

September 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 NINE

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

This is such an important skill to learn. Here is what I tell my sponsees about this step. As you move into this you will have three buckets:

- Yeah, ok, I can own this;
- I am still resentful, not quite ready to see my fault because I am still so hurt; and
- HELL NO, ain't never gonna happen.

That's okay. That's completely normal. We wouldn't be human if we didn't have these buckets. We learn as we go; then we grow.

I see our program as having three parts:

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NEWCOMER'S CORNER

Have you tried over and over to control your eating and weight, but nothing has worked? Compulsive overeating, under-eating, food addiction, anorexia, bulimia, binge eating, or over exercising ... no matter your challenge with food or body image, you are welcome here.

Overeaters Anonymous (OA) is a community of people who support each other to recover from compulsive eating and food behaviors. We are here for anyone struggling with food or trying to determine if they have food issues.

We believe compulsive eating is a disease like alcoholism is a disease. Our life-changing approach is physical, emotional, and spiritual, and based on the Twelve Steps of Alcoholics Anonymous (AA). (Thank you, AA!)

If you are wondering if OA might be right for you, click [HERE](#) to take the **OA Quiz**. And check out [What to Expect](#) to find out what happens at a meeting. No matter what country you live in, our meetings will include:

- No weigh-in
- No membership fee
- No judgment
- No religion (we're a spiritual group)
- A safe place for everyone (all genders, races, ages, sexual orientations, sizes)
- A program that works
- Hope
- People who will understand

From **OA Today**, September 2021

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1. Steps 1 through 3 – we explore and acknowledge where we are.
2. Steps 4 through 9 – we right-size our learned behaviors and learn how to recover.
3. Steps 9 through 12 – we develop a daily practice that helps us stay in recovery.

Step 9 is the step we need to take before we can walk a path that helps us live in our recovery. We need to go to any length to achieve this step. For example, I have traveled. I have written letters to people who have died or whose location is unknown and read them out to my sponsor. I have knocked on doors I never wanted to open again.

But how do we make amends? What does that mean? It is both simple and hard, just like all of the 12 Steps.

An amend is NOT an apology; it is a promise. We commit to change our behavior because to continue a hurtful behavior once we have learned that it is harmful is to choose to remain in our addiction.

Amends can be very brief: ***When I [name the behavior], I now recognize that this was harmful to you. I am sorry that I hurt you, and I promise that I will not do this anymore.***

That's it. We promise to be aware of and change behaviors that are harmful to others. We also make amends to ourselves along the way because as we change the behaviors that harmed others, we realize how practicing them harmed ourselves.

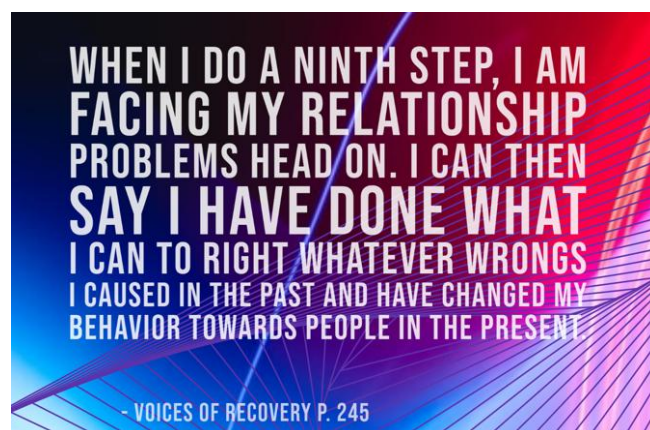
Now here is the miracle of this step.

By the time that we have finished our first bucket – the “yeah, ok, I own that I did that and WANT to make amends” list – we may recognize some shifts as we look at the

second bucket. Some of the Bucket # 2 folks may now fall into the first bucket list, and we can move through those as well.

