

July 2026 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



STEP SEVEN

Humbly asked Him to remove our shortcomings.

Because in Step 7 so much of importance occurs inside of us, we typically focus on the removal of our shortcomings. We didn't just write all that moral inventory and share it with our sponsor so that the bad stuff stays stuck inside us! This is a big deal. It's where God makes good on the Third Step prayer. We said we'd try it God's way, and in exchange God removes our troubles. It's a miracle.

But we might be wise to pause for a moment on the leading adverb of the sentence: *Humbly*. Why did Bill W. and the gang slip that small but important word there? Those folks knew a thing or two about how us addicts work. They know that a lack of humility is an issue for us. Self-centeredness is self-centeredness whether we think we are better than everyone else or worse than everyone else. Whether we have delusions of superiority or delusions of inferiority. Either way, we are not able to assess ourselves humbly. *(continued on page two)*

NEWCOMER'S CORNER

As I approach the anniversary of my twentieth year of abstinence from compulsive overeating, I'm reflecting on the miracle of finding my way to the rooms of OA, as well as my first years of recovery.

When I entered OA in late August 1999, I was a nightmare of a human being. I lived in self-centeredness, self-absorption, and self-pity. I blamed everyone else but me for any problem I had. I believed God hated me and that's why I was fat and alone. I was completely deluded, believing my behaviors and choices had nothing to do with my endless misery. Yet, in one month's time, I had followed direction from those working the program, gotten a sponsor, surrendered to a food plan, and became abstinent on September 15, 1999. If that isn't miraculous, I don't know what is. The only explanation I have is a Power greater than me stepped into my mind and heart and changed me.

As I reflect on this part of my journey, I recognize that all the self-centeredness, self-absorption, and self-pity still lives within me. What is different today is that the Twelve Steps and Twelve Traditions have changed the way I look at and think about everything and everyone. They have become my blueprint for living.....

I am consistently overwhelmed with gratitude for OA. It has truly saved my life by saving me from myself.....

Jessica
[Lifeline, January 1, 2020](#)

(continued from page one)

People like us are stubborn. Or perhaps it's that our disease places stubborn ideas in our heads. For example, the idea that we have to be able to do the job ourselves. Whatever the job is. Or that we don't need fixing, but everyone else does. Or that we know what actually needs to be removed from us. In fact, we may know, but we may not have much perspective about the relative importance of each item that requires extraction. Finally, we may have the idea that we aren't worth saving. That old saw has killed a lot of addicts. It's another bit of old thinking that is self-centered in nature and has to go. It's not humble to think that we are uniquely awful in our HP's eyes.

If we have done the first six Steps well and learned to trust and rely on God by working them, then it is very likely that we are well and ready to ask for the removal of our shortcomings in the same way that Ebenezer Scrooge asked to be saved from the torment of understanding the terrible effect of his words and deeds on others. In the **Big Book**, on page 75, the authors ask us to consider whether we've done the work of the first five Steps well, whether we are truly ready to be changed by our Higher Power. Why would they ask this? Aren't we all ready to have the scourge of addiction lifted from us?

Maybe we are in some ways and not others.

Are we hoping to have our obsession lifted but hang onto the worst of our defects? Are we hoping to have our obsession lifted merely to improve our life circumstances with little care for living in the solution thereafter? Are we hoping to have the obsession lifted and then go on our merry way without returning again to help others like us? Perhaps most important: Do we still want to run the show? Or think we aren't worth saving?

Of course, we all want to run the show. That's how we are as addicts. We want freedom from discomfort and feelings more than anything. But if that freedom has to come via mechanisms we control, then we have not absorbed the solution. Our freedom comes from dependence on God, not merely with independence from food. So this simple little word, *humbly*, keys us into the idea that we still have more to learn. Humble is related to *humility*, a word that describes being teachable. Are we asking God to remove these objectionable items so we can learn more about our nascent spirituality? Or only for selfish reasons.

We hear from long-time members and members with strong recovery that we must always stay on guard against our disease. It's getting worse inside of us even as we're getting better. We are never immune to its attacks on our thinking, even if we've got 10,000 days of abstinence. "Lurking notions" likely linger inside all of us. Step 7 is the archway we walk through into a new life of sobriety and freedom. But it does have conditions, the most important being the willingness to stand on a humble spiritual footing and to continue to maintain and expand it one day at a time. Even if it doesn't come easily or naturally to folks like us.

