

# TODAY

**Overeaters Anonymous**  
St. Louis Bi-State Area Intergroup  
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**JULY 2006**    Newsletter of the St. Louis Bi-State Area Intergroup    **Volume 12 Issue 07**

## **Tradition Seven:** *Every OA group ought to be fully self-supporting, declining outside contributions.*

I just thought of some more things to put on my OA Gratitude List: *No bake sales! No soliciting the neighbors for fund drives! No expecting handouts with dirty looks from customers at local stores!* It's just us giving back what was so freely given to us.

For instance, my group had put a notice of our meeting in the local paper. They had some OA literature available when I arrived. They paid the rent and the church did not try to influence the meeting nor who got to attend. Everyone helped with the chores and took turns leading. It felt good to be a part of the team. Eventually, I became the group treasurer and noticed that carrying the message takes both money and service.

### **Group Level:** \_\_\_\_\_

**Publicity:** The group phones the paper to advertize meeting time/place and may print fliers, pay postage.

**Rent:** To be free from outside influence, the group needs to fully pay the going rate--not allow some church or hospital to support our meeting space. (There are costs for heat/air-conditioning/water, liability insurance, rest rooms, parking lot, maintenance, storage space, etc.) Do we pay our fair share?

**Literature:** To carry the message, OA/AA books and pamphlets need to be available and in plain sight at the moment a compulsive overeater is ready. What a great tool to send home with a newcomer--if someone ordered, stocked and displayed the literature at our meetings.

**Set up/Clean Up:** When everyone pitches in, feelings of belonging and a team spirit develops. If one person tends to do it all, we get insider/outsider problems. I have personally seen two groups fold when the same person kept the key, carried the leader's box, put out all the literature and set up for the meeting. It was as though others were not wanted and not trusted to do it right. Classic resentments killed that group. The other group just fizzled out quietly. *This is a WE program.* We need to be needed.

**Follow Up:** We-Care phone calls to newcomers, absentees and other OA's seem to vitalize everyone.

We should rotate jobs every six months to a year. Teach others what needs to be done to keep the group going. Treasurers report monthly so it is known how much is needed to pay group expenses such as rent, literature and supplies. Let others help count, record and deposit donations.

After expenses and a prudent reserve, disburse the rest using the 60/30/10 plan.

### **Intergroup Level:** \_\_\_\_\_

**60 % to Intergroup** (St. Louis Bi-State Area Intergroup, 9907 E Gravois Rd., St. Louis, MO 63123) shares the cost of an answering service, web site, "Where & When" meeting lists, OA movies and tapes, stocking literature, outreach lists, public information, monthly newsletters, special convention/retreat/Super Saturday events, supporting a well-run office and monthly Intergroup business meetings with regular times and places to share the needs and ideas and activities to carry the message to our St. Louis Bi-State area. We pay expenses to send delegates to World Service Business Conference (WSBC) and representatives to Region IV to share St. Louis concerns and successes and to bring back to us what is working for OA in other areas. What a boost it is to experience the zeal of members wanting the best for OA as a whole.

### **World Service Level:** \_\_\_\_\_

**30 % to WSO** (Include your group's WSO number on your check and send to World Service Office, PO Box 44020, Rio Rancho, NM 87144-4020) This helps with publishing OA books, pamphlets, *Lifeline*; website lists for newcomers and travelers to find meetings, etc. Local OA members are needed to write articles, study the literature, submit concerns, and know the Guidelines for events and publicity. Just knowing we are part of a world wide organization may convince a compulsive overeater that this is more than a fly-by-night diet group. We have a program that works.

### **Region Level:** \_\_\_\_\_

**10% to Region IV** (Region IV, PO Box 1074, Maryland Heights, MO 63043-1074) helps us make contacts and support the work done in our eight states and two provinces north of us. There's a newsletter, website, assemblies, convention to reach out to loners who are not so fortunate to live in an area with so many meetings, members and events as we have in the St. Louis Bi-State Area. We learn from each other how to carry the message and how to solve or avoid problems that others have had.

OA gave me a life. I don't have to waste time, health and money on binges. Is \$2 per meeting still enough?



## Step Seven: *Humbly asked Him to remove our shortcomings.*



The service of writing about Steps 6 & 7 has continued to be a real blessing in my life despite my fear and resistance to doing it. It forced me to get honest with myself that I have not understood these steps very well and I have not given as much time and effort to working them as I need to. As I shared in Step 6, these steps are all about willingness to change those beliefs and actions that stand in the way of my being useful to God, myself and others. Before I can work Step 7, I need to be "entirely ready" to have God remove all these defects of character. I had to honestly ask myself if I was willing to let go and trust the process of change.