What about the “HELL NO” bucket? Sure enough, some of mine moved up to the second bucket where I recognized and worked on the resentments that I still carried. Some even shifted into the first bucket eventually.

This is a process, and I urge everyone to make sure you work with your sponsor intensely during this step. You need someone who has walked this path to look at your words and make sure they are expressing the harm you did to others and not the harm that others did to you.



Please keep in mind: Making amends is about setting down the guilt and resentments you are carrying. They are not made with the intention of healing relationships – although that sometimes happens. Nor are they about “making someone like you again.” They are about admitting harm and adjusting behaviors you put out in the world when you were practicing your addiction.

The miracle of this step is that as we clean our side of the street, the other side often has less debris as well. We walk through life less burdened, as well as freer, lighter, and more generous.

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Everyone is carrying burdens we don't know, and everyone has behaviors that their lives have shaped. When we practice moving through life with this knowledge in front of us, new resentments are much less likely to form.

Taking Step 9 to its fullest measure means that we free ourselves to live the life we are meant for, that our Higher Power always had in mind when we were created. Finding and living that life is priceless. Step 9 sets us up for those last three steps that help us walk in recovery daily.

Melanie T.

Celebrating the 9th Step Promises And Abstinent Birthdays in OA

Forty years ago, I hit bottom with my eating habits, my body image, and the complete unmanageability of my life. I felt hopeless. I was as desperate as the dying. I came to Overeaters Anonymous and "found a fellowship, a friendliness, and an understanding which is indescribably wonderful..." (Big Book of Alcoholics Anonymous, There is a Solution, p. 17).

Forty years ago, I made a commitment to God, myself, and another human being to abstain from abandoning myself physically, intellectually, emotionally, and spiritually.

In OA, I found a shame-free place where I could be myself without judgement. Through the 12 steps and 12 traditions, the Big Book of AA, and OA approved literature, people in OA mirrored to me how to eat, how to "adult", and how love myself and others imperfectly, without guilt or shame. To various degrees, I have received, and am still receiving all of the 9th step promises listed in the Big Book of AA (pp. 83-84).

To share the hope I have received from working this program, this August I'm celebrating my 40th OA birthday. I'm celebrating 40 years of back-to-back, perfectly imperfect abstinence. I define my abstinence as accountability and a commitment never to start over, no matter what. Period. No banned foods. By that definition, I've been abstaining 14,600 days in a row, or I've eaten 43,800 abstinent meals. I can say without question that a Higher Power is doing for me what I could never do for myself.

I am continually experiencing all of the 9th step promises in the Big Book of AA, (pp. 83-84), both regarding my relationship with food and my body, and in all my affairs. I have been painstaking about this phase of my development, and I definitely have been amazed before I was halfway through. Here are the promises, with specific examples of promises I have received as a result of working the 12 steps and 12 traditions:

We are going to know a new freedom and a new happiness:

- I became willing to take direction from a sponsor, even though I thought my way was better
- I became willing to be accountable for my food choices to God, myself and another human, which allowed me to let go of shame about my eating habits
- I became willing to use the Tools of Recovery on a daily basis
- I became willing to love and accept my body at my highest weight ever
- I became willing to go the beach and wear a bathing suit, even though "my body wasn't perfect yet"
- I went back to school to start a new career

We will not regret the past nor wish to shut the door on it:

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- Today I eat with utensils (and have no shame that I used to not)
- Today I take smaller bites and chew longer
- I have developed the ability to discern unsafe conversations and to use filters accordingly in all my relationships

We will comprehend the word serenity and we will know peace:

- I know what I want and say what I want sooner and more often, even though I risk disappointing others
- I say “no”, even though I risk losing relationships
- I initiated the end of a 20-year marriage without knowing what my future would look like
- I remarried and am in a loving, intimate, secure-functioning relationship

No matter how far down the scale we have gone, we will see how that experience can benefit others:

- I bite the inside of my cheek while “urgently” chewing way less often
- I don’t have stains on my clothes from spilling food on myself during volume eating
- I’ve published articles about walking through fears and loving your body in national magazines twice

That feeling of uselessness and self-pity will disappear:

- Using blind faith, I take direction from my sponsor, even though her suggestions never seem to have an immediate correlation to my eating less
- I have always done service in overeaters anonymous
- My sponsors taught me, “Service is slimming”

We will lose interest in selfish things and gain interest in our fellows:

- I share my feelings, even though it feels uncomfortable
- I can disagree with a friend yet stay in the relationship and discuss the conflict in healthy, normal, and appropriate ways
- I have experienced firsthand that nothing tastes as good as abstinence feels

Self-seeking will slip away:

- I sponsor and I have sponsors
- I do service
- I earned a black belt with my teenaged son when I was 55 years of age (to better connect)
- The opposite of addiction is connection

Our whole attitude and outlook upon life will change:

- I am willing to risk being new at something and not “knowing it all” even though it’s uncomfortable
- I am willing to identify and feel my feelings
- I choose self-loving foods and portion sizes 80% of the time and let that be good enough to call “abstinent”
- My bouts of unbridled eating are much smaller and occur much farther apart
- I am in touch with my sensuality/sexuality

Fear of people and of economic insecurity will leave us:

- I make eye contact much more often
- I have overcome a fear of public speaking
- I have been willing to follow a financial budget for over 20 years and I am debt-free
- I have lived without fear that I am “gaining all my weight back” for decades

We will intuitively know how to handle situations which used to baffle us:

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- I meet with professionals such as attorneys when adulting calls for it, and risk not being the expert
- I have sought professional help when I needed it in matters such as income tax prep, de-cluttering my home, etc.
- I've learned that spontaneity leads to chaos; and discipline leads to happiness

We will suddenly realize that God is doing for us what we could not do for ourselves:

- I enjoy all food groups without guilt
- I became willing to eat smaller portions with the help of my HP
- I have maintained my weight loss for over 37 years, through pregnancy and menopause (someone once told me that overweight is faulty problem-solving)
- With each new season, I pull clothes out of my closet that still fit me, without fear

As it says in the **Big Book of Alcoholics Anonymous** (p. 84), "Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them."

I consider the promises I have received to be spiritual experiences, that have developed slowly for me over a period of time. None of these could ever have happened if it weren't for the spiritual environment created by my working the 12 steps and 12 traditions with a loving sponsor who continued to walk beside me and guide me.

"The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences* which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts

and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves." (**Big Book** of AA, *There is a Solution*, p. 25).

*Fully explained – Appendix II in the **Big Book** of AA, pp.567-568.

CALL to ACTION:

- How do you want your life to change as a result of your recovery?
- What are the future gifts you would like?
- What are you willing to do to receive these gifts?
- What promises have come true for you? Have you listed them and shared them with your sponsor and other fellows in OA?
- What actions are you willing to take so that the promises materialize and keep materializing in your life?

Yes, recovery takes a lot of work, faith, and action on a daily basis. As it says on page 76 of the **Big Book** of AA, "Faith without works is dead." You deserve to receive the promises in your life. You are worth the work it takes to cultivate and realize them.

Anonymous
From Recovery in the Rockies Intergroup
August, 2025 E-Newsletter





TRADITION NINE

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



Tradition 9 is kind of buried, and it seems like one of those boring things about how we set up shop. Yeah, yeah, so we can have an Intergroup and a World Service; isn't that special...who wouldn't have thought of that? But imagine if the opposite were true! What if tradition 9 said:

OA ought to be highly structured and hierarchical. Every local group's mission is to serve the greater good as determined by OA's leadership.

Imagine the clawing and ladder-climbing that would ensue as we control-freak OAs try to manage our way up the hierarchy, all so that we can show everyone the "right" way to run the program. Imagine the hurt and resentment, the bitterly contested power struggles. The hammers coming down all over the country on groups that didn't run their meetings precisely as "OA's leadership" told them to. The rebellions, factionalism, and anger. We'd last about as long as an Eskimo in the Amazon...if we were lucky.

