a text, a meeting in a different time zone than my own, or reading literature. But help is always there when I am willing to ask for it.)

- 4) **Courage** — In Step Four, I dared to take a fearless and searching moral inventory. I told my sponsor about my resentments, fears, harm I had done to others, and my sexual behaviors. I experienced incredible release from fear - just by saying this stuff aloud. Now it feels like I am living in freedom, but others often tell me that looks like courage.
- 5) **Integrity** — Making a good impression to other people is no longer enough. I live with me 24 hours a day, and I want to respect myself, so I choose actions that will make me comfortable in my own skin.
- 6) **Willingness** — It turned out that food wasn’t the only thing I was powerless over. Some items surfaced in my moral inventory that I was going to need help to address. Since my sponsor had heard about these items when I gave away my Step Five, I became willing to tell her more about what I was getting from my defects of character— and what they were costing me. Somehow in that process, some have been removed and others have been transformed to a character asset. I still have defects and continue to turn these over to my Higher Power and to work the Steps around them.

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SPIRITUAL PRINCIPLE: SERVICE

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- 7) **Humility** — What a relief to discover that humility is not about self-deprecation, shame, and guilt. Now that I have stepped off the ladder of worth, I find that my circle of friends is more diverse, and I am attentive to whether I am sharing power with others, trying to have power over them, or allowing others to have power over me. One of my spiritual mentors teaches that love is only possible between equals. Now that I live in radical equality with others, the list of who I may love is longer.
- 8) **Self-discipline** — I did not particularly want to make a list of people I had harmed, but I did it anyway because I had learned the benefit of investing in my own recovery by working the Steps. Now I remind myself daily of the good things that come when I keep my commitments, even when I'm not in the mood. Abstinence is the core commitment that enables me to keep other promises I have made to myself and to others.
- 9) **Love** — In taking my moral inventory, I discovered that I am very good at love of neighbor, but I've often been very mean to myself. In OA, I have finally come to love myself. It turns out I was expending a lot of energy on internal drama. It's good to be able to apply that to better places now.
- 10) **Perseverance** — I got acquainted with my stubbornness in Steps Four and Five, but it turns out that my Higher Power can transform this trait into persistence, into perseverance. I now see that "**Keep coming back**" isn't just about meetings. It's about coming back to the Tools, coming back to prayer, coming back to center and serenity when I am feeling frazzled.

11) **Spiritual Awareness** — In Step Two, my sponsor invited me to fire my God and to write a want ad for a God big enough to help me with my eating disorder. Scary as that sounded, I had the Gift of Desperation and tried it. I have released notions about my spiritual source that were toxic to my physical, emotional, and spiritual health, and I'm getting to know God on God's terms instead of through the idolatrous images that my mind is apt to produce.

12) **Service** — My sponsor started urging me to give service after only a few Steps, and I found that it connected me to my OA fellows in ways that have enriched each day. I no longer feel alone, and I've discovered the difference between being useful to others and people-pleasing behavior.

The closing words of Step 12 on page 87 of the OA 12 & 12 hold much truth for me: "Each day that we live well, we are well, and we embody the joy of recovery which attracts others who want what we've found in OA." May my joy be the message that attracts a still-suffering compulsive eater into this program. That keeps the program strong, and I need the program, so that's a definite win-win!

Anonymous



KEEP


COMING

BACK!



TRADITION TWELVE

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.



Anonymity has always been an issue for me. But exactly HOW this attribute has vexed me for the almost 15 years I have been practicing this new way of living has changed multiple times!

In April of 2010, when I was first in program, I knew for an absolute, immutable FACT that I would NEVER EVER tell anyone I was in this program. I had formed that opinion before I even walked in the door, prior to learning anything at all about the program. I had heard other people talk about the program with disdain and judgment. I didn't want to be on the other side of that, so I accepted their opinion and put OA firmly in the "not for me" category and didn't give it another thought for - dang - nigh on three decades. This was all because, in high school, I heard some make fun of people in 12 Step programs. What a waste. Judgment without anything to back it up and fear of others' opinions of me kept me away from recovery for 30 years.