Reprinted from [Seacoast OA](#)
[July 2, 2017](#)



A Member's Experience, Strength, and Hope: The Thing I Needed to Learn Before I Could Take Step 7

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

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

No. Not done. Not by a long shot, as I found out. I learned that my defects can only be removed if I am no longer practicing them. Ugh! This step is where I really started to learn what this passage in **"Our Invitation to You"** truly means:

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

In Step Seven we partner with our Higher Power, as we understand that phrase, to develop this new way of living, one in which we act, rather than react. Our reactions are habits we have built over the years in our addiction, and it is these habits, these defects

of character, which no longer serve us. We must pause and choose the actions which support our new way of living. This is our part of Step Seven.

It took me until my sixth year in the program to recognize that I didn't really have the hang of Step Seven, that there had to be more to it. I went looking, read many articles and books and, in always searching, I found the answer – to never stop learning, never stop trying. We already have persisted in our disease; we also must persist in our recovery.

- Instead of anger, we choose to listen and understand – and to speak calmly about our feelings.
- Instead of fear when confronted with the unknown, we choose to have faith that HP is leading us in the direction of recovery.
- Instead of procrastination, we choose action.
- Instead of self-harming/using food in an unhealthy manner, we choose self-love.
- Instead of continuing to live with our resentments, we choose to be forgiving.

There are as many new paths as there are old. When we walk our new paths, HP is there. HP helps by removing blocks in our path. As we practice these new ways of living, we find that life is easier than we ever imagined. At least that is what I have found. I have learned this repeatedly with each defect of character I work on. There was always some measure of control I was still trying to exert, some outcome I was still trying to achieve. I have truly released that now, and it is such a better path to walk.

Whatever is in front of me is there for a reason. I no longer try to manipulate, circumvent or get around a path I find myself
(continued on page four)

(continued from page three)

on because I KNOW that HP has me there for a reason, so I look for what I can learn. I journal about challenges, talk to trusted friends, process, get the *stinkin' thinkin'* out of my head before it can derail me.

I won't say that I am done learning the lessons of Step Seven. I will never say that I am done with any step. There is always something new to learn. It may be time to uncover a rock that I have not been ready to move yet. It's okay. I can do hard things, and I know that because I have DONE hard things.

In order to become more comfortable with Step Seven, I allow myself to be bold with my self-talk. I do this out loud – not shouting – but enough that I can hear myself. Auditory is one of my preferred ways of learning, so when I practice Step Seven, I say aloud what I most need to remember.

No matter what is before me, I speak to my HP all day long every day. Here's what I say: *"Your will in this, not mine. I will trust that as long as I do my work, I will find the path I am meant to be on at this time, one in which I will be useful and be able to use the gifts that have given to me. I trust you."* I say this through any difficulty; anything that seems "too easy;" things I don't want to do; things that irritate, scare, or excite me. (I can get ahead of myself when excited.)

It is a long process, this unlearning of old habits and practicing the new. Still, every day I say my Seventh Step prayer, do my footwork, and leave the outcome to HP. I practice trust, patience, faith, action, and persistence, and I leave behind manipulation, frustration, worry, procrastination and quitting – all things I used to practice.

Those defects and defenses no longer serve me. I don't need them anymore. I can let them go and walk confidently in the direction

of my dreams, free of the shackles of my old habits. The outcome is not mine to choose; it never was. Once I learned that, Step Seven was no longer a "yeah, okay, easy-peasy, no work step." I found it was THE step I needed to work to really fully live my recovery.

Melanie T.



TRADITION SEVEN

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



I started to learn about Tradition Seven at my very first OA meeting in 2010 when the Seventh Tradition basket was passed around. The chair of the meeting said something very similar to this: *"Our Seventh Tradition says that we are fully self-supporting by our own contributions. The St. Louis Bi-State Area Intergroup, World Service Office, and Region 4 need our support so we may benefit from services they provide and help carry the message to other compulsive overeaters."* (Region 4 has since dissolved, and our Intergroup has affiliated with Region 5.)