As I began to study this step, I learned that the focus of Step 7 is humility. This word has many different meanings but I believe the essence of what the authors of the 12 Steps seemed to emphasize was acceptance of ourselves and the willingness to surrender and ask for help. These ideas are expressed in the 7th step prayer:

*"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in my way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."* (Page 76 AABB)

Acceptance of myself—both my character defects and my character assets—has been a very difficult journey for me. It gives me comfort to believe that God accepts and loves all of me. I need to do my part by being willing to ask for help and not continue to try to control life and try to fix it "my way". Humility for me is remaining open-minded and teachable. This means that I don't have all the answers. If I did, my life wouldn't be so full of difficulties that I'm realizing are mostly self-created.

I believe my Higher Power speaks to me through many different venues and that is why it is so important for me to use the tools of the program, like meetings, literature, phone calls and sponsorship. I hear God's guidance through these tools and it shows me what I need to change, let go of and how I might go about doing that.

The part of the 7th Step prayer that really touched me was the emphasis on service. When I ask God to remove my defects, I need to remind myself that the purpose of removing them is to enable me to be a more loving person and be useful to others. It is not for my own selfish desires such as having a perfect body, material goods or ego inflation.

I have come to believe that my purpose in this life is to be a vehicle of God's love. The Big Book talks over and over about the importance of working with other alcoholics (compulsive eaters) and sharing our experience, strength and hope with each other. When I am acting out my character defects, I am unable to do that. Step 7 helps me see that I cannot do life on my own. I need to ask for help and I believe that help is available if I can only remain humble—accepting myself just as I am today and forever remaining a student of the journey of recovery. This step and this prayer give me a sense of purpose and peace. I know with God's help, I can slowly remove the layers of my cocoon so that the beautiful butterfly that God created inside can come out and spread the message of love and recovery to others. Today, I feel truly hopeful and grateful.

—Kristin D.

### The Twelve Concepts of OA Service *Spiritual principles for all who serve*

#### Concept Seven: Balance



The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by tradition and by OA Bylaws, Subpart B.

## Super Saturday July 22, 2006

Sponsored by the Board of Trustees

St. Joseph Hospital  
525 Couch Ave.  
Kirkwood, MO

In the Carondelet Room

Park in the Medical Office parking lot by the dumpsters

Registration starts at 9AM  
Event lasts from 9:30AM to 3PM  
Suggested donation—\$5.00



Sponsorship. That was the topic of the May, 2006 Super Saturday. We were pleased to do service and share our story of how our Higher Power answered our pleas for help by bringing us together at the 2005 OA retreat. One of us was a newcomer (3 months back in OA) after an eight-year absence. The other was a 20-year veteran of OA. We found out later that we'd each asked H.P. for help as we were driving to the retreat. Each one's request was different but the answer was realized when we had this "chance" meeting.

The newcomer was looking for affirmation that she could find a nutritionally balanced food plan and still exclude: sugar, white flour and wheat. She was beginning to doubt the existence of such a plan and was struggling with some feelings of discouragement. The veteran was grieving the recent death of her long-time Sponsor and confidant. Both had turned to H.P. for guidance and had felt that H.P. was leading them to attend the OA Retreat. Although they were feeling a little sad, both used the 12-step program's belief that H.P. wanted to give them what they needed. They "made a decision to turn their lives and wills over to the care of God" and to trust that an answer would come for them.

The message that we shared at the Super Saturday is that we all need to stay aware and look for messages or people that may be sent to us from our H.P. We used the acronym PROGRAM: People Relying On God Relaying A Message. When H.P. brought us together at the OA retreat we each found that our request for help was being answered.

The newcomer found that the veteran had been following the HOW (Honesty, Open Mindedness and Willingness) food plan for 7 years. Knowing that everyone's food plan is individual and not advocating it for anyone else, the veteran was willing to share her program and food plan with a very willing newcomer when she was specifically asked about it. They both found someone who could reciprocate confidentially the emotional support each needed. They were both a little hesitant at first. But both had surrendered to their H.P. just prior to their meeting at the retreat. Both were hopeful and decided to take it one day at a time. Program has taught the veteran that there was a reason why her Higher Power had crossed these two paths in life.