Then I was told I had to come and try it for six months or my therapist said she wouldn't treat me. I had to do both. Most of y'all know my story around this; I will briefly recount for those who don't know me. I was 650 pounds and miserable. I knew I needed help, so despite all my "knowledge" that this program would not work for me, I went. I was at my top weight, and I had hit bottom. I would either push up and get better, or do nothing and continue my long, slow suicide. So, I went. I was five months in and feeling quite pleased with myself because nothing I had heard had led me to

believe that this would help me at all, and I was going to enjoy telling my therapist how very wrong she had been. A few more weeks and I didn't have to give up my Saturday mornings anymore.

Then I heard my story. The miracle had found me. (DK – love you always)

I embraced the journey, nowhere near perfect, but I was working it, and it was working for me. As I grew and I could see the changes in my own life, anonymity was no longer a worry for me. I always kept others anonymous, but I went ahead and just told everyone. No longer ashamed and wanting to share with other people, I went entirely in the other direction.

Addicts are people of extremes. I didn't understand middle of the road at all - the joy of no drama, the comfort of healthy routines, the relief to come off the ladder of worth. I was still very much out of balance, only the other side of the coin. I was sharing too much. I was sure I knew what was best for everyone, all because that path worked for me. If I was the message, then I was going to be a bullhorn.

Then I leaned in harder and understood humility and gratitude, and I felt a fierce protectiveness of OA. I would never want to harm this program by being a personality. I wanted to live this program by the principles and let my life speak for itself. Now, when asked how I am getting healthy, I share. When asked to speak at meetings, I always say yes because I never know what I am going to learn when I share my experience, strength and hope with others.

Anonymity is integral to this work. It ensures the rooms stay open, that they remain a safe space for people still suffering to come, get respite, and receive the love and encouragement of those who have walked the path before them. I have to remain anonymous because anything else might mean that

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someone who needs this program may not find it.

In our **Twelve & Twelve**, Tradition Twelve starts with a list of things that we no longer need when we are living with our physical, emotional, and spiritual needs being met because we have right-sized the behaviors that were not in balance when we were practicing our addiction. We place the welfare of the group above our own, and we enjoy the beauty of group conscience, releasing a need for authority. We don't need to promote our favorite outside issues. We pay our way. We want to give back. We do not need recognition for the work we do in program. It is enough to do it.

I would never have gotten here without every single one of you and all those others who came before us. Anonymity has been a difficult one for me, but that just means I needed to know more before I could embrace what it represents. Anonymity provides the space for each individual to find their path to Life. I would never want my voice to get in the way of this program working as it is designed.

I am often anonymous in my postings, because I only want to be a person giving away the gift I have been given. I have no need for anyone to know it is me; I just want the message to speak. I will put my name to this, though. I want every single person who reads this to know that Melanie T is grateful for you, your support, and OA. I love you all.

Melanie T.



MEETING CHANGE!

The Sunday 11 A.M. meeting will be Zoom only starting January, 2025. The Zoom login information will remain the same: 264 689 861, passcode 066708.

The meeting will still be hybrid through the end of December, both Zoom and face-to-face. The face-to-face location will still be Recovery St. Louis, 8029 Clayton Rd, Suite 1, Richmond Heights, MO 63117 (enter from parking lot). But remember – don't come to this location in January or beyond!



ATTENTION ALL MEMBERS AND GROUP TREASURERS

The Executive Committee of the OA Board of Trustees in the World Service Organization has approved changing the suggested Seventh Tradition contribution split for groups from 60/10/30 to 50/10/40 starting January 1, 2025. The numbers refer to the respective percentages of total contributions (beyond group expenses) that are passed on to their Intergroup, their Region, and the World Service Office. More details are at [THIS LINK](#) at our OA website.