With Tradition 9, we are guaranteed freedom from...our own power driving, domineering, and the worst of our bright ideas. The truth about people like us is that we are in OA because we couldn't run our own lives. Now we have to run OA? Like most human endeavors, among our party are some who, if given a little taste of authority will unduly enjoy its exercise. Some of us are very good, indeed, at telling others what to do (and not necessarily doing, ourselves, what we say others ought to). We're good at plotting and

planning, and not so good at cooperating to get things done.

Tradition 9 gives us guidance about how to get things done locally and more broadly. We form service boards that report to those they serve. That's right, in OA, the Intergroup is not the boss! The Intergroup is a collection of hopefully humble servants who act on behalf of its local meetings to carry the message in the broader community. Intergroups don't make rules for meetings, because their job is to serve meetings. In some instances, that can mean challenging meetings that have gone astray of the Traditions. In protecting the traditions, an intergroup protects the meeting too, because meetings that don't mind the traditions often fail.

There's an important feature of Tradition 9 that deserves one final mention. In Tradition 5, we are counseled that every OA group's primary purpose is to carry the message and help other compulsive eaters. The Ninth Tradition enables individual meetings to focus on their primary purpose. If individual meetings were constantly trying to plan uncoordinated events, they would drown in the details, but an intergroup can support that sort of wide-reaching event more simply.

Another example: Individual meetings pass money through the intergroup where it then disperses money across the service structure of OA. Can you imagine what a pain it would be if at each business meeting, a local group had to go through the treasury in that kind of detail?

OA works because it is not organized. There are no stars or VIPs that rise through a power structure to tell us all what to do. But being not organized isn't the same as being disorganized, and Tradition 9 facilitates getting the work of OA done without dissolving into chaos.

Reprinted from [Seacoast OA](#)
[September 20, 2015](#)

Intergroup Chair's Column: *As the Seasons Transition, Please Consider IG Service*

We have several service positions open within our Intergroup (IG). Filling these positions is vital to keep our Intergroup running smoothly and to bring our ideas, concerns, and energy to the Region and World Service organization levels.

The following positions are available as ways to strengthen our recovery community:

- Vice Chair of the IG Board of Trustees – requires one year of service in the Intergroup and one year of current abstinence.
- Region 5 Representative – requires one year OA membership, one-year current abstinence, and regular attendance at group and Intergroup level). Due to the size of our IG, we may have up to three Region Representatives.
- World Service Delegate – requires one year of current abstinence, two years of service beyond the group level, and being active in a home meeting and Intergroup for the preceding year. We may name two World Service delegates.

Application forms may be found at our Intergroup website under Documents and Forms [HERE](#). The deadline for submission of applications is November 30 (a change only for 2026 – see article on page 10), and the email address to use is info@stlouisoa.org.

This quote expresses what I have learned about giving service: “I thought I would offer service to give back to OA some of what it gave to me. Was I surprised! I do contribute, and I do give back. What surprised me was that even when I am doing service, I get far more than I give.” **Voices of Recovery**, 2nd Edition, page 356

Our next Intergroup meeting is at 1:30 p.m. on September 13. See log-in information in the Calendar of Events section, page 12. If your home meeting is not sending a representative to IG, please remember this is an opportunity to practice Tradition Seven by helping our IG be self-supporting. Your representative may bring information back that can make your meeting stronger.

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



OA Members Staffing Table To “Carry the Message”

As has happened in some previous years, members of Overeaters Anonymous will “carry the message” at an informational booth at the Kirkwood, Missouri event known as Recovery Fest. Volunteers have signed up for each shift, but you can support their efforts by visiting the OA booth, offering welcome to booth visitors, and generally enjoying a lively, lovely day in the park.