In 2010, we were urged to give at least \$3 when the basket was passed, but were told to never let money keep us away from an OA meeting. Having grown up very poor, I appreciated this explicit welcome of those who were financially struggling.

I also was a "bargain hunter" because of my family history. I would stop to get some change before the meeting to make sure that I had exactly \$3 ready when that basket came around. Recovery for \$3 per week? Such a deal!

(continued on page five)

(continued from page four)

Now more than 15 years later, I thankfully give more than the \$5 that is now suggested and make extra donations to Region 5 and to World Service each year. I have become incredibly thankful for the ways that OA has changed my life, and I know that my abstinence and my progress in physical, spiritual, and emotional health are a bargain at any price.

I also recognize that I often spent more than \$50 for junk food in a single day when I was lost in my addiction. Why would I skimp in my offerings to the Fellowship? It has saved my sanity and my life!

As page 134 of the **OA 12 & 12** says, *“The Seventh Tradition doesn’t apply simply to financial support, however. Intergroups or service boards are made up of representatives from the groups that come together to undertake activities that will carry OA’s message of recovery to those who still suffer.”* Giving service is another way that we fulfill our Seventh Step obligations.

In about 2012, my sponsor suggested that I do service as an Intergroup (IG) Representative for my home meeting. I had no idea what that was, but I said yes because I was very afraid of relapsing. I’d been told that following your sponsor’s suggestions are one way to stay abstinent. When I arrived at the IG meeting, I was still fairly confused about who these people were or what they were doing, and there wasn’t a very thorough orientation for new OA representatives back then. Still, it began to make sense to me as I attended Super Saturdays/Sundays, conventions, and retreats coordinated through the IG.

Over the past 15 years, I have moved past my fear of losing my abstinence. I no longer feel like I’m hanging on by my fingertips and being stalked by my disease. I now joyfully give service in my home meeting and at the

IG and Region levels. I do, however, discuss positions to which I am drawn to apply with my sponsor. I recognize that my motivation matters.

If I apply for a position out of a sense of resentment that others are not stepping up, I risk my abstinence because resentment is so dangerous to an addict. As page 64 of the **Big Book** says: *“Resentment is the ‘number one’ offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick.”*

Gratitude for recovery is a great motivator for my service, but I also recognize that some of my best OA friendships have been made through service. I certainly have received far more than I have given through service. My OA lifeboat is bigger because of the lovely people I have met at recovery events in other states. I feel safer, surrounded by so many OA members, each committed to putting their hand in mine.

Have you considered service at the Intergroup, Region, or World Service level? Our IG chair’s column on page 6 lists three exciting opportunities that are open just now. How about praying about it to understand the will of your HP and discussing it with your sponsor? You may find, like me, that this was great support for your abstinence.

Anonymous



Intergroup Chair's Column: Wanted – Trusted Servants

Your Intergroup (IG) is seeking members to apply for open service positions: IG Vice Chair, which is a Board of Trustees position, plus two Region 5 Representatives and two World Service Business Conference Delegates. Here is the eligibility criteria for these positions:

- The Vice Chair should have at least one year of current abstinence and have done at least one year of service beyond the local meeting level. The Vice Chair also must have access to a computer, email, and internet, and be familiar with word processing.
- A Region 5 Representative should have at least one year of current abstinence and regular attendance at the group level and at Intergroup meetings for the preceding year.
- A World Service Business Conference Delegate should have at least one year of current abstinence and have done service for at least two years beyond the local group level. Delegates also should have been active at the group and Intergroup service levels for the preceding year.

Why do we give service, one of OA's nine Tools of recovery? By helping those who are struggling with addiction, we not only contribute to the well-being of others but also reinforce our own commitment to abstinence and physical, spiritual, and emotional health. This principle is in the 12th Step which encourages us to "carry this message to other compulsive eaters" and to "practice these principles in all our affairs."

Please carefully and prayerfully consider these wonderful opportunities to grow in recovery. There's always a mentor willing to help you get started, answer questions and support you in the learning process. I am

happy to answer any questions you may have about service positions.