Why is this change necessary? The OA Board of Trustees, World Service Business Conference, and the World Service Office have seen both an increased need for services expressed by the Fellowship and rising costs for supplies, technology, and labor. The OA trustees passed the change in an attempt to see that our Seventh Tradition of self-support keeps pace with future budget demands, given recent trends.

From your Intergroup
Board of Trustees

My Son's Food Allergies And Mine

When my son was around 10 years old, he became very ill. The doctor said that food allergies were nearly killing him. He was placed on an extremely rigid diet of about 10 or so foods. Hard as it was, he willingly stuck to this strict regime. I even hand-carried his lunches to him when he was at school.

If I remember correctly, we limited him to these few foods for close to a year, and over the course of that time, my husband and I literally watched our son return to life right in front of our eyes. It was hard to believe that just avoiding food allergies could change a very sick boy into one so healthy.

I now realize that a similar thing was happening to me before OA, that I had been putting my "alcoholic foods" into my body day after day, month after month, year after year, throughout my life - sometimes more, sometimes less. And just like us with our son, I also had no idea these "alcoholic food" allergies were the cause of so many problems in my life, not just physical, like for our son, but also mental, emotional, and spiritual.

With 85 days in the program, I now remind myself how amazingly good I feel. Can it be that this is my same body? And it's not just my body. It's my mind, too. I can stay with my feelings now as they arise without running to the food. I don't have the mood-swings I used to have, and I have better impulse control.

And my spiritual life is so much better. There doesn't seem to be that foggy between God and me anymore. I finally am able to sometimes pause and hear that intuitive thought when I pray. Overall, all aspects of my life are cleaner, fresher, and crisper. And that's only after 85 days of abstinence!

My son at a very young age was willing to go on a very strict diet and tolerate the embarrassment of his mother hand-carrying his lunches to him at school - all so that he could feel better. I also am willing and determined to keep my abstinence (with God's power) - one day at a time, top priority in my life — so that I can get healthy. It is not "again," as in my son's case, but for the very first time in my life!

Anonymous



Strength for the Holidays; "I Put My Hand in Yours..."

The holidays can be a difficult time with food. You don't have to do this alone. Here is one OA member's experience, strength, and hope on how to stay abstinent.

So, I said to my sponsor, I won't call and bother you on Sundays or holidays, ok?

Oh, she said, that is interesting; what kind of disease do you have that it doesn't show up on those days?

Needless to say, I now make sure I'm in contact with her every day and especially during holidays and celebrations when there is a lot of food around, plenty of interaction with family and all sorts of things to contend with.

I was told that holidays like Christmas and Easter are no different from any other days for me as a compulsive overeater and that my disease is doing its press-ups outside the door on any given day. But, if I work my program and rely on my Higher Power for grace, and do the footwork myself of course, I can be sure that I will stay securely in my recovery regardless of which holiday it is or how many mountains of food I have to face.

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I have a physical allergy and mental obsession when it comes to food. That fact remains the fact every day. The answer for me is to steer clear of those foods to which I am physically allergic one day at a time, and to avoid taking that first compulsive bite no matter what. To help me I write out a food plan for each day which I commit to a sponsor. If I'm unexpectedly at function or out somewhere and I don't know what is to be served, I will text or call from the function and make sure that I keep connected to program people.

My sponsor often says "Go back to basics". For me, this means being prepared to go to any lengths to stay abstinent and to remain in recovery. One way of doing this is to make sure I have my emergency parachute equipment with me at all times – but its no use me having it and not opening it to use and it's these things that keep me sane.

I go to meetings, and over holidays there are often extra meetings that I can go to because usually I'd be at work and not able to attend. I take strength and support from the group and hear how others are working their programs over the holidays. I commit my food plan to my sponsor, and if I'm struggling, I bookend my food. That means that I text or call before the meal and again after the meal to say that I am done eating – that way there is an end.

I keep in touch with my sponsees. This helps me to get out and stay out of my own head as I might be feeling a little bit sorry for myself about the things I can't have on the holiday. I read my books as there is more time for this. I write out my gratitude list. I read how others have remained in recovery over years without binging or starving. I write down the pay offs of being abstinent and try not to focus on the costs such as what I can't eat and I rather say "Thank You God" that I do have food to eat and people with whom to celebrate. There are so many other people less fortunate than me.