When: Sunday September 27, 2026, Noon-6 p.m.

Where: Kirkwood Park, Adams at Geyer Road in Kirkwood, MO. Park behind the Community Center, 111 S. Geyer Road, Kirkwood, MO 63122.

Additional details: Free admission; free bands; lots of fellowship with many recovery communities.

Nancy M.

Plain Language Big Book: A Tool for Reading Alcoholics Anonymous

I just love the [Plain Language Big Book](#)! It is a wonderful new resource! Please note that it is not designed to replace ***Alcoholics Anonymous***, commonly called the ***Big Book***! The Preface says “It is written to make the ideas presented in the ***Big Book*** easier to access.”

Here’s what’s in it:

- Preface;
- Forward;
- A new Glossary;
- “The Doctor’s Opinion” presented with the original and the plain language side-by-side;
- “Bill’s Story” in its original words but with footnotes;
- The remaining chapters of the ***Big Book*** from “There Is a Solution” through “A Vision For You” ending on ***Big Book*** page 164, all written in plain language;
- The first personal story, “Doctor Bob’s Nightmare,” but not the other 41 personal stories; and
- Prefaces to the various editions and the appendices.

I think this book can bring the lifesaving 12-step message to more people than the ***Big Book*** alone can. How? Mostly by using simple, modern, everyday wording that is easy to read and understand.

Alcoholics Anonymous has been important to my recovery. I will always reread it and treasure it. However, the ***Big Book*** was published in 1939. That was 87 years ago! Since then, the world has changed tremendously, and the English language has changed too.

Writing in general was much more formal and complex in 1939. Now writing is nearly as simple and informal as talking. Consider this example:

The ***Big Book*** on p. 74, discussing finding someone to hear our step 4 inventory, reads: “Notwithstanding the great necessity for discussing ourselves with someone, it may be one is so situated that there is no suitable person available. If that is so...” The ***Plain Language Big Book*** on p. 78 says instead “If a person like this cannot be found...”

Also, some words have completely changed their meaning. For instance, in 1939 the word “men” when used alone meant all humans, the way it had for hundreds of years since English first became a language. But since the 1970s, most using the term men only mean adult males and are not including women. The ***Big Book*** says on page 46 that the Realm of the Spirit is “...open to all men.” The ***Plain Language Big Book*** gets the original meaning across to modern readers when it says on page 56 “...open to all people.”

Here are a few other simple examples of words or phrases in the original ***Big Book*** that could be challenging to modern readers, including people whose first language might not be English:

- “From steerage to captain’s table.” [p. 17] – The word “steerage” means a section of a passenger ship that doesn’t exist anymore in modern ships and liners. Historically, it was an area for passengers who couldn’t afford to pay much. Masses of people, usually immigrants, were crammed together in the same space, with poor ventilation and worse food and sanitation.