# Sponsorship

So many times in life we ask for help and when it comes we say "No Thank You" because it is not in the form that WE WANT! They both discovered that HP sends answers in many forms. Very few are as we imagined or wished for. The wonderful reality is that when we ask, these answers DO come and we need to be looking for them in all people and situations. We need to EXPECT them and be ready to accept them. Many times they may be right in front of us and we just don't see them. Awareness, acceptance and willingness are the keys to gifts that can change our lives. Two very different people each with something that the other needs; The veteran with a food plan and willingness to sponsor someone desperately searching for recovery while strengthening her own program through the sponsorship of another and the newcomer who had an inner strength, wisdom and total acceptance to give the veteran the support and that she needed. So you see we are all a part of each other's puzzle. Longevity in this program means nothing. We all have only one day at a time.

As time passed it became obvious to the veteran that the newcomer was sponsoring as much as she was being sponsored. The relationship has become a co-sponsoring situation and it has strengthened both our programs and us. ***The best part of it is that each of us thinks that we got the best part of the deal.***

The rest, as they say, is history. A double sponsor/sponsee relationship developed based on the solid foundation of the OA 12 steps. We offer our experience as hope for all those who are searching for recovery in OA. It is indeed a "we" program with our H.P. guiding us all on our journey. We can all humbly ask H.P. to give us what we need, do our part and then wait for the miracle.

We wanted to share our miracle with our fellowship. Keep coming back because it works when we work it. We both believe that because of our perseverance in working a 12-step program and trust in a H.P. we've found "love and understanding beyond our wildest dreams".

**Don't give up before YOUR miracle!**

—Grateful OA members, Linda W. and Michele H.

# Experience, Strength & Hope



## It's Just My Disease Talking

Since joining Overeaters Anonymous 8 months ago, I have experienced wonderful recovery, thanks to the strength and support I receive from the fellowship and my Higher Power. For me, physical recovery was immediate; I became abstinent within a week or two of my first meeting. Though I've had success (losing over 60 lbs), I've also had times when my mind began to worry about failure, anticipating my reaction to when I might have that irresistible urge to binge out on one of my favorite foods. Dangerously, I even began replaying some of those previous failures in my head.

The first couple of times I had these thoughts, I was able to distract myself and shut them down, knowing that if I entertained them for too long, they could sabotage my success. When they reappeared the next time, I got mad, saying out loud, "Why am I thinking these horrible thoughts when everything about me wants to heal?"

Through facing my emotions in such a straight-forward way and acknowledging my desire to remain in recovery, an answer surfaced—"It's not me, it's just my disease talking!" It was the only explanation I had that made absolute sense. This truth halted my self-doubt and eventual self-loathing. It gave me a freedom and a new found respect for the illness I was dealing with. Understanding compulsive eating is a disease that attacks our thinking processes has empowered me in a way I had not experienced before, providing me with an additional tool I can use to ward off destructive thinking.

—S.M.

## Heard in June at the Minnesota Region IV Convention

This is like a family reunion.....a good one.  
Before OA I failed to see my own goodness.  
The Big Book is God in printed form.  
We have a high tolerance for pain.  
The definition of an addict is someone who doesn't want to grow up.  
We can get well regardless of anyone.  
As long as I am in the food, all the phone calls and writing won't save me.  
I was addicted to fear.  
The only thing I read was the takeout menu.  
Belief is the action of turning on the light switch.  
Humility is not thinking less of yourself but thinking of yourself less.  
Speak your truth peacefully.  
Self pity was my favorite non athletic activity.  
Just because you are right does not make me wrong.

## Meditations

I am in today!...Now!....This minute!...  
which is the only reality.

Yesterday a memory....Tomorrow not here....  
I will appreciate this minute for what it is.

I will be conscious of a life outside myself so I can hear it's sounds, feel it's warmth and coolness,  
know another's presence.

Fear disappears, control vanishes.

I let go and let God direct my life.

I am regaining the capacity  
for simple enjoyment I once had.

To explore, to accept, to trust and delight in.

Your own Experience, Strength and Hope story can appear right here next month! Newcomers, old-timers, everyone's story needs to be shared with other compulsive overeaters. Your insights on the steps, recovery or anything relating to OA is welcome. All you have to do is write it and e-mail it to [stlouisootoday@hotmail.com](mailto:stlouisootoday@hotmail.com) or mail it to the Bi-State Intergroup office.