I also try to see what I can "bring to the party" – so to speak! Can I try and help an old person, or can I clear away the dishes without eating the leftovers? What can I do to make myself useful instead of focusing on what I am missing out on or what I can get away with.

Just like there are trigger foods, so there are trigger situations and people. My trigger people are usually around on the holidays and often that involves their using alcohol. So I keep my cell phone on under the table (on silent) and I text program friends. If I am really battling, I go to the bathroom and try to get hold of my sponsor, my first port of call, and if she's not available I call other OA members. Even if I can't reach anyone and that seldom happens, I leave a message on someone's voicemail and the compulsion seems to lift by just taking that tiny action.

I talk about how I'm feeling to program people who speak my language, which stops me me binging over feelings and I also write about how I feel – anticipating the event and working out an action plan to help me manage my way through it — I guess I try always to focus on the solution to my problem.

Thank God I am now able to celebrate with people and to be part of the celebrations without people pleasing and selling my soul by breaking my abstinence.

*Copied from South Africa OA Website
Article Dated April 11, 2017*



THE REAL GIFT IS YOUR PRESENCE

Report from the Region 5 Fall Assembly in Chesterton, IN

As many of you know, our St. Louis Bi-State Intergroup was a part of Region 4 for many years, but that region disbanded in 2023. We voted to join Region 5, so the November 1-3 meeting in Chesterton, IN, was one of our first chances to participate with our new Region service body. Here is a summary of the highlights.

Friday, November 1

The evening was an icebreaker style with four new Region reps out of the 15 or so present. We had some group discussion of general program topics afterward.

Saturday, November 2

The day began with the Credential Report Roll Call, with 15 voting reps, four voting officers, five non-voting alternates and guests, one parliamentarian, and one Region Trustee Liaison present, for a total of 26. This was declared to be a quorum.

The proposed agenda was adopted. Reports by the current Region officers were presented and accepted on Saturday Morning, and the group then went to smaller groups of Bylaws committee, Convention committee, Finance committee, and Media committee. I participated in the Media committee, where a major point of discussion was how we may reach younger compulsive eaters.

Saturday afternoon started with re-credentialing, approval of the 2024 Spring Assembly minutes, and three-minute presentations by the new officer candidates. They are:

- Pam P from Parma, OH, for Region 5 Chair
- Juliette R from Cleveland Heights, OH, for Trustee Liaison
- Preston F from Oak Park, IL, for Trustee

- Barbara H from Louisville, KY, for Region 5 Treasurer

Central Indiana Intergroup placed a bid for the Region 5 2026 Convention.

Sunday, November 3

Officer Elections were held, and all of those who made a presentation on November 2 were elected.

Small group reports from Saturday were made.

Bylaws changes were discussed and voted on, involving pre-assembly connection with new reps, amending the voting process bylaws to reflect the prevalence of electronic voting, further clarification of allowable officer expenses, and changes to the Elections of Officers wording to include more inclusive pronouns.

My observations: I was grateful for the opportunity to meet others from our Region who share a passion for OA. 26 attendees seemed like a great number — until I read that numerous states didn't have representation, including Iowa, Michigan, Minnesota, North Dakota, and Wisconsin. I was the only rep from the whole state of Missouri. St. Louis is allowed four reps, and Kansas City is allowed two. Please consider giving service as a Region Representative.

I concurred with most of the other attendees that it would be difficult to have this meeting via Zoom hybrid, but we may have to. Any suggestions for communication or economizing would be greatly appreciated. If you would like access to the Assembly minutes, please contact Amy G at gauthieramy@gmail.com.

Amy G.



December 12 Is 12th Step Within Day

December 12 (12/12) each year is OA's International Twelfth Step Within Day. The purpose is to encourage reaching out to our own members who are still suffering from our disease.