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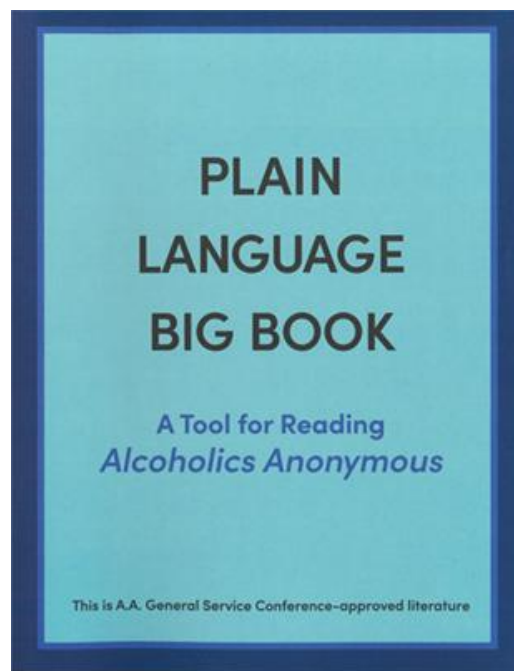
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- “Take the bit in our teeth” [p. 77] – A bit was part of a horse harness that let a person control the horse. It went deep into the horse’s mouth and pressed on tender skin to get the horse to turn its head. If a horse got the bit to the front of the mouth instead, between its teeth, then nothing pressed on tender skin and the horse was the one in control. Most adults in 1939 vividly remembered the days of horses and would understand this phrase totally. (Cars replaced horses as everyday transportation around the years 1907-1917. Note that Dr. Bob was born in 1879, and Bill W in 1895.)
- “Rest on our laurels” [p. 85] – This refers to leaves of the laurel tree, also known as the bay tree, used in crowns or garlands as signs of victory. That was in the time of the ancient Greeks and Romans, very roughly two or three thousand years ago. To rest on our laurels meant being complacent and not trying any more.
- “Our hats are off to him” [p. 31] – In 1939 men were expected to wear hats outdoors in public at all times. Taking off the hat to someone was a show of respect. However, hats stopped being a necessary part of a man’s clothing around 1950-1960. (On a personal note, one of my grandfathers worked in a hat factory until it had to close in the 1950s because people had stopped buying hats. The city he worked in, Danbury, CT, had 30 hat factories once, the most of any city in the United States!)

I could think of many more examples, but I’ll stop there. I believe these help to illustrate why a freshening of the text for our changed times can be helpful to some readers.

In conclusion, I highly recommend the ***Plain Language Big Book***. Try it for yourself! I would be very interested to know what you think of it.

Elizabeth C.



Invitation to Share How You Spend Time with Your Higher Power

A central theme in our November ***OA Today*** newsletter will be Step 11 which reads: **“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”** How do you work Step 11? Spending time with our Higher Power is important to many of us in OA, and we practice this in a variety of ways. You are encouraged to submit a paragraph or two, or even a short story, about how you spend time with your Higher Power as part of your practice of Step 11. Please send your Step 11 experience, strength, and hope to info@stlouisoa.org by October 20.

Editor

Annual Business Conference Postponed to January, 2027

The St. Louis Bi-State Intergroup (IG) normally has an annual Business Conference in November of each year, timing that is called for in our IG bylaws. Nominees for service positions are considered, and elections are held. If there are bylaws revisions or updates to the **Intergroup Policies and Procedures Manual** to be considered, these are also discussed. Votes on these proposals are a “group conscience” to meet the needs of our Intergroup.

This year the IG Board of Trustees has recognized that the Business Conference will need to be postponed until January, 2027. The position of Vice Chair is currently vacant which makes it difficult to reach the quorum of officers required by our bylaws. In addition, the Secretary will be traveling on the November meeting date and cannot be present.

Due to these circumstances, we will vote on service positions and any needed changes to bylaws and policies and procedures in January instead of November. The Intergroup traditionally does not meet in December, so January is our earliest opportunity to take the postponed actions.

Please consider service on the Board of Trustees. Remember the guidance of Traditions One and Two:

1. *Our common welfare should come first; personal recovery depends upon OA unity.*
2. *For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*

A strong and united Intergroup is one way that we support our own recovery. Let us express our gratitude for recovery by offering service.

Application forms can be found at our Intergroup website under Documents and Forms [HERE](#). The deadline for submission of applications due to the postponement of the Business Conference is November 30. The email address to use is info@stlouisoa.org.

Please note that there will be a November IG meeting, but on November 15, one week later than our usual pattern, still 1:30 p.m. Only the annual Business Conference is being postponed. There are many actions we can take to build strong meetings in our Intergroup, and each IG meeting gives us an opportunity to work on this together.