### Editorial Policy

As suggested by WSO guidelines, newsletters are to be a forum for experience, strength and hope. We encourage and give top priority to original material written by members of this Intergroup. We reserve the right to edit any and all articles submitted for publication. Submission of articles or flyers does not necessarily guarantee publication. Opinions expressed are those of the writer and not necessarily that of the St. Louis Bi-State Intergroup or OA as a whole.

# More Experience, Strength & Hope

## “Where Have All the Flowers Gone?”

Reprinted from the September and October 1976 issues of “Lifeline” magazine



I remember those words from a very popular folk song of not too long ago, and I think about how it applies to the situation in OA today.

Where have all of the beautiful people gone who were on this program when I first came here six years ago? At that time there were approximately two to three hundred meetings in the whole United States, and the strength of it was in Southern California. I don't think there was anyone who had any long standing abstinence, and certainly none with longstanding abstinence anywhere else in the country. After a short period of time, when I lost my seventy pounds and was maintaining, I was asked if I would like to participate in a group called Las Flacas, which I was informed was the Spanish terminology for “The Thin Ones.” This was a group of maintainers on the OA program.

I was so happy to go to this meeting because it meant that I had finally arrived; I belonged to the “in” group now. I went to several meetings, and it was beautiful to see fifteen to twenty people meeting for lunch who had maintenance.

Six years later, very few of those people were around. After three or four years of this program, I began to wonder what happened to them, and I would see them occasionally, and I would find out that they had broken their abstinence, and very often, it was quite obvious that while they would not admit that they were not maintaining, one could see the twenty or thirty pounds they had put back on.

Recently, I spoke to someone who had been on the program for about three years and had approximately a one hundred pound weight loss for a year and one half and finally “blew it.” He did not come back to OA for a while and was now a “retread.” We discussed the problem of OA and where all the beautiful people had gone who epitomized the “success” of Overeaters Anonymous as it was practiced at the time. He reflected to me that in his mind OA must be a failure because it doesn't seem to work for anybody, except for a very few people who have been able to maintain a long period of weight loss.

I pondered with him as to why I had not broken my maintenance and had been able to maintain this weight loss for six years with apparent ease. As a matter of fact, it gets easier and easier as time goes on.

The “secret” again seems to be those wonderful Twelve Steps that were given to us by the recovered alcoholics of Alcoholics Anonymous.

The steps are not wrong; they are perfect for us and for anybody else willing to work them. The problem seems to be the way they are twisted around to suit the “self-will” of the early people in the OA program.

For the life of me, and this is all my personal belief, and my personal belief only, I cannot see how one can ever maintain a weight loss believing that they have a “disease” and are doomed to the “joys” of being a compulsive eater for the rest of their lives. After three years on the program, I, myself, had begun to wonder as to whether it was all worthwhile. While I was thin, I was still fighting food. The only thing was that instead of worrying about how to lose weight, I was now worrying about how to keep it from coming back. Nothing had been solved, and then I went to the Big Book for the answer, and it was found very simply.

I had believed as we had all believed in the beginning, we would only “recover” and never completely be relieved of the obsession of compulsive overeating, and forever, we were to be “sick” people living with this “disease.” Obviously, if I have a disease, I certainly cannot be cured of it when I am told that I will have it forever. So to me, that meant that I would always have this compulsion and the slightest problem or the slightest taste of something with sugar or flour in it was going to drive me like it drove the alcoholic back to seventy pounds heavier. I feared food. I have been programmed by the people who were in OA before me to fear food: food was my enemy. It was cunning and baffling, as if it had a mind of its own, it was only out to get me.

That all changed when I went to the *Big Book* instead of listening to the so called “thin ones” who subsequently all blew their abstinence.

On page fifty-six and fifty-seven of the *Big Book* under the chapter “We Agnostics,” there is story about a man, and it ends with the words “save for a few brief moments of temptation the thoughts of drink have never returned; and at such times, the great revulsion has never arisen up in him. Seemingly he could not drink even if he would. God has restored his sanity.”

In the prior page, it talks about the fact that “his alcohol problem was taken away. That very night, years ago, it disappeared.”

Continued on page 6

# Even More Experience, Strength & Hope

## “Where Have All the Flowers Gone?”

continued

I also read again the beginning of chapter five and heard for the first time it seemed the promise of this program that is read at every meeting “that God could and would if he were sought.” What would he do if he were sought? He would relieve our compulsive overeating.