Some of our members also take the time on the 12th of every month to reach out to OA members who may not have shown up at meetings in a while or whom they have noticed withdrawing from the fellowship. If you feel a nudge to reach out to someone, consider that it may be HP showing us what we need or using you to help someone else in need. Learning to listen to our inner voice again is one of the benefits of working the Steps. Most of us have drowned out that voice with food.

There are many ways to make sure that we are supporting our fellowship and ensuring healthy meetings. Our global website, OA.org, has a plethora of resources available for those in our meetings who may be struggling with attaining or keeping a steady abstinence from disordered eating.

World Service has many good resources. Four new digital presentations are available at [THIS LINK](#), and they focus on Giving Service, Preventing Relapse, Reaching Out, and Sponsoring.

If you search at our OA website under the menu item Resources, then Documents, there are many helpful handouts, downloads, meeting ideas, etc.

Here in the St Louis Bi-State Intergroup, we have used a few of these resources and found them very helpful.

[Temporary Sponsors: Newcomers' First Twelve Days](#)
[Twelve Stepping a Problem](#)
[Twelve Steps to a Slip \(TSW\)](#)

[Been Slipping and Sliding? A Reading and Writing Tool](#)

We have run sessions of the Temporary Sponsor worksheet, a wonderful program that helps newcomers see the progression of the steps and understand the benefit of working each step in order. This allows us to build skills to help us move food into a neutral place in our lives. The Temporary Sponsor worksheet helps newcomers to get off to a good start. We have a PowerPoint presentation you may use if you would like to present this in your group.

We have also led time-limited sessions using the "Been Slipping and Sliding?" tool. This can help bring focus where you may be struggling and offer solutions. Good directions in our wonderful literature are highlighted.

In addition, we had, before COVID-19, a Hand in Hand Directory which we would supply to every meeting in our area. And we did keep it up for quite a while. It lists people available to speak at meetings and people available to sponsor, take calls, etc. We are going to revive this valuable resource and have the start of a good group of volunteers to work as a team to update this resource for all of us. If you would like to join us beginning in December, please email mdwt5691@gmail.com to join our team. I will be sending out an organizing email soon.

Thank you all for being the best part of OA and know that no matter where you are in the program, you have something to contribute. We all learn when we reach out and connect.

I encourage everyone to reach out to a fellow member this December 12th — if only to say "Hello. I see and value you. How are you feeling today?" I have never accepted or made an outreach call that I was not glad I did.

Connection is the opposite of Addiction.
Connect with each other.

Melanie T.

A Call for Abstinence Stories Combines Three OA Tools

One of my favorite aspects of Overeaters Anonymous (OA) is the opportunity to listen to others share their stories and to share my own. These stories not only help me recover from compulsive eating but also remind others that they are not alone. This tradition of sharing is such an essential part of carrying the OA message that it is interconnected with three important tools of the program: **Writing**, **Service**, and **Literature**.

Writing

Writing allows us to connect with ourselves and our Higher Power. Whether through journaling or simply putting pen to paper, this creative expression becomes a powerful tool for recovery and abstinence. Writing helps us capture our thoughts, reflect on our daily lives, and explore our innermost fears and joys. Whether it's a record of random thoughts, a deep dive into our history, or a creative outlet, writing becomes a unique way to express ourselves and grow in our recovery journey.

Service

Sharing our written thoughts transforms this personal practice into an act of service. By sharing our experiences, we extend our hands to those who may never meet us but are part of the OA family. Some are fortunate to have face-to-face meetings or Zoom groups for support, but many members—both in the U.S. and globally—live in isolation and depend on OA literature to feel connected. Sharing our stories through service ensures that everyone has access to the hope and recovery that OA offers.

Literature

OA literature serves as a vital connection between members, allowing us to read the personal journeys of others who share our struggles and successes. These stories

demonstrate how others found freedom from the obsession with food and food behaviors. They also address life's challenges and the ways OA members cope without turning to food.