Board of Trustees
St. Louis Bi-State Intergroup

QR Codes Added to Public Information Posters

OA has added QR codes to eight downloadable public information posters. Updated posters include:

- [*I Thought This Diet Would Be Different, but I Failed Again*](#)
- [*Fifteen Questions: Are You a Compulsive Eater?*](#)
- [*Is Your Eating Overwhelming You?*](#)
- [*Is Food a Problem for You?*](#)
- [*Had Enough?*](#)
- [*Is Your Eating Out of Control?*](#)
- [*Sometimes the More You Eat, the More Empty You Feel*](#)
- [*One Bite Is Never Enough*](#)

We are invited to use the updated posters in our public information efforts to help more people find OA.

WSO Bulletin

Using the Food Plan Tool: Looks Like I Was a “Duh-ciple”

After ten years of abstinence and so much spiritual growth in the OA program of recovery, I noticed my clothing was getting tighter. I wasn't bingeing. What the heck was happening? Was the clothes dryer suddenly shrinking my clothing? (Note: I'm one of those folks who only weighs at the doctor's office as I previously looked for affirmation from the scale instead of seeing the number as information only.)

First, I looked at the handy checklist on the February 23 entry of our [For Today](#) daily reflection book (page 54). I have found this helps me know if I've drifted away from the program in ways that I need to address. I honestly reflected on the checklist and found that I was still solidly in recovery.

Since weight gain is generally about putting more calories in our body than we burn, I asked myself: “When it comes to food, is there anything I was doing early in program that I'm not doing now?” Then it hit me (and that's why I called myself a “Duh-ciple” in the title): A LOT has changed.

Early in program, I lived in a different city four days per week and was home with my wife the other three days. I shopped for myself and prepared my meals carefully so that they met the requirements of the plan for people with hypertension that a dietitian had given me at the request of my doctor. Now, at home in retirement, my wife and I live together all week long. My wife enjoys cooking, while I consider it a burdensome chore. We fell into a new pattern, with my wife preparing my dinner each night. It made my life easier, so I welcomed the change.

I decided to do some weighing and measuring and counting of calories to get data I needed, and I found that the fairly

healthy meals my wife cooked for us went above the calorie totals that I need to average in order to move toward a healthy body weight. What to do? I didn't want to ask her to make two meals – one for herself and one for me – but I'm also committed to continuing to move toward a weight that will be kind to my joints and keep my hypertension in check.

I sat down to talk with my wife and let her know how I appreciated her grocery shopping and preparing meals for us. I shared with her that I had figured out that my eating patterns had been much different when I had an apartment that I used four days per week. I told her that I wanted to experiment with making my own meals five days per week but eating a meal that she cooks on Saturday evenings. (We always have a Sunday midday meal out after attending our community of faith together.) She was very understanding and supportive.

I've been following this new pattern for nine months, and guess what? My clothing is getting looser again. Next week, I have my annual physical, and I'll have some information from the scale that will help me work with my HP on what I do next with my nutrition. I am thankful that I had the courage to do a searching and fearless inventory of how I was utilizing my food plan! I'm glad that I can laugh at myself for not noticing changes in my nutrition that now appear to be a “blinding flash of the obvious.”

Anonymous



You Are Invited to Submit Your Food Plan Stories

Creating a food plan that works for us is often a challenge. Many of us live with people who follow a different food plan than we do. Some of us have trouble affording nutritious foods that meet the needs of our health conditions. Some of us may even live in food deserts that lack grocery stores. When combined with transportation difficulties, this can lead to a reliance on fast food restaurants and convenience markets for many of our meals. Preparing meals for small children or for elders in our care may leave us with little time to think about our own nutritional needs.

How do you negotiate personal challenges that you've experienced using the OA Tool of Plan of Eating? Your experience, strength, and hope may help another member of the OA program. Please submit your food plan stories to info@stlouisoa.org.