In grateful service,
Eileen M. 314-570-9333



FREEDOM

According to **Webster's Online Dictionary**, "freedom" is "the power to act, speak, and live without external hindrance, constraint, or control. It broadly encompasses personal autonomy (the ability to make one's own choices) and civil liberties (rights guaranteed by society or law)."

When I think about freedom and program, I think about the dichotomy of "Freedom from" and "Freedom to."

Loosely, "freedom from" is the absence of interference, coercion, or suffering. It can signify being protected against harm, want or oppression – fear, poverty, discrimination – to name a few. In the same vein, "freedom to" is the idea that I can live the life I want to live within the confines of the laws and conventions of my culture and country.

In OA, I have found freedom from fear, loneliness, crippling weight, lying, and every addictive behavior pattern that "kept me safe." I don't actually even understand how I was able to believe that at one time. How could compulsive overeating keep me safe? I wasn't safe from myself!

As I stepped through the program, I discovered that I had freedom to learn new skills, travel through life with a bit more confidence, recognize my own worth, stand up for myself, and stand up for others. Program empowered me to live the life I'd always wanted but had denied myself by staying "safe" within my addiction.

Melanie T.

Faith Without Works Is Dead

Pages 14, 76, and 88 of the ***Big Book of Alcoholics Anonymous*** all say that faith without works is “dead.” What does this mean?

Faith originates with belief. Once I develop a belief, I apply faith to my belief. Now my faith will back up those beliefs in my actions.

Yes, “live” faith gets displayed in action, but does action automatically mean there is “live” faith or could I actually be having “dead” faith in those actions?

I believe I can have the same situation happen, and one time, my response is out of “live” faith, and another time, in the same identical situation, my actions are done using “dead” faith.

Let’s say I turn my will and life over to God first thing in the morning, but what happens when I run into a problem during my day?

- Do my beliefs about God and the faith I have expressed in my morning prayer lead me to pause, pray, and ask for an intuitive thought, inspiration or decision, and then relax, take it easy, and not struggle? Do I literally wait for clear guidance and then walk in obedience to what I believe is God’s will in the situation? OR
- Do I totally forget what I prayed that morning and instantly and impulsively fall into my old pattern of fixing, managing, and controlling the situation the way I have automatically done it in the past? Do I speak of my faith in God but then continue to fight, run, or freeze? Do I get full of fear and react with offense, anger, despair, resentments, self-centeredness, self-pity, self-protection, blaming, etc.?

Faith isn’t alive until it is tested in real life situations. Until then, it is only existent in theory.

How do I respond when I am tempted with my red-light foods? What do I do when I think I might be getting sick? What happens when I can’t find my car keys or I get a flat tire? How do I respond when a friend cuts me off? What do I do when I get reprimanded at work? What is my reaction to an unexpected bill in the mail? How do I act when someone criticizes me or falsely accuses me? What do I do when my needs are not considered by others?

Honestly, before program, in spite of all my beliefs and faith, I didn’t even remember God was available to help me when I experienced dis-ease. Now, do I remember all the time? No, but I’m doing better.

Maybe how I would say it is, “Faith without active connection to God is dead.” The works will be there either way (I always take some form of action; isn’t even no action a form of action?), but its works done based on the action of reaching out to God in the midst of situations in order to find out and do his will which verifies my faith is actually alive. It’s that kind of faith that’s going to bring change in my life.

Anonymous



Fall Retreat Report To Intergroup, June 2026

Our block of rooms is filling up with members eager to refresh their recovery experience! If you haven't already registered, this is a personal invitation to join us!

Can you feel the anticipation building? I can! I recently had a conversation with someone who made the tough choice to step away from some things so they could say yes to nourishing their recovery on a deeper and broader level. It's so inspiring to watch those around us grow into who they long to be.

That person shared that they looked forward to the refreshment they've received from attending retreats. Our committee's hope is that we provide the fertile experience that blossoms into a refreshed spirit, mind, and body.

Our committee met recently to discuss the schedule of events. For regular attendees, you'll recognize many familiar activities such as the OA Way Opening Ceremony, OA Meetings, Guided Meditations, a Fire Release Ceremony, the Whisper Walk, as well as games and enjoying meals together. We've sprinkled in a few new ideas with the intent of providing additional spiritual refreshment.