The stories in OA literature are written by members like you and me - those who have experienced the joys of recovery and feel called to share it with others. Everyone has a story to tell. Why not write yours?

If you've experienced the miracle of abstinence, the struggle to maintain it, or the journey to develop it, consider sharing your story. Your words could inspire and guide others on their path to recovery. Take a moment to "put pen to paper" (or fingers to keypad) and submit your story to [THIS LINK](#).

There are plans for a new OA book of abstinence stories, and your experience could be part of this exciting project. All the details on how to write and submit your story are available [HERE](#) or on page 14.

Together, through Writing, Service, and Literature, we carry the OA message and ensure that no one has to face this disease alone.

Anonymous



December Greetings from Your St. Louis Bi-State Area Intergroup!

Our November Annual Business Conference was a great success. We passed all the proposed changes to our Intergroup (IG) Bylaws and Policy and Procedure Manual with one small amendment to retain the Twelfth Step Within committee chair position. These changes were basically to update our documents to current practice. We also needed to match our Region Representative service qualifications with Region 5 requirements.

We elected a new Treasurer, and we are grateful to Julie J. for applying to serve in this important IG Board of Trustees position in the new year. On behalf of our entire OA community, the IG Board would like to express deep gratitude to our trusted servant Marina F. who completes her diligent service at the end of this year, having been elected in 2021.

All are invited to attend the 2025 Budget Planning meeting of the Board of Trustees on December 8, 2024, at 1:30 pm. This will be a hybrid meeting, ID 940 5580 8391, password Serenity, or phone in 312-626-6799 — Password 7518337. If you want to attend in person, please email info@stlouisoa.org.

As we wind down the current year, I'd like to invite groups that currently do not send a representative to our Zoom Intergroup meetings to consider naming an Intergroup representative to attend at least a few meetings. An alternate representative can be named so that the duty is shared. Before COVID-19, IG representatives and other trusted servants drove to a hospital meeting room at Ballas Road and Highway 40 to meet face-to-face, so Zoom has reduced the time and expense of offering this important service! There are nine IG meetings annually – generally on the second Sunday of the month at 1:30 p.m. for no more than ninety minutes. Please prayerfully consider service.

There are no abstinence or length of membership requirements to be an Intergroup representative. Service is one of the nine [Tools of Recovery](#) of our fellowship, and we learn so much from it as well as deepening our relationships with others in recovery. Contact me at info@stlouisoa.org or 314-570-9333 with any questions or for more details.

There are dozens of holidays celebrated by different cultures and religions in December. If your family is celebrating, may your holidays be filled with serenity and abstinence.

In grateful service,
Eileen M.
St. Louis Bi-State Intergroup Chair



ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY DECEMBER 20, 2024. Please send your submissions to the **OA TODAY** editor and Newsletter Team at newsletter@stlouisoa.org or mail them 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.

Need a Recovery Event? Let's Get Started Now for 2025!

Often one of our Intergroup home meetings offers a "Holiday Booster" event in December, but that did not come together in 2024. Several special opportunities are listed within our worldwide fellowship though, so be sure to look for these in the Events section of our OA.org website. Find that link [HERE](#).

It's a good idea to start thinking now about whether your home meeting can host a recovery event in 2025 – perhaps in partnership with another home meeting. Some months have designated OA themes or anniversaries that can offer a launching point. For example:

- January - **OA Birthday** (since 1960) – third weekend in January
- February - **Unity Day** - the last Saturday in February in even years and the last Sunday in February in odd years at 11:30 a.m. [local time around the world]
- August – **Sponsorship Day** – 3rd weekend in August
- November - **IDEA Day** - 3rd weekend in November (International Day Experiencing Abstinence)
- December - **Holiday Booster** or **Twelfth Step Within Day** (12/12)

Don't forget that the Intergroup has a Zoom account available for this kind of event, and technical assistance is also available. Recovery events are one way we live out the OA Responsibility Pledge: ***Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.***

Newsletter Editor



Love. Grow. Serve.