Since then I have been relieved of my compulsive overeating. I do not worry about food anymore; food is not cunning or baffling. It is just food. I came to realize that my problem is different from the alcoholic. In reading the *Twelve Steps of Alcoholics Anonymous*, I was able to see, while the steps are beautiful just the way they are, that their application is up to the individual; those who want to believe it is a disease and a compulsion that will live forever within them will fight food as a problem forever. To me, I didn't want to do that anymore. I wanted God to fulfill the promise of the program, which is to be relieved of compulsive eating, and as the story in Chapter Four concluded, “even so has God restored us all to our right minds.” God has restored me to my right mind. I firmly believe that those who have a problem with food on this program, and I want to reiterate again, this is solely my belief, this problem exists simply because we do not have faith in the program and the promises of the program to relieve us of our com-

pulsion. We have not just temporary recovery that is going to live with us forever as a problem, but relief of the total problem of compulsive overeating so that we can live our lives free from the fear of food. I am no more afraid of food. I do not believe that if I took a bite of something God would strike me, and I would be forever doomed to have broken my abstinence, and I would be immediately addicted to the point to where I would put back on all of my weight. Such fear does not exist for me. I abstain from compulsive eating totally. I abstain from refined sugars and carbohydrates out of choice, not out of fear. I have been relieved of the compulsion, and now I have a choice to live a life of freedom unburdened by the shackles of food, as food was always my god. Food is no longer my god; my God lives within me and wouldn't want to shackle me with that problem forever.

This is the hope of the program as I have found it, and I hope that the flowers will bloom again throughout the world, and people will not only maintain their weight losses for years to come but will be relieved of the burden of food.



Respectfully and lovingly submitted,  
Bill B. Los Angeles, CA



## St. Louis Bi-State Area Intergroup of Overeaters Anonymous 15th Annual Fall Retreat

*“Keeping one foot in front of the other....”*

**October 27-29, 2006**

**at the Revive Us Again Retreat Center in Dittmer, MO**

Rates include 2 nights and 5 meals  
4 to a room—\$135.00 per person  
3 to a room—\$155.00 per person  
2 to a room—\$170.00 per person

Saturday Only—\$35.00



**All registrations MUST be received by October 1, 2006**

For more information, contact Barb M. (636) 724-2419 or [bmassey0631@sbcglobal.net](mailto:bmassey0631@sbcglobal.net)

# And Even More Experience, Strength & Hope

## Recovery Testimony in Twelve Step Program

I came to the Overeaters Anonymous program in September of 1974, having lost weight with one of the well-known weight loss programs. I was thin but not well. I prayed to help me stay on my food plan. I cried through meetings because I really didn't want to be there. I was compulsive with recipes and my thoughts were always on food and plans. I heard the "not good enough" message from myself and others. I was always comparing myself to another. I would always look to "when I reach maintenance, things will be better." My identity was in my titles and performance because I didn't have an essence of who I was. I had very low self-esteem, driven by fear, compulsion, stubbornness, depression and mood swings. I had so many faces my sons never knew who I was going to portray on a daily basis (never consistent). I had no ability to say "no". (I was a people pleaser.) I had no healthy boundaries or discipline.

Too fearful to have an intimate friend, I always told others what I thought they wanted to hear. I would rescue others, be caretaker, be a leader, be the clown and humorous in tense situation, and bull my way through most conversations. I was uncomfortable and intimidated by compliments and sexual attention. I had a form of religion with little power in my prayers. (Did God really hear and answer?)

A personal relationship with a living God is the foundation of my recovery. I am aware of the areas I lack to surrender and I take responsibility to apply obedience so I can achieve victory and experience fulfillment of the promises. God equips me with the gifts and courage to succeed. I am responsible for any shame and regrets of "falling short of the mark" set before me. In 1974, the slogan "abstinence is the most important thing in my life today, without exception" was stated often. The truth of this slogan is more meaningful to me now.

In God's grace, mercy and goodness, I seem my weakness, he remains strong and faithful. recovery. The Godly character traits of love, kindness, generosity, fidelity and self-control basis than before. Much of the old behaviors others, strife, jealousy, bad temper, selfishness have lessened. The application of work-velop into a new creation. I remember to very humbled when I reflect upon the change.



to be used for His purpose despite myself. In I have much hope and expectations for future faith, goodness, gentleness, joy, forbearance, are working through me on a more consistent of immorality, impurity, idolatry, controlling ness, envy, gluttony, party spirit and competi-ting the Twelve Steps truly has helped me de-thank God often for the new beginning. I feel

I gave away packets of seeds to others on my 60th. Seeds are a visual aid to impress on others the thought of sowing seeds as parallel to how recovery can be envisioned. Our responsibility is to prepare the soil of our hearts with the obedience this program suggests to us. What we hear, read, and do are the seeds sown. With patience and endurance we water the garden of our hearts. A daily contact of prayer and meditation is as the sunshine radiating God's warmth of love and eventually causing the harvesting.