The 2026 Fall Retreat Planning Committee invites you to get refreshed the last weekend of September (25th-27th) at the Toddhall Retreat Center in Columbia, Illinois.

You can find the ***Rooted in Spiritual Principles*** Fall Retreat 2026 flyer and FAQ [HERE](#). (Also see page 10.) If you prefer, online registration is active on this [LINK](#).

With heartfelt appreciation,
Mary C, Chair; Text 913-406-5010



SUPPORT OA'S 2026 ANNUAL APPEAL

Recovery happens every day – and so does the work that supports it. As OA members, we depend on a shared infrastructure that provides our OA.org website, the Find a Meeting tool, our literature, recovery materials for members, meetings, and service bodies, public information tools and much more.

These resources support our recovery every day. Your participation in the Annual Appeal and ongoing contributions to OA's General Fund help ensure these resources remain available to members and newcomers worldwide.

Here are ways that members, meetings, and service bodies can help:

- Share this appeal in your meeting for one month by reading it aloud.
- Pass a special basket to collect an annual appeal offering.
- Screen share [THIS FLYER](#) during your online meetings.
- Watch and share [THIS VIDEO](#) from OA's Managing Director.
- Contribute by completing [THIS FORM](#) and mailing it and your credit card information or a check to **World Service Office, P. O. Box 44727, Rio Rancho, NM, 87174-4727** or online at [THIS LINK](#) (or there's a QR code in the flyer linked just above).

For more information, see the letter on page 13.

Excerpted from June 2026
WSO News Bulletin

Family Vacations: Before & After Abstinence

In July my extended family comes together from all over the country for a vacation at the beach. Today as I prepare for this year's trip I am remembering what it was like before and after I got abstinent in OA.

Before:

I was bingeing uncontrollably and hating myself, so it was very hard to connect with people, or even look them in the eyes, especially when they asked me how I was doing. That was bad enough, but the eating was worse. At the table I stopped at two helpings like the others, but then found ways to eat much more as soon as I was alone.

A time that I will never forget was when it was my turn to cook dinner. I made so much dessert that half of it was left over. As soon as everybody left and my family went to bed, I headed for the kitchen and ate all the dessert that would have served 45 people the next day. When they asked where the dessert was, I confessed, full of embarrassment and shame.

After:

I was abstinent and happy and felt self-respect and confidence. It was easy to connect with people once I learned how to do it. Instead of asking "What are you studying at school?" I would say "Tell me what's going on with you." Then I would really listen to the answers. It was so satisfying to be real with people I cared about. My eating was clean and healthy. My attitude was so different!

The time I will never forget was when the family decided to go visit a walking mall and stop for a long visit at a place that specialized in my former major binge food. I decided to go with them, because I felt in such a position of neutrality. Sure enough, I sat there around a big table while everyone else ate their

treats and discussed the flavors. I barely noticed. I was relaxed and totally focused on the people! What a miracle!

A Bi-State Intergroup Member



HEARD AT A MEETING: Four Things That Block Recovery

You'll never achieve full recovery as long as you have:

- A resentment you won't admit,
- A secret you won't tell,
- A thrill you won't put down, or
- An amends you won't make.

**CELEBRATE
RECOVERY**



Sponsorship Day Observance: August 15-17



July 11 – “Surviving Summer Abstinently”
– a recovery event, hosted by the Webster Groves Step & Tradition Study Meeting; registration 9 a.m.; program; 9:30 a.m.-12:30 p.m. (see flyer on page 11)

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

August 15-17 – Sponsorship Day –
Observed worldwide on the third weekend of August, Sponsorship Day is a time to celebrate one of OA’s most important

recovery tools: sponsorship. Sponsors are OA members who share their own recovery experience to guide and support others through the Twelve Steps.

September 13 – 1:30 p.m. – Intergroup meeting**

September 25-27 – Fall Retreat – “Rooted in Spiritual Principles” – at Toddhall Retreat Center, Columbia, IL (see flyer and registration form on page 12)

October 11 – 1:30 p.m. – Intergroup meeting**

November 8 – 1:30 p.m. – Intergroup meeting and Annual Business Conference**

****Note:** Each Intergroup Meeting is 1:30-3:00 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](#).

ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY July 20, 2026. Please send your submissions to the **OA TODAY** Editor c/o info@stlouisoa.org or mail them to St. Louis Bi-State Area Intergroup, P.O. 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.