December 8, 1:30 p.m. – Intergroup Budget Planning Meeting – See page 11

No Intergroup meeting in December

December 24 & 25 – Which meetings are happening? See page 13

December 31 & January 1 – Which meetings are happening? See page 13

January 1 – Deadline for [abstinence story submissions](#) to Lifeline/potential book - See pages 10 & 14

January 12 – 1:30 p.m. – Intergroup meeting**

February 9 – Intergroup meeting**

March 9 - Intergroup meeting**

March 14-16 - Region 5 Spring Assembly, Hilton Garden Inn, Chesterton, IN

May 23, 24, and 25 - Region 5 Convention, Milwaukee, WI

July 19 - Region 5 Summer Online Conference

August 21-23 – World Service Convention, Orlando, FL

****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 are welcome.*

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

2024-2025 Winter Holiday Schedule

St. Louis Bi-State Intergroup of Overeaters Anonymous

Tuesday, December 24, Christmas Eve & Tuesday, December 31, New Year's Eve.

- 7:00 am. Early Birds. **Meeting as usual both days.**
Zoom 538 040 418, 002478.
- 7:30 am. OA-90. **Meeting as usual both days.**
Zoom 856 4726 7716, 521639
Recovery St. Louis, 8029 Clayton Rd, Richmond Heights, MO 63117
- 9:30 am. Free to Choose. **Not meeting either day!**
- 1:00 pm. New Me. **Phone meeting only, not face-to-face, both days.**
Phone number: 701-802-5348. Access code: 5337217#
- 4:00 pm. Rolla. Unknown at this time. Call contact Gail B, 573-261-1930.
- 7:00 pm. Carbondale, IL. **Not meeting either day!**
- 7:00 pm. Alton, IL. **Not meeting Christmas eve, but meeting New Year's eve.**
St. Anthony's Hospital OSF, #1 St. Anthony's Way, Alton, IL 62002 (come in through ER.)
- 7:00 pm. Eureka, MO. **Not meeting either day!**
- 7:15 pm. New Horizons. **Not meeting Christmas eve, but meeting New Year's eve.**
Zion United Methodist Church, 1603 Union Rd, St. Louis, MO, 63125
Phone: call contact for number. Mary C, 314-302-5597.



Wednesday, December 25, Christmas & Wednesday, January 1, New Year's Day.

- 7:00 am. Early Birds. **Meeting as usual both days.**
Zoom 538 040 418, 002478.
- 9:30 am. Wed. Morning. **Not meeting either day!**
- 4:30 pm. O'Fallon, IL. **Not meeting either day!**
- 6:00 pm. Work to Recover. **Not meeting Christmas Day but meeting New Year's Day.**
Phone. Must call contact first, Carol K, 314-630-2052.
- 7:00 pm. Recovery ABCs. **Not meeting either day!**



Call for Abstinence Stories

Overeaters Anonymous is seeking new stories/creative works of personal experiences with abstinence. Submit your story to our *Lifeline: Stories of Recovery* blog. Submissions published on *Lifeline* may be chosen for publication in a new book. Your experience, strength, and hope can help others as they walk the path to recovery!

OA Abstinence and Recovery Statement

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.

Share your experience...

1. What were your early days of abstinence like? What else changed besides the food?
2. When you let go of the food, what did that make room for in your life?
3. How do you get through difficult times without turning to food?
4. How do you encourage and support others who are new or struggling with abstinence?
5. How has OA service supported your abstinence?
6. Has your abstinence changed over time?
7. How have you maintained your abstinence around those who don't understand your commitment?
8. Has your cultural/racial/religious background had an impact on your abstinence?
9. If you have experienced relapse, what helped you regain your abstinence?
10. I'm grateful for my abstinence because...

To submit your story/creative work, go to lifeline.oa.org and click on "Lifeline Submission Form" by **January 1, 2025.**

IMPORTANT RULES:

- Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
- Submissions are not returned.
- All submissions must contain the author's full name and address, but you may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
- Submissions of approximately 1,500 words or less are preferred.
- All languages welcome!