September 4-6 – Region 5 Convention, Indianapolis, IN – “Flutter into Freedom” – see flyer on page thirteen; while pre-registration is closed, please notice that walk-ins are accepted, but meals are on your own

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

September 25-27 – Fall Retreat – “Rooted in Spiritual Principles” – at Toddhall Retreat Center, Columbia, IL

September 27 – Noon-6 p.m. – OA members staff a booth at Recovery Fest in Kirkwood, MO; see article on page 7 for details

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

November 15 – 1:30 p.m. – Intergroup meeting** (This is one week later than the usual pattern. Also: The Annual Business Conference has been postponed to January, 2027; see article on page 10.)

November 21 – 7-9 p.m. – **International Day Experiencing Abstinence (IDEA Day)** – online recovery event; see flyer on page 14

****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 September 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.



REGION 5 2026 OA CONVENTION Flutter into Freedom!

-Based on the Twelve freedoms found in "Voices of Recovery" July 23rd

September 4-6, 2026 - Indianapolis, IN

**LAST CHANCE TO
PRE-REGISTER AND RESERVE
HOTEL BLOCK!!**

PRE-REGISTRATION CLOSES AUG 1ST, 2026

Pre-Convention Workshop: \$65
"Emotional Sobriety"
Friday September 4th; 10am-2pm (lunch included in cost)

Regular Pre-Registration: \$180
Includes Convention, lunch and dinner on Saturday only
Online or mail
(postmarked by August 1st, 2026)

To Register:
Go online to www.REGION5OA.org
Payment by major credit card

Print, complete, and mail the paper information and registration form (1 per person) to:
Region 5 of Overeaters Anonymous;
P.O. Box 22175; Louisville, KY 40252
Payment by money order or check: payable to
OA Region 5
please do not send cash

Walk-In Pricing (no meals included): \$105

Walk up registration will be open Friday 4-6:30pm and Saturday 7:30-8:15am. No Sunday registration.


Hosted by:



Sponsored by:



**Crowne Plaza Hotel by the
Indianapolis Airport**
2501 S High School Rd,
Indianapolis, IN 46241

**SPACE VERY LIMITED!
NO ROOMS AVAILABLE ON 9/3**

- Special Room Rate: \$109+tax
- Smoke-free property
 - Complimentary onsite parking
 - Complimentary airport shuttle
 - Fitness center
 - Coffee/tea maker & Hairdryer in each room
 - Workspace in each room
 - Mini fridge

Hotel Check-In: 4pm
Hotel Check-Out: 12pm

Pre-reservation cutoff is Saturday, August 1st

To make your reservation:

Call: 317-244-6861 and mention the OA Convention room block

Visit this link: [2026 Convention Hotel Link](https://2026ConventionHotelLink)

OR Use the QR Code:



Based on the 12 Freedoms of Overeaters Anonymous

Freedom From...

- | | |
|-----------------------------|-------------------|
| ✖ the obsession with food | ✖ self-reliance |
| ✖ insanity and hopelessness | ✖ blame |
| ✖ the bondage of self | ✖ fear of people |
| ✖ dishonesty | ✖ complacency |
| ✖ isolation | ✖ loneliness |
| ✖ running the show | ✖ lack of purpose |

-Voices of Recovery, July 23



IDEA DAY

International Day Experiencing Abstinence

Join us for IDEA Day! Abstinence can be a deeply personal journey. We invite you to join us to hear from three speakers offering valuable insights and strategies rooted in the OA 12 Step program of recovery that help them embrace and maintain abstinence. Each speaker will be followed by a short writing exercise and open sharing.



Saturday, November 21st

7-9 am Central Time

Zoom ID: 940 5580 8391

Password: Serenity

Call In: 312-626-6799;94055808391#;75183374#



Hosted by the St. Louis Early Birds
& Any Lengths Big Book Study Groups

Questions? Contact Tracy V. 843-810-0645



SUGGESTED DONATION OF \$6.00

when making a donation on line please use

the St. Louis Bi-State Intergroup #09029

<https://stlouisoa.org/?product=7th-tradition>



**OVEREATERS
ANONYMOUS**

ST. LOUIS BI-STATE INTERGROUP