50th birthday and gave myself a party on my

As in a regular garden, there are hindrances to the success of the crop. The lying committees in the mind, denials in life, troubles, persecutions, anxieties, passions, compulsiveness are the seeds that only reach our thoughts and don't drop down the 18 inches to our heart. These are all factors for a harvest failure in our hearts of recovery. For those who hear the recovery and accept and receive it into their willing hearts, they yield a harvest to overflowing and have enough to give away. I always have "more than enough". I am grateful for those who keep coming back and continue to sow seeds of recovery.

To accept myself and the way my crop has matured is an important part of my updated recovery. I don't compare myself to another's crop. I bloom where I am planted with a grateful attitude to God for the variety of colors, textures and sizes of the plants in his garden. Every plant attracts its own amount of admirers and pests (they use the negatives of life as fertilizer). May your harvest be plentiful enough to nourish many!



—Anonymous

## UPCOMING EVENTS

**July 22, 2006** Super Saturday sponsored by the Board of Trustees. 9AM Registration. Program 9:30AM to 3PM. St. Joseph Hospital at 525 Couch Ave. in Kirkwood, MO. We'll meet in the Carondelet Room. Please park in the Medical Office Building parking lot by the dumpsters.

**August 19, 2006** "OA/Companions in Recovery" Super Saturday to be sponsored by the New Me and the Journey to Recovery groups. 9AM Registration. Speakers from 9:30AM to 3PM. Divine Science Church at 9525 Eddie @ Park Rd in Crestwood, MO. Handicap accessible. For information contact Linda L. at 636-717-0412

**October 6-7, 2006** Region IV Fall Assembly at the Holiday Inn Riverport in St. Louis. Registration forms available at the Region IV website: [www.oaregion4.org](http://www.oaregion4.org).

**October 7, 2006** Super Saturday sponsored by our two Newcomer groups. It will be in conjunction with the Fall Assembly. Watch for more info!

**October 27—29, 2006** Retreat at Dittmer, MO. More information coming soon!

**August 29—Sept. 1, 2007** World Service Organization Convention in Philadelphia, PA. "Ring in Recovery: Declare Your Freedom from Compulsive Eating"

To schedule an event, contact Ginnie H. at (636) 723-0658 or [vheling@mail.win.org](mailto:vheling@mail.win.org).

Flyers for OA events, submitted for dissemination to meetings or for publication in the newsletter must have received approval by the St. Louis Bi-State Area BOT (ask any BOT member).

## NEW MEETING!!

Starting July 11, 2006  
**Tuesdays 7:00 PM**

Meeting # SL393  
**St. Clare's Hospital**  
**915 E 15th St. (Medical Bldg)**  
**Alton, Il.**

Wheelchair Accessible  
Wheelchair Accessible Restrooms

Contact Carolyn M. at 618-467-0839  
for more information

## OPEN SERVICE POSITIONS

**Board of Trustees**

**Region Representative**

**World Service Delegate**

**Intergroup Vice Chair**

**Outreach Chair**

**Twelfth Step Within Chair**

**Young People Chair**

**Cassette Chair**

**Lifeline Chair**

**Convention Vice Chair**

**Ways & Means Committee Member**

**Public Information Committee Member**

**Office Volunteer**

**Retreat 2006 Volunteer**

**Convention 2007 Volunteer**

**Newsletter article writing (Step 8 is next!)**

**Newcomer Meeting Speaker**

**Intergroup Representative**

Contact your group's Intergroup representative, any member of the Board of Trustees, the Intergroup office or any Intergroup Officer for more information on how you can get involved today!

## THE INTERGROUP OFFICE NEEDS VOLUNTEERS

Could you make a commitment once a month, or perhaps as a substitute? Duties are simple: answering the phone, sending out information to callers who express an interest in the OA program. You will benefit by sharing your own experience, strength and hope with others.

Remember, in order to keep it, we have to give it away. Barb M. is our office volunteer coordinator. If you can help with this service, give her a call at (636) 724-2419.