Hybrid Super Saturday

Date: Saturday, July 11, 2026

Time: 9:30am-12:30pm (registration 9am)

Virtual options:

- Zoom meeting:
ID 825 7618 5057
password 634995
- Dial-in: (312) 626-6799
ID 825 7618 5057
password 634995

In-person option:

Webster Groves Presbyterian
45 W. Lockwood Ave,
Webster Groves, MO 63119
Enter from parking lot
ADA accessible building
with elevator

Suggested donation: \$7

Please do not stay away due to financial reasons.

Host: Webster Groves Step and Tradition Study



Questions? Contact Elizabeth C at (314) 304-1444

Rooted in Spiritual Principles

St. Louis Bi-State Area Intergroup of Overeaters Anonymous

2026 Fall Retreat

Dates: Sept 25 - 27, 2026
Check in: 4pm Sept 25
Check out: 11am Sept 27

Location: Toddhall Retreat Center
320 Todd Center Dr
Columbia, IL 62236

Included with Registration

- MEALS: 5 meals (Refrigerator/microwave available if you prefer to bring your meals.)
- ROOMS: Single or double occupancy with 2 ADA compliant double rooms
All rooms have a private bathroom with shower - linens, towels, soap, and shampoo are included.
- TENTATIVE ACTIVITIES: session topics on the spiritual principles, two-way prayer workshop, and transforming our lives through the 12 Steps. Other possible activities are evening bonfire release ceremony, morning meditation, whisper walk, yoga, games, journaling, fellowship and more!

ADVANCED REGISTRATION REQUIRED - Two ways to register:

ONLINE at stlouisoa.org or MAIL the form below with check to the Intergroup treasurer: Julie J., 5124 Deerfield Circle Dr. Apt 4, St. Louis, MO 63128.

Make checks payable to St. Louis Bi-State Area Intergroup.

For financial assistance from the We Care Fund, please contact Julie J. at grateful100x@gmail.com. No one should stay away for financial reasons!

QUESTIONS? Contact Mary C. (913)406-5010 or Pat M. (314)581-9960

First name: _____ Last name: _____
Email: _____ Telephone: _____
Emergency Contact: _____ Telephone: _____

Early Bird Registration by June 20, 2026 (Price is per person):

- ☐ single \$272 (limited availability)
☐ double* \$210 ☐ ADA room needed

Regular Registration from June 21 - Aug 20, 2026 (Price is per person):

- ☐ single \$287 (limited availability)
☐ double* \$225 ☐ ADA room needed
☐ Saturday only (includes lunch & dinner) \$100 (limited availability)

*Name of roommate: _____ (must register separately)

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

Optional We Care Fund donation: \$ _____

Are you willing ☐ to do service ☐ to be on the outreach list of participants?

Registration fees are non refundable



WORLD SERVICE OFFICE

June 9, 2026

To: Members, Groups and Service Bodies of Overeaters Anonymous.

We're reaching out to ask for your support for our 2026 Annual Appeal.

OA members around the world depend on a shared infrastructure that provides resources—our website, the Find a Meeting search tool, OA literature, recovery materials for members, meetings, and service bodies, public information tools, and much more.

These resources support our recovery every day.

The Annual Appeal and your ongoing contributions to OA's general fund help ensure these resources remain available to OA members and newcomers worldwide.

We hope your meeting will participate in this year's Annual Appeal. If you're able to make space for this appeal in your meeting format for one month—whether by passing a basket or screen sharing this letter—it would go a long way.

Individual members, meetings, and service bodies can all take part—by contributing as they are able and sharing this appeal with others.

Thank you for your support.

With gratitude,

Beverly M.
Board of Trustees Treasurer

Scan the QR code and select "Annual Appeal" or mail contributions to:



Overeaters Anonymous
PO Box 44727
Rio Rancho, NM 87174-4727
USA

6075 Zenith Court NE • Rio Rancho, New Mexico 87144-6424 USA

Mail address: P.O. Box 44727 • Rio Rancho, NM 87174-4727 USA

Tel: (505) 891-2664 • Email: info@oa.org

Website: oa.org